

018 (有營食肆)

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CookSmart

廚營

時刻準備
只為夢想

Always Ready for
the Big Stage

李璧琦
Becky LEE



Winter words ...

Mushrooms have become somewhat a fashionable reason for eating out in Hong Kong. They exist in a wide variety of species: shiitake mushroom (fresh or dried), *enokitake* mushroom, king oyster mushroom, button mushroom, portobello, to name a few. They not only differ in appearance but also taste; the use of them is so challenging that they appeal so much to Chinese, Western and Japanese chefs. Whether they are steamed, braised, stir-fried, baked, grilled or cooked in soup or mixed in a salad, they always end up in mouth-watering dishes.

Mushrooms are low in fat and high in dietary fibre. Compared with the average vegetables, they contain higher protein and therefore also known as “the steak of vegetables”. In this issue of CookSmart, dietitians give an analysis of the nutritional value of each mushroom type. If an analysis does not stimulates your taste buds enough, then watch out for a special feature on various healthy CookSmart dishes, all with the participation of mushrooms!



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CookSmart 營廚

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冬話

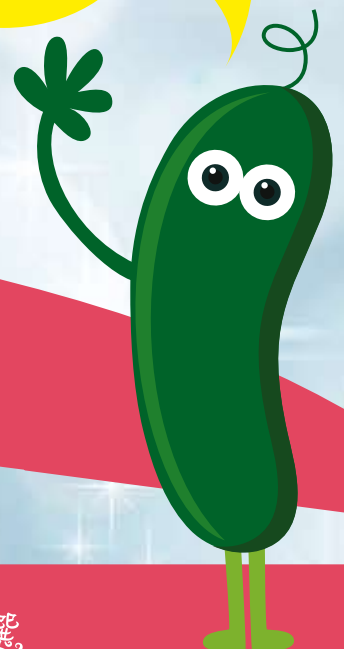
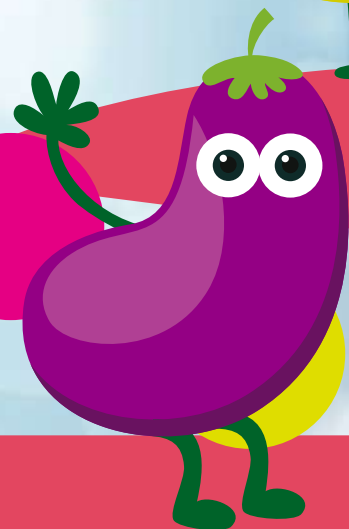
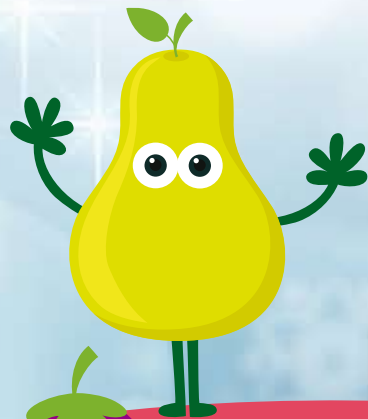
近年「吃菇」成為一股潮流，在香港大行其道。市面上出售的菇種類繁多，常見的包括鮮冬菇、花菇、金菇、雞腿菇、蘑菇、大啡菇等。這些菇外貌不同，而且各有獨特的味道，所以同樣受到中、西、日式廚師的垂青。無論是蒸、燜、炒、焗、鹽燒、放湯、拌沙律等，一樣做出美味的菜式。

菇菌含低脂肪和豐富膳食纖維，與一般蔬菜相比，則含較高蛋白質，所以也被稱為「蔬菜牛排」。今期《營廚》特別邀請了營養師為大家分析各種菇菌的益處，並且介紹多款健康有「營」的菇類菜式，內容精彩，不容錯過！

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



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.

時刻準備 只為夢想

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李璧琦
Becky LEE

李璧琦 (Becky) 自幼開始學琴，中學期間已考獲英國皇家音樂學院八級鋼琴及八級聲樂資格，後升讀浸會大學音樂系，主修聲樂，並獲頒多項獎學金。2008年加入電視台，現時除主持節目和演出劇集外，也擔任聲樂導師和模特兒，活躍於多個界別。

Becky自幼開始接受正統音樂訓練，在歌唱比賽中屢獲殊榮，更曾獲得一紙唱片合約，但礙於種種原因，遲遲未能實現歌手夢想，反而輾轉當上電視節目主持人。不料一次現場演出的機緣又讓她在舞台上再顯光芒。Becky除了艱苦練習，不斷為夢想努力之外，更時刻保持良好的身心狀態，隨時整裝待發。

Becky LEE began to take piano lesson at a young age. Before completing secondary education, she was awarded Royal Schools of Music Grade 8 qualifications in Piano and Singing. She continued her music studies at the Hong Kong Baptist University, where she was awarded a number of scholarships. In 2008, Becky began her present television career. Now she hosts TV programmes and appears in drama series. She is also a voice teacher and a model.

Although Becky received formal music training and has won a number of awards in music contests, she has yet to realise her dream of becoming a professional singer. While working mainly as a TV presenter, she equips herself for any other upcoming challenge by maintaining her voice and mind at their best through hard practice. After she performed at a live show on TV, her talent as a singer was once again recognised.



一點一滴 鍛鍊不懈

Committed to *daily practice*

所謂「曲不離口」，Becky始終沒有離開過唱歌。她不時在宴會或大型活動上擔任司儀兼演唱，也在其他歌手的演唱會中客串演出。為了保持演出水準，她一直隨聲樂導師練習，改善歌唱技巧。

Becky的音樂造詣除有賴專業的音樂訓練外，更是每天一點一滴地鍛鍊的成果。Becky解釋：「平時說話的發聲方法，有助養成良好的歌唱習慣。」她更時刻留意保護聲帶，避免大笑大叫。

Becky's passion for singing never dies. She always undertakes assignments in banquets, concerts and other events, either as a presenter, singer or guest singer. In addition, she still takes voice lessons regularly to improve her singing.

"It is important to take care of your voice from day to day for better singing." To keep her voice healthy, she avoids yelling and laughing too hard.

多年的星途起伏，也曾令Becky一度非常低落；幸好得到信仰的支持和教友的鼓勵，才能走過陰霾。她說：「當你全力以赴卻未能達到理想的時候，不必抱怨懷才不遇，可能只是時機未到吧。只要你走的是正路，路途即使遙遠一點也不怕。」

Becky is honest enough to admit that she was once disappointed with her career for it did not flourish as she had intended it to. Fortunately, her religious faith was strong and fellow church-goers helped her out through difficult times. Reflecting on her experience, she says, "Many people feel that their talent is not recognised. Maybe their opportunities are yet to come. So long as you are on a righteous path, it doesn't matter if it is a bit long."

注意飲食 健康為本

Eating the health way to stay in shape

Becky也很注意飲食健康，零食絕少沾唇。有時由於工作時間太長，未能有充足時間用膳，她會選擇先以鮮果或湯米粉裹腹。她和家人的飲食素來以清淡為主；在家用膳時，家人通常準備清湯、蔬菜、鮮魚等菜式。Becky的至愛，是媽媽親手巧製的蒸素菜腐皮捲，用上切絲的蔬菜和甘荀加入杞子做成。一碟小菜，盡顯母親的心思。一家人平日外出用膳時，都以菜蔬為主。

Becky主持消閑和旅遊節目，曾接觸不同國家的美食，令她體會到只要有新鮮適合的食材，就可以烹調出美味和健康的佳餚。她說：「在意大利拍攝旅遊特輯時，看見廚師在後園隨手摘下香草、蔬菜等，略為沖洗，就可以做菜或做沙律。又早前跟一位名廚合作主持飲食節目時，見他只用雜菜便煎出薄餅，同樣鮮嫩爽脆，美味可口。」

Becky雖然工作忙碌，但還會抽空在家中做伸展運動，幫助血液循環，減少疲勞，讓她經常保持健康狀態，為實現夢想做好準備。

Becky and her family always keep their diet healthy. If she is too busy to take a full meal, she eats either some fruit or a bowl of vermicelli in clear soup; unhealthy snacks are just not on her list. A typical meal in their family always includes a simple soup, vegetables and fresh fish for her. Her favourite home dish is dried bean curd rolls steamed with vegetables.

As a leisure and travel programme presenter, Becky has tasted a variety of dishes from all over the world. As she sums up, fresh ingredients are the essence of healthy and delicious dishes. "In Italy, many chefs grow herbs and vegetables in their gardens to provide their customers with freshly picked produce."

Becky has also made exercise part of her daily routine. She always does her daily stretches after work. A pursuit of health: that's how she equips herself for upcoming success.

Becky 智慧之選

Becky's Tasting Comments



田園沙律配油醋汁

Salad with Italian Vinaigrette

紅、黃椒和多款沙律菜都鮮甜爽脆，配上微酸的橄欖油醋汁更是開胃美味。

Red and yellow peppers and salad leaves are fresh and mouth-watering. Served with fresh Italian vinaigrette dressing, this salad is really tasty and appetising.



番茄忌廉湯配羅勒

Cream of Tomato and Basil

把鮮番茄攪爛，連洋蔥、雜菜等煮成濃湯，味道濃厚，口感清新。

Tomatoes, onion and mixed vegetables are blended all together into a purée, which has a fresh and rich taste.

南瓜忌廉湯

Cream of Pumpkin Soup

南瓜湯香甜幼滑，香脆的松子仁更是錦上添花。

This pumpkin soup is sweet and creamy, with a delightful crunch from a few added pine nuts.



扒雜菜

Grilled Vegetables

黃、紅椒香甜，蘆筍鮮嫩，綠色羅勒油在點綴之餘更為菜式提味增香。

Both yellow and red peppers have a sweet taste while the asparagus, fresh and delicious, enhances the flavour and aroma of the dish.

男爵廚皇

Hidden Gem Wrapped in a “Blue Ribbon” – Baron Cuisine

薑蔥蒸生蠔

Steamed Oyster with Spring Onion and Ginger

這道蒸生蠔火候恰到好處，鮮嫩無澤，味道清甜。
The oyster is cooked right to the point, very tender and easy to chew. It has a refreshing flavour.



陳皮蒸筍殼魚

Steamed Marble Goby with Dried Tangerine Peel

肉質軟滑的筍殼魚以清香的陳皮清蒸，盡顯魚鮮的原味。
The goby fish, fresh and succulent, is garnished with tangerine peel and the result is so beautiful and refreshing.



坐鎮隱世大排檔

還原基本 盡顯真味

李師傅入行四十多年，由新界的老式酒樓起家，輾轉到過多間食肆任職，熟悉本地的飲食文化。他認為，菜式除了色、香、味外，還貴乎健康，注重營養，因此一直嚴格注意食材和食油的品質，烹調時除了少放油、鹽和糖外，連豉油、醬料也適可而止，務求令顧客品嚐到食材的原味。

李師傅不時去外地跟業界交流，更曾在四川工作，所以廣東小炒、京川菜式無一不精。為保留正宗的川菜風味，他堅持選用花椒、八角、香茅、草果、九層塔等多種道地香料來提升菜式的味道。

Going back to original flavours

Mr. Li started out in an old-fashioned restaurant in the New Territories some forty years ago. Having served at a number of restaurants, Mr. Li always has a good grasp of the trends in the local dining scene. He thinks that a truly great dish not only combines taste, colour and aroma but also, most importantly, benefits your health. He chooses the best ingredients and cooks with less oil, salt and sugar; this is how the original flavours of the ingredients can be preserved to the dining table.

Mr. Li, who has been to various places including Sichuan on exchange trips, is an expert in Guangdong and Sichuan cuisines. To preserve the traditional Sichuan spiciness in Sichuan dishes, he insists on using herbs and spices like Sichuan pepper, star anise, lemon grass, black cardamom and basil.

西芹木耳炒百合



Stir-fried Lily Bulb and Black Fungus with Celery

鮮甜的百合配以爽脆的西芹和木耳，再加入薑汁、蒜蓉和上湯清炒，口感豐富。

Sweet, fresh lily bulb, crunchy celery and black fungus are stir-fried with ginger, crush garlic and stock to give the dish a rich flavour.



李德榮師傅入廚40多年，廚藝出眾，曾獲藍帶亞太廚皇會勳章。

Mr. Tak-wing LI, who has been in the culinary industry for over 40 years, holds a diploma of Les Amis d'Escoffier Society-Asia Pacific.

傳統菜式 清新演繹

近年市民口味有所轉變，追求清鮮原味，所以李師傅間或稍稍改變煮法，在傳統風味菜式中注入清新健康元素，烹調出多款迎合顧客口味卻不失滋味的「有營菜式」，例如將傳統川式蛋白花雕蟹改以鮮蝦入菜，做古法蒸荀殼魚時不放肉絲，又以清蒸陳皮取代冬菇絲，使菜式別具特色之餘，更加健康美味。李師傅說：「廚師應該時常保持開放態度，靈活變通，不要墨守成規，這樣才能追上日新月異的潮流，煮出美味清新的菜餚。」

李師傅不但以健康美味的菜式饗客，自己也保持清淡的日常飲食，並恆常運動，做個「有營」廚皇，身體力行。

A fresh touch on traditional cuisine

To meet customers' increasing demand for healthy eating and original flavours of ingredients, Mr. LI has tailored his traditional Chinese recipes with a fresh pair of scissors. For example, he uses prawns instead of the original steamed crab for the dish "Steamed Prawns with Egg White", and the result is just gorgeous. In another traditional dish, "Traditional-Style Steamed Goby Fish", pork slices are omitted and the shiitake mushrooms are replaced by tangerine peel. "A chef should be open to new food ideas to keep pace with these ever-changing demands of customers", he said.

Mr. LI himself is a follower of healthy lifestyle that combines a healthy diet and plenty of exercise.



蛋白花雕蒸蝦



Steamed Prawn with Egg White

綿滑的蛋白滲滿鮮蝦的甜味和淡淡酒香，鮮香美味。

Silky soft egg white, buried in the savour of prawns and the aroma of wine, forms a delicious dish.

Party 大本營 — 薯仔屋

A Party Paradise — Small Potato Café

良朋歡聚分享美食固然是一大樂事，但在一般食店宴客難免會讓人有點稍覺拘謹，在家宴客又要大費周章，因此樓上派對場應運而生。位處銅鑼灣的薯仔屋，便是人氣派對場地。

To party with friends at home is fun, but planning and preparation can be very stressful. So it's not surprising that many people choose to throw parties at a private venue instead. Small Potato, an "upstairs café" in Causeway Bay, has become a popular party venue.

家居感覺 派對熱點

A Homely Party Venue

薯仔屋負責人兼主廚馮健生(Vincent)一向好客，假日總喜歡呼朋喚友到家裏玩樂兼分享他的廚藝。Vincent於2004年決定創業，開設樓上咖啡室，更為場地刻意營造「家一樣」的感覺。除在店內設置多款電子遊戲機和卡拉OK外，還將家中的梳化、足球遊戲桌和收藏的漫畫雜誌、超合金模型等物件擺放店內，令顧客仿如置身家中舉行派對，不論男女老幼都感覺輕鬆，吃得樂也融融。

Vincent FUNG, the owner and chief cook of Small Potato, loves treating friends to home dishes made by himself. When he opened his first café in 2004, he tried to create a joyful and homely atmosphere for his customers. In his home-like café, you can help yourselves to TV games, karaoke machines and his collection of sofa, table football, comics and model kits, all discarded from his household. Customers, young and old, have an evening of good fun.

芝士焗西蘭花 Baked Broccoli in Cheese

西蘭花焯熟後加入低脂芝士焗，鮮嫩爽脆，滋味不凡。
Blanched broccoli turns crispy after being grilled in cheese. This simple dish bursts with mouth-watering delight.



凱撒沙律 Caesar Salad

這款凱撒沙律的醬汁以橄欖油混合低脂沙律醬而成，配上銀魚柳，微酸中帶些少鹹香點綴，饒有特色。

This classic Caesar salad is wonderfully dressed in a sauce made with olive oil and low-fat salad dressing, which contrasts well with the saltiness of anchovies.



Vincent

薯仔屋負責人兼大廚Vincent大學時修讀精算、電腦及數學，曾在IT界任職。因廚藝了得而辭去正職，專心向飲食界發展，還在美食比賽中獲獎。

Vincent studied Actuary, Mathematics and Computer Science and worked in the IT field for quite some time. Inspired by a passion for cooking, he launched his own business as a restaurateur. He is also a prize-winning cook.

白汁蜆肉長通粉 Penne with Clams and Cream

香甜的蜆肉，加入青、紅椒等蔬菜，再配上彈牙的長通粉，色澤漂亮、清新惹味。

Penne, cooked *al dente*, is served with savoury clams and crunchy red and green peppers to become a colourful and flavoursome dish.

田園沙律 Garden Salad

生菜、鮮茄、粟米、蘑菇等材料新鮮，配以低脂沙律醬，清爽不膩，開胃可口。

This salad dish features an assortment of fresh, crispy vegetables: lettuce, tomatoes, corn kernels and mushrooms, served with low-fat dressing. A perfect starter.

精選食材 巧製醬汁

Healthy Food and Great Sauces

薯仔屋雖然主打「好玩」，但同樣着重食品質素。Vincent深明食品要美味才能吸引顧客再次光顧的道理，因此他堅持蔬菜要天天來貨，確保新鮮，還要求廚師少放鹽、糖，走口味偏淡路線。Vincent解釋：「我寧可讓顧客自行調味，也不想煮出一些太鹹的菜式。」Vincent還與同事精心設計了多款美味醬汁為菜式提升味道，例如每天以新鮮番茄壓榨煮成的番茄醬，以低脂奶打成的沙律醬，還有用鮮蒜和多種香草打成的蒜香粉。

潮流趨向健康飲食，薯仔屋也因應顧客需要提供多款健康菜式，後來更加入成為「有營食肆」。Vincent說：「現時顧客普遍對飲食的認識多了，所以我們也要與時並進，提供美味兼健康的菜式。」

Vincent knows that it is the quality of food that keeps customers coming back. For this reason, he's committed to serving only fresh vegetables; he keeps telling his kitchen staff to use less salt and less sugar. "We don't want our dishes to be too salty. Customers can season the dishes themselves on the dining table." They have also developed a range of sauces and dressings made with fresh tomatoes, low-fat milk, garlic and herbs to enhance the flavours of the food in a healthy way.

To cater for customers' need for healthy dishes, Small Potato joined the "EatSmart@restaurant.hk" Campaign and has developed a number of healthy dishes. Vincent says, "Customers are more knowledgeable about food than ever before, so we need to keep abreast of the latest trends about healthy eating."



邱晴
Danica YAU

澳洲註冊營養師
香港營養師協會編輯
Accredited Practising Dietitian
(Australia), Editor of HKDA

1人分量
to serve 1

材料 Ingredients

尖通粉 150 克
橄欖油 1 茶匙
蒜 (切碎) 2 粒
洋蔥 (切碎) 10 克
雜菌 (切片) 100 克
(雞腿(脾)菇、鮮冬菇、白蘑菇)
自製番茄醬 1 份
洋芫荽 (切碎) 1 湯匙

150 g penne pasta
1 teaspoon olive oil
2 cloves of garlic, finely chopped
10 g onion, finely chopped
100 g assorted mushrooms, sliced
(King oyster mushrooms, fresh shiitake mushrooms, white mushrooms)
1 portion homemade tomato sauce
1 tablespoon fresh flat-leaf parsley, finely chopped

調味料 Seasoning

鹽 2/5 茶匙
黑胡椒 少許
2/5 teaspoon salt
Some black pepper

特色 Feature

市面出售的番茄醬一般都含太多的鹽。在家自製番茄醬能減少鹽的攝取量，從而降低高血壓風險。

Commercial tomato sauces are often high in salt. Make your own tomato sauce at home to reduce salt intake, thus lowering your risk of hypertension.



自製番茄醬 Homemade Tomato Sauce

材料：(約可製40份)

洋蔥 (切碎) 114 克
番茄 (去皮、去籽) 4.6 千克
橄欖油 200 毫升

調味料：

鹽 30 克 糖 120 克

步驟：

1. 燒紅平底鑊放油，加入洋蔥，炒至軟身和帶甜。
2. 番茄隨意切件，以慢火與洋蔥同煮約2.5小時，下調味料即成。

Ingredients: (for about 40 portion)

114 g onion, finely chopped
4.6 kg tomatoes, peeled and seeded
200 mL olive oil

Seasoning:

30 g salt 120 g sugar

Cooking Method:

1. Heat oil in a pan. Sauté the onions until tender and caramelized.
2. Roughly chop the tomatoes. Add it to the onion. Reduce to low-heat, and simmer for 2.5 hours. Season with salt and sugar. Done

步驟 Cooking Method

1 燒開水，加入尖通粉煮至彈牙，隔水備用。
Bring water to the boil. Add the pasta and cook until *al dente*. Strain and set aside.

2 燒紅平底鑊放油，下蒜粒炒至帶香，放入洋蔥、雜菌，炒至金黃色，然後拌入番茄醬和芫荽。
Heat oil in a pan. Sauté the garlic until the smell comes out. Add the onion and mushrooms and continue to sauté until browned. Stir in the tomato sauce and parsley.

3 最後加入尖通粉，下鹽和黑胡椒調味即可。
Finally, add the cooked pasta. Season with salt and pepper. Serve.

蘑菇尖通粉配香蒜番茄醬

Penne Pasta with Mushrooms and Tomato Garlic Sauce





試食兵團話你知

Message from Tasting Team

白蘑菇等多種菌類可口怡神，意粉軟硬適中，加上清香的芹菜，味道更具層次。

The mushrooms are refreshing and the penne is firm and not mushy.

The parsley is also there for an additional zest.



每一份 Per Serving

熱量 **713**
Energy 千卡 (kcal)

蛋白質 **24**
Protein 克 (g)

糖 **12**
Sugar 克 (g)

碳水化合物 **128**
Carbohydrate 克 (g)

脂肪 **12**
Fat 克 (g)

鈉質 **784**
Sodium 毫克 (mg)

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

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



本食譜由帕爾馬提供。

This recipe is provided by La Trattoria di Parma.



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5人分量
to serve 5

材料 Ingredients

- 南瓜 1 個
- 金菇 1/4 包 (50克)
- 雞腿(髀)菇 (切條) 1/2 隻
- 鮮冬菇 (切條) 3 隻
- 菜籽油 2 茶匙
- 薑碎 1/2 茶匙
- 木耳 (浸軟) 12 隻
- 素翅 (浸軟) 適量
- 1 pumpkin
- 1/4 pack (50 g) *enokitake* mushrooms
- 1/2 king oyster mushroom, shredded
- 3 fresh shiitake mushrooms, shredded
- 2 teaspoons canola oil
- 1/2 teaspoon chopped ginger
- 12 pieces black fungus, soaked till softened
- Some vegetarian shark's fin, soaked till softened

調味料 Seasoning

- 生抽 1 茶匙
- 紹興酒 1/2 茶匙
- 1 teaspoon light soya sauce
- 1/2 teaspoon *Shaoxing* wine



步驟 Cooking Method

- 1 南瓜起蓋去籽，蒸熟，備用。
Cut the top off the pumpkin and scrape out the seeds. Steam until done. Set aside.
- 2 把金菇、雞腿菇、冬菇汆，備用。
Blanch the *enokitake* mushrooms, king oyster mushroom and fresh shiitake mushrooms. Set aside.
- 3 把鑊燒熱，下油，加入薑碎略炒，放入雜菌和木耳，下生抽調味，炒熟後再灑上酒。
Heat oil in a wok. Pour in the ginger, stir-fry briefly. Add the assorted mushrooms and black fungus. Season with light soya sauce. Stir-fry until done. Sprinkle *Shaoxing* wine all over.
- 4 將已炒熟材料放回南瓜盅內，放上素翅即可。
Put the mix inside the pumpkin shell. Top with vegetarian shark's fin to serve.

聚寶南瓜盅

Mushrooms and Black Fungus in Pumpkin Box



試食兵團話你知 Message from Tasting Team

金菇、雞腿菇、鮮冬菇和木耳經快炒後釀入小南瓜內，香軟甜美。

A savoury mixture of *enokitake* mushrooms, king oyster mushrooms, fresh shiitake mushrooms and black fungus is stir-fried rapidly and then stuffed into a young pumpkin to make for a nice and tasty dish.



每一份 Per Serving

熱量 **86**
Energy 千卡 (kcal)

蛋白質 **3**
Protein 克 (g)

糖 **3**
Sugar 克 (g)

碳水化合物 **71**
Carbohydrate 克 (g)

脂肪 **2**
Fat 克 (g)

鈉質 **67**
Sodium 毫克 (mg)

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

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



本食譜由男爵大排檔提供。
This recipe is provided by Baron Cuisine.



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2人分量
to serve 2

材料 Ingredients

- 鮮草菇 10 粒
- 鮮秀珍菇 10 隻
- 金菇 1/2 包 (100 克)
- 菜籽油 2 茶匙
- 蒜蓉 適量
- 黑胡椒碎 1/4 茶匙
- 10 fresh straw mushrooms
- 10 fresh oyster mushrooms
- 1/2 bag (100 g) enokitake mushrooms
- 2 teaspoons canola oil
- Some crushed garlic
- 1/4 black pepper, crushed

特色 Feature

菇類食物的營養價值十分高，低脂高纖，而且含有豐富的維生素和礦物質，是加入菜式的好選擇。

Mushrooms are highly nutritious. Being low in fat, high in fibre and rich in vitamins and minerals, they are healthy ingredients for dishes.

調味料 Seasoning

- 生抽 1 茶匙
- 雞上湯 1 茶匙
- 1 teaspoon light soya sauce
- 1 teaspoon chicken stock



雜會菇菇

Mixed Mushrooms with Garlic

步驟 Cooking Method

1 先把草菇、秀珍菇、金菇汆水，然後瀝乾，備用。
Blanch the straw mushrooms, oyster mushrooms and enokitake mushrooms. Drain and set aside.

2 燒熱鑊放油，放入蒜蓉和黑椒碎，炒至帶香，加入雜菌，下調味料，炒至熟透後，以鋁箔(「錫紙」)包裹，放入焗爐以180度焗3分鐘即成。
Heat oil in a wok. Stir-fry the garlic and black pepper until the smell comes out. Add the mushrooms, and then the seasonings. Stir-fry until well done. Wrap in aluminum foil. Bake at 180°C for 3 minutes and serve.



試食兵團話你知

Message from Tasting Team

鮮草菇、鮮秀珍菇、金菇等先焯後焗，加入橄欖油和鮮蒜提味，健康美味。

Fresh straw mushrooms, fresh oyster mushrooms and *enokitake* mushrooms are lightly blanched and then grilled on olive oil and fresh garlic to make for a delightfully healthy dish.



每一份 Per Serving

熱量 **106**
Energy 千卡 (kcal)

蛋白質 **7**
Protein 克 (g)

糖 **3**
Sugar 克 (g)

碳水化合物 **12**
Carbohydrate 克 (g)

脂肪 **5**
Fat 克 (g)

鈉質 **165**
Sodium 毫克 (mg)

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

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



本食譜由薯仔屋提供。
This recipe is provided by Small Potato.



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2人分量
to serve 2

材料 Ingredients

西洋菜苗	375 克
金菇	75 克
竹筴	少許
芹菜 (切條)	3 條
甘筍 (切條)	3 條
菜籽油	1/4 茶匙
清魚湯	600 毫升

375 g baby watercress
75 g enokitake mushrooms
Some bamboo piths
3 slices celery
3 slices carrot
1/4 teaspoon canola oil
600 mL fish stock

調味料 Seasoning

鹽	1/4 茶匙
糖	1/4 茶匙
1/4 teaspoon salt	
1/4 teaspoon sugar	



特色 Feature

芹菜是一種營養豐富的常見食材，有助降低血壓，有益心臟健康，增強免疫力。

Celery is a common and nutritious vegetable. It helps to lower blood pressure, prevent heart diseases and strengthen our immune system.



清魚湯 (製約1.8公升)

Fish stock (about 1.8 L)

材料:

清水	2.4 公升
大魚 (切件)	1.5 千克
薑 (切片)	50 克

步驟:

燒開水，加入大魚和薑，煮1/2小時，即成。

Ingredients:

2.4 L water
1.5 kg big fish, chopped
50 g ginger, sliced

Cooking Method:

Bring water to the boil. Add the big fish and ginger. Cook for 1/2 hour. Done.

步驟 Cooking Method

1

將西洋菜洗淨，然後以清水焯熟，備用。
Wash the watercress. Blanch until done. Set aside.

2

把金菇、竹筴、芹菜、甘筍氽水，備用。
Blanch the enokitake mushrooms, bamboo piths, celery, and carrot. Set aside.

3

把鑊燒紅，放入魚湯，加入金菇、竹筴，下鹽、糖、油，煮熟後放在西洋菜上，最後放上芹菜和甘筍條即成。
Heat oil in a wok. Pour in the fish stock. Add enokitake mushrooms and bamboo piths. Season with oil, salt and sugar. Cook until done. Lay the mushrooms over the watercress. Top with celery and carrot slices to serve.

金菇竹筴浸菜苗

Braised Enokitake, Bamboo Pith and Seasonal Vegetable in Broth



試食兵團話你知

Message from Tasting Team

金菇和竹筍均清淡爽口，配以用魚湯浸熟的菜苗，嫩滑可口，再加上芹菜和甘筍作點綴，色、香、味俱全。

Enokitake mushrooms and bamboo piths, both crunchy and with a gentle flavour, match perfectly with baby watercress. Celery and carrot slices add colours and a fresh touch to the dish.



每一份 Per Serving

熱量 Energy 千卡 (kcal)	45	蛋白質 Protein 克 (g)	5	糖 Sugar 克 (g)	1
碳水化合物 Carbohydrate 克 (g)	7	脂肪 Fat 克 (g)	1	鈉質 Sodium 毫克 (mg)	378

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

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



本食譜由百樂門囍宴提供。
This recipe is provided by Joy Cuisine.



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1人分量
to serve 1

材料 Ingredients

- 翠玉瓜 (切片) 12 片
- 蘑菇 (切片) 2 隻
- 金菇 1/5 包 (40克)
- 秀珍菇 8 隻
- 甘筍 (切片) 8 小片
- 大豆油 1 茶匙
- 蒜蓉 1/3 茶匙
- 12 slices zucchini
- 2 button mushrooms, sliced
- 1/5 pack (40 g) enokitake mushrooms
- 8 oyster mushrooms
- 8 slices carrot
- 1 teaspoon soya oil
- 1/3 teaspoon crushed garlic

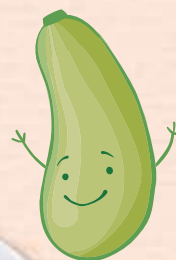
特色 Feature

甘筍含有豐富的胡蘿蔔素，有益眼睛，更具抗氧化功效。甘筍配上翠玉瓜和雜菇後既能增加口感，又可令菜式變得色彩繽紛，賣相更加討好。

Carrots are rich in carotene, which is good for the eye and also contains antioxidative properties. The combination of carrot, zucchini and assorted mushrooms results in a colourful dish that is full of wonderful textures.

調味料 Seasoning

- 鹽 1/5 茶匙
- 雞上湯 90 毫升
- 生粉芡 1/5 茶匙
- 1/5 teaspoon salt
- 90 mL chicken broth
- 1 teaspoon cornstarch water



蒜香田園炒雜菌

Stir-Fried Assorted Mushrooms with Garlic

步驟 Cooking Method

- 1 將翠玉瓜、蘑菇、金菇、秀珍菇、甘筍汆水，備用。
Blanch the zucchini, button mushrooms, enokitake mushrooms, oyster mushrooms and carrot. Set aside.
- 2 把鑊燒紅，放油，下蒜蓉炒至帶香，放入所有材料略炒，再下鹽、雞上湯，煮沸後加入生粉芡即可。
Heat oil in a wok. Add garlic and stir-fry until the smell comes out. Pour in all ingredients, stir-fry briefly. Add salt and chicken stock. Bring it to the boil, pour in cornstarch water to serve.



試食兵團話你知

Message from Tasting Team

蘑菇、金菇、秀珍菇等各具風味，與翠玉瓜、甘筍以蒜蓉清炒，清香不膩。

The button mushroom, *enokitake* mushroom and oyster mushroom have a distinct flavour each. Stir-fried with zucchini and carrot and seasoned with just some garlic, the mushrooms are transformed into a refreshingly aromatic vegetarian dish.



每一份 Per Serving

熱量 **134**
Energy 千卡 (kcal)

蛋白質 **8**
Protein 克 (g)

糖 **6**
Sugar 克 (g)

碳水化合物 **18**
Carbohydrate 克 (g)

脂肪 **6**
Fat 克 (g)

鈉質 **517**
Sodium 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。

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本食譜由銀龍餐廳提供。

This recipe is provided by Ngan Lung Restaurant.



有營食肆 EATSMART RESTAURANTS

以下資料截至二零一三年十二月二日，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 2 December 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>

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
方園藝廊·咖啡館	SR Gallery Café	2377 3030
甘味手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	3907 0689
功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2881 9966
別府九州地獄拉麵專門店	Beppu Ramen	2890 7389
金皇廷筵宴	Banquet Place	2832 6628
金裝嫩奶佬餐廳 (太和街)	Daniel's Restaurant (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	8300 8198
美心MX (波斯富街)	Maxim's MX (Percival Street)	2838 6173
(堅拿道西)	(Canal Road West)	2838 5075
美味廚	Megan's Kitchen	2866 8305
泰式食	Thai Perfect	2890 4899
警察總部雅膳中菜廳 - 索迪斯 (香港) 有限公司	PHQ Arsenal Place - Sodexo (Hong Kong) Ltd.	2860 2688
警察總部匯敘西餐廳 - 索迪斯 (香港) 有限公司	PHQ Western - Sodexo (Hong Kong) Ltd.	2860 2688
警察總部匯敘快餐 - 索迪斯 (香港) 有限公司	PHQ Fast Food - Sodexo (Hong Kong) Ltd.	2860 2688
海皇粥店 (新誠商業大廈)	Ocean Empire Food Shop (Simmons Commercial Building)	2575 0417
(駱克道)	(Lockhart Road)	2891 1902
(糖街)	(Sugar Street)	2894 8848
曼谷泰菜	Bangkok Thai Restaurant	3102 1618
彩福皇宴	Choi Fook Royal Banquet	2566 7778
粵軒·六國酒店	Canton Room - Gloucester Luk Kwok Hong Kong	2866 2166
富豪金殿·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 (駱克大廈)	New Star Seafood Restaurant (Lockhart House)	2838 2186
(聯合鹿島大廈)	(Allied Kajima Building)	2511 1228
壽司翔太	Sushi Shota	2834 3031
滬江飯店	Wu Kong Shanghai Restaurant	2506 1018
翠華餐廳 (景隆街)	Tsui Wah Restaurant (Cannon Street)	2573 4338
(駱克道)	(Lockhart Road)	2542 2288
(謝斐道)	(Jaffe Road)	2892 2633
翡翠拉麵小籠包 (大有廣場)	Crystal Jade La Mian Xiao Long Bao (Tai Yau Plaza)	2573 8844
(世貿中心)	(World Trade Centre)	2915 6988
(時代廣場)	(Times Square)	2506 0080
銀龍粉麵茶餐廳	Ngan Lung Restaurant	2881 5298
蒲點美式酒吧·銅鑼灣利景酒店	Champs Bar - The Charterhouse Causeway Bay	2892 3386
稻香	Tao Heung	8300 8121

稻香超級漁港	Tao Heung Super 88	8300 8162
築地日本料理	Tsukiji Japanese Restaurant	2504 3338
橋底辣蟹 (駱克道421-425號)	Under Bridge Spicy Crab (421-425 Lockhart Road)	2834 6818
(駱克道429號)	(429 Lockhart Road)	2573 7698
(謝斐道)	(Jaffe Road)	2834 6268
龍皇酒家	Dragon King Restaurant	2895 2288
禮頓會	Club Leighton	3198 9805
鐘廚	Chung's Kitchen	8300 8005
薯仔屋 (富明街)	Small Potato (Foo Ming Street)	2882 7278
(新會道)	(Sun Wui Road)	2890 4884
響宴 (利舞臺廣場)	U-Banquet (Lee Theatre Plaza)	2811 9181
(信和廣場)	(Sino Plaza)	2811 9628
麗姐廚房	Liza Veggies	2575 6060
Beautifood	Beautifood	2860 0012
CEO Karaoke Box	CEO Karaoke Box	2137 9777
Délifrance (Café) (大有廣場)	Délifrance (Café) (Tai Yau Plaza)	2591 1600
(香港中央圖書館)	(Hong Kong Central Library)	2504 0115
(美國萬通大廈)	(Massmutual Tower)	2527 7201
(瑞安中心1樓)	(1/F Shui On Centre)	2802 4465
(駱克道)	(Lockhart Road)	2520 6622
Oliver's Super Sandwiches (新鴻基中心)	Oliver's Super Sandwiches (Sun Hung Kai Centre)	2877 7327
(銅鑼灣廣場第一期)	(Causeway Bay Plaza I)	2573 7811

中西區

Central & Western District

日之苑	Ninoen	3586 0470
心齋	Pure Veggie House	2530 0778
北園酒家 (東寧大廈)	North Garden Restaurant (Tung Ning Building)	2739 2338
(鴻基大廈)	(Hung Kei Mansion)	2526 3163
西港城·大舞臺	The Grand Stage	8202 2809
西環碼頭餐廳	Harbour Restaurant	2818 0101
美心MX (和記大廈)	Maxim's MX (Hutchison House)	2869 4450
(卑路乍街)	(Belchers Street)	2819 1196
(創業中心)	(Chong Yip Centre)	2857 2910
帝景園會所 (只供會員)	Dynasty Court Club Royal (Members Only)	2522 0080
富臨粵之味	Foo Lum	2815 1088
翡翠拉麵小籠包 (金鐘廊)	Crystal Jade La Mian Xiao Long Bao (Queenway Plaza)	2529 9008
(國際金融中心)	(IFC Mall)	2295 3811
稻香	Tao Heung	8300 8086
Beautifood	Beautifood	2860 0012
Café O (皇后大道中)	Café O (Queen's Road Central)	2851 0890
(亞畢諾道)	(Arbutnot Road)	2868 0450
(堅道)	(Caine Road)	2111 3131
Délifrance (Café) (力寶中心)	Délifrance (Café) (Lippo Centre)	2147 3798
(山頂廣場)	(The Peak Galleria)	2849 2613
(華懋廣場)	(Chinachem Plaza)	2581 4391
(環球大廈)	(World Wide Plaza)	2868 1355
Mr. Taco Truck	Mr. Taco Truck	2810 0888
Oliver's Super Sandwiches (中信大廈)	Oliver's Super Sandwiches (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
(無限廣場)	(Infinitus Plaza)	2544 3369
The Herbivores	The Herbivores	2613 2909

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
甘味手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2523 7378
百份百餐廳	Hundred Percent Restaurant	2645 9100
美心MX	Maxim's MX	2580 5133
珍寶王國	Jumbo Kingdom	2553 9111
旅遊服務業培訓發展中心 (英語餐飲學會 - 蒲扶林) (只供會員)	Hospitality Industry Training and Development Centre (The English-Speaking Dining Society - Pokfulam) (Members Only)	2550 6683
泰閣	Koon Thai Cuisine	2878 8282
富臨漁港餐廳	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
緣來素食	Destine Vegetarian Restaurant	2554 5837
鍾菜	Chung's Cuisine	8300 8006
Délifrance (Café)	Délifrance (Café)	2813 1368
Subway	Subway	2550 1661

東區

Eastern District

太興	Tai Hing	2567 7362
正東燒豬料理	The Orient Barbecue Cuisine	2805 8022
甘味手打烏冬專門店 (杏花新城)	Yummy Handmade Sanuki Udon Restaurant (Paradise Mall)	2896 7489
(藍灣半島廣場)	(Island Resort Mall)	2812 9689
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
和平小飯店	Heping Restaurant	2570 8616
京城膳膳	King Shing Chinese Cuisine	2872 6228
阿糊米線	A Hu Mi Xian	2660 6668
迎禧大酒樓	Cheers Restaurant	8300 8199
美心MX	Maxim's MX	
(杏花新城)	(Paradise Mall)	2558 8541
(城市中心)	(City Garden)	2566 4556
(英皇大樓)	(King's House)	2561 5760
(康怡廣場)	(Kornhill Plaza)	2885 5095
(新翠商場)	(New Jade Shopping Arcade)	2897 7513
(樂基中心)	(Stanhope House)	2679 8229
(藍灣廣場)	(Island Resort Mall)	2248 5370
星級味皇餐廳小廚	Delicious Café	2802 6622
香港專業教育學院(柴灣)飯堂	Hong Kong Institute of Vocational Education (Chai Wan) Canteen	2411 2773
香港飯堂	Hong Kong Canteen	2104 2828
柴火甘味茶屋	Takigi	3100 0076
海皇粥店	Ocean Empire Food Shop	2887 5879
柴灣東區醫院職員飯堂	Pamela Youde Nethersole Eastern Hospital Staff Canteen	2595 6505
御名軒	Royal Legend	2578 9983
曼谷泰菜	Bangkok Thai Restaurant	
(珠璣大廈)	(Chu Kee Building)	2856 0818
(留仙街)	(Lau Sin Street)	2566 9966
(藍灣廣場)	(Island Resort Mall)	2568 6800
梅花印小館	Mui Fa Chuen Restaurant	2561 9797
彩福酒家	Choi Fook Restaurant	2566 8289
富臨皇宮	Foo Lum Palace	2889 2200
福岡拉麵(西日料理)	Fukuoka Noodle Restaurant	3488 7550
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2897 7669
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	8300 8161
聯邦金閣酒家	Golden Federal Restaurant	2628 0183
簡約煮意廚坊	Minimal Gourmet	2331 3161
譽宴	U-Banquet	2811 9668
藝術·家	Les Artistes Café	3426 8918
權發海鮮酒家	Kuen Fat Restaurant	2897 0688

Délifrance (Café) (太古城) (港運城)	Délifrance (Café) (Taikoo Shing) (Island Place)	2904 8603 2565 1335 2590 6911
Mr. Taco Truck	Mr. Taco Truck	
Oliver's Super Sandwiches (杏花新城) (英皇道) (康怡花園)	Oliver's Super Sandwiches (Paradise Mall) (King's Road) (Kornhill Plaza)	2898 1707 2510 0255 2513 9266

九龍城區

Kowloon City District

生果報社	Fruit Magazine	2713 8319
好味廚	Homey Kitchen	3442 1337
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
浸信會醫院餐廳	Baptist Hospital Restaurant	2337 6976
富臨漁港 (太子道西) (明安街) (馬頭角道)	Foo Lum Fishman's Wharf Restaurant (Prince Edward Road, West) (Ming On Street) (Ma Tau Kok Road)	2718 3318 2363 2883 2768 8618
富臨漁港餐廳	Foo Lum Fishman's Wharf Restaurant	2365 2881
博藝會	Spotlight Recreation Club	8202 8606
煌府婚宴專門店	Wedding Banquet Specialist	2180 6198
新香城餐廳	Sun Heung Shing Restaurant	2334 0335
渝渝烤魚	Yu Heung Grilled Fish	2382 4168
榆豐餐廳	ELM Restaurant & Lounge	3162 8773
肇順名匯河鮮專門店	Siu Shun Village Cuisine	2330 2866
翠華餐廳	Tsui Wah Restaurant	2760 9828
稻香超級漁港	Tao Heung Super 88	8300 8177
潮家	Chiu Ka	2338 3112
醫管局大樓職員飯堂	Hospital Authority Building Staff Canteen	2194 6801
禧慶藝廚酒家	Happiness Cuisine	2712 8168
Bistro Délifrance	Bistro Délifrance	2330 3933
Oliver's Super Sandwiches	Oliver's Super Sandwiches	2265 7622

深水埗區

Sham Shui Po District

北京拉麵店	Peking Handmade Noodles Restaurant	2361 9069
好·廚房	Good Kitchen	2541 7031
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 Food Shop	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
賓墟餐廳	Bun Hui Restaurant	2204 1318
富臨酒家	Foo Lum Restaurant	2361 2213
富臨漁港	Foo Lum Fishman's Wharf Restaurant	2368 3738
富臨漁港餐廳 (長沙灣廣場) (富華廣場)	Foo Lum Fishman's Wharf Restaurant (Cheung Sha Wan Plaza) (Florence Plaza)	2310 8880 2370 3262
稻坊	Tao Square	8300 8140
稻香	Tao Heung	8300 8139
稻香超級漁港	Tao Heung Super 88	8300 8171
Délifrance (Café)	Délifrance (Café)	2242 6669



Yau Tsim Mong District

一壽司 (金馬倫道) (雅蘭中心)	Sushi One (Cameron Road) (Grand Tower)	3583 1100 2110 9922
八王子拉麵館	Prince Ramen	2771 6939
大自然素食 (美麗華商場) (始創中心)	Gaia Veggie Shop (Miramar Shopping Centre) (Pioneer Centre)	2376 1186 2148 1163
上樓	Shanghai Inn	8300 8159
日之苑	Ninoen	2781 1611
月滿坊	Full Moon	2955 5113
北京拉麵店	Peking Handmade Noodles Restaurant	2380 2183
功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2312 7800
百份百餐廳	Hundred Percent Restaurant	2703 9100
伊利沙伯醫院職員飯堂	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
君瀝港會所餐廳	Harbour Green Club Banquet Room	3516 1121
迎	Joyous One	8300 8001
金星朝海鮮酒家	Golden Dynasty Seafood Restaurant	2770 2328
金都國宴	Golden City Banquet	2633 8866
金陶軒 - 金城設施管理有限公司	Kum Tao Heen - Kum Shing Management Ltd.	2730 8668
金裝嫩奶佬餐廳	Daniel's Restaurant	2770 0301
迎禧大酒樓 (雅蘭中心) (彌敦酒店)	Cheers Restaurant (Grand Tower) (Nathan Hotel)	8300 8191 8300 8163
美心MX (西洋菜街) (百匯軒) (花園街) (旺角東港鐵站) (新文華中心)	Maxim's MX (Sai Yeung Choi Street) (Cite 33) (Fa Yuen Street) (Mong Kok East MTR Station) (New Mandarin Plaza)	2390 7530 2395 8850 2782 1669 2397 6303 2311 8589
風月堂	Orchard Garden Café & Restaurant	2699 3002
帝京軒 - 帝京酒店	Di King Heen - Royal Plaza Hotel	2622 6161
客家好棧	Hakka Hut	8300 8103
查理布朗咖啡專門店	Charlie Brown Café	2366 6325
柏景餐廳 - 皇家太平洋酒店	Café on the Park - The Royal Pacific Hotel and Towers	2738 2322
紅廚房	GM Kitchen	2625 1986
紅蔥頭 (始創中心) (朗豪坊)	Café Med (Pioneer Centre) (Langham Place)	2626 0596 3514 9322
海皇粥店	Ocean Empire Food Shop	2385 6732
骨煲皇 (金基大廈地下1-2號) (金基大廈1樓)	King of Hot Pot (1-2, G/F, Kamga Mansion) (1/F Kamga Mansion)	2380 4441 2380 4441
泰閣	Koon Thai Cuisine	2878 7666
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
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
富臨漁港龍臨門 (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	Sichuan BBQ Restaurant	2780 2889
煌府婚宴專門店 (旺角道) (始創中心) (港景匯商場) (The One)	Wedding Banquet Specialist (Mongkok Road) (Pioneer Centre) (Victoria Mall) (The One)	2180 6138 2180 6128 3520 1888 2180 6178
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
漁民樂 - 魚湯米線專門店	Happy Fisherman Restaurant	3486 4642
瀟江飯店	Wu Kong Shanghai Restaurant	2366 7244
綠野仙踪	Greenland Corner	2336 6001
翠華餐廳 (白加士街) (北海街) (加拿芬道) (鉢蘭街) (港品中心) (碧街)	Tsui Wah Restaurant (Parkes Street) (Pak Hoi Street) (Camavon Road) (Portland Street) (Harbour Crystal Centre) (Pitt Street)	2384 8388 2780 8328 2366 8250 2392 3889 2722 6600 2771 8080
靚煲皇	Supreme Hot Pot	2399 0812
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2622 2699
銓滿記餐廳小廚	Chuen Moon Kee Restaurant	3760 8855
銀龍粉麵茶餐廳 (集友大廈) (通菜街)	Ngan Lung Restaurant (Friend's House) (Tung Choi Street)	2721 1155 2380 2566
稻坊	Tao Square	8300 8151
稻香 (恆星樓) (新九龍廣場) (愛民商場)	Tao Heung (Star Mansion) (New Kowloon Plaza) (Oi Man Shopping Centre)	8300 8084 8300 8123 8300 8082
稻香超級漁港 (雅蘭中心) (彌敦酒店)	Tao Heung Super 88 (Grand Tower) (Nathan Hotel)	8300 8168 8300 8163
橫網日本麵店	Yokozuna Japanese Noodle Shop	2783 0784
潮樓	Chao Inn	8300 8142
聯邦金閣酒家	Golden Federal Restaurant	2628 0823
聯邦皇宮 (奧海城) (彌敦道)	Federal Palace Restaurant (Olympian City) (Nathan Road)	2626 0033 2626 0022
麵軒 (新文華中心) (寶倫大廈)	Mian Café (New Mandarin Plaza) (Po Lun Building)	2739 9802 2626 9581
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
Déifrance (Café)	Déifrance (Café)	2316 2602
Marco's Oyster Bar & Grill	Marco's Oyster Bar & Grill	2375 2352
Maroon Café - 香港西九龍絲麗酒店	Maroon Café - Silka West Kowloon Hotel Hong Kong	2789 6838
Mezzo Grill - 富豪九龍酒店	Mezzo Grill - Regal Kowloon Hotel	2313 8788
Munch	Munch	2317 7887
Oliver's Super Sandwiches (香港理工大學) (奧海城) (新世紀廣場)	Oliver's Super Sandwiches (The Hong Kong Polytechnic University) (Olympian City) (Grand Century Place)	2364 5762 2272 4220 2264 3737



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 (翠屏邨)	Hundred Percent Restaurant (Tsui Ping North Estate)	2598 8100
(寶達商場)	(Po Tat Shopping Centre)	2697 8100
名昇餐廳	Ming Sing Restaurant	2758 0118
百樂門宴會廳 (企業廣場5期)	Paramount Banquet Hall (MegaBox)	2798 8332
(鱷魚恤中心)	(Crocodile Centre)	3910 8368
別府九州地獄拉麵專門店	Beppu Ramen	2148 9898
沁園春	Cheerful Restaurant	2251 3612
帕爾馬	La Trattoria di Parma	2111 1370
迎囍大酒樓	Cheers Restaurant	8300 8189
美心MX (牛頭角上村)	Maxim's MX (Upper Ngau Tau Kok)	2481 3768
(康寧道)	(Hong Ning Road)	2793 9239
(翠屏商場)	(Tsui Ping Shopping Circuit)	2763 4180
(麗港城商場)	(Laguna City)	2772 3314
(觀塘廣場)	(Kwun Tong Plaza)	2793 9225
客家好棧	Hakka Hut	8300 8109
香港專業教育學院[觀塘分校] (學生飯堂) (只供學生)	Hong Kong Institute of Vocational Education - Kwun Tong (Student Canteen) (Student Only)	2346 8990
海皇粥店 (物華街)	Ocean Empire Food Shop (Mut Wah Street)	2304 7468
(淘大商場)	(Amoy Plaza)	2759 6537
旅遊服務業培訓發展中心 (英語餐飲學會 - 九龍灣) (只供會員)	Hospitality Industry Training and Development Centre (The English-Speaking Dining Society - Kowloon Bay) (Members Only)	2750 6919
御苑皇宴	The Banqueting House	2798 8866
御苑酒家	The China House	2798 8110
富臨漁港 (企業廣場)	Foo Lum Fishman's Wharf Restaurant (Enterprise Square)	2759 1808
(觀塘廣場)	(Kwun Tong Plaza)	2342 4252
會所1號 (九龍東)	Club One (Kowloon East)	8202 9298
(郵輪堤岸)	(Harbourfront)	8209 9223
煌府婚宴專門店	Wedding Banquet Specialist	2681 4888
肇順名匯河鮮專門店	Siu Shun Village Cuisine	2798 9738
嘉華大酒樓	Ka Wah Restaurant	2795 3838
翠華餐廳	Tsui Wah Restaurant	2343 3866
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2305 9990
銀龍粉麵茶餐廳	Ngan Lung Restaurant	2679 7388
稻香 (企業廣場5期)	Tao Heung (MegaBox)	8300 8085
(淘大商場)	(Amoy Plaza)	8300 8124
稻香超級漁港 (德福廣場)	Tao Heung Super 88 (Telford Plaza)	8300 8175
(麗港城商場)	(Laguna Plaza)	8300 8176
潮篇	Chaozhou Cuisine	2779 1919
潮館	Chao Inn	8300 8145
德藝會	Telford Recreation Club	8202 2892
龍皇酒家	Dragon King Restaurant	2955 0668
鍾菜	Chung's Cuisine	8300 8010
聯合醫院職員飯堂	United Christian Hospital Staff Canteen	3513 4065
譽宴	U-Banquet	2811 9788
龍雲天	Cheerful Sky Cuisine	2827 2886
龍俠 (國際展覽中心)	Happiness Gastronomy (Hong Kong International Trade & Exhibition Centre)	2827 1811
藝筑自家菜 (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
(淘大商場)	(Amoy Plaza)	2757 4518
(德福廣場)	(Telford Plaza)	2756 9565
Oliver's Super Sandwiches (企業廣場)	Oliver's Super Sandwiches (Enterprise Square Three)	2749 7561
(創紀之城)	(Millennium City 5)	3148 1101
(德福廣場)	(Telford Plaza)	2757 2662
Organic Life Café & Restaurant	Organic Life Café & Restaurant	2420 0363
Studio City Bar & Café	Studio City Bar & Café	3543 5638



荃灣區

Wong Tai Sin District

大自然素食	Gaia Veggie Shop	2887 3363
友邦餐廳	AIA Café	2895 8816
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2322 9189
別府九州地獄拉麵專門店	Beppu Ramen	2782 0989
金飯碗餐廳	Gold Rice Bowl Restaurant	2329 7112
美心MX (竹園南邨)	Maxim's MX (Chuk Yuen Shopping Centre)	2327 8551
(黃大仙中心)	(Wong Tai Sin Shopping Centre)	2321 9331
客家好棧	Hakka Hut	8300 8104
紅蔥頭	Café Med	2955 4988
御苑酒家	The China House	3162 3788
順德經典	Classic in Shun Tak	2997 8866
富臨皇宮	Foo Lum Palace	2794 3883
富臨漁港 (越秀廣場)	Foo Lum Fishman's Wharf Restaurant (Yue Xiu Plaza)	2320 8088
富臨漁港臨門 (新光中心)	Foo Lum Fishman's Wharf Restaurant (San Kwong Building)	2320 9080
肇順名匯河鮮專門店	Siu Shun Village Cuisine	2322 9932
翠華餐廳	Tsui Wah Restaurant	2324 6486
龍皇酒家	Dragon King Restaurant	2711 8233
聯邦皇宮	Federal Restaurant	2626 0011
麗都軒	Nice Capital Restaurant	2827 1168
譽宴	U-Banquet	2811 3281
California Pizza Kitchen	California Pizza Kitchen	3105 0352



荃灣區

Tsuen Wan District

八麵玲瓏	The Noodle House	2408 3298
大自然素食	Gaia Veggie Shop	2148 1819
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2402 9788
叻哥(亞洲)餐廳	Smartman Restaurant	2577 1755
百樂門宴會廳	Paramount Banquet Hall	2419 0348
季季紅風味酒家	Red Seasons Aroma Restaurant	2615 9333
金裝嫩奶佬餐廳 (大壩街)	Daniel's Restaurant (Tai Pa Street)	2498 5662
(99廣場)	(99 Plaza)	2439 9728
迎囍大酒樓	Cheers Restaurant	8300 8196
美心MX (悅來坊)	Maxim's MX (Panda Place)	2887 7093
(荃錦中心)	(Tsuen Kam Centre)	2498 9401
(愉景新城商場)	(Discovery Park Commercial Centre)	2940 5821
(綠楊坊)	(Luk Yeung Galleria)	2498 0283
(樂悠居)	(Indihome)	2439 1070
紅蔥頭	Café Med	2116 1235
珀麗灣藍色會所餐飲部 - 啟勝管理服務有限公司 (只供會員)	Park Island Blue Blue Club F & B - Kai Shing Management Services Ltd. (Members Only)	2296 4000
海皇粥店	Ocean Empire Food Shop	2439 4510
荃灣港安醫院職員餐廳 (只供職員)	Tsuen Wan Adventist Hospital Staff Canteen (Staff Only)	2276 7337
雲貴軒	The Vermicelli 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
翠華餐廳 (兆和街)	Tsui Wah Restaurant (Shiu Wo Street)	2419 7738
(眾安街)	(Chung On Street)	3126 9233
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2363 8698
銀龍粉麵茶餐廳 (眾安街22號)	Ngan Lung Restaurant (22 Chung On Street)	2416 6990
(眾安街122號)	(122 Chung On Street)	2416 1922
(328廣場)	(Plaza 328)	2439 0270
稻香	Tao Heung	8300 8125
潮館	Chao Inn	8300 8149
聯邦皇宮	Federal Restaurant	2626 0883
爵悅庭住客會所 (只供住客)	Club Chelsea (Resident Only)	2480 6022
稻香超級漁港	Tao Heung Super 88	8300 8164
麗都饗客	Nice Invitation	2827 2699
Délifrance (Café)	Délifrance (Café)	2940 4830



Sai Kung District

一壽司	Sushi One	3622 2322
太興	Tai Hing	2628 6072
上樓	Shanghai Inn	8300 8160
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
迎禧大酒樓	Cheers Restaurant	8300 8193
美心MX (東港城)	Maxim's MX (East Point City)	2628 5010
(將軍澳中心)	(Park Central)	3417 4970
客家好棧	Hakka Hut	8300 8106
香港科技大學學生飯堂 (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)	2706 1500
海皇粥店 (新都城中心)	Ocean Empire Food Shop (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 Daily Canteen (Staff Only)	2990 7885
新一派·味道	New Taste	2701 9188
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2673 3108
稻香 (尚德商場)	Tao Heung (Sheung Tak Shopping Centre)	8300 8083
(新都城)	(Metro City)	8300 8129
稻香超級漁港	Tao Heung Super 88	8300 8167
潮家 (君薈坊)	Chiu Ka (The Edge)	2331 2155
(彩明商場)	(Choi Ming Shopping Centre)	3143 9002
潮樓	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



Tuen Mun District

一壽司	Sushi One	2155 2233
大姆指(亞洲)餐廳	Big Top Restaurant	2440 4321
太田日本料理	Tai Tan Sushi Restaurant	2453 2222
生果報社	Fruit Magazine	2458 5291
咕咕雞岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2618 7499
百份百餐廳	Hundred Percent Restaurant	2527 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
(藍地大街)	(Lam Tei Main Street)	2462 7038
金鴻江南小館	Kam Chun Food	2460 2813
金裝嫩奶佬餐廳	Daniel's Restaurant	2459 3481
迎禧大酒樓	Cheers Restaurant	8300 8194
美食坊	Food Hall	2465 3817
客家好棧	Hakka Hut	8300 8102
海皇粥店	Ocean Empire Food Shop	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 Vermicelli House (Butterfly Plaza)	2454 2200
(龍門居)	(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 Fantasie Leisure Lounge (Members Only)	2949 5333
煮樓餐廳	Cooking Restaurant	2613 2380
翠華餐廳	Tsui Wah Restaurant	2463 7511
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2430 1909

稻香 (屯門海逸坊)	Tao Heung (Tuen Mun Ocean Walk)	8300 8135
(建生商場)	(Kin Sang Commercial Centre)	8300 8081
稻香超級漁港	Tao Heung Super 88	8300 8166
樂融融餐廳	Café Fusion	3511 0702
聯邦皇宮	Federal Palace	2626 0088
麗都總廚	Nice Capital Worldwide Kitchen	2456 4888
Délifrance (Café)	Délifrance (Café)	2613 9755
Oliver's Super Sandwiches	Oliver's Super Sandwiches	2866 8707



Yuen Long District

八斗砂鍋粥茶餐廳	Eight Ladle Restaurant	2442 9001
元朗泰記	Yuen Long Restaurant	2470 5386
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
迎	Joyous One	8300 8002
金裝嫩奶佬餐廳 (千色廣場)	Daniel's Restaurant (Citimall)	2477 0708
(新北江商場)	(Kingswood Richly Plaza)	2445 6321
美心MX (天晴商場)	Maxim's MX (Tin Ching Commercial Centre)	2351 5772
(天盛商場)	(Tin Shing Shopping Centre)	2254 2736
(天耀商場)	(Tin Yiu Shopping Centre)	2445 2527
客家好棧	Hakka Hut	8300 8107
叙福樓海鮮酒家	Lucky House Restaurant	3156 1283
海皇粥店	Ocean Empire Food Shop	2477 8050
茶魚飯館	Ngan Lung Restaurant	2254 2188
雲貴軒	The Vermicelli House	2442 1000
博愛醫院職員餐廳 (只供職員)	Pok Oi Hospital Canteen (Staff Only)	2486 8822
緣來素食	Destine Vegertrian Restaurant	3489 6428
銀龍粉麵茶餐廳 (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	Tao Heung	8300 8137
潮樓	Chao Inn	8300 8148
錦綉花園鄉村俱樂部 (亭林園餐廳) (只供會員)	Fairview Park Country Club (Country Café) (Members Only)	2471 6333
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
麗都請客	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



North District

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



Sha Tin District

王廚咖啡 (排頭村28號) (排頭村29號)	Wong's Kitchen and Café (28 Pai Tau Village) (29 Pai Tau Village)	2601 3218 2601 3218
太興	Tai Hing	2693 2782
甘味讚岐手打烏冬專門店 (沙田第一城) (新城市廣場)	Yummy Handmade Sanuki Udon Restaurant (City One Shatin) (New Town Plaza)	2637 6011 2607 0668
叻哥(亞洲)餐廳	Smartman Restaurant	2648 6778
功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2362 1911
百份百餐廳	Hundred Percent Restaurant	2975 8100
老爹茶居	Daddy's Kitchen	2640 3878
別府九州地獄拉麵專門店	Beppu Ramen	2668 4188
突破青年村	Breakthrough Youth Village	2632 0100
沙龍會	Salem Club	2696 2112
君臨海鮮酒家	King's Fortune Seafood Restaurant	2667 6338
季季紅風味酒家	Red Seasons Aroma Restaurant	2383 8989
金福酒家	Golden Fortune Restaurant	2698 8288
金裝嫩奶佬餐廳 (天寶樓) (馬鞍山廣場) (頌安商場)	Daniel's Restaurant (Tin Po Building) (Ma On Shan Plaza) (Chung On Shopping Centre)	2608 1331 2630 5533 2631 0225
美心MX (禾輦商場) (沙田中心) (利安邨商場)	Maxim's MX (Wo Che Shopping Centre) (Shatin Centre) (Lee On Estate Shopping Centre)	2694 7608 2605 5873 2640 8926
香港中文大學逸夫書院 (學生飯堂)	Shaw College, The Chinese University of Hong Kong (Kuo Mou Hall Amenity) (Student Canteen)	2603 6369
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 Food Shop	2692 4150
盈彩海鮮酒家	Ying Choi Seafood Restaurant	2641 8812
曼谷泰菜	Bangkok Thai Restaurant	2606 3882
順德經典	Classic in Shun Tak	2330 0023
雅典居住客會所	Villa Athena Club House	2633 4318
富臨漁港	Foo Lum Fishman's Wharf Restaurant	2601 2989
會所1号 - 萬濤	Club One - Riverview	8209 9288
廣東館	Canton Koon	2696 9268
翠華餐廳	Tsui Wah Restaurant	2601 9292
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) (頌安商場)	Tao Heung Super 88 (Sha Tin Centre Street) (Chung On Shopping Centre)	8300 8178 8300 8179
潮家	Chiu Ka	2693 2321
嚟味	Taste	-
麗都講客	Nice Invitation	2693 9088
麵軒	Mian Café	2640 8200
蘭慶酒樓	Happiness Cuisine	2827 8803
Délifrance (Café)	Délifrance (Café)	2606 4881
Oliver's Super Sandwiches	Oliver's Super Sandwiches	2609 2911



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
迎禧大酒樓	Cheers Restaurant	8300 8190
美心MX	Maxim's MX	2638 8239
咪走雞燒味餐	Delicious Roasted Chicken Restaurant	2667 7225
海皇粥店	Ocean Empire Food Shop	2638 7865
桃園粥麵·小廚	Tao Yuen	2834 1200
彩福酒家	Choi Fook Restaurant	2766 3788
稻香	Tao Heung	8300 8126
蘭慶	Happiness Cuisine	2827 8288



Kwai Tsing District

甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2484 1789
百份百餐廳 (長亨商場) (長康邨) (華景商場)	Hundred Percent Restaurant (Cheung Hang Shopping Centre) (Cheung Hong Estate) (Wonderland Villas)	2547 9100 2954 9100 2574 8100
百樂門宴會廳	Paramount Banquet Hall	2496 8068
別府九州地獄拉麵專門店	Beppu Ramen	2497 7008
金裝嫩奶佬餐廳	Daniel's Restaurant	2495 3301
迎禧大酒樓	Cheers Restaurant	8300 8195
美心MX (石蔭商場) (石籬商場) (長發商場) (新葵興) (賢麗苑商場)	Maxim's MX (Shek Yam Shopping Centre) (Shek Lei Shopping Centre) (Cheung Fat Shopping Centre) (Sun Kwai Hing) (Yin Lai Court Shopping Centre)	2276 0119 2425 0230 2436 9353 2428 0636 2743 8651
香港國際貨櫃碼頭有限公司 (職員餐廳) (只供職員)	Hong Kong International Terminals Ltd (Staff Canteen) (Staff Only)	2614 4527
葵涌醫院職員飯堂 (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
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 (Metropolis) (Greenfield Garden Shopping Arcade)	8300 8165 8300 8183
潮篇	Chaozhou Cuisine	2827 2789
聯邦皇宮	Federal Palace	2626 0618
Bistro Délifrance	Bistro Délifrance	2429 8936



Islands District

天虹海鮮酒家	Rainbow Seafood Restaurant	2982 8100
西龍傳香飯糰 (香港國際機場1號客運大樓) (香港國際機場2號客運大樓)	QQ Rice (Terminal 1, Hong Kong International Airport) (Terminal 2, Hong Kong International Airport)	2107 9989 2261 0622
空港居酒屋 - 富豪機場酒店	Airport Izakaya - Regal Airport Hotel	2286 6668
紅軒中菜廳 - 富豪機場酒店	Rouge - Regal Airport Hotel	2286 6868
南島書蟲	Bookworm Café	2892 4838
香港飛機工程有限公司 基地維修3A機庫(職員餐廳)	Hong Kong Aircraft Engineering Company Ltd. (Aircraft Hanger No.3) (Staff Canteen)	-
香港電燈南丫島發電廠職員餐廳 - 索迪斯(香港)有限公司 (只供職員)	Staff Cafeteria of Lamma Power Station, the Hong Kong Electric Company Ltd. - Sodexo (Hong Kong) Ltd. (Staff Only)	2388 8682
凱星軒	Winsea Seafood Restaurant	2982 8338
翠華餐廳 (香港國際機場) (富豪廣場)	Tsui Wah Restaurant (Hong Kong International Airport) (Fu Tung Plaza)	2261 0306 2811 2877
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2261 0553
稻香	Tao Heung	8300 8133
潮樓	Chao Inn	8300 8141
龍門客棧 - 富豪機場酒店	Dragon Inn - Regal Airport Hotel	2286 6878
聯邦皇宮	Federal Palace	2626 0181
藝廊咖啡室 - 富豪機場酒店	Café Aficionado - Regal Airport Hotel	2286 6238
Bistro Délifrance	Bistro Délifrance	2109 4187
Délifrance (Café)	Délifrance (Café)	2261 2056



痛風病者不宜吃菇？ Should mushrooms be avoided by people with gout?

食物中的「普林」(purine)，會在體內轉化為尿酸；如普林代謝異常，便會令血液中的尿酸水平升高，增加痛風病發的機會。菇類食物的普林含量雖然與雞肉、魚肉相若，但是遠低於蝦、蟹、鵝、內臟等食物，只要維持飲食均衡，不過量進食，就不需要特別戒吃。

The purines in many foods are converted in our body into uric acid. Abnormal metabolism of purine may raise the uric acid level in blood and thus increase the risk of gout. Mushrooms contain just the same amount of purines as chicken and fish, and have a much smaller purine content than shrimps, crabs, geese and offal. Providing that your diet is well balanced, it is not necessary to impose zero tolerance on mushrooms.

菇類食物 - 惹味之謎

Why are mushrooms
so delicious?



菇類食物的鮮味(Umami)來自穀氨酸(glutamate)，屬非必需氨基酸，即身體能自行產生，而不需要依賴食物的供給。菇類食物一經烹煮後便會釋出這種天然鮮味，所以只要使用少量便能提升菜式的風味和味覺層次。穀氨酸更可維持細胞的新陳代謝，協助糖分代謝及平衡蛋白質代謝物。除菇類食物外，番茄、芝士、粟米、帶子等都含豐富的穀氨酸。

Mushrooms' rich savoury flavour ("umami") comes from glutamates, a non-essential amino acid which the body can produce for itself without relying on food for its intake. Glutamates, when cooked, imparts the taste of umami, which enhances the flavour of the partnering food material. Other foods like tomatoes, cheese, corn and scallops also contain glutamates.



菇類食物

生吃最有益？

Are raw mushrooms healthier than cooked ones?

無論是野生或人工培植的菇種，在烹調前必須清洗乾淨才可食用，以免感染腸道傳染病。再者，有些菇種生吃時帶有青草味，所以一般習慣煮熟才吃。事實上，菇類食物的耐熱性甚高，即使加熱也不會使其營養成分分解；無論白焯、燜、炒、放湯、串燒，甚至風乾作小吃，同樣適宜。

Mushrooms, wild or cultivated, need to be washed well in an effort to prevent gastro-intestinal infections. Some mushrooms are more preferable cooked to be rid of their strong grassy taste. As nutrients in mushrooms are quite heat-stable, mushrooms remain nutritious whether blanched, braised, stir-fried, cooked in soups, skewered or even dehydrated into snack form.



常見菇種所含熱量、碳水化合物、蛋白質、脂肪、鉀質、膳食纖維的比較
Energy, Carbohydrates, Proteins, Fats, Potassium and Dietary Fibrres of Selected Mushrooms

菇 100克(g)	熱量 Calories 千卡(kcal)	碳水化合物 Carbohydrates 克(g)	蛋白質 Proteins 克(g)	脂肪 Fats 克(g)	鉀質 Potassium 毫克(mg)	膳食纖維 Dietary Fibre 克(g)
冬菇 Shiitake mushroom	34	6.79	2.24	0.49	304	2.5
大蘑菇 (「大啡菇」) Portabello mushroom	22	3.87	2.11	0.35	364	2.5
白蘑菇 White mushroom	22	3.26	3.09	0.34	318	1.0
金菇 Enokitake mushroom	37	7.81	2.66	0.29	359	2.7
秀珍菇 Oyster mushroom	33	6.09	3.31	0.41	420	2.3
本菇 Shimeji mushroom	31	6.97	1.94	0.19	204	2.7

(資料來源：美國農業部營養資料庫)

Source: USDA nutrient database (<http://ndb.nal.usda.gov/ndb/search/list>)

與菇同樂

The Joy of Mushrooms

近年各類菇菌大受歡迎，由高價的松茸、黑松露菌到大家常吃的冬菇、草菇等都是，而且品種繁多，豐儉由人。不同菇種各有獨特的味道，所以深受中、西、日式廚師歡迎。本文由營養師李鎧而 (Carmela) 跟你分享品菇之樂。

Mushrooms are pretty popular nowadays and they are available in markets everywhere. While some mushrooms, such as *matsutake* mushrooms and black truffles, are truly expensive, some others like shiitake mushrooms and straw mushrooms are more affordable. Carmela LEE, a practicing dietitian, shares with readers her joy of eating mushrooms.

李鎧而

香港營養學會委員、
英國註冊營養師

Carmela LEE is an Executive Member of Hong Kong Nutrition Association and a registered dietitian (UK).



為何稱菇類食物作 「蔬菜牛排」?

Why are mushrooms
called "the steak of
the vegetarian world"?

菇類食物的蛋白質含量比蔬菜高，卻沒有一般肉類的高脂肪、高膽固醇的缺點，而且菇類食物還含有豐富的膳食纖維，有助增加飽腹感，所以喜愛吃菇的人稱它們為「蔬菜牛排」。有研究指出，菇類食物含抗氧化物，有助預防癌症和心血管疾病。菇肉質肥美鮮嫩，香味濃郁，既可搭配不同食材，也適合以不同方法烹調，是老少咸宜的食物。

Mushrooms have more protein than most vegetables but contain much less fat than meat, and are almost cholesterol-free. Mushrooms are also a good source of dietary fibres that may enhance satiety. Some studies suggest that mushrooms are loaded with antioxidants which may reduce the risk of cancers and cardiovascular diseases. They are thick, fleshy and savoury and this makes them a popular ingredient in many recipes.



菇類食物較難消化? Are mushrooms difficult to digest?

食物中的膳食纖維，不但能刺激腸道蠕動，而且還有助排便。每100克的菇類食物約含2克的膳食纖維(一般成年人每天應攝取25克的膳食纖維)。只要適量進食，慢慢細嚼，一般不會導致腸胃不適。

Mushrooms are a rich source of dietary fibre, which helps stimulate bowel movement and prevent constipation. 100 grams of mushrooms contains about 2 grams of dietary fibres (the recommended daily fibre intake for an adult is 25 grams). So long as you eat slowly and chew carefully, mushrooms will not upset your stomach.



特色 Feature

蛋白含豐富的蛋白質，與含膽固醇的蛋黃分開後成為更健康的食材。

Egg white is a rich source of protein, and is even more healthy when separated from the yolk, which contains cholesterol.



邱晴 Danica YAU

澳洲註冊營養師
香港營養師協會編輯
Accredited Practising Dietitian
(Australia), Editor of HKDA

材料 (2人分量)

Ingredients (to serve 2)

京都大根	1/4 個	1/4 <i>Kyoto daikon</i> (Japanese white radish)
舞茸	20 克	20 g <i>maitake</i> mushroom
蛋白	1 隻	White of 1 egg
百合	4 片	4 slices lily bulb
銀杏	4 粒	4 ginkgo seeds
魷魚	2 片	2 slices sea bream
鰹魚醬汁	20 毫升	20 mL <i>bonito</i> sauce
生粉水	適量	Some starch water
柚子皮	少許	Some grapefruit zest

每一份 per serving

熱量 Energy	46 千卡/kcal
碳水化合物 Carbohydrate	5 克/g
蛋白質 Protein	5 克/g
脂肪 Fat	1 克/g
糖 Sugar	2 克/g
鈉質 Sodium	130 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.

調味料 Seasoning

味醂 1/2 茶匙
1/2 teaspoons *mirin*

本食譜由王嘉樂先生提供。
This recipe is provided by Mr. Lok WONG.

步驟 Cooking Method

1. 將大根去皮，切半後磨成蓉，隔去多餘水分，備用。
2. 燒開水，下舞茸，煮2至3分鐘，放入冰水，待冷卻後拿出印乾水分，備用。
3. 把蛋白攪拌至濃稠，加入大根蓉，輕輕拌勻，再放入百合、銀杏、魷魚、舞茸。
4. 把鰹魚醬汁和味醂放鍋內，煮沸後下生粉水煮成芡汁，澆於大根蓉旁，以90度熱水蒸約7分鐘。
5. 最後灑上柚子皮提味即可。

1. Peel the *daikon*. Halve, and grate. Drain and set aside.
2. Bring water to the boil. Add *maitake* mushrooms and cook for 2 to 3 minutes. Immerse in ice water. Cool, drain and dry with kitchen paper. Set aside.
3. Whip the egg white until stiff peaks are formed. Add the grated *daikon*, mix briefly. Add lily bulbs, ginkgo seeds, sea bream and *maitake* mushrooms.
4. In a pot, add the bonito sauce and *mirin*. Bring it to the boil. Add starch water. Pour it next to the *daikon* mixture. Steam over water at 90°C for 7 minutes.
5. Sprinkle with grapefruit zest to serve.

京都大根 配舞茸蒸

*Kyoto Daikon with
Maitake*

試食兵團話你知 Message from Tasting Team

京都蘿蔔蓉加入蛋白清蒸，細膩爽滑，加上鰹魚花、味醂、柚子皮等煮製的醬汁，清淡芳香。
Mashed kyoto daikon is steamed with egg white to form a really smooth, nice purée. It is served with a fresh and delightful sauce made with bonito flakes, mirin and grapefruit zest.





舞茸冷點

Cold Maitake



試食兵團話你知 Message from Tasting Team

味濃爽口的舞茸與細嫩的日本菠菜堪稱絕配，加上鮮美的鰹魚醬汁，相得益彰。
Maitake mushrooms, which have a rich flavour and firm texture, match perfectly with glossy Japanese spinach. They are served with a savoury bonito sauce. A wonderful dish.



特色 Feature

一般沙律醬汁都含高脂肪；相比之下，這款不放食油的日式醬汁更為健康。

Most salad dressings are high in fat; by comparison, this oil-free Japanese style dressing has less fat and is thus more healthy.



邱晴 Danica YAU

澳洲註冊營養師
香港營養師協會編輯
Accredited Practising Dietitian
(Australia), Editor of HKDA

材料 (2人分量) Ingredients (to serve 2)

日本沙律菠菜 30 克
舞茸 (切件) 10 克
鰹魚醬汁 5 毫升
鰹魚花 1 克
30 g Japanese spinach
10 g *maitake* mushroom, diced
5 mL *bonito* sauce
1 g *bonito* flakes

調味料 Seasoning

海鹽 1/4 茶匙
1/4 sea salt



每一份 Per serving

熱量 Energy	6 千卡/kcal
碳水化合物 Carbohydrate	1 克/g
蛋白質 Protein	1 克/g
脂肪 Fat	0 克/g
糖 Sugar	0 克/g
鈉質 Sodium	322 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.

鰹魚醬汁材料 (約製660毫升) Bonito Sauce (about 660 mL)

昆布	1 片	1 piece kelp
清水	500 毫升	500 mL water
鰹魚花	50 克	50 g <i>bonito</i> flakes

調味料：	Seasoning:	
味醂	80 毫升	80 mL <i>mirin</i>
日本濃味豉油	80 毫升	80 mL Japanese <i>koikuchi</i> soya sauce

步驟：

1. 把鰹魚花放入湯袋，備用。
 2. 將昆布浸於清水約1小時，然後加熱至沸點。
 3. 放入湯袋，下調味，蓋上蓋即成。
- Cooking method:**
1. Put *bonito* flakes into a soup bag. Set aside.
 2. Soak kelp into water for 1 hour. Bring to boil.
 3. Put the soup bag into the sauce. Add the seasoning. Cover.

本食譜由王嘉樂先生提供。
This recipe is provided by Mr. Lok WONG.

步驟 Cooking Method

1. 燒開水，放入菠菜，下調味，煮約1分鐘後，放入冰水，備用。
 2. 同一鍋開水，放入舞茸，煮2至3分鐘後，放入冰水，備用。
 3. 待菠菜和舞茸冷卻後，拿出印乾水分，下鰹魚醬汁拌勻，灑上鰹魚花即可。
1. Bring water to the boil. Put in the spinach. Add the seasoning. Cook for 1 minute. Immerse in ice water. Let stand.
2. In the same pot of boiled water, add the *maitake* mushrooms. Cook for 2 to 3 minutes. Immerse in ice water. Let stand.
3. Dry the cooled vegetables with kitchen paper. Add the *bonito* sauce. Mix well. Sprinkle with *bonito* flakes to serve.



少年料理忍者

Young Cooking Master



王嘉樂 Lok WONG

屬於80後的王嘉樂(Lok)於17歲入行，曾在多間日式料理店任職，並跟隨兩位關西料理師傅學藝六年，現為日式居酒屋主廚。

日本廚藝看似簡單，其實蘊藏高深學問；要做出獨一無二、最強料理，全憑師傅的功力和耐性。Lok現在跟我們分享他的獨門秘技。

The essence of Japanese culinary arts lies in simplicity and sophistication. It requires years of training and hardship to master the cooking techniques. Lok WONG, who was born in the eighties, joined the food industry at 17. He learned his craft from two great chefs of Kansai style cooking over six years. He is now the head chef of an izakaya (Japanese pub).

秘技大揭露 Lok's secret of cooking

秘技一：尊師重道 Secret skill 1: Honour thy teacher

每一家日本料理店從食材處理、器皿擺放以至服務方式都有一套法則，每項細節都一絲不苟；稍一不夠耐性便會失誤。偶爾犯錯，更會被師傅責罵，所以有些同事上工半天後便辭職不幹了。但當師傅看得出你是真心真意地學習時，便會將技藝傾囊相授。他們後來見我廚藝有進步，更鼓勵我往外闖，吸收更多經驗。

Every Japanese restaurant is governed by a set of complicated rules and etiquette. Apprentices have to perform duties according to them; in case of non-compliance, the apprentices will be yelled at. Once you can convince your maestro that you are dedicated to the job, he will teach you everything he knows. In my case, they even encouraged me to start my own business towards the end of my apprenticeship.

秘技二：注意細節 Secret skill 2: Observe the details

做菜除了注重技巧和專心外，日本廚師更強調對食材的尊重。記得有一次，一位同事將切壞了的食材偷偷丟掉；總廚發現後，就問那位同事要了幾枚硬幣，然後丟進垃圾桶裏，把他嚇呆了，還對他說：「你這樣丟掉食物，就等於丟棄金錢一樣」。

Japan's food culture encompasses not only the chefs' techniques and dedication but also their respect for every ingredient. When I was working at my last hired position, one of my colleagues once threw away some food which had been cut out of the shape. When the chef noticed it, he asked the colleague to give him a few coins, and then he threw them all into a bin. The colleague was wide-eyed and tongue-tied. The chef said, "Throwing food away is a sheer waste of money."

特別情報：煮菇有術

Tips for Cooking Mushrooms

「任何食材都需要按其質感和切開後的厚薄去調整烹煮時間，而且廚師還得不斷嘗試和摸索才能掌握每種食材的特性和處理方法。以菇菌為例，舞茸的味道較為『霸道』，需要較長時間烹煮，讓味道散發，而冬菇味道則較溫和，略為煮熟已可食用。我相信這些經驗對烹製任何菜式都有幫助。」

"The cooking time of a given food depends on its texture, as well as the thickness of the portion. Maitake mushrooms, with its 'powerful' flavour, are recommended for dishes that require a longer cooking time while mild-flavoured shiitake mushrooms takes a shorter time to cook as overcooking would spoil their flavour. I believe these experiences also apply to cooking other dishes".



秘技三：選用地道食材

Secret skill 3 : Use local produce

食材是否新鮮，是日本料理的其中一項重要元素，所以我們的同事每天會到本地的魚市場為顧客採購最新鮮的時令海產。

The art of Japanese cuisine begins with the fresh ingredients. We serve our customers with fresh, seasonal seafood sourced from the local fish market because local produce food is guaranteed fresh.

秘技四：保持原味

Secret skill 4 : Keep the natural flavours of foods

日本料理一般都追求簡單的烹調方法，盡量表現材料的原有特質，同時不減食物的味道和層次。醬料的運用也講求恰到好處，既要引出食材的鮮味，又不能喧賓奪主。

The essence of Japanese cuisine lies in the simplicity of its cooking techniques, which allow the natural flavours of food ingredients to express themselves. Sauces are meant to bring out, but not overwhelm, the natural flavours of the food.

秘技五：時刻創新

Secret skill 5 : Be innovative always

早前我替一個電視飲食節目設計了一款名為「燒吞拿魚腩」的菜式。我選用了較不常用的吞拿魚腩，鋪上芋泥，再加一道用昆布、檸檬汁、檸檬醋、鰹魚（俗稱「木魚」）汁、穀物醋等做成的醬汁，既可減少魚腩的油膩感，又可加入豐富的膳食纖維。

One of the recipes I have featured in a recent cooking show is "Grilled Tuna Toro" (tuna belly). The grill, as a way of cooking, is less common for toro but it can eliminate the excess fat from the fish. The dish is topped with yam purée to boost its fibre content.

大事回顧

Annual Review



2013年衛生署繼續以不同的推廣形式向市民傳遞健康飲食的信息。為響應學界舉行的「開心果月」盛事，我們在4月舉辦了「水果入饌菜式設計比賽」；在6月，我們推出了一本介紹全港「有營食肆」的飲食指南《營食Guide》；9月和10月，我們在飲食雜誌上刊登了著名藝人羅天宇和蔣家旻走訪四間「有營食肆」，向大廚學習烹調「有營菜式」的實況。

大家可有想過成為「有營食肆」，從而為你們的品牌取得宣傳和推廣機會？請立即行動，提交申請！申請表可從「有營食肆」專題網站(<http://restaurant.eatsmart.gov.hk>)下載。

The Department of Health (DH) was still disseminating healthy eating message to the public in different ways. In support for the Joyful Fruit Month school event, we organised the Fruity Recipe Competition in April. In June, we published the *EatSmart Restaurant Gourmet Guide* to showcase all ESRs in the territory. In September and October, four ESRs were interviewed by TV celebrities Joey LAW and Angel CHIANG. The interviews were published by a food magazine, with footage about how they were taught to do selected EatSmart dishes by the chefs themselves.

Will you want to become an ESR to promote your brands and dishes? Please sign up at once. Applications are downloadable at "EatSmart@restaurant.hk" Campaign's thematic website at <http://restaurant.eatsmart.gov.hk>.

大廚出差

Chefs on Assignment

衛生署常利用不同的平台和場合宣傳「有營食肆」運動，今次我們再次走進「第48屆工展會」舉行「有營食肆，我推介！」烹飪示範。

我們從多款別出心裁的「有營菜式」中選出「曼谷泰菜」的「泰式明爐魚」和「八斗砂鍋粥茶餐廳」的「荷塘漣漪」，分別於12月16和18日作烹飪示範。是次活動反應熱烈。

兩天的活動共錄得超過300多名觀眾，現場每人均十分留意大廚示範的每一個烹調步驟，還有他們細緻的技巧。觀眾試食後更十分踴躍地表示會實踐學得的少油、鹽、糖烹調方法。

泰式明爐魚
Steamed Grey Mullet
in Thai Style



"EatSmart@restaurant.hk" Campaign is marketed by the DH through a variety of channels. This time the campaign promoted itself by cooking demonstrations under the theme "EatSmart Restaurants, We Like!" at the 48th Hong Kong Brands and Products Expo.

The demonstrations were held on 16 and 18 December 2013, featuring "Steamed Grey Mullet in Thai Style" from "Bangkok Thai Restaurant" and "Steamed Pork on Pumpkin, Choy Sum and Lotus Leaf" from "Eight Ladle Restaurant" respectively. Both were EatSmart dishes chosen from dozens of others. The activity concluded with sweeping success.

The two-day event saw a participation of some 300 people. Everyone paid close attention to each step of cooking; they were almost mesmerised by the chefs' meticulous technique! After the tasting sessions, the enthusiastic participants even said that they would most certainly practise what they had learnt about cooking with less oil, less salt and less sugar.

荷塘漣漪
Steamed Pork on Pumpkin,
Choy Sum and Lotus Leaf



網上宣傳 Online Promotion

「有營食肆」標誌會繼續於2014年度在人氣網站《開飯喇！》OpenRice.com的餐廳資料庫出現，藉此吸引更多市民走進「有營食肆」，點選由大廚精心設計的「有營菜式」。

食肆負責人如想旗下食肆成為「有營」一份子，請立即登入有「有營食肆」專題網站<http://restaurant.eatsmart.gov.hk>下載申請表，或致電2572 1476查詢。

The logo of the "EatSmart@restaurant.hk" Campaign will continue to appear in the restaurant database of the much acclaimed OpenRice.com, a dining site, throughout 2014. We hope that these will encourage more members of the public to visit ESRs and order EatSmart dishes when eating out.

Want to be an ESR too? Please log on to the campaign's thematic website at <http://restaurant.eatsmart.gov.hk> to download the application form, or call 2572 1476 for enquiries.

CookSmart

廚營

少年料理忍者

Young Cooking Master

王嘉樂
Lok WONG