



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 不可行,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!

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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



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

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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

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! ┃新鮮出爐┃Cover Story

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Zole 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 品嚐道地風味,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(topos)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一肉餡羊肚(Hoggis)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.

難志田親的家常菜

Mom's home recipes

雖然Zoie曾接觸不同國家的美食,但最愛的 還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,一家人一邊包餃子一邊閒話 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.



愛吃愛意受飯不歡

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 favourable Taiwan rice to make it more delicious and increase her fibre intake. Rice also pairs well with Chinese soups; Zoie's favourable soups are "papaya, black eyed peas and 'snow-ear' fungus soup" and "carrot, green turnip, corn and beef shin soup".



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.

了。 在 まえ選: Tasting Comment

← 希臘 **風味薄餅** Greek Pizza

餅底皮薄香脆,配上青瓜、紅洋葱、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.

→ **田園雑菜沙律** Field Greens Salad

生菜、紫椰菜、合桃等,以橄欖油拌匀, 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.

香煎三文魚 Pan-Sautéed Salmon Y

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.

地點和菜式提供: California Pizza Kitchen Venue and dishes: California Pizza Kitchen 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。悦翠堂粥麵甜品能 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。

營食肆」實錄 | EatSmart Restaurants Snaps

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.

Dick mB軟食業

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.

C-Jade Meal Phys

嚐暖粥 品風味

To Serve A Bowl of Heart-Warming Congee



<mark>悦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式輕食店,把高級酒家的嚴謹製作要求,套在悦翠堂 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。</mark>

<mark>雖然粥麵店眾多,人才難求,但幸好</mark>悦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.

維漢齋 腸 わ 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.





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。悦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.

Steamed Rice Rolls 齋陽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.



幼細的麵條, 餡料均匀的雲吞, 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.



悦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.

鲜栗南瓜粥 🤍

齋腸将

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. 「有營食肆」實錄 | EatSmart Restaurants Snaps

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HOPOPOS 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, 今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<u>害甚大,遂決意開</u> 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.

榜大話菠菜要 Portobello Steak

大啡菇肉厚味鮮,配上由小椰菜、栗 米餅、甘荀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.

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 Pátisserie, which paved the way for her current career as a young chief chef of Herbivores.

いうきるねと京条ズ 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.



More innovative recipes with only vegan ingredients

Wendy説:「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,如喼汁、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.

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.

Beetroot in Balsamic Vinegar

先烤熟紅菜頭,再加入 黑醋醃至入味;肉質稔 軟,味道豐富。 Beetroot, oven-roasted and marinated with balsamic vinegar, is tender with a sweet, tangy flavour.

Herbhorgs

┃炮製色香味 ┃ EatSmart Recipes







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.

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(奥勒岡)	1 1/2 湯匙

調味料:

海鹽	
黑胡椒粉	
番茄膏	

3 tablespoons garlic, crushed 57 a onion, chopped fine

4 tablespoons olive oil

Inaredients:

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

 Seasonings:

 1 1/2 茶匙
 1 1/2 teasport

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

步驟 Cooking Method:

 將橄欖油和蒜蓉放於已燒紅的平底鑊炒匀,下洋葱煮3-4分鐘或開始 轉至半透明。

1/2 茶匙

114 克

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.





乾意大利粉 500 克 橄欖油 1 茶匙 蒜蓉 1 湯匙 新鮮金不換(羅勒)葉(*撕開*) 57 克

記 500 g dry pasta 1 teaspoon olive oil 1 tablespoon minced garlic 57 g fresh basil leaves (torn)



天岡品町宮長回 香港營養協會持續教育統籌 Registered Dielitian (USA) Continuing Education Sub-Committee of Hong Kong Nutrition Association

調味料 Seasoning

海鹽 1/2 茶匙 <mark>黑胡椒粉 1/2</mark> 茶匙 1/2 teaspoon sea salt1/2 teaspoon ground black pepper





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.

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.

把鹽、黑胡椒粉和金不換加入醬汁拌匀,然後把 2/3醬汁加入意大利粉,於大碗內拌匀,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.

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|炮製色香味 | EatSmart Recipes



CRYSTAL JADE C-JADE MEAL PLUS 悦犁堂鹅麺甜品





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

試食兵團話你や Message from Tasting Team

冬菇絲先以薑、葱蒸熟,再加入鯇魚腩生滾而成,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

鯇魚腩屬低脂肪食材,其蛋白質質素 可媲美肉類,配上冬菇、蔥和薑絲, 不但可去除鯇魚腩的腥味,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.

to serve 1 1人分量 初料 Ingredients

冬菇(切件) 1隻 鯇魚腩(切件) 3件(94克) 1 棵 葱(切段) 薑絲 滴量

1 shiitake mushroom, quartered 3 pieces (94 g) grass carp belly 1 spring onion, sectioned Some ginger, shredded



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い、当 Seasoning

1/4 茶匙 躕 1/4 teaspoon salt

粥底 Congee base

材料:	
(約製18	3份)
白米	600 克
清水	65 公升

Inaredients: (to make about 18 portions) 600 g rice 6.5 litres water

調味料: 鹽

糖

Seasonings: 1 teaspoon salt 3 3/4 茶匙 3 3/4 teaspoons sugar

步驟 Cooking Method:

1 茶匙

- 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、鯇魚腩、葱、 薑燒滾後,下鹽調味即可。

Bring the congee base to the boil. Add the shittake mushroom, grass crap, 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



2 糖 克 (g) Sugar

760 鈉質 毫克 (mg) Sodium | 炮製色香味 | EatSmart Recipes





米形意約 光形意約 支土焗釀番茄 Melting Pot





14

Ant

◀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.

1人分量 材料 Ingredients

番 米

低

乾

新

橄

蘆

較

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

to serve 1



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1/10 茶匙 躕 海鹽 1/10 茶匙 黑胡椒粉 滴量

1/10 teaspoon salt 1/10 teaspoon sea salt Some ground black pepper



180 熱量 + (kcal) Energy

26 碳水化合物 克 (g) Carbohydrate



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.



7 蛋白質 克 (g) Protein



克 (g) Sugar 515 鈉質

毫克 (mg) Sodium

步驟 Cooking Method

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.

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.

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.

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.

炮製色香味 | EatSmart Recipes









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



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試食兵團話你知 Message from Tasting Team

免治豬肉、蛋粒炒得味香軟滑,配上葱粒、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).



不少人認為雞蛋膽固醇含量高,對心血管健康 有損。但它內含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 teas

 豉油
 2 茶匙
 2 teaspool

 清酒
 1 1/3 茶匙
 1 1/3 teas

1 1/3 teaspoons sugar 2 teaspoons soya sauce 1 1/3 teaspoons *sake*



 白飯
 260 克

 雞蛋
 70 克

 免治寝豬肉
 70 克

 紫菜(切絲)
 2 克

 葱(切粒)
 2 克

260 g rice 70 g eggs 70 g lean pork, minced 2 g *nori* (seaweed), shredded 2 g spring onions, diced



本語では 香港營養協會持續教育統籌 Registered Dietitian (USA) Continuing Education Sub-Committee of Hong Kong Nutrition Association



步驟 Cooking Method

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.

烧紅易潔平底鑊,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.



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.



克 (g) Carbohydrate

31蛋白質 ^{克 (g)} Protein 10脂肪

克 (g) Fat



17













8

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 wanton 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.

to serve 1 1人分量 初料 Ingredients

免治瘦豬肉 56 克 新鮮芫茜 37.5 克 2 克 雞蛋白 雲吞皮 4 塊 375 克 米線

56 g lean minced pork 37.5 g fresh coriander 2 g egg white 4 wonton wrappers 375 g rice vermicelli



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

調味料 Seasoning

1/5 茶匙 騊 1/5 茶匙 糖

1/5 teaspoon salt 1/5 teaspoon sugar



上湯 Stock

材料:

(約製110份) 瘦肉(切件) 3 公斤 魚骨 5 公斤 30 公升 zК 甘筍(去皮、切件) 5 公斤 洋葱(去皮、切件) 600克

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 guartered

調味料:

騊

糖

Seasonings:

1 teaspoon salt 1 teaspoon sugar

步驟 Cooking Method:

1. 將瘦肉和魚骨汆水,備用。 Blanch the lean meat and fish bones. Set aside.

1 茶匙

1 茶匙

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.



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

+ (kcal) Energy 83 碳水化合物 克 (g) Carbohydrate



4 脂肪 克 (g) Fat



667 鈉質 毫克 (mg) Sodium

步驟 Cooking Method

先把豬肉、芫茜、雞蛋白、鹽、糖放入攪拌機拌匀 作為餡料,備用。

Put pork, coriander, egg white, salt and sugar together in a food processor and blend well to become wanton filling. Set aside.

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 wanton 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.

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.

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.

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,請瀏覽衞生署「有<mark>營</mark>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



	X		
8	一寿司	Sushi One	3188 0083
	大自然素食	Gaia Veggie Shop	2808 1386
		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
- T	功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2881 9966
	- 切徳州上/4条良 金皇廷囍宴	5 5 F	2832 6628
		Banquet Place	2032 0020
8	金裝燉奶佬餐廳	Daniel's Restaurant	0574 4000
	(太和街)	(Tai Wo Street)	2574 4866
	(活道)	(Wood Road)	2838 6500
	(景隆街)	(Cannon Street)	2838 6151
	迎囍大酒樓	Cheers Restaurant	8300 8198
	美心MX	Maxim's MX	
	(波斯富街)	(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
6	警察總部雅膳中菜廳 - 索迪斯	PHQ Arsenal Place - Sodexo (Hong Kong) Limited	2860 2688
	(香港) 有限公司		
6	警察總部匯敍西餐廳 - 索迪斯	PHQ Western - Sodexo (Hong Kong) Limited	2860 2688
	(香港) 有限公司		
	警察總部匯敍快餐 - 索迪斯	PHQ Fast Food - Sodexo (Hong Kong) Limited	2860 2688
Ι.	(香港)有限公司		
	海皇粥店	Ocean Empire Food Shop	
	(新誠商業大廈)	(Simsons 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
	粤軒 - 六國酒店	Canton Room - Gloucester Luk Kwok Hong Kong	2866 2166
- T	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
	emal / 2 煌府婚宴專門店	Wedding Banquet Specialist	2834 8899
	新星海鮮酒家	New Star Seafood Restaurant	2034 0099
			0000 0100
	(駱克大廈)	(Lockhart House)	2838 2186
	(聯合鹿島大廈)	(Allied Kajima Building)	2511 1228
	高可翔太	Sushi Shota	2834 3031
	滬江飯店	Wu Kong Shanghai Restaurant	2506 1018
8	翠華餐廳	Tsui Wah Restaurant	0570 4000
	(景隆街)	(Cannon Street)	2573 4338
	(駱克道)	(Lockhart Road)	2542 2288
	(謝斐道)	(Jaffe Road)	2892 2633
1	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	
	(大有廣場)	(Tai Yau Plaza)	2573 8844
	(世貿中心)	(World Trade Centre)	2915 6988
	(時代廣場)	(Times Square)	2506 0080
	銀龍粉麵茶餐廳	Ngan Lung Restaurant	2881 5298
6	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
6	稻香超級漁港	Tao Heung Super 88	8300 8162
8	築地日本料理	Tsukiji Japanese Restaurant	2504 3338

. 🕹	橋底辣蟹	Under Bridge Spicy Crab	
	(駱克道421-425號)	(421-425 Lockhart Road)	2834 6818
	(駱克道429號)	(429 Lockhart Road)	2573 7698
	(謝斐道)	(Jaffe Road)	2834 6268
6	龍皇酒家	Dragon King Restaurant	2895 2288
6	禮頓會	Club Leighton	3198 9805
6	鍾廚	Chung's Kitchen	8300 8005
6	薯仔屋	Small Potato	
	(富明街)	(Foo Ming Street)	2882 7278
	(新會道)	(Sun Wui Road)	2890 4884
1	麗姐廚房	Liza Veggies	2575 6060
	譽宴	U-Banquet	
	(利舞臺廣場)	(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
8	Délifrance (Café)	Délifrance (Café)	
	(大有廣場)	(Tai Yau Plaza)	2591 1600
	(香港中央圖書館)	(Hong Kong Central Library)	2504 0115
	(美國萬通大廈)	(Massmutual Tower)	2527 7201
	(瑞安中心1樓)	(1/F Shui On Centre)	2802 4465
Ι.	(駱克道)	(Lockhart Road)	2520 6622
1	Oliver's Super Sandwiches	Oliver's Super Sandwiches	
	(新鴻基中心)	(Sun Hung Kai Centre)	2877 7327
Ι.	(銅鑼灣廣場第一期)	(Causeway Bay Plaza I)	2573 7811
1	The Herbivores	The Herbivores	2613 2920



Central & Western District

	X		
	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
ㅎ	秀日本料理	Oishi House	2517 6618
	美心MX	Maxim's MX	
	(和記大廈)	(Hutchison House)	2869 4450
	(卑路乍街)	(Belchers Street)	2819 1196
	(創業中心)	(Chong Yip Centre)	2857 2910
	帝景園會所(只供會員)	Dynasty Court Club Royal (Members Only)	2522 0080
	富臨粤之味	Foo Lum	2815 1088
\$	翠華餐廳	Tsui Wah Restaurant	
	(山頂廣場)	(The Peak Galleria)	2849 2345
	(威靈頓街)	(Wellington Street)	2525 6338
	(徳輔道中)	(Des Voeux Road)	2815 3000
1	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	
	(金鐘廊)	(Queensway Plaza)	2529 9008
	(國際金融中心)	(IFC Mall)	2295 3811
	稻香	Tao Heung	8300 8086
	Beautifood	Beautifood	2860 0012
B	Café O	Café O	
	(皇后大道中)	(Queen's Road Central)	2851 0890
	(亞畢諾道)	(Arbuthnot Road)	2868 0450
	(般咸道) Délifrance (Café)	(Bonham Road) Délifrance (Café)	2547 8819
B	(力寶中心)	(Lippo Centre)	2147 3798
	(山頂廣場)	(The Peak Galleria)	2147 3796 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	Oliver's Super Sandwiches	2010 0000
ľ	(中信大廈)	(Citic Tower)	2104 6333
	(長江中心)	(Cheung Kong Centre)	2185 7080
	(香港機鐵站)	(Hong Kong Station)	2530 2311
	(信德中心)	(Shun Tak Centre)	2511 9178
	(海富中心)	(Admiralty Centre)	2866 8707
	(萬邦行)	(Melbourne Plaza)	2526 2685
	(無極限廣場)	(Infinitus Plaza)	2544 3369
	The Herbivores	The Herbivores	2613 2909



•	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
8	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
6	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
8	泰閣	Koon Thai Cuisine	2878 8282
	富臨漁港囍臨門	Foo Lum Fishman's Wharf Restaurant	2553 0699
के	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
6	瑪麗醫院職員飯堂	Queen Mary Hospital Staff Canteen	2818 0070
1	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
6	Délifrance (Café)	Délifrance (Café)	2813 1368
	Subway	Subway	2550 1661
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Eastern District

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		la at	
	一鍋	lpot	2111 1241
	大興	Tai Hing	2567 7362
	正東燒豬料理	The Orient Barbecue Cuisine	2805 8022
ন্থ	甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	
	(杏花新城)	(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
•	京城囍膳	King Shing Chinese Cuisine	2872 6228
	阿糊米線	A Hu Mi Xian	2660 6668
	迎囍大酒樓	Cheers Restaurant	8300 8199
	美心MX	Maxim's MX	0000 0100
we	(杏花新城)	(Paradise Mall)	2558 8541
			2566 4556
	(城市中心)	(City Garden)	
	(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
8	星級味皇餐廳小廚	Delicious Café	2802 6622
6	香港專業教育學院 (柴灣) 飯堂	Hong Kong Institute of Vocational Education (Chai Wan)	2411 2773
		Canteen	
- 😓	香港飯堂	Hong Kong Canteen	2104 2828
	海皇粥店	Ocean Empire Food Shop	2887 5879
	茗館小廚燒味皇	Ming Guan	2886 1987
1	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	2010 0000
	(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
1	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
- T	銀龍粉麵茶餐廳	Ngan Lung Restaurant	2539 0077
1	稻香	Tao Heung	
	(和富中心家居庭商場)	(Home World Provident Centre)	8300 8132
	(愛東商場)	(Oi Tung Shopping Centre)	8300 8138
	養珍品牛肉麵	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
	雲响 - 水 譽宴	U-Banquet	2811 9668
Ľ	EX	o bunquoi	2011 3000

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

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	生果報社	Fruit Magazine	2713 8319
	好味廚	Homey Kitchen	3442 1337
-	金裝燉奶佬餐廳	Daniel's Restaurant	2712 6900
6	美心MX	Maxim's MX	
	(半山壹號)	(Celestial Place)	3695 0899
	(馬頭涌道)	(Ma Tau Chung Road)	2712 2917
Ι.	(黃埔花園)	(Whampoa Garden)	2333 7136
۲	香港公開大學大學會所	Hong Kong Open University Canteen	2762 2982
	(只供學生及職員)	(Students & Staff Only)	
	浸信會醫院餐廳	Baptist Hospital Restaurant	2337 6976
		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
	富臨漁港囍臨門	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
1 1 1 1 1 1	新香城餐廳	Sun Heung Shing Restaurant	2334 0335
₩ ₩	渝薌烤魚 垥翢怒庭	Yu Heung Grilled Fish	2382 4168 3162 8773
	榆豐餐廳 肇順名匯河鮮專門店	ELM Restaurant & Lounge Siu Shun Village Cuisine	2330 2866
	軍順 白 進 / 四 進 · 四 進 · 四 進 · 四 進 · 四 道 · 四 道 · 四 道 · 四 道 · 四 道 · 四 道 · 四 道 · 四 道 · 四 道 · 四 道 · 回 · 回 · 回 · 回 · 回 · 回 · 回 · 回 · 回 ·	Tsui Wah Restaurant	2760 9828
	♀≠良師 銀龍粉麵茶餐廳	Ngan Lung Restaurant	2402 4422
Ŵ	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
	囍慶藝廚酒家	Happiness Cusine	2712 8168
	Bistro Délifrance	Bistro Délifrance	2330 3933
	Oliver's Super Sandwiches	Oliver's Super Sandwiches	2265 7622
	The Promenade	The Promenade	2996 8034



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	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
*	金裝燉奶佬餐廳	Daniel's Restaurant	
	(美孚新邨)	(Mei Foo Sun Chuen)	2959 1126
Ι.	(順寧道)	(Shun Ning Road)	2729 6111
	200	Maxim's MX	
	(青山道)	(Castle Peak Road)	2742 4679
Ι.	(美孚新邨)	(Mei Foo Sun Chuen)	2743 2793
6	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
		Foo Lum Fishman's Wharf Restaurant	
	(長沙灣廣場)	(Cheung Sha Wan Plaza)	2310 8880
Ι.	(富華廣場)	(Florence Plaza)	2370 3262
1	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
6	Délifrance (Café)	Délifrance (Café)	2242 6669

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	一寿司	Sushi One	
<u>۳</u>	(金馬倫道)	(Cameron Road)	3583 1100
	(雅蘭中心)		
.		(Grand Tower)	2110 9922
ত	八王子拉麵館	Prince Ramen	0774 0000
	(白加士街)	(Parkes Street)	2771 6939
	(通菜街)	(Tung Choi Street)	2668 3937
(t)	大自然素食	Gaia Veggie Shop	
	(美麗華商場)	(Miramar Shopping Centre)	2376 1186
	(始創中心)	(Pioneer Centre)	2148 1163
8	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
		0 0	
	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
	百樂門囍宴	Joy Cuisine	3910 8388
	男爵大排檔	Baron Cuisine	
	(炮台街)	(Battery Street)	2369 1959
	(德利大厦)	(Tak Lee Building)	2369 1959
	住家菜	Home Feel	3105 0515
	君滙港會所餐廳	Harbour Green Club Banquet Room	3516 1121
l 🎍		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
	金裝燉奶佬餐廳	Daniel's Restaurant	2770 0301
4	迎囍大酒樓	Cheers Restaurant	
	(雅蘭中心)	(Grand Tower)	8300 8191
	(彌敦酒店)	(Nathan Hotel)	8300 8163
6	美心MX	Maxim's MX	
	(西洋菜街)	(Sai Yeung Choi Street)	2390 7530
	(百匯軒)	(Cite 33)	2395 8850
	(花園街)	(Fa Yuen Street)	2782 1669
	(旺角東港鐵站)	(Mong Kok East MTR Station)	2397 6303
	(新文華中心)	(New Mandarin Plaza)	2311 8589
a.			
	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
6	紅廚房	GM Kitchen	2625 1986
6	紅蔥頭	Café Med	
	(始創中心)	(Pioneer Centre)	2626 0596
	(朗豪坊)	(Langham Place)	3514 9322
1	海皇粥店	Ocean Empire Food Shop	2385 6732
	茘軒中菜廳	Lychee Garden Chinese Restaurant	2397 9609
	骨煲皇	King of Hot Pot	
1	(金基大厦1樓)	(1/F Kamga Mansion)	2380 4441
	(金基大厦地下1-2號)	(1-2, G/F, Kamga Mansion)	2380 4441
4	(並至八度地下下2號) 泰閣		2000 4441
0		Koon Thai Cuisine	0070 7000
	(中港城)	(China Hong Kong City)	2878 7666
	(彌敦道)	(Nathan Road)	2393 3068
4	御苑皇宴	The Banqueting House	
	(尖沙咀加拿分)	(TST Carnarvon)	2722 6768
	(帝國中心)	(Empire Centre)	3962 1188
	常悦素食	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	Foo Lum Restaurant	2000 0202
Y	(協成行)	(HSH Mongkok Plaza)	2206 2000
		· · · · · · · · · · · · · · · · · · ·	2396 2880
a.	(創興廣場)	(Chong Hing Square)	2770 3386
	富臨粵之味	Foo Lum	2148 2188
4	富臨漁港囍臨門	Foo Lum Fishman's Wharf Restaurant	
	(百誠大廈)	(Pak Shing Building)	2770 6883
	(安達中心)	(Auto Plaza)	2723 8132

- A.	m la		0700 0000
	蜀一燒	Sichuan BBQ Restaurant	2780 2889
4	煌府婚宴專門店	Wedding Banquet Specialist	
	(旺角道)	(Mongkok Road)	2180 6138
	(始創中心)	(Pioneer Centre)	2180 6128
	(港景匯商場)	(Victoria Mall)	3520 1888
	(The One)	(The One)	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
	新發茶餐廳	Sun Fat Cafe	2388 1713
L.	漁民樂・魚湯米線專門店		3486 4642
		Happy Fisherman Restaurant	
	滬江飯店	Wu Kong Shanghai Restaurant	2366 7244
<u>र</u>	綠野仙踪	Greenland Corner	2336 6001
8	翠華餐廳	Tsui Wah Restaurant	
1.	(白加士街)	(Parkes Street)	2384 8388
	(北海街)	(Pak Hoi Street)	2780 8328
		· · · · · · · · · · · · · · · · · · ·	
	(加拿芬道)	(Carnavon Road)	2366 8250
	(砵蘭街)	(Portland Street)	2392 3889
	(港晶中心)	(Harbour Crystal Centre)	2722 6600
	(碧街)	(Pitt Street)	2771 8080
2	1. 観媛皇	Supreme Hot Pot	2399 0812
	^{脱炎主} 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
8	銀龍粉麵茶餐廳	Ngan Lung Restaurant	
	(恒隆大廈)	(Hung Lung Mansion)	2384 4600
	(集友大廈)	(Friend's House)	2721 1155
	(通菜街)	(Tung Choi Street)	2380 2566
.			
	稻坊	Tao Square	8300 8151
b	稻香	Tao Heung	
	(恆星樓)	(Star Mansion)	8300 8084
	(荷里活商業中心)	(Hollywood Plaza)	8300 8142
	(新九龍廣場)	(New Kowloon Plaza)	8300 8123
	(愛民商場)	(Oi Man Shopping Centre)	8300 8082
	稻香超級漁港	Tao Heung Super 88	
	(雅蘭中心)	(Grand Tower)	8300 8168
	(彌敦酒店)	(Nathan Hotel)	8300 8163
ह	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
			2020 0023
	聯邦皇宮	Federal Palace Restaurant	
	(奥海城)	(Olympian City)	2626 0033
	(彌敦道)	(Nathan Road)	2626 0022
*	额軒	Miàn Café	
	(新文華中心)	(New Mandarin Plaza)	2739 9802
		(Po Lun Building)	2626 9581
<u>.</u>	(寶倫大厦)	(6)	2020 9001
	譽宴 (11.4)土 \)	U-Banquet	
	(始創中心)	(Pioneer Centre)	2811 1983
	(莊士倫敦廣場)	(Chuang's London Plaza)	2142 8898
*	觀自在素食	Bodhisattva Vegetarian Restaurant	2382 7688
- X	3106 餐廳	Carat 3106	3904 1328
	California Pizza Kitchen	California Pizza Kitchen	00740000
			23/4 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	Maroon Café - Silka West Kowloon Hotel Hong Kong	2789 6838
	絲麗酒店		
4	Mezzo Grill - 富豪九龍酒店	Mezzo Grill - Regal Kowloon Hotel	2313 8788
	Munch	Munch	2317 7887
			2317 7007
(te	Oliver's Super Sandwiches	Oliver's Super Sandwiches	
	(香港理工大學)	(The Hong Kong Polytechnic University)	2364 5762
	(奧海城)	(Olympian City)	2272 4220
	(新世紀廣場)	(Grand Century Place)	2264 3737
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业和和 觀塘區)Kwun Tong District

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● 言様 Eyî Tower Reslaurant 2246 2284 大県 2359 0138 ● 日本講徒を打局冬専門店 Yurmy Handrade Saruki Udon Restaurant 2359 0138 ● 日本課徒を打局冬専門店 Yurmy Handrade Saruki Udon Restaurant 2369 7409 ● 日本課徒を打局冬専門店 Yurmy Handrade Saruki Udon Restaurant 2369 78100 ● 日本開生業後年 Paranount Banquet Hall 2768 8332 ● 公園市 Cheese Restaurant 2361 3812 ● 2000 Cheese Restaurant 2300 1819 ● 2011 Magaboo 2768 8332 ● 2015 Cheese Restaurant 2300 1819 ● 2015 Cheese Restaurant 2300 1819 ● 2016 (Hoper Nagua Lau Kok) 2461 3768 ● 2017 Cheese Restaurant 2300 8109 ● 2014 Fastaurant 2300 8109 ● 2014		2002002		
● 元泉金 242 2141 大規 Tal Hing 2359 0153 ● 日日東島や王刀島や専門店 Yummy Handmade Sanuki Udon Restaurant 2399 7409 ● 日日東島や王刀島や専門店 Yummy Handmade Sanuki Udon Restaurant 2399 7409 ● 日東野空倉雪 Paramount Banguate Hall 2698 8320 ● 公務事 Chorotile Carine) 2909 8332 ● 成務事 Chorotile Carine) 3910 8388 ● 公務事 Chorotile Carine) 2911 1370 ● 支急大活産 Chorotile Carine) 2910 1378 ● 支急大活 Chorotile Carine) 2763 1420 ● 支急大活産 Chorotile Carine) 2739 9239 ● 支急大素 Wam Tong Paza) 2739 9239 ● 支急大素 Carine Inprie Food Shop (#454 341 ● 支急大音 Carean Enprie Food Shop (#456 3900 ● 支急な子音 Carine Inprie Food Shop (#456 3910 ● 支急な子音 Foo Line Fishinari'S Ward Restaurant 2739 8130	4		Frvi Tower Restaurant	2346 9288
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● 香港専業教育學院[顕地分衣] (学生気空] (2氏学生) Hong Kong Institute of Vocational Education - Kwun Tong 次星染店 2346 8990 ※ 原菜店 Ocean Empire Food Stop (Mut Wah Street) 2304 7468 (为大市場) (Amoy Plaza) 2759 6537 遊遊窓店 (Mut Wah Street) 2706 6537 遊遊窓遊業時間登展や) Hospfallity Industry Training and Development Centre (失語餐飲型會・九龍灣) 2759 6519 御苑皇室 The Bangueting House 2798 8110 富磁漁港 Foo Lum Fishman's Wharf Restaurant 2759 1808 (伊雅宴場) (Murun Tong Plaza) 2342 4252 會所1号 Club One 7759 1808 (伊雅宴専門店 Club One 2709 8738 (方服東岸) (Habourfront) 8209 9223 愛那道室声音 Yeadourg Banquet Specialist 2681 4888 電館名座河畔専門店 Su Shun Village Clusine 2799 8738 嘉華大酒種 Ka Wah Restaurant 2743 3886 愛那道名運行業 Ngan Lung Restaurant 2343 2866 (愛加酒愛) (Chuī Tak Shopping Centre) 2679 7388 (陸生門運場) (Lei Yue Mun Plaza) 2709 3344 宿香 Tao Heung 2709 3344 </th <th></th> <th></th> <th></th> <th></th>				
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ŧ	大自然素食	Gaia Veggie Shop	2887 3363
a	友邦薈翠	AIA Cafe	2895 8816
3	甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2322 9189
*	金飯碗餐廳	Gold Rice Bowl Restaurant	2329 7112
٢	美心MX	Maxim's MX	
	(竹園南邨)	(Chuk Yuen Shopping Centre)	2327 8551
	(黃大仙中心)	(Wong Tai Sin Shopping Centre)	2321 9331
+	客家好棧	Hakka Hut	8300 8104
_	紅蔥頭	Café Med	2955 4988
1	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
+	富臨漁港囍臨門	Foo Lum Fishman's Wharf Restaurant	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
6	California Pizza Kitchen	California Pizza Kitchen	3105 0352



a	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
	功哥(亞洲)餐廳	Smartman Restaurant	2577 1755
	百樂門宴會廳	Paramount Banquet Hall	2419 0348
		Red Seasons Aroma Restaurant	2615 9333
	金裝燉奶佬餐廳	Daniel's Restaurant	2010 3000
_	(大壩街)	(Tai Pa Street)	2498 5662
	(99廣場)	(99 Plaza)	2439 9728
	迎囍大酒樓	Cheers Restaurant	8300 8196
	美心MX	Maxim's MX	
Γ.	(悦來坊)	(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
6	紅蔥頭	Café Med	2116 1235
1	珀麗灣藍色會所餐飲部(啟勝	Park Island Blue Blue Club F & B (Kai Shing Management	2296 4000
	管理服務有限公司) (只供會員)	Services Ltd.) (Members Only)	
	海皇粥店	Ocean Empire Food Shop	2439 4510
1	荃灣港安醫院職員餐廳	Tsuen Wan Adventist Hospital Staff Canteen (Staff Only)	2276 7337
	(只供職員)		
	雲貴軒	The Vermicelli House	2402 2220
	富臨漁港囍臨門	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
1	翠華餐廳	Tsui Wah Restaurant	0.440 7700
	(兆和街)	(Shiu Wo Street)	2419 7738
	(眾安街)	(Chung On Street)	3126 9233
	翡翠拉麵小籠包 銀龍粉麵茶餐廳	Crystal Jade La Mian Xiao Long Bao Ngan Lung Restaurant	2363 8698
8	歌龍初廼朱賀廰 (眾安街22號)	(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
	爵悦庭住客會所 (只供住客)	Club Chelsea (Resident Only)	2480 6022
	聯邦皇宮	Federal Restaurant	2626 0883
		Nice Invitation	2827 2699
6		Délifrance (Café)	2940 4830
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l	ठ	一寿司	Sushi One	3622 2322
	æ	太興	Tai Hing	2628 6072
P	¥	百份百餐廳	Hundred Percent Restaurant	
		(明德商場)	(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
	¥	迎囍大酒樓	Cheers Restaurant	8300 8193
	(k)	美心MX	Maxim's MX	
L		(東港城)	(East Point City)	2628 5010
L		(將軍澳中心)	(Park Central)	3417 4970
	¥	客家好棧	Hakka Hut	8300 8106
	it.	香港科技大學學生飯堂	Hong Kong University of Science & Technology Student	2243 1287
L		(只供學生及職員)	Canteen (Students & Staff Only)	
	12	香港專業教育學院 [李惠利]	Hong Kong Institute of Vocational Education - Lee Wai Lee	2706 1500
		(學生飯堂)	(Student Canteen)	
l	12	海皇粥店	Ocean Empire Food Shop	3417 4059
	12	將軍澳醫院職員飯堂 (只供職員)	Tsueng 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
ŀ	¥	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2673 3108
	¥	稻香	Tao Heung	
L		(尚德商場)	(Sheung Tak Shopping Centre)	8300 8083
L		(新都城)	(Metro City)	8300 8129
	¥	稻香超級漁港	Tao Heung Super 88	8300 8167
ŀ	¥	潮家	Chiu Ka	
L		(君薈坊)	(The Edge)	2331 2155
		(彩明商場)	(Choi Ming Shopping Centre)	3143 9002
	6	California Pizza Kitchen	California Pizza Kitchen	3902 3875
	Æ	MCL翠華餐廳	MCL Tsui Wah Restaurant	2525 5288



Tuen Mun District

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8	一寿司	Sushi One	2155 2233
8	大姆指(亞洲)餐廳	Big Top Restaurant	2440 4321
8	太田日本料理	Tai Tan Sushi Restaurant	2453 2222
6	生果報社	Fruit Magazine	2458 5291
<u>ड</u>	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
6	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
	金雋江南小館	Kam Chun Food	2460 2813
6	金裝燉奶佬餐廳	Daniel's Restaurant	2459 3481
	迎囍大酒樓	Cheers Restaurant	8300 8194
6	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
	悦翠堂粥麵甜品	C-Jade Meal Plus	2430 1909
	「粤」中菜廳 -	Yue - Hong Kong Gold Coast Hotel	2452 8668
	香港黃金海岸酒店		
<u>ड</u> े	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
1	愛琴會悠閒廊 (只供會員)	La Fantasie Leisure Lounge (Members Only)	2949 5333
6	煮樓餐廳	Cooking Restaurant	2613 2380
8	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:	
😸 樂融融餐廳 Café Fusion	3511 0702
💩 聯邦皇宮 Federal Pala	ce 2626 0088
	Worldwide Kitchen 2456 4888
😸 Délifrance (Café) Délifrance (Café) 2613 9755
💩 Oliver's Super Sandwiches 👘 Oliver's Sup	er Sandwiches 2205 0183



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\$	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		
\$	金裝燉奶佬餐廳	Daniel's Restaurant			
	(千色廣場)	(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		
1	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		
\$	銀龍粉麵茶餐廳	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		
<u> </u>	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		
6	錦綉花園鄉村俱樂部	Fairview Park Country Club (Country Café) (Members Only)	2471 6333		
	(亭林閣餐廳)(只供會員)				
+	錦綉花園鄉村俱樂部	Fairview Park Country Club (Chinese Restaurant)	2471 6333		
	(錦綉樓)(只供會員)	(Members Only)			
	麗都讌客	Nice Invitation	2479 9908		
۲	YOHO Midtown 住客會所	YOHO Midtown Club Midtown (Members Only)	2443 2226		
	(只供會員)				
۲	YOHO 會所 (只供會員)	YOHO Club (Members Only)	2470 1550		



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+	百份百餐廳	Hundred Percent Restaurant	
	(天明樓)	(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
\$	金裝燉奶佬餐廳	Daniel's Restaurant	2639 0886
6	海皇粥店	Ocean Empire Food Shop	2682 3798
富	桃園粥麵。小廚	Tao Yuen	
	(華心商場)	(Wah Sum Shopping Centre)	2452 1200
	(嘉福商場)	(Ka Fuk Shopping Centre)	2642 1200
\$	闔府統請	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
۲	聯和素食	Luen Wo Vegetarian Limited	2682 6488
+	麗都讌客	Nice Invitation	2673 8829

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Sha Tin District

8	王廚咖啡	Wong's Kitchen and Café	
	(排頭村28號)	(28 Pai Tau Village)	2601 3218
	(排頭村29號)	(29 Pai Tau Village)	2601 3218
	太興	Tai Hing	2693 2782
8	甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	
	(沙田第一城)	(City One Shatin)	2637 6011
	(新城市廣場)	(New Town Plaza)	2607 0668
8	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
	金裝燉奶佬餐廳	Daniel's Restaurant	2000 0000
	(天寶樓)	(Tin Po Building)	2608 1331
	(馬鞍山廣場)	(Ma On Shan Plaza)	2630 5533
	(頌安商場)	(Chung On Shopping Centre)	2631 0225
4	(頃女向物) 美心MX	Maxim's MX	2031 0223
We	(禾輋商場)	(Wo Che Shopping Centre)	2694 7608
	(沙田中心)	(Shatin Centre)	2605 5873
	(利安邨商場)	(Lee On Estate Shopping Centre)	2640 8926
(G	香港中文大學逸夫書院	Shaw College, The Chinese University of Hong Kong	2603 6369
4	(學生飯堂)	(Kuo Mou Hall Amenity) (Student Canteen)	0007 4000
	香港科學園 - Park Gourment	Hong Kong Science Park - Park Gourment	2607 4080
	威爾斯親王醫院職員飯堂	Prince of Wales Hospital 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
8	翠華餐廳	Tsui Wah Resturant	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	Tao Heung Super 88	
	(沙田正街)	(Sha Tin Centre Street)	8300 8178
	(頌安商場)	(Chung On Shopping Centre)	8300 8179
	潮家	Chiu Ka	2693 2321
-	嚐味	Taste	-
	麗都讌客	Nice Invitation	2693 9088
	麵軒	Miàn Café	2640 8200
	囍慶酒樓	Happiness Cuisine	2827 8803
- A	Délifrance (Café)	Délifrance (Café)	2606 4881
	Oliver's Super Sandwiches	Oliver's Super Sandwiches	2609 2911
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Tai Po District

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8	甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2481 4989
	百份百餐廳	Hundred Percent Restaurant	2557 9100
	迎囍大酒樓	Cheers Restaurant	8300 8190
6	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
6	海皇粥店	Ocean Empire Food Shop	2638 7865
8	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
1	囍慶	Happiness Cuisine	2827 8288



Kwai Tsing District

8	甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2484 1789
6	百份百餐廳	Hundred Percent Restaurant	
	(長亨商場)	(Cheung Hang Shopping Centre)	2547 9100
	(長康邨)	(Cheung Hong Estate)	2954 9100
	(華景商場)	(Wonderland Villas)	2574 8100
6	百樂門宴會廳	Paramount Banquet Hall	2496 8068
8	金裝燉奶佬餐廳	Daniel's Restaurant	2495 3301
6	迎囍大酒樓	Cheers Restaurant	8300 8195
6	美心MX	Maxim's MX	
	(石蔭商場)	(Shek Yam Shopping Centre)	2276 0119
	(石籬商場)	(Shek Lei Shopping Centre)	2425 0230
	(長發商場)	(Cheung Fat Shopping Centre)	2436 9353
	(新葵興)	(Sun Kwai Hing)	2428 0636
	(賢麗苑商場)	(Yin Lai Court Shopping Centre)	2743 8651
6	香港國際貨櫃碼頭有限公司	Hong Kong International Terminals Ltd (Staff Canteen)	2614 4527
	(職員餐廳) (只供職員)	(Staff Only)	
6	茗苑酒家	Ming Yuen Restaurant	2716 6988
6	茗苑宴會廳	Ming Yuen Banquet Hall	2429 6388
6	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
8	廣發餐廳	Kong Fat Restaurant	2612 1842
6	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2497 3818
6	瑪嘉烈醫院職員飯堂	Princess Margaret Hospital Staff Canteen	2741 1185
8	銀龍粉麵茶餐廳	Ngan Lung Restaurant	
	(石蔭商場)	(Shek Yam Shopping Centre)	2276 5888
	(葵芳廣場)	(Kwai Fong Shopping Centre)	3156 1112
	(葵盛東商場)	(Kwai Shing East Shopping Centre)	2408 2315
6	稻香	Tao Heung	
	(青衣城)	(Maritime Square)	8300 8126
	(寶星廣場)	(Po Sing Plaza)	8300 8130
	稻香超級漁港	Tao Heung Super 88	
	(新都會廣場)	(Metroplaza)	8300 8165
	(翠怡商場)	(Greenfield Garden Shopping Arcade)	8300 8183
	潮篇	Chaozhou Cuisine	2827 2789
	聯邦皇宮	Federal Palace	2626 0618
6	Bistro Délifrance	Bistro Délifrance	2429 8936



Islands District

	天虹海鮮酒家	Rainbow Seafood Restaurant	2982 8100
6	西龍傳香飯糰	QQ Rice	
	(香港國際機場1號客運大樓)	(Terminal 1, Hong Kong International Airport)	2107 9989
	(香港國際機場2號客運大樓)	(Terminal 2, Hong Kong International Airport)	2261 0622
皮	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
6	南島書蟲	Bookworm Café	2982 4838
6	香港飛機工程有限公司基地維修	Hong Kong Aircraft Engineering Company Limited (Aircraft	-
	3A機庫 (職員餐廳)	Hanger No.3) (Staff Canteen)	
1		Sodexo (Hong Kong) Limited - Staff Caféteria of Lamma	2388 8682
	香港電燈南丫島發電廠職員餐廳	Power Station, the Hongkong Electric Company Limited	
	(只供職員)	(Staff Only)	
1	凱星軒	Winsea Seafood Restaurant	2982 8338
6	翠華餐廳	Tsui Wah Restaurant	
	(富東廣場)	(Fu Tung Plaza)	2811 2877
	(香港國際機場一號客運大樓)	(Terminal 1, Hong Kong International Airport)	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
6	藝廊咖啡室 - 富豪機場酒店	Café Aficionado - Regal Airport Hotel	2286 6238
6	Bistro Délifrance	Bistro Délifrance	2109 4187
6	Délifrance (Café)	Délifrance (Café)	2261 2056

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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 dietifian (Australia) and Assistant External Affairs Officer of Hong Kong Dietitians Association.

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 21/2 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 11/2 bowl of macaroni or spaghetti

一碗=250-300毫升

1 bowl = 250-300 mL

留意道飞料

Choose healthy ingredients for your rice or congee

不説不知,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,日較一個每日攝取約 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-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 -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!



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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,即使汆水也不易 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.



常見粥、粉、麵利飯的熱量、蛋白質、碳水化合物、總脂肪、飽利脂肪、膽固醇利鈉含比較。 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 mq)	1
粥 Congees		()0 9)	() () ()	()0 3/	()0 9/	(-2/09)	(-2)09/	~
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 🧲	SMART
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 🧧	SMART
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 🧲	SMART
愈 Rice								2
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 6	SMART
(资料本酒·合物空入山)、 然美资料主 Courses Contr	o for Eood Cafoty	Nutriant Infor	mation Table)					

(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

2 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		0		
米粥 Rice congee (已熟 cooked)	10	0.1	曜日	
燕麥片 Oatmeal porridge (已熟;沒有添加鹽 cooked, without added salt)	10	1.7	MARI	
粉 Pasta		ρ	-	
全蛋意粉 Pasta (已熟;沒有添加鹽 egged, boiled without added salt)	27	1.9	崔白 MART	-
全麥意粉 Pasta (以不含鹽的水煮熟 prepared from wholemeal flour; cooked in non-salted v	water) 23	5.3	MAIN	-
麵 Noodles		0		10 and
即食麵 Instant noodles	62	0.7	曜日-	1141
全蛋麵 Noodles (乾;沒有添加調味品 egged, dried, without flavouring)	71	3.3	MART	(Rath)
愈 Rice				THE REAL PROPERTY AND A DECIMAL OF A DECIMAL
白米 White rice (長粒;未煮及沒有添加調味品 long grains, uncooked and without flavou	urings) 80	1.3	8日	
糙米 Brown rice (長粒;未煮 long grains, uncooked)	77	3.5 🔂 s	MART	× *
		9		

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



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





持色 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的牛油果, 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.

Sushi Rice

Ingredients : 200 g rice

200 mL water

Seasonings:

1 teaspoon sea salt

3 teaspoons sugar

50 mL sushi vinegar

諸味料 Seasoning

海鹽 1/4 茶匙 日本豉油 1/4 茶匙 黑胡椒碎 少許

1/4 teaspoon sea salt 1/4 teaspoon Japanese soya sauce Some coarsely ground black pepper

壽司飯

材料:(約製 200克) 米 200克 200毫升 清水

調味料:

海鹽 1茶匙 糖 3茶匙 壽司醋 50毫升

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、 壽司醋拌匀即成。

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.

mg

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



大阪 川根 た Chef Tips

・分離上書 す或壽司席上去 すす或壽司席上去 ののののnd with a sheet of cling wrap before prevent the rice of nonnd with a sheet of cling wrap before prevent the rice of nonnd with a sheet of cling wrap before of nonnd with a sheet of vour hange

林言

每一份 Per serving

熱量 Energy	121 ∓ ∉/I
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/r

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.



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.

驟 Cooking Method:

- 1. 三文魚除皮,下黑胡椒、海鹽於皮 上,備用。
- 燒紅平底鑊,放上三文魚皮,煎香 兩面,切成4份,備用。
- 將三文魚肉切碎,下低脂沙律醬、 豉油、牛油果、葱絲拌匀,備用。
- 4. 紫菜平鋪在竹蓆上,再均匀鋪上壽司 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。
- 1. Remove the skin from the salmon. Season the skin with black pepper and sea salt. Set aside.
- 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. Dice the salmon fillet. Add the low-fat salad dressing, soya sauce, avocado and spring onions and mix well. Set aside.
- 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.



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

200 克

60 克

50 克

1條(250克)

1個(250克)



指色 Feature 生烏冬 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 低脂沙律醬 **爽口**,更增加膳食纖維,有助飽肚 日本溫室青瓜 (去皮、切絲) **感**,是健康的選擇。 Seafood, like scallops, is a good source of 蘋果(切絲) protein on its own and also contains little 帶子(切粒) fat. Together with apple, the dish becomes more appetizing and increase intake of 原味紫菜(切絲) 1/2 片 dietary fibre which increases satiety. It is a healthy choice. LCL 味料 Seasoning い烏冬い 海鹽 1/2 茶匙 1/2 teaspoon sea salt ber K an III Abit and ChefTips 天地门边的朋友,可試用刨絲器將蘋果和青瓜刨成薄片 大国リンショー、運可選用乾晨冬、 **Noodle Salad** tised thin strips. Dried udon, moreover, is a good entry into this strips. Dried udon, the strips and cucumbers seasi to use a slicer to arrive appression of a good substitute into this strips. Dried udon, moreover, is a good substitute

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



之志 Ingredients

6人分量 to serve 6

200 g raw udon				
60 g low-fat salad dressing				
1 Japanese greenhouse cucumber (250 g), peeled and shredded				
1 apple (250 g), shredded				
50 g scallops, diced				
1/2 piece plain <i>nori</i> (seaweed), shredded				

del to use Dried udon. More all the same. Cook dried udon noodles, to thin strips. Dodles, it's chewy all the same. Cook dried udon noodles, to thoten noodles, it's chewy all the same. Cook dried udon noodles, to thoten noodles, it's chewy all the same. Cook dried udon noodles, to thoten noodles, it's chewy all the same. Cook dried udon noodles,

每一份 Per serving

熱量 Energy	102 ∓≑/kcἀ
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.

就食兵團話你知 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.

驟 Cooking Method:

- 把水燒開,加入烏冬,煮熟 後,放入冰水泡浸一會,瀝 乾,備用。
- 先將低脂沙律醬加入青瓜、蘋果、帶子拌匀,下調味料,然後放入烏冬拌匀,再放上紫菜絲即成。
- 1. Bring water to the boil. Add the *udon*. Cook until done. Soak in iced water for a while. Drain and set aside.
- 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.



名人專訪 | Celebrity Pick

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 gae 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, 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,直至汁液均匀滲入,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鰤魚,肉 質肥厚豐滿。冬春之間可以選擇針魚、鱲魚、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 (savori), red seabreams (madai) and other sea delights are the kinds of seafood we look for during the period between winter and spring."

Tony LAW Takes Your Taste Buds

Japan

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。他們會不時在菜式中加添變化,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." 營樂無窮 Snapshots

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,衞生署於學界舉辦「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「有望菜式」,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 和廚師們,請立即行動,支持這次活動!

v Cookir

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!



Jiscour

On-line

衞生署「有聲食肆」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「有豐 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

Ies

(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 count Coupons 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,衞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:

· 單內瓜面目於2

· 金銀蛋吗な

,又境均正

• 麵粒南瓜豆腐

, 沙拉骨

• 咕噜魚柳

·每天提供合共不少於五款「有豐菜 式」一包括「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」。

Courtesy Visit

時間

2014

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.

