

有營食肆

007

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CooksSmart

營廚



開心食得營

To Eat Healthily and Happily

由節日食品談起

Let's Start from Festival Foods



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，蔬果類是肉類的2倍或以上。

Means that either fruit and vegetables are the sole ingredients of the dish, or they occupy at least twice as much the amount of meat present in the dish.



3少之選 3 Less Dish

代表菜式以較少脂肪或油分、鹽分及糖分烹調或製作，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.

常用分量換算

Conversion of Common Measurement Units

1兩 = 37.5 克

1 tael = 37.5 gm

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 = 240 毫升

1 medium bowl = 240 ml





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冬話

Words from the Editor

每逢年尾工作都特別忙碌，加上排山倒海而來的大小飯局——聖誕聚餐、除夕舞會、團年飯，盡興後除了餘下「爆燈」的體重外，還有疲累的腸胃。今期《營廚》特別邀請了營養師傅授大時大節時的飲食秘訣，好讓大家解開這個魔咒。想知道就快快翻開內頁吧！

「有『營』食肆」運動已邁向第三年，為配合市民出外用膳時要求少油的習慣，2010年「有『營』食肆」運動的宣傳將會以「少油，唔該！」為主題，加強透過主流媒體，如流行網站、報章、雜誌、電台及全港橫額等，將訊息帶給食客。而今年重點宣傳活動包括「有『營』食肆·我推介」- 表彰計劃、網上美食優惠等，當然還有《營廚》季刊和「有『營』食肆」通訊啦！想參與其中？請立即報名參加「有『營』食肆」運動簡介會，報名表格可於專題網站<http://restaurant.eat-smart.gov.hk>下載。

During Christmas and New Year holidays, we often have hearty meals with our family and friends when we may unknowingly overeat and put on weight as a result. How can we eat smartly, then? In this issue of *CookSmart*, our dietitian will share healthy dining tips for festivals.

Let's celebrate the second anniversary of the "EatSmart@restaurant.hk" Campaign! To respond to the call customers for less oily dishes, we will focus on the theme "Less oil, please!" this year. We will convey the message to the public by stepping up publicity through the mass media, e.g. popular websites, newspapers, magazines and radio, as well as banners throughout the territory. In this year, apart from issuing *CookSmart* magazine and EatSmart Newsletter, we will launch the "EatSmart Restaurants Is Your Healthy Choice!" Commendation Scheme and publicise online coupon for EatSmart Restaurants. Can't wait to join us? Your restaurant will be invited to attend a briefing session of the "EatSmart@restaurant.hk" Campaign when our Secretariat has received your enrolment form which can be downloaded from the EatSmart Website (<http://restaurant.eat-smart.gov.hk>).



車淑梅、林超榮和盧覓雪三位資深傳媒人，除了每天一同「開咪」主持電台節目外，分別身兼不同工作，《營廚》請來他們暢談飲食之道，說說在繁忙工作中如何調節飲食。

Candy CHEA, LAM Chiu-wing and Michelle LO are experienced media personalities. They not only co-host a morning radio talk show but also hold multiple roles across the media. They shared with *CookSmart* on how to maintain a healthy eating habit in their busy schedule.

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車淑梅 Candy CHEA

香港電台資深節目主持人，香港十大傑出青年

Candy is an experienced radio host with Radio Television Hong Kong and a distinguished "Ten Outstanding Young Persons" winner.

我家有六兄弟姊妹，節日的家庭聚會就猶如大食會，各款菜式包括海鮮、大閘蟹、炸蠔和濃湯；但丈夫一家卻恰恰相反，他們祖業務農，吃得比較清淡，菜式是不同的蔬菜、豆腐、菇菌等，所以婚後我的飲食習慣亦漸漸改變過來。不說大家不知，我的膽固醇指數一度高達9度以上，所以必須保持警覺，節制飲食。

我們有時工作相當繁重，早上節目完畢後，可能便須趕着做下午的工作，往往只能在路上隨便吃點東西。我要是趕不及吃午飯，通常會在下午茶時段吃點蔬菜，回家再吃晚飯。我盡可能在家裡吃晚飯，更享受到市場買菜、在家做飯的時光，食物分量亦須控制得宜，因剩下的飯菜還不是倒進垃圾筒！

我們外出用膳亦務求分量恰好，例如分兩輪點菜，吃完一輪才再決定是否加菜，又多留意「有『營』菜式」的推介。我認為自己有責任提醒家人，使他們養成健康飲食習慣。

家庭的飲食習慣影響下一代，所以我甚少購買零食帶回家，兒女亦多飲清水，少喝汽水。他們以往喜歡吃意大利粉、薄餅、牛扒、羊扒等，但是現在已少吃高脂肉類，以保持健康身型。

我最近開始體會「慢食」的樂趣，用自己的味蕾仔細品嚐食材的鮮味，例如吃菜不下豉油，反而吃得到蔬菜的鮮甜味道。

I come from a big family of six siblings and every family gathering is a big feast day. We usually have a thick soup and plenty of seafood such as crabs and deep-fried oysters. I have once had a cholesterol level of nine, and since then I have started to maintain a healthy diet.

We are always too busy to have a proper lunch, yet I usually have my dinner at home. I enjoy preparing and cooking our meals. No food is wasted because I limit the food quantity.

There is no snack in our family. My daughter and son used to eat a lot of high-fat food such as spaghetti, pizza, steak and mutton. Yet, they eat less now to keep their bodies in shape.

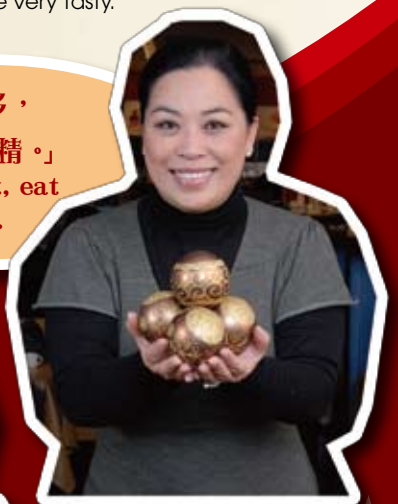
I have also started to appreciate "slow eating", which enables the taste buds to genuinely appreciate the food. Plain vegetables, for instance, are very tasty.

「用味蕾仔細品嚐食材的味道。」

Eat slowly, and let your taste buds to appreciate the food more ...



「食得多，不如食得精。」
Eat smart, eat right.



「現在就算是一群大男人的飯局，都會多選一兩款蔬菜。」
Though we still enjoy eating out, we usually order more vegetable dishes.



林超榮 LAM Chiu-wing

身兼多職，著名的廣告、電視和電影創作人、電台節目主持人和專欄作家

LAM is a renowned advertisement and film maker as well as TV program producer. He is also a radio talk show host and a columnist.



我家中有三個女兒，為了讓她們吃得健康，平日家裡的菜式都較為清淡，通常有兩款蔬菜(例如茄子、青椒)、蒸水蛋，再加一款肉類。大女兒從小習慣少喝汽水，多喝清水，我當然希望兩位小女兒亦會效法。

我們在節日時會在家吃得豐富一點，通常由媽媽下廚，例牌是生炒排骨和鮑魚煲雞湯，亦有清淡菜餚，例如清炒北京菜心和冬菇。媽媽亦習慣煮齋菜煲，內有雲耳、冬菇、金針等齋菜，大家可趁機讓腸胃休息一下。

過往與同事開會想點子，遇上瓶頸時總會買些奶茶、咖啡、薯條或雞翼等食品提神，但現在大家都多飲清水，遇上瓶頸時寧可散會休息；近年甚至連吃夜宵的習慣亦戒掉，就算是一群大男人的飯局，都自覺地多點一兩款蔬菜；吃煲仔飯或腸粉等食品時，會要求「另上豉油」，以減少攝取鹽分。

社會飲食風氣確實改變了，大家都變得注重健康，在一些宴會，侍應會替賓客分菜，大家吃完自己的分量，便不再添吃，有時我更刻意提早避席，以免吃得過量。

To nurture a healthy eating habit for my three daughters, we usually have very simple dinners – steamed eggs, two vegetable dishes and a little bit of meat. My elder daughter prefers drinking water rather than soft drinks and I wish her younger sisters will follow suit.

We always have family meals during festivals, e.g. stir-fried pork ribs and abalone chicken soup, with some vegetable or mushroom dishes included. To ease our stomachs, my mother always prepare a traditional vegetarian dish.

I observe that people in the media industry have also started to pick up the healthy eating habit. We used to eat a lot of snacks and drink plenty of coffee and milk tea in brainstorming meetings, but now we drink water only. Though we still enjoy eating out together, we usually order more vegetable dishes.



蘆筍雞柳炒天使麵
配料用上多色椒、雞柳，以橄欖油同炒，很健康。
Sautéed Asparagus & Bell Pepper Angel Hair
The angel hair spaghetti, added with tri-coloured bell peppers and mixed mushrooms, is stir-fried with olive oil. It is a healthy dish



凱撒沙律
沙律菜清爽鮮嫩，吃出滿口田園風味，十分適合作為醒胃菜式。
Caesar Salad
The crispy veggies are fresh and delicious, which create a country feeling. It is a very good appetizer

我本身愛美食，現在主持飲食節目，對飲食的要求更高了。我認為，飲食最重要是要均衡和分量恰當，吃東西影響到個人健康則反為不美。

過去五年來，我主要在早上主持電台節目，清晨五時半便起床，所以生活較有規律，晚上七時後通常不再進食，如有需要便在沙律菜下點黑醋、橄欖油弄個沙律，又或來一碗菜肉雲吞。

保持身體健康是一項終身事業，我們須自律，維持均衡飲食習慣，不貪吃、不勉強進食，並持之以恆；由於工作需要，我的食量時多時少，例如錄影一輯飲食節目時，可能要吃一般人三餐的分量，所以平日一定要加以調節，還要勤做運動。

我覺得日本和法國的飲食文化最值得大家參考——日本的飲食文化反映了一種生活哲學，刺身不加油鹽，吃的是食材的原來鮮味；一席懷石料理的分量不多不少、恰到好處，加上整個用膳的環境、陳設均是那麼講究，讓人慢慢欣賞，整個用膳過程就是一個美好的體會。法國人點菜時則重質不重量，每款菜式的分量也不多。

I am fond of eating, so I always look for good quality food. Yet I think the most important point is to keep a balanced diet and to eat smartly.



素菜百吉包
百吉包可說是象徵法國的食物，這款素菜百吉包用了多種蔬菜、番茄和青瓜以黑醋和橄欖油拌食，尤其特別的是黑醋配上了淡味的麵包，效果突出。

Vegetarian Baguette
The baguette is considered to be the very symbol of French cuisine. This vegetarian baguette is made with mixed vegetables, tomatoes and cucumber. It is dressed with olive oil and black vinegar, which is particularly appetizing

盧覓雪 Michelle LO

電台名咀兼食家，喜歡吃喝玩樂，近日在電視主持飲食節目，帶領觀眾穿梭香港、外地的大街小巷，找尋最新飲食情報。

Michelle is a famous radio talk host. She likes to eat and seek for enjoyment in life. She is now hosting a food show on TV.

I have been hosting morning radio programs for more than five years and I am used to sleeping early. In case I feel hungry at late night, I will have light suppers, say pork and vegetables dumplings or salad.

Keeping a healthy body is a life-long project, and we need to observe discipline. It is especially so for those of us in the media industry. Imagine that we might have eaten three meals in one TV food show.

I really appreciate the French and Japanese ways of dining. It is always a pleasant experience to have a traditional Japanese meal. The French cuisine is of great taste and is always just in the right portion.





有營★生級酒店

皇家太平洋酒店

EatSmart Star Hotel

The Royal Pacific Hotel and Tower



不少香港人喜歡到酒店吃自助餐慶祝節日，取其氣氛熱鬧輕鬆之餘，亦可以同時品嚐到不同地方的美食，酒店更會在平安夜、聖誕夜及除夕的自助餐上安排特別節目，給小朋友派禮物等，加添節日氣氛。

清新沙律 吃得輕盈

皇家太平洋酒店 - 柏景餐廳助理總廚梁德雄先生(Ricky)表示，一般來說，該餐廳除了早餐外，午餐及晚餐時段均以本地顧客為主，節日更是熱鬧，往往在不知不覺間多吃了分量。

Ricky表示，該酒店一向奉行「無添加」的煮食原則，務求為顧客提供真材實料的食物。他指出，有些食肆慣常添加雞粉或味精來烹調食物，原因不外乎「慳時省料」，例如煮一鍋上湯往往需要用足夠食材熬上大半天，但使用雞粉可以省卻了這些材料及時間。

一般顧客吃自助餐不免會大魚大肉，柏景餐廳的蔬菜與肉類則維持三七之比，除供應多種不同的沙律供顧客選擇外，麵檔亦供應熟食的時菜，所以該餐廳很受顧客歡迎。





天然香料 添新口味

Ricky坦言，當初公司加入「有『營』食肆」計劃時，亦花了一點時間去摸索及構思，以便符合「3少之選」和「蔬果之選」的要求。同事們主要從幾方面入手，一方面在烹調時會多以蒸、焗及烤的方法，減少食物的油分；在用油方面，則會選用不飽和脂肪較高的橄欖油；另外會在傳統的烹調方法稍為調整，例如凱撒沙律的蒜粒麵包粒傳統是以油炸，他們則只略為烘一下，以減低油分。

各國的美食由來已久，要發展新菜式，就需要以新口味作為招徠，Ricky不時會留意及品嚐不同的地方菜來增加創作靈感。他更指出以不同香料來烹調食品可產生不同效果，如新疆維吾爾人以烹調羊肉的孜然，用作燒烤其他肉類亦同樣可口；此外，煮海鮮時下一點龍蒿(tarragon)，則可以辟除腥味。

Ricky表示，餐廳為進一步推廣「有『營』菜式」，會鼓勵同事多向食客推介。

Many Hong Kong people celebrate their festivals with a buffet in a hotel restaurant, as they can enjoy cuisines from different countries with friends and family. Yet many people end up having a fat tummy.

Refreshing Salad

Mr Ricky LEUNG, the Sous Chef of Café on the Park of The Royal Pacific Hotel and Tower, said that they used to serve plenty of vegetable dishes in their buffet table. The salad bar also offered a wide variety of choices. This gave the customers a balanced choice.

According to Ricky, the restaurant also upheld the principle of "no additive" in cooking. He said that many local restaurateurs added chicken powder and flavour enhancers to save their cost and time in making food.

Natural Herbs Add New Flavour

Ever since the restaurant joined the "EatSmart@restaurant.hk" Campaign, they had adopted new ways of cooking to fit in the requirements of "3 Less" and "More Fruit and Vegetables". Firstly, they employed healthy ways of cooking such as steaming, light-boiling and grilling. They used olive oil, which contained rich unsaturated fat. They also fine-tuned certain traditional ways of making food, for instance, use of grilled bread instead of deep-fried bread in Caesar salad.

Ricky enjoyed experimenting with new ingredients in his dishes. He discovered that cumin, a spice the Uyghurs in Xinjiang use in grilling mutton, also blended well with other meats. Moreover, tarragon could reduce the fishy taste of seafood.



有營 米芝蓮食府

EatSmart in a
Michelin Restaurant -
Regal Pacific Restaurant

富豪金殿



在2009年11月出版《米芝蓮指南 - 香港・澳門 2010》中，富豪國際酒店集團旗下的富豪金殿再次獲得一星級榮譽。富豪金殿的掌舵人是該店的總廚葉志森師傅，他說：「能獲得這項榮譽，我們感到非常開心，至於得獎秘訣，就是認真和用心地做好每一件事。」

Regal Palace Restaurant was awarded one star rating in the Michelin Guide for Hong Kong Macau 2010 published in November 2009. Mr YIP Chi-sum, the Chief Chef said after receiving the award, "we are delighted to win the award again. This is attributable to the hard work and dedication of colleagues".



大廚經驗豐富 獲獎無數

葉師傅有超過30年的入廚經驗，他於15歲入行，曾在多家飲食集團任職，1998年出任富豪九龍酒店中菜行政總廚，2001年獲委派到富豪香港酒店的富豪金殿出任總廚一職，2008年更獲委派同時兼任富豪國際酒店的中菜行政總廚。葉師傅歷年來獲獎無數，計有法國美食協會一級榮譽獎和法國藍帶美食協會頒發的榮譽會員勳章。

葉師傅認為，香港人近年十分關注健康飲食，由於鹽糖偏高和肥膩的食物不利身體健康，所以該食店參加了衛生署舉辦的「有『營』食肆」運動。他說，讓食客可以在該店選擇到健康美味的菜式，自然感到高興。

為了配合三少一多的「有『營』菜式」原則，富豪金殿主要以燉、炒和扒等方法烹調食物，而材料則會選擇一些較天然的食材，例如海參、野生竹筍、冬菇和瓜菜類。

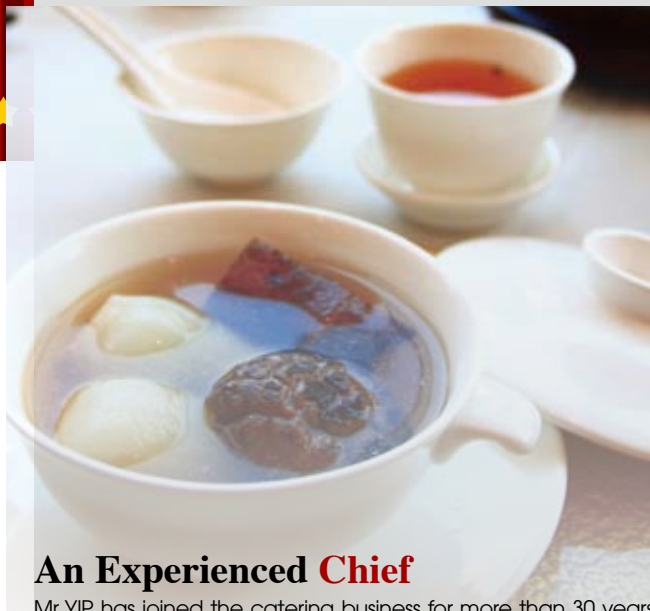
上下同心 譜出有「營」滋味

然而，要積極推動健康飲食，還需要食店上下整體配合。葉師傅表示，每一款菜式由構思、試菜到推出市場，需時約兩星期，工作由大廚、餐廳經理和市場傳訊部同事一起負責。

在實際運作上，下單和烹調菜式的同事都要辨識各款「有『營』菜式」，特別是烹調的同事須留意以少鹽、少糖、少油方式製作菜式；推廣菜式方面則由餐廳侍應向食客介紹和市場傳訊部作市場推廣。為了讓更多食客認識「有『營』菜式」，菜譜已經精心設計，讓食客更容易辨認；此外，餐廳同事亦會定期學習一些健康飲食知識、食物營養和健康食物種類，令他們更有效地向食客推廣健康菜式。

客人口味多變，為迎合市場需要，店方會經常與客人溝通，聽取意見，多了解他們的口味和喜好，從而不斷變革創新菜式，保持客人的新鮮感。

葉師傅認為，在多款「有『營』菜式」中，最受歡迎的是香菇菜膽清燉海參，海參本身是無味和低膽固醇的食物，配以香菇和清甜的菜膽燉一小時，使這道菜能做到原味清香，是一道十分健康的菜式。



An Experienced Chief

Mr YIP has joined the catering business for more than 30 years. He served in several restaurant chains before he joined the Regal Hotels International in 1998. He has gained many cooking awards over the years which include Chaine des Rotisseurs 1248 - 1950 and La Commanderie des Cordons Bleus de France.

Mr YIP observed that people are paying more and more attention to healthy eating. To cater for the need of customers, the restaurant joined the "EatSmart@Restaurant. hk" Campaign to offer healthy choices.

To meet the requirements of an EatSmart Dishes, Mr YIP and his team prepared their dishes by double boiling, stir-frying and grilling. Moreover, they used more natural food ingredients such as sea cucumber, wildlife bamboo fungus, mushrooms and vegetables.

A Dedicated Team to Serve Healthy Dishes

Yet team effort is crucial in promoting the EatSmart Campaign. It starts the Chief Chef, the restaurant manager and communications staffs, who collaborate to design new dishes. It often takes about two weeks of trials before a new dish is served on the dining tables.

In the day-to-day operation, members of the food service team and kitchen team need to familiarise with the EatSmart Dishes. The kitchen team members, in particular, have to know the recipe well and cook with less salt, sugar and oil. The food service team also works closely with the communications team in promoting EatSmart Dishes, while a well-designed menu helps customers to identify the EatSmart dishes. The restaurant also organises training to equip the colleagues with knowledge on healthy eating and nutritional value of different foods.

Last but not least, colleagues of the customers service team proactively promote EatSmart Dishes to customers.

有營食肆



林思為
Sylvia LAM
香港營養師協會會長
Chairman, Hong
Kong Dietitians
Association

海參屬低脂低膽固醇海產類，且含豐富蛋白質，營養價值能比得上肉類。用清燉這健康方法烹調海參，可使海參較容易入味，同時亦不需加入額外油分，一舉兩得。

Sea cucumber is a low fat low cholesterol seafood which is also rich in protein. Its nutritive value is comparable to meat. Double boiling allows sea cucumber to be simmered with taste while extra oil is not required.



材料：(1人分量)

杞子 適量
桂圓肉 8粒
花菇 4隻
海參 4件
白菜胆 8件
清水 600毫升

調味料：

鹽 1/5茶匙

Ingredients: (Serves 1)

Chinese Wolfberries Some
Dried Longan 8 pieces
Dried Shiitake Mushroom 4 pieces
Sea Cucumber 4 pieces
Brassica 8 pieces
Water 600 ml

Seasonings:

Salt 1/5 teaspoon

每一份 Per serving:

熱量 (千卡) Energy (kcal)	100
碳水化合物 (克) Carbohydrate (gm)	22
蛋白質 (克) Protein (gm)	5
脂肪 (克) Fat (gm)	1
糖 (克) Sugar (gm)	2
鈉質 (毫克) Sodium (mg)	565

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

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

香菇菜膽 清燉海參

Double Boiled Sea
Cucumber, Mushroom
and Brassica

步驟：

1. 杞子、桂圓肉和花菇洗淨，備用。
2. 海參和白菜胆汆水，備用。
3. 把所有材料放入湯鍋內，加入水和鹽燉2小時即可。

Cooking method:

1. Rinse Chinese wolfberries, longan and shiitake mushrooms. Set aside.
2. Blanch sea cucumber and brassica. Set aside.
3. Place all ingredients in a pot, add water and salt. Double-boil for 2 hours. Serve.

試食兵團

話你知

Message from

Tasting Team



冬菇清香，海參爽口味濃，
配上白菜膽，燉成一鍋清甜
的湯水。

The sea cucumber, with
its full-bodied texture, is
webbed well with the fresh flavour mushrooms
and vegetables to become a fresh and tasty
soup.



本食譜由富豪香港酒店
— 富豪金殿中菜廳提供

This recipe is provided by Regal Hong
Kong Hotel - Regal Palace Restaurant.



林思為
Sylvia LAM
香港營養師協會會長
Chairman, Hong
Kong Dietitians
Association

用摩利菌，紅花和清魚湯作為烹調貝殼類海鮮的配料非常有心思，比常見用蒜蓉白酒烹調更能帶出其鮮味。青口含豐富鐵質，特別適合女士們進食。

The use of morel mushroom, saffron and fish broth in cooking shell fish can bring out the taste of freshness and is better than just cooking with garlic and white wine. Mussels are rich in iron which is especially suitable for women.



材料：(1人分量)

摩利菌 2隻
紅花 5克(約1錢)
橄欖油 1茶匙
青口(半殼) 10隻
洋蔥(切絲) 1/3個
西芹(切絲) 1條
甘筍(細，切絲) 1個
清魚湯 400毫升

調味料：

鹽 1/4 茶匙
白酒 4茶匙

Ingredients: (Serves 1)

Morel Mushroom 2 pieces
Saffron 5 gm (about 1 mace)
Olive Oil 1 teaspoon
Mussels (half shell) 10 pieces
Onion (shredded) 1/3 piece
Celery (shredded) 1 stalk
Carrot (small, shredded) 1 piece
Fish Broth 400 ml

Seasonings:

Salt 1/4 teaspoon
White wine 4 teaspoons

每一份 Per serving:

熱量 (千卡) Energy (kcal)	230
碳水化合物 (克) Carbohydrate (gm)	17
蛋白質 (克) Protein (gm)	21
脂肪 (克) Fat (gm)	8
糖 (克) Sugar (gm)	6
鈉質 (毫克) Sodium (mg)	1117

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

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

紐西蘭青口配 紅花摩利菌

New Zealand Mussels
with Morel Mushrooms
and Saffron



步驟：

1. 摩利菌洗淨浸軟，切半備用。
2. 紅花以水浸至出香味。
3. 燒熱鑊下油，放入青口、洋蔥絲、西芹絲和甘筍絲略炒。
4. 隨後加入白酒和清魚湯，滾起後，再加入紅花、紅花水和摩利菌。
5. 青口煮至熟透後，下鹽調味即可。

Cooking method:

1. Rinse then soak morel mushrooms in water till tender. Cut them into halves and set aside.
2. Soak saffron in water until aromatic.
3. Heat oil in a wok. Stir-fry mussels, onion, celery and carrot slightly.
4. Add white wine and fish broth and bring to boil. Then add morel mushrooms, saffron and saffron water.
5. Cook mussels until well done. Season with salt and serve.

試食兵團

話你知

Message from
Tasting Team



式，海鮮湯尤其鮮美。

Morel mushroom has a special appearance and delightful flavour. It goes well with fresh mussel. Don't miss the tasty seafood soup.

摩利菌(又稱羊肚菌)外形獨特，表面滿布坑紋，但香味濃郁，經過滾水浸洗後，與鮮甜的青口再拌入海鮮湯同煮，成為一款美味的海鮮菜



本食譜由皇家太平洋酒店－柏景餐廳提供
This recipe is provided by The Royal Pacific
Hotel & Towers - Café on the Park.



林思為
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Chairman, Hong Kong Dietitians Association



牛肉提供豐富的蛋白質、鐵質和鋅質。配以清爽的越南龍豆，不單能襯托出牛肉味，更有助控制食肉的分量，實踐多蔬少肉的健康飲食習慣。

Beef is rich in protein, iron and zinc. Serving with loong bean, not only brings out the taste of beef, but also helps to control the meat intake which in turn facilitates the adoption of healthy eating habit comprising more vegetables and less meat.



材料：(1人份量)

美國1855牛肉 100克(約2.5兩)
龍豆 200克(約5兩)
橄欖油 1茶匙
蒜蓉 1茶匙
洋蔥(切絲) 1/3個
青椒(切條) 1/2個

調味料：

鹽 1/4 茶匙
糖 1/2 茶匙

Ingredients: (Serves 1)

American 1855 Beef 100 g (about 2.5 taels)
Loong Bean 200 g (about 5 taels)
Olive Oil 1 teaspoon
Garlic (minced) 1 teaspoon
Onion (shredded) 1/3 piece
Green Capsicum (cut into strips) 1/2 piece

Seasonings:

Salt 1/4 teaspoon
Sugar 1/2 teaspoon

每一份 Per serving:

熱量 (千卡) Energy (kcal)	435
碳水化合物 (克) Carbohydrate (gm)	18
蛋白質 (克) Protein (gm)	27
脂肪 (克) Fat (gm)	12
糖 (克) Sugar (gm)	5
鈉質 (毫克) Sodium (mg)	645

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

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

美國1855牛肉 炒越南龍豆

*Sautéed Beef Cubes
with Loong Bean*



試食兵團

話你知

Message from
Tasting Team



牛肉鮮嫩多汁，龍豆為越南特式蔬菜，爽脆帶點甘味，配搭別具心思。

Loong bean, originated from Vietnam, is a textured vegetable with a slightly bitter flavour. It goes well with the juicy beef cubes.

步驟：

1. 牛肉切片，龍豆切段汆水備用。
2. 燒熱平底鑊，下油和蒜蓉略炒，再下牛肉片、龍豆、洋蔥絲和青椒條。
3. 下鹽和糖調味即可。

Cooking method:

1. Slice beef. Cut loong beans into strips then blanch them. Set aside.
2. Heat oil in a frying-pan and sauté the garlic. Add beef slices, loong beans, onion and capsicum.
3. Season with salt and sugar. Serve.



本食譜由帝苑酒店 - Le Soleil 提供

This recipe is provided by The Royal Garden - Le Soleil

有營食肆



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鮮番茄蓉作汁料比一般白汁、忌廉汁或芝士汁低脂肪得多。番茄中的茄紅素配合了魚柳的奧米加三脂肪酸，再加上橄欖油的單元不飽和脂肪酸，這菜式必定是健心之選。

Fresh tomato sauce is much lower in fat as compared to white, creamy or cheese sauce. Lycopene from tomatoes, omega 3 fatty acids from fish and monounsaturated fatty acids from olive oil make this dish a heart protective choice.



材料：(1人分量)

西芹絲 2/3碗
甘筍絲 1/2碗
橄欖油 1茶匙
魚柳 120克(約3兩)
野菌 4隻
天使麵(熟) 210克(約5兩)

調味料：

鹽 1/4 茶匙
糖 1/4 茶匙

Ingredients: (Serves 1)

Celery (shredded) 2/3 bowl
Carrot (shredded) 1/2 bowl
Olive Oil 1 teaspoon
Fish Fillets 120 g (about 3 taels)
Assorted Mushrooms 4 pieces
Angel Hair (cooked) 210 gm (about 5 taels)

Seasonings:

Salt 1/4 teaspoon
Sugar 1/4 teaspoon

茄蓉汁：

材料：

番茄(打蓉) 2個
洋蔥(切碎) 1/4個

調味料：

糖 1/4 茶匙

Tomato Sauce:

Ingredients:

Tomato (finely chopped) 2 pieces
Onion (finely chopped) 1/4 piece

Seasonings:

Sugar 1/4 teaspoon

每一份 Per serving:

熱量 (千卡) Energy (kcal)	591
碳水化合物 (克) Carbohydrate (gm)	88
蛋白質 (克) Protein (gm)	40
脂肪 (克) Fat (gm)	9
糖 (克) Sugar (gm)	16
鈉質 (毫克) Sodium (mg)	784

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

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

地中海式錫紙焗

Baked Fish Fillet with Angel Hair in Mediterranean Style

魚柳配天使麵



步驟：

1. 將西芹絲、甘筍絲以鹽、糖和橄欖油醃30分鐘，備用。
2. 再把雜菜絲鋪在魚柳面上醃約2小時。
3. 把野菌、雜菜絲和魚柳以錫紙包裹，然後放進焗爐，焗約20分鐘。伴以天使麵和茄蓉汁即可。

Cooking method:

1. Marinate celery and carrot with salt, sugar and olive oil for 30 minutes. Set aside.
2. Marinate the fish fillets by placing the vegetable shreds on top of them for about 2 hours.
3. Wrap assorted mushrooms, vegetable shreds and fish fillets with aluminium foil and bake for about 20 minutes. Serve with Angel hair and tomato sauce.

茄蓉汁做法：

將番茄蓉和洋蔥碎拌勻，加入糖調味。

Method (Tomato Sauce):

Mix chopped tomato with onion well. Season with sugar.

試食兵團

話你知

Message from

Tasting Team



焗魚不油不膩，天使麵亦煮得幼滑，番茄、洋蔥煮成的意粉醬，惹味開胃。

The fillets are neither oily nor dry, whilst the angel hair spaghetti is smooth and delicate. It is topped with a savory spaghetti sauce of tomato and onion.



本食譜由Les Artistes Café提供

This recipe is provided by Les Artistes Café.



林思為
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Chairman, Hong
Kong Dietitians
Association

食譜選用了紫米和糙米來代替了日常用的白米，能提供更多維他命B雜、鐵質和纖維，有助身體維持新陳代謝率，增加飽感之餘又有助腸臟健康。

Purple and brown rice are being used in this recipe to substitute daily use white rice which provides more vitamin B's, iron and fiber. These nutrients help maintain our metabolic rate, increase satiety while benefit gut health.



材料：(1人分量)

小黃瓜(5厘米長)	3條
去皮雞胸肉	25克(約1/2兩)
瘦豬肉	10克(約1/4兩)
紫米飯	1/3碗
糙米飯	1/3碗
香菜酥	10克(約1/4兩)

調味料：

雞肉(製1000克，約25兩)

橄欖油	3茶匙
乾檸檬葉	適量

豬肉(製1000克，約25兩)

鹽	1/4 茶匙
糖	1 茶匙

Ingredients: (Serves 1)

Cucumber (5 cm long)	3 strips
Skinless Chicken Breast	25 gm (about 1/2 taels)
Lean Pork	10 gm (about 1/4 taels)
Black Glutinous Rice (cooked)	1/3 bowl
Brown Rice (cooked)	1/3 bowl
Homemade Paste	10 gm (about 1/4 taels)

Seasonings:

Chicken (for 1000 gm, about 25 taels)

Olive oil	3 teaspoons
Dried lemon leaves	Some

Pork (for 1000 gm, about 25 taels)

Salt	1/4 teaspoon
Sugar	1 teaspoon

每一份 Per serving:

熱量 (千卡) Energy (kcal)	205
碳水化合物 (克) Carbohydrate (gm)	32
蛋白質 (克) Protein (gm)	11
脂肪 (克) Fat (gm)	3
糖 (克) Sugar (gm)	1
鈉質 (毫克) Sodium (mg)	50

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

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

香菜酥

(製1000克，約25兩)

材料：

雜菜	900克，約23克
花生碎	1/5碗
芝麻	1/2 碗

Homemade Paste

(for 1000 gm, about 25 taels)

Ingredients:

Assorted vegetables	900 gm, about 23 taels
Peanut (finely chopped)	1/5 bowl
Sesame	1/2 bowl

Sliced Chicken with Olive Sauce Rice Roll

橄欖雞絲雙色飯糰



試食兵團

話你知

Message from
Tasting Team



紫半煙韌，糙半嚼勁十足，兩種材料均含有豐富的膳食纖維和營養，配上肉鬆和花生，味道吸引。青瓜亦帶來清爽感覺。

This rice roll is made with brown rice and black glutinous rice, which are both very nutritious and rich in dietary fibre. It is added with minced pork, peasants and cucumber, which are very flavoursome.

步驟：

1. 小黃瓜洗淨，備用。
2. 將雞肉焯熟，待涼後，撕成幼條狀，下油和乾檸檬葉拌勻，成橄欖雞絲。
3. 將豬肉焯熟，待涼後，放入烘焙機內烘乾，下鹽和糖調味，再放入烘焙機內烘至完全乾透，成肉鬆。
4. 將紫米飯和糙米飯左右鋪在保鮮紙上，放上橄欖雞絲、肉鬆和香菜酥，卷起即可。

Cooking method:

1. Rinse cucumber strips. Set aside.
2. Cook chicken in boiling water until done. Let it cool then make into shreds. Add oil and dried lemon leaves, mix well.
3. Cook pork in boiling water until done. Let it cool then roast it in a roaster, season with salt and sugar. Continue to roast until completely dry.
4. Place black glutinous rice and brown rice side by side on a piece of cling wrap. Place chicken, pork and homemade paste on top. Roll up and serve

香菜酥做法：

1. 雜菜切碎，放入烘焙機內烘乾。
2. 加入花生碎和芝麻後，烘至完全乾透，即可。

Method (Homemade Paste):

1. Finely chop assorted vegetables and roast them in a roaster.
2. Add chopped peanut and sesame, roast until completely dry, done.



本食譜由西龍傳香飯糰提供
This recipe is provided by QQ Rice.



有營食肆

EatSmart Restaurants

以下資料截至二零一零年一月六日，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 6 January 2010. Names listed in random order. For the latest EatSmart Restaurant list, please visit the "EatSmart Website" <http://restaurant.eatsmart.gov.hk>

東區 EASTERN DISTRICT

大家樂	Café de Coral	
(小西灣店)	(Siu Sai Wan Shop)	2889 0672
(太古城中心店)	(Cityplaza Shop)	2885 3713
(太安樓店)	(Tai On Building Shop)	2567 9872
(北角城中心店)	(Fortress Tower Shop)	2571 6446
(百利大廈店)	(Pak Lee Building Shop)	2807 3864
(城市花園店)	(City Garden Shop)	2887 2802
(英皇道店)	(King's Road Shop)	2911 4485
(健威坊店)	(Fit Fort Shop)	2562 9776
(愛東商場店)	(Oi Tung Shopping Centre Shop)	3156 1116
(新都城大廈店)	(Metropole Building Shop)	2565 0222
(樂基行店)	(Stanhope House Shop)	2811 0689
(糖廠街店)	(Tong Chong Street Shop)	2564 3144
(環翠商場店)	(Wan Tsui Shopping Centre Shop)	2515 9548
(耀東商場店)	(Yiu Tung Shopping Centre Shop)	2569 8653
太興燒味餐廳	Tai Hing Roast Restaurant	2567 7362
金皇潮州酒家	Golden Dynasty Chiu Chow Restaurant	2805 8022
迎禧大酒樓	Cheers Restaurant	3520 1268
美心MX	Maxim's MX	
(友邦廣場店)	(AIA Tower Shop)	2219 7223
(杏花新城店)	(Heng Fa Chuen Shop)	2558 8541
(南天大廈店)	(Nam Tin Building Shop)	2578 9629
(英皇大馬路)	(King's House Shop)	2561 5760
(康怡商場店)	(Kornhill Plaza Shop)	2885 5095
(新翠商場店)	(New Jade Shopping Arcade Shop)	2897 7513
(藍灣廣場店)	(Island Resort Mall Shop)	2248 5370
客家好棧	Hakka Hut	2856 1233
海皇粥店	Ocean Empire	2591 9003
柴灣東區醫院職員餐廳(只供職員)	Pamela Youde Nethersole Eastern Hospital Staff Canteen (Staff Only)	2595 6505
彩福海鮮酒家	Choi Fook Restaurant	2566 8289
彩臨門酒家	Superior Choice Restaurant	2811 9668
稻香超級漁港	Tao Heung Super 88	3520 1288
鍾菜	Chung's Cuisine	3691 9818
聯邦金閣酒家	Golden Federal Restaurant	2628 0183
藝術·家	Les Artistes Café	3426 8918
Bistro Délifrance	Bistro Délifrance	2143 5722
Délifrance	Délifrance	
(太古城店)	(Taikoo Shing Shop)	2904 8603
(港運城店)	(Island Place Shop)	2565 1335
(嘉榮大廈店)	(Ka Wing Building Shop)	2904 8609

南區 SOUTHERN DISTRICT

大家樂	Café de Coral	
(石排灣商場店)	(Shek Pai Wan Shopping Centre Shop)	2294 9100
(利東商場店)	(Lei Tung Commercial Centre Shop)	2871 2681
(香港仔中心店)	(Aberdeen Centre Shop)	2553 7867
(華貴邨商場店)	(Wah Kwai Shopping Centre Shop)	2550 8056
中華廚藝學院(英語餐飲學會)(只供會員)	Chinese Cuisine Training Institute (The English-Speaking Dining Society)(Members Only)	2550 6683
太興燒味餐廳	Tai Hing Roast Restaurant	2552 9820
美心MX	Maxim's MX	2580 5133
海皇粥店	Ocean Empire	2870 3884
旅遊服務業培訓發展中心(英語餐飲學會)(只供會員)	Hospitality Industry Training and Development Centre (The English-Speaking Dining Society)(Members Only)	2550 6683
富臨漁港臨門	Pleasant Palace	2553 0699
肇順名匯海鮮專門店	Siu Shun Village Cuisine	2884 9088
翠華餐廳	Tsui Wah Restaurant	2552 6998
瑪麗醫院職員餐廳(只供職員)	Queen Mary Hospital Staff Canteen (Staff Only)	2818 0070
稻香超級漁港	Tao Heung Super 88	2555 3908
Délifrance	Délifrance	2813 1368

中西區 CENTRAL & WESTERN DISTRICT

力寶軒	Lippo Chiuchow Restaurant	2526 1168
大家樂	Café de Coral	
(八達大廈店)	(Federate Building Shop)	2858 6627
(中信大廈店)	(Citic Tower Shop)	2104 5838
(長江中心店)	(Cheung Kong Centre Shop)	2186 7068
(東亞安泰中心店)	(East Asia Aetna Tower Shop)	2542 2958
(香港商業中心店)	(Hong Kong Plaza Shop)	2548 5601
(香港站預辦登機大堂店)	(Hong Kong Station In-Town Check-in Concourse Shop)	2801 5285
(香港地鐵站店)	(Hong Kong Station Shop)	2537 6515
(海富中心商場店)	(Admiralty Centre Shop)	2866 2750
(萬邦行店)	(Melbourne Plaza Shop)	2162 8020
(建隆樓店)	(Kin Liong Mansion Shop)	2986 4461
(新紀元廣場店)	(Grand Millennium Plaza Shop)	2137 8687
(華懋大廈店)	(Chinachem Tower Shop)	2104 7092
(遠東金融中心店)	(Far East Finance Centre Shop)	2861 2852
(維德廣場店)	(Vicwood Plaza Shop)	2541 0293
(勵精中心店)	(Regent Centre Shop)	2525 1609
富臨味之道	Foo Lum	2815 1088
富臨漁港臨門	Pleasant Palace	2803 0182
井日本咖哩專門店	Don-Curry Shop	3586 2012
北京拉麵店	Peking Noodles	2537 6320
秀日本料理	Oishi House	2517 6618
美心MX	Maxim's MX	
(和記大廈店)	(Hutchison House Shop)	2869 4450
(創業中心店)	(Chong Yip Centre Shop)	2857 2910
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2295 3811
翠華餐廳	Tsui Wah Restaurant	
(威靈頓街店)	(Wellington Street Shop)	2525 6338
(萬安商業大廈店)	(Man On Commercial Building Shop)	2542 1255
(德輔道中店)	(Des Voeux Road Shop)	2542 2288
Madison's Restaurant & Bar	Madison's Restaurant & Bar	2523 4772
Bistro Délifrance	Bistro Délifrance	2865 7421
Délifrance	Délifrance	
(山頂廣場店)	(The Peak Galleria Shop)	2849 2613
(華懋廣場店)	(Chinachem Plaza Shop)	2581 4391
(維德廣場店)	(Vicwood Plaza Shop)	2854 9282
(環球大廈店)	(World-wide Plaza Shop)	2868 1355

灣仔 WANCHAI DISTRICT 區

中	二宜樓客家菜	Eryi Tower Southern China Provinces	2511 1228
快	大家樂	Café de Coral	
	(京華中心店)	(Capitol Centre Shop)	2241 4545
	(胡忠大廈店)	(Wu Chung House Shop)	2575 4300
	(海港中心店)	(Harbour Centre Shop)	2827 1236
	(新世紀廣場店)	(New Century Plaza Shop)	2836 0897
	(瑞安中心店)	(Shui On Centre Shop)	2511 9891
	(駱克道店)	(Lockhart Road Shop)	2507 3262
中	六國酒店 - 粵軒	Luk Kwok Hotel - Canton Room	2866 2166
其	功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2881 9966
中	百樂門宴會廳	Paramount Banquet Hall	2833 2092
西	利景酒店 - 蒲點美 式酒吧	The Charterhouse - Champs Bar	2833 9086
快	美心MX	Maxim's MX	
	(波斯富街店)	(Percival Street Shop)	2838 6173
	(軒尼詩道店)	(Hennessy Road Shop)	2893 7867
西	風月堂	Orchard Garden Café & Restaurant	2891 2881
中	美味廚	Megan's Kitchen	2866 8305
中	客家好棧	Hakka Hut	2881 8578
西	香港港安醫院食堂 (只供職員)	Hong Kong Adventist Hospital Canteen (Staff Only)	2835 0634
亞	泰式食	Thai Perfect	2890 4899
快	海皇粥店	Ocean Empire	
	(莊士敦道店)	(Johnston Road Shop)	2330 3200
	(東角道店)	(East Point Road Shop)	2887 5879
中	彩福皇宴	Choi Fook Royal Banquet	2811 9181
中	富豪金殿	Regal Palace Restaurant	2837 1773
中	富臨酒家	Foo Lum Restaurant	2528 2468
中	新星海鮮酒家	New Star Seafood Restaurant	2838 2186
中	肇順名匯河鮮專門 店	Siu Shun Village Cuisine	2572 6938
西	翠華餐廳	Tsui Wah Restaurant	
	(景隆街店)	(Cannon Street Shop)	2573 4338
	(謝斐道店)	(Jaffe Road Shop)	2892 2633
中	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	
	(大有商場店)	(Tai Yau Plaza Shop)	2573 8844
	(世貿中心店)	(World Trade Centre Shop)	2915 6988
	(時代廣場店)	(Times Square Shop)	2506 0080
中	稻香	Tao Heung	2838 3097
中	稻香超級漁港	Tao Heung Super 88	2892 0988
中	橋底辣蟹	Under Bridge Spicy Crab	
	(華發大廈店)	(Wah Fat Mansion Shop)	2893 1289
	(駱克道401-403號店)	(401-403 Lockhart Road Shop)	2834 6818
	(駱克道429號店)	(429 Lockhart Road Shop)	2573 7698
	(謝斐道店)	(Jaffe Road Shop)	2834 6268
中	禮頓會	Club Leighton	3198 9805
中	鍾菜	Chung's Cuisine	2506 9128
中	麗都總廚	New Capital Worldwide Kitchen	2893 1238
中	警察總部雅膳中菜 廳 (只供職員)	Arsenal Place Police Headquarters (Staff Only)	2860 2688
西	警察總部匯敘西餐 廳 (只供職員)	Cafe Rendezvous Police Headquarters (Staff Only)	2860 2299
快	警察總部職員餐廳 (只供職員)	Staff Canteen Police Headquarters (Staff Only)	2860 8223
西	Bayview Restaurant	Bayview Restaurant Sashimi Oyster Bar	3427 3726
西	Sashimi Oyster Bar	Bar	
西	Bistro Délifrance	Bistro Délifrance	2506 3022
其	CEO Karaoke Box	CEO Karaoke Box	2137 9777
西	Délifrance	Délifrance	
	(大有廣場店)	(Tai Yau Plaza Shop)	2591 1600
	(告士打道店)	(Gloucester Road Shop)	2865 5848
	(香港中央圖書館店)	(Hong Kong Central Library Shop)	2504 0115
	(美國萬通大廈店)	(Massmutual Tower Shop)	2527 7201
	(集成中心店)	(CC Wu Building Shop)	2834 1949
	(瑞安中心G04店)	(G04, Shui On Centre Shop)	2923 1002
	(瑞安中心1樓店)	(1/F, Shui On Centre Shop)	2802 4465

觀塘 KWUN TONG DISTRICT 區

快	大家樂	Café de Coral	
	(企業廣場店)	(Enterprise Square Shop)	2750 9925
	(秀茂坪商場店)	(Sau Mau Ping Shopping Centre Shop)	2354 8680
	(冠天閣店)	(Champion Court Shop)	2790 5295
	(威明中心店)	(Spectrum Tower Shop)	2344 0244
	(清水灣道店)	(Clear Water Bay Road Shop)	2325 1250
	(順利邨店)	(Shun Lee House Shop)	2790 8209
	(淘大花園店)	(Amoy Garden Shop)	2750 3496
	(創紀之城店)	(Millennium City Shop)	2267 2300
	(廣田商場店)	(Kwong Tin Shopping Centre Shop)	2717 0619
	(德田商場店)	(Tak Tin Shopping Centre Shop)	2772 5695
	(樂華商場店)	(Lok Wah North Commercial Centre Shop)	2751 9726
	(德福商場店)	(Telford Plaza Shop)	2148 6424
	(寶達商場店)	(Po Tat Shopping Centre Shop)	2190 4626
	(觀塘廣場店)	(Kwun Tong Plaza Shop)	2142 5905
中	太興新世代	Tai Hing New Century	2359 0138
中	北京拉麵店	Peking Noodles	2345 7360
中	百樂門宴會廳 (九龍灣店)	Paramount Banquet Hall (Kowloon Bay Shop)	2798 8332
	(觀塘店)	(Kwun Tong Shop)	3910 8368
中	沁園春	Cheerful Restaurant	2251 3612
亞	青葉日本料理	AOBA Japanese Restaurant	2345 1671
中	迎囍大酒樓	Cheers Restaurant	2717 6860
快	美心MX	Maxim's MX	
	(牛頭角上村店)	(Upper Ngau Tau Kok Estate Shop)	2481 3768
	(康寧道店)	(Hong Ning Road Shop)	2793 9239
	(啟田商場店)	(Kai Tin Shopping Centre Shop)	2348 9545
	(彩雲邨商場店)	(Choi Wan Commercial Complex Shop)	2796 3911
	(翠屏商場店)	(Tsui Ping Shopping Circuit Shop)	2763 4180
	(麗港城商場店)	(Laguna City Shop)	2772 3314
中	索迪斯(香港)有限公司 - 渣打銀行(香港)有限公 司職員餐廳 (只供職員)	Sodexo (Hong Kong) Limited - Staff Cafeteria of Standard Chartered Bank (HK) Ltd. (Staff Only)	2388 8682
快	海皇粥店	Ocean Empire	
	(物華街店)	(Mut Wah Street Shop)	2304 7468
	(淘大商場店)	(Amoy Plaza Phase Shop)	2759 6537
	(輔仁街店)	(Fu Yan Street Shop)	2172 4558
西	旅遊服務業培訓發 展中心(英語餐飲學 會)(只供會員)	Hospitality Industry Training and Development Centre (The English- Speaking Dining Society) (Members Only)	2750 6919
中	彩福皇宴	Choi Fook Royal Banquet	2811 9788
中	御苑皇宴	The Banqueting House	2798 8866
中	御苑酒家	The China House	2798 8110
中	富臨漁港	Foo Lum Fishman's Wharf Restaurant	
	(企業廣場店)	(Enterprise Square Shop)	2759 1808
	(觀塘廣場店)	(Kwun Tong Plaza Shop)	2342 4252
中	肇順名匯河鮮專門店	Siu Shun Village Cuisine	2798 9738
中	維港藝廚酒家	Victoria Harbour Seafood Restaurant	2827 2626
中	嘉華大酒樓	Ka Wah Restaurant	2795 3838
中	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2305 9990
中	嘉豪酒樓	Ka Ho Restaurant	2755 2982
中	稻香	Tao Heung	3582 4028
中	稻香超級漁港	Tao Heung Super 88	
	(德福商場店)	(Telford Plaza Shop)	2243 3855
	(麗港城商場店)	(Laguna Plaza Shop)	2717 6860
中	潮篇	Chaozhou Cuisine	2779 1919
中	潮館	Chao Inn	3542 5788
中	鍾菜	Chung's Cuisine	2995 3038
快	聯合醫院職員餐廳 (只供職員)	United Christian Hospital Staff Canteen (Staff Only)	3513 4065
西	Bistro Délifrance	Bistro Délifrance	2756 9565
西	Délifrance	Délifrance	2757 4518
西	Studio City Bar & Cafe	Studio City Bar & Cafe	3543 5638

中	中菜 Chinese
西	西餐 Western
快	快餐店 Fast Food Restaurant
亞	亞洲菜 Asian
茶	茶餐廳 Chinese Style Tea Restaurant
其	其他 Others

油尖旺區 YAU TSIM MONG DISTRICT

大家樂 (九龍機鐵站店)	Café de Coral (Kowloon Station Shop)	2376 2315
(中港城店)	(China Hong Kong City Shop)	2957 8779
(友誠商業中心店)	(Yau Shing Commercial Centre Shop)	2390 9694
(百誠大廈店)	(Pak Shing Building Shop)	2782 3115
(希爾頓中心店)	(Hilton Tower Shop)	2311 6031
(旺角中心店)	(Argyle Centre Shop)	2396 8797
(星光行店)	(Star House Shop)	2736 4900
(重慶大廈店)	(Chungking Mansion Shop)	2367 0802
(港威商場店)	(Gateway Arcade Shop)	2175 0181
(奧海城店)	(Olympian City Shop)	2271 4165
(富達大廈店)	(Foo Tat Building Shop)	2770 5339
(雅蘭商場店)	(Grand Tower Shop)	2393 2667
(新世紀廣場店)	(Grand Century Place Shop)	2142 3679
(康寧大廈店)	(Honland Building Shop)	2397 1252
(愛賓商業大廈店)	(Albion Plaza Shop)	2369 1210
上樓	Shanghai Inn	2780 8138
月滿坊	Full Moon	2955 5113
北京拉麵店	Peking Noodles	2380 2183
功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2312 7800
伊利沙伯醫院職員飯室(只供職員)	Queen Elizabeth Hospital Staff Canteen (Staff only)	2384 2656
百樂門宴會廳	Paramount Banquet Hall	2721 8821
西龍傳香飯糰	QQ Rice	2789 0731
金皇朝海鮮酒家	Golden Dynasty Seafood Restaurant	2770 2328
欣宴	Eky's Banquet	2332 2698
青葉日本料理	AOBA Japanese Restaurant	2300 1985
迎禧大酒樓	Cheers Restaurant	
(雅蘭中心店)	(Grand Tower Shop)	2308 1668
(彌敦酒店店)	(Nathan Hotel Shop)	2770 3323
美心MX	Maxim's MX	
(友誠商業大廈店)	(Yau Shing Commercial Centre Shop)	2390 7530
(金巴利道店)	(Kimberley Road Shop)	2311 5006
(港鐵旺角東站店)	(Mong Kok East Station Shop)	2397 6303
(新文華中心店)	(New Mandarin Plaza Shop)	2311 8589
風月堂	Orchard Garden Café & Restaurant	
(亞皆老街店)	(Argyle Street Shop)	2699 3002
(奧海城店)	(Olympian City Shop)	2393 3959
帝苑酒店	The Royal Garden	
(東來順)	(Dong Lai Shun)	2733 2020
(帝苑軒)	(The Royal Garden Chinese Restaurant)	2724 2666
(雅苑座)	(The Greenery)	2733 2030
(Le Soleil 越南餐廳)	(Le Soleil)	2733 2033
皇家太平洋酒店 - 柏景餐廳	The Royal Pacific Hotel & Towers - Café on the Park	2738 2322
客家好棧	Hakka Hut	2369 3822
查理布朗咖啡專門店	Charlie Brown Café	2366 6325
紅葱頭	Cafe MED	
(始創中心店)	(Pioneer Centre Shop)	2626 0596
(朗豪坊店)	(Langham Place Shop)	3514 9322
(通菜街店)	(Tung Choi Street Shop)	3514 9223
海皇粥店	Ocean Empire	
(旺角道店)	(Mongkok Road Shop)	2396 0126
(彌敦道店)	(Nathan Road Shop)	2385 6732
茶禪	Cafe Zen	9606 2086
御苑皇宴	The Banqueting House	3962 1188
彩福皇宴	Choi Fook Royal Banquet	
(始創中心店)	(Pioneer Centre Shop)	2766 0886
(莊士倫敦廣場店)	(Chuang's London Plaza Shop)	2142 8898
(彌敦道店)	(Nathan Road Shop)	2332 2698
甜蜜蜜新生咖啡店	Teresa New Life Coffee Shop	2723 6634
普光齋	Light Vegetarian Restaurant	2384 2833

油尖旺區 YAU TSIM MONG DISTRICT

富臨酒家 (協成行店)	Foo Lum Restaurant (HSH Mongkok Plaza Shop)	2396 2980
(創興廣場店)	(Chong Hing Square Shop)	2770 3386
富臨漁港	Foo Lum Fishman's Wharf Restaurant	2148 2188
富豪九龍酒店 (雅廊咖啡室)	Regal Kowloon Hotel (Café Allegro)	2313 8718
(Mezzo Grill)	(Mezzo Grill)	2313 8788
富臨漁港臨門 (百誠大廈店)	Pleasant Palace (Pak Shing Building Shop)	2770 6883
(安達中心店)	(Auto Plaza Shop)	2723 8132
鐵板超純和風日本料理	Teppan Chiu Japanese Restaurant	2787 5135
新星海鮮酒家 (赫德道店)	New Star Seafood Restaurant (Hart Avenue Shop)	2366 1428
(廣華街店)	(Kwong Wa Street Shop)	2780 2226
翠華餐廳 (白加士街店)	Tsui Wah Restaurant (Parkes Street Shop)	2384 8388
(北海街店)	(Pak Hoi Street Shop)	2780 8328
(加拿芬道店)	(Carnarvon Road Shop)	2366 8250
靚煲皇	Supreme Hot Pot	2399 0812
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2622 2699
稻香 (加拿芬廣場店)	Tao Heung (Carnarvon Plaza Shop)	2367 1328
(新九龍廣場店)	(New Kowloon Plaza Shop)	3529 1282
稻香超級漁港 (雅蘭中心店)	Tao Heung Super 88 (Grand Tower Shop)	2390 0882
(新港中心店)	(Silver Cord Shop)	2375 9128
(彌敦酒店店)	(Nathan Hotel Shop)	2771 3922
潮樓	Chao Inn	2780 8193
潮館	Chao Inn	2628 3728
聯邦金閣酒家	Golden Federal Restaurant	2628 0823
聯邦皇宮 (奧海城店)	Federal Palace Restaurant (Olympian City Shop)	2626 0033
(彌敦道店)	(Nathan Road Shop)	2626 0022
醫管局大樓職員餐廳(只供職員)	Hospital Authority Building Staff Canteen (Staff Only)	2194 6801
Délifrance (尖沙咀中心店)	Délifrance (Tsim Sha Tsui Centre Shop)	2367 7523
(其士大廈店)	(Chevalier House Shop)	2316 2602
(亞皆老街店)	(Argyle Street Shop)	2396 6257
(朗豪坊店)	(Langham Place Shop)	3514 9055
(漢興大廈店)	(Han Hing Mansion Shop)	2368 3120
Marco's	Marco's	2375 2352
Munch	Munch	2952 9991

深水埗區 SHAM SHUI PO DISTRICT

大家樂 (元州街店)	Café de Coral (Un Chau Street Shop)	2725 6403
(百老匯街店)	(Broadway Shop)	2785 4103
(李鄭屋邨商場店)	(Lei Cheng Uk Shopping Centre Shop)	2958 1671
(長沙灣道店)	(Cheung Sha Wan Road Shop)	2728 3007
(昇悅商場店)	(Liberte Place Shop)	2204 4535
(萬事達廣場店)	(Mount Sterling Mall Shop)	2785 5821
(億利工業大廈中心店)	(Elite Industrial Centre Shop)	2741 2705
北京拉麵店	Peking Noodle	2361 9069
西龍傳香飯糰	QQ Rice	2387 9838
美心MX	Maxim's MX	2742 4679
海皇粥店	Ocean Empire	2307 6184
新生餐廳	New Life Restaurant	2777 4726
新星海鮮酒家	New Star Seafood Restaurant	2991 4903
富臨漁港	Foo Lum Fishman's Wharf Restaurant	2368 3738
富臨漁港臨門 (長沙灣廣場店)	Pleasant Palace (Cheung Sha Wan Plaza Shop)	2310 8880
(富華廣場店)	(Florence Plaza Shop)	2370 3262
稻坊	Tao Square	2716 9888
Délifrance	Délifrance	2242 6669

九龍城區 KOWLOON CITY DISTRICT

中	又一居會所餐廳	Club Oasis Restaurant	2788 3881
快	大家樂	Café de Coral	
	(又一城店)	(Festival Walk Shop)	2265 8225
	(九龍城廣場店)	(Kowloon City Plaza Shop)	2383 5322
	(北帝街店)	(Pak Tai Street Shop)	2713 8150
	(昌景閣店)	(Chong Chien Court Shop)	2774 4823
	(黃埔花園百合苑店)	(Commercial Podium Whampoa Garden Shop)	2994 5253
	(黃埔花園第一期商場店)	(Site 1 Whampoa Garden Shop)	2363 7435
	(寶怡大廈店)	(Bowie Mansion Shop)	2764 7131
快	生果報社	Fruit Magazine	2713 8319
中	江南美廚	Kong Nam Kitchen	2798 8921
快	美心MX	Maxim's MX	
	(馬頭涌道店)	(Ma Tau Chung Road Shop)	2712 2917
	(黃埔花園店)	(Whampoa Garden Shop)	2333 7136
快	香港公開大學會所(只供學生和職員)	Hong Kong Open University Canteen (Students & Staff Only)	2712 5447
	香港城市大學	City University of Hong Kong	
	(城大食坊)(只供學生)	(Student Canteen) (Student Only)	2776 1551
中	(城軒海鮮酒家)	(City Chinese Restaurant)	2788 8163
西	(城峰閣西餐廳)	(City Top Restaurant)	2788 8139
中	香港理工大學聚賢樓中菜廳	The Hong Kong Polytechnic University Four Seas Restaurant	2766 4778
快	紅磡香港理工大學學生飯堂及教職員飯堂(只供學生和職員)	Hung Hom The Hong Kong Polytechnic University Student and Staff Canteen (Students & Staff Only)	2766 6979
快	海皇粥店	Ocean Empire	
	(黃埔花園店)	(Whampoa Garden Shop)	2330 2389
	(馬頭圍道店)	(Ma Tau Wai Road Shop)	2330 3200
中	彩福皇宴	Choi Fook Royal Banquet	2811 1983
	富豪東方酒店	Regal Oriental Hotel	
西	(五洲餐廳)	(Five Continents)	2132 3388
中	(富豪坊)	(Regal Palace)	2132 3456
中	富臨漁港薈臨門	Pleasant Palace	2365 2881
中	富臨漁港	Foo Lum Fishman's Wharf Restaurant	
	(明安街店)	(Ming On Street Shop)	2363 2883
	(馬頭角道店)	(Ma Tau Kok Road Shop)	2768 8618
中	新星海鮮酒家	New Star Seafood Restaurant	2362 7645
西	榆豐餐廳	Elmgancy Café	3162 8773
中	肇順名匯河鮮專門店	Siu Shun Village Cuisine	2330 2866
中	稻香超級漁港	Tao Heung Super 88	3691 8933
中	觀自在素食	Bodhisattva Vegetarian Restaurant	2382 7688
中	薈慶藝廚酒家	Happiness Cuisine	2712 8168
西	Bistro Délifrance	Bistro Délifrance	
	(又一城店)	(Festival Walk Shop)	2265 7072
	(黃埔花園商場店)	(Whampoa Garden Shop)	2330 3933

- 中 中菜 Chinese
- 西 西餐 Western
- 快 快餐店 Fast Food Restaurant
- 亞 亞洲菜 Asian
- 茶 茶餐廳 Chinese Style Tea Restaurant
- 其 其他 Others

黃大仙區 WONG TAI SIN DISTRICT

快	大家樂	Café de Coral	
	(黃大仙中心店)	(Wong Tai Sin shopping Centre Shop)	2352 2032
	(華興工業大廈店)	(Wah Hing Industrial Mansions Shop)	2352 2117
	(慈雲山中心店)	(Tsz Wan Shan Shopping Centre Shop)	2194 7376
	(鳳德商場店)	(Fung Tak Shopping Centre Shop)	2327 8486
	(龍翔中心店)	(Lung Cheung Mall Shop)	2320 7441
快	西龍傳香飯糰	QQ Rice	
	(彩虹港鐵站店)	(Choi Hung MTR Station Shop)	2326 9830
	(鑽石山港鐵站店)	(Diamond Hill MTR Station Shop)	2322 8731
茶	金飯碗餐廳	Gold Rice Bowl Restaurant	2329 7112
快	美心MX	Maxim's MX	
	(竹園中心店)	(Chuk Yuen Shopping Centre Shop)	2327 8551
	(黃大仙中心店)	(Wong Tai Sin Shopping Centre Shop)	2321 9331
中	客家好棧	Hakka Hut	2398 8831
中	御苑酒家	The China House	3162 3788
中	富臨漁港	Foo Lum Fishman's Wharf Restaurant	2320 8088
中	富臨漁港薈臨門	Pleasant Palace	2320 9080
中	肇順名匯河鮮專門店	Siu Shun Village Cuisine	2322 9932
快	翠華餐廳	Tsui Wah Restaurant	2324 6486
中	聯邦大酒樓	Federal Restaurant	2626 0011
中	麗都軒	Nice Capital Restaurant	2827 1168

西貢區 SAI KUNG DISTRICT

快	大家樂	Café de Coral	
	(尚德商場店)	(Sheung Tak Shopping Centre Shop)	2178 4070
	(南豐廣場店)	(Nan Fung Plaza Shop)	2177 3095
	(東港城店)	(East Point City Shop)	2628 4535
	(彩明商場店)	(Choi Ming Shopping Centre Shop)	3409 5070
	(景林商場店)	(King Lam Shopping Centre Shop)	2177 0935
	(新都城中心店)	(Metro City Plaza Shop)	3194 3539
	(翠林邨商場店)	(Tsui Lam Shopping Centre Shop)	2702 0118
中	上樓	Shanghai Inn	2623 2811
中	太興燒味餐廳	Tai Hing Roast Restaurant	2628 6072
中	北京拉麵店	Peking Noodle	2266 6157
中	百份百餐廳	Hundred Percent Restaurant	2271 9100
快	西龍傳香飯糰	QQ Rice	
	(坑口港鐵站店)	(MTR Hang Hau Station Shop)	2706 6747
	(將軍澳港鐵站店)	(MTR Tseung Kwan O Station Shop)	2623 3757
中	迎禧大酒樓	Cheers Restaurant	2701 3800
快	美心MX	Maxim's MX	
	(君薈坊店)	(The Edge Shop)	2752 1061
	(東港城店)	(East Point City Shop)	2628 5010
	(新都城中心店)	(Metro City Plaza Shop)	3194 4210
中	客家好棧	Hakka Hut	3194 6648
快	香港科技大學學生飯堂(只供學生和職員)	The Hong Kong University of Science & Technology Student Canteen (Student & Staff Only)	2243 1287
快	海皇JP One	JP One	3417 4059
快	海皇粥店	Ocean Empire	
	(將軍澳中心店)	(Park Central Shop)	2890 8717
	(新都城中心店)	(Metro City Shop)	3194 4893
快	將軍澳醫院職員餐廳(只供職員)	Tseung Kwan O Hospital Staff Canteen (Staff Only)	2208 0063
快	壹蘋果大樓員工餐廳(只供職員)	Next Media Apple Daily Canteen (Staff Only)	2990 7885
中	新一派·味道	New Taste	2701 9188
中	稻香	Tao Heung	3157 1198
中	稻香超級漁港	Tao Heung Super 88	2701 3800
中	潮館	Chao Inn	2191 0788
西	Délifrance	Délifrance	3417 4247
茶	MCL翠華餐廳	MCL Tsui Wah Restaurant	2525 5288

大埔 TAI PO DISTRICT 區

大家樂 (大埔中心店)	Café de Coral (Tai Po Centre Shop)	2665 2731
大家樂 (太和商場店)	(Tai Wo Shopping Centre Shop)	2653 8336
大家樂 (富亨商場店)	(Fu Hang Shopping Centre Shop)	2660 6295
大家樂 (新達廣場店)	(Uptown Plaza Shop)	2657 6908
大家樂 (廣福商場店)	(Kwong Fuk Shop)	2650 6823
大埔醫院職員餐廳 (只供職員)	Tai Po Hospital Staff Canteen (Staff Only)	2661 2081
迎囍大酒樓	Cheers Restaurant	2144 0889
美心MX	Maxim's MX	2638 8239
香港科學園美食廣場	Hong Kong Science Park Canteen	2607 4080
香港教育學院餐廳	The Hong Kong Institute of Education Canteen	2948 7600
彩福海鮮酒家	Choi Fook Restaurant	2766 3788
雅麗氏何妙齡那打素醫院小食部	Alice Ho Nethersole Hospital Snack Bar	2661 8078
稻香	Tao Heung	2666 9923

荃灣 TSUEN WAN DISTRICT 區

大家樂 (昌耀大廈店)	Café de Coral (Cheong Yiu Mansion Shop)	2499 8518
大家樂 (南豐中心店)	(Nam Fung Centre Shop)	2413 6314
大家樂 (海濱花園店)	(Riviera Garden Shop)	2408 9941
大家樂 (荃新天地店)	(Citywalk Shop)	2941 0172
大家樂 (荃灣中心店)	(Tsuen Wan Centre Shop)	2411 0128
大家樂 (荃灣廣場店)	(Tsuen Wan Plaza Shop)	2499 3515
大家樂 (麗城廣場店)	(Belvedere Square Shop)	2417 3959
北京拉麵店	Peking Noodle	2944 8282
百樂門宴會廳	Paramount Banquet Hall	2419 0348
合發翠華餐廳	Hop Fat Tsui Wah Restaurant	2490 0723
西龍傳香飯糰	QQ Rice	2499 2583
金裝嫩奶佬 (大壩街63號店)	Daniel's Restaurant (63 Tai Pa Street Shop)	2414 7639
金裝嫩奶佬 (大壩街65號店)	(65 Tai Pa Street Shop)	2498 5662
迎囍大酒樓	Cheers Restaurant	2405 3928
美心MX (東亞商場店)	Maxim's MX (East Asia Commercial Centre Shop)	2499 9595
美心MX (荃錦中心店)	(Tsuen Kam Centre Shop)	2498 9401
美心MX (愉景新城商場店)	(Discovery Park Shop)	2940 5821
美心MX (綠楊坊店)	(Luk Yeung Galleria Shop)	2498 0283
美心MX (樂悠居店)	(Indihome Shop)	2439 1070
客家好棧	Hakka Hut	2406 9338
皇都漁港酒家	Royal Chinese Restaurant	2191 9288
海皇粥店	Ocean Empire	2740 4232
荃灣港安醫院職員餐廳 (只供職員)	Tsuen Wan Adventist Hospital Staff Canteen (Staff Only)	2276 7338
富臨漁港臨門	Pleasant Palace	2409 0883
新星海鮮酒家	New Star Seafood Restaurant	2402 8866
翠華餐廳	Tsui Wah Restaurant	2419 7738
稻香	Tao Heung	2940 6233
稻香超級漁港	Tao Heung Super 88	2499 0032
潮館	Chao Inn	3695 0338
爵悅庭住客會所 (只供會員)	Club Chelsea (Members Only)	2480 6022
聯邦大酒樓	Federal Restaurant	2626 0883
麗都識客	Nice Invitation	2827 2699
Délices	Délices	2940 4830

沙田 SHATIN DISTRICT 區

大家樂 (好運中心店)	Café de Coral (Lucky Plaza Shop)	2697 4114
大家樂 (金禧花園商場店)	(Grandeur Garden Shop)	2605 8112
大家樂 (威力工業中心店)	(Valiant Industrial Centre Shop)	2145 4619
大家樂 (恒安邨店)	(Hang On Estate Shop)	2642 0488
大家樂 (美林商場店)	(Mei Lam Shopping Centre Shop)	2605 0772
大家樂 (泰石商場店)	(Chun Shek Shopping Centre Shop)	2604 0770
大家樂 (第一城中心店)	(City One Plaza Shop)	2145 8871
大家樂 (頌安邨商場店)	(Chung On Shopping Centre Shop)	2683 5653
大家樂 (新城市廣場店)	(New Town Plaza Shop)	2692 7563
大家樂 (新港城中心店)	(Sunshine City Plaza Shop)	2631 6055
大家樂 (錦英商場店)	(Kam Ying Shopping Centre Shop)	2640 4376
大家樂 (耀安商場店)	(Yiu On Shopping Centre Shop)	2642 4204
大家樂 (瀝源商場店)	(Lek Yuen Shopping Centre Shop)	2607 0276
大家樂 (顯徑商場店)	(Hin Keng Shopping Centre Shop)	2687 3704
王廚咖啡	Wong's Kitchen and Cafe	2601 3218
太興燒味餐廳	Tai Hing Roast Restaurant	2693 2782
叻哥茶餐廳	Smart Man Restaurant	2648 6778
百份百餐廳	Hundred Percent Restaurant	2975 8100
江南美廚	Kong Nam Kitchen	3580 1608
老爹茶居	Daddy's Kitchen	2640 3878
突破青年村	Breakthrough Youth Village	2632 0725
君臨海鮮酒家	Shatin King's Fortune Seafood Restaurant	2667 6388
金福酒家	Golden Fortune Restaurant	2698 8288
金裝嫩奶佬 (馬鞍山廣場店)	Daniel's Restaurant (Ma On Shan Plaza Shop)	2630 5533
金裝嫩奶佬 (第一城中心店)	(City One Plaza Shop)	2648 6111
金裝嫩奶佬 (積福街店)	(Chik Fuk Street Shop)	2608 1331
美心MX (禾輦商場店)	Maxim's MX (Wo Che Commercial Complex Shop)	2694 7608
美心MX (利安邨商場店)	(Lee On Shopping Centre Shop)	2640 8926
美心MX (新城市廣場店)	(New Town Plaza Shop)	2693 0906
美心MX (新港城中心店)	(Sunshine City Plaza Shop)	2144 9610
皇都星級漁港	Royal Capital Harbour Restaurant	2607 0168
威爾斯親王醫院飯堂 (只供職員)	Prince of Wales Hospital Canteen (Staff Only)	2646 1132
峰山美食	Fung Shan Canteen	2947 7589
海皇JP One	JP One	2607 1693
海皇粥店 (沙田好運中心店)	Ocean Empire (Lucky Plaza Shop)	2692 4150
海皇粥店 (頌安廣場店)	(Chung On Shopping Centre Shop)	2633 5715
悅翠小廚	C-Jade Kitchen	2602 7199
富臨漁港	Foo Lum Fishman's Wharf Restaurant	2601 2989
廣東館	Canton Koon	2696 9268
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2699 9811
稻香超級漁港	Tao Heung Super 88	2681 3828
麗都總廚	New Capital Worldwide Kitchen	2693 9088
囍慶酒樓	Happiness Cuisine	2827 8803
Délices	Délices	2606 4881
H Corner	H Corner	2639 8420

北 NORTH DISTRICT 區

大家樂 (名都商場店)	Café de Coral (Fanling Town Centre Shop)	2144 4657
大家樂 (雍盛商場店)	(Yung Shing Shopping Centre Shop)	2278 2575
大家樂 (新都廣場店)	(Metropolis Plaza Shop)	2649 3498
大家樂 (新豐路店)	(San Fung Avenue Shop)	2673 5005
西龍傳香飯糰	QQ Rice	2639 9167
金裝嫩奶佬	Daniel's Restaurant	2639 0886
海皇粥店	Ocean Empire	2682 3798
稻香	Tao Heung	2682 5889
圖府統請	Hop Fu Tong Ching	2256 1335
麗都識客	Nice Invitation	2673 8829
Bistro Délices	Bistro Délices	2672 5256

元朗 YUEN LONG DISTRICT 區

亞	千味和食	Sen Aji Dining	2445 6821
快	大家樂	Café de Coral	
	(天慈商場店)	(Tin Tsz Shopping Centre Shop)	2446 6165
	(天澤商場店)	(Tin Chak Shopping Centre Shop)	2486 3039
	(香港濕地公園店)	(Hong Kong Wetland Park Shop)	2617 2652
	(頌富商場店)	(Chung Fu Shopping Centre Shop)	2253 0441
	(豐裕軒店)	(Opulene Height Shop)	2475 9549
中	太興新世代	Tai Hing New Century	2443 4410
茶	叻哥茶餐廳	Smart Man Restaurant	2446 2345
中	多福居酒家	Tremendous Luck Restaurant	3690 2738
茶	金裝嫩奶佬	Daniel's Restaurant	
	(千色廣場店)	(Citimall Shop)	2477 0708
	(新北江商場店)	(Kingswood Richly Plaza Shop)	2445 6321
快	美心MX	Maxim's MX	
	(天晴商場店)	(Tin Ching Commercial Centre Shop)	2351 5772
	(天盛商場店)	(Tin Shing Shopping Centre Shop)	2254 2736
	(天耀商場店)	(Tin Yiu Shopping Centre Shop)	2445 2527
	(元朗廣場店)	(Yuen Long Plaza Shop)	2476 6300
中	敘福樓海鮮酒家	Lucky House Restaurant	3156 1283
快	海皇粥店	Ocean Empire	2477 8050
快	博愛醫院職員餐廳	Pok Oi Hospital Canteen (Staff Only)	2486 8822
	(只供職員)		
中	新星海鮮酒家	New Star Seafood Restaurant	2478 2011
中	稻香	Tao Heung	2475 9251
中	潮樓	Chao Inn	2478 0628
中	麗都謙客	Nice Invitation	2479 9908
中	囍慶大酒樓	Happiness Restaurant	2827 6668
中	YoHo會所 (只供會員)	YoHo Club (Members Only)	2470 1550

葵青 KWAI TSING DISTRICT 區

快	大家樂	Café de Coral	
	(青衣城店)	(Maritime Square Shop)	2436 1025
	(梨木樹商場店)	(Lei Muk Shue Shopping Centre Shop)	2401 3192
	(葵涌商場店)	(Kwai Chung Shopping Centre Shop)	2279 4102
	(葵涌廣場店)	(Kwai Chung Plaza Shop)	2410 0313
	(藍澄灣商場店)	(Rambler Plaza Shop)	2495 0379
中	百樂門宴會廳	Paramount Banquet Hall	2496 8068
快	西龍傳香飯糰	QQ Rice	2432 2809
快	美心MX	Maxim's MX	
	(石蔭商場店)	(Shek Yam Shopping Centre Shop)	2276 0119
	(石籬商場店)	(Shek Lei Shopping Centre Shop)	2425 0230
	(長發商場店)	(Cheung Fat Shopping Centre Shop)	2436 9353
西	風月堂	Orchard Garden Café & Restaurant	2421 4817
快	葵涌醫院職員餐廳	Kwai Chung Hospital Staff Canteen (Staff Only)	2959 0474
	(只供職員)		
茶	新生餐廳	New Life Restaurant	2435 1077
中	新星海鮮酒家	New Star Seafood Restaurant	2149 0819
茶	廣發餐廳	Kwong Fat Restaurant	2612 1842
快	瑪嘉烈醫院職員飯堂	Prince Margaret Hospital Staff Canteen (Staff Only)	2741 1185
	(只供職員)		
中	稻香	Tao Heung	
	(青衣城店)	(Maritime Square Shop)	2433 1103
	(寶星廣場店)	(Po Sing Plaza Shop)	2487 2999
中	潮樓	Chao Inn	2189 7638
中	潮篇	Chaozhou Cuisine	2827 2789
中	潮館	Chao Inn	3521 0018
中	聯邦皇宮	Federal Palace Restaurant	2626 0618
西	Bistro Délifrance	Bistro Délifrance	2429 8936

離島 ISLANDS DISTRICT 區

快	大家樂	Café de Coral	
	(客運大樓港層店)	(Departures East Hall Shop)	2261 0879
	(逸東商場店)	(Yat Tung Shopping Centre Shop)	3141 7097
	(富東商場店)	(Fu Tung Shopping Centre Shop)	2109 0726
快	西龍傳香飯糰	QQ Rice	2261 0622
中	東薈軒海鮮酒家	Easterngate Seafood Restaurant	2955 5188
快	香港國際機場超級一號貨站飯堂 (只供職員)	Hong Kong International Airport Super Terminal 1 Canteen (Staff Only)	2286 0305
中	索迪斯(香港)有限公司-南丫島發電廠職員餐廳 (只供職員)	Sodexo (HK) Ltd-Staff Cafeteria of Lamma Power Station, The Hongkong Electric Co. Ltd. (Staff Only)	2388 8682
	富豪機場酒店	Regal Airport Hotel	
亞	(空港居酒屋)	(Airport Izakaya)	2286 6668
中	(紅軒中菜廳)	(Rouge)	2286 6868
中	(龍門客棧)	(Dragon Inn)	2286 6878
西	(藝廊咖啡室)	(Café Aficionado)	2286 6238
中	稻香	Tao Heung	2947 7488
中	潮樓	Chao Inn	3197 9098
中	聯邦皇宮	Federal Palace Restaurant	2626 0181
西	Délifrance	Délifrance	
	(東薈城店)	(City Gate Shop)	2109 4187
	(香港國際機場店)	(Hong Kong International Airport Shop)	2261 2056

屯門 TUEN MUN DISTRICT 區

中	二宜樓客家菜	Eryi Tower Southern China Provinces	2613 1386
茶	大姆指茶餐廳	Big Top Restaurant	2440 4321
快	大家樂	Café de Coral	
	(山景邨商場店)	(Shan King Commercial Centre Shop)	2456 0068
	(屯門市廣場店)	(Tuen Mun Town Plaza Shop)	2451 2431
	(安定商場店)	(On Ting Shop)	2441 9702
	(啟民徑店)	(Kai Man Path Shop)	2441 7035
	(新屯門中心店)	(Sun Tuen Mun Centre Shop)	2454 7520
	(蝴蝶商場店)	(Butterfly Shopping Centre Shop)	2455 7980
	(錦薈坊店)	(Kam Wah Garden Shop)	2458 4860
快	生果報社	Fruit Magazine	2458 5291
中	百份百餐廳	Hundred Percent Restaurant	2572 8100
快	青山醫院職員餐廳	Castle Peak Hospital Canteen (Staff Only)	2456 7090
	(只供職員)		
茶	金裝嫩奶佬	Daniel's Restaurant	
	(屯門時代廣場店)	(Tuen Mun Trend Plaza Shop)	2451 2408
	(華都花園店)	(Waldorf Garden Shop)	2441 5863
快	美心MX	Maxim's MX	
	(卓爾廣場店)	(Chelsea Heights Shop)	2465 5769
	(屯門市廣場店)	(Tuen Mun Plaza Shop)	2618 2952
	(華都花園商場店)	(Waldorf Garden Shopping Arcade Shop)	2618 7458
快	海皇粥店	Ocean Empire	2450 5938
中	悅翠堂粥麵甜品	C-Jade Meal Plus	2430 1909
中	新星海鮮酒家	New Star Seafood Restaurant	2613 1919
西	愛琴會悠閒廊 (只供會員)	La Fantasie Leisure Lounge (Members Only)	2949 5333
中	肇順名匯河鮮專門店	Siu Shun Village Cuisine	2462 8898
茶	翠華餐廳	Tsui Wah Restaurant	2463 7511
中	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2430 1909
中	潮館	Chao Inn	2404 0892
西	樂融融餐廳	Cafe Fusion	3511 0702
中	聯邦大酒樓	Federal Restaurant	2626 0088
中	麗都總廚	New Capital Worldwide Kitchen	2456 4888
西	Bistro Délifrance	Bistro Délifrance	2452 4307

中	中菜 Chinese
西	西餐 Western
快	快餐店 Fast Food Restaurant
亞	亞洲菜 Asian
茶	茶餐廳 Chinese Style Tea Restaurant
其	其他 Others

營養師的節日美食選擇

A DIETITIAN'S FESTIVAL CHOICES



李鎧而
香港營養學會一執行委員。

Carmela LEE
Executive Committee, Hong Kong Nutrition Association

聖誕節的腳步已近，除夕和元旦亦緊隨而來，在普天同慶的佳節裏，大家喜歡相約家人朋友聚會，共享美食，營養師李鎧而(Carmela)與你分享如何在節日期間保持均衡飲食。

「吃東西，總有下一次吧！」

Carmela說，她的飲食原則，是選擇多元化的食物，更重要的是控制進食的分量，「吃東西，總有下一次機會，所以淺嚐就可以了」，節日大餐有不少高熱量、高糖的食品，大家更應有所節制。

大家舉辦公司聯歡派對或家庭聚會時，都喜歡選購外賣盤裝食品，但這些食品以煎、炸為主。舉例來說，炸雞翼和春卷含油量較多，而甜品例如啫喱、什果賓治的糖分亦高。Carmela建議大家多選擇沙律、水果和低熱量的三文治(例如牛油果火雞三文治)，意大利粉則另上醬汁，再者，以蔬菜或水果作為餡料的薄餅卷(例如墨西哥玉米餅等)，亦是很好的選擇。

"Don't eat too much! There will always be a chance to enjoy food next time."

Carmela's principle of eating well is to choose a variety of foods with the right food portions. "There will always be a chance to enjoy food next time", she said. During the festivals like Christmas and New Year, there are lots of delicious foods. It is important not to overeat.

In company or family parties, people like to order take away party food, which have a high fat or sugar content, e.g. deep-fried chicken wings and spring rolls. Carmela suggests to order salads, fruits and low-calorie sandwiches (e.g. avocado and turkey sandwiches). Rolls with more fruits and vegetables (like Mexican tortilla) are also healthy food choices.

Many people opt for a buffet to celebrate a festival; Carmela's advice is to fill your stomach with salads, soup or sushi. Yet she added, fatty fishes such as salmon and tuna fish contained high levels of protein and unsaturated fat,

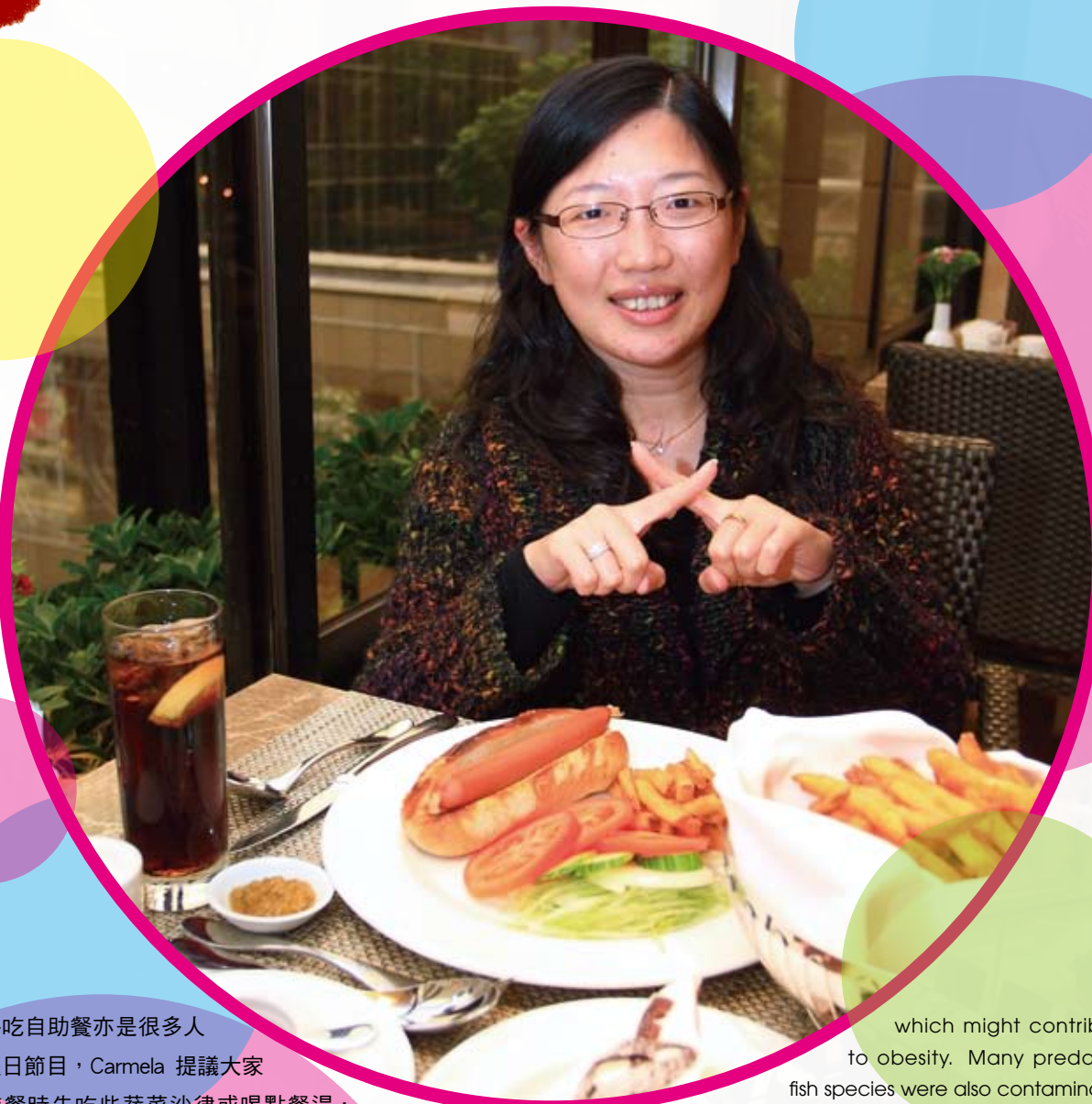
節日食品的熱量、脂肪和糖分含量

TABLE: ENERGY, FAT AND SUGAR CONTENTS OF SOME PARTY FOODS

食品(每100克) Food Items (per 100 gm)	熱量(千卡) Energy (Kcal)	脂肪含量(克) Fat (gm)	糖分(克) Sugar(gm)
燒火雞 ^a Grilled Turkey	170	4.97	-
燒雞翼 ^a Grilled Chicken Wings	290	19.46	-
燒排骨 ^a Grilled Ribs	328	25.34	-
肉醬意粉(約半碗) ^a Spaghetti with Minced Beef (about 1/2 bowl)	90	1	-
春卷(約一條) ^b Spring Rolls (about 1 piece)	340	24	-
炸薯條(約一杯) ^b French Fries (about 1 cup)	340	17	-
啫喱/果凍 ^a Jelly	266	-	51.2
椰汁馬豆糕 ^b Coconut Milk Jelly with Yellow Split Peas	130	4.8	14
什果賓治飲品(每杯8安士) ^a Fruit Punch (8 oz)	115	-	29
鮮榨橙汁 ^b Fresh orange Juice	113	-	19

資料來源 a. 美國農業部轄下的營養素資料實驗室
b. 食物安全中心轄下的食物研究化驗所

Source a. The USDA Nutrient Data Laboratory
b. The Food Research Laboratory of the Centre for Food Safety



出外吃自助餐亦是很多人的假日節目，Carmela 提議大家在進餐時先吃些蔬菜沙律或喝點餐湯，讓自己有點吃飽的感覺，大家很喜愛的壽司亦同樣容易讓人有肚飽的感覺。

此外，在自助餐桌上，香港人尤其喜歡三文魚刺身、吞拿魚刺身和生蠔等海產食品。大家總以為這些含奧米加三脂肪酸的魚類對身體有益，但海鮮在食物金字塔中屬於肉類，含豐富蛋白質和不飽和脂肪，吃多了仍然會致肥；捕食性魚類例如吞拿魚和劍魚的重金屬含量特別高，亦不適宜過量食用。

Carmela提醒大家，飽餐之後不用刻意節食，反正禁食一兩餐也不能彌補之前吃下的熱量。只要儘快回覆正常膳食，避免繼續攝取過量營養，保持適量和恆常運動，便可維持理想體重。

which might contribute to obesity. Many predatory fish species were also contaminated with heavy metals.

Eating a Variety of Foods

Carmela observes that whilst many people do not fully understand the concept of healthy eating or too busy to eat properly, some people are overcautious of their diet that they take in too many supplements.

More and more people have adopted the principle of "less oil, salt and sugar" and "more vegetables". It is also important to try to eat a variety of foods. Remember that there is no single "super food" that contains all the nutrients we need. Through eating a wide variety of foodstuff, one can maintain body health and enjoy the fun of eating at the same time.



除了節慶時暴飲暴食的問題外，Carmela還觀察到香港人在飲食方面有幾個主要問題：

認知問題 不少人對食物的營養價值一知半解，除了上述海鮮的例子外，他們不知道魚蛋、魚肉燒賣等小食含有肉類和添加劑，加上濃烈的醬汁，絕非健康之選。

缺乏自律 相信大部人並非不知道健康飲食原則，只是美食當前，有時難免吃得過量。另外，香港人普遍工作繁忙，以致食無定時，或是經常要出外飲食，因而容易攝取過多鹽和油。

過猶不及 Carmela亦遇過少數極端的個案，有些人極為注意飲食，禁絕所有預製的食品，但倒頭來卻吃很多補充劑，這亦非良好的飲食習慣。

此外，Carmela認為大家無須戒絕用油，「每餐都是白焯菜，吃得多也會生厭吧！」她建議，每人一餐大約可攝取一茶匙油，除了蒸或焯的菜式外，不妨加一兩款小炒菜式，讓食物

多點變化，增添飲食的樂趣。上班前、下班後和飯後最好略為散步，除了能消耗熱量外，還能保持身心平衡。

吃得健康 最終還是自己得益

Carmela認為，現時公眾普遍接受少油、少鹽、少糖和多蔬菜的飲食原則，但作為一個營養師，她更推崇多元化的飲食模式，因為每種食物所含營養素和配搭也不同，暫時也未發現一種可提供身體所需全部營養的「超級食物」(super food)。因此，要得到均衡營養，必須進食不同種類的食物；況且食物種類越多，烹調的變化越大，令人更感受到飲食的樂趣。無論選擇哪些菜式，只要依照健康飲食的原則，並注意進食分量，便可健康愉快地享受各國的美饌佳餚了！

Carmela說，最重要的還是看顧自己的身體，吃得健康，最終還是自己得益。

雪花蝦

Scrambled Egg White with Prawn and Pine Nuts



林思為
Sylvia LAM
香港營養師協會主席
President, Hong
Kong Dietitians
Association

菜式中加入有益的崧子仁可增加攝取不飽和脂肪酸，而只用蛋白做食材可大大減低菜式的膽固醇含量，適合一家大細食用。

Adding pine nuts into dishes can increase consumption of unsaturated fatty acids while using egg whites as ingredients can greatly reduce cholesterol content of a dish. This dish is suitable for the whole family.



試食兵團

話你知

Message from

Tasting Team



蛋白炒鮮蝦，配上西芹粒及崧子仁，西芹味濃、崧子仁增加口感，是一款簡單而可口的家常小菜。若不太喜歡西芹的味道，可改用中芹或芫茜。

Shrimps are fried with egg white, celery and pine nuts. Celery add colours while pine nuts add mouthfeel to the dish. It is a simple yet delicious home dish. For people who do not like the taste of celery, Chinese celery or parsley are also fine.



本食譜由麥潔兒提供
This recipe is provided by
Kit MAK

材料: (4人分量)

西芹	4條
蛋白	5隻
高湯	1/4杯
生粉	3茶匙
崙子仁	1湯匙
蝦肉	10隻
菜籽油	3茶匙

Ingredients : (Serves 4)

Celery	4 stalks
Egg White	5 pieces
Broth	1/4 cup
Starch	3 teaspoons
Pine Nuts	1 tablespoon
Prawn (peeled)	10 pieces
Canola Oil	3 teaspoons

調味料:

鹽	1/4茶匙
糖	1/4茶匙
麻油	1/2茶匙

Seasonings :

Salt	1/4 teaspoon
Sugar	1/4 teaspoon
Sesame Oil	1/2 teaspoon

步驟:

1. 西芹切粒、蛋白加入高湯及生粉，拌勻備用。
2. 燒熱鑊，白鑊下崙子仁炒至金黃色備用。
3. 燒熱少許油，下西芹粒炒勻，下鹽、糖調味取出。
4. 再下蝦炒熟取出。
5. 燒熱油，注入蛋白，輕輕炒勻，下蝦同炒，最後下西芹粒和崙子仁，下麻油調味，即可。

Cooking method :

1. Dice celery. Add broth and starch into egg white. Mix well and set aside.
2. Heat a wok. Stir-fry pine nuts without oil, until golden brownish.
3. Heat little oil in the wok. Stir-fry celery and season with salt and sugar. Set aside.
4. Stir-fry prawn until done. Set aside.
5. Heat oil in the wok. Slightly sauté egg white, add prawn, celery and pine nuts. Season with sesame oil. Serve.



每一份 Per serving :

熱量 Energy	101	千卡 kcal
碳水化合物 Carbohydrate	4	克 gm
蛋白質 Protein	8	克 gm
脂肪 Fat	6	克 gm
糖 Sugar	1	克 gm
鈉質 Sodium	268	毫克 mg

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

黃金元貝羹

Scallops and Pumpkin Soup



林思為
Sylvia LAM
香港營養師協會會長
Chairman, Hong
Kong Dietitians
Association



此湯羹用了日式材料如昆布和鰹魚片作高湯，配合南瓜的鮮甜味度，稍加鹽調味便十分美味，更符合減少用鹽的飲食原則。

Japanese ingredients such as kelp and bonito flakes are being used in making the broth. When matching with the natural sweetness of pumpkin, a flavourful dish is being created with small amount of salt.



試食兵團 話你知

Message from **Tasting Team**



南瓜味甜兼營養豐富、帶子鮮美，配上切成小片的雪耳，增加爽脆感覺。

Pumpkin is a sweet and nutritious fruit, which blends well with the scallop in this soup. Chopped silver ears adds a silky and crunchy texture.



本食譜由麥潔兒提供
This recipe is provided by Kit MAK

材料: (4人份量)

帶子	10粒
雪耳	1棵
南瓜	1/2個
高湯	1公升
菜籽油	3茶匙
薑片	2片
生粉水	適量
蔥花	少許

Ingredients: (Serves 4)

Scallop	10 pieces
Silver Ear	1 piece
Pumpkin	1/2 piece
Broth	1 litre
Canola Oil	3 teaspoons
Ginger	2 slices
Mixture of starch and water	some
Spring onion (finely chopped)	to taste

調味料:

鹽	1/2茶匙
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Seasonings:

Salt	1/2 teaspoon
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步驟:

1. 帶子切薄片、略焯，備用。
2. 雪耳浸軟，汆水切碎備用。
3. 南瓜去皮切件，放入高湯煮8-10分鐘至熟透，放入攪拌機打至細滑。
4. 燒熱油，下薑片爆香，放入南瓜湯及雪耳碎煮沸，加入帶子，以生粉水埋芡，最後下少許蔥花即可。

Cooking method:

1. Thinly slice scallops then blanch in water. Set aside.
2. Soak silver ear. Blanch and then finely chop. Set aside.
3. Peel the pumpkin and cut it into pieces. Cook pumpkin in broth for 8-10 minutes until done. Purée them in a food processor.
4. Heat up oil, sauté ginger until aromatic. Add pumpkin purée and silver ear. Bring to a boil and then add scallop. Thicken the soup with the mixture of starch and water. Garnish with spring onion. Serve.

高湯材料:

昆布(10厘米長)	4塊
清水	1公升
鯉魚片	50克

Broth Ingredients:

Kelp (10 cm in length)	4 pieces
Water	1 litre
Bonito Flakes	50 gm

Cooking method:

步驟:

1. 昆布以濕布抹淨，浸於清水中約1小時，然後加熱。
2. 微暖時，取出昆布，繼續加熱。
3. 沸騰時，加入鯉魚片，轉細火煮5分鐘。
4. 蓋上，熄火，焗15分鐘，濾出清湯即可。

1. Clean kelp with a wet cloth. Soak kelp in water for about 1 hour then heat it up.
2. Take out kelp when the water is warm. Continue to heat it up.
3. Add bonito flakes when boiling. Reduce to low heat and cook for 5 minutes.
4. Cover with a lid and turn off the heat. Let stand for 15 minutes. Drain soup. Done.



每一份 Per serving:

熱量 Energy	97	千卡 kcal
碳水化合物 Carbohydrate	9	克 gm
蛋白質 Protein	8	克 gm
脂肪 Fat	4	克 gm
糖 Sugar	1	克 gm
鈉質 Sodium	354	毫克 mg

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

美女廚神

KIT MAK
BEAUTY CHEF

麥潔兒



吃膩了濃味的千島醬，可以用香蕉和香草做一款清新健康的醬汁來配沙律；要弄甜品又不想用太多糖，可以下點鹽帶出低脂奶的香味……著名食譜設計師麥潔兒（Kit MAK）在傳統的食品稍加變化，讓人吃出不同的感覺。

年紀輕輕的Kit MAK堪稱新派食譜設計師。她畢業於香港理工大學酒店及餐飲管理學系，除了撰寫食譜和飲食專欄外，她也是烹飪導師、電視和網上烹飪節目的主持人，更在著名飲食機構擔任食物造型設計師。Kit至今已推出多本食譜，還開設了個人的網站。

Kit雖不是科班出身，但這天她為《營廚》作烹飪示範，親自買菜、切菜、將材料下鑊，過程一絲不苟，二十分鐘就能做出了一菜一湯；她喜歡品嚐不同菜式、參考各式食譜，再用自己的方式演繹出來，以簡單、新鮮的材料做菜，有時更以香草、水果等健康食材入饌，製作清新的菜式。

此外，Kit這天又介紹了她的烹飪「五寶」，就是甘筍、西芹、洋蔥、蒜頭和黑椒粒。她說以這些天然香料醃製肉類，效果奇佳，尤其西芹汁可以令肉類更鬆軟，遠勝於下梳打粉或鬆肉粉。

節日歡聚好煮意

年近歲晚，聖誕、元旦、農曆新年接踵而來，大家與良朋親友歡聚，少不免開懷大嚼，Kit建議了數款食品，讓大家可以為朋友預備一頓清新健康的節日晚餐。

前菜 / 小吃 可考慮弄一個清新的餐前小吃，例如將鮮蘋果和橙切粒，做沙律、賓治雜飲或西柚汁等。

湯 將多種蔬菜加入牛脰，煮一鍋清淡的餐湯。牛脰是一頭牛最瘦的部分，油分較少。

主菜- 烤雞 將鮮雞略煎一下，加入迷迭香、百里香、蒜頭、洋蔥、西芹粒和甘筍，放入烤箱烤熟，烤焗過程可將雞肉的油分烤出。除了選用雞肉外，亦可考慮選用豬扒，味道同樣可口。若想吃點米飯，Kit推薦中東米（couscous，或稱蒸粗麥粉，由粗小麥粉加工做成的穀類食品），製法是將高湯、番茄和洋蔥加入中東米略煮，美味又簡單。

甜品 迷迭香牛奶布甸、藍莓薄荷乳酪特飲等，都可以作為餐後的甜品。

除了西式菜譜外，Kit還介紹了兩款中菜，同樣富有特色。



第一道菜式是「生撈」，這是馬來西亞華人的賀年食品，寓意吉祥，清新健康，有別於較油膩的賀年食品。「生撈」的做法是以甘筍絲、白蘿蔔絲、青瓜絲加入三文魚魚生和海蜆，再下青檸汁、辣椒、少許糖和生抽，最後加入一些花生。

第二道菜式是竹筴釀豆腐，製法是將雞蛋加入豆腐，以擠筒擠在浸透的竹筴上，加上杞子隔水蒸熟。她說，竹筴一盞一盞的排起來，外觀得體，味道鮮美。

自創食譜 實現夢想

聽Kit如數家珍地說出很多烹飪秘訣，是多年來不斷嘗試的成果。她自三、四歲開始便經常看電視的烹飪節目，引發了對煮食的興趣，心中暗想「為甚麼他們做得到？」難得Kit的母親廚藝精湛，在母親耳提面授下，Kit開始嘗試煮食，漸漸培養烹飪的興趣，並立志日後成為食譜設計師。

不過，Kit卻從沒有想過當上廚師，她覺得需要很大力氣，怕應付不來，於是選擇修讀了與飲食相關的科目。大學畢業後，Kit一心想從事宴會統籌工作，但世事豈能盡如人意，結果她從事了其他工作。不過，Kit並沒有放棄理想，在工餘時間不斷研究新菜式，並編寫食譜，將食譜投送到不同的雜誌社。

隨心所欲 吃出感覺

Kit表示，她初時編寫食譜，還是依循中菜、西菜或甜品的分類。現時她認為不必以任何菜式類型限制自己，她希望透過不同的食材和造型，演繹不同的感覺。

Kit認為，現時市民注重健康飲食，較着重食材的選擇，高纖維的糙米或紅米、植物油、有機食物等，漸漸受到歡迎。

Kit MAK obtained her degree in Hotel and Catering Management from The Hong Kong Polytechnic University. She is now a recipe designer, a food columnist as well as a television and web-based cooking show host.

Kit is renowned for being a "chef nouveau", who likes to add a modern touch to traditional recipes by using herbs, fruits and vegetables in her dishes.

Kit was fond of TV cooking shows when she was three or four years old. Her mother also taught her a lot in cooking. Her first job, however, was not related to cooking. She devoted her spare time in cooking and sent her recipes to various magazines. A magazine eventually accepted her recipes and Kit began her career as a food columnist.

Kit observes that more and more people have adopted a healthy way of eating, and healthy food such as brown rice and vegetable oils are becoming more popular.

As the Christmas and Chinese New Year are around the corner, Kit suggested a special festival menu to CookSmart.

Starter

Fruit punch, grape juice, and salad with apple and orange slices.

Soup

Beef shank soup with mixed vegetables.

Main course

Grilled chicken with couscous cooked in broth, tomatoes and onion.

Dessert

Blueberry and mint cocktail, and rosemary pudding.

烹飪小貼士 Cooking Tips

沙律

材料可選用木瓜加低脂奶(或乳酪)，或香蕉加點香草；以攪拌機打勻材料，即可製成可口又健康的沙律醬。

Salad

Smashed banana, herbs or cucumber with low fat milk is a wonderful salad dressing.

齋菜或 炆煮食品

將冰凍生蠔肉放在鑊上慢慢煮成蠔汁，用以烹煮齋菜。在烹煮蠔肉前，應在鑊上放些生薑，以去除蠔肉的腥味。

Stewing Dish

The boiling of frozen oyster in a wok can make a sauce for stewing dishes.

西式餐湯

煮西湯下少量薯仔，令湯煮來更豐厚。

Western Soup

The taste of soup can be enriched by the addition of potatoes.

西式甜品

若不想下太多糖，則可以下點鹽，以帶出奶的香味。

Dessert

The flavour of low fat milk in a dessert can be brought out by the addition of a little bit of salt.





有「營」人氣 Guide

EatSmart

出街食飯不想吃到肚滿腸肥，除可於點菜時講「少油，

唔該！」外，還可以怎樣？容易啦！只要登入衛生署「有『營』

食肆」專題網站<http://restaurant.eatsmart.gov.hk>尋找心水「有『營』

食肆」，並點選「3少之選」和「蔬果之選」菜式，便能夠吃得開心又安心！

同時，各會員亦可透過上述網站建立超連結，進一步向市民或員工推廣健康飲食。申請表已上載於同一網站，機會難逢，請立即行動！

To avoid eating oily dishes when dining out, what else can we do apart from saying "Less Oil, Please!" when we order dishes? Simply visit an EatSmart Restaurant and choose "3 Less Dishes" and "Dishes with More Fruit and Vegetables". You can now easily search for EatSmart Restaurants in the EatSmart Website (<http://restaurant.eatsmart.gov.hk>) of the Department of Health.

EatSmart Restaurants can further promote the concept of healthy eating to citizens and staff through a hyperlink on the above website. The application form for creation of a hyperlink is available at the website. Act now!



有營食肆 EatSmart Restaurants Is Your Healthy Choice!

我推介·表彰計劃 Commendation Scheme



為表揚「有『營』食肆」對推動健康飲食潮流所付出的努力及堅持，同時亦鼓勵食肆不斷提升菜式的品質、供應及宣傳，我們特別推出「有『營』食肆·我推介」- 表彰計劃，頒發獎項予積極推廣的商戶或集團。

只要連續三年參加「有『營』食肆」運動、年內供應最多種類的「有『營』菜式」，或貴食肆的「有『營』菜式」獲得最多市民投票，便有機會得到大獎。還未加入有『營』行列？請立刻致電2572 1476 查詢報名方法。

To give recognition to EatSmart Restaurants for their strenuous efforts and unfailing support, and to encourage restaurants to continuously improve the quality of EatSmart dishes, the Department of Health launches "EatSmart Restaurants Is Your Healthy Choice!" Commendation Scheme. Restaurants and groups which actively promote EatSmart dishes will be commended.

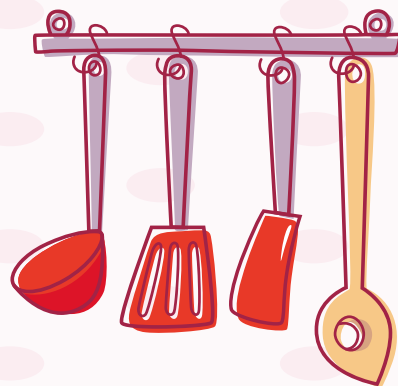
Restaurants which have enrolled as EatSmart Restaurants for three consecutive years, restaurants offering the highest number of EatSmart Dishes and restaurants with an EatSmart dish being voted best by the public will win prizes. Your restaurant is cordially invited to enroll as an EatSmart Restaurant. For enrolment details, please call 2572 1476.

網上美食優惠 Online Special Offer

想提供優惠給點選「有『營』菜式」的市民？現在可以透過衛生署「有『營』食肆」網站 (<http://restaurant.eatsmart.gov.hk>) 刊登「有『營』菜式」優惠券，我們會定時替貴商戶宣傳有關優惠。有興趣參與商戶可於上述網站下載申請表格或致電2572 1476 查詢詳情。



Does your restaurant want to make available special offers for customers ordering EatSmart dishes? Your restaurant can now provide online coupons to customers through the "EatSmart Website" (<http://restaurant.eatsmart.gov.hk>). We will regularly publicise the special offers for the restaurants. Interested restaurants can download the application form from the above website or call 2572 1476 for details.



CookSmart

營廚

美女廚神

KIT MAK
BEAUTY CHEF

麥潔兒



逐顏開



祥



財