

019 有(營)食肆

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CookSmart

廚營

食盡

譚凱琪

全世界

Zoë TAM

Eats Her Way Around the World



春話

中國人傳統的飲食，習慣以粥、粉、麵、飯，即碳水化合物為主，另配以大量蔬菜，而肉類則屬配菜性質。但不知由何時開始，碳水化合物成了致肥的元凶，大家都嚷着要戒吃這類食物。其實缺乏碳水化合物對身體會有不少害處，而且要完全戒掉它也不行，因為不少食物如粟米、甘筍、南瓜，還有添加了粟粉、豆粉的醬料，都是含碳水化合物的。

今期《營廚》特別邀請營養師為大家分析碳水化合物對人體的重要性、攝取多少才算足夠、怎樣選擇健康的粥、粉、麵、飯類食物等。當然還少不了多款健康有「營」的粥、粉、麵、飯菜式的介紹，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

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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.



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.

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CookSmart 營廚

Spring words...

A typical traditional Chinese diet includes carbohydrates, in the form of congee, rice noodles, egg noodles or rice, as a major component; in the same diet, there is also a generous portion of vegetables, and a small portion of fish or meat. However, since we don't know when carbs have been the synonym for "fattening foods", and an increasing number of people are claiming to cut them out from their diet. The truth is, the lack of carbohydrates may do a lot of harm to our body. Moreover, it is in fact unrealistic to exclude carbs entirely from our diet, as they exist in a lot of foods; examples of such are corn, carrot, pumpkin, and sauces made with cornstarch or soya-made starch.

In this issue of *CookSmart*, dietitians will brief readers on the importance of carbohydrates to the human body, the appropriate level of intake and how to choose your carbohydrates. This is supplemented by a great number of recipes of congees, noodles and rice. Watch out for the spectacular contents!

食盡

譚凱琪

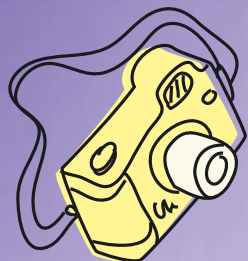
全世界

Zoie TAM

Eats Her Way Around the World

譚凱琪(Zoie)入行前曾當過模特兒，到2000年時由日本著名音樂人小室哲哉發掘，先後在香港和日本推出唱片，其後輾轉在香港、日本和台灣發展，曾演出多齣電影和劇集，還主持多個美食和旅遊節目。目前她專注於拍劇和主持工作，成為雙線發展的藝人。

Zoie TAM, a model-turned-TV host and actress, was talent-scouted in 2000 by Tetsuya Komuro, one of the most famous Japanese music producers. Since then, she has released a few records in Hong Kong and Japan and appeared in a number of movies, TV dramas and hosted food and travel series. Recently, Zoie's career has focused on acting and hosting TV shows.



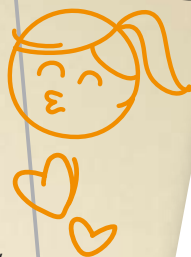
Zoie未滿20歲便因一次機緣踏上星途，開展了她的演藝事業，讓她有機會在不同地方演出，更帶領了她進入色彩繽紛的美食世界。

「主持工作擴闊了我的視野，讓我有機會接觸不同地方的飲食文化和品嚐地道風味，也結識了來自四方八面的朋友。」屈指一算，Zoie因為工作需要已走過四分一個地球，嚐過多國的美食，其中西班牙的小點(tapas)賣相精緻、風味獨特；挪威的三文魚和海鮮，鮮味令人一試難忘；還有比利時的青口和蘇格蘭的國菜—肉餡羊肚(Haggis)等，各有獨特風味，給她留下深刻印象。

Zoie joined the entertainment industry quite by chance when she was only a teenager. Her work has given her plenty of opportunities to travel and try different kinds of food..

"The experience as a TV show host has really broadened my horizon. I have experienced different food cultures and have met people from all walks of life." Zoie has visited nearly one fourth of the world's countries. Some of her most memorable culinary experiences include the delicious and elegant tapas in Spain, the fresh salmon and seafood in Norway, the mussels in Belgium, and haggis, the national dish of Scotland.

Travel



難忘母親的家常菜

Mom's home recipes



雖然Zoie曾接觸不同國家的美食，但最愛的是母親所做的家常菜。「媽媽做的菜味道親切，令人難以忘懷。」Zoie四姊妹更經常相約回到母親家中一起包韭菜水餃，一家人一邊包饺子一邊閒話家常，每人動輒吃掉數十個餃子也視若等閒。

Zoie還從母親身上學會一手廚藝。她自十多歲便已經走入廚房做一些簡單的菜式；後來在日本待過一段日子，其間也經常親自下廚。一旦遇上烹飪問題，她便打電話向母親求教，所以她的廚藝絕不失禮。

However, the meals she will never forget are her mom's homemade meals. "They are really heart warming!" Also equally hearty is the dumpling party, when the whole family gather to make garlic chives dumplings, and chat at the same time!

Zoie learned cooking as a teenager from her mother. She found her cooking skills really useful during her stay in Japan.



愛吃愛煮 無飯不歡

She cooks, she eats, she loves rice

現時只要時間許可，Zoie通常會親自做早餐，為一天的工作做好準備。比方她以香蕉、鮮果和豆奶拌成奶昔，再加一兩塊多士，便是一頓可口的早餐；有時她甚至以番茄、蔬菜搭配肉碎、水餃、雞蛋等煮成湯烏冬或米粉，成為一頓有菜有肉的營養午餐。

別看Zoie身型纖巧，其實她是無飯不歡的；只消普通一碟家常小菜，便可以灌下兩碗白飯。她喜歡把台灣米、紅米和糙米混成三色飯，改善口感和增加纖維攝取量。此外，她更喜愛中式湯水，好像木瓜眉豆煲雪耳湯、青紅蘿蔔粟米煲牛展湯等，清潤有益，佐膳尤佳。



Zoie likes to make herself a healthy breakfast before beginning a day's work. For her, breakfast is best with a piece of fruit or a milkshake made with banana and soya milk, served with some toast. Lunch for her always includes *udon* noodles or rice vermicelli with tomatoes, other vegetables, minced pork, dumplings and eggs.

Zoie is also very fond of rice. She can have two bowls of rice for a meal. She likes to add red rice and brown rice to her favourite Taiwan rice to make it more delicious and increase her fibre intake. Rice also pairs well with Chinese soups; Zoie's favourite soups are "papaya, black eyed peas and 'snow-ear' fungus soup" and "carrot, green turnip, corn and beef shin soup".

勤做運動 保持體態

Regular exercise: that's how to stay in shape

Zoie多年來都維持健康體態，全靠勤做運動。她一直有練習跑步和做瑜伽。最近更開始習武；她的導師要求嚴格，各項基本功如拉筋、練馬步等都不能馬虎。「運動可以鍛練身體，況且武術的運動量大，學起來也很好玩。」即使工作繁忙，Zoie亦會抽時間在家中做伸展運動或跳健康舞，維持足夠的體能活動量。

Zoie keeps her body shape by running and practising yoga. She has started practising kung fu. "Kung fu training is tough and also a lot of fun". Despite busy with working, Zoie would spend time to do stretching exercise or aerobic dance at home so as to maintain adequate level of physical activity.



Zoie 健康之選： Tasting Comment



希臘風味薄餅 Greek Pizza

餅底皮薄香脆，配上青瓜、紅洋蔥、番茄、低脂芝士等多種的餡料，爽脆可口，爽而不膩。

The thin and crusty pizza, topped with cucumber, red onion, tomatoes and low fat cheese, is very tasty without being waxy.



香煎三文魚 Pan-Sautéed Salmon

三文魚煎得魚皮鬆脆，甘香油潤，加上惹味的炒雜菜，開胃非常。

Salmon is fried crispy on the outside and remains moist inside. Served with vegetables, it is really delicious.



田園雜菜沙律 Field Greens Salad

生菜、紫椰菜、合桃等，以橄欖油拌勻，清爽美味，絕無青澀味。

Lettuce, red cabbage and walnut are all tossed in olive oil to become a crispy and juicy salad that is void of the usual metallic taste of raw vegetables.

粥與麵可算得上是香港道地的美食，早餐、下午茶或宵夜皆宜，作為一頓午餐晚膳也未嘗不可。悅翠堂粥麵甜品能在眾多粥麵店中爭得一席位，全賴優質的食材和師傅的烹調功夫。

Congees and noodles are some of the most popular local delicacies in Hong Kong. Often sold together in one single shop, they can be served as breakfast, afternoon snack or late supper, or as a proper meal on their own. Though noodle and congee shops are no more a specialty in Hong Kong, "C-Jade Meal Plus" has managed to gain recognition because their dishes combine the freshest ingredients to be prepared by the chefs' superb cooking techniques.

嚐暖粥 品風味

悅翠堂

C-Jade Meal Plus

To Serve A Bowl of
Heart-Warming
Congee

粥 麵 甜 品

道地美食

健康滋味

Local cuisine with
a healthy touch

悅翠堂所屬的翡翠餐飲集團來自新加坡，公司經營餐飲業已有20多年，享負盛名，早年特意開設以粥品麵食為主的中西輕食店，把高級酒家的嚴謹製作要求，套在悅翠堂的粥麵及甜品出品裏，以合理的價錢為顧客提供營養豐富的優質廣東粥麵食品。

雖然粥麵店眾多，人才難求，但幸好悅翠堂得到一批經驗豐富的廚師效力，他們對出品要求甚高，絕不馬虎，口碑載道。

C-Jade Meal Plus is owned by a restaurant group originating from Singapore. With over two decades of experience in the catering industry, the restaurant aims to offer customers healthy and high-quality Cantonese-style light meals at reasonable prices.

The restaurant has a team of experienced kitchen staff, who are very quality-conscious. The foods which they served have won acclaim from customers.

Dick

投身飲食業多年，最初從事街頭小食和大排檔，後來先後在多家飲食集團任職，八年多前加入翡翠餐飲集團服務至今。

Mr. Dick NGAI started out with cooked food hawking and worked all the way up to enter the threshold of several restaurant chains. For the past eight years he has been working for Crystal Jade Culinary Concepts Holding.



羅漢齋腸粉

Steamed Rice Rolls with Mixed Vegetables

軟潤爽滑的腸粉加入草菇、木耳、甘荀等餡料，口感豐富。

Straw mushrooms, "wood ears" and carrots are wrapped into soft and smooth rice rolls to enable a rich mouth-feel.

老火粥底

布拉腸粉

Slow-cooked congee and
hand-made rice rolls

要熬一鍋火候十足的粥底，全憑廚師的經驗和耐性。悅翠堂的廚師每天早上均花上三個多小時熬製粥底，其間要不時攪拌，以防黏底。顧客點菜後，廚師才把粥底盛到小鍋內，加入各款配料生滾數分鐘而成。

The restaurant is particularly well-known for its congee. Every day, the kitchen staff spend three hours cooking the base congee. During the cooking process, they have to stir the congee all the time to avoid the rice sticking to the bottom of the pot. The staff then scoop a cup of congee into a smaller pot and cook it with other ingredients before serving.



爽滑齋腸粉

Steamed Rice Rolls

齋腸粉一改捲腸粉的做法，以「皺布式」方法疊起粉皮，軟滑而富嚼頭，散發出絲絲米香。

The steamed rice rolls are meticulously prepared by pulling the rice sheets together into the shape of an accordion. The product is silky soft, and smells of natural rice.



鮮蝦雲吞麵

Shrimp Wanton Noodles

幼細的麵條，餡料均勻的雲吞，配上以蝦頭、大地魚等熬成的湯頭，可謂相得益彰。

The noodles are fine and delicate, and the dumplings have an even amount of filling. It is enlivened by a broth made with flatfish and prawn heads.



鮮粟南瓜粥

Pumpkin and Sweet Corn Congee

甘甜的南瓜蓉，加入新鮮粟米粒，清新可口，營養豐富。

The sweet pumpkin is mixed with fresh sweet corn and cooked into this deliciously creamy congee.



悅翠堂的即拉腸粉更富盛名，那裏的齋(淨)腸粉有別於一般捲腸粉，粉皮蒸熟後以刮刀鋪出風琴狀的「皺布式」腸粉，口感更軟滑。

該店選用新鮮的食材，既不油膩，也不用味精烹調。集團管理層更經常到各分店視察和試菜，不斷改進產品，因而廣受顧客歡迎。

Not only are the handmade rice rolls of C-Jade Meal Plus delicious, but they also look really spectacular. Instead of being folded into rolls, the steamed rice sheets are pulled together to look like an accordion. This way, it has a much softer and smoother texture.

The dishes are cooked with carefully selected ingredients, void of flavour enhancers or any excess use of oil. To seek continuous improvement of service and food quality, members of the senior management team conduct spot checks regularly on their branches. With continuous improvement of the dishes, the restaurant has won praises from customers.

食素知味 Herbivores

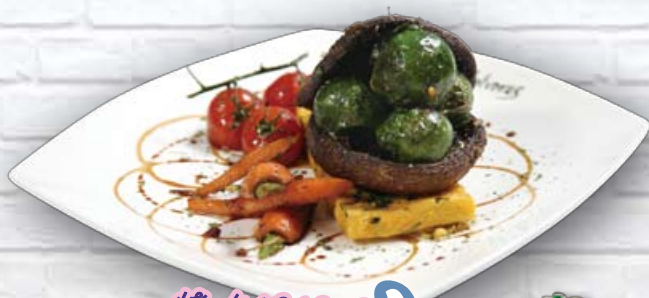
A Taste of Veggie Delights - Herbivores

提起素菜，不期然令人想起齋滷味或沙律菜，不是太油膩就是太清淡。西式素食餐廳 Herbivores 憑着創意烹製美味菜式，令顧客對素菜大為改觀。

When it comes to vegetarian cuisine, one might think of braised gluten puff or green salad, which are either too greasy or too bland for some people. "Herbivores", a local vegetarian restaurant, tries to change such perceptions with its innovative vegetarian delicacies.

Herbivores 主理人兼主廚梁佩芸 (Wendy) 在法國學習廚藝期間，目睹當地人屠宰牲口的方法既殘忍又血腥，加上飼養牲口對環境損害甚大，遂決意開辦以素食為主題餐廳，推廣健康飲食，並為環保出一分力。

Wendy LEUNG, chef and one of the proprietors of Herbivores, witnessed the inhumane way of animal slaughter and the environmental impact of livestock farming when she studied culinary art in France. To promote healthy eating and environmental protection, she decided to open a vegetarian restaurant.



烤大菇波菜粟半餅
Portobello Steak

大啡菇肉厚味鮮，配上小椰菜、粟米餅、甘筍和車厘茄拼成的沙律作為主菜，既豐富又滋味，創意十足。Portobello, fleshy and tasty, is accompanied with Brussels sprouts, polenta, carrots and cherry tomatoes to become a distinctive and creative main course.

炒雜菜
Soba Veggies

用番茄、椰菜、翠玉瓜和蘑菇等雜菜，加上微辣的自家醬汁炒成，惹味非常。

Tomatoes, cabbage, zucchini and mushrooms are sautéed with a mildly spiced homemade sauce to transform them into a flavoursome vegetable dish.



Wendy原本修讀傳播學，到大學最後一年時卻毅然放棄學位，遠赴法國「國立高級糕點廚藝學校(Ecole Nationale Supérieure de la Pâtisserie)學藝，結果在餐飲業闖出一片天，年紀輕輕已成為Herbivores的主廚。

Still a student in Communication, Wendy gave up in her final year of study and decided to pursue a culinary career. She went to France to attend Ecole Nationale Supérieure de la Pâtisserie, which paved the way for her current career as a young chief chef of Herbivores.

唔過方知是素菜餐

They don't even know they are having vegan dishes

開店前Wendy曾經擔心香港顧客對素菜的接受程度，因此首先選擇在華洋雜處的中環區開店。雖然店鋪面積不大，但是憑着大廚的熱誠，加上員工的親切態度，在短時間內已羅致一群中外熟客；去年更在銅鑼灣一家大型商場開設分店。

不過Wendy表示，現時素菜在香港始終屬於非主流菜式，「有些顧客看見餐牌上全都是素菜菜式，明明坐好了也會選擇離開。」幸好亦有不少人抱着一試無妨的心態而來，品嚐過後方知素菜也可以做得很美味。

When she started her first shop in Central, Wendy was worried about not having enough vegetarians around. Yet with a dedicated team of chefs and attentive service staff, the restaurant built up a loyal clientele in just a short time. Last year, they opened a branch in a mall in Causeway Bay.

However, she expresses that vegan dishes are still not a main popular dishes in the locality. "Some customers hurry out of the restaurant after they have found out that we only sell vegan dishes." On the other hand, some eat heartily there without knowing that they are having vegan dishes in fact.

有限食材激發無限創意

More innovative recipes with only vegan ingredients

Wendy說：「我們不但全用蔬果和菇菌類作食材，而且不會採用含有動物成分的現成醬料，如蠔汁、蠔油、魚膠粉等；這些限制反而激發起同事在選材和烹調方面的無限創意。

Herbivores的菜式不拘一格，意、日、馬、泰等多國飲食元素共冶一爐，務求以不同質感的食材營造出豐富而有層次的美味，例如和式蒸蛋飯、青咖喱配意大利飯糰等，還供應以蔬菜做成的主菜，如烤蘑菇扒、釀原隻番茄等，讓顧客有更多選擇。

Wendy says, "As a vegan restaurant, we do not cook with meats or sauces containing animal ingredients such as Worcestershire sauce, oyster sauce and gelatin. Our cooks have to be extra creative when developing recipes."

Herbivores offers a mixture of Italian, Japanese, Malaysian and Thai cuisines. They often combine ingredients of different textures and flavours to enrich the overall taste. Some of their innovative dishes include "rice topped with steamed Japanese egg" and "Italian rice balls with curry sauce". Vegetable main courses at Herbivores include roasted mushrooms steak and roasted stuffed tomatoes.

港式番茄凍湯 Gazpacho

以洋葱和番茄打蓉而成的凍湯，香味濃郁，清甜美味。

Tomatoes and onions are liquidised into this refreshing chilled soup with a rich depth of flavour.



黑醋紅菜頭

Beetroot in Balsamic Vinegar

先烤熟紅菜頭，再加入黑醋醃至入味；肉質鬆軟，味道豐富。

Beetroot, oven-roasted and marinated with balsamic vinegar, is tender with a sweet, tangy flavour.





| 炮製色香味 | EatSmart Recipes



比素香葉鮮番茄汁 幼意大利粉

Tomato Basil Spaghettini



◀ 本食譜由California Pizza Kitchen提供。 This recipe is provided by California Pizza Kitchen.

試食兵團話你知 Message from Tasting Team

彈牙的意大利粉配上烤番茄和以香蒜和羅勒葉煮成的醬汁，入口清新又惹味。
Linguine, cooked al dente, is served with an Italian sauce of tomatoes, garlic and basil to form this freshening and charming pasta dish.

特色 Feature

金不換及乾牛至這些香草能夠增加菜式的味道，同時可減少用鹽量。長期進食含高鹽的食物，可能增加患上高血壓的風險。

The use of herbs such as basil and oregano can enhance the flavour of the dish without the need for too much salt. Prolonged consumption of foods with high salt content can increase the risk of hypertension.

材料 Ingredients

to serve 6
6人分量

乾意大利粉	500 克	500 g dry pasta
橄欖油	1 茶匙	1 teaspoon olive oil
蒜蓉	1 湯匙	1 tablespoon minced garlic
新鮮金不換(羅勒)葉(撕開)	57 克	57 g fresh basil leaves (torn)



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調味料 Seasoning

海鹽	1/2 茶匙	1/2 teaspoon sea salt
黑胡椒粉	1/2 茶匙	1/2 teaspoon ground black pepper

大蒜番茄醬 Marinara Sauce

材料：

橄欖油	4 湯匙
蒜蓉	3 湯匙
洋葱蓉	57 克
羅馬番茄(切粒)	16 隻
紅酒	4 湯匙
新鮮金不換葉(切條)	57 克
乾牛至(奧勒岡)	1 1/2 湯匙

Ingredients:

4 tablespoons olive oil
3 tablespoons garlic, crushed
57 g onion, chopped fine
16 pieces Roma tomatoes, diced
4 tablespoons red wine
57 g fresh basil, shredded
1 1/2 tablespoons dried oregano

調味料：

海鹽	1 1/2 茶匙
黑胡椒粉	1/2 茶匙
番茄膏	114 克

Seasonings:

1 1/2 teaspoons sea salt
1/2 teaspoon ground black pepper
114 g tomato paste

步驟 Cooking Method :

1. 將橄欖油和蒜蓉放於已燒紅的平底鑊炒勻，下洋葱煮3-4分鐘或開始轉至半透明。
Put the olive oil and crushed garlic in a heated non-stick frying pan. Add the onion. Cook for 3-4 minutes or until it begins to turn translucent.
2. 加入番茄、紅酒、金不換、牛至、鹽和黑胡椒粉，煮沸後，轉文火煮20分鐘或至轉稠，其間要不時攪拌。放入番茄膏再煮約10分鐘即成。
Stir in the tomatoes, wine, basil, oregano, salt and pepper. Bring to the boil, and then reduce to low heat. Cook and stir occasionally, for 20 minutes or until thickened. Stir in the tomato paste. Continue cooking for about 10 minutes. Set aside.



步驟 Cooking Method

- 1 燒開已加鹽的清水，根據包裝指示把意大利粉煮熟，瀝乾，備用。
Bring a large pot of salted water to the boil. Cook the pasta according to label instructions. Drain and set aside.
- 2 燒紅平底鑊放橄欖油，下蒜蓉炒至帶香。
Heat a non-stick pan, put olive oil and stir-fry the garlic until smell comes out.
- 3 把鹽、黑胡椒粉和金不換加入醬汁拌勻，然後把2/3醬汁加入意大利粉，於大碗內拌勻，再把餘下的醬汁澆在意大利粉上，以金不換作裝飾即成。
Stir the salt, black pepper and basil in the marinara sauce and mix well. In a large serving bowl, mix the pasta with 2/3 of the sauce and toss well. Add the rest of the sauce to the top of the pasta. Garnish with basil.

每一份 Per Serving

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.

471 熱量
千卡 (kcal) Energy

77 碳水化合物
克 (g) Carbohydrate

14 蛋白質
克 (g) Protein

12 脂肪
克 (g) Fat

10 糖
克 (g) Sugar

802 鈉質
毫克 (mg) Sodium





| 炮製色香味 | EatSmart Recipes

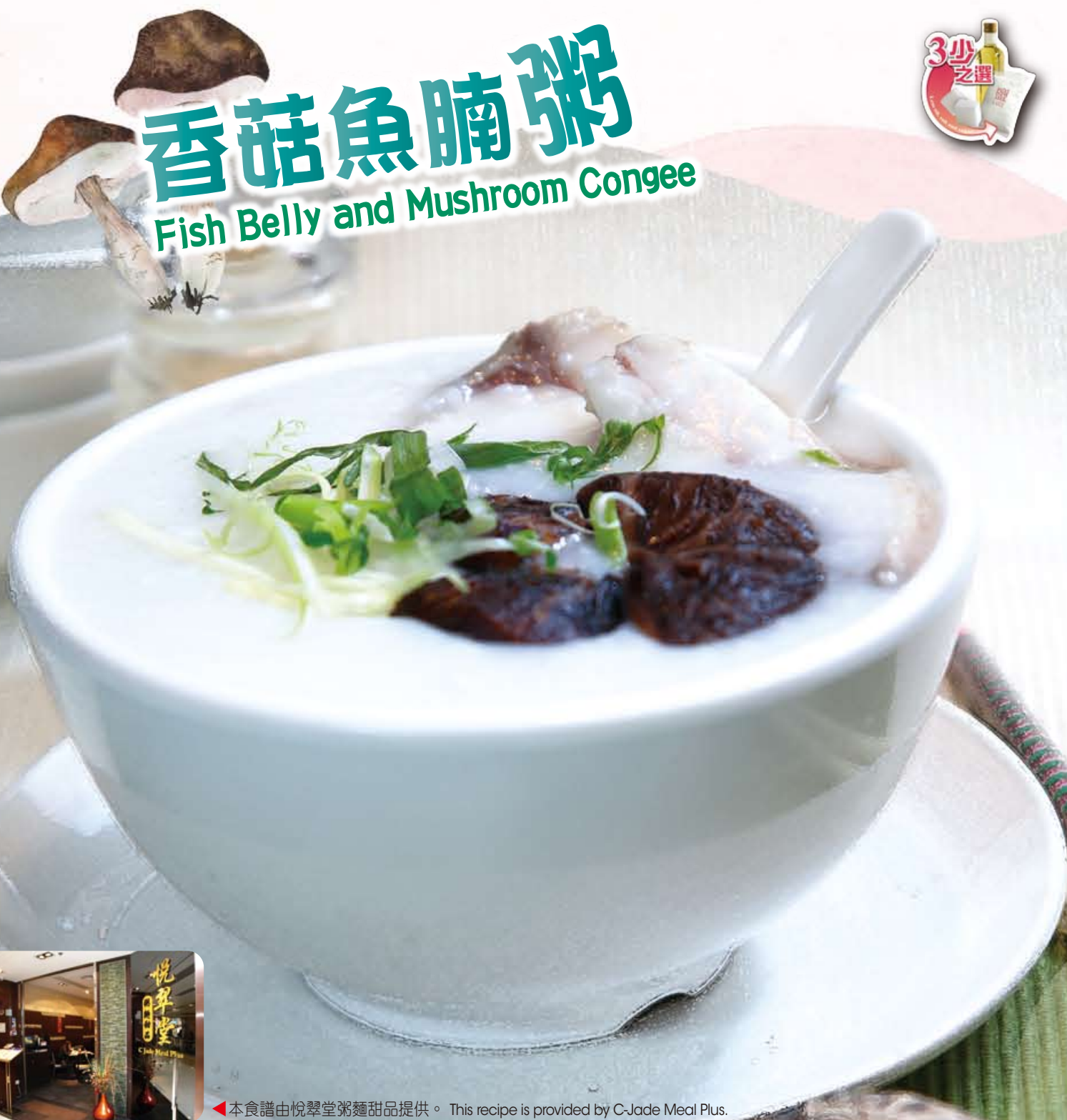


CRYSTAL JADE
C-JADE MEAL PLUS
悅翠堂粥麵甜品



香菇魚腩粥

Fish Belly and Mushroom Congee



◀ 本食譜由悅翠堂粥麵甜品提供。 This recipe is provided by C-Jade Meal Plus.

試食兵團話你知 Message from Tasting Team

冬菇絲先以薑、蔥蒸熟，再加入鮫魚腩生滾而成，幼滑可口，粥底香濃。
Mushroom slices, steamed with ginger and spring onions, are added in a nicely prepared congee. Topped with fresh, succulent grass carp belly, it is an extremely tasty congee.

特色 Feature

鯪魚腩屬低脂肪食材，其蛋白質質素可媲美肉類，配上冬菇、蔥和薑絲，不但可去除鯪魚腩的腥味，同時可增加粥品的味道，減少用鹽量。

Grass carp belly is a low fat ingredient, which protein quality can compare to meat. The natural flavor of shiitake mushroom, spring onion and ginger, on the other hand, can remove the fishy smell on the fish. They can also enrich the flavor of the congee base and reduce the use of salt.

材料 Ingredients

to serve 1
1人分量

冬菇 (切件)	1 隻	1 shiitake mushroom, quartered
鯪魚腩 (切件)	3 件 (94克)	3 pieces (94 g) grass carp belly
蔥 (切段)	1 棵	1 spring onion, sectioned
薑絲	適量	Some ginger, shredded

調味料 Seasoning

鹽 1/4 茶匙 1/4 teaspoon salt



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粥底 Congee base

材料: (約製18份)	Ingredients: (to make about 18 portions)
白米 600 克	600 g rice
清水 6.5 公升	6.5 litres water

調味料:	Seasonings:
鹽 1 茶匙	1 teaspoon salt
糖 3 3/4 茶匙	3 3/4 teaspoons sugar

步驟 Cooking Method :

1. 將白米淘洗隔水，備用。
Wash the rice and drain. Set aside.
2. 燒開水，加入白米以大火煮3小時即成。
Bring water to the boil. Add the rice. Cook on high flame for 3 hours. Set aside.



步驟 Cooking Method

把粥底煮沸，放入冬菇絲、鯪魚腩、蔥、薑燒滾後，下鹽調味即可。

Bring the congee base to the boil. Add the shiitake mushroom, grass carp, spring onion and ginger. Bring it to the boil. Season with salt. Serve.

每一份 Per Serving

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.

247 熱量
千卡 (kcal) Energy

31 碳水化合物
克 (g) Carbohydrate

18 蛋白質
克 (g) Protein

15 脂肪
克 (g) Fat

2 糖
克 (g) Sugar

760 鈉質
毫克 (mg) Sodium





| 炮製色香味 | EatSmart Recipes



米形意粉 芝士焗釀番茄 Melting Pot



◀ 本食譜由The Herbivores提供。This recipe is provided by The Herbivores.

試食兵團話你知 Message from Tasting Team

軟滑的米形意粉與爽甜的粟米粒釀入原隻番茄放上芝士烤熟，口感豐富，香味四溢。

The baked whole tomato is stuffed with velvety risoni and sweetish corn kernels and topped with cheese. A creamy, aromatic dish that will certainly give you a rich mouth-feel.

特色 Feature

番茄、蘆筍和粟米含有豐富的膳食纖維，可保持腸胃健康，並增加飽肚感。菜式主要以烤的方式烹煮，配上低脂奶及較低脂的芝士，可減低熱量和脂肪的含量。

Tomato, asparagus, and corn contain dietary fibre, which has physiologic benefits for the gastrointestinal tract and increases satiety. The use of grilling as the cooking method, low fat milk and reduced-fat cheese as ingredients can reduce the energy and fat content.

材料 Ingredients

to serve 1
1人分量

番茄	1 隻	1 tomato
米形意大利粉 (已煮熟)	40 克	40 g cooked risoni pasta
低脂奶	10 毫升	10 mL low-fat milk
乾百里香	1 克	1 g dried thyme
新鮮粟米粒	10 克	10 g fresh corn kernels
橄欖油	1 茶匙	1 teaspoon olive oil
蘆筍 (去根)	2 棵	2 asparagus spears, trimmed
較低脂車打芝士	5 克	5 g reduced-fat cheddar cheese



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調味料 Seasoning

鹽	1/10 茶匙	1/10 teaspoon salt
海鹽	1/10 茶匙	1/10 teaspoon sea salt
黑胡椒粉	適量	Some ground black pepper



步驟 Cooking Method

- 1 將番茄洗淨，然後起蓋去籽，備用。
Rinse the tomato. Slice off the top and scoop out the seeds. Set aside.
- 2 把易潔平底鑊以中火燒熱，拌入米形意大利粉、低脂奶、百里香和粟米粒，下1/10茶匙鹽調味，然後釀入番茄內焗8分鐘。
Heat a non-stick pan on medium flame, stir in the risoni, low-fat milk, thyme and corn kernels and mix well. Season with 1/10 teaspoon of salt. Stuff the mixture into the tomato and bake for 8 minutes.
- 3 預熱烤爐，將橄欖油薄薄塗在蘆筍上，下海鹽、黑胡椒粉調味，烤2-3分鐘或至變軟。
Preheat the grill. Lightly coat the asparagus with olive oil. Season with sea salt and black pepper. Grill for 2 - 3 minutes, or to desired tenderness.
- 4 把蘆筍放在焗過的番茄上，加入車打芝士，然後焗1-2分鐘或至芝士變軟。
Place the asparagus on the baked tomato. Top with cheddar cheese. Bake for another 1 - 2 minutes or until the cheese melts. Serve.

每一份 Per Serving

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之資料計算，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.

180 熱量
千卡 (kcal) Energy

26 碳水化合物
克 (g) Carbohydrate

7 蛋白質
克 (g) Protein

7 脂肪
克 (g) Fat

6 糖
克 (g) Sugar

515 鈉質
毫克 (mg) Sodium





| 炮製色香味 | EatSmart Recipes



肉粒雞蛋飯

Japanese-Style Minced Pork and Egg in a Bowl



◀ 本食譜由橫綱日本麵店提供。This recipe is provided by Yokozuna Japanese Noodle Shop.

試食兵團話你知 Message from Tasting Team

免治豬肉、蛋粒炒得味香軟滑，配上蔥粒、紫菜絲等同吃，簡單不失風味。
This simple yet tasty rice dish features minced pork and egg, which are pan-fried into a smooth and silky texture. It is garnished with spring onions and nori (seaweed).

特色 Feature

不少人認為雞蛋膽固醇含量高，對心血管健康有損。但它內的脂肪主要是不飽和脂肪酸，對心血管健康有益。其實，只要膳食中不進食其他膽固醇含量高的食物，當天進食一隻雞蛋亦可以接受。紫菜則含豐富的碘質，是製造甲狀腺激素的必須營養素，對維持正常的甲狀腺功能十分重要。

Many people may have a myth on high content of cholesterol in egg, which is unhealthy to heart. However, the fat content in egg is mainly unsaturated fatty acid which is good for heart health. Only when the diet does not contain other foods high in cholesterol, it is fine to have one egg on that day. Seaweed is a good source of iodine, an essential nutrient for the production of thyroid hormones and maintains the function of thyroid.

調味料 Seasoning

糖	1 1/3 茶匙	1 1/3 teaspoons sugar
豉油	2 茶匙	2 teaspoons soya sauce
清酒	1 1/3 茶匙	1 1/3 teaspoons sake

材料 Ingredients

to serve 1
1人分量

白飯	260 克	260 g rice
雞蛋	70 克	70 g eggs
免治瘦豬肉	70 克	70 g lean pork, minced
紫菜 (切絲)	2 克	2 g nori (seaweed), shredded
葱 (切粒)	2 克	2 g spring onions, diced



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步驟 Cooking Method

- 1 燒紅易潔平底鑊，加入雞蛋，快炒成粒狀，備用。
Heat a non-stick frying pan. Add the eggs. Cook and stir until the eggs are set. Set aside.
- 2 燒紅易潔平底鑊，下免治豬肉，加入調味料，煮熟，備用。
Heat the non-stick frying pan. Add the minced pork. Add seasonings. Cook till done. Set aside.
- 3 最後把雞蛋粒和豬肉放上飯面，灑上紫菜絲和葱粒即可。
Finally, put the egg curds and minced pork on the steamed rice. Sprinkle with seaweed and spring onions to serve.

每一份 Per Serving

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.

566 熱量
千卡 (kcal) Energy

82 碳水化合物
克 (g) Carbohydrate

31 蛋白質
克 (g) Protein

10 脂肪
克 (g) Fat

6 糖
克 (g) Sugar

742 鈉質
毫克 (mg) Sodium



| 炮製色香味 | EatSmart Recipes



香茜豬肉餃米線

Coriander Dumpling with
Rice Vermicelli in Broth



本食譜由雲貴軒提供。This recipe is provided by The Vermicelli House.

試食兵團話你知 Message from Tasting Team

米線軟硬適中，清湯底健康味鮮，豬肉餃香而不膩，配以芫茜更是芳香四溢。
The rice vermicelli, cooked just right, is served in a light savoury soup. The fillings in the dumplings are delicious without being greasy; the flavour is enhanced by the distinct and unique fragrance of coriander.

特色 Feature

有別於傳統以肥肉作主要材料，此雲吞採用瘦肉，不但可提供優質蛋白質，亦能減低脂肪攝取。利用芫茜這天然調味更能加添食材的香味，同時減少用鹽量。這是一款健康又低熱量的菜式。

Unlike traditional practice which uses fatty meat as a main ingredient, this wonton filling uses lean meat which can provide high-quality protein and axe fat intake. Using coriander as a natural seasoning not only enriches flavours of the dish but also reduce the use of salt. It is healthy low-energy dish.

上湯 Stock

材料：
(約製110份)

瘦肉 (切件)	3 公斤
魚骨	5 公斤
水	30 公升
甘筍 (去皮、切件)	5 公斤
洋葱 (去皮、切件)	600 克

調味料：

鹽	1 茶匙
糖	1 茶匙

Ingredients:
(about 110 portions)

3 kg lean meat, diced
5 kg fish bones
30 litres water
5 kg carrot, peeled and sectioned
600 g onion, peeled and quartered

Seasonings:

1 teaspoon salt
1 teaspoon sugar

步驟 Cooking Method :

1. 將瘦肉和魚骨氽水，備用。
Blanch the lean meat and fish bones. Set aside.
2. 燒開水，放入所有材料，煮90分鐘即可。
Bring water to the boil. Add in all ingredients. Cook for 90 minutes. Set aside.

材料 Ingredients

to serve 1
1人分量

免治瘦豬肉	56 克	56 g lean minced pork
新鮮芫茜	37.5 克	37.5 g fresh coriander
雞蛋白	2 克	2 g egg white
雲吞皮	4 塊	4 wonton wrappers
米線	375 克	375 g rice vermicelli

調味料 Seasoning

鹽	1/5 茶匙	1/5 teaspoon salt
糖	1/5 茶匙	1/5 teaspoon sugar



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步驟 Cooking Method

- 1 先把豬肉、芫茜、雞蛋白、鹽、糖放入攪拌機拌勻作為餡料，備用。
Put pork, coriander, egg white, salt and sugar together in a food processor and blend well to become wonton filling. Set aside.
- 2 在每張雲吞皮中放上豬肉餡料，把雲吞皮對摺，然後放入清水煮4分鐘。
Place a portion of the wonton filling at the centre of each wonton wrapper. Fold and pinch the wrapper so that the edges are locked. Put dumplings in water and cook for 4 minutes.
- 3 米線放入沸水中煮熟，以冷水沖洗，備用。
Add the rice vermicelli in a pot of boiling water. Cook until done. Rinse with cold water. Set aside.
- 4 把325毫升上湯煮沸，加入米線和雲吞即可。
Bring the 325 mL stock to the boil. Add the vermicelli and wonton. Serve.

每一份 Per Serving

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。

*由於以計算方法間接估計上湯的熱量和營養素含量存有較大誤差，所以上表的熱量和營養素沒有計算上湯的資料

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

*Using indirect nutrient analysis base on calculation causes a great variation when estimating the energy and nutrient content of soup, therefore, such information is not included in the above table.

458 熱量
千卡 (kcal) Energy

83 碳水化合物
克 (g) Carbohydrate

20 蛋白質
克 (g) Protein

4 脂肪
克 (g) Fat

1 糖
克 (g) Sugar

667 鈉質
毫克 (mg) Sodium

有營食肆

EATSMART RESTAURANTS

以下資料截至二零一四年三月三十一日，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 31 March 2014. 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 - 索迪斯 (香港) 有限公司	AIA Gourmet - Sodexo (Hong Kong) Limited	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
功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2881 9966
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
警察總部雅緻中餐廳 - 索迪斯 (香港) 有限公司	PHQ Arsenal Place - Sodexo (Hong Kong) Limited	2860 2688
警察總部匯鉅西餐廳 - 索迪斯 (香港) 有限公司	PHQ Western - Sodexo (Hong Kong) Limited	2860 2688
警察總部匯鉅快餐 - 索迪斯 (香港) 有限公司	PHQ Fast Food - Sodexo (Hong Kong) Limited	2860 2688
海皇粥店 (新誠商業大廈)	Ocean Empire Food Shop (Simons 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
銀龍麵茶餐廳	Ngan Lung Restaurant	2881 5298
浦點美式酒吧 - 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
鍾廚	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
麗姐廚房	Liza Veggies	2575 6060
饕宴 (利舞臺廣場)	U-Banquet (Lee Theatre Plaza)	2811 9181
(信和廣場)	(Sino Plaza)	2811 9628
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
The Herbivores	The Herbivores	2613 2920

中西區 Central & Western District

力寶軒	Lippo Chiuchow Restaurant	2526 1168
心齋	Pure Veggie House	2530 0778
北園酒家	North Garden Restaurant	2526 3163
西港城 - 大舞臺	The Grand Stage	8202 2809
西環碼頭餐廳	Harbour Restaurant	2818 0101
秀日本料理	Oishi House	2517 6618
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
翠華餐廳 (山頂廣場)	Tsui Wah Restaurant (The Peak Galleria)	2849 2345
(威靈頓街)	(Wellington Street)	2525 6338
(德輔道中)	(Des Voeux Road)	2815 3000
翡翠拉麵小籠包 (金鐘廊)	Crystal Jade La Mian Xiao Long Bao (Queensway 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
(般咸道)	(Bonham Road)	2547 8819
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)	(Infinity 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
甘味讚岐手打烏冬專門店	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
泰園	Koon Thai Cuisine	2878 8282
富臨漁港臨門	Foo Lum Fishman's Wharf Restaurant	2553 0699
綠野仙踪	Greenland Corner	2552 4022
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
緣來素食	Destine Vegetarian Restaurant	2554 5837
稻香	Tao Heung	8300 8136
稻香超級漁港	Tao Heung Super 88	8300 8173
鍾菜	Chung's Cuisine	8300 8006
Délifrance (Café)	Délifrance (Café)	2813 1368
Subway	Subway	2550 1661

東區

Eastern District

一鍋	Ipot	2111 1241
太興	Tai Hing	2567 7362
正東燒豬料理	The Orient Barbecue Cuisine	2805 8022
甘味讚岐手打烏冬專門店 (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
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
海皇粥店	Ocean Empire Food Shop	2887 5879
茗館小廚煥味皇	Ming Guan	2886 1987
柴灣東區醫院職員飯堂	Pamela Youde Nettersole 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
梅花邨小館	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
綠野仙踪	Greenland Corner	3100 0076
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
餐珍品牛肉麵	Hu Hu Beef Noodles	3462 2000
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
藝術·家	Les Artistes Café	3426 8918
饕宴	U-Banquet	2811 9668

權發海鮮酒家	Kuen Fat Restaurant	2897 0688
Délifrance (Café) (太古城)	Délifrance (Café) (Taikoo Shing)	2904 8603
(港運城)	(Island Place)	2565 1335
Mr. Taco Truck	Mr. Taco Truck	2590 6911
Oliver's Super Sandwiches (杏花新城)	Oliver's Super Sandwiches (Paradise Mall)	2898 1707
(英皇道)	(King's Road)	2510 0255
(康怡花園)	(Kornhill Plaza)	2513 9266

九龍城區

Kowloon City District

生果報社	Fruit Magazine	2713 8319
好味廚	Honey Kitchen	3442 1337
金裝嫩奶佬餐廳	Daniel's Restaurant	2712 6900
美心MX	Maxim's MX	
(半山書院)	(Celestial Place)	3695 0899
(馬頭涌道)	(Ma Tau Chung Road)	2712 2917
(黃埔花園)	(Whampoa Garden)	2333 7136
香港公開大學大學會所 (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	Foo Lum Fishman's Wharf Restaurant	
(太子道西)	(Prince Edward Road West)	2718 3318
(明安街)	(Ming On Street)	2363 2883
(馬頭角道)	(Ma Tau Kok Road)	2768 8618
富臨漁港臨門	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
渝瀾烤魚	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
銀龍粉麵茶餐廳	Ngan Lung Restaurant	2402 4422
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
禧慶藝術酒家	Happiness Cuisine	2712 8168
Bistro Délifrance	Bistro Délifrance	2330 3933
Oliver's Super Sandwiches	Oliver's Super Sandwiches	2265 7622
The Promenade	The Promenade	2996 8034

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
西龍傳香飯樓	QQ Rice	2387 9838
金裝嫩奶佬餐廳	Daniel's Restaurant	
(美孚新邨)	(Mei Foo Sun Chuen)	2959 1126
(順寧道)	(Shun Ning Road)	2729 6111
美心MX	Maxim's MX	
(青山道)	(Castle Peak Road)	2742 4679
(美孚新邨)	(Mei Foo Sun Chuen)	2743 2793
紅蔥頭	Café Med	2361 0813
海皇粥店	Ocean Empire Food Shop	2307 6184
富臨酒家	Foo Lum Restaurant	2361 2213
富臨漁港	Foo Lum Fishman's Wharf Restaurant	2368 3738
富臨漁港臨門	Foo Lum Fishman's Wharf Restaurant	
(長沙灣廣場)	(Cheung Sha Wan Plaza)	2310 8880
(富華廣場)	(Florence Plaza)	2370 3262
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
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

油尖旺區

Yau Tsim Mong District

一寿司 (金馬倫道) (雅蘭中心)	Sushi One (Cameron Road) (Grand Tower)	3583 1100 2110 9922
八王子拉麵館 (白加士街) (通菜街)	Prince Ramen (Parkes Street) (Tung Choi Street)	2771 6939 2668 3937
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
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
百樂門酒家	Joy Cuisine	3910 8388
男爵大排檔 (炮台街) (德利大廈)	Baron Cuisine (Battery Street) (Tak Lee Building)	2369 1959 2369 1959
住家菜	Home Feel	3105 0515
君滙港會所餐廳	Harbour Green Club Banquet Room	3516 1121
迎	Joyous One	8300 8001
金皇朝海鮮酒家	Golden Dynasty Seafood Restaurant	2770 2328
金都國宴	Golden City Banquet	2633 8866
金陶軒	Kum Tao Heen	2730 8668
金裝焗奶佬餐廳	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	2421 4817
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
荔枝中菜廳	Lychee Garden Chinese Restaurant	2397 9609
骨煲皇 (金基大廈1樓) (金基大廈地下1-2號)	King of Hot Pot (1/F Kamga Mansion) (1-2, G/F Kamga Mansion)	2380 4441 2380 4441
泰閣 (中港城) (彌敦道)	Koon Thai Cuisine (China Hong Kong City) (Nathan Road)	2878 7666 2393 3068
御苑皇宴 (尖沙咀加拿分) (帝國中心)	The Banqueting House (TST Camarvon) (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
鐵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
新發茶餐廳	Sun Fat Cafe	2388 1713
漁民樂 - 魚湯米線專門店	Happy Fisherman Restaurant	3486 4642
滬江飯店	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) (砵蘭街) (港晶中心) (碧街)	Tsui Wah Restaurant (Parkes Street) (Pak Hoi Street) (Carnarvon 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 (恆隆大廈) (集友大廈) (通菜街)	Ngan Lung Restaurant (Hung Lung Mansion) (Friend's House) (Tung Choi Street)	2384 4600 2721 1155 2380 2566
稻坊	Tao Square	8300 8151
稻香 (恆星樓) (荷里活商業中心) (新九龍廣場) (愛民商場)	Tao Heung (Star Mansion) (Hollywood Plaza) (New Kowloon Plaza) (Oi Man Shopping Centre)	8300 8084 8300 8142 8300 8123 8300 8082
稻香超級魚港 (雅蘭中心) (彌敦酒店)	Tao Heung Super 88 (Grand Tower) (Nathan Hotel)	8300 8168 8300 8163
橫綱日本麵店	Yokozuna Japanese Noodle Shop	2783 0784
點一龍	Dim Sum Bar	2175 3100
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 3106 餐廳	Bodhisattva Vegetarian Restaurant Carat 3106	2382 7688 3904 1328
California Pizza Kitchen	California Pizza Kitchen	2374 0032
Good Place	Good Place	3118 8066
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
甘味讀岐手打烏冬專門店	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
百樂門宴會廳 (企業廣場5期)	Paramount Banquet Hall (MegaBox)	2798 8332
(鱸魚池中心)	(Crocodile Centre)	3910 8368
沁園春	Cheerful Restaurant	2251 3612
柏爾馬	La Trattoria di Parma	2111 1370
迎禧大酒樓	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 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号 (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
肇順名匯海鮮專門店	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 (彩德商場)	Ngan Lung Restaurant (Choi Tak Shopping Centre)	2679 7388
(鯉魚門廣場)	(Lei Yue Mun Plaza)	2709 3344
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
潮膳	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
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	Cheerful Sky Cuisine	2827 2886
慧俠 (國際展覽中心)	Happiness Gastronomy (Hong Kong International Trade & Exhibition Centre)	2827 1811
慧俠自家菜 (偉業街)	Happiness Gastronomy (Wai Yip Street)	2827 2688
California Pizza Kitchen	California Pizza Kitchen	3421 2351
Délifrance (Café) (企業廣場5期)	Délifrance (Café) (MegaBox)	2359 0348
(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

黃大仙區

Wong Tai Sin District

大自然素食	Gaia Veggie Shop	2887 3363
友邦薈翠	AIA Cafe	2895 8816
甘味讀岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2322 9189
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
順德經典	Classic in Shun Tak	2997 8866
富臨皇宮	Foo Lum Palace	2794 3883
富臨漁港	Foo Lum Fishman's Wharf Restaurant	2320 8088
富臨漁港藝臨門	Foo Lum Fishman's Wharf Restaurant	2320 9080
肇順名匯海鮮專門店	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
甘味讀岐手打烏冬專門店	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
迎禧大酒樓	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
(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
富臨漁港藝臨門	Foo Lum Fishman's Wharf Restaurant	2409 0883
煌府婚宴專門店	Wedding Banquet Specialist	2490 4333
新皇海鮮酒家	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
稻香超級漁港	Tao Heung Super 88	8300 8164
潮館	Chao Inn	8300 8149
爵悅庭住客會所 (只供住客)	Club Chelsea (Resident Only)	2480 6022
聯邦皇宮	Federal Restaurant	2626 0883
麗都讓客	Nice Invitation	2827 2699
Délifrance (Café)	Délifrance (Café)	2940 4830



Sai Kung District

一寿司	Sushi One	3622 2322
太興	Tai Hing	2628 6072
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
百好宴會廳	Very good Banquet Hall	2701 9998
迎釐大酒樓	Cheers Restaurant	8300 8193
美心MX	Maxim's MX	
(東港城)	(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	Ocean Empire Food Shop	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
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	Tao Heung	
(尚德商場)	(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	Chiu Ka	
(君寶坊)	(The Edge)	2331 2155
(彩明商場)	(Choi Ming Shopping Centre)	3143 9002
California Pizza Kitchen	California Pizza Kitchen	3902 3875
MCL翠華餐廳	MCL Tsui Wah Restaurant	2525 5288



Tuen Mun District

一寿司	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
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	2527 8100
青山醫院職員餐廳 (只供職員)	Castle Peak Hospital Canteen (Staff Only)	2456 7090
季季紅風味酒家	Red Seasons Aroma Restaurant	
(華都花園)	(Waldorf Garden)	2404 6663
(藍地大街)	(Lam Tei Main Street)	2462 7038
金馬江南小館	Kam Chun Food	2460 2813
金裝嫩奶佬餐廳	Daniel's Restaurant	2459 3481
迎釐大酒樓	Cheers Restaurant	8300 8194
美食坊	Food Hall	2465 3817
客家好棧	Hakka Hu	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	The Vermicelli House	
(蝴蝶廣場)	(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 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	Tao Heung	
(屯門海趣坊)	(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
Défilfrance (Café)	Défilfrance (Café)	2613 9755
Oliver's Super Sandwiches	Oliver's Super Sandwiches	2205 0183



Yuen Long District

八斗砂鍋粥茶餐廳	Eight Ladle Restaurant	2442 9001
元朗茶記	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	Maxim's MX	
(天晴商場)	(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 Seafood Restaurant	3156 1283
海皇粥店	Ocean Empire Food Shop	2477 8050
茶魚飯后 (天盛商場)	Ngan Lung Restaurant (Tin Shing Shopping Centre)	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
銀龍麵茶餐廳	Ngan Lung Restaurant	
(天恩商場)	(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
緣來素食	Destine Vegetarian Restaurant	3489 6428
稻香	Tao Heung	8300 8137
稻香超級漁港	Tao Heung Super 88	8300 8170
潮樓	Chao Inn	8300 8148
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
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
麗都讓客	Nice Invitation	2479 9908
YOHO Midtown 住客會所 (只供會員)	YOHO Midtown Club Midtown (Members Only)	2443 2226
YOHO 會所 (只供會員)	YOHO Club (Members Only)	2470 1550



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
園園統請	Hop Fu Tong Ching	2256 1335
銀龍麵茶餐廳	Ngan Lung Restaurant	2278 1733
稻香	Tao Heung	8300 8131
稻香超級漁港	Tao Heung Super 88	8300 8184
聯和素食	Luen Wo Vegetarian Limited	2682 6488
麗都讓客	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
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號 - 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
醉月樓	Dream Catering Limited	2697 7832
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
嚙味	Taste	-
麗都請客	Nice Invitation	2693 9088
麵軒	Mian Café	2640 8200
晴慶酒樓	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
咪走雞燒味餐廳	Delicious Roasted Chicken Restaurant	2667 7225
茗苑酒家	Ming Yuen Restaurant	2650 6388
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 8127
晴慶	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
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
茗苑酒家	Ming Yuen Restaurant	2716 6988
茗苑宴會廳	Ming Yuen Banquet Hall	2429 6388
葵涌醫院職員飯堂 (只供職員)	Kwai Chung Hospital Staff Canteen (Staff Only)	2959 0474
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
翡翠烈小籠包	Crystal Jade La Mian Xiao Long Bao	2497 3818
瑪嘉烈醫院職員飯堂	Princess Margaret Hospital Staff Canteen	2741 1185
銀龍麵粉茶餐廳 (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 Délifrance	Bistro Délifrance	2429 8936



Islands District

天虹海鮮酒家	Rainbow Seafood Restaurant	2982 8100
西龍傳香飯樓 (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
空港酒店屋 - 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	2982 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 Limited (Aircraft Hanger No.3) (Staff Canteen)	-
索迪斯 (香港) 有限公司 - 香港電燈南丫島發電廠職員餐廳 (只供職員)	Sodexo (Hong Kong) Limited - Staff Cafeteria of Lamma Power Station, the Hongkong Electric Company Limited (Staff Only)	2388 8682
凱星軒	Winsea Seafood Restaurant	2982 8338
翠華餐廳 (富東廣場) (香港國際機場一號客運大樓)	Tsui Wah Restaurant (Fu Tung Plaza) (Terminal 1, Hong Kong International Airport)	2811 2877 2261 0306
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

劉碧珊
Doris LAU

劉碧珊 是註冊營養師(澳洲)
及香港營養師協會對外事務助理主任
Doris LAU is a registered dietitian
(Australia) and Assistant External Affairs
Officer of Hong Kong Dietitians
Association.

變變變

粥 粉 麵 飯

變身營養餐

Congee, Rice Noodles, Egg Noodles and Rice
Enjoy Them and Stay Healthy!

粥、粉、麵、飯，被笑喻為中國的另類「四大發明」，也是香港人日常的主要食糧。看似普通的米飯或粉麵，只要配上不同的食材，就能變出萬千美味，不過營養師劉碧珊(Doris)提醒大家要留意如何選擇餸料、汁醬和烹調方法，才能煮出營養豐富而美味的一餐。

Doris解釋，粥、粉、麵、飯屬於穀物類食物，是碳水化合物的主要來源，供應我們日常活動所需要的熱量。此外，穀物類食物也含維生素B1和B6，以及膳食纖維，有益健康等。衛生署建議一般成年人每天可進食3至6碗飯或相同分量的粉麵，視個人的工作性質和運動量而定。

Congee, rice noodles, egg noodles and rice have been jokingly termed the "four great inventions of the Chinese". They are the main staple foods in Hong Kong and can be combined with a variety of foods into countless recipes in a mix-and-match way. Doris LAU, a registered dietitian, advises us on how to choose the right ingredients, sauces and healthy cooking methods to create a healthy, balanced meal.

As Doris explains, congees, rice noodles, egg noodles and rice are made from grains and cereals, and are a major source of carbohydrates that will turn into energy to sustain our daily activities. Cereals also contain vitamin B1 and B6 and dietary fibres which are beneficial to health. The Department of Health recommends an average adult can have 3 to 6 bowls of cooked rice or an equivalent serving size of other cereal foods every day, although the actual amount depends on the nature of a person's job and his level of physical activity.



主要穀物類食物(以煮熟計算)分量換算表 Comparison of different cereal foods (cooked) by serving size

1碗飯
1 medium-size
bowl of rice

2塊三文治麵包
2 pieces of
sandwich bread

約2碗半粥
about 2½ bowl of congee

1碗粉或麵
1 bowl of rice noodles
or egg noodles

約1碗半通心粉或意粉
about 1½ bowl of macaroni
or spaghetti



=



=



=



=



* 一碗=250-300毫升
1 bowl = 250-300 mL

食粥食飯

Choose healthy ingredients
for your rice or congee

留意配料

不說不知，大家常吃的「碟頭飯」所含的油和鹽分差異很大，例如一碟約770克的枝竹火腩飯脂肪含量已達62克（相當於約12茶匙的油，且較一個每日攝取約2,000千卡熱量成人的建議每日脂肪攝取量上限60克為高），而相若分量的一碟粟米肉粒飯則只有18克（約3.5茶匙的油），屬較健康的選擇。除了菜式的選擇外，點菜時也可要求含醬汁的餸菜分開供應，用餐時還要避免進食過量芡汁；這些都是減少進食脂肪的方法。此外，白米的膳食纖維量一般較低，可加入糙米、燕麥米、燕麥片、菜蔬、乾果等，以增加米飯的膳食纖維量。

粥的熱量較飯為低，但部分以動物內臟為配料的粥品的膽固醇量都偏高，例如一碗約500克的及第粥含膽固醇260毫克，而相若分量的一碗柴魚花生粥則只含38毫克，因此選擇時也需多加注意。

One may not be aware that the rice dishes that are widely available in restaurants in Hong Kong vary considerably in their oil and salt contents. For instance, one plate of steamed rice with beancurd sticks and roasted pork weighing about 770 grams may contain 62 grams of oil (equivalent to 12 teaspoons of oil and is higher than the daily upper limit of 60 grams for an adult with daily energy intake of 2000 kcal), while the same amount of steamed rice with roasted pork and sweet corn only contains 18 grams of oil (equivalent to 3.5 teaspoons of oil) which is definitely a healthier choice compare with the former. Apart from choice of dishes, we could also reduce intake of oil by asking restaurants to serve sauces and sugar separately and avoiding having too much sauces. As plain rice contain less dietary fibre in general, we can increase dietary fibre contents of rice by mixing plain rice with brown rice, oatmeal, oats, vegetables or dry fruit.

Congees generally contain fewer calories, but some animal ingredients in congees are high in cholesterol level. For example, one bowl of of congee with pork liver and kidney (weighing about 500 grams) has 260 milligrams of cholesterol, in constrast with 38 milligrams in congee with dried fish, peanut and pork with equivalent portion size. Hence, think carefully before you choose!



炒粉炒麵多油高鈉

Beware of fat and sodium in fried rice noodles and egg noodles

至於港人愛吃的炒粉麵雖然香口美味，但烹調方法卻增加了食物的脂肪含量，如一碟約610克的星洲炒米粉便含脂肪51克（約10茶匙油）。放湯會較為健康，但豬骨、酸辣和麻辣湯底的油分也較高，故建議以魚湯、番茄或蔬菜湯作為湯底。

此外，油麵、伊麵和即食麵於製作時通常以油炸作烘乾的程序，令麵身的油分更高，即使氽水也不易去掉油分；快餐的麵餐常用的午餐肉、五香肉丁、火腿、香腸、肉丸、魚蛋等加工肉類的鹽分均偏高，例如一碗午餐肉蛋即食麵含鈉質400毫克，佔成人每天攝取量上限2000毫克約五分之一，大家不宜多吃。

Doris補充，近年盛行的日本壽司和蕎麥麵等都較清淡，例如五至十件壽司，配上一款沙律菜，已是一頓營養豐富的午餐。

Fried rice noodles and fried egg noodles are both very popular dishes, yet they are high in fat content. One plate of Singapore-style fried rice noodles weighing about 610 gram contains 51 grams of fat (equivalent to 10 teaspoons of oil). Braised noodles or noodles in soup are healthier alternatives compared with their fried counterparts, yet soup bases for noodles like pork rib stock, sour-and-spicy stock and spicy stock with sesame oil also rich in oil. Hence, it is advisable to choose tomato stock, fish stock or vegetables stock as soup base.

Greasy noodles, E-fu noodles and instant noodles are deep-fried and dehydrated in the manufacturing process, and thus contain high oil content that will not disperse even during blanching. Toppings such as luncheon meat, marinated pork, ham, sausage, meat balls and fish balls are also high in sodium. A bowl of instant noodles in soup with luncheon meat and egg has 400 milligrams of sodium, which is equivalent to about one-fifth of the daily maximum daily sodium intake of 2000 milligrams for an adult. Therefore, frequent consumption should be avoided.

According to Doris, Japanese cuisine such as sushi and soba noodles are usually prepared without much seasoning. A Japanese-style lunch consisting of five to ten pieces of sushi plus salad is a healthy meal option.

表一
Table 1

常見粥、粉、麵和飯的熱量、蛋白質、碳水化合物、總脂肪、飽和脂肪、膽固醇和鈉含量比較。
Energy, proteins, carbohydrates, total fats, saturated fats, cholesterol and sodium content of selected congees, rice noodles, egg noodles and rice dishes

食品類別 Food Item (每100克 Per 100g)	熱量 Calories (千卡 Kcal)	蛋白質 Protein (克 g)	碳水化合物 Carbohydrates (克 g)	總脂肪 Fats (克 g)	飽和脂肪 Saturated Fats (克 g)	膽固醇 Cholesterol (毫克 mg)	鈉 Sodium (毫克 mg)
粥 Congees							
及第粥 Congee w/ pork liver and kidney	60	4.5	5	2.5	0.6	52	310
柴魚花生粥 Congee with dried fish, peanut and pork	64	3.2	5.5	3.3	0.55	8.2	240
粉 Rice noodles							
星洲炒米粉 Fried rice noodles in Singapore style	160	6.3	15	8.4	1.6	45	350
雲吞湯米粉 Noodles in soup w/ dumplings	71	3.3	11	1.6	0.47	10	290
麵 Noodles							
午餐肉蛋即食麵 Instant noodles in soup w/ luncheon meat and egg	140	4.9	12	8.4	2.7	41	400
雜錦海鮮湯烏冬 Udon noodles in soup w/ seafood	58	4.4	8.1	0.9	0.2	12	290
飯 Rice							
枝竹火腩飯 Steamed rice w/ beancurd sticks and roasted pork	170	7.5	16	8.1	2.4	13	260
粟米肉粒飯 Steamed rice w/ diced pork and sweet corn	120	5.2	21	2.3	0.7	12	210

(資料來源：食物安全中心 - 營養資料表 Source: Centre for Food Safety, Nutrient Information Table)

表二
Table 2

部分粥、粉、麵和飯的碳水化合物和膳食纖維比較
Carbohydrates and dietary fibres of selected congees, rice noodles, egg noodles and rice

食物類別 Food Item (每100克 per 100g)	碳水化合物 Carbohydrates (克 g)	膳食纖維 Dietary fibres (克 g)
粥 Congee		
米粥 Rice congee (已熟 cooked)	10	0.1
燕麥片 Oatmeal porridge (已熟；沒有添加鹽 cooked, without added salt)	10	1.7
粉 Pasta		
全蛋意粉 Pasta (已熟；沒有添加鹽 egged, boiled without added salt)	27	1.9
全麥意粉 Pasta (以不含鹽的水煮熟 prepared from wholemeal flour; cooked in non-salted water)	23	5.3
麵 Noodles		
即食麵 Instant noodles	62	0.7
全蛋麵 Noodles (乾；沒有添加調味品 egged, dried, without flavouring)	71	3.3
飯 Rice		
白米 White rice (長粒；未煮及沒有添加調味品 long grains, uncooked and without flavourings)	80	1.3
糙米 Brown rice (長粒；未煮 long grains, uncooked)	77	3.5

(資料來源：食物安全中心 - 營養資料表 Source: Centre for Food Safety, Nutrient Information Table)



名人「有營食譜」 | Celebrity's EatSmart Recipes

譚潔雯 Verona TAM

美國註冊營養師
香港營養協會持續教育統籌
Registered Dietitian (USA)
Continuing Education Sub-Committee
of Hong Kong Nutrition Association



特色 Feature

三文魚為深海魚類，含豐富的奧米加三脂肪，配上含豐富不飽和脂肪和膳食纖維牛油果，有益心血管健康。但須注意牛油果雖然營養豐富，但脂肪含量高達百分之十五，只宜淺嚐。

Salmon is a type of oily fish which is rich in omega 3 fatty acid. Together with avocado which is rich in unsaturated fatty acid and dietary fibre, The dish can keep cardiovascular healthy. Kindly remind that though avocado is nutritious, its fat content is 15%. it is only meant for tidbit.

材料 Ingredients

4人分量
to serve 4

壽司飯	180 克	180 g sushi rice
三文魚	100 克	100 g salmon fillet
低脂沙律醬	10 克	10 g low-fat salad dressing
牛油果 (切粒)	1/4 個	1/4 avocado, diced
青瓜 (切粒)	1/4 條	1/4 cucumber, diced
長葱 (切絲)	20 克	20 g spring onions, shredded
原味紫菜	1 片	1 sheet plain nori (seaweed)
黑芝麻	5 克	5 g black sesame

調味料 Seasoning

海鹽	1/4 茶匙	1/4 teaspoon sea salt
日本豉油	1/4 茶匙	1/4 teaspoon Japanese soya sauce
黑胡椒碎	少許	Some coarsely ground black pepper

壽司飯

材料：(約製 200克)
米 200克
清水 200毫升

Sushi Rice

Ingredients :
200 g rice
200 mL water

調味料：

海鹽 1茶匙
糖 3茶匙
壽司醋 50毫升

Seasonings :

1 teaspoon sea salt
3 teaspoons sugar
50 mL sushi vinegar

步驟 Cooking Method :

淘洗白米，浸泡45分鐘，放入電飯鍋後加入清水，煮約20-25分鐘，然後加入鹽、糖、壽司醋拌勻即成。

Wash the rice. Soak the rice in water for 45 minutes. Cook a rice cooker for 20 to 25 minutes. Add in the sea salt, sugar and sushi vinegar and mix well. Set aside.



大廚小貼士 Chef Tips

捲壽司卷前，先將一張保鮮膜放在壽司席上，再鋪上壽司飯和配料，可避免飯粒黏到雙手或壽司席上去。

Cover the bamboo mat with a sheet of cling wrap before putting on the toppings; this can prevent the rice from sticking to the mat or your hands.



每一份 Per serving

熱量 Energy	121 千卡/kcal
碳水化合物 Carbohydrate	15 克/g
蛋白質 Protein	7 克/g
脂肪 Fat	4 克/g
糖 Sugar	1 克/g
鈉質 Sodium	218 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.

本食譜由羅宏傑先生提供。
This recipe is provided by
Mr. Tony LAW.

試食兵團話你知 Message from Tasting Team

以紫菜、青瓜和烤三文魚皮為餡料的反卷壽司，內脆外軟，配青瓜牛油果沙律，爽口滋味。

Roasted fresh salmon are wrapped in a "reverse roll" with crispy cucumber and seaweed, topped with an appetising salad of avocado and cucumber.



步驟 Cooking Method:

1. 三文魚除皮，下黑胡椒、海鹽於皮上，備用。
1. Remove the skin from the salmon. Season the skin with black pepper and sea salt. Set aside.
2. 燒紅平底鑊，放上三文魚皮，煎香兩面，切成4份，備用。
2. Heat the frying pan. Put in the salmon skin. Pan-fry both sides until smell comes out. Cut into 4 pieces. Set aside.
3. 將三文魚肉切碎，下低脂沙律醬、豉油、牛油果、蔥絲拌勻，備用。
3. Dice the salmon fillet. Add the low-fat salad dressing, soya sauce, avocado and spring onions and mix well. Set aside.
4. 紫菜平鋪在竹蓆上，再均勻鋪上壽司飯，蓋上一層保鮮紙，將保鮮紙連食材反轉，放上魚皮、青瓜，把壽司飯捲上，其間不時以竹蓆壓緊，固定形狀，然後灑上黑芝麻，切成8件，最後放上三文魚沙律於反卷上即成。
4. Put the *nori* on a bamboo mat. Cover it with sushi rice evenly. Place a sheet of plastic wrap over. Flip over the plastic wrap together with the food ingredients. Place the skin and cucumber across the *nori*. Roll up the rice layer and press tight with the help of the bamboo mat. Then sprinkle with black sesame and slice into 8 pieces. Top with salmon salad over the *uramaki*. Serve.





蘋

果青瓜烏冬沙律

Apple, Cucumber and Udon Noodle Salad

特色 Feature

帶子含豐富的蛋白質，亦是低脂肪食材，配上蘋果，不但使菜式清新爽口，更增加膳食纖維，有助飽肚感，是健康的選擇。

Seafood, like scallops, is a good source of protein on its own and also contains little fat. Together with apple, the dish becomes more appetizing and increase intake of dietary fibre which increases satiety. It is a healthy choice.

調味料 Seasoning

海鹽 1/2 茶匙 1/2 teaspoon sea salt

材料 Ingredients

6人分量
to serve 6

生烏冬	200 克	200 g raw udon
低脂沙律醬	60 克	60 g low-fat salad dressing
日本溫室青瓜 (去皮、切絲)	1條 (250克)	1 Japanese greenhouse cucumber (250 g), peeled and shredded
蘋果 (切絲)	1個 (250克)	1 apple (250 g), shredded
帶子 (切粒)	50 克	50 g scallops, diced
原味紫菜 (切絲)	1/2 片	1/2 piece plain nori (seaweed), shredded

大廚小貼士

Chef Tips

不擅刀功的朋友，可試用刨絲器將蘋果和青瓜刨成薄片；除急凍烏冬外，還可選用乾烏冬，先煮五分鐘，再用冰水泡浸，同樣爽口。

It is easy to use a slicer to shred apples and cucumbers into thin strips. Dried udon, moreover, is a good substitute for frozen noodles; it's chewy all the same. Cook dried udon for 5 minutes and soak in ice-cold water.



每一份 Per serving

熱量 Energy	102 千卡/kcal
碳水化合物 Carbohydrate	17 克/g
蛋白質 Protein	3 克/g
脂肪 Fat	3 克/g
糖 Sugar	5 克/g
鈉質 Sodium	377 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.

本食譜由羅宏傑先生提供。
This recipe is provided by Mr. Tony LAW.

試食兵團話你知 Message from Tasting Team

清涼爽脆的青瓜絲、蘋果薄絲配嫩滑的冷烏冬拌成沙律，
加上鮮美的帶子，集鮮、脆、滑口感於一。

This salad is an interesting combination of crunchy
(apple and cucumber slices) and soft, smooth
(udon noodles and savoury scallop) ingredients.



步驟 Cooking Method:

1. 把水燒開，加入烏冬，煮熟後，放入冰水泡浸一會，瀝乾，備用。
1. Bring water to the boil. Add the *udon*. Cook until done. Soak in iced water for a while. Drain and set aside.
2. 先將低脂沙律醬加入青瓜、蘋果、帶子拌勻，下調味料，然後放入烏冬拌勻，再放上紫菜絲即成。
2. Put the cucumber, apple, scallops and low-fat salad dressing together and mix well. Add the seasoning. Stir in the *udon* and mix well. Sprinkle with shredded *nori*. Serve.

TONY LAW 帶你用味覺飛越東瀛

Tony LAW Takes Your Taste Buds on a Tour of Japan

羅宏傑 Tony LAW

12歲隨家人移民加拿大溫哥華，16歲開始在當地的日本餐館兼職，中學畢業後正式入行當廚師，25歲回流返港發展，2007年開設日本料理店。

Tony憑着十餘年的入廚經驗、廚藝和用料原則，完全展現嚴謹的日本食藝精髓，帶領食客的味蕾游走日本。

Tony migrated to Canada with his family when he was 12 years old. At the age of 16, he started working part-time in a Japanese restaurant. Tony continued to work as a chef after high school until he returned to Hong Kong at the age of 25. He opened his restaurant in 2007.

Having over 10 years' experience in practising Japanese culinary arts, Tony always serves his customers with traditionally prepared Japanese dishes, which takes them on a virtual culinary tour across Japan.

耐心專注 一絲不苟

Working with utmost professionalism

「我最欣賞是日本師傅嚴謹和專注的工作態度，每一個步驟都一絲不苟，對米尤其重視，煮飯前必把米泡浸約一小時，而泡米的時間又會因應空氣的濕度而增減。另外以一味簡單的燉白蘿蔔為例，師傅會用慢火細燉兩小時，直至汁液均勻滲入，軟嫩而不爛。」

"I am really impressed with the craftsmanship and attention to details as shown by Japanese chefs. Rice, for example, is always soaked for at least an hour and the chefs will adjust the soaking time in accordance with humidity. A simple dish of braised turnip is slow-cooked for two hours until the turnip is soft and has fully absorbed the sauce."

季節料理 不時不食

A season's best

「香港人愛吃日式刺身，但多以三文魚為主。其實日本廚師為了讓顧客品嚐最美味的菜式，會以時令食材入饌，例如冬季最具代表性的魚類是寒鰯魚，肉質肥厚豐滿。冬春之間可以選擇針魚、鱈魚、海鰻魚苗等，因為產量最豐富，味道非常鮮甜。」

"In Hong Kong, the most commonly used type of seafood for sashimi is salmon. Yet in Japan, chefs insist on using the finest seasonal seafood to serve their customers. Winter, for example, is the best season for Japanese amberjacks (*kanburi*), while Japanese halfbeaks (*sayori*), red seabreams (*mada*) and other sea delights are the kinds of seafood we look for during the period between winter and spring."



選料嚴謹 用心處理

Ingredients: selected and
handled with care

「香港的優勢是交通便利，可以每天從各國空運魚鮮到港。為了確保鮮味，所有刺身菜式只會使用當天來貨的食材，一旦隔夜後便只能作煮食用。此外，捲壽司用的紫菜也可以十分考究，選用天然風乾和不含添加劑的紫菜，不但特別爽脆，而且就算受了潮也不會變韌。」

"Because of Hong Kong's edge as a transport hub, fresh seafood can be easily delivered here by air from everywhere all year round. To ensure freshness and quality, we only use the freshest seafood for sashimi dishes, and what's left of it goes to hot dishes. The seaweed used to wrap sushi is naturally dried and void of any additives. It remains crisp and fine for a long time."

自定餐單 待客如賓

Omakase: to suit customers' preference

「品嚐日式料理的另一層次，就是要求『廚師發辦（Omakase）』，即要求廚師按顧客的喜好設計合適的菜單，香港顧客很多時非常主動提出意見，讓廚師更容易了解他們的要求。」

"Omakase, literally meaning 'leave it to the chef', is always a culinary challenge to both the chef and his customers because the chef needs to prepare a personalised menu to suit the customers' palate. As local customers are usually quite eager to voice out their preference, it's easy to find out what they expect to have from us."

時刻求進 健康料理

Balance between tradition and innovation

「日本廚師雖然嚴守傳統，但不會一成不變。他們會不時在菜式上加添變化，為顧客帶來驚喜，例如以羅馬生菜代替紫菜做手卷、在海膽壽司裏加入金槍魚腩（toro）等。好似今次介紹的一款沙律，就是以蘋果薄片替代蟹籽，入口甘甜爽脆；而另一款燒三文魚皮反卷壽司則用低脂沙律醬替代傳統的沙律醬作醬料，是較健康的選擇。」

日本料理看似煮法單調，但食材講究，醬料用量適可而止，是很健康的餐食，希望更多顧客能欣賞日本的傳統食藝，讓講究質素的店鋪可以繼續經營下去。」

"While Japanese chefs seek to preserve traditional culinary culture, they are also very innovative; you may even be surprised of their ideas about blending different ingredients. Romaine lettuce, for instance, is used in place of seaweed in sushi, and *toro* may sometimes be used to top sea urchin sushi. Take the example of the "Apple, Cucumber and Udon Noodle Salad" introduced here: we use shredded apple to replace crab roe. And for the "Roasted Salmon Reverse Sushi Rolls", we use low-fat salad dressing, a healthier choice, to replace the traditional salad dressing."

"The essence of Japanese cuisine lies in its simplicity and quality. Japanese chefs work with top-quality ingredients and keep seasonings to a minimum. I hope more customers can appreciate the traditional Japanese culinary art, and then quality-oriented eateries can remain in business."



水果入饌 四月天 Fruity Cooking Month



水果入饌益處多，因為水果各有不同特色和風味，除了為菜式添加口感外，還增加進食水果的分量。今年四月，衛生署於學界舉辦「開心果月」推廣活動。為響應今次盛事，我們鼓勵飲食業界在活動期間提供更多以水果入饌的「有營菜式」，藉此向市民推廣進食蔬果，為外出用膳的上班一族造就更多進食蔬果的機會。各位「有營、有心」的食肆負責人及廚師們，請立即行動，支持這次活動！

There are many good things about having fruit in your dishes. The vast choices of fruit can add a pleasant feel to a dish; it's a handy way to increase fruit intake from diet. In coming April, the Department of Health ("DH") organises the "Joyful Fruit Month 2014" event for the school sector to promote fruit eating. To give the event an extra boost, we are now appealing to the catering industry to provide more fruit-themed EatSmart dishes so as to promote fruit eating among the public. Those who are obliged to eat out every now and then will have more opportunities to eat fruit. For those EatSmart Restaurants and chefs who care for the health of the public, please pitch in and support!

有「營」網上優惠券 On-line Discounts for EatSmart Dishes

衛生署「有營食肆」專題網站 (<http://restaurant.eatsmart.gov.hk>) 特別設立一個免費宣傳平台，讓參與運動的食肆推銷自己精心炮製的「有營菜式」，同時還可向點選「有營菜式」的市民提供優惠，以吸引更多食客到你的食肆品嚐清新美食。有興趣參加的食肆可於上述網站下載申請表格，或致電2572 1476查詢詳情。

The thematic website of the "EatSmart@restaurant.hk" Campaign (<http://restaurant.eatsmart.gov.hk>) provides a platform where participating restaurants can market their EatSmart dishes free of charge. By doing so, your restaurants will soon be packed with customers who come to try your tempting EatSmart dishes at discounted prices! If you're interested in marketing your brand through this channel, please download the application from the website as stated above, or call 2572 1476 for enquiries.





「有營食肆」運動計劃於2008年推出，至今已踏入第六年，十分感謝大家的支持。為了繼續加強與持份者的溝通，衛生署於今年三月派員走訪各「有營食肆」，就「有營菜式」的供應和宣傳品的使用情況給予意見，協助他們提供更多元化的「有營菜式」，讓市民有更多美味的健康菜式可選擇。

以下是給各「有營食肆」的溫馨提示：

This is the sixth year of the "EatSmart@restaurant.hk" Campaign since it was launched in 2008. Thank you all for your generous support throughout all these years. In order to maintain our rapport with the EatSmart Restaurants, DH officers visited each of them in March and advised them on the provision EatSmart dishes and the proper use of promotional materials, with a view to assisting them in providing a greater variety of EatSmart dishes to the public. EatSmart Restaurants are cordially invited to note the points below:

- 每天提供合共不少於五款「有營菜式」—包括「蔬果之選」和「3少之選」菜式，並於定時段內供應。
- offer at least five EatSmart dishes (including "Dishes With More Fruit and Vegetables" and "3 Less Dishes") in selected business hours.



- 確保食肆善用產品資訊和推廣資料，包括展示「有營食肆」櫥窗膠貼，並在菜牌上貼上「有營菜式」標誌，以幫助顧客識別「有營菜式」。
- ensure the best use of product information and promotional materials at the point of purchase so that customers can recognise EatSmart dishes easily; this includes display of EatSmart Restaurant decals at the entrance and attachment of EatSmart stickers in menus.



- 確保食肆存放「顧客意見表」，為顧客提供表達意見的渠道。
- ensure that copies of the "Customer Opinion Form" are available for customers' use.



CookSmart

廚營

TONY LAW

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用味覺飛越東瀛

Tony LAW Takes
Your **Taste Buds**
on a Tour of
Japan

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