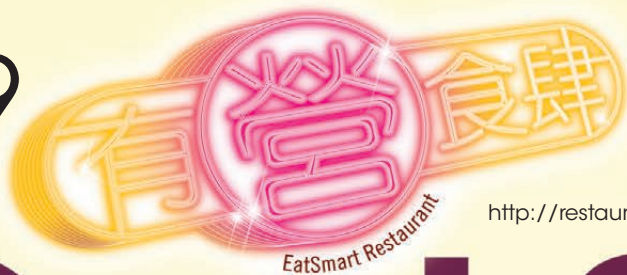


029



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# CookSmart

營廚



Healthy One-Pot Wonders

郭田蔭 Marcus KWOK





編者的話	1
Editor's Words	

「有『營』食肆」新店登場	2-5
Newly Registered EatSmart Restaurants (ESR)	

滋味特集	6-7
Feature Article	

『營』商有道	8-9
A Restaurateur's Insight	

新鮮出爐	10-13
Cover Story	

同營養師行街 Guide	14-17
Dietitian Guide	

「有『營』食肆」實錄	
EatSmart Restaurants Snaps	

• A 田社企素食	18-19
Cafe Ateen	
• 築地日本料理	20-21
Tsukiji Japanese Restaurant	

炮製色香味	
EatSmart Recipes	

• 有營國際美食孖寶煲	22-23
Combo Pot	
• 菇菌雜蔬釜飯	24-25
Flavoured Rice with Assorted Vegetables and Mushrooms in Kettle	
• 牛肉野菜壽喜燒	26-27
Sliced Beef and Vegetables in Sukiyaki Sauce	
• 錦繡栗子煲	28-29
Assorted Vegetables and Chestnuts in Casserole	
• 鮮茄雜菌烤魚	30-31
Grilled Fish with Tomatoes and Assorted Mushrooms	

「有『營』食肆」	32-37
EatSmart Restaurants	



## 3 少之選 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.





029

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

# CookSmart

## 營廚

### 編者的話 Editor's Words

鍋煲菜是很多食肆四季常備的美食。在寒冷的天氣，不少人用餐時特別喜愛此類菜式，感受窩心暖意。在香港，鍋煲菜的種類五花八門，除了傳統的中式煲仔菜以外，亦有日式鍋物。今期《營廚》會向讀者介紹健康的鍋煲食譜；並詳細講解有關脂肪的資訊，讓讀者學懂如何攝取較健康的脂肪之餘，同時避免攝入飽和脂肪與反式脂肪。

In many restaurants, one-pot dishes are available for all seasons. They are popular meal options that help us stay warm when the weather is cold. In Hong Kong, you can find many varieties of one-pot dishes, such as clay pot dishes in traditional Chinese style and Japanese hot pot dishes. This issue of *CookSmart* introduces to readers some healthy one-pot recipes and provides detailed information on fat. We hope that our readers can learn not only how to add healthy fat to the diet, but also how to avoid consumption of saturated fats and trans fats.

### 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



### 蔬果之選

#### Dish with more Fruit and Vegetables

代表菜式的材料全屬蔬果類或按體積計，蔬果類是肉類及其代替品<sup>1</sup>的兩倍或以上。

Means that either fruit or vegetables are the sole ingredients of the dish, or they occupy at least twice as much the amount of meat and its alternatives<sup>1</sup> present in the dish.

<sup>1</sup> 肉類代替品包括雞蛋、豆類、黃豆製品和果仁等。

<sup>1</sup> Meat alternatives include egg, beans, soybean products, nuts, etc.







## 康姨小廚 Madam Hong Restaurant

康姨小廚位於紅磡高山劇場舊翼一樓，是一家中式餐廳，由扶康會轄下社會企業「康融服務有限公司」營辦，旨在聘用弱勢社群及殘疾人士。顧客在此用餐消費，可造就弱勢社群就業，為社會創造雙贏，別具意義。

Located on the first floor of the old wing of Ko Shan Theatre, Madam Hong Restaurant is a Chinese restaurant operated by Hong Yung Services Limited, a social enterprise under Fu Hong Society, with the aim of employing underprivileged groups and persons with disabilities. Dining at the restaurant has a special meaning, since this will help create job opportunities for underprivileged groups and achieve mutually beneficial outcomes at community level.



📍 九龍紅磡高山道 77 號高山劇場 1 樓部分  
Portion of 1/F, Ko Shan Theatre, 77 Ko Shan Road, Hung Hom, Kowloon

☎ 2386 1877



蜜桃牛柳粒  
Stir-fried Diced Beef with Peach



蝦乾粉絲蒸勝瓜  
Steamed Loofah with Dried Prawns and Mungbean Vermicelli



## 茶木 • 台式休閒餐廳 Teawood Taiwanese Cafe & Restaurant

茶木主打台式料理及自家製甜品，滋味令人無法抗拒。茶木裝潢摩登，座位寬闊，環境舒適，讓人遠離都市喧囂，心情愉悅。無論是情侶約會抑或好友歡聚，茶木也是最佳選擇。

Teawood specialises in Taiwanese food and original desserts, which are simply irresistible to your taste buds. With modern decor and comfy seats, the restaurant offers a pleasant, cosy setting that takes you away from the hustle and bustle of the city. Be it a romantic date or an outing with friends, Teawood is the go-to restaurant for everyone.



📍 銅鑼灣告士打道 280 號世貿中心 P2 樓 P211B 號  
Shop P211B, Podium 2, The World Trade Centre, 280 Gloucester Road, Causeway Bay

☎ 2563 2299

其他店舖資料可參閱第 32-37 頁。  
For information of other branch(es), please refer to Pages 32-37.



肉燥蓋上翡翠苗  
Pea shoots with Marinated Minced Pork



鮮果冰紅茶  
Iced Fruit Tea







三葉屋

亞洲菜  
Asian Cuisine

## 三葉屋 Mitsubaya

三葉屋以自家製作的烏冬和蕎麥麵為主打。為了呈現日本傳統風味，餐廳由日本進口精選麵粉，配以潔淨水源，每日製造新鮮烏冬和蕎麥麵。

顧客可在此享受多款美味的日本麵食，包括由百分百蕎麥粉製作而成的「十割蕎麥」。烏冬秉承日本的優良傳統而製，口感豐富，層次分明。

Mitsubaya specialises in homemade udon and soba noodles. To give customers a taste of traditional Japan, the restaurant offers freshly made udon and soba noodles every day, using premium flour imported from Japan and pure water in the process.

At Mitsubaya, customers are treated to a variety of delicious Japanese noodle dishes, including *juwari soba*, which is made entirely with buckwheat flour. Also available are traditional udon dishes, which come with a rich mouthfeel and distinct layers of texture.



香港北角宏安道 18 號威德閣地下 8 號舖  
Shop 8, G/F, Victor Court, 18 Wang On Road,  
North Point, Hong Kong

3594 6069



十割蕎麥  
Juwari Soba



極幼烏冬  
Ultra-thin Udon

有營  
菜式推介  
Recommended  
ESR dishes

豪宴皇宮  
HO YIN PALACE中菜  
Chinese Cuisine

## 豪宴皇宮 Ho Yin Palace

豪宴皇宮座落於大埔寶鄉橋側，交通方便，可筵開 60 席，適合私人及團體舉行各式宴會。酒家常備環球生猛海鮮，並自設工場即場製作粵式點心，以及提供燒味、各式粉麵飯和其他拿手小菜。

Ho Yin Palace is easily accessible, located next to Po Heung Bridge in Tai Po. With a capacity of 60 tables, it is a suitable venue for individuals and organisations to hold banquets. Apart from fresh seafood imported from across the globe, Ho Yin Palace also offers freshly made in-house Cantonese dim sum. Also available are *siu mei* (Chinese barbecue), noodles and rice, as well as other delicious dishes.



大埔寶湖道一號富盈門商場一樓全層  
1/F, The Golden Gate, No.1 Plover Cove Road, Tai Po

2662 0036

其他店舖資料可參閱第 33、35-37 頁。  
For information of other branch(es), please refer to Pages 33 and 35-37.



黑蒜桃膠蒸豆腐  
Steamed Tofu with Black Garlic  
and Peach Resin



生煸四季豆海參  
Stir-fried Sea Cucumber  
and Green Beans

有營  
菜式推介  
Recommended  
ESR dishes





## 龍悅 Dragon Delight

昇悅集團於 2003 年創立，集團主力建立「龍悅」品牌，以現代專業管理模式營運中式酒樓，旨在讓顧客在舒適環境中享受美饌佳餚。「龍悅」現已於多區設立分店。

Founded in 2003, Seafood Delight Group is committed to establishing "Dragon Delight" as a brand name by taking a modern professional approach in the management of Chinese restaurants. Its vision is to serve customers with quality food in a cosy dining environment. You can now find branches of "Dragon Delight" in various districts.



- 📍 新界火炭山尾街 18-24 號沙田商業中心 2 樓  
2/F, Shatin Galleria, 18-24 Shan Mei Street, Fo Tan, New Territories
- ☎ 2947 7388

其他店舖資料可參閱第 33、35-37 頁。  
For information of other branch(es), please refer to Pages 33 and 35-37.



**鮮淮山杞芹炒雲耳**  
Stir-fried Cloud Ears  
with Chinese Yam,  
Wolfberries and Celery



**椰汁香芋煮南瓜**  
Pumpkin and Taro  
in Coconut Sauce



## Olive ERA

橄欖樹飲食集團於 2002 年成立，擁有 Olive ERA、Olive CAFE 和 Bien Bistro 三個品牌，下設多間分店，部分食肆更於 2008 年躋身「100 大味食府」。

Olive ERA 貼心照顧客人的需要，銳意提供舒適優雅的用餐環境，帶來美味的創新菜式。

Established in 2002, Olive Group Limited owns various restaurants under three brands, namely Olive ERA, Olive CAFE and Bien Bistro. In 2008, some of the Group's outlets were named to the list of "Top 100 Super Taste".

Olive ERA caters to customers' needs, striving to provide customers with delicious innovative cuisine in a comfortable and delicate dining environment.



- 📍 黃大仙睦鄰街 8 號現崇山商場地下 G1-G2 號舖  
Shop G1-G2, Lions Rise Mall, 8 Muk Lun Street, Wong Tai Sin
- ☎ 2111 2568

其他店舖資料可參閱第 33、36-37 頁。  
For information of other branch(es), please refer to Pages 33 and 36-37.



**香濃南瓜意大利飯**  
Creamy Pumpkin Risotto



**希臘羽衣甘藍配檸檬橄欖油汁**  
Greek Kale Salad with Mix Olive  
and Lemon Olive Oil Dressing







中菜  
Chinese Cuisine

## 福臨雞鍋小館 Fok Lam Pot Restaurant

福臨雞鍋小館於 2001 年創立。創辦人許建僑先生努力研究如何提升雞煲的味道，糅合傳統與創新的製作方法，讓福臨逐步轉型為特色雞煲店。福臨吸納了不同年齡階層的顧客，尤其為年輕人喜愛。

Fok Lam Pot Restaurant was found in 2001 by Mr HUI Kin-kiu, who has worked strenuously to enhance the flavour of the chicken hot pot by merging the old and new ways of cooking. Thanks to Mr HUI's effort, Fok Lam has become a signature restaurant specialising in chicken hot pot. The restaurant has attracted customers of various age groups and remains particularly popular among young people.



新界屯門青山公路藍地段 2738 號好景新村 B 座地鋪  
G/F, Block B, Ho King Building, Lot 2738,  
Castle Peak Road - Lam Tei, Tuen Mun, New Territories

2682 1033



豆乳魚鍋  
Fish pot with soybean milk



自炒 1 拖 3  
Meat and Veggie Combo



## 「有『營』食肆」流動應用程式 "EatSmart Restaurant" mobile application

想出外用膳時品嚐健康美味菜式？「有『營』食肆」流動應用程式幫你搜尋全港「有『營』食肆」資訊，請即下載「有『營』食肆」流動應用程式！

Do you wish to enjoy healthy and delicious dishes when dining out? "EatSmart Restaurant" mobile application helps you search for the information of all EatSmart Restaurants in Hong Kong. Download the "EatSmart Restaurant" mobile application now!





## 認識脂肪 Facts about Fat

**提**起脂肪，大家總會聯想到肥胖、心臟病、與糖尿病等健康問題。其實，我們必須在飲食中攝取適量脂肪，才能保持健康。

When we talk about fat, we tend to associate it with health problems such as obesity, heart disease and diabetes. In fact, we need to have an adequate intake of fat in the diet if we want to stay healthy.



### 適量脂肪 人人需要 Everyone Needs Some Fat

脂肪不但有助吸收脂溶性維生素（例如維生素A、D、E），更提供身體不能自行製造的脂肪酸。脂肪也是製造膽固醇及荷爾蒙的主要原料，在寒冷天氣下為身體保暖。因此，人體必須攝取適量脂肪。那麼多少脂肪才算適量呢？世界衛生組織建議，每人每天的脂肪攝取量不應多於總熱量的百分之三十。以一個每天攝取2,000千卡能量成年人為例，脂肪的每天攝取量上限為60克（即12茶匙油），包括食物中的隱藏脂肪。

Fat helps us absorb fat-soluble vitamins (e.g. vitamins A, D and E) and provides us with the essential fatty acids, which our body cannot make for itself. It is also the essential building block for cholesterol and hormones and keeps us warm in cold weather. Everyone therefore needs an appropriate amount of fat. So how much fat is the right amount? The World Health Organization (WHO) recommends that an individual's daily fat intake should not exceed 30% of his total energy intake. For an adult with a 2000 kcal diet, his upper limit of daily fat intake would be 60 grams (equivalent to 12 teaspoons of oil). This includes the hidden fats in food.



### 什麼是隱藏脂肪？ What are hidden fats?

隱藏脂肪是指隱藏於在食物內的脂肪，例如炒粉麵、高脂肉類、全脂奶品類。

Hidden fats are fats that are hidden in foods such as stir-fried rice noodles and noodles, high-fat meat and whole dairy products.



### 脂肪的類別 Types of Fats

脂肪可分為以下三類：  
Fat can be divided into three types as follows:



#### 不飽和脂肪 Unsaturated fats

可降低血液中的低密度脂蛋白膽固醇（俗稱為「壞」膽固醇）水平，橄欖油、芥花籽油、花生油、粟米油均為不飽和脂肪的來源。

They help lower the level of low-density lipoprotein cholesterol (commonly known as "bad" cholesterol) in our bloodstream. Olive oil, canola oil, peanut oil and corn oil are sources of unsaturated fats.



#### 飽和脂肪 Saturated fats

可令血液中「壞」膽固醇水平上升，飽和脂肪的來源包括豬油、牛油和椰子油。

They increase the level of "bad" cholesterol in our bloodstream. Sources of saturated fats include lard, butter and coconut oil.

#### 反式脂肪 Trans fats

除可令「壞」膽固醇水平上升，更會降低高密度脂蛋白膽固醇（俗稱為「好」膽固醇）水平。反式脂肪主要來自以氫化植物油製作的油炸或烘焙食品，部分例子為蛋糕、酥皮和炸薯條。

They increase the level of "bad" cholesterol and lower the level of high-density lipoprotein cholesterol (commonly known as "good" cholesterol). Trans fats mainly come from fried food or bakery products made with hydrogenated vegetable oil. Some examples are cakes, puff pastry and French fries.



世界衛生組織建議，我們日常所攝取的脂肪應以不飽和脂肪為主。因此，我們應多選低脂食材，並使用主要成分為不飽和脂肪的植物油，例如粟米油、花生油、橄欖油和芥花籽油。

The WHO recommends that unsaturated fats should make up the majority of our fat intake in daily life. Therefore, we should choose more low-fat ingredients and use vegetable oils that mainly contain unsaturated fats, such as corn oil, peanut oil, olive oil and canola oil.



香港人生活忙碌，經常出外用膳。出外用膳時想要減少攝取飽和脂肪和反式脂肪，便要牢記以下貼士：

In Hong Kong, people live a hectic life and eat out very often. To reduce the intake of saturated fats and trans fats when dining out, remember to follow the tips below:

1

點選的菜式應以低脂肉類或其代替品為主，例如瘦肉、魚、去皮禽肉和非油炸豆腐。盡量避免選擇含高飽和脂肪的肉類，例如午餐肉、腩肉、排骨、腸仔和雞腳。

Order dishes that use low-fat meat or its substitutes as the main ingredient, e.g. lean meat, fish, skinless poultry and non-fried tofu. Avoid choosing meat products that are high in saturated fats, e.g. luncheon meat, belly meat, spare ribs, sausages and chicken feet.



2

多選以少油烹調方法所製成的菜式，例如蒸、灼、上湯煮和烤焗。菜式例子包括湯粉麵、清蒸海鮮、上湯浸時蔬和白切雞。

Choose dishes prepared with cooking methods that use less oil, such as steaming, blanching, cooking in broth and baking. Some examples include rice noodles or noodles in broth, steamed seafood, seasonal vegetables in broth and steamed plain chicken.



3

適量進食蒸飯、湯麵和麵包等低脂穀物類食品之餘，還要多吃菜、少吃肉。這樣可增加飽肚感，亦有助控制肉類的分量，從而減少攝取脂肪。

Apart from eating an adequate amount of low-fat grain foods such as steamed rice, noodle soup and bread, you should have more vegetables and less meat. This not only increases satiety, but also helps control the amount of meat you eat, thereby reducing the fat intake.



4

以新鮮水果代替蛋糕、雪糕和蛋撻這些含高飽和脂肪和反式脂肪的甜品。

Choose fresh fruit as a substitute for desserts that are high in saturated fats and trans fat, such as cakes, ice cream and egg tarts.



想要享用一頓健康膳食，大家當然可到「有『營』食肆」，點選以健康植物油烹調、含較少脂肪或油分、鹽分及糖分的「3少之選」。

To treat yourself to a healthy meal, you can of course visit EatSmart Restaurants and order a "3 Less Dish", which is cooked with healthier vegetable oils and contains less fat/oil, salt and sugar.

你知道嗎？  
Did you know?



粟米油、花生油等食用油較為健康，下廚時適宜經常使用嗎？  
**Some edible oils like corn oil and peanut oil are healthier. Is it appropriate to use them frequently for cooking?**

所有食用油都有相同熱量（即每克含 9 千卡熱量），過量進食便會致肥。即使以較健康的食用油下廚，也應配合少油的煮食方法，例如蒸、以易潔鑊煎煮、少油快炒。

All edible oils provide the same amount of energy (i.e. 9 kcal of energy per gram) and lead to obesity when consumed excessively. Even when you cook with healthier edible oils, you should choose cooking methods that use less oil, such as steaming, sautéing with a non-stick pan and quick stir-frying with little oil.





# 銀龍

劉伯輝先生

銀龍飲食（集團）有限公司行政總監

Mr Edward LAU,

Executive Director, Ngan Lung Catering (Holdings) Ltd

銀龍飲食（集團）有限公司的前身是一間冰室，於 1963 年在東頭邨創立。經過了 50 多年的努力，銀龍飲食集團已擁有 23 間食肆，包括多間銀龍茶餐廳。第三代傳人劉伯輝先生除了保留傳統茶餐廳的特色，還逐漸在餐牌中加入健康的餐款，為顧客提供大眾化的有「營」選擇。

Ngan Lung Catering (Holdings) Ltd was founded in 1963 originally as a *bing sutt* (a restaurant that mainly serves cold drinks and localised Western snacks) in Tung Tau Estate. After more than half a century of efforts, Ngan Lung Catering Group currently owns 23 restaurants, including various branches of Ngan Lung Restaurant. Mr Edward LAU, the catering group's third-generation owner-operator, endeavours to retain the characteristics of the traditional tea restaurant (*cha chaan teng*) and introduce healthy dishes in the menu, with a view to offering customers healthy food options at an affordable price level.

問 Q

茶餐廳的經營環境有何改變？

How has the business environment changed for tea restaurants?

我在 2002 年畢業後，回港參與家族生意。翌年，香港爆發「沙士」疫症，加上數年後食肆實施禁煙措施，香港餐飲業有了很大的變化。茶餐廳以往予人裝潢殘舊、空氣污濁和環境擠迫的印象，令中產人士及帶着小孩的消費者卻步。「沙士」事件後，市民更加重視環境及飲食衛生，我們要求分店時刻保持環境清潔光猛；員工要儀容潔淨，態度親切；餐牌則配合健康飲食潮流。時至今日，不少上班族及女士已成為我們的忠實顧客。

I returned to Hong Kong and became involved in the family business right after graduation in 2002, a year before the SARS epidemic struck Hong Kong. The SARS outbreak, together with the banning of smoking in public places a few years later, has brought tremendous changes to the local catering sector. People used to have the impression that tea restaurants were dilapidated, stuffy and crowded. It was therefore difficult for tea restaurants to attract the middle class or customers with children. After the SARS outbreak, there has been a growing public awareness of environmental and food hygiene. We strive to keep all our restaurants clean and bright. Staff are also required to be tidy, friendly and helpful. Today, we have a loyal customer base of office workers and females.







時菜波蛋肉片湯烏冬  
Udon Soup with Sliced  
Meat, Poached Egg  
and Vegetables

香草檸汁煎魚柳飯  
Rice with Sautéed Fish Fillet,  
Herbs and Lemon Sauce

黑松露雜菌雞柳配飯  
Rice with Chicken Fillet, Assorted  
Mushrooms and Black Truffle

**問Q 貴店如何迎合顧客的健康飲食要求？  
How does your catering group meet the customers' demand for healthy food?**

我們了解顧客比以往更著重健康飲食，因此在午市提供有「營」餐款。此外，我們提供「Green Monday」素菜系列，以素菜配搭飯、意粉和稻庭麵等。為了鼓勵大家多吃蔬果，顧客可以相宜價錢追加一碟蔬菜。此外，集團又把白砂糖和咖啡的糖包分量降低，響應少糖飲食原則。

We understand that customers are more aware of healthy eating than before. Apart from including "EatSmart Dishes" in our lunch menu, we also offer a "Green Monday Menu", which offers rice, spaghetti or Inaniwa noodles with vegetarian side dishes. To encourage everyone to eat more fruit and vegetables, customers can order a dish of vegetables at a low price. We have also reduced the size of brown and white sugar packets so as to echo with the principle of "less sugar".

**問Q 銀龍如何保證食物的質素？  
How does Ngan Lung Catering Group maintain the food quality?**

維持食品質素是經營茶餐廳的最大挑戰。為確保各分店的同款菜式品質味道一致，我們伙拍食品工場和物流中心，統一處理食材。此外，公司又制訂《產品製作標準手冊》，為食材及調味料的分量、菜式的煮法訂下標準，讓各分店的同事知所遵循。

The biggest challenge in running a tea restaurant is to maintain the quality of food. To ensure a consistent quality and taste of our dishes in all branches, we partner with a centralised food processing and logistics centre so that all ingredients can be handled in a standard manner. In addition, we have issued a handbook of food processing, which specifies the required amount of ingredients and seasonings as well as the standard cooking methods. The kitchen staff in all branches will then know what procedures to follow.

**問Q 劉先生認為經營茶餐廳最重要的地方是甚麼？  
What are the most important things in managing a tea restaurant?**

管理團隊要與員工多溝通。聆聽員工的意見、多跟他們傾談，才能了解前線同事日常工作的情況及遇上的困難。早前，我們開始與網上外賣速遞平台合作，但部分員工未能掌握有關電腦應用程式的操作，我們立刻給予協助，短時間內解決問題。有些問題看似很簡單，但對前線員工可能會構成很大困擾。我們的溝通模式能讓彼此建立互信關係，有利培養員工對餐廳的歸屬感。

The management team should communicate more with the staff. Listening and talking to the staff helps us understand their daily situations and problems at work. Not long ago, we started working with an online food delivery platform, but some of our colleagues had difficulties in getting accustomed to the relevant computer applications. We quickly helped them to sort things out. Some problems may appear to be trivial, but they could be burdensome to the staff. The way we communicate enables us to build mutual trust, which in turn helps our staff develop a sense of belonging in the workplace.

**問Q 你對「有『營』食肆」運動有何意見？  
What is your opinion on the "EatSmart@restaurant.hk" Campaign?**

「有『營』食肆」運動能為顧客提供健康有「營」的菜式，我們非常支持。我不時跟大廚商談，希望能多設計營養豐富的餐款，令顧客有更多選擇。我們還為員工提供訓練，讓他們認識健康飲食之餘，更能將相關資訊介紹給街坊。

The "EatSmart@restaurant.hk" Campaign provides customers with healthy and nutritious food choices, which is something that our entire staff support very much. I often talk to the chefs about providing customers with a wider range of nutritious meal choices. We also provide training for our staff so that they can understand more about healthy eating and recommend healthy dishes to customers.





## Healthy One-Pot Wonders

郭田蔭 Marcus KWOK

### 吃得謹慎 煮得健康 Eat Wisely and Cook Healthy

Marcus 曾任職醫生，相當清楚飲食健康對保養身體十分重要。他說：「人體就像汽車，長年累月不斷運作，又受到環境、空氣等外在因素影響，難免有所耗損。大家應盡早注意保養，令身體保持健康，這是每個人的責任。」故此，Marcus 在飲食方面相當規律：每餐不會過量，少吃油炸食物；不喝酒，多吃蔬果，更會每星期茹素一天。

Marcus 獨自赴外升學時，不免要自行煮食。他表示：「我下廚時，菜式均為少油、少鹽、少糖，食材亦以天然為主。對我來說，下廚可以減壓，我亦有觀看電視上的飲食節目，又上網自學製作不同菜式。」Marcus 習慣下廚，亦與其童年生活有關：「家母是北京人，父親是印尼華僑。我家經常烹煮北方的餃子和麵食，也會煲廣東的老火湯。我小時候便跟母親學包餃子。」

Having worked as a medical doctor, Marcus knows very well the significance of healthy eating on our well-being. He said, "Just like a car, our body is working all the time and is affected by external factors such as the environment and air quality. Inevitably, the body will gradually wear out over time. To stay in good health, we should pay attention to taking care of ourselves. This is a responsibility for everyone." Marcus is therefore very disciplined about his eating habits: he never eats more than he needs and seldom eats deep-fried food. His daily diet contains plenty of fruit and vegetables without any alcohol. He also has a meat-free day each week.

When studying abroad alone, Marcus had to cook for himself. He revealed, "I usually choose natural food as the main ingredients and cook with less oil, salt and sugar. Cooking is a good way for me to relieve stress. Besides watching cooking shows on television, I also look for recipes on the Internet to learn how to prepare different kinds of cuisine." For Marcus, cooking is something that stems from his childhood. "My mother is from Beijing, while my father is an Indonesian Chinese. In addition to dumplings and noodles in Northern Chinese style, we often make Cantonese long-boiled soups at home. When I was a child, my mother taught me how to wrap dumplings."

郭田蔭 (Marcus) 在香港出生，八歲時隨家人移居印尼，1997 年到澳洲升學，其後修畢醫科學位，在當地醫院任職四年。Marcus 對演藝工作素有興趣，曾在澳洲參加歌唱比賽，也在中文電台主持節目。2009 年，Marcus 返港參加香港先生選舉，從而開始演藝工作。他除了主持旅遊和生活資訊節目之外，亦有參演電視劇，並擔任大型活動及晚宴司儀工作，更為企業作職員培訓。

Marcus KWOK was born in Hong Kong and moved to Indonesia with his family when he was eight years old. In 1997, he continued his academic studies in Australia, where he subsequently obtained a medical degree and worked as a physician for four years. Holding a keen interest in the show business, Marcus participated in singing contests and hosted Chinese radio programmes during his stay in Australia. He began his venture in the entertainment industry after competing in the Mr. Hong Kong Contest in 2009. Apart from hosting various travel and lifestyle TV programmes, he has acted in TV drama series. He also works as an emcee for major events and banquets and provides training for corporates.







## 健康鍋飯 多菜少肉

Pot Rice Dish with  
More Veggies than Meat



Marcus 曾在多個地方居住，對各地飲食文化皆有涉獵。他欣賞不同國家的食物，認為各地菜式也有其長處：「印尼菜式的醬料以多種天然材料熬成；韓國菜式則有多種蔬菜，常以大蒜、蔥等天然食材調味，對身體十分有益，也使菜式顏色豐富，賣相精美。」由於韓式食物以多菜少肉為主，因此成為 Marcus 心頭好。Marcus 表示，在家自製石頭鍋飯，加上一碗大醬湯，便已是既美味又有營養的一餐。

Having lived in different parts of the world, Marcus has gained certain knowledge of various culinary cultures. He holds admiration for different types of cuisine from all over the world, believing each cuisine has its own merits. "Indonesian dishes feature sauces that are made with a variety of natural ingredients. In Korean dishes, you can find various vegetables, along with garlic and spring onions that are included for seasoning purposes. These ingredients are not only beneficial for our body, but also give the dishes a more appealing and colourful appearance." Marcus has a particular liking Korean dishes, many of which contain more vegetables than meat. When preparing himself a healthy and delicious meal at home, Marcus prefers *bibimbap* (a Korean rice dish served in a hot stone pot) and a bowl of soybean paste stew.

## 自製蔬果飲料

### Homemade Fruit and Veggie Juice

Marcus 工作繁忙，未必能每天進食足夠蔬果。他經常以多種蔬果榨成五青汁，作為日常飲料，並且連渣飲用，以攝取更多纖維。「五青汁含豐富維生素及纖維，有助保持腸胃暢通。我喝過後覺得身體輕盈，精神更加充沛。然而，切記要即榨即飲，以免營養流失。」

Like many people who have a hectic work schedule, Marcus sometimes has difficulty in maintaining an adequate daily intake of fruit and vegetables. He often makes himself mixed juice using various fruits and veggies. To eat more fibre, he drinks the juice along with the pulp. He explained, "Fruit and veggie juice is rich in vitamins and fibre. It keeps the digestive system running smoothly and makes me feel light, relaxed and energised. To avoid loss of nutrients, it is better to drink the juice as soon as possible after squeezing."





勿忘

## 適量運動

*Stay Active for Health*

Marcus 明白即使平日吃得健康，也應勤做運動。印尼是羽毛球強國，所以 Marcus 自小已愛上羽毛球。他也經常健身，每天抽時間在戶外散步，趁機會曬太陽。Marcus 表示：「只要曬太陽，身體便可產生維生素D。而且，陽光可以紓緩情緒，有助抗抑鬱與促進抗逆力，讓整個人變得更開心，思維也更敏捷。」

Marcus understands that regular physical activity is still necessary even though he eats a healthy diet. Growing up in Indonesia, a powerhouse in badminton, Marcus has been fond of playing this sport from an early age. He also goes to the gym regularly and spares time for a walk in the sunlight every day. He explained, "Our body makes vitamin D when we are exposed to sunlight. Sunlight also helps relax our mood, eases depression and gives us more mental strength to cope with challenges. When we are happier, we can think in a more agile way."



# 有營菜式推介

## EatSmart Dishes



### 意式番茄醬鮮蝦意大利粉

#### Spaghetti with Shrimps in Italian Tomato Paste

醬汁以番茄、洋蔥和香草等材料煮成，味道濃淡適中；爽嫩的鮮蝦和雜菌配搭清怡，別具風味。

This distinctive pasta dish is topped with a well-balanced sauce made with tomato, onion and herbs. The tender shrimps and assorted mushrooms complement each other nicely, offering a unique touch of freshness.



### 翠瓜雞丁

#### Stir-fried Zucchini with Diced Chicken

菜式選用清甜的翠玉瓜和爽口的雲耳，配上嫩滑的雞柳，清新可口，不油不膩。

The dish features the fresh zucchini, crunchy cloud ears as well as tender chicken fillet. All these ingredients make a refreshingly delicious combination without being too greasy.



### 蒜蓉野菌雜菜飯

#### Rice with Assorted Vegetables and Crushed Garlic

椰菜、青椒和甘筍多種蔬菜帶來豐富味道和口感，使白飯別有一番清香。

Vegetables like cabbage, carrot and green bell pepper not only offer a rich flavour and texture, but also add an enticing aroma to the rice.



### 蝦乾粉絲蒸瓜

#### Steamed Loofah, Dried Prawns and Mungbean Vermicelli

冬瓜、粉絲看似簡單清淡，但以大蝦乾和薑絲提味後，整道菜的味道、香氣毫不遜色。

While both the loofah and mungbean vermicelli appear to be simple and ordinary, the whole dish delivers a wonderful flavour and aroma thanks to the use of dried prawns and sliced ginger.





# 秋冬鍋煲菜 健康有妙法

## Healthy Tips for One-Pot Dishes

林思為  
Sylvia LAM

香港營養師協會會長  
澳洲註冊營養師

Chairman of the Hong Kong Dietitians Association  
Accredited Practising Dietitian (DAA, AUS)



時值秋冬，熱烘烘的鍋煲美食自然是禦寒之寶。不過，鍋煲菜通常以肉類為主，而且比較濃味和油膩，或會有損健康。註冊營養師林思為（Sylvia）與你細說吃鍋煲菜的健康秘訣。

Heart-warming one-pot dishes are an excellent choice for us to ward off the coldness in autumn and winter. Yet, many one-pot dishes could have adverse effects on health since they are usually meat-based, richly flavoured and laden with oil. Registered dietitian Sylvia LAM shares some tips on how to eat one-pot dishes in a healthy way.

### 嚴選健康材料 Select Healthy Ingredients

要令鍋煲菜變得健康，Sylvia 建議先從挑選食材入手：「芋頭臘鴨煲、羊腩煲及南乳豬手煲同為冬天的熱門之選，可是主要食材均為高脂高鈉；大家宜選擇脂肪較低的新鮮食材，如肉片、滑牛、豆腐、鮮魚、蝦、蟹、帶子、龍蝦和鯪魚肉。如以雞肉為食材，最好先除去雞皮。此外，大家可選配蔬菜和海味。」

Sylvia 又指出近年流行的日式釜飯與鍋物，常選用魚類、蠔、櫻花蝦、去皮雞肉、菇類、栗子、牛蒡等食材，比部分慣用濃味調味品、茨汁及醃製食材的鍋煲菜來得健康。

To make one-pot dishes a healthy choice, Sylvia suggested that the first step is to pick the right ingredients. "Many one-pot dishes are popular choices in winter. Examples are braised taro with preserved duck, braised lamb belly, and pork knuckles with fermented bean sauce. The main ingredients in these dishes, however, are high in fat and sodium content. It is therefore advisable to choose fresh ingredients with lower fat content, such as pork slices, tender beef, tofu, fish, shrimps, crabs, scallops and dace fish meat. If you have to use chicken as an ingredient, the skin should be removed before cooking. Vegetables and dried seafood are also possible options."

According to Sylvia, *kamameshi* (kettle rice) and *nabemono* (hot pot dishes) usually feature fish, oysters, Sakura shrimps, skinned chicken, mushrooms, chestnuts and burdock. These two Japanese dishes, which have gained high popularity in recent years, are healthier than other one-pot dishes that use strong-flavoured seasonings, thickening sauces and fermented ingredients.





## 天然食材調味

### Use Natural Ingredients for Seasoning

為鍋煲菜選用哪些調味材料，與我們的健康息息相關。Sylvia 表示，日式釜鍋菜式會以大葱、蒜等天然香料提味，或會加入昆布鰹魚湯底，較少加調味料，非常清怡健康。

至於中式煲仔菜的醬料及食材，則以腐乳及豆豉的鹽分較高。Sylvia 建議可利用海味的天然鹹味來增添味道，例如以蝦乾、瑤柱或蠔豉來配搭肉類；如要加入湯底，魚湯和番茄湯同屬健康之選。撈汁、撈湯則不宜多吃，以免攝入過多油鹽。

The ingredients used for seasoning also greatly matter to health. As revealed by Sylvia, the Japanese pot dishes enhance their flavour by using natural ingredients, such as scallions or garlic, or adding a soup base prepared with kombu and bonito. Seasonings are rarely used. By doing so, the dishes remain light and healthy.

Among the ingredients and sauces used for the Chinese clay pot dishes, fermented tofu and fermented soybeans have a higher sodium content. To enhance the flavour of a clay pot dish, Sylvia recommended using dried seafood, which contain a natural salty taste. For example, meat can be cooked with dried shrimps, dried scallops or dried oysters. If a soup base is required, fish soup and tomato soup are both healthy options. However, it is better not to mix the food with too much soup or sauce so as to limit the intake of oil and salt.

## 慎擇煮食方法

### Choose Cooking Methods Wisely

除了食材以外，煮食方法亦對鍋煲菜的營養有重大影響。以近年香港盛行的蒸氣火鍋為例，Sylvia 指其所用材料以新鮮海鮮和蔬菜為主，又使用蒜、薑、葱等天然調味食材，固然是健康的配搭。而且蒸氣火鍋與傳統火鍋不同，無須以湯底燙熟食材，而是直接蒸煮，故此可保留更多營養素。

中式煲仔菜的某些食材可能會「走油」（即油炸），因此某些看似健康的菜式，其實暗藏陷阱，含高鈉及高脂肪。以豆腐斑腩煲為例，豆腐和斑腩均有「走油」，並以大量醬汁炆煮。為了健康着想，Sylvia 建議選擇以魚湯、海味、豆漿為湯底的煲仔菜，例如海鮮雜菜煲、生菜鯪魚球煲、銀杏鮮腐竹浸時菜煲。

使用不同質地的廚具，亦有助我們實踐少油煮食。Sylvia 提議使用易潔煲來煮鍋煲菜，便無須額外落煮食油，從而減少油分攝取量。此外，大家不宜以極高溫煮食，以免食材燒焦而有機會釋出致癌物質。

Apart from ingredients, cooking methods also have significant effects on the nutrition of one-pot dishes. Take steam-potting as an example, a genre of hot pot which has become popular in Hong Kong in recent years. In a steam pot meal, the main ingredients are usually fresh seafood and vegetables; natural ingredients like garlic, gingers and spring onions are used for seasoning purposes. All these food items make a healthy combination. Furthermore, unlike the traditional hot pot which boils the raw ingredients in the soup, a steam pot meal uses steam chambers, which can help preserve more nutrients.

In Chinese clay pot dishes, some ingredients may be cooked using the “quick deep-frying” (or deep frying) method. Hence, some dishes that seem to be healthy are in fact hidden traps with high sodium and fat. An example is fish fillet and tofu in clay pot, in which the ingredients are deep-fried quickly before being braised with a large amount of sauce. For our health's sake, Sylvia advised that we should choose clay pot dishes that include a soup base prepared with fish, dried seafood or soya milk. Some examples of these dishes are seafood and vegetable soup, dace fishballs with lettuce in broth, and soaked vegetables with ginkgo nuts and tofu sheets.

Cooking utensils made of certain materials may help reduce the amount of oil used for cooking. To reduce our oil intake, Sylvia recommended cooking one-pot dishes with a non-stick pan, which does not require additional cooking oil. Further, she advised not to cook at an extremely high temperature, since the ingredients may become charred and release cancer-causing chemicals.





## 飲食有序 Keep up Disciplined Eating Habits

不管烹調功夫準備得如何仔細，每個人都需要培養良好的飲食意識，才可保持健康。Sylvia 建議不論是吃哪一類鍋煲菜，最好先吃蔬菜：「蔬菜含有水溶性維生素，煮得越久，維生素便會流失越多，所吸油鹽也會越多。」她又認為現時流行的「火鍋放題」或「任食火鍋」，會令人不自覺地吃過量。與其吃得過飽，倒不如點選健康美味的食材，才是識食、惜食之道。

As meticulous as our cooking preparation may be, we all need to be better aware of our eating patterns in order to stay healthy. Sylvia recommended that we should go for vegetables first, regardless which types of one-pot dish we eat. She explained, "Vegetables contain water-soluble vitamins. The longer the cooking time, the more nutrients the vegetables are going to lose. Prolonged cooking also increases the salt and oil content of vegetables." Sylvia also noted that people tend to overeat when they go to the "all-you-can-eat" sessions at hot pot restaurants. She advised that instead of overeating, it would be better to eat wisely by focusing on healthy and delicious ingredients.

踢走 .....  
Let's get rid of .....

芡汁  
Thickening  
Sauces

油炸  
Quick  
Deep-frying

鍋煲菜健康小貼士  
Tips for Healthy  
One-Pot Dishes



濃淡相宜  
Balance  
your meal

若點了一個較濃味的鍋煲菜，就另選幾個較清淡的小菜作平衡。

If you have ordered a flavoured one-pot dish, balance it out by choosing some lighter dishes.



健康食材  
Opt for healthy  
food ingredients

避免高脂高鈉食材，如排骨、火腩、牛尾、肥牛、臘味、羊腩、豆卜、麵筋。

Avoid ingredients which are high in fat and sodium content, such as pork ribs, roasted pork, ox tails, fatty beef, preserved meats, lamb bellies, deep-fried tofu puff and wheat gluten.



天然調味  
Choose natural  
seasonings

宜多選用醋、蘿蔔茸、葱、蒜、辣椒等天然食材，減少使用豉油、蠔油、沙爹醬、豆瓣醬。

Go for natural ingredients such as vinegar, chopped turnips, spring onions, garlic and chillies. Reduce the use of soy sauce, oyster sauce, satay sauce and fermented broad bean sauce.



先菜後肉  
Eat vegetables  
before meat

先吃蔬菜，後吃肉類。蔬菜在煲中浸煮越久，流失的營養越多，油鹽量也會增加。

Eat vegetables first, then meat. The longer the vegetables soak in a pot, the lower the nutritional value and the higher the fat and sodium content will be.



## 常用鍋煲菜食材的營養資料

### Nutrition Information on Ingredients Commonly Found in One-Pot Dishes

食物名稱 Food Items (每 100 克 per 100g)	熱量 Calories (千卡 kCal)	脂肪 Fat (克 g)	飽和脂肪 Saturated Fat (克 g)	鈉 Sodium (毫克 mg)
<b>肉類 Meats</b>				
羊肉 (生) Mutton (raw)	282	23.4	10.2	59
牛仔骨 (生) Beef ribs (raw)	390	36.2	15.8	49
牛腩 (生) Beef brisket (raw)	253	19.1	7.5	69
肥牛 (生) Fatty beef (raw)	674	70.9	29.5	26
牛腩 (生) Beef shank (raw)	107	3.3	1.18	107
肥豬肉 (生) Pork (fat) (raw)	518	53	19.3	32
豬肉 (半肥瘦) (生) Pork (lean and fat) (raw)	236	18.0	6.2	65
排骨 (生) Pork ribs (raw)	277	23.4	7.5	81
豬肉 (瘦) (生) Pork (lean) (raw)	109	2.2	0.7	53
臘腸 Chinese cured sausage	548	48.3	NA	1420
臘肉 Chinese cured pork meat	498	48.8	NA	763.9
<b>禽肉 Poultry</b>				
雞 (連皮) (生) Chicken (with skin) (raw)	215	15.1	4.3	70
雞肉 (去皮) (生) Chicken (without skin) (raw)	119	3.1	0.8	77
鴨 (連皮) (生) Duck (with skin) (raw)	404	39.3	13.2	63
鴨 (去皮) (生) Duck (without skin) (raw)	135	6.0	2.3	74
<b>海鮮 Seafood</b>				
鰻 (生) Swamp eel (raw)	184	11.7	2.6	51
魚柳 (生) Fish fillet (raw)	95	2.8	0.7	43
鮑魚 (生) Abalone (raw)	105	0.8	0.2	301
大蜆 (生) Clam (raw)	86	1.0	0.2	601
蝦肉 (生) Shrimp flesh (raw)	85	0.51	0.1	119
蠔 (生) Oyster (raw)	81	2.3	0.5	106
蟹肉 (生) Crab meat (raw)	62	1.2	NA	270
海參 (生) Sea cucumber (raw)	56	0.4	NA	NA
帶子 (生) Scallop (raw)	69	0.5	0.1	392
鹹魚 Salted fish	305	25.1	7.2	4450

食物名稱 Food Items (每 100 克 per 100g)	熱量 Calories (千卡 kCal)	脂肪 Fat (克 g)	飽和脂肪 Saturated Fat (克 g)	鈉 Sodium (毫克 mg)
<b>豆製品 Bean Products</b>				
枝竹 Soybean sticks	478	24.7	NA	83
炸豆腐 Fried tofu	270	20.2	2.9	16
豆腐 Tofu	61	3.7	0.5	8
<b>蔬菜 Vegetables</b>				
金菇 (生) Enoki mushroom (raw)	37	0.3	0	3
南瓜 (生) Pumpkin (raw)	26	0.1	0	1
茄子 (生) Eggplant (raw)	25	0.2	0	2
木耳 (生, 浸) Wood ear (raw and soaked)	25	0	NA	9

備註：資料表中的“NA”，表示沒有該項營養素的資料。

#### 相關參考資料：

美國農業部轄下的營養素資料實驗室  
食物安全中心的營養資料查詢系統

Remark: "NA" means that relevant nutrient data for that particular food item is not available.

#### References:

The Nutrient Data Laboratory, US Department of Agriculture  
Nutrient Information Inquiry System, Centre for Food Safety





# 非一般素食店 A 田 社企素食

## An Extraordinary Taste of Vegetarian Cooking Cafe Ateen

Ateen 社企素食（A 田）位於荔枝角一幢工業大廈，是一家以社會企業形式經營的素食食肆。A 田默默經營，沒有作甚麼宣傳，可是每到午飯時間，仍然座無虛席。

A 田在 2014 年開業，旨在為病患康復者、單親家庭和弱勢社群提供就業機會。A 田由佛教團體創辦，自然以素食為主打。A 田有別於市面上的傳統「齋舖」，食材和烹調方式變化多端，也少用油鹽和其他調味料，讓顧客享用清新健康的素食。A 田重視「惜食」，不會浪費食材，例如會把冬菇蒂烘乾磨粉，讓食物更添美味。

Located in an industrial building in Lai Chi Kok, Cafe Ateen is a social enterprise restaurant that specialises in vegetarian food. While maintaining a low-key presence with little publicity, Ateen usually expects a full house at lunch time.

Cafe Ateen was established in 2014 with the aim of providing job opportunities for rehabilitated patients, single parents and underprivileged groups. Since Ateen was founded by a Buddhist organisation, it mainly offers vegetarian dishes. Unlike other traditional Chinese-style vegan restaurants, Ateen is flexible with ingredients and cooking methods. To give customers a taste of refreshing and healthy vegetarian dishes, Ateen also uses less oil, salt and seasonings. The restaurant emphasises avoiding food waste and makes the best use of every ingredient. Mushroom stems, for instance, will be dried and ground into powder, which can enhance the flavour of a dish.

王馨澤（Winnie）以往從事首飾生意，退休後全情投入 A 田的義工服務。她在內地經營工廠時，食無定時，偶爾又會暴飲暴食，導致身體肥胖。她請教營養師後，開始注重飲食習慣，希望推廣健康飲食。Winnie 除了管理食肆的運作外，也會構思食譜和下廚。

Winnie WONG used to work in the jewellery business. Following her retirement, she has become an active volunteer for Cafe Ateen. When Winnie managed factories in the Mainland, she had meals irregularly and went on binge-eating sprees on occasion, thus becoming overweight. After consulting a dietitian, Winnie started to be conscious of her eating habits and eventually turned her interest to the promotion of healthy eating. She not only oversees the operation of Ateen, but also assists in writing recipes and cooking.



## 清新素食 別有竅門 Secret Tip for Preparing Vegetarian Food

A 田的創辦人衍陽法師精通廚藝，出家後更精心鑽研素菜，希望更多人茹素。她曾為 A 田的食譜提供意見，並向員工傳授廚藝，務求讓顧客吃得健康。

很多人覺得廟宇的齋菜美味，坊間的素菜食肆則較油膩。義務為 A 田擔任營運經理的王馨澤（Winnie），與我們分享了烹製素菜的心得：「有法師告訴我，各種食材受熱程度不同。在廟宇，一道菜式的食材會先分開煮至半熟，然後才放在一起繼續煮，這樣便能帶出菜式的最佳味道。要確保食物美味，所有同事須一起努力，材料怎樣清洗、怎樣切割，也要相當講究。」

Venerable Yin Yeung, the founder of the Cafe Ateen, was proficient in cooking. After joining the sangha, she focused on sharpening her vegetarian cookery skills, hoping that more people would practise vegetarianism. To ensure that customers can eat healthy, she gave advice to Ateen's recipes and taught cooking techniques to the staff.

Many people find that the vegetarian dishes served in a Buddhist temple is more delicious, while those served in regular Chinese-style vegetarian restaurants are more oily. Winnie WONG, who works as the Operating Manager of Cafe Ateen on a voluntary basis, shared with us some tips on vegetarian cooking. 'A venerable master told me that the ability to withstand heat varies among different ingredients,' said Winnie. 'In a Buddhist temple, ingredients are usually cooked separately until half done and then mixed together. This helps bring out the best flavour of a dish. To ensure excellent quality of our food, everyone has to work hard together. We have to be very precise about how the ingredients are rinsed and cut.'

## 注重健康 關懷社區 Giving Back to the Community with Healthy Food

A 田食品價廉物美，數十元的套餐便有兩餸一菜一湯。Winnie 說：「有些餸菜即使能在家中準備，但是要花不少工夫。」她又期望 A 田日後可推出即煮餸包，供顧客購買回家煮食。

雖然 A 田營運資源有限，但在每月最後一個星期六，仍為長者提供 50 至 60 份免費午餐，希望出一分力回饋社區。

Cafe Ateen offers a good selection of quality food at a reasonable price. With simply a few dozens of dollars, customers can enjoy a meal that comes with a bowl of soup, a dish of vegetables and two other side dishes. Winnie explained, 'Some of our dishes can be cooked at home, but they take a lot of preparation work.' She hopes that Ateen can provide ready-to-cook food packages in the future.

Despite its comparatively limited resources, Cafe Ateen is committed to giving back to the community. On the last Saturday of every month, the restaurant gives away free lunches to 50 to 60 elderly persons in the community.



### 牛蒡絲蒸素肉餅

#### Steamed Burdock Patties

這款「仿漢堡牛扒」雖以牛蒡為主要材料，卻有類似牛肉的香味和口感。

The burdock patties not only look like burger patties, but also have an aroma and texture that are similar to beef.



### 咖喱南瓜豆腐

#### Pumpkin and Tofu with Curry

咖喱汁是 A 田的自家製作。南瓜和豆腐的搭配新鮮，卻出奇地配合。

This dish features the homemade curry of Cafe Ateen. While the pumpkin and tofu may not be paired together very often, they go unexpectedly well with each other.



### 三色腐皮卷

#### Tri-coloured Beancurd Sheet Rolls

腐皮卷用上近年甚為流行的紅菜頭和木耳，並且加上蘿蔔，風味特別。

The beancurd sheet rolls feature the beetroot and wood ear fungus, both of which are very popular in recent years. Other ingredients include the carrot. When put together, these ingredients give the dish a distinctive flavour.



### 凍豆腐炒青瓜

#### Chilled Tofu with Stir-fried Cucumber

青瓜和豆腐清新鮮美，配搭別出心裁，效果相得益彰。

Both the cucumber and tofu are light and refreshing ingredients that can complement each other for an even better taste.





## ■ 築地日本料理 Tsukiji Japanese Restaurant

築地日本料理（築地）已有十多年歷史，在中環和銅鑼灣設有分店，以優質食材及出色烹調技巧聞名。為了向顧客提供健康菜式，築地花了不少功夫。胡凱乾師傅是築地銅鑼灣店的營運經理兼主廚，與我們暢談了箇中點滴。

Established for over 10 years, Tsukiji Japanese Restaurant has two stores in Central and Causeway Bay. The restaurant is well known for its quality ingredients and skillful cookery. To offer healthy dishes to customers, Tsukiji has put in a great deal of effort. The chef and operating manager at the Causeway Bay Branch, Mr WU Hoi-kin, shares with us the inside story.

廚師出身的胡凱乾師傅在築地日本料理銅鑼灣店工作，主理店內事務。他除了兼顧廚房和樓面的日常工作外，更致力設計健康的新菜式，推動築地成為良心食肆。

Chef WU Hoi-kin is in charge of the Causeway Bay branch of Tsukiji Japanese Restaurant. Apart from undertaking kitchen and table serving duties, he also works on new healthy recipes. His vision is to help establish Tsukiji as a restaurant with a conscience.

### 素心司套餐 Veggie Sushi Set



### 梅子番茄漬 Pickled Plum and Tomato



構思別具心思，先將番茄剝皮，再浸進冰糖白醋，與梅子同浸超過一天，是鮮美開胃的餐前冷菜。

This cold starter is a refreshing culinary delight that can surely bring up your appetite. Both the peeled tomato and plum have been soaked in white vinegar added with rock sugar for more than a day.

由前菜至甜品共有五道色彩絢爛的菜式，全屬素食，配菜包括涼拌亞麻籽山藥丁、黑蒜和風海藻沙律，附有特製的素豉油。

This meal set consists of five colourful vegetarian dishes, from starter to dessert. The side dishes include the "Japanese Yam with Flaxseed Dressing", as well as the "Japanese-style Seaweed Salad with Black Garlic", the latter of which is served with a specially made vegetarian soy sauce.



## 少油鹽糖 呈現東瀛風味

暱稱「阿魚」的胡師傅表示，正宗日本菜味道清淡，著重呈現食材的鮮味，但為了迎合本地人的口味，某些日本菜或會變得稍為濃味，鑊氣十足。築地參加「有『營』食肆」運動後，進一步減少使用油、鹽、糖，又利用木魚和昆布水為菜式提味，得到顧客好評。

## 健康為本 自創素食料理

五年前，築地的老闆不幸患上鼻咽癌。他在康復後更注意飲食，希望與顧客分享健康飲食之道，因此與胡師傅一起鑽研營養豐富的菜式。

胡師傅表示築地堅持選用健康食材之餘，不忘展現日本菜的特色。他說：「我們的目標不在於要暢銷、賺錢，而是實踐健康飲食。」築地的「素心司」套餐正好體現這個理念。這份定食提供壽司、竹炭冷麵和多款素食配菜，壽司大膽加入糙米、藜麥，口感較為粗糙，有別於傳統風格。2010年，築地參加由《營廚》舉辦的「有『營』廚藝大比併」，正是憑「素心司」套餐獲得銅獎。儘管如此，胡師傅仍然力臻完美，未敢自滿，時刻思考如何提升得獎傑作的口感與味道。

「素心司」套餐最初不太受歡迎，每天可能只售出一、兩份。胡師傅坦言員工曾感到氣餒，不過大家鍥而不捨，不斷改良與嘗試，加上透過 Green Monday 推廣，「素心司」套餐現已成為餐廳的特色菜。經此一役，餐廳上下更期望日後可構思其他健康菜式。

## Authentic Japanese Dishes with Less Oil, Salt and Sugar

According to Chef WU, who is affectionately known as "Fish", the authentic Japanese cuisine is light in flavour and puts great emphasis on delivering the fresh taste of the ingredients. However, to adjust to local taste, some Japanese dishes have a stronger flavour and plenty of *wok hei* (the aroma and taste imparted by a hot wok on food). Since joining the "EatSmart@restaurant.hk" Campaign, Tsukiji has further reduced the use of oil, salt and sugar. To bring out the flavour of the dishes, the restaurant makes use of the water that the kombu and dried bonito flakes were soaked in. This has garnered positive feedback from customers.

## Making Healthy Vegetarian Recipes

Five years ago, Tsukiji's owner was unfortunately diagnosed with nasopharyngeal cancer. After his recovery, he has become more aware of his eating habits. Wishing to share healthy eating ideas with his customers, he works with Chef WU to devise recipes that are rich in nutrition.

Chef WU revealed that while Tsukiji is committed to using healthy ingredients, the restaurant has not forgotten about preserving the characteristics of the Japanese cuisine. "Our target is not simply about selling more dishes or making money. It is also about promoting healthy eating." The "Veggie Sushi Set" is exactly an embodiment of the restaurant's vision. This meal set comprises sushi, bamboo charcoal cold noodles and various vegetarian side dishes. In a bold and unconventional move, the sushi is made with brown rice and quinoa, thereby offering a gritty mouthfeel. In 2010, the "Veggie Sushi Set" won the bronze prize at the EatSmart Restaurant Cooking Competition organised by *CookSmart*. Despite this achievement, Chef WU still strives for perfection and dares not be complacent. He keeps thinking about how to improve the texture and flavour of this award-winning dish.

At the beginning, the reception to the "Veggie Sushi Set" was lukewarm. There might only be one or two orders per day. Chef WU said that while the staff felt discouraged at first, they have been persistent with their effort and try to make improvement all the time. Promotion work has also been carried out by Green Monday. Subsequently, the "Veggie Sushi Set" has become the signature dish of the restaurant. Following this successful experience, the restaurant staff become more eager to devise other healthy recipes.



雜錦魚生飯  
Assorted Sashimi Rice

油甘魚、帶子尤其鮮甜，配上椰菜絲、青瓜片和番茄粒等材料，清爽可口。

This rice dish features savoury amberjack and scallops along with other refreshing ingredients, including shredded cabbage, sliced cucumber and diced tomato.

雜菇炒野菜  
Stir-fried Mushrooms  
with Vegetables



這道常見的日本菜以多款菇類和蔬菜炒成，用料豐富，調味恰可，滋味無窮。

You can enjoy the flavours of a rich variety of mushrooms and vegetables in this common yet tasty Japanese dish. The seasonings are nicely balanced.





# 有營國際美食

## 孖寶煲

### Combo Pot



每一份  
Per Serving

### 意式鮮茄煮紐西蘭青口煲

#### Braised New Zealand Mussels with Italian Tomato Sauce in Pot

熱量  
Energy

234

千卡 (kcal)

碳水化合物  
Carbohydrate

19

克 (g)

蛋白質  
Protein

24

克 (g)

脂肪  
Fat

7

克 (g)

糖  
Sugar

6

克 (g)

鈉質  
Sodium

645

毫克 (mg)

### 西班牙洋蔥燜豬扒煲

#### Spanish Stewed Pork Chop with Onion in Pot

熱量  
Energy

312

千卡 (kcal)

碳水化合物  
Carbohydrate

11

克 (g)

蛋白質  
Protein

34

克 (g)

脂肪  
Fat

14

克 (g)

糖  
Sugar

5

克 (g)

鈉質  
Sodium

499

毫克 (mg)

熱量和各營養素含量，是參考食物環境衛生署食物安全中心及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 is estimated according to the information compiled from the Centre for Food Safety, Food and Environmental Hygiene Department and the Nutrient Data Laboratory, US Department of Agriculture. Values are for reference only.

### 特色 Feature

#### 意式鮮茄煮紐西蘭青口煲

##### Braised New Zealand Mussels with Italian Tomato Sauce in Pot

青口蛋白質豐富，而且脂肪含量低，有助控制體重。我們可透過煮熟的番茄及番茄醬，更易吸收茄紅素。茄紅素是一種植物化合物，而植物化合物被視為可改善健康，減低患病風險。

Mussels, which contain rich protein and low fat, can help with weight control. Lycopene, a plant compound that is believed to improve health and reduce risks of diseases, can be absorbed more easily from cooked tomatoes and tomato sauce.

#### 西班牙洋蔥燜豬扒煲

##### Spanish Stewed Pork Chop with Onion in Pot

豬扒含豐富蛋白質及鐵質，有助預防貧血。由於菜式以燜煮方法製成，不用添加食油，有助減少攝取脂肪。煮熟的洋蔥味道鮮甜，故可減少使用現成的調味料。

Pork chops are rich in protein and iron, the latter of which helps prevent anaemia. The cooking method of stewing does not require cooking oil, thus reducing the fat intake. Onions, when cooked, take on a refreshing sweetness. The use of ready-made seasonings can then be minimised.



To serve  
5 人分量

## 意式鮮茄煮紐西蘭青口煲 Braised New Zealand Mussels with Italian Tomato Sauce in Pot

### 材料 Ingredients

新西蘭青口..... 908 克	蒜蓉..... 2 湯匙
908 g New Zealand mussels	2 tablespoons chopped garlic
中洋蔥（切粒）..... 2 個	橄欖油..... 3 茶匙
2 medium-sized onions (diced)	3 teaspoons olive oil
番茄（切粒）..... 4 個	
4 tomatoes (diced)	

### 調味料 Seasonings

番茄醬..... 100 克
100 g tomato sauce
糖..... 1/2 茶匙
1/2 teaspoon sugar
鹽..... 1/4 茶匙
1/4 teaspoon salt
百里香（剁碎）..... 1 湯匙
1 tablespoon thyme (chopped)
水..... 2 杯
2 glasses water

### 步驟 Cooking Method

1. 青口洗淨，瀝乾備用。  
Rinse and drain the mussels. Set aside.
2. 把橄欖油放入鑊中，爆香蒜蓉、洋蔥及番茄，再放鹽及百里香。  
Add olive oil to a wok and sauté the chopped garlic, onion and tomatoes until aromatic. Add the salt and thyme.
3. 加入番茄醬、清水及糖，煮沸。放入青口，加蓋燜煮 8 分鐘即成。  
Add the tomato sauce, water and sugar, then bring to the boil. Put in the mussels. Cook with the lid on for 8 minutes and serve.



試食兵團  
話你知  
Message from  
Tasting Team

兩款鍋煲菜各具特色：青口肉質肥厚，鮮味無窮，洋蔥和番茄滋味酸甜；豬扒肉汁濃郁，淋上洋蔥醬汁，更是香氣四溢。

The two-in-one dish is unique in different ways. The fresh, meaty mussels are topped with a sweet-sour sauce made with onion and tomato. The pork chop, meanwhile, is served with the onion sauce, which gives off a pleasant aroma.

To serve  
2 人分量

## 西班牙洋蔥燜豬扒煲 Spanish Stewed Pork Chop with Onion in Pot

### 材料 Ingredients

厚身豬扒（連骨）..... 210 克
210 g thick pork chops (bone-in)
洋蔥..... 2 個
2 onions
清水..... 480 毫升
480 ml water

### 調味料 Seasonings

老抽..... 1 茶匙
1 teaspoon dark soya sauce
生抽..... 1 茶匙
1 teaspoon light soya sauce
糖..... 1 湯匙
1 tablespoon sugar

### 步驟 Cooking Method

1. 以刀背剝鬆豬扒。  
Pound the pork chops with the back of a cleaver.
2. 洋蔥每個切開四邊，連同豬扒放入煲中。  
Cut the onions into quarters. Put the onions and pork chops in a pot.
3. 清水倒入煲中，剛好蓋過豬扒和洋蔥，然後加入所有調味料。  
Pour water into the pot to cover the pork chops and onion. Add all the seasonings.
4. 蓋好煲蓋，以大火煮沸 5 分鐘後，轉以小火燜 1 小時 15 分鐘，直至豬扒肉質變得柔軟。  
Cover the pot with the lid and bring to the boil over high heat for 5 minutes. Reduce the heat to low and simmer for 1 hour 15 minutes until the pork chops become tender.
5. 把豬扒從煲中取出，以大火把煲中的汁煮稠，再將豬扒放回煲中即成。  
Take the pork chops out of the pot. Set the pot over high heat until the sauce thickens. Put the pork chops back into the pot and serve.



本食譜由洋紫荊維港遊提供。  
This recipe is provided by Harbour Cruise – Bauhinia.





## 咕菌雜蔬釜飯

Flavoured Rice with  
Assorted Vegetables  
and Mushrooms in Kettle

每一份  
Per Serving

熱量  
Energy

267

千卡 (kcal)

碳水化合物  
Carbohydrate

52

克 (g)

蛋白質  
Protein

6

克 (g)

脂肪  
Fat

4

克 (g)

糖  
Sugar

2

克 (g)

鈉質  
Sodium

169

毫克 (mg)

熱量和各營養素含量，是參考食物環境衛生署食物安全中心及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 is estimated according to the information compiled from the Centre for Food Safety, Food and Environmental Hygiene Department and the Nutrient Data Laboratory, US Department of Agriculture. Values are for reference only.



特色  
Feature

釜飯用上多種蔬菜烹調，十分適合平日蔬菜攝取量不足的香港人。顏色各異的蔬菜含有不同抗氧化物質，能減低自由基為身體細胞帶來的氧化損害，有助預防疾病。

Containing a variety of vegetables, this kettle rice dish is suitable for Hong Kong people who have an inadequate daily intake of vegetables. Antioxidants, which vary according to the colours of vegetables, can reduce the oxidative damage to body cells caused by free radicals and help prevent diseases.



## 材料 Ingredients

To serve  
6 人分量

## 步驟 Cooking Method

米..... 283 克	西芹..... 50 克
283 g rice	50 g celery
蛋..... 1 隻	豌豆..... 30 克
1 egg	30 g garden peas
甜豆..... 30 克	紅蘿蔔（切粒）..... 10 克
30 g snap peas	10 g carrot (diced)
珍珠筍..... 50 克	自製菇粉..... 1/3 茶匙
50 g baby corn	1/3 teaspoon homemade
鴻喜菇..... 50 克	mushroom powder
50 g hon-shimeji mushrooms	薑（切絲）..... 4 安士
紫薯..... 50 克	4 oz ginger (shredded)
50 g purple sweet potatoes	

## 調味料 Seasonings

糖..... 1/3 茶匙
1/3 teaspoon sugar
鹽..... 1/3 茶匙
1/3 teaspoon salt
橄欖油..... 1 茶匙
1 teaspoon olive oil

## 醬汁 Sauce

麻油..... 1 湯匙
1 tablespoon sesame oil
芝麻..... 少許
some sesame
黑海藻醬..... 1 茶匙
1 teaspoon black seaweed pearls
甜豉油..... 1/2 茶匙
1/2 teaspoon sweet soy sauce

## 自製素上湯（300 毫升） Homemade Vegetable Broth (300 ml)

水..... 2 升	大豆芽..... 50 克
2 L water	50 g bean sprouts
紅蘿蔔..... 300 克	昆布..... 50 克
300 g carrots	50 g kombu
粟米..... 2 條	鹽..... 少許
2 stalks corn	some salt
黃豆..... 100 克	黑胡椒..... 少許
100 g soybeans	some black pepper

## 步驟 Cooking Method

將所有材料放入沸水中，以中火煲 60 分鐘。加入鹽、黑胡椒調味。  
Put all the ingredients in boiling water and cook over medium heat for 60 minutes. Add the salt and black pepper for seasoning.

1. 把蛋煎香，備用。  
Pan-fry the egg until aromatic. Set aside.
2. 把甜豆、珍珠筍、西芹、豌豆及紅蘿蔔放進沸水焗 1 至 2 分鐘，再把材料盛起放入冰水，備用。  
Put the snap peas, baby corn, celery, garden peas and carrots in boiling water. Take out the ingredients and place them in ice water. Set aside.
3. 燒熱鑊，慢火落油，加入薑絲、鴻喜菇、紫薯、糖及鹽，然後炒香，備用。  
Pour oil into a heated wok over low heat. Add the shredded ginger, hon-shimeji mushrooms, sweet purple potatoes, sugar and salt, then stir-fry until aromatic. Set aside.
4. 米洗淨後放入釜鍋，加入素上湯及菇粉。先以中火煲 3 分鐘，再以慢火煲 8 分鐘，關火後焗 5 分鐘。揭開蓋子，把步驟 1 至 3 的材料鋪在飯上即成。  
Rinse the rice, then put it in a rice kettle. Add the vegetable broth and mushroom powder. Cook over medium heat for 3 minutes and then over low heat for 8 minutes. Turn off the heat and let the rice kettle sit for 5 minutes. Remove the lid and arrange the ingredients in Steps 1 to 3 on top of the rice.
5. 醬汁另上。  
Serve the sauce separately.

## 試食兵團 話你知

### Message from Tasting Team

鴻喜菇與紫薯香濃入味，甜豆、珍珠筍和西芹等配菜浸在冰水裏，份外爽脆，味道口感兼備。

This kettle rice dish has a wonderful taste and mouthfeel. It features the aromatic and flavourful hon-shimeji mushrooms and purple sweet potatoes. Side ingredients like snap peas, baby corn and celery are soaked in ice water, thus having a crunchy texture.



本食譜由 A 田社素食提供。  
This recipe is provided by Cafe Ateen.





## 牛肉野菜壽喜燒

Sliced Beef and Vegetables  
in Sukiyaki Sauce



每一份  
Per Serving

熱量  
Energy

412

千卡 (kcal)

碳水化合物  
Carbohydrate

20

克 (g)

蛋白質  
Protein

30

克 (g)

脂肪  
Fat

19

克 (g)

糖  
Sugar

9

克 (g)

鈉質  
Sodium

562

毫克 (mg)

熱量和各營養素含量，是參考食物環境衛生署食物安全中心及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 is estimated according to the information compiled from the Centre for Food Safety, Food and Environmental Hygiene Department and the Nutrient Data Laboratory, US Department of Agriculture. Values are for reference only.

### 特色 Feature

牛肉、豆腐及雞蛋提供豐富且優質的蛋白質，有助修補身體組織。這道鍋物料理更具有多種蔬菜與菇類，不用額外加油，更為健康。

Beef, tofu and egg provide rich and quality protein, which helps repair body tissues. A variety of vegetables and mushrooms can also be found in this healthy hot pot dish, which does not require additional cooking oil.



To serve  
2 人分量

## 材料 Ingredients

生牛肉片..... 227 克 227 g raw beef slices	金菇..... 25 克 25 g enokitake mushrooms
娃娃菜..... 半棵 1/2 baby cabbage	小棠菜..... 1 棵 1 Shanghai cabbage
秋葵..... 1 條 1 piece okra	豆腐..... 90 克 90 g tofu
甘筍..... 1 片 1 slice carrot	溫泉蛋..... 1 隻 1 soft-boiled egg
冬菇..... 1 隻 1 mushroom	

## 壽喜燒汁 Sukiyaki Sauce

日式豉油..... 10 毫升 10 ml Japanese soy sauce	味醂..... 50 毫升 50 ml mirin
清酒..... 50 毫升 50 ml sake	水..... 300 毫升 300 ml water

## 步驟 Cooking Method

1. 灼熟蔬菜。  
Blanch the vegetables until cooked.
2. 把壽喜燒汁倒進鍋內。  
Pour the sukiyaki sauce into a pot.
3. 加入已灼熟的蔬菜，再放入生牛肉片及溫泉蛋。  
Add the cooked vegetables, then put in the raw beef slices and soft-boiled egg.
4. 將鍋置於爐上，煮熟食材即可。  
Put the pot on a stove. Simmer until the ingredients are well cooked.

## 試食兵團 話你知 Message from Tasting Team

食材以蔬菜和菇類為主，十分健康；加上以生牛肉片取代肥牛，可減少肥膩感。

With vegetables and mushrooms as the main ingredients, this one-pot dish is a healthy choice. Replacing fatty beef with raw beef slices helps make the dish less greasy.



本食譜由築地日本料理提供。  
This recipe is provided by Tsukiji Japanese Restaurant.





## 錦繡栗子煲

Assorted Vegetables and  
Chestnuts in Casserole



### 每一份 Per Serving

熱量  
Energy

284

千卡 (kcal)

碳水化合物  
Carbohydrate

53

克 (g)

蛋白質  
Protein

12

克 (g)

脂肪  
Fat

4

克 (g)

糖  
Sugar

3

克 (g)

鈉質  
Sodium

361

毫克 (mg)

### 特色 Feature

栗子煲選用大量天然食材，自製上湯以多種蔬菜熬成，含豐富鉀質，有助預防高血壓。在所有果仁中，栗子脂肪含量最低，且含豐富膳食纖維，有助保持腸道健康。

This casserole dish features a wide range of natural ingredients. With the inclusion of several vegetables, the homemade broth is rich in potassium, which helps prevent hypertension. Among all nuts, chestnuts are the lowest in fat but rich in dietary fibre, which is effective in maintaining bowel health.

熱量和各營養素含量，是參考食物環境衛生署食物安全中心及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 is estimated according to the information compiled from the Centre for Food Safety, Food and Environmental Hygiene Department and the Nutrient Data Laboratory, US Department of Agriculture. Values are for reference only.



## 材料 Ingredients

To serve  
2 人分量

## 步驟 Cooking Method

芥蘭..... 225 克 225 g Chinese kale	鼠耳..... 6 片 6 pieces mouse ear fungus
栗子..... 94 克 94 g chestnuts	薑..... 3 片 3 slices ginger
冬菇..... 3 隻 3 mushrooms	甘荀..... 2 片 2 slices carrot
腐球（切角）..... 56 克 56 g beancurd rolls (cut into wedges)	自製上湯..... 500 毫升 500 ml homemade broth

## 調味料 Seasonings

糖..... 1/4 茶匙 1/4 teaspoon sugar
鹽..... 1/4 茶匙 1/4 teaspoon salt
油..... 2/5 茶匙 2/5 teaspoon oil

## 芡汁 Thickening Sauce

生粉..... 2 茶匙 2 teaspoons cornstarch
水..... 3 茶匙 3 teaspoons water

## 自製上湯 Homemade Broth

水..... 2.5 升 2.5 L water	冬菇..... 37.5 克 37.5 g mushrooms
甘荀..... 300 克 300 g carrots	大豆芽..... 225 克 225 g bean sprouts
西芹..... 225 克 225 g celery	芫荽..... 少許 some coriander

## 步驟 Cooking Method

將全部材料放入水中，以中火煮 1 小時。  
Put all the ingredients in water and cook over medium heat for an hour.

1. 栗子去殼去衣，蒸 15 分鐘，備用。  
Shell and skin the chestnuts, then steam for 15 minutes. Set aside.
2. 冬菇浸軟，蒸 15 分鐘，備用。  
Soak the mushrooms until softened, then steam for 15 minutes. Set aside.
3. 芥蘭放進沸水灼熟。將鑊燒熱，落 1/5 茶匙油，把芥蘭炒香，然後放進煲底。  
Blanch the Chinese kale in boiling water. Heat the wok and add 1/5 teaspoon of oil. Sauté the Chinese kale until aromatic, then add it to the bottom of the casserole.
4. 將鑊燒熱，落 1/5 茶匙油。加入薑片、上湯後，放入鹽糖及其他材料，慢火煮約 15 分鐘。  
Heat the wok and add 1/5 teaspoon of oil. Add the ginger slices and broth, then put in salt, sugar and other ingredients. Cook over low heat for about 15 minutes.
5. 加入生粉水，把所有材料倒進煲中即成。  
Add the cornstarch-water mixture. Pour all the ingredients into the casserole.

## 試食兵團 話你知 Message from Tasting Team

栗子爛得粉糯甜軟，冬菇及腐球香味濃郁，加上爽口的芥蘭及甘荀片，清潤可口。

The crumbly sweetness of the braised chestnuts is complemented by the aroma of the mushrooms and beancurd rolls. The Chinese kale and carrot slices add a refreshing touch to this culinary delight.



本食譜由常悅素食提供。  
This recipe is provided by M Garden Vegetarian.





## 鮮茄雜菌烤魚

Grilled Fish with  
Tomatoes and  
Assorted Mushrooms



每一份  
Per Serving

熱量  
Energy

259

千卡 (kcal)

碳水化合物  
Carbohydrate

3

克 (g)

蛋白質  
Protein

33

克 (g)

脂肪  
Fat

12

克 (g)

糖  
Sugar

1

克 (g)

鈉質  
Sodium

285

毫克 (mg)



### 特色 Feature

魚湯以天然食材熬製而成，無須加上任何醬汁，已經十分美味。洋蔥、京蔥、孜然粉、白胡椒碎、薑有助減少魚的腥味。菇菌類高鉀低鈉，有助控制血壓水平。

Thanks to its use of natural ingredients, the fish broth takes on a lovely flavour without using any sauces. Onions, scallions, cumin powder, coarse white pepper and ginger can help reduce the fishy smell. High-potassium, low-sodium mushrooms are effective in regulating blood pressure levels.

熱量和各營養素含量，是參考食物環境衛生署食物安全中心及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 is estimated according to the information compiled from the Centre for Food Safety, Food and Environmental Hygiene Department and the Nutrient Data Laboratory, US Department of Agriculture. Values are for reference only.



## 材料 Ingredients

To serve  
6 人分量

## 步驟 Cooking Method

鮮鯪魚..... 2 斤半 (約 1.5 公斤) 2.5 catties (approx. 1.5 kg) fresh grass carp	番茄..... 180 克 180 g tomatoes
鮮魚湯..... 650 克 650 g homemade fish broth	金針菇..... 80 克 80 g enokitake mushrooms
洋葱..... 30 克 30 g onions	秀珍菇..... 60 克 60 g oyster mushrooms
京葱..... 少許 some scallions	木耳..... 5 克 5 g wood ear fungus
	芫荽..... 少許 some coriander

## 調味料 Seasonings

大豆油..... 3 茶匙 3 teaspoons soybean oil	孜然粉..... 1 茶匙 1 teaspoon cumin powder
鹽..... 1/2 茶匙 1/2 teaspoon salt	

## 自製魚湯 Homemade Fish Broth

水..... 2 升 2 L water	白胡椒碎..... 1/2 茶匙 1/2 teaspoon coarse white pepper
鮮鯪魚..... 567 克 567 g fresh grass carp	大豆油..... 3 茶匙 3 teaspoons soybean oil
薑..... 75 克 75 g ginger	鹽..... 1 茶匙 1 teaspoon salt
瘦豬肉..... 454 克 454 g lean pork	糖..... 1/2 茶匙 1/2 teaspoon sugar
去皮雞殼..... 284 克 284 g chicken carcass (skinless)	

### 步驟 Cooking Method

1. 把瘦豬肉及雞殼汆水，備用。  
Blanch the lean pork and chicken carcass. Set aside.
2. 鯪魚煎至熟透後放入水中，把水煮沸。  
Sauté the grass carp until done, then put it in water. Bring to the boil.
3. 加入瘦豬肉、雞殼及其他材料，煲 3 小時，最後加入調味料即成。  
Add the lean pork, chicken carcass and other ingredients. Simmer for 3 hours and add the seasonings.

1. 鯪魚去掉內臟後洗淨，備用。  
Gut and rinse the grass carp. Set aside.
2. 把金針菇、木耳及秀珍菇汆水，備用。  
Blanch the enokitake mushrooms, wood ear fungus and oyster mushrooms. Set aside.
3. 鯪魚放入魚夾，再置於烤爐上。烤魚時，灑上孜然香料。把魚烤至九成熟。  
Place the grass carp in a grill basket on the grill. Sprinkle the cumin powder in the process of grilling. Grill until 90 per cent done.
4. 把洋葱放入不鏽鋼盆後，放上烤熟的鯪魚、番茄、金針菇、木耳及秀珍菇，再倒入鮮魚湯。  
Place onions in a stainless steel casserole, then put in the grilled grass carp, tomatoes, enokitake mushrooms, wood ear fungus and oyster mushrooms. Pour in the fish broth.
5. 在鑊中燒熱油，爆香京葱。把京葱及芫荽灑在魚上。  
Heat oil in a wok and sauté the scallions until aromatic. Sprinkle the scallions and coriander on top of the grass carp.
6. 將盆放在瓦斯爐上即成。  
Put the casserole on a gas stove.

## 試食兵團 話你知 Message from Tasting Team

孜然粉不但令菜式的味道更豐富，還可凸顯烤魚鮮味。魚湯鮮甜可口，餘蘊無窮。

The cumin powder not only enriches the flavour of the dish, but also highlights the freshness of the grilled fish. The fish broth has a pleasant taste that lingers nicely on the tongue.



本食譜由渝鄉烤魚提供。  
This recipe is provided by Yu Heung Grilled Fish.





以下資料截至二零一八年十二月十七日，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 17 December 2018. Names are listed in a Chinese stroke order. For the latest EatSmart Restaurant list, please visit the "EatSmart Restaurant" thematic website at <http://restaurant.eatsmart.gov.hk>

## 灣仔區

## Wan Chai District

大自然素食	Gaia Veggie Shop	2808 1386
大喜屋日本料理	Dai-kiya Japanese Restaurant	3622 2182
元味壽司刺身專門店	Yummy Sushi Ya	2574 9263
牛角日本燒肉專門店	Gyu-kaku Japanese Yakiniiku Restaurant	3167 7138
功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2881 9966
甘味手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	3907 0689
迎龍大酒樓	Cheers Restaurant	8300 8198
金記冰室 (銅鑼灣)	Kam Kee Cafe (Causeway Bay)	2206 4448
金記冰室 (灣仔)	Kam Kee Cafe (Wan Chai)	2202 4168
律敦治醫院-職員餐廳	Ruttonjee Hospital - Staff Canteen	2838 4126
美味廚	Megan's Kitchen	2866 8305
家全七福酒家	Seventh Son Restaurant	2892 2888
泰式食	Thai Perfect	2890 4899
泰國人海南雞 (電氣道)	Koon Thai Hai Nam Chicken (Electric Road)	2892 8892
泰國人海南雞 (譚臣道)	Koon Thai Hai Nam Chicken (Thomson Road)	2152 9832
海皇粥店 (莊士敦道)	Ocean Empire Food Shop (Johnston Road)	2575 0417
海皇粥店 (駱克道)	Ocean Empire Food Shop (Lockhart Road)	2891 1902
海港薈	Victoria Harbour Supreme	3577 8688
純子餐廳	Joongo House Restaurant	2827 9287 / 2827 5252
索迪斯 (香港) 有限公司 - 警察總部雅膳中餐廳	Sodexo (Hong Kong) Limited - PHQ Arsenal Place	2860 2688
索迪斯 (香港) 有限公司 - 警察總部匯鈞西餐廳	Sodexo (Hong Kong) Limited - PHQ Western	2860 2688
索迪斯 (香港) 有限公司 - 警察總部匯鈞快餐	Sodexo (Hong Kong) Limited - PHQ Fast Food	2860 2688
茶木・台式休閒餐廳 (世貿中心)	TeaWood Taiwanese Cafe & Restaurant (World Trade Centre)	2563 2299
茶木・台式休閒餐廳 (銅鑼灣廣場)	TeaWood Taiwanese Cafe & Restaurant (Causeway Bay Plaza)	2836 5600
彩福皇宴	Choi Fook Royal Banquet	2566 7778
曼谷泰菜	Bangkok Thai Restaurant	3102 1618
富豪金殿・富豪香港酒店	Regal Palace Restaurant - Regal Hongkong Hotel	2837 1773
萬興茶餐廳	Man Hing Restaurant	2574 9228
新新酒家	Sun Sun Restaurant	2838 2186
新豐記魚蛋牛什大王	Sun Fung Kee	2574 4328
極尚大喜屋日本料理	Deluxe Dai-kiya Japanese Restaurant	3188 8838
煌府婚宴專門店	Wedding Banquet Specialist	2834 8899
粵軒・六國酒店	Canton Room - Gloucester Luk Kwok Hong Kong	2866 2166
滬江飯店	Wu Kong Shanghai Restaurant	2506 1018
漁川米線	Shunde Cuisine	2386 4188
翠華餐廳 (博匯大廈)	Tsui Wah Restaurant (The Broadway)	2542 2288
翠華餐廳 (景隆街)	Tsui Wah Restaurant (Cannon Street)	2573 4338
翠華餐廳 (糖街)	Tsui Wah Restaurant (Sugar Street)	2890 9266
翠華餐廳 (駱克道)	Tsui Wah Restaurant (Lockhart Road)	2838 9086 / 2838 9087
翠華餐廳 (謝斐道)	Tsui Wah Restaurant (Jaffe Road)	2892 2633
翡翠拉麵小籠包 (世貿中心)	Crystal Jade La Mian Xiao Long Bao (World Trade Centre)	2915 6988
翡翠拉麵小籠包 (時代廣場)	Crystal Jade La Mian Xiao Long Bao (Times Square)	2506 0080
蒲點美式酒吧	Champs Bar	2892 3386
銀龍粉麵茶餐廳	Ngan Lung Restaurant	2881 5298
銀龍茶餐廳	Ngan Lung Restaurant	2413 1811
樂農	Happy Veggies	2529 3338
稻香	Tao Heung	8300 8121

稻香超級漁港	Pier 88	8300 8162
橋底辣蟹 (駱克道 421-425號)	Under Bridge Spicy Crab (421-425 Lockhart Road)	2834 6818
橋底辣蟹 (駱克道429號)	Under Bridge Spicy Crab (429 Lockhart Road)	2573 7698
橋底辣蟹 (謝斐道)	Under Bridge Spicy Crab (Jaffe Road)	2834 6268
築地日本料理	Tsukiji Japanese Restaurant	2504 3338
龍皇酒家	Dragon King Restaurant	2895 2288
龍鳳冰室	Lung Fung Café	2618 8088
薯仔屋	Small Potato	2890 4884
鍾廚	Chung's Kitchen	8300 8005
禮頓會	Club Leighton	3198 9805
麗姐廚房	Liza Veggies	2575 6060
譽宴 (利舞臺廣場)	U-Banquet (Lee Theatre Plaza)	2811 9181
譽宴 (信和廣場)	U-Banquet (Sino Plaza)	2811 9628
權發海鮮酒家	Kuen Fat Restaurant	2893 8080
Délifrance (Café) (大有廣場)	Délifrance (Café) (Tai Yau Plaza)	2591 1600
Délifrance (Café) (中國恒大中心)	Délifrance (Café) (China Evergrande Center)	2527 7201
Délifrance (Café) (香港中央圖書館)	Délifrance (Café) (Hong Kong Central Library)	2504 0115
Délifrance (Café) (瑞安中心)	Délifrance (Café) (Shui On Centre)	2802 4465
Grove Sandwiches	Grove Sandwiches	3115 7300
MX	MX	2838 6173
Verde Mar	Verde Mar	2810 0888

## 中西區

## Central & Western District

一念素食	Bijas Vegetarian Restaurant	2964 9011
力寶軒	Lippo Chiuchow Restaurant	2526 1168
心齋	Pure Veggie House	2525 0552
北園酒家	North Garden Restaurant	2526 3163
西港城・大舞臺	The Grand Stage	8202 2809
金記冰室	Kam Kee Café	3709 9181
哈佛提素	Harvester	2542 4788
帝景園會所 (只供會員)	Dynasty Court Club Royal (Members Only)	2522 0080
美心MX	Maxim's MX	2857 2910
海皇	Ocean Empire	2845 0768
海港酒家 (西寶城)	Victoria Harbour Restaurant (The Westwood)	2836 3282
海港酒家 (康威花園)	Victoria Harbour Restaurant (Hongway Garden)	3643 0228
茶木・台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2323 1778
麥明記	Mak Ming Noodles	2633 2368
富臨粵之味	Fulum	2815 1088
嘉豪酒家	Ka Ho Restaurant	2815 8133
嘉禧餐廳	Le Cleret Brasserie	2833 5667
翠華餐廳 (威靈頓街)	Tsui Wah Restaurant (Wellington Street)	2525 6338
翠華餐廳 (德輔道中)	Tsui Wah Restaurant (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 9908
翡翠拉麵小籠包 (國際金融中心)	Crystal Jade La Mian Xiao Long Bao (IFC Mall)	2295 3811
龍鳳冰室	Lung Fung Café	2618 2311
Délifrance (Café) (華懋廣場)	Délifrance (Café) (Chinachem Plaza)	2581 4391
Délifrance (Café) (環球大廈)	Délifrance (Café) (World Wide Plaza)	2868 1355
Eatology	Eatology	2368 6331
Grove Sandwiches	Grove Sandwiches	2851 1198
La Parole	La Parole	2436 4099
MX (中華總商會大廈)	MX (CCGC)	2140 6689
MX (信德中心)	MX (Shun Tak Centre)	2857 6566
MX (富衛金融中心)	MX (FWD Financial Centre)	2696 5638

## 南區

## Southern District

中華廚藝學院 (英語餐飲學會) (只供會員)	Chinese Culinary Institute (The English-Speaking Dining Society) (Members Only)	3717 7388
太興	Tai Hing	2552 9820
牛角日本燒肉專門店	Gyu-kaku Japanese Yakiniiku Restaurant	2555 2418
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



百樂門饌宴	Joy Cuisine	2580 8183
金記冰室	Kam Kee Cafe	2808 2329
旅遊服務業培訓發展中心 (英語餐飲學會 - 薄扶林) (只供會員)	Hotel and Tourism Institute (The English-Speaking Dining Society - Pokfulam) (Members Only)	3717 7388
浪琴園住客會所(只供住客)	Pacific View (Residents Only)	2813 9336
茶木・台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2325 2200
富臨皇宮	Fulum Palace	2553 0699
嘉豪酒家	Ka Ho Restaurant	2551 1228
瑪麗醫院職員飯堂	Queen Mary Hospital Staff Canteen	2818 0070
綠野仙踪	Greenland Corner	2552 4022
翠華餐廳	Tsui Wah Restaurant	2552 6998
肇順名匯河鮮專門店	Siu Shun Village Cuisine	2884 9088
稻香	Tao Heung	8300 8136
稻香超級漁港	Pier 88	8300 8173
鐘菜	Chung's Cuisine	8300 8006
LIS Café	LIS Café	3968 8833
MX (香港仔)	MX (Aberdeen)	2580 5133
MX (海怡廣場)	MX (Marina Square)	2983 9168

## 東區

## Eastern District

人和平小飯店	Ren Ren Heping Restaurant	2570 8616
三葉屋	Mitsubaya	3594 6069
甘味讚岐手打烏冬專門店 (杏花邨)	Yummy Handmade Sanuki Udon Restaurant (Heng Fa Chuen)	2896 7489
甘味讚岐手打烏冬專門店 (藍灣半島廣場)	Yummy Handmade Sanuki Udon Restaurant (Island Resort Mall)	2812 9689
百份百餐廳	Hundred Percent Restaurant	2469 8100
洋紫荊維港遊 (民安)	Harbour Cruise - Bauhinia (Man On)	2802 2886
洋紫荊維港遊 (民倫)	Harbour Cruise - Bauhinia (Man Kim)	2802 2886
洋紫荊維港遊 (民樂)	Harbour Cruise - Bauhinia (Man Lok)	2802 2886
美心MX	Maxim's MX	2897 7513
香港專業教育學院(柴灣) 飯堂	Hong Kong Institute of Vocational Education (Chai Wan) Canteen	2411 2773
柴灣東區醫院職員飯堂	Pamela Youde Nethersole Eastern Hospital Staff Canteen	2595 6505
泰國人海南雞	Koon Thai Hai Nam Chicken	2870 2196
海皇粥店	Ocean Empire Food Shop	2887 5879
海港薈	Victoria Harbour Supreme	2811 1679
茗館小廚燒味皇	Ming Guan	2886 1987
茶木・台式休閒餐廳 (杏花新城)	TeaWood Taiwanese Cafe & Restaurant (Paradise Mall)	2172 7848
茶木・台式休閒餐廳 (康怡廣場)	TeaWood Taiwanese Cafe & Restaurant (Kornhill Plaza)	2795 0838
彩福喜宴	Choi Fook Delight Banquet	2566 8289
御名軒	Royal Legend	2578 9983
曼谷泰菜 (天后)	Bangkok Thai Restaurant (Tin Hau)	2566 9966
曼谷泰菜 (珠璣大廈)	Bangkok Thai Restaurant (Chu Kee Building)	2856 0818
曼谷泰菜 (藍灣廣場)	Bangkok Thai Restaurant (Island Resort Mall)	2568 6800
梅花邨小館	Mui Fa Chuen Restaurant	2561 9797
麥明記	Mak Ming Noodles	2623 9896
富臨皇宮 (英皇道)	Fulum Palace (King's Road)	2563 0222
富臨皇宮 (康翠商業中心)	Fulum Palace (The Comm BLK of Greenwood Terrace)	2889 2200
會所1号	ClubONE	2770 3010
嘉豪酒家	Ka Ho Restaurant	2884 1022
翠華餐廳	Tsui Wah Restaurant	2177 5066 / 2177 5055
稻香	Tao Heung	8300 8161
錦江軒食府	Kum Gang Hin Cuisine	2887 3281
龍悅 (小西灣)	Dragon Delight (Siu Sai Wan)	2613 2322
龍悅 (柴灣)	Dragon Delight (Chai Wan)	2110 6990
龍鳳冰室 (大坑)	Lung Fung Café (Tai Hang)	2618 1800
龍鳳冰室 (太古)	Lung Fung Café (Quarry Bay)	2618 9198
龍鳳冰室 (北角)	Lung Fung Café (North Point)	2618 3003
聯盛宴	Federal Restaurant	2628 0183
譽廚	U-Kitchen	2811 9668
權發海鮮酒家	Kuen Fat Restaurant	2897 0688
龍粵	Canton Nice	2872 6228
Délifrance (Café)	Délifrance (Café)	2904 8603
Grove Sandwiches	Grove Sandwiches	2811 3010
Kim's Spoon	Kim's Spoon	2907 0832
MX (杏花新城)	MX (Paradise Mall)	2558 8541
MX (香港友邦大樓)	MX (AIA Hong Kong Tower)	2679 8229
MX (康怡廣場)	MX (Kornhill Plaza)	2885 5095

## 黃大仙區

## Wong Tai Sin District

大自然素食	Gaia Veggie Shop	2887 3363
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2322 9189
金記冰室	Kam Kee Cafe	3905 3238
紅蔥頭	Cafe Med	2955 4988
美心MX	Maxim's MX	2327 8551
海皇	Ocean Empire	2792 9871
富臨皇宮	Fulum Palace	2320 9080
富臨漁港	Fulum Fisherman's Wharf Restaurant	2320 8088
翠華餐廳 (黃大仙)	Tsui Wah Restaurant (Wong Tai Sin)	2392 9933
翠華餐廳 (新蒲崗)	Tsui Wah Restaurant (San Po Kong)	2324 6486
稻香超級漁港	Pier 88	8300 8172
龍皇酒家	Dragon King Restaurant	2711 8233
譽廚	U-Kitchen	2811 3281
California Pizza Kitchen	California Pizza Kitchen	3105 0352
Grove Café	Grove Café	2155 4843
MX	MX	2321 9331
Olive ERA	Olive ERA	2111 2568

## 九龍城區

## Kowloon City District

牛角日本燒肉專門店 (又一城)	Gyu-kaku Japanese Yakiniku Restaurant (Festival Walk)	3105 9708
牛角日本燒肉專門店 (紅磡)	Gyu-kaku Japanese Yakiniku Restaurant (Hung Hom)	3904 1368
好味廚	Homey Kitchen	2336 0701
金記冰室	Kam Kee Cafe	2207 0488
紅蔥頭	Cafe Med	2327 6320
美心MX	Maxim's MX	3695 0899
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)	2713 4717
泰國人海南雞	Koon Thai Hai Nam Chicken	2459 1883
浸會醫院A座職員餐廳	Baptist Hospital Block A Cafeteria	2337 6976
浸會醫院E座職員餐廳	Baptist Hospital Block E Cafeteria	2339 5158
茶木・台式休閒餐廳 (又一城)	TeaWood Taiwanese Cafe & Restaurant (Festival Walk)	2336 0277
茶木・台式休閒餐廳 (黃埔花園)	Little TeaWood Taiwanese Cafe & Restaurant (Whampoa Garden)	2303 0122
茶木・台式休閒餐廳 (樂富廣場)	TeaWood Taiwanese Cafe & Restaurant (Lok Fu Shopping Centre)	2363 0339
康姨小廚	Madam Hong Restaurant	2386 1877
康美烘焙有限公司 (民樂街)	Bakery Diets' Limited (Man Lok Street)	6933 5646
康美烘焙有限公司 (崇潔街)	Bakery Diets' Limited (Sung Kit Street)	6933 5646
彩福皇宴	Choi Fook Royal Banquet	2766 0886
博藝會	Spotlight Recreation Club	8202 8606
富臨皇宮 (馬頭角道)	Fulum Palace (Ma Tau Kok Road)	2310 4201
富臨皇宮 (萬基大廈)	Fulum Palace (Man Kee Mansion)	3192 4788
富臨漁港	Fulum Fisherman's Wharf Restaurant	2363 2883
富臨漁港臨門	Fulum Fisherman's Wharf Restaurant & Pleasant Palace	2365 2881
渝蔘烤魚	Yu Heung Grilled Fish	2382 4168
會所1号	ClubONE	3107 0381
煌府婚宴專門店	Wedding Banquet Specialist	2180 6198
翠華餐廳 (欣榮花園)	Tsui Wah Restaurant (Jubilant Place)	2760 9828
翠華餐廳 (黃埔花園)	Tsui Wah Restaurant (Whampoa Garden)	2109 0652 / 2109 0653
豪宴海鮮酒家	Ho Yin Seafood Restaurant	2386 0002
潮家	Chiu Ka	2338 3112
稻香超級漁港	Pier 88	8300 8177
龍皇酒家	Dragon King Restaurant	2774 6288
嚐在心	Taste in Mind	6417 3490
聯邦郵輪宴會中心	Federal Cruise Banquet Center	2626 0033
醫管局大樓職員飯堂	Hospital Authority Building Staff Canteen	2194 6801
禧慶酒家	Happiness Cuisine	2712 8168
Cafe Lohas	Cafe Lohas	2363 2263
California Pizza Kitchen	California Pizza Kitchen	3152 3313
Grove Café (城市大學 - 邵逸夫創意媒體中心)	Grove Café (City University of Hong Kong - Run Run Shaw Creative Media Center)	2778 7390
Grove Café (城市大學 - 學術交流大樓)	Grove Café (City University of Hong Kong - Academic Exchange Building)	2812 0019
MX (黃埔花園)	MX (Whampoa Garden)	2620 0180
MX (土瓜灣)	MX (To Kwa Wan)	2632 5980



# 油尖旺區

# Yau Tsim Mong District

3106 餐廳 (只供住客)	Carat 3106 (Residents Only)	3904 1328
大自然素食 (始創中心)	Gaia Veggie Shop (Pioneer Centre)	2148 1163
大自然素食 (美麗華商場)	Gaia Veggie Shop (Miramar Shopping Centre)	2376 1186
大喜屋日本料理	DaiKiya Japanese Restaurant	2739 0086
大瀛喜日本料理	Daieiki Japanese Restaurant	3622 2211 / 3622 2266
川燒	Chuan Shao	2311 1230
火間土	KAMADO Japanese Dining	2269 5051
牛角日本燒肉專門店 (奧海城)	Gyu-kaku Japanese Yakiniiku Restaurant (Olympian City)	2702 8128
牛角日本燒肉專門店 (尖沙咀)	Gyu-kaku Japanese Yakiniiku Restaurant (Tsim Sha Tsui)	2153 1686
牛角日本燒肉專門店 (雅蘭中心)	Gyu-kaku Japanese Yakiniiku Restaurant (Grand Tower)	2152 1822
功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2312 7800
北海道活壽司	Hokkaido Katsu Sushi	2392 1220
伊利沙伯醫院職員飯堂	Queen Elizabeth Hospital Staff Canteen	2384 2656
百份百餐廳	Hundred Percent Restaurant	2703 9100
百樂門宴會廳	Paramount Banquet Hall	2721 8821
百樂門龍宴	Joy Cuisine	3910 8388
住家菜	Home Feel	3105 0515
君滙港會所餐廳 (只供會員)	Harbour Green Club Banquet Room (Members Only)	3516 1121
男爵大排檔	Baron Cuisine	2369 1959
東來順	DongLaiShun	2733 2020
迎·潮	Joyous One	8300 8192
金皇廷龍宴	Banquet Palace	2770 2328
帝京軒·帝京酒店	Di King Heen - Royal Plaza Hotel	2622 6161
柏景餐廳·皇家太平洋酒店	Café on the Park - The Royal Pacific Hotel & Towers	2738 2322
查理布朗咖啡專門店	Charlie Brown Café	2366 6315
皇室1號	Royal One	2109 1418
紅蔥頭 (始創中心)	Cafe Med (Pioneer Centre)	2626 0596
紅蔥頭 (朗豪坊)	Cafe Med (Langham Place)	3514 9322
泰國人海南雞 (彌敦道)	Koon Thai Hai Nam Chicken (Bute Street)	2668 8202
泰國人海南雞 (砵蘭街)	Koon Thai Hai Nam Chicken (Portland Street)	2802 8777
泰閣 (中港城)	Koon Thai Cuisine (China Hong Kong City)	2878 7666
泰閣 (彌敦道)	Koon Thai Cuisine (Nathan Road)	2393 3068
海皇 (水渠道)	Ocean Empire Food Shop (Nullah Road)	2656 9308
海皇 (樂道)	Ocean Empire Food Shop (Lok Road)	2697 9308
海皇粥店	Ocean Empire Food Shop	2385 6732
海港酒家 (始創中心)	Victoria Harbour Restaurant (Pioneer Centre)	2369 6380
海港酒家 (維多利亞酒店)	Victoria Harbour Restaurant (Metropark Hotel)	2319 5833
真味鮮廚	Taste Full Kitchen	2782 3836
茶木·台式休閒餐廳 (iSQUARE)	TeaWood Taiwanese Cafe & Restaurant (iSQUARE)	2668 5011
茶木·台式休閒餐廳 (朗豪坊)	TeaWood Taiwanese Cafe & Restaurant (Langham Place)	2897 3008
茶木·台式休閒餐廳 (環華中心)	TeaWood Taiwanese Cafe & Restaurant (King Wah Centre)	2780 2321
骨煲皇	King of Hot Pot	2380 4441
常悅素食	M Garden Vegetarian	2787 3128
彩福皇宴 (彌敦道)	Choi Fook Royal Banquet (Nathan Road)	2332 2698
彩福皇宴 (尖沙咀)	Choi Fook Eky's Banquet	2332 2698
彩福皇宴 (尖沙咀)	Choi Fook Royal Banquet (Tsim Sha Tsui)	2766 3538
御苑皇宴	The Banqueting House	3962 1188
富豪軒	Regal Court	2313 8681
朝陽飯莊	Chao Yang Restaurant	2369 8202
雅廊咖啡室·富豪九龍酒店	Cafe Allegro - Regal Kowloon Hotel	2313 8718
圓方王子飯店	Prince Restaurant	2577 4888
新發茶餐廳	Sun Fat Restaurant	2388 1713
會所1號 (尖東薈)	ClubONE (La Plaza)	3575 8580
會所1號 (空中花園)	ClubONE (Sky Garden)	3582 4077
極尚大喜屋日本料理	Deluxe DaiKiya Japanese Restaurant	3188 2882 / 3188 1988
殿大喜屋日本料理	Tono DaiKiya Japanese Restaurant	3622 3000 / 3622 3009
煌府婚宴專門店 (The One)	Wedding Banquet Specialist (The One)	2180 6178
煌府婚宴專門店 (始創中心)	Wedding Banquet Specialist (Pioneer Centre)	2180 6128

煌府婚宴專門店 (旺角道)	Wedding Banquet Specialist (Mongkok Road)	2180 6138
煌府婚宴專門店 (港景匯商場)	Wedding Banquet Specialist (Victoria Mall)	3520 1888
蜀一燒	Sichuan BBQ Restaurant	2780 2889
鉄板超	Teppan Chiu Teppanyaki	2787 5135
嘉彩漁村	Kar Choi Fish Village	2450 6333
滬江飯店	Wu Kong Shanghai Restaurant	2366 7244
綠野仙踪	Greenland Corner	2336 6001
翠華餐廳 (加拿芬道)	Tsui Wah Restaurant (Carnavon Road)	2366 8250
翠華餐廳 (北海街)	Tsui Wah Restaurant (Pak Hoi Street)	2780 8328
翠華餐廳 (白加士街)	Tsui Wah Restaurant (Parkes Street)	2384 8388
翠華餐廳 (砵蘭街)	Tsui Wah Restaurant (Portland Street)	2392 3889
翠華餐廳 (港島中心)	Tsui Wah Restaurant (Harbour Crystal Centre)	2722 6600
翠華餐廳 (碧街)	Tsui Wah Restaurant (Pitt Street)	2771 8080
翡翠拉麵小籠包 (港威商場)	Crystal Jade La Mian Xiao Long Bao (Gateway Arcade)	2622 2699
翡翠拉麵小籠包 (環華中心)	Crystal Jade La Mian Xiao Long Bao (King Wah Centre)	2673 3839
銀龍茶餐廳 (通菜街)	Ngan Lung Restaurant (Tung Choi Street)	2380 2566
銀龍茶餐廳 (集友大廈)	Ngan Lung Restaurant (Friends' House)	2721 1155
銓滿記餐廳小廚	Chuen Moon Kee Restaurant	3760 8855
樂天大喜屋日本料理	Joy DaiKiya Japanese Restaurant	3188 8818 / 3188 8822
稻坊	Tao Square	8300 8151
稻香 (恆星樓)	Tao Heung (Star Mansion)	8300 8084
稻香 (荷里活商業中心)	Tao Heung (Hollywood Plaza)	8300 8142
稻香 (愛民商場)	Tao Heung (Oi Man Shopping Centre)	8300 8082
稻香 (新九龍廣場)	Tao Heung (New Kowloon Plaza)	8300 8123
稻香 (彌敦酒店)	Tao Heung (Nathan Hotel)	8300 8163
稻香漁港市集	The Pier Market	8300 8168
稻菊日本料理	Inagiku Grande Japanese Restaurant	2733 2933
龍靈	Dragon Seal Restaurant & Bar	2568 9886
聯邦金閣酒家	Golden Federal Restaurant	2628 0823
點一龍	Dim Sum Bar	2175 3100
豐碩	Harvest Seafood Restaurant	2391 1828
譽宴	U-Banquet	2811 1983
譽宴·星海	U-Banquet · The Starview	2811 9980
觀自在素食	Bodhisattva Vegetarian Restaurant	2382 7688
Canton pot	Canton pot	3968 7888
Délifrance (Café)	Délifrance (Café)	2311 1320
Green Common (尖沙咀)	Green Common (Tsim Sha Tsui)	3102 1220
Green Common (旺角)	Green Common (Mong Kok)	2110 0194
Jimmy's Coffee & Kitchen	Jimmy's Coffee & Kitchen	2380 2387
Le Soleil	Le Soleil	2733 2033
Love Café - 拉斐特	Love Café - Lafayette Wedding	3899 0062
Marco's Oyster Bar & Grill	Marco's Oyster Bar & Grill	2375 2352
Mezzo - 富豪九龍酒店	Mezzo - Regal Kowloon Hotel	2313 8788
MX (西洋菜街)	MX (Sai Yeung Choi Street)	2390 7530
MX (旺角東港鐵站)	MX (Mong Kok East MTR Station)	2397 6303
MX (海富)	MX (Hoi Fu)	2351 7866
MX (新文華中心)	MX (New Mandarin Plaza)	2311 8589
Oak Tree Ristorante	Oak Tree Ristorante	2893 4442

# 觀塘區

# Kwun Tong District

(上海)榮華川菜館	Shanghai Wing Wah (Sze Chuen) Restaurant	2341 0583
太興 (MegaBox)	Tai Hing (MegaBox)	2359 0138
太興 (淘大商場)	Tai Hing (Amoy Plaza)	2243 2068
牛角日本燒肉專門店	Gyu-kaku Japanese Yakiniiku Restaurant	3101 0128
百份百餐廳 (翠屏邨)	Hundred Percent Restaurant (Tsui Ping North Estate)	2598 8100
百份百餐廳 (寶達商場)	Hundred Percent Restaurant (Po Tat Shopping Centre)	2697 8100
百樂門宴會廳	Paramount Banquet Hall	2798 8332
百樂門國際宴會廳	Paramount International Banquet Hall	2806 8173
金記冰室	Kam Kee Cafe	2568 8198
客家好棧 (大木型)	Hak Ka Hut (Domain)	8300 8109



客家好棧 (淘大商場)	Hak Ka Hut (Amoy Plaza)	8300 8110
皇室1號	Royal One	2759 1808
美心MX (牛頭角上村)	Maxim's MX (Upper Ngau Tau Kok)	2481 3768
美心MX (秀茂坪商場)	Maxim's MX (Sau Mau Ping Shopping Centre)	2615 1218
美心MX (翠屏商場)	Maxim's MX (Tsui Ping Shopping Circuit)	2763 4180
美心MX (麗港城商場)	Maxim's MX (Laguna City)	2772 3314
海皇粥店	Ocean Empire Food Shop	2304 7468
海港酒家 (亞太中心)	Victoria Harbour Restaurant (One Pacific Centre)	3974 6128
海港酒家 (啟田商場)	Victoria Harbour Restaurant (Kai Tin Shopping Centre)	2379 9089
真味鮮廚	Taste Full Kitchen	3468 5228
茶木・台式休閒餐廳 (Megabox)	TeaWood Taiwanese Cafe & Restaurant (Megabox)	2386 1510
茶木・台式休閒餐廳 (淘大商場)	TeaWood Taiwanese Cafe & Restaurant (Amoy Plaza)	2806 3087
茶木・台式休閒餐廳 (德福廣場)	TeaWood Taiwanese Cafe & Restaurant (Telford Plaza)	2174 9488
茶木・台式休閒餐廳 (創紀之城)	TeaWood Taiwanese Cafe & Restaurant (apm Millennium City)	2336 3168
酒店及旅遊學院 (英語餐飲學會 - 九龍灣) (只供會員)	Hotel and Tourism Institute (The English-Speaking Dining Society - Kowloon Bay) (Members Only)	2750 6919
御苑宴會	The Banqueting House	2798 8866
富臨酒家	Fulum Restaurant	2379 1293
富臨漁港	Fulum Fisherman's Wharf Restaurant	2342 4252
華峰美食	Wa Fung Fine Food	2951 0008
會所1號 (九龍東)	ClubONE (Kowloon East)	8202 9298
會所1號 (海濱長廊)	ClubONE (One Bay East)	3586 0951
會所1號 (郵輪堤岸)	ClubONE (Harbourfront)	8209 9223
煌府一號	Palace One	2904 2788
煌府婚宴專門店	Wedding Banquet Specialist	2681 4888
嘉豪酒家	Ka Ho Restaurant	2755 2982
翠華餐廳	Tsui Wah Restaurant	2343 3866
肇順名匯河鮮專門店	Siu Shun Village Cuisine	2798 9738
豪宴海鮮酒家	Ho Yin Seafood Restaurant	2772 6166
銀龍茶餐廳 (彩盈坊)	Ngan Lung Restaurant (Choi Ying Plaza)	2679 7388
銀龍茶餐廳 (鯉魚門廣場)	Ngan Lung Restaurant (Lei Yue Mun Plaza)	2709 3344
德藝會	Telford Recreation Club	8202 2892
慶相逢喜譚	Jubilant Feast Restaurant	2354 8863
潮館	Chao Inn	8300 8145
稻香 (MegaBox)	Tao Heung (MegaBox)	8300 8085
稻香 (淘大商場)	Tao Heung (Amoy Plaza)	8300 8124
稻香 (德福廣場)	Tao Heung (Telford Plaza)	8300 8175
龍皇酒家	Dragon King Restaurant	2955 0668
龍悅	Dragon Delight	2677 2666
嚟越	Deli Viet	3694 0329
鍾菜	Chung's Cuisine	8300 8010
譽宴・星海	U-Banquet・The Starview	2811 9788
饌雲天	Cheerful Sky Cuisine	2827 2886
California Pizza Kitchen	California Pizza Kitchen	3421 2351
Délifrance (Café) (淘大商場)	Délifrance (Café) (Amoy Plaza)	2757 4518
Délifrance (Café) (德福廣場)	Délifrance (Café) (Telford Plaza)	2756 9565
forte	forte	3968 8222
Grove Sandwiches (九龍灣)	Grove Sandwiches (Kowloon Bay)	2468 1636
Grove Sandwiches (觀塘)	Grove Sandwiches (Kwun Tong)	2537 0202
Kim's Spoon (Mega Box)	Kim's Spoon (Mega Box)	2359 0088
Kim's Spoon (淘大商場)	Kim's Spoon (Amoy Plaza)	2707 9936
MX	MX	2793 9239

## 深水埗區 Sham Shui Po District

大叻越式料理	Da Lat Viet Cuisine	2370 3998
小廚港作	Rocoma Kitchen	3105 0618
北京拉麵店	Peking Handmade Noodles Restaurant	2361 9069
百樂門宴會廳 - 百味王火鍋酒家	Paramount Banquet Hall - Best Hotpot Restaurant	2111 9833

百樂門廳宴	Joy Cuisine	2741 1222
紅蔥頭	Cafe Med	2361 0813
泰國人海南雞	Koon Thai Hai Nam Chicken	2668 8606
海皇粥店 (元州商場)	Ocean Empire Food Shop (Un Chau Shopping Centre)	2760 0522
海皇粥店 (美孚新邨)	Ocean Empire Food Shop (Mei Foo Sun Chuen)	2307 6184
梅花邨小館	Mui Fa Chuen Restaurant	2650 9668
富臨皇宮	Fulum Palace	2368 3738
富臨酒家	Fulum Restaurant	2361 2213
富臨漁港臨門	Fulum Fisherman's Wharf Restaurant & Pleasant Palace	2310 8880
嘉豪酒家	Ka Ho Restaurant	2708 1888
銀龍茶餐廳	Ngan Lung Restaurant	2746 2226
德豐粉麵餐廳	Tak Fung Noodles Restaurant	2748 0755
稻坊	Tao Square	8300 8140
稻香	Tao Heung	8300 8139
稻香超級漁港	Pier 88	8300 8171
Cafe Ateen	Cafe Ateen	2776 6290
Délifrance (Café)	Délifrance (Café)	2242 6669
Grove Sandwiches	Grove Sandwiches	2743 3293
Marco's Oyster Bar & Grill	Marco's Oyster Bar & Grill	3580 1728
MX (昇悅居)	MX (Liberte Place)	2628 9909
MX (美孚新邨)	MX (Mei Foo Sun Cheun)	2371 2701

## 西貢區

## Sai Kung District

太興	Tai Hing	2628 6072
牛角日本燒肉專門店	Gyu-kaku Japanese Yakiniiku Restaurant	2918 4866
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2487 1298
百份百餐廳 (明德商場)	Hundred Percent Restaurant (Ming Tak Shopping Centre)	2271 9100
百份百餐廳 (景林商場)	Hundred Percent Restaurant (King Lam Shopping Centre)	2845 8100
金門建築有限公司 - 員工飯堂	Gammon Construction Limited - Staff Canteen	2528 7582
金飯碗美食	Gold Rice Bowl Delicious Food	2325 2533
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
海王漁港	King Harbour Seafood Restaurant	2319 1182
海皇	Ocean Empire	2628 5225
海港酒家	Victoria Harbour Restaurant	2703 1860
真味鮮廚	Taste Full Kitchen	2703 1877
茶木・台式休閒餐廳 (PopCorn)	TeaWood Taiwanese Cafe & Restaurant (PopCorn)	2601 9811
茶木・台式休閒餐廳 (東港城)	TeaWood Taiwanese Cafe & Restaurant (East Point City)	2606 0179
富臨	Fulum	2457 7127
翠華餐廳 (尚德廣場)	Tsui Wah Restaurant (Sheung Tak Plaza)	2760 8882
翠華餐廳 (厚德)	Tsui Wah Restaurant (Hau Tak)	2661 3138
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2673 3108
豪宴海鮮酒家	Ho Yin Seafood Restaurant	3622 1668
稻香 (尚德商場)	Tao Heung (Sheung Tak Shopping Centre)	8300 8083
稻香 (新都城)	Tao Heung (Metro City)	8300 8129
稻香超級漁港	Pier 88	8300 8167
Beach Bums & Cannibals	Beach Bums & Cannibals	2657 8488
California Pizza Kitchen	California Pizza Kitchen	3902 3875
Grove Café (大本型)	Grove Café (Domain)	2340 0085
Grove Café (明愛專上學院)	Grove Café (Caritas Institute of Higher Education)	2811 3012
MCL翠華餐廳	MCL Tsui Wah Restaurant	2525 5288
MX (天晉)	MX (PopWalk)	2523 3053
MX (厚德商場)	MX (Hau Tak Shopping Centre)	2590 6208
MX (新都城)	MX (Metro City)	2253 6299
The Octopus's Garden	The Octopus's Garden	2657 8488



# 元朗區

# Yuen Long District

牛角日本燒肉專門店	Gyu-kaku Japanese Yakiniiku Restaurant	2725 9188
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 (Club Mirage) (只供住客)	Royal Palms Resident Club (Club Mirage) (Residents Only)	2482 3100
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2487 2089
迎·潮	Joyous One	8300 8002
金記冰室	Kam Kee Cafe	2207 4128
客家好棧	Hak Ka Hut	8300 8107
美心MX	Maxim's MX	2351 5772
海皇粥店	Ocean Empire Food Shop	2415 6780
海港酒家	Victoria Harbour Restaurant	2408 0010
茶木·台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2450 2866
博愛醫院職員餐廳 (只供職員)	Pok Oi Hospital Canteen (Staff Only)	2486 8822
富臨	Fulum	2562 2726
富臨皇宮 (天盛商場)	Fulum Palace (Tin Shing Shopping Centre)	2377 9978
富臨皇宮 (金龍樓)	Fulum Palace (Kam Lung Mansion)	2470 9923
翠華餐廳	Tsui Wah Restaurant	2651 2033 / 2651 2633
銀龍粉麵茶餐廳	Ngan Lung Restaurant	2254 4999
銀龍茶餐廳 (天盛商場)	Ngan Lung Restaurant (Tin Shing Shopping Centre)	2254 2188
銀龍茶餐廳 (朗善邨)	Ngan Lung Restaurant (Long Shin Estate)	2679 3918
潮館	Chao Inn	8300 8148
稻坊	Tao Square	8300 8152
稻香	Tao Heung	8300 8137
稻香超級漁港	Pier 88	8300 8170
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
Délifrance (Café)	Délifrance (Café)	2771 2080
MX (洪福商場)	MX (Hung Fuk Shopping Centre)	2656 9020
MX (落馬洲站)	MX (Lok Ma Chau Station)	2725 0225
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

# 葵青區

# Kwai Tsing District

山本吉列料理	Yamamoto Cutlet Cuisine	6671 9115
百份百餐廳 (長亨商場)	Hundred Percent Restaurant (Cheung Hang Shopping Centre)	2547 9100
百份百餐廳 (長康邨)	Hundred Percent Restaurant (Cheung Hong Estate)	2954 9100
百份百餐廳 (華景商場)	Hundred Percent Restaurant (Wonderland Villas)	2574 8100
牧羊少年咖啡·茶·酒館	The Alchemist Cafe Bistro	2439 5669
盈彩海鮮火鍋酒家	Ying Choi Seafood Restaurant	3188 3888
美心MX (石蔭商場)	Maxim's MX (Shek Yam Shopping Centre)	2276 0119
美心MX (石籬商場)	Maxim's MX (Shek Lei Shopping Centre)	2425 0230
美心MX (長發商場)	Maxim's MX (Cheung Fat Shopping Centre)	2497 2140
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
海皇	Ocean Empire	2426 5432
茗苑宴會廳	Ming Yuen Banquet Hall	2429 6388
茗港酒家	Ming Harbour	2716 6988
御苑	China Hall	3955 8008
曼谷泰菜	Bangkok Thai Restaurant	3580 2888
富臨皇宮 (灝景灣商場)	Fulum Palace (Villa Esplanada Commercial Block)	2321 4068
富臨皇宮 (恆景花園商場)	Fulum Palace (Hang King Shopping Arcade)	2787 0183
富臨酒家	Fulum Restaurant	2416 1886
葵涌醫院職員飯堂 (只供職員)	Kwai Chung Hospital Staff Canteen (Staff Only)	2959 0474
瑪嘉烈醫院職員飯堂	Princess Margaret Hospital Staff Canteen	2741 1185
銀龍粉麵茶餐廳 (石蔭商場)	Ngan Lung Restaurant (Shek Yam Shopping Centre)	2276 5888
銀龍粉麵茶餐廳 (葵芳廣場)	Ngan Lung Restaurant (Kwai Fong Shopping Centre)	3156 1112
銀龍粉麵茶餐廳 (葵盛東商場)	Ngan Lung Restaurant (Kwai Shing East Shopping Centre)	2408 2315
銀龍茶餐廳	Ngan Lung Restaurant	2495 2600
廣發餐廳	Kwong Fat Restaurant	2612 1842
稻香	Tao Heung	8300 8126
稻香超級漁港	Pier 88	8300 8183
龍川上海料理	Long Chuan Shanghai Restaurant	3488 0083
聯邦皇宮	Federal Palace	2626 0618
Grove Sandwiches	Grove Sandwiches	2395 2428
MX	MX	2428 0636

# 屯門區

# Tuen Mun District

「粵」中菜廳 - 香港黃金海岸酒店	Yue - Hong Kong Gold Coast Hotel	2452 8668
大叻越式料理	Da Lat Viet Cuisine	2468 2189
牛角日本燒肉專門店 (V City)	Gyu-kaku Japanese Yakiniiku Restaurant (V City)	2617 1338
牛角日本燒肉專門店 (屯門市廣場)	Gyu-kaku Japanese Yakiniiku Restaurant (Tuen Mun Town Plaza)	2845 7588
生果報社	Fruit Magazine	2458 5291
好日子宴會 喜福海鮮火鍋專門店	Haorizi Palace Banquet	2618 9392
季季紅風味酒家 (華都花園)	Red Seasons Aroma Restaurant (Waldorf Garden)	2404 6663
季季紅風味酒家 (藍地大街)	Red Seasons Aroma Restaurant (Lam Tei Main Street)	2462 7038
迎龍大酒樓	Cheers Restaurant	8300 8194
青山醫院職員餐廳 (只供職員)	Castle Peak Hospital Canteen (Staff Only)	2456 7090
客家好棧	Hak Ka Hut	8300 8102
星堤餐廳 (只限住客)	Café Avignon (Residents Only)	2949 5424
美心MX	Maxim's MX	2910 1366
美食坊	Food Hall	2465 3817
悅翠堂粥麵甜品	C-Jade Meal Plus	2430 1909
海皇	Ocean Empire	2907 8804
海皇粥店	Ocean Empire Food Shop	2450 5938
海港酒家	Victoria Harbour Restaurant	2321 7600
茶木·台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2648 0288
富臨酒家	Fulum Restaurant	2457 5277
富臨漁港	Fulum Fisherman's Wharf Restaurant	2463 0380
愛琴會悠閒廊 (只供會員)	La Fantasie Leisure Lounge (Members Only)	2949 5333
福臨雞鍋小館	Fok Lam Pot Restaurant	2682 1033
翠華餐廳	Tsui Wah Restaurant	2411 1700
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2430 1909
稻香 (海趣坊)	Tao Heung (Ocean Walk)	8300 8135
稻香 (建生商場)	Tao Heung (Kin Sang Commercial Centre)	8300 8081
稻香超級漁港	Pier 88	8300 8166
聯邦皇宮	Federal Palace	2626 0088

# 大埔區

# Tai Po District

牛角日本燒肉專門店	Gyu-kaku Japanese Yakiniiku Restaurant	3708 8418
百份百餐廳	Hundred Percent Restaurant	2557 9100
金記冰室	Kam Kee Cafe	2388 8926
咪走雞燒味餐廳	Delicious Roasted Chicken Restaurant	2667 7225
美心MX	Maxim's MX	2638 8239
桃園粥麵·小廚	Tao Yuen	2834 1200
海港酒家	Victoria Harbour Restaurant	2653 9333
茶木·台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2619 1013
彩福喜宴	Choi Fook Delight Banquet	2766 3788
彩福國宴	Choi Fook Luxury Banquet	2766 3788
雅麗氏何妙齡那打素醫院-職員餐廳	Alice Ho Miu Ling Nethersole Hospital - Staff Canteen	2666 7650
翠華餐廳	Tsui Wah Restaurant	2660 8028
豪宴皇宮	Ho Yin Palace	2662 0036
銀龍茶餐廳	Ngan Lung Restaurant	2562 0001
稻香	Tao Heung	8300 8127
龍悅	Dragon Delight	2677 6622
Olive CAFE	Olive CAFE	2667 2788

# 沙田區

# Sha Tin District

大自然素食	Gaia Veggie Shop	2234 5575
中大一起素	CU VEGETHER	2386 4366
仁安醫院餐廳	Union Hospital Canteen	2608 3388
仁安醫院蘭亭閣	Green Café	2608 9537
太興	Tai Hing	2693 2782
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2637 6011
百份百餐廳	Hundred Percent Restaurant	2975 8100
百樂門煙宴	Euphoric Banquet	2692 8022
君好飲食管理有限公司 - 香港中文大學伍宜孫書院餐廳	Betterment Catering Management Limited - CUHK Wu Yee Sun College Canteen	2603 0007



君好飲食管理有限公司 - 眾志堂學生膳堂	Betterment Catering Management Limited - Chung Chi Tang Student Canteen	2603 6623
君臨宴會廳	King's Fortune Banquet Hall	2667 6388
沙龍會	Salem Club	2696 2112
威爾斯親王醫院職員飯堂	Prince of Wales Hospital Staff Canteen	2646 1132
突破青年村	Breakthrough Youth Village	2632 0100
美心MX (大學港鐵站)	Maxim's MX (MTR University Station)	2603 6256
美心MX (禾輦商場)	Maxim's MX (Wo Che Shopping Centre)	2694 7608
香港中文大學 - 和聲書院 (學生飯堂)	The Chinese University of Hong Kong - LWS (Student Canteen)	2603 5568
香港科學園 - Park Gourmet	Hong Kong Science Park - Park Gourmet	2607 4080
海王漁港	King Harbour Seafood Restaurant	2633 9362
海皇粥店 (好運中心)	Ocean Empire Food Shop (Lucky Plaza)	2692 4150
海皇粥店 (迎濤灣商場)	Ocean Empire Food Shop (Marbella)	2613 1262
海港燒鵝海鮮酒家 (美林商場)	Victoria Harbour Roasted Goose & Seafood Restaurant (Mei Lam Shopping Center)	2321 6119
海港燒鵝海鮮酒家 (馬鞍山中心商場)	Victoria Harbour Roasted Goose & Seafood Restaurant (Ma On Shan Centre)	2630 9818
茶木・台式休閒餐廳 (連城廣場)	TeaWood Taiwanese Cafe & Restaurant (Citylink Plaza)	2816 7511
茶木・台式休閒餐廳 (新港城中心)	TeaWood Taiwanese Cafe & Restaurant (Sunshine City Plaza)	2321 9926
彩福皇宴	Choi Fook Royal Banquet	2766 2848
富臨皇宮 (石門)	Fulum Palace (Shek Mun)	2516 9072
富臨皇宮 (馬鞍山)	Fulum Palace (Ma On Shan)	2310 4201
富臨漁港	Fulum Fishman's Wharf Restaurant	2601 2989
越潮越南餐廳	Trend Vietnamese Restaurant	2602 3198
雅典居住客會所 (只供住客)	Villa Athena Club House (Residents Only)	2633 4318
會所1号 (科學園)	ClubONE - Science Park	2177 5155
會所1号 (萬濤)	ClubONE - Riverview	8209 9288
煌苑	Royal Courtyard	2640 9888
綠野仙踪	Greenland Corner	3579 4668
翠華餐廳	Tsui Wah Restaurant	2601 9292
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2591 5988
豪宴海鮮酒家	Ho Yin Seafood Restaurant	2631 9132
稻坊	Tao Square	8300 8134
稻香超級漁港 (沙田正街)	Pier 88 (Sha Tin Centre Street)	8300 8178
稻香超級漁港 (馬鞍山)	Pier 88 (Ma On Shan)	8300 8179
龍悅 (炭炭)	Dragon Delight (Fo Tan)	2947 7388
龍悅 (禾輦邨)	Dragon Delight (Wo Che Estate)	2338 1228
龍悅 (沙角邨)	Dragon Delight (Sha Kok Estate)	2331 8882
釀慶酒樓	Happiness Cuisine	2827 8803
Délifrance (Café)	Délifrance (Café)	2606 4881
Grove Sandwiches	Grove Sandwiches	3188 0074
MX (新港城廣場)	MX (Sunshine Bazaar)	2623 7132
MX (銀禧薈)	MX (Jubilee Square)	2592 8055

## 北區

## North District

好日子皇宴	Haorizi Palace Banquet	2613 2368
百份百餐廳 (天明樓)	Hundred Percent Restaurant (Tin Ming House)	2656 9100
百份百餐廳 (華心商場)	Hundred Percent Restaurant (Wah Sum Shopping Centre)	2445 8100
美心MX	Maxim's MX	2672 2013
桃園粥麵・小廚 (華心商場)	Tao Yuen (Wah Sum Shopping Centre)	2452 1200
桃園粥麵・小廚 (嘉福商場)	Tao Yuen (Ka Fuk Shopping Centre)	2642 1200
海王漁港	King Harbour Seafood Restaurant	2611 9318
海皇粥店 (名都商場)	Ocean Empire Food Shop (Sheung Shui Town Centre)	2698 3699
海皇粥店 (名都廣場)	Ocean Empire Food Shop (Fanling Town Centre)	2682 3798
海港酒家 (帝庭軒購物商場)	Victoria Harbour Restaurant (Regentville)	2339 0121
海港酒家 (新豐路)	Victoria Harbour Restaurant (San Fung Avenue)	2673 1223
茶木・台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2661 3233
富臨皇宮	Fulum Palace	2509 9662
銀龍粉麵茶餐廳	Ngan Lung Restaurant	2278 1733
稻香	Tao Heung	8300 8131
稻香超級漁港	Pier 88	8300 8184
聯和素食	Luen Wo Vegetarian Limited	2682 6488
蘭府統請	Hop Fu Tong Ching	2256 1335
Délifrance (Café)	Délifrance (Café)	2234 5668
MX (粉嶺港鐵站)	MX (Faning MTR Station)	2675 0538
MX (置富嘉湖)	MX (Fortune Kingswood)	2698 5563

## 荃灣區

## Tsuen Wan District

大自然素食	Gaia Veggie Shop	2148 1819
牛角日本燒肉專門店	Gyu-kaku Japanese Yakimiku Restaurant	2780 6116
百樂門宴會廳	Paramount Banquet Hall	2419 0348
百樂門膳宴	Joy Cuisine	2813 6913
季季紅風味酒家	Red Seasons Aroma Restaurant	2615 9333
金記冰室	Kam Kee Cafe	3905 3328
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
美心MX (悅來坊)	Maxim's MX (Panda Place)	2887 7093
美心MX (樂悠居)	Maxim's MX (Indihome)	2439 1070
殷悅中菜廳	Yin Yue	2409 3182
泰國人海南雞	Koon Thai Hai Nam Chicken	2660 6999
海皇粥店	Ocean Empire Food Shop	2439 4510
海港酒家	Victoria Harbour Restaurant	2615 0326
茶木・台式休閒餐廳 (荃新天地)	TeaWood Taiwanese Cafe & Restaurant (Citywalk)	2677 0890
茶木・台式休閒餐廳 (綠楊坊)	TeaWood Taiwanese Cafe & Restaurant (Luk Yeung Galleria)	2148 5533
彩福皇宴	Choi Fook Royal Banquet	2766 2388
彩福欣宴	Choi Fook Eky's Banquet	2766 2388
富臨	Fulum	2755 6282
會所1号	ClubONE	3582 4085
煌府婚宴專門店	Wedding Banquet Specialist	2490 4333
漁川米線	Shunde Cuisine	2614 2628
翠華餐廳	Tsui Wah Restaurant	3126 9233 / 3126 9268
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2363 8698
銀龍茶餐廳 (328廣場)	Ngan Lung Restaurant (Plaza 328)	2439 0288
銀龍茶餐廳 (眾安街)	Ngan Lung Restaurant (Chung On Street)	2416 6990
樂農	Happy Veggies	2490 9882
稻坊	Tao Square	8300 8164
稻香	Tao Heung	8300 8125
爵悅庭住客會所 (只供住客)	Club Chelsea (Residents Only)	2480 6022
豐盛閣 - 挪亞方舟度假酒店	Harvest Restaurant - Noah's Ark Hotel and Resort	3411 8836 / 3411 8837
BALCONY 歐陸餐廳	BALCONY	2409 3226
Délifrance (Café)	Délifrance (Café)	2940 4830
Kim's Spoon	Kim's Spoon	2384 5222
Marco's Oyster Bar & Grill	Marco's Oyster Bar & Grill	2328 5655
MX (荃錦中心)	MX (Tsuen Kam Centre)	2498 9401
MX (荃灣廣場)	MX (Tsuen Wan Plaza)	2558 8363
MX (綠楊坊)	MX (Luk Yeung Galleria)	2498 0283
Olive Cafe	Olive CAFE	2412 3836
Panda Café 咖啡室	Panda Café	2409 3218

## 離島區

## Islands District

天虹海鮮酒家	Rainbow Seafood Restaurant	2982 8100
空港居屋 - 富豪機場酒店	Airport Izakaya - Regal Airport Hotel	2286 6668
南島書蟲	Bookworm Café	2982 4838
客家好棧	Hak Ka Hut	8300 8101
紅軒 - 富豪機場酒店	Rouge - Regal Airport Hotel	2286 6868
香港飛機工程有限公司基地維修3A機庫 (職員餐廳)	Hong Kong Aircraft Engineering Company Limited (Aircraft Hanger No.3) (Staff Canteen)	2286 0238
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
茶木・台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2572 1198
凱星軒	Winsea Seafood Restaurant	2982 8338
翠華餐廳 (富東廣場)	Tsui Wah Restaurant (Fu Tung Plaza)	2811 2877
翠華餐廳 (機場)	Tsui Wah Restaurant (Airport)	2261 0306
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2261 0553
潮樓	Chao Inn	8300 8141
稻香	Tao Heung	8300 8133
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
BÉBÉ V	BÉBÉ V	2982 8212
Délifrance (Café)	Délifrance (Café)	2261 2056



