

CookSmart

營廚

大師名廚

Master Chef

Mango 曾超烈

滋味特集
Feature Article

認識味道的科學

The Science of Taste

情報速遞
Special Feature

有「營」食客

EatSmart Customers

火營廚



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.



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.

常用份量換算

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

目錄 Contents

冬日蜜話 Words from the Editor	1
新鮮出爐 Cover Story	2-5
滋味特集 Feature Article	6-9
「有『營』食肆」實錄 EatSmart Restaurants Snaps	10-13
炮製色香味 EatSmart Recipes	
- 薑蔥鮮腐竹蒸大連鮑魚 Steamed Abalones with Ginger and Fresh Beancurd Sheet	14-15
- 扒羊架配欖油醬 Grilled Lamb Chop with Pesto Sauce	16-17
- 蒜片香蔥和牛串 Beef Skewer with Garlic Slices	18-19
- 鮮魚柳焗薄脆批 Fresh Fish Fillet Pizza	20-21
情報速遞 Special Feature	22-25
營人廚房 EatSmart Kitchen	26-29
營樂無窮 Snapshots	30-31
「有『營』食肆」 EatSmart Restaurants	32-37

冬日蜜話
Words from the Editor



「有『營』食肆」運動不經不覺已邁進第二個年頭，今年我們將繼續向公眾推廣特色的有「營」美食，務求令更多人認識本活動，在享受健康飲食的樂趣之餘也體現它對身體的益處。藉着多媒體推廣，我們希望刺激市民光顧「有『營』食肆」的意慾。其中由零八年十月至今年三月，「有『營』食肆」透過電視台製作的處境喜劇《畢打自己人》以生活化的劇情帶出有「營」訊息，並親臨「有『營』食肆」實地取景拍攝。我們亦將於今年五月至九月期間舉行「2009有『營』廚藝大比拼」。除了廚師可以透過是次比賽切磋廚藝外，市民也可在品嚐過參賽菜式後投票選出最喜愛的作品，增加他們的參與感。為提升「有『營』菜式」的質素和蒐集公眾對「有『營』食肆」的意見，我們將展開「有『營』食客」社區推廣計劃。活動詳情將於稍後公布。要緊貼「有『營』食肆」的消息，請留意《營廚》和《「有『營』食肆」通訊》，或瀏覽衛生署健康飲食專題網站www.eatsmart.gov.hk。

Let's celebrate the first anniversary of "EatSmart@restaurant.hk" Campaign! We will continue to promote EatSmart dishes to the public this year so that they can enjoy the fun of healthy eating and improve their health. By means of publicity through various media, we hope that the public will patronize EatSmart Restaurants more often.

From October 2008 to March 2009, EatSmart messages will be promoted through stories of everyday life in the situation comedy "Offpedder" broadcasted by a television station, with shots taken on site at EatSmart Restaurants. We will organize a territory-wide "EatSmart Restaurant Cooking Competition" from May to September this year to accreditate innovative and savoury cuisine. Customers will also be invited to vote for their favourite dish.

To enhance the quality of EatSmart dishes and collect views of the public on EatSmart Restaurants, we will launch the "EatSmart Customers Community Programme". The details will be announced in due course. For the latest news of EatSmart Restaurants, please read CookSmart and EatSmart Newsletter or browse our thematic website www.eatsmart.gov.hk.

新 鮮

出 爐

Cover Story

大師

名

Master Chef

曾超烈

廚 Manngo

人稱Mango的曾超烈先生，於1971年，即15歲那年投身飲食業。經過多年在業界打拼，他於1991年當上富麗華酒店中環部行政總廚，其後出任中環麗嘉酒店麗嘉軒的總廚，現時位居酒店集團廚務及華式研發經理。



Mr. Mango TSANG joined the catering business in 1971 when he was only 15. After years of hard work he became the Chief Chef of the Chinese Restaurant in the Furama Hotel and the Chief Chef of the Lai Kar Heen, Ritz Carlton Hotel. He is now Manager to the Chinese Kitchen Operation and Development of a Hotel Group.



親歷餐飲業四十年變遷

曾氏入行已三十八年，最初在街坊飯店任廚，到現時在酒店集團出任廚務及菜式研發經理，見證著飲食業的種種變遷。曾氏認為近二十年來，香港中菜的風格隨著社會發展有很大改變。他說，在五、六十年代，社會普遍不及現時富裕，一般勞苦大眾從事體力勞動工作，大家出外用膳最重要的是填飽肚皮，食肆供應的飯菜都是汁多味濃，好讓顧客容易下飯。「將豉油在白飯上澆兩三圈，就是一頓飯，有時店東想顧客少下些豉油，還要在豉油加鹽」，可想而知，一頓這樣的飯額外添加了不少脂肪和鹽分。

曾氏喜見越來越多食肆採用健康的烹調方法，以配合市民的飲食習慣。不少顧客點菜時要求增加蔬菜分量，而蔬菜種類亦趨於多樣化，以菇類為例，除了常見的蘑菇和冬菇外，過往少見的秀珍菇和雞髀菇亦漸趨普遍。隨著市場情況改變，蔬菜價格變得更便宜，讓大家有更多選擇，例如皇帝菜（又稱日本旺菜）就是慢慢引入本港市場的。

此外，食肆漸趨制度化，不少飲食集團和酒店均提供完善的員工培訓，對菜式的用料和製法有較嚴格的要求，令食物保持高質素。

Witness to the drastic changes in catering business

Mango expressed that Chinese catering has evolved tremendously in the last 20 years. In the 1950s and 1960s, he said, many citizens were engaged in manual work and had big appetites. The dishes offered in restaurants were often loaded with sauces and seasonings, making them go well with rice. "People simply poured two to three rings of soy sauce into a dish of plain rice to make it a meal. Soy sauce was consumed so heavily that the restaurateurs had to add extra salt to it." These eating habits inevitably increased the salt and fat intake of people.

Mango is glad to see that many restaurants have adopted healthy cooking methods. More customers ordered big portions of vegetables and restaurants began to offer a wider variety of fibre-rich ingredients such as oyster mushroom, king trumpet mushroom and Japanese long cabbage. Their popularity in turn lead to a reduced cost.

To better equip their staff for this healthy eating trend, many restaurant and hotel groups are providing extensive training to upgrade the quality of their food.



奮力鑽研廚藝 力求突破創新

曾氏入廚經驗豐富，在他眼中，怎樣才是健康食品？他認為「天然種植、少脂肪和少加工的食品，通常較為健康」，只要食材新鮮，根本不需要過多調味料，他舉例說，烹煮番茄或鮮果等食材，根本不適合下味精，下了反

而會破壞食物的味道。

作為一名資深大廚，曾氏仍不斷進修，2003年便修讀了中華廚藝學院的大師班。他坦言，人們烹煮傳統中菜時，較為著重食材的新鮮程度，但對食物的營養認識卻不足，很少留意食物的碳水化合物、脂肪等的含量，而大師班課程包括營養學、行政、以至《消防條例》等內容，對他們這一輩「紅褲子」出身的廚師大有裨益。

積極推動健康飲食文化

曾氏一直積極推廣中國傳統廚藝，致力宣揚健康飲食文化。早於1995年，他在前市政局舉辦的健康食品大賽勇奪冠軍，其後於2007年參與「有『營』食肆」運動的工作小組。他認為，推動「有『營』食肆」運動，有賴飲食業管理層、從業員和顧客互相配合。他希望有更多食肆加入有「營」行列，為顧客提供更多健康菜式選擇。

中國菜有悠久傳統，要炮製美味可口而又受顧客歡迎的新款菜式殊不簡單。曾超烈建議同業在食材配搭方面多花心思，透過選用合適食材編製健康食譜，以新春「意頭菜式」-「年年有餘」為例，建議將魚清蒸，再酌量下點豉油，味道已很可口，炆或煎等烹調方法宜少用；「如意吉祥」原本使用榆耳和白鴿甫，建議選用帶子；「竹報平安」通常會下火腿、露筍、甘筍和其他蔬菜，建議連火腿亦省去，來一道素菜。

營廚

Life-long Learning

Mango believes that "healthy foods should be natural, low-fat and additive-free". He disguises the use of short cuts such as adding flavour enhancers that fool customers' taste buds. He added that flavour enhancers can even ruin the dish if tomatoes and fruit are present.

Mango studies hard to improve his cooking. In 2003, he enrolled into the Master Chef Course in Chinese Cuisine organised by the Chinese Cuisine Training Institute. He said, Chinese chefs often lack knowledge in food nutrition. The Master Chef Course includes subjects on nutritional sciences, management and even "Fire Safety Regulations", which are especially useful to practicing chefs.

An Advocate for Healthy Chinese Cuisine

Mango has been an active advocate of healthy Chinese cooking. He joined the Working Group of "EatSmart@restaurant.hk" Campaign in 2007. He said that the tripartite collaboration of management and workers of the industry as well as the customers is the key to the success of the Campaign. He hopes more restaurants would register for the scheme.

Chinese cuisine has a long history and it is no easy task to twist traditional dishes. Mango emphasized that "Small changes matter" and reminded chefs that they could make little adjustments to the ingredient list to raise the healthiness of their dishes.

Mango's recommendation for Lunar New Year festive dishes

"May You Prosper" (a fish dish): steam the fishes instead of stewing or braising them.

"Everything Goes Well" (Bamboo fungus and pigeon fillets): replace bamboo fungus and pigeon fillets with scallop.

"Bamboo Presages Peace and Wellbeing" (braised ham with asparagus, carrots and other vegetables): drop the ham and turn it into a vegetarian dish.



認識味道的科學

The Science of Taste

助你烹調美味的菜式

每一位廚師都希望烹調出客人喜歡的食物。要炮製出受歡迎的菜式，除了要了解客人的口味外，還要從科學角度認識味道的形成。

味道的產生

大部分人都以為我們主要利用舌頭品嚐食物的味道，但其實味道的產生主要是依靠嗅覺，而不是味覺！我們的味蕾只能感受甜、酸、苦、鹹這四種基本味道。你可以嘗試閉著眼睛、夾著鼻子吃巧克力，在沒有嗅覺的情況下，你只能分辨出甜味或苦味，卻不能確定所吃的食物是巧克力。可見嗅覺對味道的形成有決定性的影響。

第五味

除了甜、酸、苦、鹹這四種基本味道外，科學家近年更發現了第五味，他們稱之為“umami”，即中國人常

提及的「鮮味」！

原來我們的味蕾在受到某幾種氨基酸(構成蛋白質的物質)的刺激下會產生「鮮味」這味道。味精中的穀氨酸(Glutamic Acid or Glutamate)便是利用這成份來增加食味的「鮮味」！

什麼是穀氨酸？

穀氨酸是氨基酸的一種，除人造外也天然存在於食物的蛋白質中。結合在蛋白質中的穀氨酸對我們的味蕾起不了作用，只有從蛋白質釋放出來的游離穀氨酸(Free Glutamic Acid)才能刺激味蕾。

味覺科學的應用

使用大量的現成醬汁或味精烹調而成的菜式味道較濃，但遮蓋了食材的天然味道。如何可以讓食客體驗食材的原味，且垂涎三尺呢？



The Origin of Flavour

Tongue, nose or both? Our taste buds can only detect the four basic tastes of sweet, sour, bitter and salty. If you close your eyes and hold your breath, a piece of chocolate will simply be something sweet or bitter. Smell is an important determinant of flavour.

The 5th Taste

Scientists have recently identified the fifth taste known as "umami" (savory). Taste buds can detect "umami" evoked by Glutamic Acids (or Glutamate).

What is Glutamic Acid?

Glutamic Acid is naturally found in many food. Artificial Glutamic Acid constitutes the active ingredient to flavour enhancers. Glutamic acid bound to protein cannot stimulate the taste receptors located in taste buds. Only Free Glutamic Acid can enhance the flavour of food.

The Science of Flavour and its Applications

Ready-to-use sauces and Glutamate-containing flavour enhancers are short cuts to tasty meals. But here we offer a number of tips to healthy and hearty food for your customers.

Apppearance Good appearance makes the food more attractive to diners. The elegant French cuisine best illustrates how the appearance of a dish affects its character.

Scent Apart from the usual ginger, garlic and chilli, think of spices such as lemongrass, curry powder and ginger powder. Their distinctive scents are equally useful in enhancing the flavour of a dish. (Table 1 is a list of natural flavour enhancing ingredients).

Tastes Flavour enhancers are commonly used to enhance the "umami" of food. Like salt, they should be use in moderation because of their high

表一
Table 1

提昇味道的天然食材例子

Example of natural flavour-enhancing ingredients

香料 Spices	香草 Herbs	其他食材 Other ingredients
白胡椒粉 White pepper	金不換 Chinese milkwort	蒜頭 Garlic 紹興酒 Shaoxing rice wine
黑胡椒粉 Black pepper	迷迭香 Rosemary	薑 Ginger 白酒 Rice wine
咖喱粉 Curry powder	月桂 Laurus nobilis	辣椒 Chili 烏龍茶葉 Oolong tea leaves
南薑粉 Galangal ginger powder	刁草 Dill	蔥 Spring onion
黃薑粉 Ginger powder	洋芫茜 Parsley	紅蔥頭 Shallot
茴香籽 Fennel powder	芫茜 Chinese coriander	大蔥 Ramsons
紅椒粉 Red chili powder	香茅 Lemongrass	菇菌類 Mushrooms
	薄荷 Mint	檸檬汁 Lemon juice
		青檸汁 Lime juice



色 菜式的賣相可說是給我們的第一印象！有謂「好的開始便是成功的一半」，賣相吸引，食客才會點選！講求外表精緻的法國菜便活生生地將這點演繹出來！

香 要提昇菜式的味道，大家定必立刻想起運用薑、蒜、辣椒等味道較濃的天然材料。除此以外，我們還可以使用金不換、香茅、咖喱粉、黃薑粉等香草和香料，嘗試從嗅覺方面提高菜式的素質（表一列出多種提昇味道的天然食材）。要記著，嗅覺對味道的形成有決定性的影響呢！

味 增加食物的鮮味，於烹調時添加味精雖然是一方便的方法，但卻會同時增加鈉質的含量，不

sodium content which is detrimental to one's heart health. Consider using natural ingredients rich in Glutamic Acid such as tomatoes, cheeses (e.g. parmesan cheese) and agaricus mushroom instead! Glutamic Acid is released from food with prolonged cooking. This may explain why the Japanese chefs love to use plenty of kelp (kajime), Italians use cooked tomato sauce in their signature pastas and Chinese add stewed black mushrooms to soup and dishes.

The texture and temperature certainly have an effect on our impression of a dish. If we attend to the details of every single step, we will be able to make dishes which are appealing in appearances, scents and tastes without the assistance of flavour enhancers.



利心臟健康！何不考慮選用含較多游離穀氨酸的天然食材呢！它們包括昆布、番茄、某些芝士(例如巴馬臣)、蘑菇等。此外，長時間烹煮食物亦會釋放出游離穀氨酸，這或許解釋了為何日本人常用昆布湯烹調其他菜式、意大利人愛製番茄醬和中國人愛用冬菇炆菜式，只要烹煮時間足夠，鮮味便自然產生。

當然，食物的質感和溫度都影響我們對菜式的評價，所以細心留意每一小節，無須多用鹽或其他增味劑，便能炮製出色、香、味、「營」俱全的菜式了！

製作少鹽(鈉質)的菜式是否需要低鹽豉油、雞粉等產品呢？

鹽是化合物氯化鈉，而低鹽豉油和低鈉鹽則含有俗稱代鹽的氯化鉀。雞粉是由鹽、增味劑和雞肉等多種材料混合而成，當中鹽約佔一半份量。與鹽相比，這些產品的確含較少鈉質(表二)，但它們的售價亦普遍較高；再者，為了我們的健康著想，最重要的是要訓練我們的口味，選擇清淡並避免偏鹹的食物，培養對鹹味的敏感度！

要提昇菜式的味道，可選用表一所建議的天然食材。



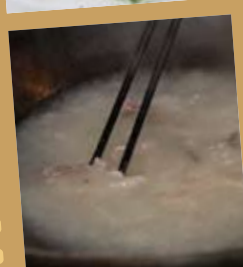
Is low sodium soy sauce or chicken powder the solution to low salt dishes?

Salt is the chemical compound of sodium and chlorine. Potassium, or artificial salt, replaces sodium in "Low-salt soy sauce" and "low-sodium salt". Chicken powder is manufactured from a wide range of ingredients including salt, flavour enhancers and chicken flesh, among which over half of its ingredient is salt. These flavourants contain less sodium than that of salt (Table 2), but are generally more expensive. More importantly, we should not let high salt food or flavour enhancers numb our taste buds. Learn to appreciate the natural flavour of food and earn great health.

Here are some natural flavour enhancers we recommend (Table 1).

表二 Table 2 比較鹽、豉油和低鈉產品的鈉質含量和售價 Comparison of Sodium Content and Prices of Salt, Soy Sauce and other Low Sodium Products			
	鈉質 Sodium ^a (毫克 / 每100克或毫升) (mg / 100g or ml)	零售價 Retail Prices ^c (元 / 包裝重量/容量) (HKD / package weight/volume)	每100克或毫升零售價 Retail Price per 100g or ml ^c (元) (HKD)
鹽 Salt	38758	\$ 1.5 / 454g 克	0.3
低鈉鹽 Low Sodium Salt	約 Approximate 17000 ^b	\$ 28 / 350g 克	8
雞粉 Chicken Powder	18586	\$ 43 / 575g 克	7.5
一般豉油 Soy sauce	5637	\$ 9 / 500ml 毫升	1.8
低鈉豉油 Low Sodium Soy Sauce	3333	\$ 17 / 500ml 毫升	3.4

^a 參考美國農業部轄下的營養素資料實驗室的資料
USDA, Nutrient Data Laboratory
^b 參考個別品牌低鈉鹽包裝上的資料
Package information of selected brands of low sodium salt
^c 參考個別品牌的超級市場售價
Prices of selected products in supermarkets



石斑魚是本港常見海水養殖魚類之一。天然生長的石斑魚遍布於太平洋西北熱帶和亞熱帶海域，由日本以至本港均有出沒，通常於礁石和珊瑚礁區棲息。

石斑魚側線上有一明顯的白點，魚鰭黃色，基部呈灰色；養殖的石斑魚色澤較深。石斑魚肉質肥美嫩滑，富魚味，帶黃油，清蒸、半煎煮或以湯浸煮皆合宜。

在本港養殖的石斑魚一年四季均有供應，售價大概為60元一尾。

(以上資料由魚類統營處提供)

Star Snapper is a one of the common species cultured in Hong Kong. Natural born star snappers are found in the North-western Pacific, from Japan southward to the vicinity of Hong Kong. They are usually found in the vicinity of coral and rocky reefs.

Star snapper has a very obvious white spot just above the lateral line. Its fins are mostly yellow and its belly is pale. Cultured star snappers are usually darker in colour. Flesh of the star snappers is tender and moist, with rich flavour and fish oil. It is ideal for steaming, stir-frying and simmering in soup.

Cultured star snappers are available all year round for about \$60 each.

(Source: Fish Marketing Organization)





CookSmart Seafood Restaurant – Star Seafood Restaurant

港式粵菜對烹煮魚類有特別風格，港人尤其喜歡清蒸鮮魚，取其做法簡單又能保持魚的鮮味。不過，港人蒸魚通常待魚蒸熟後在魚身加上熟油、生油及蒸魚醬油等，令魚身更香滑油潤，但這方法或會令進食者增加脂肪吸收。有見及此，本期《營廚》特別訪問兩家「有『營』食肆」的負責人和主廚，介紹以不同的天然香料烹煮可口的海上鮮。

一種材料 兩種食法

明星海鮮酒家行政總廚吳仲明先生今次介紹的「鴛鴦香草石蚌」，純以天然香料烹煮，先灼後烤，是一款既美味又健康的菜式。這款菜式的做法是先片出魚肉，以薑蔥、八角和上湯將魚肉灼熟；去肉後的魚身則以白胡椒、芫茜、檸檬汁和蒜頭等醃過，再以明火烤製十多分鐘，再將已灼熟的魚肉鋪回魚身。

吳先生表示，薑、洋蔥和八角均可以去除魚的腥味，且八角味道非常特別，增加了菜式的個性。吳先生強調，白胡椒和蒜頭等香料味道配合得很好，如果要更入味可先混和香料後才醃肉。再者，此菜式以明火烤熟，無須加入過多油分。

吳先生提議大家，品嚐這道菜式時應先吃灼的部分才吃烤的部分，由淡味吃到濃味，才可真正感受到兩種不同的味道。

特製調味匙 煮得更有「營」



吳先生表示，該酒家在管理層大力推動下，約於一年前參加「有『營』食肆」計劃，最初一兩位師傅學習新的烹調方法和技巧，然後再向其他同事推廣。為配合推行「少油、少鹽和少糖」的「有『營』菜式」，該酒家特地訂製了尺寸較小的調味匙供同事使用，並編製了各式有「營」

食譜，列出各種材料的用量，讓同事可以依循。

店方除編製有「營」食譜外，服務員亦積極向顧客推介「有『營』菜式」，頗受顧客歡迎。

Steaming is the most commonly used cooking method for seafood in Cantonese cuisine as this treatment is considered best in retaining the natural flavour of food. When asked of a healthy way to prepare fish, most if not all chefs would also recommend steaming. Is there any other healthy cooking method apart from steaming? In this issue, representatives from two EatSmart restaurants would share their tricks with natural herbs.

Star Snapper in Duet

Mr. Ng Chung Ming, the Executive Chief Chef of the Star Seafood Restaurant, recommends the "Double Preparation of Star Snappers with Herbs" to CookSmart readers. The fish is first filleted and steamed with ginger, spring onion, aniseed (Star anise) and soup. The remaining frame is then seasoned with white pepper, Chinese coriander, lemon juice and garlic, and then grilled for about ten minutes. The simmered fish fillets are then placed on the fish frame to serve.

Mr. Ng said that ginger, spring onion and aniseed could eliminate the fishy taste. Aniseed, with its distinctive flavour, adds character to the dish. Oil can be kept to a minimum during grilling, making it a very delicious and healthy dish.

Mr. Ng suggests our readers to eat the steamed fillet first, which is relatively light in flavour and then the grilled part, which is stronger in flavour.

Cook in Style with Tailor-made Spoons

Mr. Ng said, their restaurant joined the "EatSmart@restaurant.hk" Campaign about a year ago. They started with just two chefs. After they had tried out the new ways of cooking, the other colleagues followed suit. To meet the requirements of less oil, salt and sugar, the restaurant has made smaller measuring spoons for their chefs. EatSmart recipes are also published for the chefs to make reference to. Their colleagues also proactively promote the EatSmart dishes to their customers.



不少朋友喜歡泰菜，其實泰菜不但用料與口味豐富，且多採用水果和天然香料，提供了不少健康的食品選擇。

精心改良 提供九款「有『營』菜式」

泰式食泰菜館助理經理范梓揚先生指出，傳統泰菜常以水果入饌，例如大家非常熟悉的泰式沙律，製法是下鑊炒煮材料，但不會用太多油，極能配合有「營」飲食的原則。本身曾修讀營養學的范先生表示，自從菜館加入「有『營』食肆」計劃後，同事感到十分有意義，並樂於以新的煮法烹調菜式。范先生稱，經過細心研究及反覆嘗試改良現有菜式後，菜館現時提供九款「有『營』菜式」，以便市民有更多健康的選擇。

范先生認為，大家出外用膳，常發覺餸菜的味道較濃，但他們調整了煮法後發覺，「用少了調味料，其實對餸菜的影響不太大，味道誠然不及傳統的菜式濃烈，但卻仍然很可口」。同時，在醃製「有『營』菜式」時，他們儘量少用鹽和不用雞粉，改用蒜頭和香草等天然香料，同樣達到美味效果。他尤其指出，香草除了有不同的香味外，更可誘發出食物的鮮味。

妙用香料去除泥味！

泰式食泰菜館的范先生和泰籍主廚Mr. NONTHAPHA Sa-art 為本期《營廚》的讀者推介一款「泰式檸檬蒸魚」。菜式選用了多種香料，包括南薑、香茅、蒜頭、檸檬葉、指天椒、芫茜和青檸汁。做法是先將約一斤重的烏頭魚用水蒸約十分鐘，然後將弄碎的調味料鋪在魚身上，利用魚的餘溫稍為將香料加熱，

有「營」泰菜館 泰



Healthy Thai Food

即可上桌，廚師在蒸魚前亦會在魚身上輕剖一兩刀，讓調味料更入味。

Mr. NONTHAPHA提醒大家，香料經長時間烹煮會變味，因此在魚熟後才放入香料。

范先生羅列的多種天然香料，均是泰菜常用的香料：南薑味辣但帶點薄荷味，用來去除烏頭魚的泥味十分有效；香茅除用於蒸魚外，與其他肉類亦十分配合；青檸和檸檬葉味道清香且帶有果甜，能誘發魚肉的甜味；指天椒是泰國人常用的家常佐料，味略刺激但能製成味道濃烈的醬汁。不同香料各有特點，混合起來產生了很好的化學作用，令菜式有更豐富的層次。

Thai cuisine is popular in Hong Kong. Its frequent use of fruits and natural herbs makes healthy cooking easy and inspiring.

Not only 5 but 9 EatSmart Dishes

Mr. Brain Fan, Assistant Manager of the Restaurant, said his colleagues were more eager to explore new dishes after the restaurant had joined the "EatSmart @restaurant.hk" Campaign. The restaurant, after many trials, now offers 9 EatSmart dishes.

Brian, who studied Nutrition Science, experimented with seasonings and noted that his customers welcomed milder and natural flavours nowadays. Instead of salt and chicken powder, they used more garlic and herbs to spice up their dishes.

Herbs to Rid Muddy Taste of Pond Fish

Brian and their Chief Chef, Mr. NONTHAPHA Sa-art, recommend the "Thai Style Steamed Fish with Fresh Lime". A variety of herbs are used: Galangal ginger has a minty taste. With Chinese coriander, they eliminate the muddy taste of Grey Mullet. Lemongrass can be used in cooking fish and meat. Kaffir lime and lime can bring out the sweetness of the fish. Red chili's hot and strong flavour makes it a good ingredient for sauce.

式 食



Restaurant - Thai Perfect

To Cook: Steam a Grey Mullet weighting 1 catty. Make a few cuts on the steamed fish and place the grounded herbs on top. Cook fish to warm the herbs up and serve.



烏頭魚多於沿岸平靜海域和鹹淡水域河口交界棲息，全球熱帶和亞熱帶沿岸海域均有出沒。

本港元朗出產的烏頭魚油質豐富，是道地特產，四季當造，是主要淡水飼養魚。

烏頭魚身形肥美，肉質鮮甜嫩滑，無太多幼骨，不過卻帶有點泥味。

現時，烏頭的售價約為20元一尾，是一款頗受歡迎的魚類。

(以上資料由魚類統營處提供)

Grey Mullet is found in coastal tropical and subtropical waters worldwide. It occurs mainly in calm waters around coastal and estuarial waters.

Local Grey Mullet reared in the fish farms in Yuen Long has a moist texture and it is oily, which makes it a special delicacy. It is available all year round and is an important fresh water cultured fish.

The flesh of Grey Mullet is firm and delicious but it tastes muddy. Grey Mullet, which costs about \$20 each, is a popular fish for local consumers.

(Source: Fish Marketing Organization)





薑蔥鮮腐竹蒸大連鮑魚

Steamed Abalones with Ginger and Fresh Beancurd Sheet

乾鮑魚之能夠成為塘心，因為在風乾過程中水分流失，內裡的糖分相對地增加而形成，但其營養價值與一般鮑魚無異。再者，乾鮑魚一般都需要以較多的醬汁烹煮，或令我們攝取多了鈉質。想吃得健康點，何不考慮新鮮的鮑魚，配以清蒸的烹調方法，不單能突出其鮮味，且能保持肉質嫩滑。

Dried abalone and fresh abalone have the same nutrient content. Most of us stew dried abalone in thick sauce which increases our salt (sodium) intake. Why not consider cooking fresh abalone? Simply steam them and highlight their savoriness with just a little soy sauce.

每一份 Per serving:

熱量 (千卡) Energy (Kcal)	碳水化合物 (克) Carbohydrate (gm)	蛋白質 (克) Protein (gm)	脂肪 (克) Fat (gm)	糖 (克) Sugar (gm)	鈉質 (毫克) Sodium (mg)
132	5	14	6	1	307

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.



材料 Ingredients: (4人份量 Serves 4)

大連鮑魚	4 隻
鮮腐竹	160 克(約4兩)
薑	5 片
青蔥	1 棵
Dalian Abalone	4 pieces
Fresh Soybean Sticks	160 gm (about 4 taels)
Ginger	5 slices
Spring Onion	1 stalk

調味料 Seasonings:

糖	1 茶匙
生抽	2 茶匙
橄欖油	2 茶匙
Sugar	1 teaspoon
Light Soy Sauce	2 teaspoons
Olive Oil	2 teaspoons

步驟 Cooking Method :

1. 先將鮑魚去內臟洗淨備用。
 2. 鮮腐竹切片、薑及蔥切絲洗淨。
 3. 將鮮腐竹片鋪在碟上，放上鮑魚，加入糖蒸約10分鐘。
 4. 洒上薑及蔥絲，再淋上已加熱的橄欖油。
 5. 最後上生抽作佐料。
1. Wash and trim abalones. Set aside.
 2. Cut fresh soybean sticks into pieces. Shred ginger and spring onion. Rinse.
 3. Placed the fresh beancurd sheets followed by the abalones on a plate. Sprinkle with sugar and steam for 10 minutes.
 4. Top with shredded ginger and spring onion. Pour the pre-heated olive oil over.
 5. Serve with light soy sauce on side.

本食譜由美味廚提供
This recipe is provided by Megan's Kitchen Restaurant.

扒 羊 架 配 欖 油 醬

Grilled Lamb Chop with Pesto Sauce

羊肉屬於紅肉，含豐富的鐵質，只要選擇脂肪比例較低的部位和烹煮時去肥，是健康的肉類選擇！可是不少食客卻不太接受羊肉的羶味，除了薄荷醬能減少羶味外，你亦可考慮本食譜的欖油醬！

Lamb, a kind of red meat, is rich in iron. It is one of the healthy meat options if cuts with less fat are chosen and fat is trimmed during cooking. However, some patrons dislike the smell of lamb. Besides mint sauce, why not consider the pesto sauce in this recipe to lessen its smell!

每一份 Per serving:

熱量 (千卡) Energy (Kcal)	碳水化合物 (克) Carbohydrate (gm)	蛋白質 (克) Protein (gm)	脂肪 (克) Fat (gm)	糖 (克) Sugar (gm)	鈉質 (毫克) Sodium (mg)
721	85	48	19	3	725

熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。
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材料 Ingredients : (1人份量 Serves 1)

羊架	3 件
紅米	40 克
白米	50 克
新薯	1 個
甘筍(切粒)	2 片
西蘭花	2 小棵
椰菜花	1 小棵
紅椒	2 小片
黃椒	2 小片
橄欖油	1 茶匙
洋芫茜	適量
紫鮮	適量
車厘茄(切半)	1 粒
Lamb Chop	3 pieces
Red Rice	40 gm
White Rice	50 gm
New Potato	1 piece
Carrot (diced)	2 slices
Broccoli	2 flowerets
Cauliflower	1 floweret
Red Capsicum	2 small pieces
Yellow Capsicum	2 small pieces
Olive Oil	1 teaspoon
Parsley	to taste
Basil	to taste
Cherry Tomato (halved)	1 piece

調味料 Seasonings :

鹽	1/4 茶匙
黑胡椒碎	適量
Salt	1/4 teaspoon
Coarse Black Pepper	to taste

本食譜由木馬會提供
This recipe is provided by Le Manège.



步驟 Cooking Method :

1. 羊架洗淨、瀝乾備用。
 2. 白米淘洗，備用，紅米淘洗後泡浸至少 3 小時。
 3. 混合紅米及白米加水煮熟。
 4. 馬鈴薯去皮切細粒，與甘筍粒一起蒸熟後壓成蓉。
 5. 西蘭花、椰菜花、紅椒和黃椒洗淨，焯熟瀝乾備用。
 6. 於平底鑊內燒熱油，下羊架煎熟，灑上鹽、黑胡椒碎、洋芫茜及紫鮮。
 7. 將1茶匙橄欖油醬淋在羊架上，加上薯蓉、蔬菜和車厘茄，伴飯即可。
1. Rinse and drain lamb chops. Set aside.
 2. Wash white rice. Set aside. Wash and soak red rice for at least 3 hours.
 3. Combine and cook the red and white rice.
 4. Peel and dice new potato. Combine with carrot dices. Steam until done then mash.
 5. Rinse broccoli, cauliflower and capsicum. Cook in water until done. Drain and set aside.
 6. Heat oil in a frying-pan, pan fry lamb chops until done. Season with salt, coarse black pepper, parsley and basil.
 7. Pour 1 teaspoon of pesto sauce over the lamb chops. Place potato mash, vegetables and cherry tomato on side. Serve with rice.

欖油醬 Pesto Sauce

份量：1杯

將3杯鮮紫鮮葉、2粒蒜頭和1杯橄欖油加入攪拌機內打均，下1/4茶匙鹽及1/8茶匙黑胡椒粉調味即可。

To make 1 cup

Blend 3 cups of fresh basil leaves, 2 garlic cloves and a cup of olive oil in a food processor. Season with 1/4 teaspoon of salt and 1/8 teaspoon of ground black pepper. Done.

蒜片香蔥和牛串



Beef Skewer with Garlic Slices

每一份 Per serving:

熱量 (千卡) Energy (Kcal)	碳水化合物 (克) Carbohydrate (gm)	蛋白質 (克) Protein (gm)	脂肪 (克) Fat (gm)	糖 (克) Sugar (gm)	鈉質 (毫克) Sodium (mg)
217	4	28	9	1	644

熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。
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牛柳 - 脂肪比例較低而且肉質軟滑。只要簡單地以鹽和黑胡椒碎調味，更能讓食客品嚐牛肉的原味。除了選用蒜片和香蔥之外，還可改用青椒、紅椒、洋蔥和甘筍，味道及賣相吸引之外，亦能大大提高膳食纖維！

Beef tenderloin is tender yet low in fat. Just season with salt and coarse black pepper to enjoy its natural flavour. You can also replace the garlic and spring onion with green and red bell pepper, onion or carrot to increase the dietary fibre.

材料 Ingredients : (1人份量 Serves 1)

蒜頭(切片)	2 粒
青蔥	2 棵
牛柳	120 克(約3兩)
Garlic (sliced)	2 cloves
Spring Onion	2 stalks
Beef Tenderloin	120 gm (about 3 taels)

調味料 Seasonings:

鹽	1/4 茶匙
橄欖油	1/3 茶匙
Salt	1/4 teaspoon
Olive Oil	1/3 teaspoon

步驟 Cooking Method :

1. 把蒜片放入攝氏270-300°C焗爐，焗5-7分鐘。
2. 青蔥切成6小段；牛柳切成6小粒並灑上鹽。
3. 用竹籤相間串起青蔥和牛肉粒。
4. 於扒爐上燒熱油，放入牛柳串煎熟，跟著上碟，伴以蒜片即可。
1. Bake garlic slices in an oven at 270-300°C for 5-7minutes.
2. Cut the spring onion into 6 strips. Cut beef into 6 small cubes and season with salt.
3. Thread the beef cubes onto skewers alternatively with the spring onion.
4. Heat oil in a griddle. Pan-fry the beef skewers till done. Transfer to a plate and serve with garlic slices.

本食譜由風月堂提供
This recipe is provided by Orchard Garden Café & Restaurant.



鮮魚柳焗 薄脆批

Fresh Fish Fillet Pizza



一般的披薩常會選用高鹽分的餡料，如莎樂美、辣肉腸，它們每100克已分別含1653毫克及1140毫克的鈉質。而這食譜選用了鮮魚柳，除了食材新鮮外，只需用1/4茶匙鹽（即581毫克的鈉質）來調味，鹽分立即大減，成為較健康的選擇！

Pizza usually uses ingredients with high salt content such as salami and pepperoni. Every 100gm of salami and pepperoni contains 1653mg and 1140mg of sodium respectively. Replace them with fresh fish fillet and use 1/4 teaspoon of salt (581 mg of sodium) for seasoning. Salt content halved but equally tasty!

每一份 Per serving:

熱量 (千卡) Energy (Kcal)	碳水化合物 (克) Carbohydrate (gm)	蛋白質 (克) Protein (gm)	脂肪 (克) Fat (gm)	糖 (克) Sugar (gm)	鈉質 (毫克) Sodium (mg)
507	54	40	15	14	1450

熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。
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材料 Ingredients : (1人份量 Serves 1)

自製薄餅醬 (見食譜)	1 湯匙
薄餅皮 (15厘米直徑)	1 件
鮮菠蘿	2 片
低脂芝士碎	2 湯匙
魚柳	140 克 (約4兩)
麵粉	少許
橄欖油	1/2 茶匙
意大利生菜	2 片
Homemade Pizza Sauce (see recipe)	1 tablespoon
Pizza Base (15 cm diameter)	1 piece
Fresh Pineapple	2 rings
Grated Low-fat Cheese	2 tablespoons
Fish Fillet	140 gm (about 4 taels)
Flour	some
Olive Oil	1/2 teaspoon
Italian lettuce	2 leaves

調味料 Seasonings:

鹽	1/4 茶匙
黑胡椒碎	適量
Salt	1/4 teaspoon
Coarse Black Pepper	to taste

步驟 Cooking Method :

1. 把薄餅醬均勻地塗在薄餅皮上，再放上鮮菠蘿及低脂芝士碎，然後放進220°C焗爐，焗約10分鐘。
2. 將魚柳兩面灑上鹽及黑椒碎，再沾上薄薄的麵粉。
3. 於平底鑊內燒熱油，下魚柳，用中火把兩面煎熟。
4. 最後生菜及魚柳放在薄餅上即可。
1. Spread homemade pizza sauce on the pizza base, sprinkle with fresh pineapple dices and grated low-fat cheese. Bake for 10 minutes in a 220°C oven.
2. Sprinkle both sides of the fish fillet with salt and coarse black pepper. Lightly coat with flour.
3. Pan-fry the fish fillet over medium heat until done.
4. Place lettuces and fish fillet on top of the baked pizza base. Serve.

自製薄餅醬

Homemade Pizza Sauce :

材料 Ingredients : 1碗1 bowl

洋蔥	1/2 個
皮薩草 (奧勒岡)	適量
番茄	1/4 個
橄欖油	4 茶匙
蒜蓉	1/4 杯
番茄膏	2 湯匙
水	2 杯
Onion	1/2 piece
Oregano	some
Tomato	1/4 piece
Olive Oil	4 teaspoons
Garlic	1/4 cup
Tomato Paste	2 tablespoons
Water	2 cups

調味料 Seasonings :

鹽	2 茶匙
糖	8 茶匙
Salt	2 teaspoons
Sugar	8 teaspoons

步驟 Cooking Method :

1. 先將洋蔥、皮薩草、番茄洗淨切細粒備用。
2. 把鑊燒熱，下油，跟着放入蒜蓉及洋蔥粒略炒，隨後加入皮薩草、番茄膏及番茄粒炒至帶香氣。
3. 再下水煮至滾起，轉慢火煮至成醬。
4. 最後下鹽及糖調味即可。
1. Rinse and finely chop onion, oregano and tomato.
2. Heat oil in a wok, stir-fry garlic and onion slightly. Add oregano, tomato paste and chopped tomato. Stir-fry for a while.
3. Pour water in and bring to a boil. Reduce to low heat and simmer until thickened.
4. Season with salt and sugar. Serve.

本食譜由新森林焗之專門店提供
This recipe is provided by New Forest Restaurant.

有 · 營 · 食 · 客

EatSmart Customers

「有『營』食肆」運動自零八年初推出後，在短短一年內已有超過五百間食肆參與。現在市民只要認著「有『營』食肆」這個標誌，在餐廳內點選「蔬果之選」及「3少之選」菜式之「有『營』菜式」，便可以吃到健康、清新及美味的「有『營』菜式」。

Since the launch of "EatSmart@restaurant.hk" campaign in 2008, over 500 restaurants have registered with us. Citizens can now order the "More Fruit and Vegetables" and "3 Less" dishes in the EatSmart restaurants, which are easily identifiable by the EatSmart logos and enjoy their choices of healthy, fresh and delicious food.



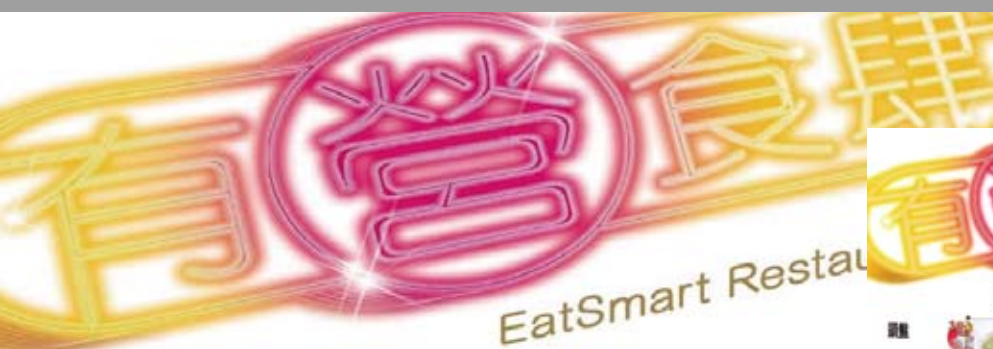
「有『營』食客」社區推廣計劃

為確保「有『營』食肆」的質素，衛生署在去年七至八月期間誠邀了兩間非政府機構委派義工，在沙田及油尖旺區進行了「有『營』食客」社區推廣計劃。本署安排義工們於受訓後以「神秘顧客」的身分到訪「有『營』食肆」，藉書面報告收集他們就「有『營』菜式」的品質、供應及宣傳的觀察和意見，反映予相關食肆作出適時跟進。

綜合推廣計劃的經驗，我們會於今年把計劃陸續擴展至全港各區進行。

EatSmart Customer Community Programme

To ensure the quality of EatSmart dishes, we have launched the EatSmart Customer Community Programme in Shatin and Yau-Tsim-Mong district in July and August of 2008. Volunteers were recruited and trained to visit EatSmart restaurants as mysterious customers in the two districts to report the quality, availability and promotion of EatSmart dishes offered in these restaurants. Their observations and comments were collected and forwarded to the restaurants concerned for follow up.



南瓜湯浸有機蔬菜・煎魚柳肉醬

organic vegetable in pumpkin soup • fish fillet with bolognaise sauce

配甘荀麵及菠菜麵

with carrot noodles and spinach noodles



南瓜湯浸有機蔬菜・牛柳絲茶樹菇

organic vegetable in pumpkin soup • shredded beef and agrocybe aegeria mushroom

配甘荀麵及菠菜麵

with carrot noodles and spinach noodles



不凡的神聖任務

「有『營』食客」會觀察食肆有否在當眼處張貼「有『營』食肆」櫥窗膠貼，在餐牌或水牌上貼上「蔬果之選」或「3少之選」標誌，以及提供「有『營』食肆」顧客意見表。他們亦會檢視食肆是否每天在指定營業時段內提供最少五款「有『營』菜式」，以及根據「有『營』菜式」的定義對品嚐過的「有『營』菜式」給予意見。衛生署亦會監察「有『營』食客」的探訪，確保計劃達到預期效果。

An Outstanding, Sacred Mission

EatSmart Customers have to observe whether the EatSmart Decals are in place and whether the "More Fruits and Vegetables" and "3 Less" logos are used correctly in the menu. They will also look for Customer Opinion Forms which solicit customers' comments and feedback. EatSmart Customers will check whether EatSmart Restaurants offer at least five EatSmart dishes in total every day and comment on them according to the requirement laid down by the Department of Health (DH). Visits by EatSmart Customers will be closely monitored by the DH to ensure the objectives of the scheme are achieved satisfactorily.



反映意見 確保質素

衛生署會收集及分析「有『營』食客」的報告，然後將結果通知相關的「有『營』食肆」。這些寶貴的意見有助食肆改善「有『營』菜式」的品質、供應及宣傳，使菜式更能貼近食客的需要，樹立以客為本的形象。

有關「有『營』食客」社區推廣計劃的最新動向及資訊，我們會透過健康飲食專題網站及《營廚》向大家發放，敬請密切留意！

Collect Feedbacks to Ensure Quality

Having analyzed the data collected, the DH will report the results to the restaurants concerned, so that they can improve according to their customers' needs and establish themselves as customer-centric restaurants.

Check out for the latest news from our next issue or go to the www.eatsmart.gov.hk for details.

忘憂沙律



食譜由專欄作者暨美食及食療研究者梁玳寧女士提供。
Recipes are provided by Ms Doreen LEUNG, Columnist,
Gourmet and Culinary Therapy Specialist.



材料 Ingredients: (4人份量 Serves 4)

金針	1 兩
小青瓜	1 條
蘋果	1 個
檸檬	1 個
低脂沙律醬	約1/2 杯
水	約16 杯
冰塊	1 1/2 杯
Daylily	1 tael
Cucumber	1 piece
Apple	1 piece
Lemon	1 piece
Low-fat Salad Dressing	around 1/2 cup
Water	around 16 cups
Ice	1 1/2 cups

調味料 Seasonings:

鹽	1/2 茶匙
胡椒粉	適量
Salt	1/2 teaspoon
Ground White Pepper	to taste

步驟 Cooking method:

- 1) 先將金針部分的硬頭剪去，浸水約2小時，洗淨、瀝乾。
- 2) 把4杯水(水量以能蓋過金針面為度)煮沸，加入金針及鹽煮約3分鐘。倒去水分，再下清水，以相同方法再煮一次，隔水瀝乾。然後加入冷開水及冰塊再浸數分鐘，使金針更趨爽口。
- 3) 青瓜去瓜囊及部分的皮，切幼條，浸冰水數分鐘。
- 4) 蘋果去皮切幼條。
- 5) 檸檬洗淨，刨出薄皮，切絲備用。
- 6) 將金針、青瓜和蘋果放於盆中，拌入沙律醬和檸檬皮絲，最後洒上胡椒粉調味。

- 1) Partially trim the hard part of daylilies, soak for 2 hours then wash and drain.
- 2) Bring 4 cups of water (water should be enough to cover the daylilies) to boil, add daylilies together with salt and bring to the boil for around 3 minutes. Discard water, add water and repeat the previous step. Soak daylilies in ice water for a few minutes, to make it more crispy.
- 3) Partially peel the cucumber and remove the seeds. Shred and soak them in ice water for few minutes.
- 4) Peel and shred the apple.
- 5) Wash and peel the lemon, shred the lemon skin and set aside.
- 6) Add daylilies, cucumber and apple into a bowl, mix well with salad dressing and shredded lemon skin. Season with ground white pepper.

金針又名忘憂草。此沙律清新怡人，粗纖維有助清理腸胃，配料檸檬皮又可化氣，吃了確可忘憂。而簡單、味美價廉都是優點，很適合做派對美食呢。

The salad brings about a fresh feeling. The coarse dietary fibre helps to improve digestion and lemon peel can alleviate the problem of flatulency, making us feel comfortable. Delicious in taste and low in cost, the salad is easy to prepare and suitable for a party.

小貼士 Tips:

不喜全素的朋友，可加入適量的熟雞絲。

金針本浸十餘分鐘便可變軟，建議以流動的清水沖洗金針數次，然後浸泡在清水中一小時以便減低殘餘除害劑。

Add an appropriate amount of cooked chicken shred if you do not like a vegetable dish. Daylily is ready for use after being soaked in water for some ten minutes. However, it is suggested that you wash the daylily in running water for several times, then soak it in water for one hour to remove residual pesticides.



Tomato, Taro and 番茄芋頭魚片鍋 Fish Fillet Pot

番茄芋頭魚片鍋



材料 Ingredients: (4人份量 Serves 4)

番茄	2 隻
芋頭	1 斤
魚片	6 兩
薑	2 片
水	1-2 杯
芫茜	適量
Tomato	2 pieces
Taro	1 catty
Fish Fillet	6 taels
Sliced Ginger	2 pieces
Water	1-2 cups
Chinese Coriander	some

調味料 Seasonings:

鹽	1/2 茶匙
Salt	1/2 teaspoon

醃魚料 Marinate Fish:

生抽	1/2 茶匙
薑汁	1/2 茶匙
胡椒粉	適量
*植物油	2/3 茶匙
Light Soy Sauce	1/2 teaspoon
Ginger Juice	1/2 teaspoon
Ground White Pepper	to taste
*Vegetable Oil	2/3 teaspoon

*建議選用較健康的植物油，但椰子油及棕櫚油除外，因含較高飽和脂肪酸。
Suggest to use vegetable oil except coconut oil and palm oil, which are mainly made up of saturated fat.

步驟 Cooking method:

- 1) 魚肉拭乾水分，以生抽、薑汁、胡椒粉及油略醃備用。
- 2) 芋頭去皮洗淨切件，番茄洗淨切件。
- 3) 把芋頭放入鍋中，加入1-2杯水煮至半熟。
- 4) 加入番茄及薑片於鍋中，和芋頭同煮約數分鐘。
- 5) 最後放入魚片再滾至熟，加鹽調味，灑上芫茜即成。
- 1) Wipe dry the fish fillets and marinate with light soy sauce, ginger juice, ground white pepper and oil.
- 2) Peel and wash the taros and cut into wedges. Wash and cut the tomatoes into wedges.
- 3) Put taros into pot, add 1-2 cups of water to half-boil the taros.
- 4) Add tomatoes and gingers, simmer with taros for few more minutes.
- 5) Finally add fish fillets and simmer till done. Add salt for seasoning. Sprinkle with Chinese coriander and serve.

番茄和芋頭是較罕見的配搭，原來卻是妙配－番茄的微酸能解芋頭的膩滯，芋頭的澱粉能豐富番茄的質感，再加魚片，更是清鮮、味美和醒胃了。

Tomato and taro, although rarely used together, make a perfect match. The weak acid in tomato makes taro less glutinous, while starch in taro enriches the texture of tomato. By adding fish fillet, we can prepare a fresh, delicious and appetizing dish.

小貼士 Tips:

水量多寡任人喜好，所以這道佳餚可作湯羹或湯菜呢。

You may prepare thick soup or vegetable-in-soup as you like by adding an appropriate amount of water.

番
薯
蓉
湯

Sweet Potato Purée Soup



食譜由謝寧女士提供
Recipes are provided by
Ms Charlene TSE.

菜式照片由明報周刊提供
Dish photos are provided by Ming Pao Weekly

步驟 Cooking method:

- 1) 把番薯洗淨，隔水蒸熟，去皮切塊放入攪拌機，加入一半份量的清雞湯打成糊狀備用。
 - 2) 將番薯蓉倒入煲中，將剩餘下的清雞湯全部倒入，用慢火煮滾，過程中需不停攪拌，以免黏底。
 - 3) 核桃用白鑊炒香，再用刀背拍碎備用。
 - 4) 將煮滾的湯倒入碗中，淋上低脂忌廉，再灑上核桃碎即成。
- 1) Wash the sweet potatoes and steam till done. Peel the skin and cut into chunks. Purée them in a food processor with half amount of the chicken broth. Set aside.
 - 2) Pour the purée into a pot and add in the rest of the chicken broth. Bring to boil over slow heat, constantly stirring.
 - 3) Stir-fry the walnut without oil until fragrant. Then use the back of a cleaver to mince the walnut. Set aside.
 - 4) Transfer the purée into a bowl and add in low-fat cream. Sprinkle with minced walnut and serve.

中式湯和西式湯最大的分別分是，中式湯大多直接用食材煲成，而西式湯喜將食材攪伴成湯。而南瓜湯、薯蓉湯、豆蓉湯都較常見的西式湯，有沒有想過用番薯來做湯呢？番薯湯的味道比南瓜湯清甜，口感更滑，而且做法簡單，再加上這食譜採用了黃芯及紅芯兩種番薯，令番薯湯味道更富層次。

Chinese style soup is prepared by directly boiling the ingredients, while Western style soup, e.g. pumpkin soup, potato purée soup and bean purée soup, is prepared by stirring the ingredients in soup. Have you ever thought of preparing soup by using sweet potato? Sweet potato purée soup is sweeter than pumpkin soup and gives a smoother feeling upon consumption. It is easy to cook too! Yellow-coloured and red-coloured sweet potatoes in the recipe enrich the taste of the soup.

材料 Ingredients: (1人份量 Serves 1)

黃芯番薯	1 條
紅芯番薯	1 條
低脂忌廉	1/3 湯匙
清雞湯	100 - 200 克
核桃	適量
Yellow-coloured Sweet Potato	1 piece
Red-coloured Sweet Potato	1 piece
Low-fat Cream	1/3 tablespoon
Chicken Broth	100 - 200 gm
Walnut	to taste

蒜片螺肉乾全麥炒意粉

Stir-Fried Whole Grain Pasta

with Whelk Meat and Garlic



步驟 Cooking method:

- 1) 先燒滾水，下1/2湯匙油及1/4 茶匙鹽，然後加入意粉煮至七成熟（見意粉呈現白點），隔水備用。
 - 2) 把螺肉洗淨切薄片，鴻喜菇切去尾端洗淨，白蘑菇洗淨切片備用。
 - 3) 燒熱平底鑊，下1/2湯匙油，先將蒜片炒至金黃色，撈起。放入蘑菇及鴻喜菇炒香，再倒入螺片，瀝白酒快略炒，灑上黑胡椒粒及1/4 茶匙鹽調味。
 - 4) 加入意粉攪勻，灑上紅椒絲、鮮荷蘭芹碎及蒜片，再淋上初榨橄欖油即可。
- 1) Bring water to boil, add 1/2 tablespoon oil and 1/4 teaspoon salt. Put in pasta and cook till white dots are seen, drain and set aside.
 - 2) Thinly slice the whelk meat. Trim the Hon-shimeji mushrooms and wash. Wash and slice the white mushrooms and set aside.
 - 3) Heat pan and add 1/2 tablespoon of oil, sauté garlic slices until fragrant, set aside. Stir-fry white mushrooms and Hon-shimeji mushrooms until fragrant. Add in whelk meat and white wine then sauté frequently. Season with coarse black pepper and 1/4 teaspoon salt.
 - 4) Mix well with pasta, sprinkle with red chili, parsley and garlic. Pour in extra virgin olive oil and serve.

材料 Ingredients: (2人份量 Serves 2)

全麥意粉	1/2 包
鮮螺肉	2 隻
白蘑菇	4 - 5 隻
鴻喜菇	1/2 盒
鮮荷蘭芹碎	1 湯匙
蒜頭(切片)	5 粒
紅椒絲	適量
黑胡椒碎	適量
白酒	1 茶匙
橄欖油	1 湯匙
初榨橄欖油	1 茶匙
Whole Grain Pasta	1/2 pack
Fresh Whelk Meat	2 pieces
White Mushroom	4 - 5 pieces
Hon-shimeji Mushroom	1/2 pack
Chopped Parsley	1 tablespoon
Garlic (sliced)	5 pieces
Red Chili (shredded)	to taste
Coarse Black Pepper	to taste
White Wine	1 teaspoon
Olive Oil	1 tablespoon
Extra Virgin Olive Oil	1 teaspoon

調味料 Seasonings:

鹽	1/2 茶匙
Salt	1/2 teaspoon

經濟環境欠佳，大家的生活態度都應當有所改變，出外用膳除了要吃得精明及健康點外，在家裏也可以活用食材。以往，煲湯的湯料大多會丟棄，這種做法既不環保，湯料的營養亦沒法吸收。這道螺肉意粉便是利用煲湯後的螺肉切片而煮成，充分利用食材，一點也不浪費。

We have to change our attitudes under the current economic downturn situation. Apart from dining out smartly and healthily, we can use ingredients flexibly at home. We used to dispose of the remaining soup ingredients. Such an act is not environmentally friendly and we cannot absorb most of the nutrients. The pasta is prepared by using sliced whelk meat which is a remaining soup ingredient. We can make full use of the ingredient without wasting it.

2009 有「營」廚藝大比拼

EatSmart Restaurant Cooking Competition



為增加「有『營』食肆」的趣味性，衛生署今年委託《新假期》周刊舉辦「2009有『營』廚藝大比拼」，讓廚師透過比賽切磋廚藝，帶來良性競爭。屆時市民亦可參與其中，投票選出入圍作品，表揚日常照顧我們飲食的有「營」廚師。想成為參選的一份子？只要在二月二十八日或以前，成功成為2009年度「有『營』食肆」，便會獲邀參加。

To make "EatSmart@restaurant.hk" Campaign more interesting, "Weekend Weekly" Magazine is commissioned by the Department of Health to run a territory-wide "EatSmart Restaurant Cooking Competition" this year, through which chefs will have an opportunity to compete with their cooking skills in a healthy competition. The public can also vote for their favourite dishes to give recognition to chefs of EatSmart Restaurants who care for our everyday diet. Do you want to join the competition? Easy! Your restaurant will be invited to join the competition if you completed the registration on or before 28 February 2009.



「有『營』食肆」在《畢打自己人》 EatSmart Restaurant @ "Offpedder"

衛生署為了讓市民增加認識「有『營』食肆」運動，首次透過無線電視翡翠台所製作的處境喜劇《畢打自己人》，通過劇情帶出「有『營』食肆」之訊息。其中演員會時常使用「有『營』食肆」雙面餐牌來介紹「有『營』菜式」，各食肆可抓緊商機，藉此多使用雙面餐牌，提醒市民點選「有『營』菜式」！衛生署亦會成立焦點小組，研究及評估以這形式傳遞健康飲食的成效。緊記逢星期一至五晚上 8 時正，收看《畢打自己人》喇！

To spread the word of "EatSmart@restaurant.hk" Campaign to the public, the Department of Health promotes EatSmart Restaurants via the stories in the situation comedy "Offpedder" for the first time which is produced by TVB Jade. In the programme, actors often introduce EatSmart dishes by using the EatSmart Menu Card. Restaurants may make use of the opportunity and promote EatSmart dishes to the public by using the Menu Card. An evaluation will be conducted to review the effectiveness of "Offpedder" in demonstrating the message of healthy eating. Do remember to watch "Offpedder" on TVB Jade at 8:00 p.m. from Monday to Friday!



開心廚神 Happy Chef

前警隊「一哥」李明達先生退休後變身成為「開心廚神」，經常出訪分享入廚心得。今次他應香港電台第一台的邀請，客席主持十一集《開心日報》，教大家怎樣吃得健康。這節目由零八年十一月十四日至零九年一月二十三日逢星期五播出，如你之前錯過收聽，可瀏覽香港電台網站www.rthk.gov.hk收聽節目重溫。

Mr. Dick Lee, the former Commissioner of Police, has become a "happy chef" after retirement. He often shares the tips on healthy cooking in interviews. Upon RTHK Radio 1's invitation, he serves as a guest host in 11 episodes of "Happy Daily" and teaches us on healthy eating. The programme is broadcasted every Friday from 14 November 2008 to 23 January 2009. Those who have missed the programme may listen to it again in the "Program Archive" at RTHK website (www.rthk.gov.hk).

有營食肆

EatSmart Restaurants

以下資料截至二零零九年二月十二日，排名依筆劃序。欲知最新「有『營』食肆」名單，請瀏覽衛生署健康飲食專題網站www.eatsmart.gov.hk。

Last updated on 12 February 2009. Names listed in random order. For the latest EatSmart Restaurant list, please visit the "EatSmart Website" www.eatsmart.gov.hk.

「南區」 SOUTHERN DISTRICT

大家樂	Café de Coral	
(石排灣商場分店)	(Shek Pai Wan Shopping Centre Shop)	2294 9100
(利東商場分店)	(Lei Tung Commercial Centre Shop)	2871 2681
(香港仔中心分店)	(Aberdeen Centre Shop)	2553 7867
(華貴邨商場分店)	(Wah Kwai Shopping Centre Shop)	2550 8056
中華廚藝學院	Chinese Cuisine Training Institute	2550 6683
(英語餐飲學會)	(The English-Speaking Dining Society) (Members only)	
(只供會員)		
太興燒味餐廳	Tai Hing Roast Restaurant	2552 9820
生活知味	The Taste of Living	2538 9338
美心MX	Maxim's MX	2580 7364
迎囍大酒樓	Cheers Restaurant	3520 1268
海皇粥店	Ocean Empire	2870 3884
旅遊服務業培訓發展中心	Hospitality Industry Training and Development Centre	2550 6683
(英語餐飲學會)	(The English-Speaking Dining Society) (Members only)	
(只供會員)		
富臨漁港臨門	Pleasant Palace	2553 0699
嘉年華美食到會有限公司 - 香港大學研究生堂飯堂 (只供研究生)	Joseph's Catering Service Ltd - The Graduate House of HKU Canteen (Students only)	2547 8999
嘉年華美食到會有限公司 - 香港大學學生宿舍何添堂飯堂 (只供學生)	Joseph's Catering Service Ltd - Ho Tim Hall of HKU Student Village Canteen (Students only)	2858 5807
肇順名匯河鮮專門店	Siu Shun Village Cuisine	2884 9088
翠華餐廳	Tsui Wah Restaurant	2552 6998
嘉豪酒樓	Ka Ho Restaurant	2551 1228
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	3520 1288

「灣仔區」 WANCHAI DISTRICT

二宜樓客家菜	Eryi Tower Southern China Provinces	2511 1228
大家樂	Café de Coral	
(胡忠大廈分店)	(Wu Chung House Shop)	2575 4300
(海港中心分店)	(Harbour Centre Shop)	2827 1236
(新世紀廣場分店)	(New Century Plaza Shop)	2836 0897
(駱克道分店)	(Lockhart Road Shop)	2507 3262
(瑞安中心分店)	(Shui On Centre Shop)	2511 9891
(京華中心分店)	(Capitol Centre Shop)	2241 4545
六國酒店 - 粵軒	Luk Kwok Hotel - Canton Room	2866 2166
功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2881 9966
百樂門宴會廳	Paramount Banquet Hall	2798 8332
有機地	Organic Land	2850 6166
美心MX	Maxim's MX	
(波斯富街分店)	(Percival Street Shop)	2838 6173
(軒尼詩分店)	(Hennessy Road Shop)	2893 7867
風月堂	Orchard Garden Café & Restaurant	2891 2881
美味廚	Megan's Kitchen	2866 8305
客家好棧	Hakka Hut	2881 8578
迎囍大酒樓	Cheers Restaurant	3167 7288
泰式食	Thai Perfect	2890 4899
海皇粥店	Ocean Empire	
(東角道分店)	(East Point Road Shop)	2890 8717
(莊士敦道分店)	(Johnston Road Shop)	2591 9003
益新美食館	Yixin Restaurant	2576 2355
彩福皇宴	Choi Fook Royal Banquet	2811 9181
菊月日本料理	Kiku Tsuki Japanese Restaurant	2577 0803
富豪香港酒店 - 富豪金殿中菜廳	Regal Hong Kong Hotel - Regal Palace Restaurant	2837 1773
富臨酒家	Foo Lum Restaurant	2528 2468
新星海鮮酒家	New Star Seafood Restaurant	2838 2186
新森林焗之專門店	New Forest Restaurant	2573 0558
翠華餐廳	Tsui Wah Restaurant	
(景隆街分店)	(Cannon Street Shop)	2573 4338
(謝斐道分店)	(Jaffe Road Shop)	2892 2633
稻香	Tao Heung	2838 3097
稻香超級漁港	Tao Heung Super 88	2831 9155
肇順名匯河鮮專門店	Siu Shun Village Cuisine	2572 6938
潮樓	Chao Inn	2892 0988
警察總部雅膳中菜廳 (只供職員)	Arsenal Place Police Headquarters (Staff Only)	2860 2688
警察總部匯敘西餐廳 (只供職員)	Cafe Rendezvous Police Headquarters (Staff Only)	2860 2299
警察總部職員餐廳 (只供職員)	Staff Canteen Police Headquarters (Staff Only)	2860 5878
灣景	Bayview Café Dessert Restaurant Bar	3427 3726
	CEO	2137 9777
	Epoch Coffee Bar	3525 1570



- 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

東區

EASTERN DISTRICT

大家樂	Café de Coral	
(小西灣商場分店)	(Siu Sai Wan Shopping Centre Shop)	2889 0672
(太古城分店)	(Cityplaza Phase Shop)	2885 3713
(太安樓分店)	(Tai On Building Shop)	2567 9872
(北角城分店)	(Fortress Tower Shop)	2571 6446
(百利大廈分店)	(Pak Lee Building Shop)	2807 3864
(城市中心分店)	(City Garden Shop)	2887 2802
(英皇道分店)	(King's Road Shop)	2911 4485
(健威坊分店)	(FitFort Shop)	2562 9776
(愛東商場分店)	(Oi Tung Shopping Centre Shop)	3156 1116
(新都城大廈分店)	(Metropole Building Shop)	2565 0222
(樂基行分店)	(Stanhope House Shop)	2811 0689
(糖廠街分店)	(Tong Chong Street Shop)	2564 3144
(環翠商場分店)	(Wan Tsui Shopping Centre Shop)	2515 9548
(耀東商場分店)	(Yiu Tung Shopping Centre Shop)	2569 8653
太興燒味餐廳	Tai Hing Roast Restaurant	2567 7362
有機草本園	Organic Herbarry	3619 3609
美心MX	Maxim's MX	
(友邦廣場分店)	(AIA Tower Shop)	2219 7223
(杏花新城分店)	(Paradise Mall Shop)	2558 8541
(南天大廈分店)	(Nam Tin Building Shop)	2578 9629
(英皇大樓分店)	(King's House Shop)	2561 5760
(康怡商場分店)	(Kornhill Plaza Shop)	2885 5095
(新翠商場分店)	(New Jade Shopping Arcade Shop)	2897 7513
(藍灣廣場分店)	(Island Resort Mall Shop)	2248 5370
柴灣東區醫院職員餐廳	Pamela Youde Nethersole Eastern Hospital Staff Canteen	2595 6505
(只供職員)	(Staff only)	
海皇粥店	Ocean Empire	2887 5879
彩福海鮮酒家	Choi Fook Seafood 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
	Epoch Coffee Bar	2811 2140

中西區

CENTRAL & WESTERN DISTRICT

大家樂	Café de Coral	
(八達大廈分店)	(Federate Building Shop)	2858 6627
(干諾道西分店)	(Connaught Road West Shop)	2548 5601
(中信大廈分店)	(Citic Tower Shop)	2104 5838
(中環勵精分店)	(Regent Centre Shop)	2525 1609
(北街分店)	(North Street Shop)	2986 4461
(長江中心分店)	(Cheung Kong Center Shop)	2186 7068
(東亞安泰中心分店)	(East Asia Aetna Tower Shop)	2542 2958
(遠東金融中心分店)	(Far East Finance Centre Shop)	2861 2852
(香港站分店)	(Hong Kong Station Shop)	2537 6515
(海富中心分店)	(Admiralty Centre Shop)	2866 2750
(萬邦行分店)	(Melbourne Plaza Shop)	2162 8020
(華懋大廈分店)	(Chinachem Tower Shop)	2104 7092
(新紀元廣場分店)	(Grand Millennium Plaza Shop)	2137 8687
(維德廣場分店)	(Vicwood Plaza Shop)	2541 0293
木馬會	Le Manège	3667 9233
北京拉麵店	Peking Noodles	2537 1320
匡智園景軒	Hong Chi Garden View Lounge	2664 3620
美心MX	Maxim's MX	2857 2910
港式餐廳	Hong Kong Style Restaurant	2542 2288
富臨味之道	Foo Lum	2815 1088
富臨漁港	Pleasant Palace	2803 0182
翠華餐廳	Tsui Wah Restaurant	2525 6338
	Madison's Restaurant & Bar	2523 4772

黃大仙區

WONG TAI SIN DISTRICT

大家樂	Café de Coral	
(黃大仙中心分店)	(Wong Tai Sin Shopping Centre Shop)	2352 2032
(華興工業大廈分店)	(Wah Hing Industrial Mansions Shop)	2352 2117
(慈雲山中心分店)	(Tsz Wan Shan Shopping Centre Shop)	2194 7376
(鳳德商場分店)	(Fung Tak Shopping Centre Shop)	2327 8486
(龍翔中心分店)	(Lung Cheung Mall Shop)	2320 7441
美心MX	Maxim's MX	
(竹園中心分店)	(Chuk Yuen Shopping Centre Shop)	2327 8551
(黃大仙中心分店)	(Wong Tai Sin Center Shop)	2321 9331
海皇粥店	Ocean Empire	2339 3365
御苑酒家	The China House	3162 3788
富臨漁港	Foo Lum Fishman's Wharf Restaurant	2320 8088
富臨漁港	Pleasant Palace	2320 9080
肇順名匯海鮮專門店	Siu Shun Village Cuisine	2322 9932
翠華餐廳	Tsui Wah Restaurant	2324 6486
聯邦酒樓集團	Federal Restaurant Group	2626 0011

九龍城區

KOWLOON CITY DISTRICT

又一居會所餐廳	Club Oasis Restaurant	2788 3881
大家樂	Café de Coral	
(又一城分店)	(Festival Walk Shop)	2265 8225
(九龍城廣場分店)	(Kowloon City Plaza Shop)	2383 5322
(土瓜灣道分店)	(To Kwa Wan Road Shop)	2774 4823
(馬頭圍道分店)	(Ma Tau Wai Road Shop)	2764 7131
(黃埔花園分店)	(Whampoa Garden Shop)	2363 7435
(黃埔花園百合苑分店)	(Whampoa Garden Commercial Podium Shop)	2994 5253
五洲餐廳	Five Continents Restaurant	2132 3521
美心MX	Maxim's MX	
(土瓜灣分店)	(To Kwa Wan Shop)	2712 2917
(黃埔花園分店)	(Whampoa Garden Shop)	2333 7136
香港公開大學大學會所	Hong Kong Open University Canteen	2712 5447
香港城市大學城軒海鮮酒家	City University of Hong Kong City Chinese Restaurant	2788 8163
香港城市大學城峰閣西餐廳	City University of Hong Kong City Top Restaurant	2788 8139
香港理工大學聚賢樓中餐廳	The Hong Kong Polytechnic University Four Seas Restaurant	2766 4778
紅磡香港理工大學學生飯堂及教職員飯堂	Hung Hom Hong Kong Polytechnic University Student & Staff Canteen	2766 6979
(只供學生及職員)	(Students & Staff only)	
海皇粥店	Ocean Empire	
(馬頭圍道分店)	(Ma Tau Wai Road Shop)	2330 3200
(黃埔花園分店)	(Whampoa Garden Shop)	2330 2389
彩福皇宴	Choi Fook Royal Banquet	2811 1983
豪苑海鮮酒家	Regal Seafood Restaurant	2132 3521
新星海鮮酒家	New Star Seafood Restaurant	2362 7645
富臨漁港	Foo Lum Fishman's Wharf Restaurant	
(明安街分店)	(Ming On Street Shop)	2363 2883
(馬頭角道分店)	(Ma Tau Kok Road Shop)	2768 8618
榆豐餐廳	Elmgancy Café	3162 8773
嘉年華美食到會有限公司 - 香港城市大學學生宿舍飯堂	Joseph's Catering Service Ltd - Student Residence of CityU of HK Canteen	6502 6202
(只供學生)	(Students only)	
肇順名匯海鮮專門店	Siu Shun Village Cuisine	2330 2866
醫管局大樓職員餐廳	Hospital Authority Building Staff Canteen	2194 6801
囍慶藝廚酒家	Happiness Cuisine	2712 8168

「油尖旺區」 YAU TSIM MONG DISTRICT

大家樂 (九龍機鐵站分店) (友誠商業中心分店) (百誠大廈分店) (希爾頓中心分店) (旺角中心分店) (星光行分店) (重慶大廈分店) (海港城分店) (奧海城分店) (富達大廈分店) (雅蘭商場分店) (新世紀廣場分店) (康寧大廈分店) (愛賓商業大廈分店)	Café de Coral (Kowloon Station Shop) (Yau Shing Commercial Centre Shop) (Pak Shing Building Shop) (Hilton Tower Shop) (Argyle Centre Shop) (Star House Shop) (Chungking Mansion Shop) (Harbour City Shop) (Olympian City Shop) (Foo Tat Building Shop) (Grand Tower Shop) (Grand Century Place Shop) (Honland Building Shop) (Albion Plaza Shop)	2376 2315 2390 9694 2782 3115 2311 6031 2396 8797 2736 4900 2367 0802 2175 0181 2271 4165 2270 5339 2393 2667 2142 3679 2397 1252 2369 1210
上樓 北京拉麵店 功德林上海素食	Shanghai Inn Peking Noodles Kung Tak Lam Shanghai Vegetarian Cuisine	2780 8138 2380 2183 2312 7800
伊利沙伯醫院職員 飯堂 (只供職員) 百樂門宴會廳 旺角維景酒店-荔軒 中菜廳 旺角維景酒店-雅敘 閣西餐廳	Queen Elizabeth Hospital Staff Canteen (Staff only) Paramount Banquet Hall Metropark Hotel - Lychee Garden Chinese Restaurant Metropark Hotel - Café Concourse	2384 2656 2798 8332 2397 9609 2397 9612
欣宴 客家好棧 波羅密素食 (海防道分店) (廣東道分店) 青葉日本料理 美心MX (友誠商業大廈分店) (金巴利道分店) (金馬倫道分店) (港鐵旺角東站分店) (新文華中心分店)	Eky's Banquet Hakka Hut Paramita Vegetarian Restaurant (Haiphong Road Shop) (Canton Road Shop) AOBA Japanese Restaurant Maxim's MX (Yau Shing Commercial Centre Shop) (Kimberley Road Shop) (Cameron Road Shop) (Mong Kok East Station Shop) (New Mandarin Plaza Shop)	2332 2698 3528 0868 2736 3939 2317 6908 2300 1985 2390 7530 2311 5006 3523 0350 2397 6303 2311 8589
風月堂 (亞皆老街分店) (奧海城分店) 查理布朗咖啡室專 門店 風情畫意大利餐廳 紅蔥頭 (亞皆老街分店) (通菜街分店) (彌敦道分店) 迎禧大酒樓 (彌敦道分店) (雅蘭中心分店) 泉聚居海鮮酒家 茶禪 海皇粥店 (旺角道分店) (彌敦道分店) 御苑皇宴 彩福皇宴 (始創中心分店) (莊士倫敦廣場分店) (彌敦道分店)	Orchard Garden Café & Restaurant (Argyle Street Shop) (Olympian City Shop) Charlie Brown Café Zeffirino Ristorante Cafe Med (Argyle Street Shop) (Tung Choi Street Shop) (Nathan Road Shop) Cheers Restaurant (Nathan Road Shop) (Grand Tower Shop) Cheun Chui Kui Restaurant Cafe Zen Ocean Empire (Mong Kok Road Shop) (Nathan Road Shop) The Banqueting House Choi Fook Royal Banquet (Pioneer Centre Shop) (Chuang's London Plaza Shop) (Nathan Road Shop)	2699 3002 2393 3959 2366 6325 2313 8612 3514 9322 3514 9223 2626 0596 2770 3323 2308 1668 2369 2870 9606 2086 2396 0126 2385 6732 3962 1188 2766 0886 2142 8898 2332 2698

「油尖旺區」 YAU TSIM MONG DISTRICT

普光齋 雅廊咖啡室 超壽司 富臨漁港囍臨門 (百誠大廈分店) (安達中心分店) 富臨漁港 富臨酒家 (協成行分店) (創興廣場分店) 鐵板純和風日本 料理 新松園粥麵茶餐廳 新星海鮮酒家 (赫德道分店) (廣華街分店) 福苑海鮮酒家 新森林焗之專門店 (通菜街分店) (庇利金街分店) 翠華餐廳 (白加士街分店) (加拿芬道分店) (北海街分店) 靚煲皇 潮樓 (北京道分店) (彌敦道分店) 潮館 稻香 (加拿芬廣場分店) (新九龍廣場分店) 稻香超級漁港 (雅蘭中心分店) (新港中心分店) (彌敦道分店) Mezzo Grill MUNCH	Light Vegetarian Restaurant Cafe Allegro Super Sushi Pleasant Palace (Pak Shing Building Shop) (Auto Plaza Shop) Foo Lum Fishman's Wharf Restaurant Foo Lum Restaurant (HSH Shop) (Chong Hing Square Shop) Teppan Chiu Japanese Restaurant New Chung Yuen Restaurant New Star Seafood Restaurant (Hart Avenue Shop) (Kwong Wa Street Shop) Fuk Yuen Seafood Restaurant New Forest Restaurant (Tung Choi Street Shop) (Pilkem Street Shop) Tsui Wah Restaurant (Parkes Street Shop) (Carnarvon Road Shop) (Pak Hoi Street Shop) Supreme Hot Pot Chao Inn (Peking Road Shop) (Nathan Road Shop) Chao Inn Tao Heung (Carnarvon Road Shop) (New Kowloon Plaza Shop) Tao Heung Super 88 (Grand Tower Shop) (SilvercordShop) (Nathan Road Shop) 2313 8788 2952 9991	2384 2833 2313 8718 2398 2006 2770 6883 2723 8132 2148 2188 2396 2980 2770 3386 2787 5135 2782 6334 2366 1428 2780 2226 3422 8222 2332 5233 2575 5237 2384 8388 2366 8250 2780 8328 2399 0812 2369 8819 2780 8193 2628 3728 2367 1328 3529 1282 2390 0882 2375 9128 2771 3922 2313 8788 2952 9991
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「深水埗區」 SHAM SHUI PO DISTRICT

大家樂 (元州街分店) (百老匯街分店) (李鄭屋邨分店) (長沙灣道分店) (萬事達廣場分店) (億利工業大廈中心分店) 北京拉麵店 美心MX 海皇粥店 新生餐廳 新星海鮮酒家 富臨漁港囍臨門 (長沙灣廣場分店) (富華廣場分店) 富臨漁港	Café de Coral (Un Chau Street Shop) (Broadway Shop) (Lei Cheng Uk Estate Shop) (Cheung Sha Wan Road Shop) (Mount Sterling Mall Shop) (Elite Industrial Centre Shop) Peking Noodles Maxim's MX Ocean Empire New Life Restaurant New Star Seafood Restaurant Pleasant Palace (Cheung Sha Wan Plaza Shop) (Florence Plaza Shop) Foo Lum Fishman's Wharf Restaurant	2725 6403 2785 4103 2958 1671 2728 3007 2785 5821 2741 2705 2361 9069 2742 4679 2307 6184 2777 4726 2991 4903 2310 8880 2370 3262 2368 3738
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觀塘區

KWUN TONG DISTRICT

大家樂	Café de Coral	
(宏照道分店)	(Wang Chiu Road Shop)	2750 9925
(順利邨分店)	(Shun Lee Estate Shop)	2790 8209
(淘大花園分店)	(Amoy Garden Shop)	2750 3496
(創紀之城分店)	(Millennium City Shop)	2267 2300
(康寧道分店)	(Hong Ning Road Shop)	2790 5295
(清灣道分店)	(Clear Water Bay Road Shop)	2325 1250
(廣田商場分店)	(Kwong Tin Shopping Centre Shop)	2717 0619
(德田商場分店)	(Tak Tin Shopping Centre Shop)	2772 5695
(樂華商場分店)	(Lok Wah Commercial Centre Shop)	2751 9726
(德福商場分店)	(Telford Plaza Shop)	2148 6424
(鴻圖道分店)	(Hung To Road Shop)	2344 0244
(寶達商場分店)	(Po Tat Shopping Centre Shop)	2190 4626
(觀塘廣場分店)	(Kwun Tong Plaza Shop)	2142 5905
太興新世代	Tai Hing New Century	2535 9831
北京拉麵店	Peking Noodles	2345 7360
百樂門宴會廳	Paramount Banquet Hall	2798 8332
沁園春	Cheerful Restaurant	2251 3636
青葉日本料理	AOBA Japanese Restaurant	2345 1671
美心MX	Maxim's MX	
(啟田商場分店)	(Kai Tin Shopping Centre Shop)	2348 9545
(彩雲邨分店)	(Choi Wan Estate Shop)	2796 3911
(翠屏邨商場分店)	(Tsui Ping Shopping Circuit Shop)	2763 4180
(麗港城分店)	(Laguna CityShop)	2772 3314
海皇粥店	Ocean Empire	
(物華街分店)	(Mut Wah Street Shop)	2304 7468
(淘大商場分店)	(Amoy Plaza Shop)	2759 6537
(輔仁街分店)	(Fu Yan Street Shop)	2172 4558
旅遊服務業培訓發展中心	Hospitality Industry Training and Development Centre	2750 6919
(英語餐飲學會)	(The English-Speaking Dining Society)	
(只供會員)	(Members only)	
御苑皇宴	The Banqueting House	2798 8866
御苑酒家	The China House	2798 8110
富臨漁港	Foo Lum Fishman's Wharf Restaurant	
(常悅道分店)	(Sheung Yuet Road Shop)	2759 1818
(開源道分店)	(Hoi Yuen Road Shop)	2342 4252
肇順名匯河鮮專門店	Siu Shun Village Cuisine	2798 9738
維港藝廚酒家	Victoria Harbour Seafood Restaurant	2827 2626
嘉華大酒樓	Ka Wah Restaurant	2795 3838
嘉豪酒樓	Ka Ho Restaurant	2755 2982
潮館	Chao Inn	3542 5788
稻香	Tao Heung	3582 4028
稻香超級漁港	Tao Heung Super 88	
(德福廣場分店)	(Telford Plaza Shop)	2243 3855
(麗港城商場分店)	(Laguna Plaza Shop)	2717 6860
聯合醫院職員餐廳	United Christian Hospital Staff Canteen (Staff Only)	3513 4065
(只供職員)		
Studio City Bar & Cafe		3543 5638

沙田區

SHATIN DISTRICT

大家樂	Café de Coral	
(好運中心分店)	(Lucky Plaza Shop)	2697 4114
(坳背灣街分店)	(Au Pui Wan Street Shop)	2145 4619
(金禧花園分店)	(Grandeur Garden Shop)	2605 8112
(恆安邨分店)	(Hang On Estate Shop)	2642 0488
(美林商場分店)	(Mei Lam Shopping Centre Shop)	2605 0772
(泰石商場分店)	(Chun Shek Shopping Centre Shop)	2604 0770
(第一城中心分店)	(City One Plaza Shop)	2145 8871
(頌安邨商場分店)	(Chung On Shopping Centre Shop)	2683 5653
(新城市廣場分店)	(New Town Plaza Shop)	2692 7563
(新港城中心分店)	(Sunshine City Plaza Shop)	2631 6055
(錦英商場分店)	(Kam Ying Court Shopping Centre Shop)	2640 4376
(耀安商場分店)	(Yiu On Shopping Centre Shop)	2642 4204
(瀝源商場分店)	(Lek Yuen Shopping Centre Shop)	2607 0276
(顯徑商場分店)	(Hin Keng Shopping Centre Shop)	2687 3704
王廚咖啡	Wong's Kitchen and Café	2601 3218
太興燒味餐廳	Tai Hing Roast Restaurant	2693 2782
叻哥茶餐廳	-	2648 6778
沙田醫院職員餐廳	Shatin Hospital Staff Canteen	2686 8223
(只供職員)	(Staff Only)	
君臨海鮮酒家	Shatin King's Fortune Seafood Restaurant	2667 6388
金都海鮮酒家	Golden City Seafood Restaurant	2633 8899
金福酒家	Golden Fortune Restaurant	2698 8288
金裝嫩奶佬	Daniel's Restaurant	
(第一城中心分店)	(City One Plaza Shop)	2648 6111
(積福街分店)	(Chik Fuk Street Shop)	2608 1331
美心MX	Maxim's MX	
(禾輦商場分店)	(Wo Che Commercial Complex Shop)	2694 7608
(利安邨商場分店)	(Lee On Estate Shopping Centre Shop)	2640 8926
(新城市廣場分店)	(New Town Plaza Shop)	2693 0906
(新港城分店)	(Sunshine City Shop)	2144 9610
香港專業教育學院	Hong Kong Institute of Vocational Education (Shatin) Student Canteen	2601 1663
(沙田分校)學生餐廳	(Student Only)	
(只供學生)		
威爾斯親王醫院飯堂	Prince of Wales Hospital Canteen	2646 1132
峰山美食	Fung Shan Canteen	2947 7589
海皇JP one	-	2607 1693
海皇粥店	Ocean Empire	
(好運中心分店)	(Lucky Plaza Shop)	2692 4150
(頌安廣場分店)	(Chung On Shopping Centre Shop)	2633 5715
老爹茶居	Daddy's Kitchen	2640 3878
嘉豪酒樓	Ka Ho Restaurant	2602 3228
稻香超級漁港	Tao Heung Super 88	2681 3828
靚慶酒樓	Happiness Cuisine	2827 8803



離島區

ISLANDS DISTRICT

大家樂 (香港地鐵分店)	Café de Coral (Hong Kong Station Shop)	2801 5285
(富東商場分店)	(Fu Tung Shopping Centre Shop)	2109 0726
(逸東商場分店)	(Yat Tung Shopping Centre Shop)	3141 7097
(機場到港分店)	(Airport- Arrivals Level Shop)	2261 2039
(機場禁區分店)	(Airport -Departures Hall Shop)	2261 0879
亞 空港居酒屋	Airport Izakaya	2286 6668
中 紅軒中菜廳	Rouge	2286 6868
快 香港國際機場超級 一號貨站飯堂	Hong Kong International Airport Super Terminal 1	2286 0305
亞 潮樓	Chao Inn	3197 9098
中 龍門客棧	Dragon Inn	2286 6878
西 藝廊咖啡室	Cafe Aficionada	2286 6868

荃灣區

TSUEN WAN DISTRICT

大家樂 (昌耀大廈分店)	Café de Coral (Cheong Yiu Mansion Shop)	2499 8518
(南豐中心分店)	(Nam Fung Centre Shop)	2413 6314
(海濱花園分店)	(Riviera Garden Shop)	2408 9941
(荃新天地分店)	(Citywalk Shop)	2941 0172
(荃灣中心分店)	(Tsuen Wan Centre Shop)	2411 0128
(荃灣廣場分店)	(Tsuen Wan Plaza Shop)	2499 3515
(麗城廣場分店)	(Belvedere Square Shop)	2417 3959
中 北京拉麵店	Peking Noodles	2944 8282
茶 合發(翠華)餐廳	Hop Fat (Tsui Wah) Restaurant	2490 0723
亞 客家好棧	Hakka Hut	2406 9338
快 金裝嫩奶佬 (大壩街63號分店)	Daniel's Restaurant (63 Tai Pa Street Shop)	2414 7639
大壩街65號分店)	(65 Tai Pa Street Shop)	2498 5622
快 美心MX (東亞商場分店)	Maxim's MX (East Asia Commercial Centre Asia Shop)	2499 9595
(荃錦中心分店)	(Tsuen Kam Centre Shop)	2498 9401
(愉景新城商場分店)	(Discovery Park, Commercial Centre Shop)	2940 5821
(綠楊坊分店)	(Luk Yeung Galleria Shop)	2498 0283
(樂悠居分店)	(Indihome Shop)	2439 1070
中 迎龍大酒樓	Cheers Restaurant	2405 3928
快 海皇JP one	-	2439 1675
快 海皇粥店	Ocean Empire	2740 4232
中 荃灣港安醫院職員 餐廳 (只供職員)	Tsuen Wan Adventist Hospital Staff Canteen (Staff only)	2276 7338
茶 翠華餐廳	Tsui Wah Restaurant	2419 7738
中 新海鮮酒家	New Star Seafood Restaurant	2402 8866
中 稻香	Tao Heung	2940 6233
中 稻香超級漁港	Tao Heung Super 88	2499 0032
茶 爵悅庭住客會所	Club Chelsea	2480 6022

西貢區

SAI KUNG DISTRICT

大家樂 (尚德商場分店)	Café de Coral (Sheung Tak Shopping Centre Shop)	2178 4070
(東港城分店)	(East Point City Shop)	2628 4535
(彩明商場分店)	(Choi Ming Shopping Centre Shop)	3409 5070
(新都城分店)	(Metro City Shop)	3194 3539
(翠林邨商場分店)	(Tsui Lam Shopping Centre Shop)	2702 0118
亞 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 Noodles	2266 6157
亞 客家好棧	Hakka Hut	3194 6648
快 美心MX (君傲灣分店)	Maxim's MX (Grandiose Shop)	2752 1061
(東港城分店)	(East Point City Shop)	2628 5010
(新都城分店)	(Metro City Shop)	3194 4210
快 香港科技大學學生 飯堂 (只供學生)	Hong Kong University of Science & Technology Student Canteen (Students only)	2243 1287
快 海皇JP one	-	2628 5225
快 海皇粥店 (將軍澳中心分店)	Ocean Empire (Park Central Shop)	3417 4059
(新都城分店)	(Metro City Shop)	3194 4893
快 將軍澳醫院職員餐廳 (只供職員)	Tsuen Kwan O Hospital Staff Canteen (Staff only)	2208 0063
快 壹蘋果大樓員工餐廳 (只供員工)	-	2990 7885
茶 翠華餐廳	Tsui Wah Restaurant	-
亞 潮館	Chao Inn	2191 0788
中 稻香	Tao Heung	3157 1198
中 稻香超級漁港	Tao Heung Super 88	2701 3800

葵青區

KWAI TSING DISTRICT

大家樂 (青衣城分店)	Café de Coral (Maritime Square Shop)	2436 1025
(梨木樹商場分店)	(Lei Muk Shue Shopping Centre Shop)	2401 3192
(葵涌商場分店)	(Kwai Chung Shopping Centre Shop)	2279 4102
(葵涌廣場分店)	(Kwai Chung Plaza Shop)	2410 0313
(藍澄灣商場分店)	(Rambler Plaza Shop)	2495 0379
亞 生活知味	The Taste of Living	2435 6966
快 美心MX (石蔭商場分店)	Maxim's MX (Shek Yam Shopping Centre Shop)	2276 0119
(石籬商場分店)	(Shek Lei Shopping Centre Shop)	2425 0230
(長發商場分店)	(Cheung Fat Shopping Centre Shop)	2433 3665
(新葵興商場分店)	(Sun Kwai Hing Shopping Mall Shop)	2428 0636
(賢麗苑商場分店)	(Yin Lai Court Shopping Centre Shop)	2743 8651
西 風月堂	Orchard Garden Café & Restaurant	2421 4817
茶 新生餐廳	New Life Restaurant	2435 1077
中 新海鮮酒家	New Star Seafood Restaurant	2149 0819
快 葵涌醫院職員餐廳 (只供職員)	Kwai Chung Hospital Staff Canteen (Staff only)	2959 0474
中 漢福海鮮酒家	Hon Fook Seafood Restaurant	2827 8338
快 瑪嘉烈醫院職員飯 堂 (只供職員)	Princess Margaret Hospital Staff Canteen (Staff only)	2741 1185
茶 廣發餐廳	Kong Fat Restaurant	2612 1842
亞 潮樓	Chao Inn	2189 7638
亞 潮館	Chao Inn	3521 0018
中 稻香 (青衣城分店)	Tao Heung (Maritime Square Shop)	2433 1103
(寶星廣場分店)	(Po Sing Plaza Shop)	2487 2999



屯門區

TUEN MUN DISTRICT

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	
	(山景邨商場分店)	(Shan King Commercial Centre Shop)	2456 0068
	(屯門市廣場分店)	(Tuen Mun Town Plaza Shop)	2451 2431
	(屯隆街分店)	(Tuen Lung Street Shop)	2458 4860
	(安定邨分店)	(On Ting Estate Shop)	2441 9702
	(啟民徑分店)	(Kai Man Path Shop)	2441 7035
	(新屯門中心分店)	(Sun Tuen Mun Centre Shop)	2454 7520
	(蝴蝶商場分店)	(Butterfly Shopping Centre Shop)	2455 7980
快	青山醫院餐廳	Castle Peak Hospital Canteen	2456 7090
亞	客家好棧	Hakka Hut	2618 7008
茶	金裝燉奶佬	Daniel's Restaurant	
	(屯門時代廣場分店)	(Trend Plaza Shop)	2451 4408
	(華都花園分店)	(Waldorf Garden Shop)	2441 5863
快	美心MX	Maxim's MX	
	(屯門市廣場分店)	(Tuen Mun Plaza Shop)	2618 2952
	(卓爾廣場分店)	(Chelsea Heights Shop)	2465 5769
	(華都花園商場分店)	(Waldorf Garden Shopping Arcade Shop)	2618 7458
快	海皇粥店	Ocean Empire	2450 5938
中	新星海鮮酒家	New Star Seafood Restaurant	2613 1919
西	愛琴會悠閒廊	La Fantasie Leisure Lounge	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
亞	潮館	Chao Inn	2404 0892
中	稻香超級漁港	Tao Heung Super 88	2449 2822
西	樂融融餐廳	Cafe Fusion	3511 0748

元朗區

YUEN LONG DISTRICT

快	大家樂	Café de Coral	
	(天慈商場分店)	(Tin Tsz Shopping Centre Shop)	2446 6165
	(天澤商場分店)	(Tin Chak Shopping Centre Shop)	2486 3039
	(香港濕地公園分店)	(Hong Kong Wetland Park Shop)	2617 2652
	(頌富商場分店)	(Chung Fu Shopping Centre Shop)	2253 0441
	(豐裕軒分店)	(Opulene Height Shop)	2475 9549
中	太興新世代	Tai Hing New Century	2443 4410
茶	叻哥茶餐廳	-	2446 2345
茶	金裝燉奶佬	Daniel's Restaurant	
	(千色廣場分店)	(Citimall Shop)	2477 0708
	(俊宏軒商場L11號舖分店)	(L11, G/F, Grandeur Terrace Shop)	3401 1255
	(俊宏軒商場L08號舖分店)	(L08, G/F, Grandeur Terrace Shop)	3401 1266
	(新北江商場分店)	(Kingswood Richly Plaza Shop)	2445 6321
快	美心MX	Maxim's MX	
	(天晴商場分店)	(Tin Ching Commercial Centre Shop)	2351 5772
	(天盛商場分店)	(Tin Shing Shopping Centre Shop)	2254 2736
	(天耀商場分店)	(Tin Yiu Shopping Centre Shop)	2445 2527
	(元朗廣場分店)	(Yuen Long Plaza Shop)	2476 6300
快	海皇粥店	Ocean Empire	2477 8050
快	博愛醫院餐廳	Pok Oi Hospital Canteen	2486 8822
中	新星海鮮酒家	New Star Seafood Restaurant	2478 2011
亞	潮樓	Chao Inn	2478 0628
中	稻香	Tao Heung	2475 9251
中	囍慶大酒樓	Happiness Restaurant	2827 6668
中	YoHo 會所	YoHo Club	2470 1550

大埔區

TAI PO DISTRICT

快	大家樂	Café de Coral	
	(大埔中心分店)	(Tai Po Centre Shop)	2665 2731
	(富亨商場分店)	(Fu Hang Shopping Centre Shop)	2660 6295
	(新達廣場分店)	(Uptown Plaza Shop)	2657 6908
	(廣福商場分店)	(Kwong Fuk Commerical Centre Shop)	2650 6823
快	那打素醫院職員飯堂(只供職員)	Nethersole Hospital Staff Canteen (Staff only)	2664 2752
快	美心MX	Maxim's MX	2638 8239
快	香港科學園美食廣場	Hong Kong Science Park Canteen	2607 4080
中	迎囍大酒樓	Cheers Restaurant	2144 0889
中	彩福海鮮酒家	Choi Fook Seafood Restaurant	2766 3788
中	稻香	Tao Heung	2666 9923

北區

NORTH DISTRICT

快	大家樂	Café de Coral	
	(名都商場分店)	(Fanling Town Centre Shop)	2144 4657
	(雍盛商場分店)	(Yung Shing Shopping Centre Shop)	2278 2575
	(新都廣場分店)	(Metropolis Plaza Shop)	2649 3498
	(新豐路分店)	(San Fung Avenue Shop)	2673 5005
中	多福居酒家	Tremendous Luck Restaurant	3690 2738
亞	客家好棧	Hakka Hut	2639 5088
中	金都海鮮酒家	Golden City Seafood Restaurant	2671 0222
中	叙福大酒樓	Lucky House Restaurant	3156 1283
快	海皇粥店	Ocean Empire	2682 3798
中	稻香	Tao Heung	2682 5889
快	潮興明記食品屋	Chiu Hing Ming Kee Food House	-
茶	閩府統請(禾穗子)餐廳	Hop Fu Tong Ching	2256 1335



