

CookSmart

營廚

我行我素

杜汶澤

EatSmart
My Veggie-Way
— Chapman TO





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

CookSmart



營廚

春話

Words from the Editor

出街吃飯來來去去都是點選一些豬、牛、羊、雞、魚的菜式，吃得多也會感到有點膩。心血來潮想吃得清淡一點，便會到素菜館吃一頓齋菜。看到鄰座滿枱都是齋滷味、炸春卷、芋頭魚等高脂肪的食物，原來吃齋都可以跌入「肥胖陷阱」。今次《營廚》除了介紹多款有「營」素食譜外，還有營養師教大家關於素食有「營」貼士，千萬不要錯過！

為了吃少一點油，你曾否在點菜時要求「少油，唔該！」？沒有？因為怕難為情！其實這做法現今已十分普遍，食肆從業員也十分樂意滿足大家不同的要求。如想吃得更安心，你只要瀏覽衛生署專題網站<http://restaurant.eatsmart.gov.hk>，尋找心水的「有『營』食肆」，點選少油、鹽、糖的「3少之選」菜式，便不用再煩惱了。

Even for meat lovers like me, I sometimes take a break and enjoy a vegetarian meal. The most popular Chinese vegetarian dishes in Hong Kong are fried gluten, spring roll and "Fish-shaped Taro" which are mostly deep fried. It is therefore not uncommon for us to fall into "fat traps" even if we go meat-less. That's why our dietitian will share with us some EatSmart tips for vegetarians in this issue.

"Less Oil, please!" - Will you make such a request when eating out? Why not? Restaurants nowadays are customer centric and quite ready to cater to your health needs. If you are still worried, simply choose "3 Less Dishes" which contain less oil, salt and sugar from an EatSmart Restaurant.

我行我素

杜汶澤

EatSmart • My Veggie-way — Chapman TO

杜汶澤是香港著名的多方位藝人，身兼演員和電台節目主持人之餘，近年更專注監製和導演工作。數年前杜汶澤開始茹素，他現時是一位蛋奶素食者。

Chapman TO is a multi-talented artist – an actor, a radio programme host as well as a movie producer and director. He has been a lacto-ovo-vegetarian for a few years.



一夜之間棄葷茹素

杜汶澤向來嗜食，茹素之後胃口不減，但吃得更快活！

約在三年前，杜汶澤相約了一名演員在一家火鍋店商談影片的事宜，不知何故覺得桌上的鮮牛肉有種難聞的氣味；自此，從前羊肉、牛肉不離口的杜汶澤遠離葷菜。信奉佛教密宗後，他的上師大寶法王亦推崇素食。他自茹素以後，多涉獵了健康飲食的資訊，並得悉飼養食用的禽畜耗費水源，對環境損害甚大，因此再沒有吃肉。

杜汶澤自言，雖然他茹素以後仍然嗜吃如昔，但味覺變得敏銳，更加樂於嘗試不同的食物。「為怕不夠營養，我不再揀飲擇食，過往很少食用伴碟的菜蔬，但現在一點一滴都吃個清光。」

Meat? Not for me anymore!

Three years ago, Chapman suddenly found the odour of beef offensive and lost his interest in consuming meat. After becoming a Buddhist follower and knowing that animal consumption could be detrimental to the environment, his idea of going vegetarian was strengthened further.

Chapman is now more sensitive to taste and he is more willing to try different cuisines. "I'm more health conscious and try hard to maintain a balanced diet by eating various kinds of food.", said Chapman.

煮食理念

Cooking Philosophy

杜汶澤廚藝了得，人說素菜太清淡，他反而說：「少了選擇，更要嘗試新食料。」

Chapman loves cooking! He said, "I have fewer ingredients to choose from but this does not limit my choice of food as I dare to try new stuff!"



Chapman's Recommendations

亞澤推介

南瓜炒窩筍

南瓜與窩筍、唐芹菜同炒，最特別是南瓜連皮下鑊，十分清爽甘甜，加上窩筍、唐芹菜的清香，配搭合宜。

Stir-fried Pumpkin with Indian Lettuce Head

Unpeeled pumpkin slices are cooked to give a sweet and fresh flavour, which combines well with Indian lettuce head and Chinese celery.



橄欖油炒彩椒

菜心、西芹、三色椒和翠玉瓜同炒，饒有特色。

Stir-fried Assorted Vegetables with Olive Oil

Chinese cabbage, celery, courgette and mixed capsicums are stir-fried with olive oil.





專欄推介

Chapman's Recommendations



鮮菌扒翡翠

冬菇、茶樹菇和雞脾菇等多種菇菌伴以小棠菜，鮮嫩可口。

Assorted Mushrooms with Shanghai Cabbage
Shiitake mushroom, tea tree mushroom and Shanghai cabbage make a good combination, giving the dish a crispy and delicate touch.



鮮茄鮮竹

鮮甜的番茄配上鮮竹，不拘一格，令人食慾大振。

Stir-fried Tomato with Fresh Soya bean Sheets

The sweetness of tomato and the softness of soya bean sheets make this dish truly appetising.

淡薄之中更見滋味

杜汶澤愛吃，也愛煮，遇上喜愛的食品，就向廚師討教。去年他往東莞工作，光顧了不少高質素的素菜館，其中一道菜式以苦瓜、鮮竹和杞子等食材加水煮成，盡顯苦瓜的甘味，連少吃素菜的友人亦讚不絕口。大家總以為素湯乏味，杜汶澤以粉葛，加上眉豆、花生、紅蘿蔔、粟米、紅棗、淮山、杞子和腰豆煮成湯，其味道份外清甜，更勝肉湯。

他說，煮素菜限制了食材，難度雖高，但趣味更大，讓他多鑽研不同食材的煮法，單是菌類，市面上已有羊肚菌、牛乾菌等多種選擇。

出外飲食 提出要求

藝人工作時間不穩定、飲食不定時，杜汶澤會自備飯盒上班，他認為「飲食貴乎平衡，偶然吃一碗白飯加碟青菜，或來一客羅漢齋飯，亦無不可吧。」在他的感染下，現時不少同事也跟隨他一起吃素。

外出用膳時，杜汶澤多會光顧上海菜館和意大利菜館，因為滬菜不乏全素的菜式，例如烤夫、炒毛豆等，而意大利菜則包羅各種豐富的麵食，配上不同的醬汁，同樣美味。在點菜時，杜汶澤會向侍應要求「少油，唔該！」，免得餸菜煮出來後因太油膩而不能入口，既浪費食物又不健康。

杜汶澤較為抗拒素肉，一來食品成分不清楚，製作過程亦不透明，例如齋滷味的糖分和色素均偏高，他說素肉供應商無非是為了迎合食客的口味，「大家既是上素菜館，又何必吃假肉呢。」

「人生除了飲食之外，還有很多享受吧！」

杜汶澤坦言，以往他與其他很多圈中人一樣，抱着「搵得來，食得起」的心態，每天起床，就想着四處找吃，三數萬元一餐吃過，也曾經在一頓午飯吃掉一隻乳豬，但這樣暴飲暴食，難言得到真正快樂。

他看見一些都市人由於工作辛勞，往往以飲食「獎勵」自己，結果引來種種毛病，不少友人剛年過三十，已出現膽固醇過高或痛風症等徵狀，他說「人生除了飲食之外，還有很多享受吧！」



Cooking is fun

Chapman enjoys cooking as much as eating. He always seizes chances to learn from great chefs when he comes across good dishes in restaurants. With practice, his friends now appreciate his vegetarian cooking, too.

Most people think that preparing vegetarian meal is challenging as the ingredient choice appears restricted. "But you'd be surprised by the diversity of mushrooms and vegetables that are available in the market if you care to explore!", Chapman exclaimed.

Dare to ask for Less Oil

People in the show business have irregular working hours. Chapman usually brings his own lunch box. Under his influence, many of his colleagues have followed suit by having vegetarian meals.

Chapman often visits Shanghainese and Italian restaurants. The former offer plenty of vegetarian dishes such as baked bran puff (kao-fu) and stir-fried young soya beans, while the latter serve pasta with a large variety of sauces. To avoid taking in too much fat, Chapman never forgets to say "Less oil, please!" when placing orders.

Never too late

Like many people in Hong Kong, Chapman used to enjoy lavish meals. He once spent thirty thousand dollars on a meal and finished a suckling pig during lunch all on his own. "My friends who had unhealthy diet are now suffering from health problems like high blood cholesterol and gout. I hope it's not too late for me to change!", Chapman said with a wicked wink.



功德林

上海素食

Kung Tak Lam Shanghai Vegetarian Cuisine

有營優質素菜館

Quality Vegetarian Restaurant

「功德林」自開業以來，一直秉承推廣優質健康素食的宗旨，該店巧妙地糅合傳統滬菜的烹調技巧和高質素的食材，尤以「仿葷」菜式最為出色，味道媲美真正葷菜，廣受素食者和其他顧客歡迎。

數年前，「功德林」從衛生署的宣傳和寄來的邀請函認識「有『營』食肆」運動，其着重「3少」和「多蔬果」的烹調原則，與該店推廣優質健康素食的理念不謀而合，因此加入了「有『營』食肆」的行列。

不加味精、不用色素，天然滋味

為了確保菜式的質素，「功德林」十分着重食材的挑選，他們的專業採購隊伍從可靠的供應商選購新鮮蔬果和時令食材，例如豆苗、猴頭菇、羊肚菌和松茸等珍貴的菇蕈類。在烹調菜式方面，廚師除了注重色、香、味外，亦堅持不加味精、不用色素、少鹽和少油的原則。食肆亦定期為廚師提供訓練，並嚴格規定他們依照指定的材料和分量烹調。

低脂烹調 茹素有益

一般人認為素菜菜式的種類寥寥可數，不少更是油炸的，印象中只有素芋頭魚和加入色素的甜酸齋等。其實只要使用蒸、焯、炆、焗、少油快炒等低脂烹調方法，加上選用新鮮食材，在設計菜式時多花心思和加入創意，素食絕對是健康之選。



隨着消費者對健康飲食的要求不斷提高，加上素菜的普及，「功德林」定期更新食譜，並因應不同時節，提供多元化上素菜式，例如在秋冬季推出滋補的套餐，在春夏季則推出清新素菜和春夏特飲，這些營運手法成功吸引了不同的消費群，包括注重健康的人士、愛美的女士們、遊客，以及追求高質素食品 and 時尚品味之青年才俊。

「功德林」非常支持「有『營』菜式」着重少油、鹽、糖和多蔬果的概念，為了向食客推廣「有『營』菜式」，該店自行印製了各式宣傳海報和單張，亦在餐牌貼上「3少之選」和「蔬果之選」的標貼，將「有『營』菜式」推廣給顧客。



Since its establishment, Kung Tak Lam Shanghai Vegetarian Cuisine has earned a high reputation by serving diversified and delicious vegetarian dishes. While retaining the traditional flavour of Shanghaiese cooking, the restaurant is committed to providing high quality vegetarian cuisines. Their "meat-like" vegetarian dishes are especially well received by customers.

The management of the restaurant shares the "3 Less" principle advocated by the "EatSmart@restaurant.hk" Campaign and they joined the scheme a few years ago.

No Flavour Enhancers and Artificial Colorings

The restaurant's first culinary principle is to choose quality ingredients from reliable suppliers. They serve dishes cooked with posh and seasonal ingredients such as pea shoots, monkey head mushrooms, morchella mushrooms and matsutake mushrooms without using flavour enhancers.

Fresh and Healthy Vegetarian Dishes

It is not uncommon for vegetarian chefs to cook with plenty of oil, yet Kung Tak Lam's chefs opt for healthier ways of cooking such as steaming, boiling, stewing, grilling and stir-frying. They believe that with dedication and innovation, healthy and tasty vegetarian dishes can be prepared.

The restaurant management offers training to their kitchen staff regularly and renews the menu to serve seasonal dishes for customers. Posters and leaflets are also used by the restaurant to promote EatSmart Dishes of "3 Less" and "More Fruit and Vegetables".

芙蓉木耳豆苗

以蛋白和木耳炒溫室豆苗，清新爽口。

Sautéed Pea Shoots with Egg White and Black Fungus

The greenhouse pea shoots are crispy and refreshing. The cloudy appearance of egg white and black fungus adds colours to the dish.

橄欖油炒春菊

日本小棠菜以橄欖油清炒，清淡而甘香。

Sautéed Crown Daisy with Olive Oil

This stir-fried dish is light and tasty.

鮮番茄鮮菇炒百合

百合是素菜常用的食材，與鮮茄同煮，香甜醒胃。

Sautéed Tomatoes with Mushrooms and Lily Bulbs

Lily bulbs are one of the most popular ingredients in vegetarian dishes. They go well with tomatoes and fresh mushrooms.

西芹奇異果蔬菜汁

含有多種蔬菜鮮果，但卻沒有菜青味，十分可口。

Celery, Kiwi and Vegetables Juice

The juice is a mixture of various fruit and vegetables but does not have a grassy taste.



普光齋 - 老店創新意

Old Shop, New Taste – Light Vegetarian Restaurant

普光齋開業至今已經十九年，初期的顧客大部分為出家人、佛教徒和宗教團體，但隨着市民的飲食口味有所改變，越來越多注重健康和愛美的人士轉為茹素。普光齋董事馮敏思小姐表示，為了迎合市場的要求，他們一改傳統齋菜油膩和味濃的煮法，推出少油、少鹽和少糖的「有『營』菜式」，用以吸引較年輕的顧客層。

The first customers of Light Vegetarian Restaurant were mainly monks and nuns, Buddhist believers and religious bodies when it was established 19 years ago. Through the years, more and more people have gone vegetarian in the light of health and beauty concerns. Ms Haily Fung, their Director, says they have been promoting EatSmart Dishes with "less oil, salt and sugar" to expand their customer base.

不斷創新 提供多樣化菜式

馮小姐認為「年輕一輩普遍習慣多肉少菜的飲食，雖然本港的食肆種類繁多，他們仍喜愛選擇脂肪、鹽分或糖分偏高的食物。相反，素菜對於他們

Change for the Better

Ms Fung says, "Even though local restaurants are offering a variety of cuisines, the younger generation in general picks meat dishes. Vegetarian dishes appear less appealing to them."

To add variety to the dishes, Light Vegetarian Restaurant regularly renews their menu. They are now offering vegetarian dim sum, vegetarian buffet along with angel hair spaghetti, Japanese omelet rice and udon noodles.



來說，便顯得單調乏味」，因此普光齋在食品賣相、食材和味道方面不斷創新，為顧客提供多樣化的素食菜式。



現時普光齋除了午晚飯外，更供應點心和素菜自助餐，菜式亦趨向多元化，例如意式焗天使麵、日式奄列炒飯、烏冬等。該店供應的素肉菜式，食材均來自信譽良好和可靠的供應商，品質優良，味道和質感與真正葷菜相比，亦不遑多讓。該店的美味素菜吸引了

各方食客，包括本地的南亞裔居民，以至來自台灣和世界各地的遊客。

深受顧客喜愛的「有『營』菜式」

近年來很多顧客都很注重健康，他們在點菜時經常特別要求少油和少鹽，馮小姐稱：「普光齋推出的『有『營』菜式』深得顧客喜愛，其中最受歡迎的是『田園三少』。另一方面，廚師和員工亦經常到處品嚐不同風味的飲食，創作新菜式應市」。



普光齋一向採用新鮮的蔬菜烹調菜式，不過為配合「有『營』菜式」的要求，他們轉以蒸、烤、烩等健康的烹調方法，盡量保持材料的原味，避免營養流失。馮小姐說：「廚師須一改以往油多味濃的烹調習慣，同事起初覺得有點困難，但為了迎合客人的需要，他們最終也習慣下來，而且做得愈來愈出色」。



The restaurant chooses high quality ingredients from reliable suppliers. Their delicacies have attracted customers from all walks of life including local residents of South Asian origin and tourists from Taiwan and other places in the world.

EatSmart Dishes Hits Culinary Trend

Customers are more health conscious nowadays. Ms Fung says "One of our popular dishes is 'Stir-fried Tea Tree Mushroom with Lotus and Asparagus'. Our food service team and kitchen team always experiment with different types of cuisine for inspiration in the recipe design process."

The restaurant also adopts healthier ways of cooking such as steaming, grilling and light blanching, which can retain the nutrients and natural taste of ingredients. Ms Fung adds, "It takes time for our staff to get used to the new cooking methods, but in the end they show their competence in preparing healthier dishes to cater for the tastes of customers."





功德林
上海素食
Kung Tak Lam Shanghai Vegetarian Cuisine



邱嘉欣
Kathleen YAU
香港營養學會執行委員
Executive Committee
of Hong Kong Nutrition
Association

“

此食譜採用不同種類蔬菜，以少油炒方法煮成，是簡單美味的素食之選。菜式熱量低，同時含豐富的膳食纖維，有助增加飽肚感和維持健康的體重。

A simple yet delicious vegetarian choice! This recipe uses a variety of vegetables which are stir-fried with a little oil. It is very filling and can help us maintain healthy weight, as it is low in energy and contains lots of dietary fibre.

”



材料：(2人份量)

鮮冬菇 4 隻
雲耳(已浸) 1/3 碗
勝瓜(切段) 1/3 個
西芹(切段) 1 條
菜籽油 2 茶匙
生粉水 適量

調味料：

鹽 1/2 茶匙
糖 1/2 茶匙

Ingredients: (Serves 2)

Fresh Shiitake Mushroom 4 pieces
Cloud Ear (soaked) 1/3 bowl
Luffa (section) 1/3 piece
Celery (section) 1 stalk
Canola Oil 2 teaspoons
Mixture of starch and water some

Seasonings:

Salt 1/2 teaspoon
Sugar 1/2 teaspoon

每一份 Per serving:

熱量(千卡) 80
Energy (kcal)
碳水化合物(克) 9
Carbohydrate (gm)
蛋白質(克) 2
Protein (gm)
脂肪(克) 5
Fat (gm)
糖(克) 1
Sugar (gm)
鈉質(毫克) 600
Sodium (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.

生炒魚片

Sautéed Vegetarian Fish Fillet



步驟：

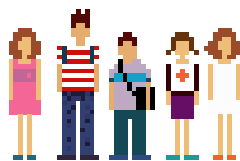
1. 鮮冬菇剪腳、雲耳洗淨。
2. 把所有材料氽水。
3. 燒熱鑊下油，加入所有材料、鹽和糖炒至熟透，埋生粉水即可。

Cooking method:

1. Trim shiitake mushrooms and rinse cloud ears.
2. Blanch all ingredients.
3. Heat oil in a wok. Stir-fry all ingredients with salt and sugar until done. Thicken with mixture of starch and water and serve.

試食兵團 話你知

Message from Tasting Team

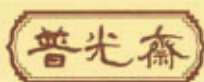


味道清新，以鮮菇片造成的素魚片，質感豐厚，與西芹雲耳同炒，形實俱在，是健康小菜的精選推介。

Vegetarian fish fillets, made from fresh mushroom, are rich in texture and taste. They mix well with celery and cloud ear.

本食譜由功德林上海素食提供
This recipe is provided by Kung Tak Lam
Shanghai Vegetarian Cuisine.





邱嘉欣
Kathleen YAU
香港營養學會執行委員
Executive Committee
of Hong Kong Nutrition
Association

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不同的蔬菜對身體有不同的益處，其中燈籠椒含維生素C，而蘆筍則含豐富的葉酸和胡蘿蔔素，兩者均俱抗氧化作用。加上菇菌類含豐富的膳食纖維而蓮藕含碳水化合物，此菜式集多種蔬菜的好處於一身。

Different kinds of vegetables offer us different benefits. Capsicums provide vitamin C while asparagus is rich in folic acid and beta-carotene. Both carry antioxidative power. In addition, mushrooms are rich in dietary fibre and lotus root contains carbohydrate. This dish encompasses many goodness of vegetables.

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材料：(4人份量)

雲耳(乾) 1/4 碗
蘆筍 2 條
茶樹菇 100 克
(約 2 1/2 兩)
蓮藕 1 節
黃紅綠椒 各1個
鮮百合 1/2 個
橄欖油 2 茶匙
生粉水 適量

調味料：

鹽 1茶匙

Ingredients: (Serves 4)

Cloud Ear (dry) 1/4 bowl
Asparagus 2 spears
Tea Tree Mushroom 100 gm
(about 2 1/2 taels)
Lotus Root 1 root
Yellow, Red and Green Capsicum 1 piece each
Fresh Lily Bulb 1/2 piece
Olive Oil 2 teaspoons
Mixture of starch and water some

Seasonings:

Salt 1 teaspoon

每一份 Per serving:

熱量 (千卡) 86
Energy (kcal)
碳水化合物 (克) 17
Carbohydrate (gm)
蛋白質 (克) 3
Protein (gm)
脂肪 (克) 3
Fat (gm)
糖 (克) 1
Sugar (gm)
鈉質 (毫克) 598
Sodium (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.

田園三少

Stir-fried Tree Mushroom with Lotus and Asparagus



步驟：

1. 將雲耳放入清水浸軟，洗淨剪腳備用。
2. 把餘下蔬菜洗淨，鮮蘆筍去皮切段，茶樹菇、蓮藕和黃、紅、綠椒切件備用。
3. 將所有蔬菜汆水。
4. 燒熱鑊，下油，放入所有蔬菜快炒，下鹽調味，以生粉水埋芡即可。

Cooking method:

1. Soak cloud ears in water till soft. Then rinse and trim. Set aside.
2. Rinse the remaining vegetables. Peel and section asparagus. Cut tea tree mushrooms, lotus root and capsicums into pieces. Set aside.
3. Blanch all vegetables.
4. Heat oil in a wok. Stir-fry all vegetables. Season with salt. Thicken with mixture of starch and water. Serve.

試食兵團

話你知

Message from Tasting Team



以多種蔬菜同炒，口感復雜而味道清甜；此菜式作為一道家常菜亦十分合適。

The assorted vegetables form a perfect combo. This is also a dish that we can prepare at home!

本食譜由普光齋提供

This recipe is provided by Light Vegetarian Restaurant.





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菜式口感特別！牛蒡、大豆芽和豆角都是爽脆的蔬菜，以此作生菜包的餡料，比常見的火鴨絲較為低脂，再配上冬菇的香味，令人回味無窮。

The dish has a unique texture. Burdock root, soya bean sprout and yard long-bean are crunchy vegetables. When compared to duck meat that is more commonly used as stuffing, this combination is lower in fat content. The flavour of shiitake mushroom will give you an unforgettable taste.

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材料：(2人份量)

牛蒡	1/3 條
大豆芽	1 1/2 碗
豆角	1 碗
冬菇	3 隻
生菜(切小片)	1 棵
花生油	1/2 茶匙

調味料：

鹽	1/2 茶匙
糖	1/2 茶匙
生抽	1/2 茶匙

Ingredients: (Serves 2)

Burdock Root	1/3 piece
Soya Bean Sprout	1 1/2 bowls
Yard Long-Bean	1 bowl
Shiitake Mushroom	3 pieces
Lettuce	1 stalk
(cut into small pieces)	
Peanut Oil	1/2 teaspoon

Seasonings:

Salt	1/2 teaspoon
Sugar	1/2 teaspoon
Light Soya Sauce	1/2 teaspoon

每一份 Per serving:

熱量 (千卡) Energy (kcal)	151
碳水化合物 (克) Carbohydrate (gm)	21
蛋白質 (克) Protein (gm)	11
脂肪 (克) Fat (gm)	5
糖 (克) Sugar (gm)	3
鈉質 (毫克) Sodium (mg)	720

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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牛蒡生菜包

Lettuce Wrap with Burdock Root



步驟：

1. 牛蒡打碎焗乾。
2. 把大豆芽、豆角、冬菇和生菜焯熟。
3. 燒熱鑊下油，放入大豆芽、豆角和冬菇炒熟，下鹽、糖、生抽調味，放在生菜上即可。

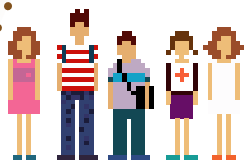
Cooking method:

1. Mince and roast burdock root until dry.
2. Cook soya bean sprouts, yard-long beans, shiitake mushrooms and lettuce in boiling water.
3. Heat oil in a wok. Stir-fry soya bean sprouts, green yard-long beans and shiitake mushrooms. Season with salt, sugar and light soya sauce. Place on top of lettuce. Serve.

試食兵團

話你知

Message from Tasting Team



初次試食全素的生菜包，感覺新奇。餡料香脆爽口，尤以牛蒡粒香味濃郁，別有風味。

What surprises us is the freshness and crispy texture of the wrap. Burdock, in particular, adds a special flavour to the dish.

本食譜由觀自在素食提供

This recipe is provided by Bodhisattva Vegetarian Restaurant.





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賣相特別！大廚簡單地以鹽、糖和麻油調味，帶出白靈菇的味道。韭菜含有維生素B、C和胡蘿蔔素，而白靈菇亦含豐富的膳食纖維，促進腸道蠕動，有助預防便秘。

What an innovative plating! The natural flavour of bailing mushroom is brought out using simple seasonings like salt, sugar and sesame oil. Chinese chive contains vitamin B, vitamin C and beta-carotene, bailing mushroom is rich in dietary fibre which promotes bowel movement and prevents constipation.

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材料：(4人份量)

韭菜花 (切段) 150 克 (約 4 兩)
白靈菇 (切條) 2 隻
木魚 2-3 茶匙

調味料：

鹽 1/2 茶匙
糖 1/4 茶匙
麻油 1 茶匙

Ingredients: (Serves 4)

Chinese Chive Flower Stalk 150 gm
(cut into short strips) (about 4 taels)
Bailing Mushroom 2 pieces
(sliced)
Bonito Flakes 2-3 teaspoons

Seasonings:

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

每一份 Per serving:

熱量 (千卡) 48
Energy (kcal)
碳水化合物 (克) 7
Carbohydrate (gm)
蛋白質 (克) 3
Protein (gm)
脂肪 (克) 1
Fat (gm)
糖 (克) 1
Sugar (gm)
鈉質 (毫克) 304
Sodium (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。

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木屑天頂菇

Chinese Chives with Bailing
Mushrooms and Bonito Flakes



步驟：

1. 把韭菜花焯熟，放在碟上備用。
2. 將白靈菇氽水，加入鹽、糖和麻油拌勻，排放在韭菜，再鋪上木魚即可。

Cooking method:

1. Cook Chinese chives in boiling water. Transfer to a serving plate. Set aside.
2. Blanch bailing mushrooms and then combine well with salt, sugar and sesame oil. Place the mushrooms on top of the cooked Chinese chives. Sprinkle with bonito flakes and serve.

試食兵團 話你知

Message from Tasting Team



以百靈菇厚切疊成塔狀，上蓋木魚絲，下鋪韭菜花，構成墨西哥奇琴伊察瑪雅城邦遺址的形狀。百靈菇肉質豐厚，加上甜美的木魚絲和韭菜花，相得益彰。

Modelled on the ruins of Chichen Itza in Mexico, the dish is made with bailing mushrooms, Chinese chives, topped with bonito flakes. The bonito flakes enhance the flavour of fresh vegetables and fleshy mushrooms, resulted in a delicious dish.

本食譜由彩福皇宴提供

This recipe is provided by Choi Fook Royal Banquet Restaurant.





有營食肆

EatSmart Restaurants

以下資料截至二零一零年四月七日，排名依筆劃序。欲知最新「有『營』食肆」名單，請瀏覽衛生署「有『營』食肆」專題網站<http://restaurant.eatsmart.gov.hk>。

Last updated on 7 April 2010. Names listed in random order. For the latest EatSmart Restaurant list, please visit the "EatSmart Website" <http://restaurant.eatsmart.gov.hk>

中西 CENTRAL & WESTERN DISTRICT 區

中	力寶軒	Lippo Chiuchow Restaurant	2526 1168
快	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 Center 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
	(香港機鐵站店)	(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
亞	井日本咖哩專門店	Don-Curry Shop	3586 2012
中	北京拉麵店	Peking Noodles	2537 6320
亞	秀日本料理	Oishi House	2517 6618
茶	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
快	魚米家	Yue Mic Ka	
	(皇后中心店)	(Queen's Place Shop)	2524 4112
	(有餘貿易中心店)	(Unicorn Trade Centre Shop)	2628 4661
中	富臨味之道	Foo Lum	2815 1088
中	富臨漁港臨門	Pleasant Palace	2803 0182
茶	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
中	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2295 3811
西	Bistro Délifrance	Bistro Délifrance	2865 7421
西	Délifrance	Délifrance	
	(山頂廣場店)	(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
西	Madison's Restaurant & Bar	Madison's Restaurant & Bar	2523 4772

南 SOUTHERN DISTRICT 區

快	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
	(海怡廣場店)	(Marina Square Shop)	2552 7313
	(華貴商場店)	(Wah Kwai Shopping Centre Shop)	2550 8056
中	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
茶	太興燒味餐廳	Tai Hing Roast Restaurant	2552 9820
亞	生活知味	The Taste of Living	2538 9338
快	美心MX	Maxim's MX	2580 5133
快	海皇粥店	Ocean Empire	2870 3884
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)	2550 6683
中	富臨漁港臨門	Pleasant Palace	2553 0699
中	肇順名匯河鮮專門店	Siu Shun Village Cuisine	2884 9088
茶	翠華餐廳	Tsui Wah Restaurant	2552 6998
快	瑪麗醫院職員餐廳(只供職員)	Queen Mary Hospital Staff Canteen (Staff Only)	2818 0070
中	稻香超級漁港	Tao Heung Super 88	2555 3908
西	Délifrance	Délifrance	2813 1368

東 EASTERN DISTRICT 區

快	大家樂	Café de Coral	
	(小西灣商場店)	(Siu Sai Wan Shopping Centre 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)	(FitFort 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
茶	太興燒味餐廳	Tai Hing Roast Restaurant	2567 7362
中	金皇潮州酒家	Golden Dynasty Chiu Chow Restaurant	2805 8022
中	迎禧大酒樓	Cheers Restaurant	3520 1268
快	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
	(英皇大樓店)	(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
中	客家好棧	Hakka Hut	2856 1233
快	海皇粥店	Ocean Empire	2591 9003
快	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
中	彩福海鮮酒家	Choi Fook Restaurant	2566 8289
中	彩臨門酒家	Superior Choice Restaurant	2811 9668
中	稻香超級漁港	Tao Heung Super 88	3520 1288
中	鍾菜	Chung's Cuisine	3691 9818
中	聯邦金閣酒家	Golden Federal Restaurant	2628 0183
西	藝術·家	Les Artistes Café	3426 8918
西	Bistro Délifrance	Bistro Délifrance	2143 5722
西	Délifrance	Délifrance	
	(太古城店)	(Taikoo Shing Shop)	2904 8603
	(港運城店)	(Island Place Shop)	2565 1335
	(嘉樂大廈店)	(Ka Wing Building Shop)	2904 8609

灣仔區 WANCHAI DISTRICT

中	二宜樓客家菜 (灣仔店)	Eryi Tower Southern China Provinces	2511 1228
快	大家樂	Café de Coral	
	(京華中心店)	(Capital 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
中	住家菜	Home Feel	
	(利舞臺廣場店)	(Lee Theatre Plaza Shop)	3105 0339
	(謝斐道店)	(Jaffe Road Shop)	3105 0456
西	利景酒店 - 蒲點美式酒吧	The Charterhouse - Champs Bar	2833 9086
茶	金裝嫩奶佬	Daniel's Restaurant	2838 6151
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	
	(東角道店)	(East Point Road Shop)	2887 5879
	(莊士敦道店)	(Johnston Road Shop)	2330 3200
中	彩福皇宴	Choi Fook Royal Banquet	2811 9181
中	富豪香港酒店 - 富豪金殿	Regal Hong Kong Hotel - Regal Palace Restaurant	2837 1773
中	富臨酒家	Foo Lum Restaurant	2528 2468
中	肇順名匯河鮮專門店	Siu Shun Village Cuisine	2572 6938
茶	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	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
	(吉士打道店)	(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
	(集成中心地店)	(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 CentreShop)	2802 4465

觀塘區 KWUN TONG DISTRICT

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 Estate 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
茶	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	Paramount Banquet Hall	
	(宏照道店)	(Wang Chiu Road Shop)	2798 8332
	(開源道店)	(Hoi Yuen Road Shop)	3910 8368
中	沁園春	Cheerful Restaurant	2251 3612
亞	青葉日本料理	AOBA Japanese Restaurant	2345 1671
中	迎鑾大酒樓	Cheers Restaurant	2717 6860
快	美心MX	Maxim's MX	
	(牛頭角上邨店)	(Upper Ngau Tau Kok 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 Centre 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 Shop)	2759 6537
	(輔仁街店)	(Fu Yan Street Shop)	2172 4558
中	御苑皇宴	The Banqueting House	2798 8866
西	旅遊服務業培訓發展中心 (英語餐飲學會)	Hospitality Industry Training and Development Centre (The English-Speaking Dining Society) (Members only)	2750 6919
中	御苑酒家	The China House	2798 8110
中	彩福皇宴	Choi Fook Royal Banquet	2811 9788
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 YAU TSIM MONG DISTRICT 區

大家樂 (九龍機鐵站店) (中港城店) (友誠商業中心店) (百誠大廈店) (希爾頓中心店) (旺角中心店) (星光行店) (重慶大廈店) (港威商場店) (奧海城店) (富達大廈店) (雅蘭商場店) (新世紀廣場店) (康齡大廈店) (愛賓商業大廈店)	Café de Coral (Kowloon Station Shop) (China Hong Kong City Shop) (Yau Shing Commercial Centre Shop) (Pak Shing Building Shop) (Hilton Tower Shop) (Argyle Centre Shop) (Star House Shop) (Chungking Mansion Shop) (Gateway Arcade Shop) (Olympian City Shop) (Foo Tat Building Shop) (Grand Tower Shop) (Grand Century Place Shop) (Honland Building Shop) (Albion Plaza Shop)	2376 2315 2957 8779 2390 9694 2782 3115 2311 6031 2396 8797 2736 4900 2367 0802 2175 0181 2271 4165 2770 5339 2393 2667 2142 3679 2397 1252 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堂 (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
住家菜	Home Feel	3105 0515
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
迎囍大酒樓 (雅蘭中心店) (彌敦酒店店)	Cheers Restaurant (Grand Tower Shop) (Nathan Hotel Shop)	2308 1668 2770 3323
美心MX (友誠商業大廈店) (金巴利道店) (港鐵旺角東站店) (新文華中心店)	Maxim's MX (Yau Shing Commercial Centre Shop) (Kimberley Road Shop) (Mong Kok East Station Shop) (New Mandarin Plaza Shop)	2390 7530 2311 5006 2397 6303 2311 8589
風月堂 (亞皆老街店) (奧海城店)	Orchard Garden Café & Restaurant (Argyle Street Shop) (Olympian City Shop)	2699 3002 2393 3959
帝苑酒店 (東來順)	The Royal Garden (Dong Lai Shun)	2733 2020
帝苑軒 (雅苑座)	(The Royal Garden Chinese Restaurant) (The Greenery)	2724 2666 2733 2030
(Le Solei 越南餐廳)	(Le Solei)	2733 2033
皇家太平洋酒店 - 柏景餐廳	The Royal Pacific Hotel & Towers - Cafe 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 (始創中心店) (朗豪坊店) (通菜街店)	Cafe Med (Pioneer Centre Shop) (Langham Place Shop) (Tung Choi Street Shop)	2626 0596 3514 9322 3514 9223
海皇粥店 (旺角道店) (彌敦道店)	Ocean Empire (Mong Kok Road Shop) (Nathan Road Shop)	2396 0126 2385 6732
茶禪	Cafe Zen	9606 2086
魚米家	Yue Mic Ka	2473 1166
御苑皇宴	The Banqueting House	3962 1188
彩福皇宴 (始創中心店) (莊士倫敦廣場店) (彌敦道店)	Choi Fook Royal Banquet (Pioneer Centre Shop) (Chuang's London Plaza Shop) (Nathan Road Shop)	2766 0886 2142 8898 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
富豪九龍酒店 (雅廊咖啡室)	Regal Kowloon Hotel (Café Allegro)	2313 8718
(Mezzo Grill)	(Mezzo Grill)	2313 8788

油尖旺 YAU TSIM MONG DISTRICT 區

富臨酒家 (協成行店) (創興廣場店)	Foo Lum Restaurant (HSH Mongkok Plaza Shop) (Chong Hing Square Shop)	2396 2980 2770 3386
富臨漁港	Foo Lum Fishman's Wharf Restaurant	2148 2188
富臨漁港臨門 (百誠大廈店) (安達中心店)	Pleasant Palace (Pak Shing Building Shop) (Auto Plaza Shop)	2770 6883 2723 8132
鐵板純和風日本料理	Teppan Chiu Japanese Restaurant	2787 5135
新星海鮮酒家	New Star Seafood Restaurant	2780 2226
翠華餐廳 (白加士街店) (北海街店) (加拿芬道店)	Tsui Wah Restaurant (Parkes Street Shop) (Pak Hoi Street Shop) (Carnarvon Road Shop)	2384 8388 2780 8328 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 (加拿芬道店) (新九龍廣場店)	Tao Heung (Carnarvon Plaza Shop) (New Kowloon Plaza Shop)	2367 1328 3529 1282
稻香超級漁港 (雅蘭中心店) (新港中心店) (彌敦酒店店)	Tao Heung Super 88 (Grand Tower Shop) (Silver Cord Shop) (Nathan Hotel Shop)	2390 0882 2375 9128 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	Federal Palace Restaurant	2626 0033
聯邦皇宮酒樓	Federal Palace Restaurant	2626 0022
醫管局大樓職員餐廳 (只供職員)	Hospital Authority Building Staff Canteen (staff only)	2194 6801
Délices (尖沙咀中心店) (其士大廈店) (亞皆老街店) (朗豪坊店) (漢興大廈店)	Délices (Tsim Sha Tsui Centre Shop) (Chevalier House Shop) (Argyle Street Shop) (Langham Place Shop) (Han Hing Mansion Shop)	2367 7523 2316 2602 2396 6257 3514 9055 2368 3120
Marco's	Marco's	2375 2352
MUNCH	MUNCH	2952 9991

黃大仙 WONG TAI SIN DISTRICT 區

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

九龍城區 KOWLOON CITY DISTRICT

中	又一居會所餐廳 (只供會員)	Club Oasis Restaurant (Members Only)	2788 3881
快	大家樂 (又一城店)	Café de Coral (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 (馬頭涌道店)	Maxim's MX (Ma Tau Chung Road Shop)	2712 2917
	(黃埔花園店)	(Whampoa Garden Shop)	2333 7136
快	香港公開大學大學會所 (只供學生及職員)	Hong Kong Open University Canteen (Students & staff only)	2712 5447
	香港城市大學 (城大食坊) (只供學生)	City University of Hong Kong (Student Canteen) (Students 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 (只供學生及職員)	Hung Hom Hong Kong Polytechnic University Student & Staff Canteen (Students & staff only)	2766 6979
快	海皇粥店 (馬頭圍道店)	Ocean Empire (Ma Tau Wai Road Shop)	2330 3200
	(黃埔花園店)	(Whampoa Garden Shop)	2330 2389
中	彩福宴	Choi Fook Royal Banquet	2811 1983
西	富豪東方酒店 (五洲餐廳)	Regal Oriental Hotel (Five Continents Restaurant)	2132 3388
中	(富豪坊)	(Regal Palace)	2132 3456
中	富臨漁港	Pleasant Palace	2365 2881
中	富臨漁港 (明安街店)	Foo Lum Fishman's Wharf Restaurant (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	肇順名匯海鮮專門店	Siu Shun Village Cuisine	2330 2866
中	稻香超級漁港	Tao Heung Super 88	3691 8933
其	觀自在素食	Bodhisattva Vegetarian Restaurant	2382 7688
中	囍慶藝廚酒家	Happiness Cuisine	2712 8168
西	Bistro Délifrance (又一城店)	Bistro Délifrance (Festival Walk Shop)	2265 7072
	(黃埔花園店)	(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

深水埗區 SHAM SHUI PO DISTRICT

快	大家樂 (元州邨店)	Café de Coral (Un Chau Estate Shop)	2725 6403
	(百老匯街店)	(Broadway Shop)	2785 4103
	(李鄭屋邨商場店)	(Lei Cheng Uk Estate 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
中	北京拉麵店	Peking Noodles	2361 9069
快	西龍傳香飯糰	QQ Rice	2387 9838
快	美心MX	Maxim's MX	2742 4679
快	海皇粥店	Ocean Empire	2307 6184
茶	新生餐廳	New Life Restaurant	2777 4726
中	新星海鮮酒家	New Star Seafood Restaurant	2991 4903
中	富臨漁港	Foo Lum Fishman's Wharf Restaurant	2368 3738
中	富臨漁港 囍臨門 (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
中	稻坊	Tao Square	2716 9888
西	Délifrance	Délifrance	2242 6669

荃灣區 TSUEN WAN DISTRICT

快	大家樂 (昌隆大廈店)	Café de Coral (Cheong Yiu Mansion Shop)	2499 8518
	(南豐中心店)	(Nan Fung Centre Shop)	2413 6314
	(海濱花園店)	(Riviera Garden Shop)	2408 9941
	(荃新天地店)	(Citywalk Shop)	2941 0172
	(荃灣中心店)	(Tsuen Wan Centre Shop)	2411 0128
	(荃灣廣場店)	(Tsuen Wan Plaza Shop)	2499 3515
	(麗城廣場店)	(Belvedere Sqaure 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
中	百樂門宴會廳	Paramount Banquet Hall	2419 0348
快	西龍傳香飯糰	QQ Rice	2499 2583
茶	金裝嫩奶佬 (大壩街63號店)	Daniel's Restaurant (63 Tai Pa Street Shop)	2414 7639
	(大壩街65號店)	(65 Tai Pa Street Shop)	2498 5662
中	迎囍大酒樓	Cheers Restaurant	2405 3928
快	美心MX (東亞商場店)	Maxim's MX (East Asia Commercial Centre Shop)	2499 9595
	(釜鑄中心店)	(Tsuen Kam Centre Shop)	2498 9401
	(愉景新城商場店)	(Discovery Park Shopping Centre Shop)	2940 5821
	(綠楊坊店)	(Luk Yeung Galleria Shop)	2498 0283
	(樂悠居店)	(Indihome Shop)	2439 1070
中	客家好棧	Hakka Hut	2406 9338
中	皇都漁港酒家	Royal Chinese Restaurant	2191 9288
快	海皇粥店	Ocean Empire	2740 4232
西	荃灣港安醫院職員餐廳 (只供職員)	Tsuen Wan Adventist Hospital Staff Canteen (Staff Only)	2276 7338
快	魚米家	Yue Mic Ka	2417 3261
中	富臨漁港 囍臨門	Pleasant Palace	2409 0883
中	新星海鮮酒家	New Star Seafood Restaurant	2402 8866
茶	翠華餐廳	Tsui Wah Restaurant	2419 7738
中	稻香	Tao Heung	2940 6233
中	稻香超級漁港	Tao Heung Super 88	2499 0032
中	潮館	Chao Inn	3695 0338
茶	爵悅庭住客會所 (只供會員)	Club Chelsea (Members only)	2480 6022
中	聯邦大酒樓	Federal Restaurant	2626 0883
中	麗都講客	Nice Invitation	2827 2699
西	Délifrance	Délifrance	2940 4830

大埔區 TAI PO DISTRICT

大家樂 (大埔中心店)	Café de Coral (Tai Po Centre Shop)	2665 2731
(太和商場店)	(Tai Wo Shopping Centre Shop)	2653 8336
(富亨商場店)	(Fun Hang Shopping Centre Shop)	2660 6295
(新達廣場店)	(Upton Plaza Shop)	2657 6908
(廣福商場店)	(Kwong Fuk Commercial Centre 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

西貢區 SAI KUNG DISTRICT

大家樂 (尚德商場店)	Café de Coral (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
(新都城中心商場店)	(Metro City Plaza Shop)	3194 3539
(翠林邨商場店)	(Tsui Lam Estate Shopping Centre Shop)	2702 0118
上樓	Shanghai Inn	2623 2811
太興燒味餐廳	Tai Hing Roast Restaurant	2628 6072
北京拉麵店	Peking Noodles	2266 6157
百份百餐廳	Hundred Percent Restaurant	2271 9100
西龍傳香飯糰 (坑口港鐵站店)	QQ Rice (Hang Hau MTR Station Shop)	2706 6747
(將軍澳港鐵站店)	(Tseung Kwan O MTR Station Shop)	2623 3757
迎囍大酒樓	Cheers Restaurant	2701 3800
美心MX (君薈坊店)	Maxim's MX (The Edge Shop)	2752 1061
(東港城店)	(East Point City Shop)	2628 5010
(新都城中心商場店)	(Metro City Plaza Shop)	3194 4210
客家好棧	Hakka Hut	3194 6648
香港科技大學學生飯堂 (只供學生及職員)	Hong Kong University of Science & Technology Student Canteen (Students & staff only)	2243 1287
海皇粥店 (新都城中心商場店)	Ocean Empire (Metro City Plaza Shop)	3194 4893
(將軍澳中心店)	(Park Central Shop)	2890 8717
魚米家 (君傲灣店)	Yue Mic Ka (The Grandiose Shop)	2752 1122
(東港城店)	(East Point City Shop)	2628 7001
(厚德商場店)	(Hau Tak Shopping Centre Shop)	2628 9883
(彩明商場店)	(Choi Ming Shopping Centre Shop)	2829 1166
(新都城中心商場店)	(Metro City Plaza Shop)	2868 0061
將軍澳醫院職員餐廳 (只供職員)	Tsueg Kwan O Hospital Staff Canteen (Staff only)	2208 0063
壹蘋果大樓員工餐廳 (只供職員)	Next Media Apple Dairy Canteen (Staff only)	2990 7885
新一派·味道	New Taste	2701 9188
稻香	Tao Heung	3157 1198
稻香超級漁港	Tao Heung Super 88	2701 3800
潮館	Chao Inn	2191 0788
Délifrance	Délifrance	3417 4247
MCL翠華餐廳	MCL Tsui Wah Restaurant	2525 5288

沙田區 SHATIN DISTRICT

大家樂 (好運中心店)	Café de Coral (Lucky Plaza Shop)	2697 4114
(金禧花園店)	(Grandeur Garden Shop)	2605 8112
(威力工業中心店)	(Valiant Industrial Centre Shop)	2145 4619
(恒安邨店)	(Hang On Estate Shop)	2642 0488
(美林商場店)	(Mei Lam Shopping Centre Shop)	2605 0772
(泰石商場店)	(Chun Shek Shopping Centre Shop)	2604 0770
(第一城中心店)	(City One Plaza Shop)	2145 8871
(頌安商場店)	(Chung On Shopping Centre Shop)	2683 5653
(御龍山商場店)	(The Palazzo Shopping Centre Shop)	3664 0491
(新城市廣場店)	(New Town Plaza Shop)	2692 7563
(新港城中心店)	(Sunshine City Plaza Shop)	2631 6055
(錦英苑商場店)	(Kam Ying Court Shopping Centre Shop)	2640 4376
(耀安商場店)	(Yiu On Shopping Centre Shop)	2642 4204
(瀝源商場店)	(Lek Yuen Shopping Centre Shop)	2607 0276
(顯徑商場店)	(Hin Keng Shopping Centre Shop)	2687 3704
三寶齋素食中心	Sam Bo Vegetarian Restaurant	2604 3228
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	Smart Man Restaurant	2648 6778
功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2362 9111
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	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
(第一城中心店)	(City One Plaza Shop)	2648 6111
(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
(利安邨商場店)	(Lee On Estate Shopping Centre Shop)	2640 8926
(新城市廣場店)	(New Town Plaza Shop)	2693 0906
(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	Ocean Empire JP One	2607 1693
海皇粥店 (好運中心店)	Ocean Empire (Lucky Plaza Shop)	2692 4150
(頌安廣場店)	(Chung On Shopping Centre Shop)	2633 5715
悅翠小廚	C-Jade Kitchen	2602 7199
魚米家	Yue Mic Ka	2605 6633
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
Délifrance	Délifrance	2606 4881
H Corner	H Corner	2639 8420

北區 NORTH DISTRICT

大家樂 (名都廣場店)	Café de Coral (Fanling Town Centre Shop)	2144 4657
(雍盛商場店)	(Yung Shing Shopping Centre Shop)	2278 2575
(新都廣場店)	(Metropolis Plaza Shop)	2649 3498
(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
魚米家	Yue Mic Ka	2605 9666
稻香	Tao Heung	2682 5889
圍府統請	Hop Fu Tong Ching	2256 1335
麗都講客	Nice Invitation	2673 8829
Bistro Délifrance	Bistro Délifrance	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
茶	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	
	(元朗廣場店)	(Yuen Long Plaza Shop)	2476 6300
	(天盛商場店)	(Tin Shing Shopping Centre Shop)	2254 2736
	(天晴商場店)	(Tin Ching Commercial Centre Shop)	2351 5772
	(天耀商場店)	(Tin Yiu Shopping Centre Shop)	2445 2527
中	叙樓海鮮酒家	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	麗都饌客	Nice Invitation	2479 9908
中	禧慶大酒樓	Happiness Restaurant	2827 6668
中	YoHo 會所 (只供會員)	YoHo Club (Members Only)	2470 1550

屯門 TUEN MUN DISTRICT 區

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 Estate 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 Shopping Centre 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
	(錦蔭坊店)	(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
	(華都花園商場店)	(Waldorf Garden Shopping Arcade Shop)	2441 5863
快	美心MX	Maxim's MX	
	(屯門市廣場店)	(Tuen Mun Town 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

離島 ISLANDS DISTRICT 區

快	大家樂	Café de Coral	
	(客運大樓離港層店)	(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
中	天虹海鮮酒家	Rainbow Seafood Restaurant	2982 8100
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 (Staff only)	2286 0305
中	索迪斯(香港)有限公司 - 香港電燈南丫發電廠職員餐廳 (只供職員)	Sodexo(Hong Kong) Limited - 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 Aficionada)	2286 6238
中	稻香	Tao Heung	2947 7488
中	潮樓	Chao Inn	3197 9098
中	聯邦皇宮	Federal Palace	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

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
亞	生活知味	The Taste of Living	2435 6966
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 (只供職員)	Kwai Chung Hospital Staff Canteen (Staff only)	2959 0474
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	Kong Fat Restaurant	2612 1842
快	瑪嘉烈醫院職員飯堂 (只供職員)	Princess Margaret Hospital Staff Canteen (Staff only)	2741 1185
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	2626 0618
西	Bistro Délifrance	Bistro Délifrance	2429 8936

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



「有『營』食客」社區推廣計劃嘉許典禮

"EatSmart Customer Community Programme" Recognition Ceremony

計劃背景

「有『營』食肆」運動能夠得以持續發展，除有賴餐飲業界朋友的合作，更需要食客的支持。有見及此，衛生署於2009年聯同香港心臟專科學院推出「有『營』食客」社區推廣計劃，透過與非政府機構的協作，培訓社區人士，加強他們對健康飲食的認識和追求。

要成為「有『營』食客」並不簡單。參加者必須先參與「有『營』食客」培訓工作坊，學習健康飲食的基本原則及如何辨別「蔬果之選」和「3少之選」的「有『營』菜式」。得到非政府機構的支持，衛生署在全港18區一共舉行了19場工作坊，參加人數超過250人，反應非常熱烈。

培訓工作坊使「有『營』食客」在對自己的角色和任務有了清楚認識以後，才到食肆實地觀察和試食。由2009年3月至2010年1月期間，「有『營』食客」已走訪全港超過400間「有『營』食肆」。

為了嘉許各持分者對本計劃的貢獻，衛生署於2010年2月26日假禮頓山社區會堂舉行了「有『營』食客」社區推廣計劃嘉許典禮。

Background

The sustainability of the "EatSmart@restaurant.hk Campaign" relies on the cooperation of the catering industry as well as the support from community members. In light of this, the EatSmart Customer Community Programme (ECCP), supported by the Hong Kong College of Cardiology, was launched in 2009 in collaboration with Non-government Organisations (NGOs).

It is not easy to become an EatSmart Customer (EC). Participants had to attend the ECCP workshops, underwent comprehensive training on healthy eating skills and to distinguish EatSmart Dishes with "More Fruit and Vegetables" and "3 Less". Through the network of the participated NGOs, about 250 community members from 19 NGOs in 18 districts were recruited as ECs.

The workshops aimed at providing ECs an opportunity to understand their roles and missions before visiting the respective EatSmart Restaurants (ESRs) to appraise their dishes being served. From March 2009 to January 2010, ECs had visited over 400 ESRs in Hong Kong.

In order to highlight the contribution of the stakeholders to the ECCP, the Department of Health organised a Recognition Ceremony at the Leighton Hill Community Hall on 26 February 2010.





典禮焦點

是次活動邀請了衛生署署長林秉恩醫生、香港心臟專科學院院長蔣忠想醫生、香港心臟專科學院前院長高德謙醫生及消費者委員會總幹事劉燕卿女士為主禮嘉賓。典禮現場除播放了介紹整個計劃的短片外，更有協作機構及「有『營』食客」代表合演的話劇，從中帶出「蔬果之選」和「3少之選」的訊息。於典禮尾聲時，由主禮嘉賓帶領一眾「有『營』食客」進行「有『營』菜式」大召集，寫下他們的心水菜式，期望「有『營』食肆」能提供此等選擇，以顯示「有『營』食客」對促進香港健康飲食文化的決心。

當日場面十分熱鬧，各參與者都非常投入，而在會堂內亦張貼了「有『營』食客」的寄語，分享他們參與這個計劃的得着和心聲。嘉許典禮在一片歡樂聲中圓滿結束。

Ceremony Highlight

The ceremony was much honoured to have Dr. LAM Ping-yan JP, Director of Health, Dr. CHIANG Chung-seung, President of the Hong Kong College of Cardiology, Dr. KO Tak-him, Patrick, Past President of the Hong Kong College of Cardiology and Ms. LAU Yin-hing, Connie, Chief Executive of Consumer Council as the guests of honour. A video clip to capture the highlights of ECCP was shown and a role play to arouse the audience's awareness towards the healthy dishes with "More Fruit and Vegetables" and "3 Less" was performed with the joint efforts of the participatory NGOs. The ceremony wrapped up by a call of favourite "EatSmart Dishes" from the ECs, writing down their favourite healthy dishes which are expected to be served at all the ESRs in the future to show their support to ECCP cordially.

All participants enjoyed the event greatly; and the message of ECs were posted on site to share their comments and gains in ECCP. The Recognition Ceremony ended in an array of laughter and joy.

吃出健康素食

Be a Healthy Vegetarian



簡婉雯

香港營養師協會培訓及發展主任

Ingrid KAN

Training and Development Officer,
Hong Kong Dietitians Association

近年不少人因宗教、環保、人道或減肥的原因選擇茹素。不少研究指出素食有助減少腸胃病和心臟病，但是吃素要吃得健康，必須注意維持均衡飲食。同是素食者的私家醫院營養師簡婉雯跟《營廚》讀者分享如何能維持均衡飲食。

簡婉雯(Ingrid)茹素是出於偶然，她在澳洲升學時，發覺市場售賣的肉食多是凍肉，解凍烹煮需時，於是多吃素菜，久而久之習慣了多吃菜蔬。她現時是位蛋奶素食者。

Many people choose to follow a vegetarian diet for religious, environmental and humanistic reasons, while some go on a vegetarian diet to try to lose weight. Many studies suggest that a vegetarian diet is helpful in reducing the risk of gastrointestinal and heart diseases. Ingrid KAN, a lacto-ovo-vegetarian, shares with our readers on how to achieve a healthy and balanced vegetarian diet.

素食分三類 各有所好

Three Forms of Vegetarian Diets

簡單而言，素食是不進食任何肉類，只進食各類蔬菜、瓜果、五穀等。不同的素食者亦會食用蛋或奶類食物，故素食者大致可分為三派：



全素食 Vegan

戒吃所有肉類、動物性食物和其副產品如雞蛋和牛奶，亦有因宗教原因而不吃某些植物，例如：蔥、蒜等。

A diet which excludes all animals products and by-products including eggs and dairy. Some avoid certain plants such as garlic and spring onion.

奶素食

Lacto-vegetarian

戒吃肉類但會食用奶類和乳製品，例如牛奶、芝士等。

A diet which excludes all animals products and eggs with the exception of dairy products, for instance, milk and cheese.

蛋奶素食

Lacto-ovo-vegetarian

戒吃肉類但會食用奶類、蛋類品和其製成品。

A diet which excludes all animal products with the exception of eggs and dairy.



素食者須注意吸收的營養素

營養素	營養備忘	飲食貼士
蛋白質	蛋白質是由多種氨基酸構成，是製造細胞和肌肉的基本材料。其中二十種的氨基酸是人體必需從食物中攝取。可是，蔬菜水果中的蛋白質並不含所有人體必需的氨基酸。若人體缺乏必需的氨基酸便會令免疫力下降，嚴重的會引致營養不良。	以黃豆製品、豆類、奶類製品、蛋類和果仁替代肉類，攝取所有必需的氨基酸。
鐵質	鐵質是紅血球的核心元素，鐵質不足會造成缺鐵性貧血。	植物性鐵質較難被身體吸收，可吃蛋黃、乾豆(例如黃豆和紅腰豆)、堅果(如果仁、核桃)、和深綠色蔬菜(例如菠菜、西蘭花、芥蘭、菜心和白菜等)。此外，維生素C亦有助身體吸收植物性鐵質。
鈣質	鈣質是骨骼和牙齒生長的主要元素，亦有幫助血液凝固，以及幫助心臟和肌肉收縮等功用。	可從奶和奶類製品如乳酪攝取，純素食者可從加鈣豆奶、果仁類和深綠色蔬菜攝取足夠的鈣質。 維生素D能促進鈣質的吸收，因此應作適量日照，吸收維生素D。
維生素B12	維生素B12在脫氧核糖核酸(DNA)的合成、造血過程和神經的發育中扮演著相當重要的角色，缺乏維生素B12會導致貧血、生長遲緩和神經發育不良。	蛋奶素食者可吃蛋和奶類製品。由於維生素B12的內源以動物為主，純素食者較難攝取，所以可進食藻類和紫菜或考慮服用維生素B12補充劑。
奧米加3脂肪酸	奧米加3脂肪酸有助降低血內三脂甘油酸(Triglyceride)水平，減低血管阻塞。雖然自然界中許多動植物或多或少含有各式各樣的奧米加3脂肪酸，但是最容易被身體運用仍是深海魚。	素食者可以吃果仁如核桃、杏仁和巴西果仁，尤以阿麻籽的含量最豐富。

Important Nutrients and Supplements for Vegetarians

Nutrients	Health Tips	Dietary Tips
Proteins	Proteins, constituted by different kinds of amino acid, are the basic building blocks of our cells and muscles. There are 20 kinds of amino acid we must obtain from food. However, fruit and vegetables do not contain all essential amino acids. Inadequate intake of essential amino acids may reduce immunity and cause malnutrition if severe.	Replace meat with soya bean and its products, pulses, dairy products, eggs and nuts in order to get all the essential amino acids.
Iron	Iron is a core component of red blood cells. Low iron level will lead to iron deficiency anaemia.	Iron from plant sources is quite difficult for our body to absorb. Foods containing iron include egg yolk, dried bean (e.g. soya bean and red bean), nuts (e.g. almond and walnut), dark leafy green vegetables (e.g. spinach, broccoli, Chinese kale, Chinese flowering cabbage and Chinese cabbage). Vitamin C can promote the absorption of iron from plant sources.
Calcium	Calcium is an essential element for the growth of bones and teeth, blood clotting, heart function and muscle contraction.	Vegetarians should consume adequate milk and dairy products. Strict vegetarians are recommended to consume calcium fortified soya milk, nuts and dark leafy green vegetables. As vitamin D promotes the absorption of calcium, adequate exposure to sunlight can help vitamin D production.
Vitamin B12	Vitamin B12 is a crucial component in the production of DNA and red blood cells and in the development of the nervous system. Vitamin B12 deficiency can lead to anaemia, slow growth and deficiency in nerve growth.	A lacto-ovo-vegetarian can obtain vitamin B12 from eggs and dairy products. As vitamin B12 is found mostly in foods of animal origin. Strict vegetarians should consume algae or seaweed. Supplements may also be needed.
Omega 3 Fatty Acids	Omega 3 fatty acids help to reduce blood triglyceride level and prevent the blocking of blood vessels. While omega 3 fatty acids are present in various plant-based and animal foods, deep-sea fishes contain the richest source of omega 3 fatty acids.	Vegetarians are recommended to consume nuts such as walnut, almond and Brazil nut. Flaxseed is particularly rich in vitamin B12.

素心奉素食 觀自在素食

Cooking with a Vegetarian's Heart
— Bodhisattva Vegetarian Restaurant

香港的茹素人士數目不少，但是如果烹調方法和選料不佳，吃素就不一定健康了。傳統素菜加入不少調味料，油分亦多，反而與健康飲食背道而馳。九龍城觀自在素食館總廚陳吉輝師傅跟大家

分享烹調美味健康素菜的心得。

陳吉輝在素菜館坐鎮多年，經驗豐富，

觀自在小炒皇

翠玉瓜、百合和粟米粒同炒，鮮甜爽脆，顏色翠綠好看。

Stir-fried Assorted Vegetables

Combining courgettes, lily bulbs and corn kernels, the vegetable dish is delightful and colourful.



銀杏杞子鮮竹浸菜苗

用上銀杏、杞子、鮮竹等配料，最特別的是以豆漿作湯底，豆香怡人。

Green Chinese Cabbage with Ginkgo, Chinese Wolfberries and Fresh Bean Curd in Broth
This dish is characterized by soya milk broth, which is very aromatic and flavourful.

Vegetarian dishes are not always healthier, especially if they are cooked with plenty of oil and flavour enhancers.

Mr. CHAN Kut-fai, Chief Chef of Bodhisattva Vegetarian Cuisine, has rich culinary experience in vegetarian cuisine. There are more than 50 types of synthetic vegetarian food and many of which are made with additives, he says, but their restaurant insists on using natural ingredients and

長幼孕婦 宜注意飲食

Ingrid提醒大家，由於人體對植物性蛋白質(除黃豆外)和鐵質的吸收率較低，因此茹素的兒童、孕婦和長者尤其要注意飲食。準媽媽自懷孕開始，就需要吸收較多鐵質和鈣質以供胎兒所需，否則會導致嬰兒出現缺鐵性貧血、發育不良等情況。此外，長者的身體機能隨着年齡增長而退化，對食物的消化和吸收皆不及年輕人，更由於牙齒問題難以進食硬殼果類吸收所需營養素，Ingrid 建議長者可以將果仁磨成粉末，以幫助吸收。

Ingrid 認為，根據健康飲食金字塔，均衡的飲食須包括五穀類、蔬果類和適量的肉、魚、蛋、豆和奶品類，因此茹素和茹葷者只要按照飲食金字塔的比例來進食，並不如大家想像般有多大分別，只要配搭得宜，很少會出現營養不足或體力不足的情況。



Points to note for elderly and expectant mothers

Ingrid suggests children, elderly and pregnant vegetarians to consume more plant proteins and iron. Mothers-to-be have to absorb more iron and calcium to meet the nutritional requirements of themselves and their fetuses, or the new born babies will be at risk of iron deficiency and slow growth. Elderly persons should eat an appropriate amount of ground nuts and seeds to obtain the necessary nutrients, according to Ingrid.

A food pyramid, Ingrid concludes, suggests that people should eat more grains, cereals and vegetables, and an appropriate amount of fish, meat, eggs, beans and dairy food. If we can follow the pyramid, a vegetarian diet is just as good.



他表示，現時市面上的合成素食品有五、六十款之多，除了常見的齋滷味和齋燒鵝外，還有各類素肉、素雞、素蝦丸等，可謂應有盡有，但這些合成素食品大多沒有註明成分，且含有不少添加劑。因此，陳師傅強調以天然食材烹調素菜，希望為顧客提供真正健康的素菜。

陳師傅坦言，廣東菜中，蠔油、魚露和豉油可謂調味三寶，是一般菜館經常採用的調味料，但觀自在素食館堅持少用油和調味料烹煮美味素菜，全賴多花心思，善用食材的特性。陳師傅舉例說，可以蒸熟牛蒡和淮山，風乾後放在水中浸泡一夜，再切成絲狀或粒狀，食材自會散發一股香味，頗有肉粒的風味。

有說「食嘢食味道」，陳師傅認為，一些素菜食材例如榆耳、竹笙等，價格絕不比葷菜食材便宜，只要食品的味道佳，顧客還是會回頭光顧。



菠菜汁芝士竹笙雜菌

由菠菜加上低脂芝士煮成的汁味道香濃、色彩翠綠，配上百靈菇和竹笙，色香味俱全。

Assorted Mushrooms and Bamboo Piths with Spinach and Cheese Sauce

Mushrooms and bamboo piths topped with greenish spinach and low-fat cheese sauce are rich in flavour and colour.

refrains from using oyster oil, soya sauce and fish sauce in their dishes.

Mr. Chan's motto is "Be creative". He suggested us to try steaming burdock and common yam rhizome. Air-dry and then soak them in water overnight. "You'll be surprised by its meal-like flavour!" Mr Chan exclaimed.



籠仔荷葉蒸糙米飯

杞子、毛豆、百合和冬菇蒸成的糙米飯，清香淡雅。

Steamed Brown Rice Wrapped in Lotus Leaf

Add Chinese wolfberries, young soya beans, lily bulbs and shiitake mushrooms to brown rice to get an extra touch of sweetness.





名人專訪 CELEBRITY PICK

豆漿布甸伴雪耳甜湯

Soya Milk Pudding with Silver Ear Sweet Soup



邱嘉欣

Kathleen YAU

香港營養學會執行委員
Executive Committee
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Association



市面上的布甸含糖分較高，經常進食容易攝取過多熱量。此甜品採用味道清甜的龍眼肉和無花果乾來代替片糖煮成甜湯，能增加甜味之餘亦可攝取水果中的維他命和礦物質。布甸以含有蛋白質和大豆異黃酮的豆漿製成，能有助預防心血管疾病。

Ready-to-eat pudding is often high in sugar, resulting in excessive calorie intake. Replacing sugar by fruits can not only reduce simple sugar consumption but also increases the intake of different vitamins and minerals. The pudding is made with soya milk, which contains protein and isoflavone for preventing cardiovascular diseases.



試食兵團

話你知

Message from

Tasting Team

這道甜品的特色是用上了無花果、雪耳、龍眼肉、鮮百合和杞子等中國食材，配上豆漿布丁，既有豆香之餘，亦有食材的鮮味。

The dessert is made with Chinese ingredients such as dried fig, silver ear, dried longan, fresh lily bulb and Chinese wolfberry which blends well with the plain soya milk pudding.





本食譜由關琬潼提供
This recipe is provided by
Miss Shadow KWAN.



Cooking Tips:

- 下魚膠片時切記不要用火煮，不然會減低其凝固能力。
- Remember to use warm water. Otherwise, the gelatine sheets cannot be softened properly for gelling.



材料: (2人分量)

魚膠片	5 克
原味豆漿	400 毫升 (約 1 1/2 碗)
清水	240 毫升 (約 1 碗)
雪耳 (浸軟)	1 湯匙
龍眼肉	10 粒
乾無花果	4 粒
杞子	適量
鮮百合	1/2 個

Ingredients : (Serves 2)

Gelatine	5 gm
Plain Soya Milk	400 ml (about 1 1/2 bowls)
Water	240 ml (about 1 bowl)
Silver Ear (soaked)	1 tablespoon
Dried Longan	10 pieces
Dried Fig	4 pieces
Chinese Wolfberry	some
Fresh Lily Bulb	1/2 piece

Cooking method :

步驟 :

1. 魚膠片用冰水浸軟，剪碎備用。
2. 煮熱豆漿，離火，加入魚膠片，拌勻。倒入2個小杯中，置雪櫃冷凍至凝固。
3. 水煮沸，下雪耳、龍眼肉、無花果慢火煮至脆，最後加入杞子和百合。
4. 取出布甸盛於小碟上，伴以雪耳、龍眼肉、百合、杞子即可。

1. Soften gelatine in iced water. Cut into small pieces and set aside.
2. Bring soya milk to a boil. Turn off the heat, add gelatine and mix well. Pour the mixture into two small cups. Chill until set.
3. Bring water to a boil and then reduce to low heat. Add silver ears, dried longans, dried figs and cook until tender. Then add Chinese wolfberries and lily bulbs.
4. Transfer the soya milk pudding onto a small plate. Serve with silver ears, dried longans, dried figs, fresh lily bulbs and Chinese wolfberries.

每一份 Per Serving :

熱量 Energy	177	千卡 kcal
碳水化合物 Carbohydrate	28	克 gm
蛋白質 Protein	10	克 gm
脂肪 Fat	3	克 gm
糖 Sugar	9	克 gm
鈉 Sodium	86	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.

煎比目魚柳伴烤番茄甜椒

Pan-fried Halibut Fillet with Roasted Tomato and Capsicum



邱嘉欣
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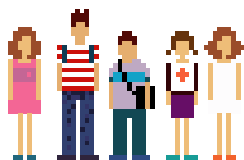
屬深海魚類的比目魚含奧米加三脂肪酸，配上色彩繽紛的黃甜椒和櫻桃茄，是一道能保護心臟健康的酸甜開胃菜式。

Halibut, a deep-sea fish, contains omega-3 fatty acids which is beneficial to heart health. Serve it with yellow capsicum and cherry tomato to stimulate your appetite!



試食兵團 話你知 Message from Tasting Team

比目魚肉質豐厚有彈性，番茄以低溫烤焗個多小時，鮮甜多汁，配上甜椒，色香味俱全。



The fleshy halibut fillet is al dente, which goes well with the cherry tomato and yellow capsicum. The tomato is roasted for over an hour to condense the juice.



本食譜由關琬潼提供
This recipe is provided by Miss Shadow KWAN.

Cooking Tips:

- 在魚塊上塗點麵粉，先煎熟魚皮的一面，再翻轉煎另一面，令魚塊更香脆。
- Slightly coat the fish fillet with flour, pan-fry the skin-side first until crispy, then flip and pan-fry the other side until done.

材料: (2人分量)

櫻桃茄	1 杯
橄欖油	1 1/2 茶匙
迷迭香	適量
黃甜椒(切粒)	1/2 杯
比目魚柳	2 塊
麵粉	1/4 杯
檸檬汁	適量

調味料:

鹽	1/4 茶匙
黑胡椒	適量

Ingredients : (Serves 2)

Cherry Tomato	1 cup
Olive Oil	1 1/2 teaspoons
Rosemary	some
Yellow Capsicum (Diced)	1/2 cup
Halibut Fillet	2 pieces
Flour	1/4 cup
Lemon Juice	some

Seasonings :

Salt	1/4 teaspoon
Ground Black Pepper	some



步驟:

- 把櫻桃茄放入烤盤，下1/2茶匙橄欖油、迷迭香，以120°C爐溫烤45分鐘。再加入甜椒粒，再烤20分鐘備用。
- 魚柳用鹽、黑胡椒調味，再將麵粉拍在魚皮上。
- 燒熱易潔煎鍋，下1茶匙油，加入魚柳，先煎魚皮的一面至香脆，翻轉煎另一面至熟。
- 魚柳盛碟上，伴以櫻桃茄、黃甜椒，再灑上檸檬汁即可。

Cooking method :

- Arrange cherry tomatoes in a baking tray. Sparkle with olive oil and rosemary. Roast for 45 minutes in a preheated oven at 120°C. Add diced capsicums and continue to roast for 20 minutes. Set aside.
- Season halibut fillet with salt and ground black pepper. Slightly coat the fish skin with flour.
- Heat 1 teaspoon of oil in a non-stick frying pan. Pan-fry the skin-side first until crispy, then the other side until done.
- Transfer fillet to a plate. Serve with cherry tomatoes and yellow capsicums. Sprinkle with lemon juice.

每一份 Per Serving :

熱量 Energy	205	千卡 kcal
碳水化合物 Carbohydrate	8	克 gm
蛋白質 Protein	29	克 gm
脂肪 Fat	7	克 gm
糖 Sugar	2	克 gm
鈉 Sodium	403	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.

樂於飲食 活得自在 關琬潼

Eat Well, Live Well

Shadow KWAN



關琬潼(Shadow)畢業後曾任職翻譯員四年，最終耐不住上班族的刻板生活，決心發展飲食事業。加上父親從事飲食行業，母親亦是一位「cooking mama」，故Shadow自幼就培養了對烹飪的興趣。她覺得最快樂的事，莫過於用心烹煮一桌飯菜，與家人朋友一同分享。現時她擔任食品造型工作，也是兩間西式糕餅店的合伙人，更推出了多本食譜和飲食散文集。

為食品加添美感

四年多前，Shadow從外國雜誌開始接觸食品造型課題，最後當上了食品造型師。這個行業在西方已相當盛行，但在香港仍是起步階段，現時不少食肆已經開始講究食品的賣相，聘用食品造型師設計菜式。然而，Shadow不太接受過於標奇立異的食品和飼養過程太不人道的食材，此外，她用作造型的材料都可以食用，不會浪費食材。

Shadow KWAN has been a translator for four years before joining the food business. Shadow's passion for cooking is inspired by her father who worked in the restaurant business and her mother, a "cooking mama". For Shadow, the most enjoyable moment is to prepare a delicious meal and share it with her friends and family. She is now not only a food stylist but also a partner of two patisseries shops. She is also the author of several recipe books.

A Food Beautician

Some four years ago, Shadow learned about food styling from foreign magazines and began to pursue her career as a food stylist. As a rule, she refrains from using animals that are raised inhumanely.

Shadow believes that by using fresh and natural ingredients, the dish will be appealing and salivating even if it is cooked in a simple way.

生吃蔬菜，更鮮嫩爽脆
Vegetables become crispy and fresh when eating raw.

在她看來，只要採用天然新鮮的食材，不難烹煮色香味俱全的食品，她的日常飲食亦偏向簡單自然：

Shadow 煮食貼士 Cooking Tips

米 Rice

Shadow 自小已是無飯不歡，除了日本米外，更喜歡上海米，取其較有口感。四、五年前則開始吃糙米；若大家認為糙米需在煮前泡透，工序有點繁複，則可選用燕麥米。

Japanese and Shanghainese rice are Shadow's favourite grains. Recently, she uses brown rice or oats for rice which contain more dietary fibre.

蔬菜 Vegetables

Shadow 較喜歡生吃蔬菜，新鮮蔬菜以冰水浸過再晾乾，會更為鮮嫩爽脆。

Shadow prefers to eat vegetables raw. To make them more crispy, simply soak them in ice water and drain.

豆腐 Bean curd

Shadow 的至愛是以味醂和出汁 (Dashi - 以海帶和柴魚片煮成的日本傳統湯汁) 配清豆腐；她亦會用豆腐代替芝士製作西式甜品。

Shadow enjoys eating plain bean curd mixed with Japanese soya sauce such as mirin and dashi. She also likes to blend bean curd with sesame sauce for salad. Bean curd is also an alternative to cheese in preparing western desserts.

香草 Herbs

Shadow 偏愛羅勒 (basil)、迷迭香 (rosemary) 等天然香料；中式香料方面，她愛採用花椒和八角，取其味道並不強烈，但經烹煮會滲出香味。

Natural herbs such as basil and rosemary are Shadow's favourite herbs. She is also a fan for Chinese spices such as prickly ash and star aniseed. Their flavours develop gradually during the cooking process.

炒雜錦 Chop suey

將剩餘的鮮菜切粒，略為用少油快炒一下，即可製成一碟色彩豐富兼美味的炒雜錦。

Dice and stir-fry leftover to make a dish of tasty "chop suey".

吃得好 更要活得好

Shadow 認為香港人的飲食態度頗為極端，速食文化無疑大行其道，優質高價的食品亦大有市場。她覺得現時香港社會較從前富裕，大家較有條件選擇上等食材，但 Shadow 希望大家不要忘記要好好品嚐食材的味道，欣賞廚師的手藝和心思。她認為，不少人以吃喝去紓發內心的不快，因而有暴食、癡肥等情況。要解決這個問題，除了要保持飲食均衡和做適量運動外，還有是日子要過得開心愜意。

營養



少油，唔該！ Less Oil, please!

見到所點選的菜式滿碟油光時你會怎樣做？照樣吃下去？用紙巾印一印，還是用水清洗？聰明的做法當然是在點菜時說聲「少油，唔該！」。現今的食肆一般都會配合市民的要求去烹調菜式，所以不用害羞，說出你的要求吧！

如你想吃得更有保證，最容易莫過於光顧「有『營』食肆」點選三少的「有『營』菜式」。快瀏覽「有『營』食肆」專題網站 <http://restaurant.eatsmart.gov.hk>，定會找到一間在你的附近！

What would you do if the food served is far too greasy? Remain silent and finish it? Dab away the excessive oil with tissue paper? Rinse it in water? A better way is to say "Less Oil, please!" when ordering dishes. Restaurants nowadays are customer centric and quite ready to cater to your health needs. Have your say and voice out!

To enjoy "3 Less" dishes, look for an EatSmart Restaurant in our website (<http://restaurant.eatsmart.gov.hk>).



開飯喇！It's Mealtime!

想找間「有『營』食肆」開飯局？現在除了上「有『營』食肆」專題網站<http://restaurant.eatsmart.gov.hk>外，你還可在《開飯喇！》OpenRice.com找到心水食肆。由現在至今年八月期間，「有『營』食肆」標誌會在《開飯喇！》網站出現，從今市民在搜尋食肆見到這標誌出現時，便會知道這是一間關心大眾健康的食肆。

你也想成為「有『營』一族」？請立即報名，申請表可從「有『營』食肆」專題網站下載 (<http://restaurant.eatsmart.gov.hk>)。

Want to enjoy a hearty meal with friends in an EatSmart Restaurant? Apart from searching for EatSmart Restaurants in the EatSmart Website (<http://restaurant.eatsmart.gov.hk>), you can now make the search in the Open Rice Website (<http://www.openrice.com>), where EatSmart Restaurants with EatSmart Restaurant Logos can be found in this website from now until August this year. EatSmart Restaurants take care of the health of citizens by providing healthy choices.

To enrol as an EatSmart Restaurant, simply fill in the application form which can be downloaded from the EatSmart Website (<http://restaurant.eatsmart.gov.hk>).



現今在香港要找到有名的菜式不難，要吃到美味的健康菜式卻不容易。單看菜名 - - 有營早餐以為很「有營」，原來都是那些又油又鹹的「腸仔煎雙蛋加全脂奶」套餐，有魚目混珠之嫌。各位「有『營』食肆」會員，我們誠邀大家設計更多正宗「有『營』套餐」，讓市民在挑選食物時，能夠吃到真正的健康菜式。

有『營』套餐大招募

Call for
"EatSmart Meal Sets"

歡迎會員將套餐照片及簡短介紹(以200字為限)交回編輯部作專題報導之用，詳情可致電2572 1476查詢。

Local restaurants are offering a wide variety of signature dishes, but healthy and delicious meals are not often available. The so-called "healthy breakfast sets" like "sausage and fried eggs with whole milk", which is oily and salty, are by no means considered to be healthy. For the sake of citizens' health, we sincerely call on restaurants to design EatSmart Meal Sets that are genuinely healthy.

Members are welcome to send in the suggested meal set photos together with short description (200 words) for promotion purpose. For details, please call 2572 1476.

2010
有『營』
廚藝大比併
EatSmart Restaurant
Cooking Competition 2010



由衛生署主辦的「2009有『營』廚藝大比併」有賴各食肆的積極參與，成績有目共睹，得獎菜式水準亦十分高，今年我們會再接再厲讓業界透過該比賽繼續交流和切磋廚藝。為了增加比賽的可觀性和專業水平，今年的參賽代表須在比賽當日即場烹煮參賽菜式讓評審品嚐。各食肆將陸續收到邀請信，敬請留意！

"EatSmart Restaurant Cooking Competition 2009" held by the Department of Health has been successfully concluded. We are organising another cooking competition this year, providing a platform for chefs to share their culinary experience through fair competition. To enhance the professional level and make it more exciting, contestants are required to cook their dishes on site on the day of the competition. Restaurants will be invited by post to join the competition, so stay tuned!

CookSmart

營廚

樂於飲食
活得自在

關琬潼

Eat Well, Live Well

Shadow KWAN