

CookSmart

火火
營廚

美食嚮導

蔣怡

Eat her Way to Beauty -
Coco CHIANG





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



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.

remember...

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



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

CookSmart

營廚

有營食肆

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秋話

Words from the Editor

自立秋後，每天氣溫仍不下於攝氏32度，真的很難受！有甚麼方法可以為地球降溫？原來「低碳飲食」是其中一種好方法。大家不要誤會是所謂的「食肉不食飯」減肥法 (Atkins Diet)。低碳 -- 是指低碳排放，提倡大家在選擇食材時也考慮到「就地取材」、「不時不食」、「多菜少肉」、「餐不過量」等既健康又能減緩地球暖化的重要因素。今期《營廚》會向大家推介多款有「營」低碳食譜，同時營養師亦會提供一些「減碳貼士」。注重環保和健康的你，一定不要错过！

「2010有『營』廚藝大比併」已於9月13日至10月10日接受公開投票，期間市民可以投票競猜各組別的冠軍菜式。成功投票的人士，可以自動參加大抽獎，有機會獲得總值港幣10,000元超級市場現金券，詳情請瀏覽「有『營』食肆」主題網站<http://restaurant.eatsmart.gov.hk>。大家不妨到訪入圍食肆享用參賽菜式！

The temperature often reaches 32°C even in September, what can we do to cool down the Earth? Why not consider a "low-carbon diet"? I am not referring to the "Atkins Diet"! Low-carbon here means low carbon emission - eating "local ingredients", "seasonal produce", "more vegetables and less meat" and avoiding "over-eating" which are healthy practices that can help slow down global warming. This issue of CookSmart highlights a number of low-carbon recipes with "low-carbon tips" shared by our dietitians. Let's go green while pursuing good health!

EatSmart Cooking Competition 2010 has been opened for public voting from 13 September to 10 October 2010. During the period, the public took part by casting votes for their favourite dishes. Voters will enter a lucky draw and stand the chance of winning supermarket gift coupons amounting to HK\$10,000 in total! For details, please visit EatSmart Website at <http://restaurant.eatsmart.gov.hk>. The short-listed dishes are being offered in the restaurants, why not try them now?

美食嚮導

Eat her Way to Beauty - Coco CHIANG

蔣怡

蔣怡(Coco)集模特兒、演員和主持人於一身，畢業於廣東外語外貿大學，精通普通話、粵語和英語。她來港後便晉身模特兒行業，數年前轉到台灣發展。2010年，她重返香港娛樂圈，參演電視劇和主持多個飲食節目。

「走到那裏、吃到那裏」

Coco熱情開朗，喜愛旅遊、玩樂，更愛到處找尋美食，每當面對一桌美食，她總會仔細地品嚐菜式，了解當中的各類食材。Coco自言「飲食是人生一大樂趣，更是走到那裏、吃到那裏」，數年前，她獲邀主持一個美食節目，帶領觀眾走訪各地的食肆。在Coco眼中，飲食貴乎均衡，切忌暴飲暴食，但更重要是慢慢細嚼，享受食材的滋味。Coco在不用工作的日子，往往會花上數小時吃一頓晚餐；即使在最忙碌的日子，蔣怡必定要享用一個豐富的早餐，為一天的工作做好準備。

戒肉始知菜根香

Coco坦言自小已愛吃肉，可幸體重一直控制得很好，不料上到大學，整天躲在宿舍埋頭看書，吃了不少零食，她說當時「吃餅乾是以斤計算的」，體重直線上升，一發不可收拾，於是決心減肥，轉以吃蔬菜為主。多吃蔬菜除了讓她成功減磅，更令她發現了蔬菜的甜美。

Coco經常在主持的節目中親自示範煮食，但真正入廚烹調，還是踏足社會工作以後，她發現食肆的菜式不但可口，而且造形美觀，於是自行購買食材回家下廚，既省下不少金錢，亦可嘗試烹煮不同的菜式，呼朋喚友回家共嚐她的作品，番茄香草醬海鮮意大利麵、法式釀春雞等，都是Coco的拿手菜式。

最欣賞地道美食

Coco在主持的節目介紹了內地、香港和台灣的地道美食，深明就地取材的飲食之道，「我覺得本土出產的食品，一定更新鮮、美味」，例如在意大利的麵食，用上當地生產的麵粉、橄欖油、番茄等，更覺原汁原味；回到香港，Coco最愛廣東小炒，尤其香港人煮菜最重鮮味，因此蒸魚、蒸肉餅等都是她經常吃的菜式，最近Coco有機會到訪大連，亦相當欣賞當地出產的海鮮。

Coco到處玩樂覓食之餘，亦會找尋特別的食材，較早前她前往迪拜，在當地的香料市場搜





Keep Fit **心得** Tips

飲食貴乎均衡，切忌暴飲暴食，但更重要是慢慢細嚼，享受食材的滋味。

It is more important to keep a balanced diet.
To enjoy the real taste of food, Coco often spends several hours for a meal.

羅了一大批香草，當中包括茴香(fennel)、小茴香(cumin)、丁香(cloves)、豆蔻皮(mace)、香草莢豆(vanilla beans)等，以備日後烹煮咖喱等以香料為主之食品。

飲食之道在於適可而止

Coco愛吃，但仍保持健康形象，秘訣是控制飲食和多運動。她喜歡各類食品都只淺嚐一點；遠足、游泳、划艇等運動都是Coco所熱愛，尤其是划艇，她會帶同愛犬一同前往，Coco划艇時愛犬在旁邊游泳，把一種原本是單獨枯燥的運動變成很有樂趣。出外飲食和宴客時，Coco喜歡多點菜蔬和焗製的菜式，希望能濃淡相宜，不油不膩，她認為「有『營』食肆」為顧客提供了更多健康的選擇，讓大家出外用膳時更安心、更方便，反之，過於油膩的菜式，「非但不可口，更浪費了食材」。



“好好味呀”
“Yummy”

1. 天使麵配香辣番茄醬汁

天使麵口感幼滑，配上以新鮮番茄煮成的微辣醬料，豐富了味道的層次。

Angel Hair with Spicy Tomato Sauce

Light and superfine angel hair pasta is served with slightly spicy tomato sauce, which enriches the taste of the dish.

2. 焗莧菜芝士粉卷

粉卷皮做到爽滑細緻，低脂芝士香滑，配合味道清淡的莧菜，十分可口。

Spinach Cannelloni

Lasagna is tender and silky. Lightly stir-fried spinach is crispy and aromatic, which blends well with low-fat cheese to become a delicious pasta dish.

3. 黑松露菌意粉配番茄醬

黑松露菌意粉香味濃郁，番茄酸味開胃，盡顯食材的天然味道，一試而知是少鹽少糖的健康菜式。

Black Truffles Spaghetti with Tomato Sauce

This healthy pasta dish with little salt and sugar is infused with the spectacular flavour and aroma of black truffle. Tomato sauce brings out the natural flavour of the ingredients.

4. 意大利菜湯

這道菜湯有西芹、甘荀和白豆，加上洋蔥獨特的香味，是一道很好的素菜湯。

Vegetable Soup

This vegetable soup features celery, carrot and white bean, all of which mix well with onion which have a characteristic flavour.

Coco is a famous model, actress and TV programme host. Having graduated from Guangdong University of Foreign Studies in China and equipped with good Putonghua, Cantonese and English language skills, she started to work as a model after settling in Hong Kong. Coco then left for Taiwan to pursue her career. She returned to Hong Kong earlier this year and hosted food shows along with taking up performance roles in a number of TV dramas.

Eat and Travel Everywhere

Many ladies follow strict diets to keep their bodies in shape, yet Coco likes to travel and tries out cuisines in different countries. "Eating is one of the life's greatest pleasures. I enjoy eating anywhere I go". She believes that it is more important to keep a balanced diet. To really enjoy the real taste of food, she often spends several hours for a meal. Even on a busy day, Coco always remembers to have a good breakfast to prepare for a day's work.

Learn to Love Veggies

Coco was a meat lover in earlier years. During her study in the university, she ate plenty of snacks and put on weight as a result. Coco then decided to get slimmer by going on a vegetarian diet. In her slimming process, she discovered the fresh taste of veggies.

Coco always shows off her cooking skills in TV programmes, but it is surprising to learn that she did not start cooking until she graduated from school. She is often inspired by the chefs' skills that she tries her hands at cooking at home and shares the food with her friends. Her two signature dishes are Italian seafood pasta with herb sauce and French stuffed chicken.

Have a Liking for Local Cuisines

Coco enjoys trying out local cuisines and delicacies. She said, "An Italian pasta dish made with locally produced flour, olive and tomatoes has the authentic taste and flavour". Wherever she goes, she looks

for locally grown ingredients. In a recent trip to Dubai, she bought a lot of spices such as fennel, cumin, cloves, mace and vanilla beans for her curry dishes. For Cantonese cuisine, she likes steamed fish and steamed minced pork.

Maintain a Balanced Diet and Take Regular Exercise

Apart from maintaining a healthy diet, Coco does plenty of exercises such as hiking, swimming and rowing. When eating out, she always chooses a mix of vegetable and meat dishes, and oily dishes are not preferred. "Using too much oil ruins the dishes," she said.





小島風味——

天虹海鮮酒家

**Big Taste in a Small Island -
Rainbow Seafood Restaurant**

天虹海鮮酒家店東陳偉明為南丫島原居民，酒家始創於1984年，最初只有四張餐桌，時至今日，已發展成為可以容納800名賓客的海鮮酒家，曾屢次獲香港旅遊發展局美食之最大賞。2009年，天虹海鮮酒家更獲亞洲餐飲指南《The Miele Guide 2009/2010》評為亞洲450家最佳食府之一。

「吃海鮮，還是香港人最識食」

香港人愛啖海鮮，西貢、鯉魚門、南丫島等地的海鮮食肆更是成行成市，能夠脫穎而出殊不容易，天虹海鮮酒家集團主廚陳浩強(Jacky)表示，他們的成功秘訣，主要是控制食物的優良品質。該店從世界各地入口不同的優質魚鮮，包括來自泰國的癩尿蝦、印尼的東星斑和老鼠斑，當然還有本地的海蝦、花螺等，時值夏天，港產的海中蝦特別甜美；此外，該店與其蔬菜供應商已持續合作了24個年頭，所供應食材的質素絕對有保證。

該店口碑甚佳，光顧的食客大半是來自外國的遊客，不過Jacky坦言，「論到吃海鮮，還是以本地人最識食」，他們對烹煮的火路和食物的濃淡均非常講究，老一輩的食客大多愛好清淡菜式，務求原汁原味；本地漁民要求更高，他們選吃一些較罕見的細魚例如橫澤魚、黃花仔、疏羅魚等，愛其魚味特濃；他們更愛吃鹹鮮，即先將鮮魚以少量鹽醃過半天，再清蒸，由於水分已被抽掉，故此魚肉變得結實，口感特別豐富。

各地遊客 各有喜好

不說不知，原來各地遊客都有不同的口味，Jacky表示，日韓客最喜歡癩尿蝦、台灣人鍾情吃蟹、內地人喜歡蒸魚、西方遊客愛吃炒斑球或煎魚、越南則喜歡麻辣的海鮮，不過由於潮流崇尚健康飲食，現時大部分顧客都會點選一兩道蔬菜，而要求「油、鹽、醬全免」的情況亦很普遍。

秉承健康煮食之道

天虹海鮮酒家一直提倡健康飲食，多年前已經採用芥花籽油、粟米油等健康食油，並儘量減少油量，過往業界為求餸菜色澤更油潤，上菜前會下點所謂「包尾油」，為菜式額外「化妝」；而該酒家的廚師已戒掉這個習慣，且多用焯、蒸和焗等低脂烹調方法。Jacky認為，只要食材質素好，配搭合宜，同樣能夠烹煮健康可口的菜式。

Jacky對出品的要求十分嚴格，務求滿足顧客的不同口味。他形容該店的團隊「像一支軍隊，水準稍遜、煮得太油膩、太鹹的餸菜寧可棄掉，絕不會上枱」。

Rainbow Seafood Restaurant was established by Mr CHAN Wai-ming, an indigenous resident of Lamma Island. Started as a small restaurant with only four tables in 1984, the restaurant now has a dining area for up to 800 customers. In 2009, the restaurant was listed as one of the Asia's 450 best restaurants by *The Miele Guide* 2009/2010.

"Hong Kong folks really know how to enjoy seafood"

No wonder Hong Kong people love seafood. Good seafood restaurants are found everywhere particularly in Sai Kung, Lei Yue Mun and Lamma Island. Mr Jacky CHAN, the Group Head Chef of Rainbow Seafood Restaurant said, "The key to our success is our ability to maintain the food quality, which has won the praise from both local and overseas customers". To ensure the good quality of their food, they source seafood ingredients from various countries – mantis prawns from Thailand, humpback groupers and leopard coral groupers from Indonesia as well as sea prawns and sea snails from different local suppliers.



有營菜式逐樣試 Tasting of EatSmart Dishes

1 白焯花螺

用上本地花螺以清水白焯，不添加任何醬汁，完全能吃到花螺的濃郁鮮味。

Boiled Sea Snails

Locally produced sea snails are poached with water and served plain. This cooking method retains the taste and freshness of snail meat.

2 冰鎮鮑魚

九十頭鮑魚先以冰水浸透，再用熱水泡浸，以清雞湯煲上8小時，味道甘香彈牙，配上以醋和芥辣調味的沙律菜，酸中帶微辣，惹味醒胃。

Cold Braised Abalone with Salad

Small size abalones are soaked in ice water before putting in boiled water. Then they are cooked with chicken broth for eight hours. The flavourful abalone meat has a nice al dente texture, while the salad, dressed with a sauce made of vinegar and mustard sauce, is especially savoury.

3 珍珠翡翠

腐皮、粟米粒、甘筍、白菜等與齋上湯同煮，清甜的白菜與充滿豆香的腐皮同吃，味道出奇地配合，甚是討人喜愛。

Vegetables and Sweet Corn in Vegetable Soup

Bean curd sheets, corn kernels, carrots and Chinese white cabbages are cooked with vegetable soup. Chinese white cabbage blends perfectly well with bean curd sheets.

4 上湯雜菜

菜心、小棠菜、西蘭花等蔬菜，與雜菌和紅棗熬製的齋上湯浸煮，清甜可口，美味又健康，每吃一口都有變化。

Braised Assorted Vegetables in Soup

Flowering Chinese cabbage, Shanghai cabbage and broccoli are braised in vegetable soup cooked with assorted mushrooms and red dates, all of which make a tasty and healthy dish.

Yet people of Hong Kong, Jacky claimed, really know how to enjoy seafood. It is especially true for the fishermen, who are fond of smaller yet tasty fishes such as sardines, yellow croakers and cardinalfish. They also love to eat "salted fresh fishes". By marinating fresh fishes with little amount of salt for half a day before steaming, the texture becomes more tender.

Visitors have different food preference

Jacky observes that visitors from different countries have various food preferences. Korean and Japanese customers, for instance, are fond of mantis prawns. Taiwanese guests favour crabs, while the Mainlanders prefer steamed fishes. Stir-fried fish fillets and pan-fried fishes are the favourites of the Westerners. Vietnamese have a liking for spicy seafood. Nevertheless, healthy eating is indeed the trend, and customers tend to order more veggie dishes and even request for no oil, salt and sauce in their dishes.

Let the customers have healthy food choices

To provide healthy choices for customers, Rainbow Seafood Restaurant has long started using corn oil and canola oil. They have refrained from adding a shot of cooked oil on top of dishes, which is usually practised by many local chefs. "Like an army," he said, "we are a well disciplined team. We will discard substandard dishes cooked with excessive oil or salt."





「有『營』食肆」實錄 | EatSmart Restaurants Snaps

特色有營粉麵店 - 魚米家魚湯米線大王

Yue Mic Ka - Local Noodle Shop with a Character



香港不乏出色的粉麵店，但大部分是售賣粵式雲吞麵或魚蛋粉為主，十年前，「魚米家」的創辦人周榕貴先生希望建立一家特色的粉麵店，於是以順德魚湯米線為品牌產品，開設了魚米家魚湯米線大王，多年來深受顧客歡迎，現已擴展至十家分店。

「這鍋湯是『魚米家』的靈魂」

「魚米家」行政副總廚劉耀光先生看來年紀輕輕，但自開業以來一直在該店坐鎮，與周先生前後共事了十七年，他說：「這鍋魚湯可說是『魚米家』的靈魂」。「魚米家」每家分店的同事，每天早上六時便要開始預備魚湯。首先，他們使用足有一公尺高，能煮出二百多碗魚湯的大鍋，然後煎香大量鮮魚，加上老薑、陳皮等材料，花上至少四小時以猛火將魚肉煲成魚蓉，熬煮至魚湯轉為乳白色，所以這鍋魚湯的味道特別鮮甜，全無魚腥味。

為了確保品質，「魚米家」熬湯所用的上乘材料例如牛鰻、大眼雞、鯪魚和鯪魚等，都向可靠的供應商採購。劉師傅表示，「顧客吃米線時，都忍不住將魚湯喝光」，而此魚湯除了作為米線、米粉或泡飯的湯底外，顧客選吃小菜套餐時，亦可點選魚湯。



有營菜式逐樣試

Tasting of EatSmart Dishes



順德魚腐米線

魚米家的招牌菜式，魚湯鮮甜不腥，魚腐幼滑甘味，加上惹味的黑椒粒，無論任何季節進食都合適。
Shunde Style Fish Patties in Vermicelli with Fish Broth
This flagship dish of Yue Mic Ka is good for all seasons. Black pepper enhances the sweetness and gets rid of the fishy taste, while fish patties are so tender and savoury.



魚湯浸蘿蔔

蘿蔔先汆水，後下魚湯熬製，爽脆可口，魚湯配搭合宜。
White Radish in Fish Broth
Parboil white radish in boiling water before cooking it in fish broth. Crispy and tasty, white radish mixes well with the broth.

以健康飲食為宗旨

「魚米家」創店以來，一直崇尚少油、少鹽的烹調原則，劉師傅表示，過去香港廚師喜好多油快炒或「下尾油」，務求方便快捷，免黏鍋，其實並無必要，只要炒餸菜時以猛火燒熱鑊，用少油快炒方法烹調，戒去「下尾油」的習慣，絕對可煮出同樣色、香、味俱全的餸菜。耗油量方面，以往每家分店每月使用一百二十多罐油（每罐十五公升計），現已下降至約八十七罐；由此可見，少用油既對健康有益處，還可降低成本和更加環保。「魚米家」管理層經常監察廚房同事的出品，要是偶有失手煮出太油膩的菜式，他們寧可重煮也不會給顧客食用。今年，「魚米家」在同事的建議下，加入了「有『營』食肆」運動。

為了迎合客人的要求，「魚米家」的餐牌上供應大量蔬菜菜式，約半年前引入了番茄湯底，又用上南瓜等健康食材，務求提供不同款式和味道的菜式讓顧客選擇。

年輕人的飲食習慣令人憂慮

劉師傅感到，現時一般顧客都注重健康，除了經常提出少油、少鹽或少糖的要求外，亦十分着重食品的質素，米線煮得太靚、魚湯不夠熱或太油膩的話，顧客都會即時反映；作為食肆的管理層人員，他提醒員工須細心聆聽顧客的意見，作出改進。但他更憂慮的是年輕一代的飲食習慣，他們多吃快餐式食品，少吃蔬果，「吃湯粉或米線要全走菜」都很常見，要改善這個情況，政府、飲食業界和市民都須共同努力，提倡有「營」的飲食習慣。

Hong Kong does not lack gorgeous noodle and vermicelli shops. When Yue Mic Ka was established ten years ago, it aimed to distinguish itself from other noodle shops by introducing a flagship dish – Shunde Style Fish Patties in Vermicelli with Fish Broth.

"A bowl of fish broth embodies the spirit of Yue Mic Ka"

"Our fish broth embodies the spirit of our business," said Mr LAU Yiu-kwong, Assistant Executive Chef of Yue Mic Ka. He explained that colleagues in each outlet started preparing the fish broth early at six every morning. They use

a one-metre-deep pot that can hold as many as 200 bowls of soup. Fresh fishes as well as lots of other ingredients such as old ginger and dried tangerine peel are cooked for hours until the broth turns milky. Their fish broth is used as the soup base for vermicelli, rice noodles and rice.

It is so delicious that quite many customers drink the bowl down to the last drop," Mr LAU said.

Advocate for Healthy Cooking

Yue Mic Ka has adopted a healthy way of cooking. Their cooking team do not use excessive oil. They neither add cooked oil on top of dishes right before they are served, which is a common practice among Chinese cuisines for giving the food a fresher look. The oil usage of each shop, therefore, had decreased from 120 cans to 87 cans per month (15 litres per can), and as a result, their operating cost was much lowered.

On the other hand, the shop endeavours to introduce new flavours. They have just introduced tomato soup base for six months and have also started to use healthier ingredients such as pumpkin.

Unhealthy Eating Habits of the Younger Generation

Mr LAU notices that customers are becoming more health-conscious now. He thinks people now always request to have less added salt, sugar or oil in their dishes. Yet he still worries about the unhealthy eating habits of the younger generation. "They have a liking for fast food and seldom eat fresh fruits and vegetables. Some young people even ask to remove veggies from their dishes when ordering food," he said. He thinks the Government, the trade and members of the public should pay urgent and concerted efforts in promoting healthy eating.



中華炒雜菜

菜式不油不膩，多種蔬菜、瓜豆均清香爽脆，組成多層次口感。

Stir-fried Assorted Vegetables in Chinese Style

A good variety of vegetables and beans are stir-fried with a little oil. The dish is rich and flavoursome.



田園炒雜菌

冬菇、珍珠菇和蘑菇這幾種菌類各有特色 - 冬菇圓厚、珍珠菇脆嫩、蘑菇濃郁，配上甜豆、四季豆和珍珠筍尤其甜美。

Stir-fried Assorted Mushrooms

This vegetarian dish mingles various mushrooms – shiitake mushrooms are fleshy, pearl mushrooms are soft, while white mushrooms are rich in flavour. They are added with sweet peas, green beans and baby corns to become a delightful dish.



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



本食譜由五洲餐廳提供。
This recipe is provided by Five
Continents Restaurant.

吃珍寶大磨菇時的
口感像吃牛扒一樣，
但一隻只含30千卡路
里，且低脂肪，比吃牛
扒少八至九成熱量。

The texture of portabello mushroom is similar to steak; but one portabella mushroom has only 30 kilocalories and is low in fat. It has 80 to 90% less calories compared to steak.

材料：(1人分量)

澳洲珍寶大磨菇	1 隻 (約3兩)
莧菜	110 克 (約3兩)
蒜蓉	1/2 茶匙
黑松露菌 (切片)	1 隻
低脂菲達芝士	25 克
番茄醬	4 湯匙

調味料：

鹽	1/8 茶匙
黑胡椒碎	1/5 茶匙
橄欖油	1/2 茶匙

Ingredients: (Serves 1)

Portabello Mushroom	1 piece (about 3 taels)
Spinach	110 gm (about 3 taels)
Garlic (minced)	1/2 teaspoon
Black Truffle (sliced)	1 piece
Low-fat Feta Cheese	25 gm
Tomato Sauce	4 tablespoons

Seasonings:

Salt	1/8 teaspoon
Coarse Black Pepper	1/5 teaspoon
Olive Oil	1/2 teaspoon

每一份 Per serving:

熱量 (千卡) Energy (kcal)	157
碳水化合物 (克) Carbohydrate (gm)	12
蛋白質 (克) Protein (gm)	14
脂肪 (克) Fat (gm)	7
糖 (克) Sugar (gm)	4
鈉質 (毫克) Sodium (mg)	765

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.

番茄醬

材料：
(4人分量；製約1杯)

洋蔥 (切碎)	1/4 隻
蒜蓉	1/2 茶匙
去皮番茄 (切碎)	2 隻
乾洋芫茜	1/8 茶匙

調味料：

鹽	1/8 茶匙
黑胡椒碎	1/2 茶匙
橄欖油	1/3 茶匙

Tomato Sauce

Ingredients:
(Serves 4, about 1 cup)

Onion (diced)	1/4 piece
Garlic (minced)	1/2 teaspoon
Tomato (peeled, diced)	2 pieces
Dry Parsley	1/8 teaspoon

Seasonings:

Salt	1/8 teaspoon
Coarse Black Pepper	1/2 teaspoon
Olive oil	1/3 teaspoon

步驟：

燒熱平底鑊下油，放入洋蔥、蒜蓉、番茄和乾洋芫茜快炒，轉慢火把鑊中的汁煮至濃，下鹽、黑胡椒碎調味即可。

Cooking method:

Heat oil in a pan. Stir-fry onion, garlic, tomato and parsley. Reduce to low heat, cook until the sauce is thickened. Season with salt and black pepper. Done.

燒釀珍寶大磨菇

Stuffed with Spinach Feta Cheese 配 and Black Truffles

莧菜芝士及黑松露菌



步驟：

1. 把大磨菇和莧菜洗淨。
2. 大磨菇先用鹽、黑胡椒碎和蒜蓉醃過備用。
3. 將莧菜用滾水焯熟再過冰水，跟着切碎。
4. 燒熱平底鑊下油，放入蒜蓉爆香，下莧菜蓉快炒備用。
5. 將黑松露菌釀入大磨菇，跟着讓入莧菜蓉，灑上低脂菲達芝士，然後放入150°C焗爐，焗5-8分鐘後，伴以番茄醬汁即可。

Cooking method:

1. Rinse portabello mushroom and spinach.
2. Marinate portabello mushroom with salt, black pepper and garlic. Set aside.
3. Bring water to the boil. Add spinach until cooked. Then soak in ice water and dice.
4. Heat oil in a pan, stir-fry garlic until fragrant. Add spinach and stir-fry quickly. Set aside.
5. Stuff the portabello mushroom with black truffle followed by spinach. Sprinkle low-fat feta cheese on top. Bake in a 150°C oven for 5-8 minutes. Serve with tomato sauce on the side.

試食兵團 話你知

Message from Tasting Team



大磨菇香味濃郁，莧菜充滿蒜香，配上芝士和黑松露菌，組合成一款很有特色的菜式。

This peculiar dish features portabello mushroom blended with garlic-filled spinach, with the flavour enhanced by scents of cheese and black truffle.



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新鮮海鮮能提升粥品的鮮味，不需額外加入調味料也可以很美味。粥裡加入粟米增加其膳食纖維量，有助腸臟健康。

Fresh seafood can enhance the flavour of the congee without the need of adding extra seasonings. By adding corn to congee, dietary fiber content is increased, benefiting gut health.



材料：(5人分量)

花蛤	11 隻
蝦	3 隻
魷魚	15 克 (約1/2兩)
帶子	3 隻
原粒粟米	1 湯匙
絲苗白米	3/4 碗
清水	4 碗 (約1公升)

調味料：

鹽	1/2 茶匙
糖	1/2 茶匙

Ingredients: (Serves 5)

Clam	11 pieces
Prawn	3 pieces
Squid	15 gm (about 1/2 tael)
Scallop	3 pieces
Whole Corn Kernel	1 tablespoon
White Rice	3/4 bowl
Water	4 bowls (about 1 litre)

Seasonings:

Salt	1/2 teaspoon
Sugar	1/2 teaspoon

每一份 Per serving:

熱量 (千卡) Energy (kcal)	156
碳水化合物 (克) Carbohydrate (gm)	26
蛋白質 (克) Protein (gm)	10
脂肪 (克) Fat (gm)	1
糖 (克) Sugar (gm)	1
鈉質 (毫克) Sodium (mg)	279

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

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



本食譜由天虹海鮮酒家提供
This recipe is provided by Rainbow Seafood Restaurant.

黃金海鮮粥 Seafood Congee

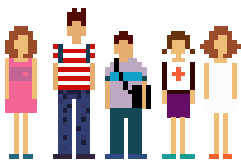
步驟：

1. 將所有海鮮洗淨切粒，然後汆水備用。
2. 把白米淘洗隔起備用。
3. 燒滾水，下白米煮至滾起，放入所有材料，下鹽、糖調味，煮至熟透即可。

Cooking method:

1. Rinse and dice all seafood. Blanch and set aside.
2. Rinse and drain white rice, set aside.
3. Bring water to the boil. Add white rice and heat until it reboils. Add all ingredients then season with salt and sugar. Cook until done. Serve.

試食兵團 話你知 Message from Tasting Team



海中蝦、帶子、蛤等海鮮的味道鮮中帶甜，加上肉質肥厚的粟半粒，粥底 - 更是不稠不稀，恰到好處，真想再來一碗！

The congee contains a seafood medley of sea prawn, scallop and clam as well as corn kernel, which are delightful. The congee base is perfectly cooked, not too watery or thick.



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



本食譜由魚米家魚湯米線大王提供
This recipe is provided by Yue Mic Ka.

番茄湯底含豐富茄紅素，有抗氧化作用，有助預防癌症。將甘筍和番茄取出後打成蓉，然後倒回湯裡，有助保留蔬菜的膳食纖維和維他命A。

Tomato soup base is rich in lycopene, an anti-oxidant that helps to prevent cancers. By pureeing carrots and tomato and returning them back into the soup, dietary fiber and vitamin A are retained.

材料：(4人分量)

勝瓜	225 克 (約6兩)
西蘭花 (切朵)	15 朵
金菇 (去根)	1 1/2 紮
莧菜 (去根、切段)	225 克 (約6兩)
娃娃菜 (切條)	225 克 (約6兩)
車厘茄 (切半)	2 粒
粟米粒	1 碗
白飯	4 碗

調味料：

鹽	1 茶匙
白胡椒粉	1/4 茶匙

Ingredients: (Serves 4)

Angled Loofah	225 gm (about 6 taels)
Broccoli (cut into florets)	15 florets
Enoki Mushroom (trimmed)	1 1/2 bunches
Spinach (trimmed, sectioned)	225 gm (about 6 taels)
Baby Chinese Cabbage (stripped)	225 gm (about 6 taels)
Cherry Tomato (halved)	2 pieces
Corn Kernel	1 bowl
White Rice	4 bowls

Seasonings:

Salt	1 teaspoon
Ground White Pepper	1/4 teaspoon

每一份 Per serving:

熱量 (千卡) Energy (kcal)	411
碳水化合物 (克) Carbohydrate (gm)	88
蛋白質 (克) Protein (gm)	14
脂肪 (克) Fat (gm)	2
糖 (克) Sugar (gm)	4
鈉質 (毫克) Sodium (mg)	645

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

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番茄湯

材料：(製8碗，約1.8公升)

去皮雞肉 (切件)	1/2 隻
水	3 公升
甘筍 (切碎)	8 條 (約1斤)
去皮番茄 (切件)	5 個 (約1斤)
去皮白蘿蔔 (切角)	2 條 (約8兩)

Tomato Soup

Ingredients: (for making 8 bowls, about 1.8 litre)

Skinless chicken (cut into pieces)	1/2 piece
Water	3 litres
Carrot (finely diced)	8 pieces (about 1 catty)
Tomato (peeled, cut into pieces)	5 pieces (about 1 catty)
White radish (peeled, cut into wedges)	2 pieces (about 8 taels)

步驟：

1. 將雞肉汆水備用。
2. 燒滾水，加入雞件、甘筍和番茄，以中火煲1小時後熄火。
3. 取出甘筍和番茄，放入攪拌機，再加入適量番茄湯打成蓉，然後倒回湯煲，下白蘿蔔，以細火煲約1小時，隔去雞肉，取出白蘿蔔備用。

Cooking method:

1. Blanch chicken and set aside.
2. Bring water to the boil. Add chicken, carrot and tomato. Boil over medium heat for 1 hour. Then turn off heat.
3. Puree carrot and tomato with tomato soup in a food processor. Pour puree in a pot. Add white radish and boil over low heat for about 1 hour. Remove chicken. Take out the white radish and set aside.

番茄湯

Assorted Vegetables in Rice with 田園雜菜泡飯 Tomato Soup

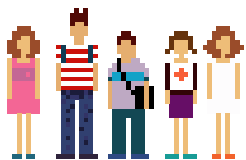
步驟：

1. 將所有蔬菜洗淨，勝瓜去皮開四邊，然後去囊切角備用。
2. 把所有蔬菜放入番茄湯煮3分鐘，下鹽、白胡椒粉調味。
3. 把所有蔬菜連白蘿蔔鋪排在白飯面上，注入番茄湯即可。

Cooking method:

1. Rinse all vegetables. Peel angled loofah and cut into 4 lengthways. Remove the seeds. Cut into wedges and set aside.
2. Boil all vegetables in the tomato soup for 3 minutes. Seasoning with salt and white pepper.
3. Place all vegetables and white radish over the white rice. Spoon over the tomato soup and serve.

試食兵團 話你知 Message from Tasting Team



以番茄湯湯底加入西蘭花、娃娃菜、莧菜、勝瓜、白蘿蔔、金菇和粟半粒等的全素泡飯，湯味媲美葷湯的泡飯，多種菜蔬爽脆清新。

The rice blends a variety of veggies - broccoli, baby Chinese cabbage, spinach, angled loofah, white radish, enoki mushroom and corn kernel - with a tomato soup base. This luscious soup is comparable to meat soup.



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這菜式的熱量低，但含豐富的膳食纖維，適合需要減少熱量吸收的人士，如肥胖人士食用。成人每天應吃最少3份蔬菜（約1碗半中碗），包括綠葉蔬菜、瓜類和菇菌類。

This dish is low in calories and high in dietary fiber, it is suitable for those who need to restrict energy intake, such as the overweight or obese. Adults should consume 3 serves of vegetables (about 1 1/2 medium bowl) every day, including green leafy vegetables, gourds and mushrooms.

材料：(4人分量)

白米	1/2 碗
水	約 1 碗
涼瓜	1 個 (約7兩)
清雞湯	1/2 碗
瑤柱	1 粒
杞子	6 粒
雲耳	3 片

調味料：

鹽	1/3 茶匙
糖	1/3 茶匙

Ingredients: (Serves 4)

White Rice	1/2 bowl
Water	about 1 bowl
Bitter Gourd	1 piece (about 7 tael)
Chicken Broth	1/2 bowl
Dried Scallop	1 piece
Chinese Wolfberry	6 pieces
Cloud Ear	3 pieces

Seasonings:

Salt	1/3 teaspoon
Sugar	1/3 teaspoon

每一份 Per serving:

熱量 (千卡) Energy (kcal)	39
碳水化合物 (克) Carbohydrate (gm)	8
蛋白質 (克) Protein (gm)	2
脂肪 (克) Fat (gm)	0
糖 (克) Sugar (gm)	0
鈉質 (毫克) Sodium (mg)	271

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

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



本食譜由囍雲天提供
This recipe is provided by Cheerful Sky Cuisine.

雲杞無米粥

Congee with Cloud Ears, Chinese Wolfberries and Bitter Gourd Slices

涼瓜絲

步驟：

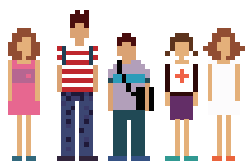
1. 米洗淨備用。
2. 燒滾水，放入米，轉慢火煲1小時，隔去米粒，剩如米水備用。
3. 涼瓜洗淨切片，再刨絲備用。
4. 將清雞湯加入大半碗米水煲滾，放入涼瓜絲、瑤柱、杞子和雲耳，下鹽、糖調味，煮至熟透即可。

Cooking method:

1. Wash white rice, set aside.
2. Bring water to the boil. Add white rice. Reduce to medium heat then cook for 1 hour. Strain and set aside rice water for later use.
3. Rinse, slice and shred bitter gourd, set aside.
4. Add chicken broth in just over 1/2 bowl of rice water then bring to the boil. Add bitter gourd, dried scallop, Chinese wolfberry and cloud ear, season with salt and sugar, Cook until done and serve.

試食兵團 話你知

Message from Tasting Team



這款特色粥品以半水加入了雞湯同煲，令粥底更美味豐厚，配上雲耳、杞子和涼瓜絲等，爽口兼有益。

This congee soup is boiled with rice water and chicken broth, which enriches its flavour. Chinese wolfberries balance the bitter taste of bitter gourd, while the crunchy cloud ears are rich in texture.





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日常吃的白米飯膳食纖維素含量極低，加入了芋頭、粟米、冬菇和紅米不但可增加膳食纖維的含量和口感，還可將血糖生成指數降低。除以上蔬菜外，也可選用甘筍、紅腰豆或南瓜替代。

Regular white rice contains very little dietary fiber; adding taro, corn kernel, mushroom and red rice can boost dietary fiber content while lowering the glycemic index of the dish. Besides the above vegetables, carrot, red kidney bean and pumpkin can also be used.

材料：(2人分量)

紅米	1/3 碗
白米	1/3 碗
芋頭(切粒)	1/2 碗
水	1 碗
鮮蝦(切粒)	6 隻
冬菇(浸軟，切粒)	2 隻
粟米粒	2 湯匙

調味料：
鹽 1/4 茶匙

Ingredients: (Serves 2)

Red Rice	1/3 bowl
White Rice	1/3 bowl
Taro (diced)	1/2 bowl
Water	1 bowl
Fresh Shrimp (diced)	6 pieces
Shiitake Mushroom (soaked, diced)	2 pieces
Corn Kernel	2 tablespoons

Seasonings:
Salt 1/4 teaspoon

每一份 Per serving:

熱量 (千卡) Energy (kcal)	352
碳水化合物 (克) Carbohydrate (gm)	70
蛋白質 (克) Protein (gm)	13
脂肪 (克) Fat (gm)	2
糖 (克) Sugar (gm)	1
鈉質 (毫克) Sodium (mg)	372

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



本食譜由悅翠小廚提供
This recipe is provided by C-Jade Kitchen.

芋頭鮮蝦五穀蒸飯

Steamed Assorted Rice with *Shrimp and Taro*

步驟：

1. 將紅米和白米洗淨，加入芋頭粒，下鹽調味，放入瓦煲內注入水先煮30分鐘。
2. 跟着放入鮮蝦粒、冬菇粒和粟米粒拌勻再煮15分鐘。
3. 最後以大火加熱1分鐘即可。

Cooking method:

1. Rinse red rice and white rice. Add taro, season with salt. Transfer mixture to a clay pot, add water then cook for 30 minutes.
2. Add shrimp, shiitake mushroom and corn, stir to combine, cook for 15 minutes.
3. Finally, cook over high heat for 1 minute and serve.

試食兵團 話你知

Message from Tasting Team



芋頭、玉米、冬菇和紅米的鮮味和口感各異，令這道蒸飯的味道更有層次，芋頭與鮮蝦配搭尤其新穎。

Taro, corn kernel, mushroom and red rice have different flavours and texture, which add the pot of rice with an extra depth of taste. Shrimp and taro are especially well blended together.



以下資料截至二零一零年七月十九日，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 19 July 2010. Names are listed in a random order. For the latest EatSmart Restaurant list, please visit the "EatSmart Website" <http://restaurant.eatsmart.gov.hk>

中西區 Central & Western District

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
	(香港地鐵站店)	(Hong Kong Station Shop)	2537 6515
	(海富中心商場店)	(Admiralty Centre Shop)	2866 2750
	(萬邦行店)	(Melbourne Plaza Shop)	2162 8020
	(建隆樓店)	(Kin Liong Mansion Shop)	2986 4461
	(新紀元廣場店)	(Grand Millennium Plaza Shop)	2137 8687
	(華懋大廈店)	(Chinachem Tower Shop)	2104 7092
	(遠東金融中心店)	(Far East Finance Centre Shop)	2861 2852
	(維德廣場店)	(Vicwood Plaza Shop)	2541 0293
	(勵精中心店)	(Regent Centre Shop)	2525 1609
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
快	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
其	帝景園會所 (只供會員)	Dynasty Court Club Royal (Members Only)	2522 0080
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)	(Unicom 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
其	匯業餐廳水果專門店	Master Food Restaurant	6200 8884
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 Déifrance	Bistro Déifrance	2865 7421
西	Déifrance	Déifrance	
	(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

南區 Southern District

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	Déifrance	Déifrance	2813 1368

東區 Eastern District

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
	(康怡廣場店)	(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
亞	麻布茶房	Azabusabo	2886 1078
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
中	禧慶	Happiness	2827 2883
西	Bistro Déifrance	Bistro Déifrance	2143 5722
西	Déifrance	Déifrance	
	(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	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
快	有機地	Organic Land	2511 5628
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	Hong Kong Adventist Hospital Canteen	2835 0634
	(只供職員)	(Staff only)	
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
亞	麻布茶房	Azabusabo	2882 1582
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	肇順名匯海鮮專門店	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	
	(大有廣場店)	(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	Arsenal Place Police Headquarters	2860 2688
	(只供職員)	(Staff Only)	
西	警察總部匯叙西餐廳	Cafe Rendezvous Police Headquarters	2860 2299
	(只供職員)	(Staff Only)	
快	警察總部職員餐廳	Staff Canteen Police Headquarters	2860 8223
	(只供職員)	(Staff Only)	
西	Bayview Restaurant	Bayview Restaurant	3427 3726
	Sashimi Oyster Bar	Sashimi Oyster Bar	
西	Bistro Défrance	Bistro Défrance	2506 3022
其	CEO Karaoke Box	CEO Karaoke Box	2137 9777
西	Défrance	Défrance	
	(大有廣場店)	(Tai Yau Plaza Shop)	2591 1600
	(告士打道店)	(Gloucester Road Shop)	2865 5848
	(香港中央圖書館店)	(Hong Kong Central Library Shop)	2504 0115
	(美國萬通大廈店)	(Massmutual Tower Shop)	2527 7201
	(集成中心店)	(CC WU Building Shop)	2834 1949
	(瑞安中心G04店)	(G04, Shui On Centre Shop)	2923 1002
	(瑞安中心1樓店)	(1/F, Shui On 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	迎龍大酒樓	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 Circuit Shop)	2763 4180
	(麗港城商場店)	(Laguna Shop)	2772 3314
快	香港專業教育學院(觀塘分校)(學生飯堂)	HK Institute of Vocational Education - Kwun Tong (Student Canteen)	2346 8990
	(只供學生)	(Students only)	
中	索迪斯(香港)有限公司-渣打銀行職員餐廳	Sodexo (Hong Kong) Limited - Staff Cafeteria of Standard Chartered Bank (HK) Ltd.	2388 8682
	(只供職員)	(Staff Only)	
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)	2750 6919
	(只供會員)	(Members only)	
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	肇順名匯海鮮專門店	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	United Christian Hospital Staff Canteen	
	(只供職員)	(Staff only)	3513 4065
中	靚雲天酒家	Cheerful Sky Cuisine	2827 2886
中	靚筷	Happiness Gastronomy	2827 1811
中	靚筷自家菜	Happiness Gastronomy	2827 2688
西	Défrance	Défrance	2757 4518
西	Studio City Bar & Cafe	Studio City Bar & Cafe	3543 5638

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

油尖旺區 Yau Tsim Mong District

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) (柯士甸道店) (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) (Austin Road 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 2377 9884 2736 4900 2367 0802 2142 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
百樂門酒樓	Joy Cuisine	3910 8388
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
迎禧大酒樓 (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
帝京酒店	Royal Plaza Hotel	2928 8822
帝苑酒店	The Royal Garden	
(東來順)	(Dong Lai Shun)	2733 2020
(帝苑軒)	(The Royal Garden Chinese Restaurant)	2724 2666
(雅苑座)	(The Greenery)	2733 2030
(Le Soleil 越南餐廳)	(Le Soleil)	2733 2033
皇家太平洋酒店-柏景餐廳	The Royal Pacific Hotel & Towers - 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
君匯港會所餐廳	Harbour Green Club Banquet Room	3516 1121
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
麻布茶房 (亞太中心店) (美麗華商場店) (新世紀廣場店) (瓊華中心店)	Azabusabo (Pacific Centre Shop) (Miramar Shopping Centre Shop) (Grand Century Place) (King Wah Centre Shop)	2736 5006 2377 3780 2918 1361 2780 9881
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

油尖旺區 Yau Tsim Mong District

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
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
富臨漁港蕙蘭門 (百誠大廈店) (安達中心店)	Pleasant Palace (Pak Shing Building Shop) (Auto Plaza Shop)	2770 6883 2723 8132
鉄板超純和風日本料理	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
銓滿記餐廳小廚	Chuen Moon Kee Restaurant	9123 3386
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
Délifrance (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)	Délifrance (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

深水埗區 Sham Shui Po District

大家樂 (元州邨店) (百老匯街店) (李鄭屋邨商場店) (長沙灣道店) (昇悅商場店) (萬事達廣場店) (德利工業大廈中心店)	Café de Coral (Un Chau Estate Shop) (Broadway Shop) (Lei Cheng Uk Estate Shopping Centre Shop) (Cheung Sha Wan Road Shop) (Liberte Place Shop) (Mount Sterling Mall Shop) (Elite Industrial Centre Shop)	2725 6403 2785 4103 2958 1671 2728 3007 2204 4535 2785 5821 2741 2705
北京拉麵店	Peking Noodles	2361 9069
西龍傳香飯糰	QQ Rice	2387 9838
美心MX	Maxim's MX	2742 4679
香港專業教育學院(黃克 競分校)(學生飯堂) (只供學生)	HK Institute of Vocational Education - Haking Wong (Student Canteen) (Students only)	2957 5720
海皇粥店	Ocean Empire	2307 6184
新生餐廳	New Life Restaurant	2777 4726
新星海鮮酒家	New Star Seafood Restaurant	2991 4903
農家樂	Happy Farm	2786 9911
富臨漁港	Foo Lum Fishman's Wharf Restaurant	2368 3738
富臨漁港蕙蘭門 (長沙灣廣場店) (富華廣場店)	Pleasant Palace (Cheung Sha Wan Plaza Shop) (Florence Plaza Shop)	2310 8880 2370 3262
稻坊	Tao Square	2716 9888
Délifrance	Délifrance	2242 6669

九龍城區 Kowloon City District

其	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) (九龍城廣場店) (北帝街店) (昌景閣店) (黃埔花園百合苑店) (黃埔花園第一期商場店) (寶怡大廈店)	Café de Coral (Festival Walk Shop) (Kowloon City Plaza Shop) (Pak Tai Street Shop) (Chong Chien Court Shop) (Commercial Podium Whampoa Garden Shop) (Site 1 Whampoa Garden Shop) (Bowie Mansion Shop)	2265 8225 2383 5322 2713 8150 2774 4823 2994 5253 2363 7435 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) (黃埔花園店)	Maxim's MX (Ma Tau Chung Road Shop) (Whampoa Garden Shop)	2712 2917 2333 7136
其	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
快	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
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) (黃埔花園店)	Ocean Empire (Ma Tau Wai Road Shop) (Whampoa Garden Shop)	2330 3200 2330 2389
中	彩福皇宴 富豪東方酒店	Choi Fook Royal Banquet Regal Oriental Hotel	2811 1983
西	(五洲餐廳)	(Five Continents Restaurant)	2132 3388
中	(富豪坊)	(Regal Palace)	2132 3456
中	富臨漁港蘭臨門	Pleasant Palace	2365 2881
中	富臨漁港 (明安街店) (馬頭角道店)	Foo Lum Fishman's Wharf Restaurant (Ming On Street Shop) (Ma Tau Kok Road Shop)	2363 2883 2768 8618
中	新星海鮮酒家	New Star Seafood Restaurant	2362 7645
西	榆豐餐廳	Elmgancy Café	3162 8773
中	肇順名匯河鮮專門店	Siu Shun Village Cuisine	2330 2866
中	稻香超級漁港	Tao Heung Super 88	3691 8933
其	觀自在素食	Bodhisattva Vegetarian Restaurant	2382 7688
中	蘭慶藝廚酒家	Happiness Cuisine	2712 8168
西	Bistro Délifrance (又一城店) (黃埔花園店)	Bistro Délifrance (Festival Walk Shop) (Whampoa Garden Shop)	2265 7072 2330 3933

黃大仙區 Wong Tai Sin District

快	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
快	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
茶	金飯碗餐廳	Gold Rice Bowl Restaurant	2329 7112
快	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
中	客家好棧	Hakka Hut	2398 8831
中	御苑酒家	The China House	3162 3788
中	富臨漁港	Foo Lum Fishman's Wharf Restaurant	2320 8088
中	富臨漁港蘭臨門	Pleasant Palace	2320 9080
中	肇順名匯河鮮專門店	Siu Shun Village Cuisine	2322 9932
茶	翠華餐廳	Tsui Wah Restaurant	2324 6486
中	聯邦大酒樓	Federal Restaurant	2626 0011
中	麗都軒	Nice Capital Restaurant	2827 1168

西貢區 Sai Kung District

快	大家樂 (尚德商場店) (南豐廣場店) (東港城店) (彩明商場店) (景林商場店) (新都城中心商場店) (翠林邨商場店)	Café de Coral (Sheung Tak Shopping Centre Shop) (Nan Fung Plaza Shop) (East Point City Shop) (Choi Ming Shopping Centre Shop) (King Lam Shopping Centre Shop) (Metro City Plaza Shop) (Tsui Lam Estate Shopping Centre Shop)	2178 4070 2177 3095 2628 4535 3409 5070 2177 0935 3194 3539 2702 0118
中	上樓	Shanghai Inn	2623 2811
茶	太興燒味餐廳	Tai Hing Roast Restaurant	2628 6072
中	北京拉麵店	Peking Noodles	2266 6157
中	百份百餐廳	Hundred Percent Restaurant	2271 9100
快	西龍傳香飯糰 (坑口港鐵站店) (將軍澳港鐵站店)	QQ Rice (Hang Hau MTR Station Shop) (Tseung Kwan O MTR Station Shop)	2706 6747 2623 3757
中	迎囍大酒樓	Cheers Restaurant	2701 3800
快	美心MX (君薈坊店) (東港城店)	Maxim's MX (The Edge Shop) (East Point City Shop)	2752 1061 2628 5010
中	客家好棧	Hakka Hut	3194 6648
快	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
快	海皇粥店 (新都城中心商場店) (將軍澳中心店)	Ocean Empire (Metro City Plaza Shop) (Park Central Shop)	3194 4893 2890 8717
快	魚米家 (君傲灣店) (東港城店) (厚德商場店) (彩明商場店) (新都城中心商場店)	Yue Mic Ka (The Grandiose Shop) (East Point City Shop) (Hau Tak Shopping Centre Shop) (Choi Ming Shopping Centre Shop) (Metro City Plaza Shop)	2752 1122 2628 7001 2628 9883 2829 1166 2868 0061
快	將軍澳醫院職員餐廳 (只供職員)	Tsuen Wan O Hospital Staff Canteen (Staff only)	2208 0063
快	壹蘋果大樓員工餐廳 (只供職員)	Next Media Apple Dairy Canteen (Staff only)	2990 7885
中	新一派·味道	New Taste	2701 9188
中	稻香	Tao Heung	3157 1198
中	稻香超級漁港	Tao Heung Super 88	2701 3800
中	潮館	Chao Inn	2191 0788
西	Délifrance	Délifrance	3417 4247
茶	MCL翠華餐廳	MCL Tsui Wah Restaurant	2525 5288

北區 North District

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

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

大埔區 Tai Po District

快	大家樂 (大埔中心店) (太和商場店) (富亨商場店) (新達廣場店) (廣福商場店)	Café de Coral (Tai Po Centre Shop) (Tai Wo Shopping Centre Shop) (Fun Hang Shopping Centre Shop) (Uptown Plaza Shop) (Kwong Fuk Commercial Centre Shop)	2665 2731 2653 8336 2660 6295 2657 6908 2650 6823
快	大埔醫院職員餐廳 (只供職員)	Tai Po Hospital Staff Canteen (Staff only)	2661 2081
中	迎龍大酒樓	Cheers Restaurant	2144 0889
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
快	香港教育學院餐廳	The Hong Kong Institute of Education Canteen	2948 7600
中	彩福海鮮酒家	Choi Fook Restaurant	2766 3788
快	雅麗氏何妙齡那打素醫院 小食部	Alice Ho Nethersole Hospital Snack Bar	2661 8078
中	稻香	Tao Heung	2666 9923

荃灣區 Tsuen Wan District

快	大家樂 (昌耀大廈店) (南豐中心店) (海濱花園店) (荃新天地店) (荃灣中心店) (荃灣廣場店) (麗城廣場店)	Café de Coral (Cheong Yiu Mansion Shop) (Nan Fung Centre Shop) (Riviera Garden Shop) (Citywalk Shop) (Tsuen Wan Centre Shop) (Tsuen Wan Plaza Shop) (Belvedere Sqaure Shop)	2499 8518 2413 6314 2408 9941 2941 0172 2411 0128 2499 3515 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) (大壩街65號店)	Daniel's Restaurant (63 Tai Pa Street Shop) (65 Tai Pa Street Shop)	2414 7639 2498 5662
中	迎龍大酒樓	Cheers Restaurant	2405 3928
快	美心MX (東亞商場店) (荃錦中心店) (愉景新城商場店) (綠楊坊店) (樂悠居店)	Maxim's MX (East Asia Commercial Centre Shop) (Tsuen Kam Centre Shop) (Discovery Park Shopping Centre Shop) (Luk Yeung Galleria Shop) (Indihome Shop)	2499 9595 2498 9401 2940 5821 2498 0283 2439 1070
中	客家好棧	Hakka Hut	2406 9338
中	皇都漁港酒家	Royal Chinese Restaurant	2191 9288
其	啟勝管理服務有限公司 - 珀麗灣藍色會所餐飲部 (只限會員)	Kai Shing Management Service Ltd. - Park Island Blue Blue Club F&B (Members Only)	2296 4000
快	海皇粥店	Ocean Empire	2740 4232
快	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 (荃新天地店) (愉景新城商場店)	Yue Mic Ka (Citywalk Shop) (Discovery Park Shopping Centre Shop)	2829 1168 2417 3261
中	富臨漁港龍臨門	Pleasant Palace	2409 0883
中	新星海鮮酒家	New Star Seafood Restaurant	2402 8866
中	肇順名匯河鮮專門店	Siu Shun Village Cuisine	3910 8373
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
其	爵悅庭住客會所(只供住客)	Club Chelsea (Resident only)	2480 6022
中	聯邦大酒樓	Federal Restaurant	2626 0883
中	麗都謙客	Nice Invitation	2827 2699
西	Délifrance	Délifrance	2940 4830

沙田區 Shatin District

快	大家樂 (好運中心店) (金禧花園店) (威力工業中心店) (恒安邨店) (美林商場店) (泰石商場店) (第一城中心店) (頌安商場店) (御龍山商場店) (新城市廣場店) (新港城中心店) (錦英苑商場店) (耀安商場店) (遼源商場店) (顯徑商場店)	Café de Coral (Lucky Plaza Shop) (Grandeur Garden Shop) (Valiant Industrial Centre Shop) (Hang On Estate Shop) (Mei Lam Shopping Centre Shop) (Chun Shek Shopping Centre Shop) (City One Plaza Shop) (Chung On Shopping Centre Shop) (The Palazzo Shopping Centre Shop) (New Town Plaza Shop) (Sunshine City Plaza Shop) (Kam Ying Court Shopping Centre Shop) (Yiu On Shopping Centre Shop) (Lek Yuen Shopping Centre Shop) (Hin Keng Shopping Centre Shop)	2697 4114 2605 8112 2145 4619 2642 0488 2605 0772 2604 0770 2145 8871 2683 5653 3664 0491 2692 7563 2631 6055 2640 4376 2642 4204 2607 0276 2687 3704
其	三寶齋素食中心	Sam Bo Vegetarian Restaurant	2604 3228
茶	王廚咖啡	Wong's Kitchen and Café	2601 3218
茶	太興燒味餐廳	Tai Hing Roast Restaurant	2693 2782
茶	叻哥茶餐廳	Smart Man Restaurant	2648 6778
其	功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2362 1911
中	百份百餐廳	Hundred Percent Restaurant	2975 8100
中	江南美廚	Kong Nam Kitchen	3580 1608
西	老爹茶居	Daddy's Kitchen	2640 3878
其	突破青年村	Breakthrough Youth Village	2632 0725
中	君臨海鮮酒家	King's Fortune Seafood Restaurant	2667 6388
中	金福酒家	Golden Fortune Restaurant	2698 8288
茶	金裝嫩奶佬 (馬鞍山廣場店) (第一城中心店) (積福街店)	Daniel's Restaurant (Ma On Shan Plaza Shop) (City One Plaza Shop) (Chik Fuk Street Shop)	2630 5533 2648 6111 2608 1331
快	美心MX (禾輦商場店) (利安邨商場店) (新城市廣場店) (新港城中心店)	Maxim's MX (Wo Che Commercial Complex Shop) (Lee On Shopping Centre Shop) (New Town Plaza Shop) (Sunshine City Plaza Shop)	2694 7608 2640 8926 2693 0906 2144 9610
中	皇都星級漁港	Royal Capital Harbour Restaurant	2607 0168
快	威爾斯親王醫院飯堂 (只供職員)	Prince of Wales Hospital Canteen (Staff only)	2646 1132
中	峰山美食	Fung Shan Canteen	2947 7589
快	海皇粥店 (好運中心店) (頌安廣場店)	Ocean Empire (Lucky Plaza Shop) (Chung On Shopping Centre Shop)	2692 4150 2633 5715
中	悅翠小廚	C-Jade Kitchen	2602 7199
亞	麻布茶房	Azabusabo	2601 1023
快	魚米家	Yue Mic Ka	2605 6633
中	富臨漁港	Foo Lum Fishman's Wharf Restaurant	2601 2989
中	廣東館	Canton Koon	2696 9268
中	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2699 9811
中	稻香超級漁港	Tao Heung Super 88	2681 3828
中	麗都總廚	New Capital Worldwide Kitchen	2693 9088
中	翹慶酒樓	Happiness Cuisine	2827 8803
西	Délifrance	Délifrance	2606 4881
其	H Corner	H Corner	2639 8420

元朗區 Yuen Long District

亞	千味和食	Sen Aji Dining	2445 6821
法	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
	(嘉湖銀座店)	(Kingswood Ginza Shop)	2617 7203
	(豐裕軒店)	(Opulene Height Shop)	2475 9549
茶	太興新世代	Tai Hing New Century	2443 4410
其	加州豪園住客會所 (只供住客)	Royal Palms Resident Club (Resident only)	2482 3100
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
法	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	叙福樓海鮮酒家	Lucky House Restaurant	3156 1283
法	海皇粥店	Ocean Empire	2477 8050
法	博愛醫院職員餐廳 (只供職員)	Pok Oi Hospital Canteen (Staff only)	2486 8822
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	麗都講客	Nice Invitation	2479 9908
中	禧慶大酒樓	Happiness Restaurant	2827 6668
其	YoHo 會所 (只供會員)	YoHo Club (Members Only)	2470 1550

離島區 Islands District

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
中	凱星軒	Winsea Seafood Restaurant	2982 8338
	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

葵青區 Kwai Tsing District

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	香港國際貨櫃碼頭有限公司(職員餐廳)(只供職員)	HK International Terminals Ltd (Staff Canteen) (Staff only)	2614 4527
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
快	嘉里貨運中心有限公司 (職員餐廳)(只供職員)	Kerry Cargo Centre Ltd (Staff Canteen) (Staff only)	2944 9104
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

屯門區 Tuen Mun District

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
	(良景商場店)	(Leung King Commercial Centre Shop)	2463 6101
	(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
	(錦營坊店)	(Kam Wah Garden Shop)	2458 4860
法	生果報社	Fruit Magazine	2458 5291
中	百份百餐廳	Hundred Percent Restaurant	2572 8100
法	青山醫院職員餐廳 (只供職員)	Castle Peak Hospital Canteen (Staff only)	2456 7090
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
其	愛琴會悠閒廊 (只供會員)	La Fantasie Leisure Lounge (Members Only)	2949 5333
中	肇順名匯河鮮專門店	Siu Shun Village Cuisine	2462 8898
茶	翠華餐廳	Tsui Wah Restaurant	2463 7511
中	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2430 1909
中	潮館	Chao Inn	2404 0892
西	樂融融餐廳	Cafe Fusion	3511 0702
中	聯邦大酒樓	Federal Restaurant	2626 0088
中	麗都總廚	New Capital Worldwide kitchen	2456 4888
西	Bistro Délifrance	Bistro Délifrance	2452 4307

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

保健康、助環保 —

Low Carbon Diet is Good for
Your Health and the Planet

低碳飲食

香港營養學會執行委員 邱嘉欣

Kathleen YAU (Executive Committee Member of Hong Kong Nutrition Association)

地球暖化，令各界關注到日常生活排放的二氧化碳對環境的影響，註冊營養師邱嘉欣(Kathleen)向大家介紹如何由飲食習慣開始實踐低碳生活，為保護環境出一分力。

Under the threat of global warming, there has been a growing concern on the adverse impacts of carbon dioxide emissions from food production and consumption. Kathleen, a registered dietitian, is going to share with you on how to protect the environment by adopting a low carbon eating habit.

由低卡到低碳飲食

「低碳飲食」最初是一種提倡限制進食碳水化合物即「吃肉不吃飯」的減肥方法。時至今日，低碳飲食卻是一種環保生活方式，目標是在生產和消耗食物過程中減少損耗地球資源。Kathleen引述聯合國糧食及農業組織指出，每年畜牧業所排放的溫室氣體佔總排放量18%，對生態環境構成嚴重破壞。每生產1公斤供食用的牛肉大概需要7公斤的穀物飼料，而種植每公斤穀物又需要1公噸清水，消耗許多資源；另一方面，提供肉食的牲畜會產生大量甲烷和二氧化氮，對地球溫室效應的影響比二氧化碳更大。

Low Carbon Diet: From Losing Fat to Protecting the Environment

Consuming low carbon diets is originally proposed as a way to reduce weight by restricting carbohydrate consumption. It now carries a new meaning – an eating habit to minimise the release of greenhouse gases from food production and consumption. Kathleen quotes the Food and Agriculture Organization of the United Nations that livestock are responsible for up to 18% of the world's greenhouse gas emissions. Farm animals, in addition, release large amounts of methane and nitrous oxide which are far more detrimental to the environment than carbon dioxide.

Livestock also consume a lot of resources. Kathleen adds that it takes 7 kilogram of cereals to produce 1 kilogram of meat, and 1 tonne of water is needed to produce 1 kilogram of grains to feed the livestock.



低碳飲食五大原則

What is low carbon diet?

Kathleen認為，奉行低碳飲食與健康飲食不謀而合，而且還有多項好處：

多菜少肉

其實一個健康的成年人每天只需要吃5至6兩肉，奉行多菜少肉原則，既健康，又合乎環保要求。

Eat Less Meat

On average, a healthy adult only needs 5 to 6 taels of meat. Eating less meat and plenty of vegetables are good for your body and the environment.

不時不食

選購當季時令的食材，比較天然。在適當的天氣和地理環境下生長，無須特別冷凍和包裝而減少資源浪費。

Eat Seasonally

Seasonal produces are allowed to ripen naturally. They do not have to be refrigerated or packaged, thus the resources used for processing are greatly reduced.

精簡烹調

減少長時間和高溫的烹調方式，多用涼拌、白焯、清蒸、少油快炒等煮法，這些比起炸、炆等煮法更能降低燃料消耗，亦符合少油的健康飲食原則。

Keep Cooking Simple

Simple cooking methods such as preparing a chilled dish, boiling, steaming and stir-frying with less oil are more energy-saving than deep-frying and stewing. These healthier cooking methods can also reduce the use of oil in dishes.

就地取材

食物冷凍和運輸過程中會流失營養，選擇本地出產的食材相對更新鮮，大家更能享受食品的鮮味。

Eat Locally

Nutrients in food are easily lost during processing and transportation. Locally produced food, on the other hand, is likely to be fresher and to taste better.

餐不過量

市民普遍有「清碟」的習慣，認為這是中國人的一種美德，但吃得過量，容易引發過胖等問題。想吃少一點，可以在點菜時要求少飯、與朋友分享或留待下餐食用。

Eat Just Enough

Chinese people use to finish up the left-over food, yet eating too much can lead obesity and related health problem. It is recommended to control portion by ordering just enough or share your dish with friends.

表: 不同烹煮方法消耗燃料比較

Table 1: Fuel consumption of different cooking methods

燃料消耗量	Fuel Consumption	烹調方法	Cooking Methods
低	Low	生吃、沙律、榨汁、涼拌	Raw eating, salad, squeezed juice or chilled food
中	Medium	清炒、蒸、燉、燉、炆	Stir-frying, steaming, stewing or double-steaming
高	High	焗、炸、煲老火湯	Baking, deep-frying or double-stewed soup

低碳飲食vs健康飲食

Kathleen補充，近年國際間還關注到食物里程(food-miles)和處理食品所耗費的能源。所謂「食物里程」是指食物從原產地運送到我們口中的距離，漫長的過程中所消耗的能源或排放的溫室氣體破壞了環境，因此低碳飲食提倡食用本土生產的食品，同樣鼓勵大家少食用加工醃製食物，例如午餐肉、腸仔、菜甫、梅菜等。加工食品的鈉質較高，過量攝取會影響健康。

低碳飲食雖然鼓勵大家多菜少肉，但不是要求大家改為茹素，因為高碳的紅肉含有一些人體必須的營養素，特別是鐵質和鋅質，大家減吃紅肉的同時，可以選擇吃貝殼類海產、堅果、乾豆和深綠色蔬菜，以攝取足夠的營養素。

此外，Kathleen提醒大家，有機食品不等於是低碳食品，無疑有機耕作不採用化學農藥，減少對人體的危害，但入口的有機食品同樣須經過處理和運輸過程，而在營養價值方面，有機耕作與傳統耕作的蔬菜沒有多大分別，所以在購買食材時，首選仍是本地種植的新鮮蔬果。

Low Carbon Eating vs Healthy Eating

Kathleen adds that there is a growing international concern about "food-miles", - the distance food travels from where it is grown to your dining tables. Advocates for low carbon diet thus promote "eating locally", which reduces the energy and resources consumed in transporting, refrigerating and processing food products. Canned and preserved food, moreover, tend to have higher sodium content.

Low carbon diet encourages eating more veggies and less meat. Having said that, Kathleen reminds that it does not mean going vegetarian, as meats contain certain vital nutrients such as iron and zinc that are essential to your body. While eating less meat, you may consume nuts, seafood, beans or dark leafy green vegetables as a replacement.

One may wonder whether organic food products are healthier choices than conventional food. Kathleen clarifies that, although organic farming do not use pesticide which are harmful to the body, there is no conclusive evidence to suggest that organic foods are healthier than conventional foods. On the other hand, imported organic foods need to be processed and transported, thus they may go against the principle of low carbon diet.



飲食多色彩 吃得更有營養

本地時令菜蔬的選擇始終有限，Kathleen建議參考「彩虹飲食法」，即維持菜蔬多樣化，Kathleen說，由於不同的蔬果含有不同的營養素，只要不偏食，便能攝取不同的營養素，達至均衡飲食的原則。

彩虹飲食法 Rainbow Diet

紅 Red	番茄、紅椒、紅菜頭、草莓、西瓜	Tomato, red capsicum, beetroot, strawberry, watermelon
橙 Orange	南瓜、甘筍、木瓜、橙、芒果	Pumpkin, carrot, papaya, orange, mango.
黃 Yellow	粟米、黃椒、黃芯番薯、西柚、菠蘿	Sweetcorn, yellow capsicum, yellow sweet potato, grapefruit, pineapple
綠 Green	西蘭花、芥蘭、玉豆、青瓜、合掌瓜、苦瓜	Broccoli, Chinese kale, French bean, cucumber, chayote, bitter gourd
藍/紫 Blue/Purple	藍莓、茄子、紫椰菜、芋頭、紫葡萄	Blueberry, eggplant, purple cabbage, taro, purple grape

最後Kathleen補充說，我們應在遵從健康飲食的原則下，吃得簡單、吃得低碳、為地球降溫！

Kathleen finally adds that we should have simple and low carbon diets under the healthy eating principle to cool down the Earth!

健康的成年人可參考健康飲食金字塔的食物分量作指引。

Food Pyramid: A Reference Guide for Healthy Adult



健康飲食金字塔 Food Pyramid



奶品類，每日1-2杯
(1杯=240毫升)
Dairy Products: 1-2 Glasses daily
(1 Glass = 240 ml)

蔬菜、瓜類，每日6-8兩
(6-8兩=1-1 1/3平碗熟菜)
Vegetables: 6-8 Tael Daily
(6 - 8 Tael = 1 - 1 1/3 bowl of cooked vegetables)

五穀類，每日3-6碗
(1碗=300毫升)
Grains & Cereals: 3-6 Bowls Daily
(1 Bowl=300ml)

油、鹽、糖類，吃最少
Fat, oil, salts & sweets:
Eat less

肉、家禽、魚、蛋及豆類，
每日5-6兩
(1兩=1個乒乓球般大小的肉類)
Meat, Poultry, Fish, Eggs &
Dry Beans: 5-6 Tael Daily
(1 Tael of Meat= the size of 1
table-tennis ball)

水果類，每日2-3份
(1份=1個中型橙或蘋果)
Fruits: 2-3 Portions Daily
(1 Portion= 1 medium size
orange or apple)



每天應該飲6至8杯流質如開水、清茶、果汁、清湯
Drink 6 - 8 glasses of fluids every day including water, tea, fruit
juice and soup

簡單低碳餐單 A Simple Low Carbon Menu

早餐 Breakfast	燕麥片加蘋果粒、杏仁碎、肉桂粉和蜜糖 Oat flakes with diced apple, ground almonds, cinnamon powder and honey. 鮮榨果汁 Fresh juice.
午餐 Lunch	青瓜芽菜豆乾蛋絲拌冷麵 Chilled noodle with cucumber, bean sprouts, dried bean curd and pan-fried egg slices.
晚餐 Dinner	糙米飯 Red or brown rice. 上湯浸莧菜 Spinach in broth. 薑蔥蒸魚 Steamed fish with ginger and spring onion. 西芹炒帶子 Stir-fried scallops with celery.

烹調小貼士:

肉類可先切成肉絲、肉片或肉碎，視覺上肉的分量增多了，這樣可避免進食過量的肉類。

Additional cooking tips:

To prevent eating too much meat, it is suggested to slice, dice or mince the meat to make it look more voluminous!

蔬菜統營處建議的部分時令蔬菜— 夏季 Seasonal Vegetables for Hong Kong's Summer – Recommendation by Vegetables Marketing Organization



南瓜
Pumpkin



莧菜
Spinach

青瓜、豆角
Cucumber and long bean

茄子
Eggplant

苦瓜
Bitter gourd



含維他命A、膳食纖維素和多種礦物質，澱粉質豐富可代替部分飯或粥

It contains vitamin A, dietary fibre and various minerals. Pumpkin is also rich in carbohydrates which make it a good substitute for part of the rice and congee.

是鐵質、鈣質和葉酸的來源，蒜頭清炒和湯浸皆宜

A rich source of iron, calcium and folic acid. It can be stir-fried with garlic or braised in soup.

口感爽脆可作沙律、涼拌等菜式

With crunchy texture, they are favourable choices for salad and chilled dishes.

含葉酸和鉀質等礦物質，但在烹調中吸油較多，可選擇蒜蓉清蒸

Eggplant is the source of folic acid and potassium. Since eggplant absorbs a lot of oil while cooking, it is a healthier option to steam it with garlic.

含維他命B和維他命 C，若不喜歡其苦澀味，可選吃白苦瓜

It contains vitamin B and vitamin C. Those who do not prefer the bitter taste may try white bitter gourd.



人稱「少年廚神」的劉嘉麟(阿B)，13歲入廚，未滿16歲便在流浮山的海鮮酒家當上總廚，早已打出名堂。他先後獲得法國國際廚皇美食會(Les Amis d' Escoffier Society-Les Disciples)和法國藍帶烹飪藝術學院(Le Cordon Bleu Institute of Culinary Arts)分別頒發「國際藝術烹飪大師」榮譽和「愛斯克菲藍帶獎章」，成為城中佳話。

香港四面臨海，市場上供應的本地食材，首推魚類和海鮮，在流浮山經營海鮮酒家的阿B，與《營廚》暢談烹調海鮮的心得。

「有興趣，自然不覺得有壓力」

阿B憶述，約八九歲時家庭發生變故，母親要獨力經營由父親開辦的海鮮酒家，他看見母親工作辛勞，便到店舖幫手。當時阿B每天放下書包，就趕往酒樓幹活，從切菜、清潔爐具以至買貨，事事由低做起，繼而拿起大鑊當起廚師來。

阿B的廚藝除了來自個人天分外，最重要的還是「多試、多做和多溝通」。他學廚初期，將米放入大鑊中練習拋鑊，同時不斷構思新菜式，這些菜式受顧客歡迎之餘，亦漸漸得到其他師傅認同。現時他兼顧酒家和批發魚鮮生意，工作忙碌，不過他說「有興趣，自然不覺得有壓力」。

他說來輕描淡寫，道來入行十多年的苦樂，但一走進廚房、捲起衣袖示範菜式，卻是一絲不苟，可見今天的成就得來不易。

烹飪最重「保鮮」、「提味」

廣東人嗜吃海鮮，阿B認為食品的色、香、味缺一不可，「一道菜是否可口，其實一望便知」，一尾魚鮮看起來「乾巴巴」的，又或出現「爆皮」的情況，顯示已經煮得太老，不但味道失色兼肉質變硬，水分和營養亦已隨之流失。

阿B經常強調，食材的質素是最重要的，否則廚師的技藝如何了得，也難以煮出好菜式；反之，只要食材配搭、火候控制得宜，再加入簡單的調味，自能提升菜式的原味。



Young Master of Culinary Arts - LAU Ka Lun

劉嘉麟

Mr LAU Ka-lun, a talented young chef, is best known for his seafood dishes. By the age of twenty-six, he has been awarded ESCOFFIER Honor & International Grand Chef Honor by Les Aims d' Escoffier Society-Les Disciples and has won Le Cordon Bleu Honor from the Le Cordon Bleu Institute of Culinary Arts.

A SELF-TAUGHT CHEF

LAU joined the food industry at the age of eight when he started to help out after school in his family-owned restaurant in Lau Fau Shan. He became the executive chef of the restaurant at the early age of sixteen.

LAU shared with us his key to success – Be open-minded and be willing to accept new and different ideas. He learned his wok-flipping skills by flipping raw rice in a wok. By developing numerous popular recipes, he started to earn the respect of veteran chefs.



「你在家煮飯時不會下味精，為甚麼在餐廳需要它呢！」視你的顧客如家人，這也是廚師應有的態度。他認為，本地廚師的廚藝普遍不俗，只要大家能放開懷抱和勇於嘗試，定能創作出切合市場要求和顧客口味的新穎菜式。

吃遍四方 開拓視野

阿B近年屢獲國際性獎項，廚藝早已獲得肯定，他表示「這些獎項令同業的努力獲得認同，更打破廚師一貫予人『廚房佬』的印象」，他更因此有機會開拓視野，到各地與業界人士交流廚藝，品嚐不同地方的佳餚。

最後，阿B認為健康菜式不等同不好吃，廚師只要選用新鮮食材，烹調時緊記清淡得宜，自然能帶出食材的原有鮮味，改變食客的觀感。



KEEP FOOD FRESH AND ENHANCE THE TASTE

For LAU, a perfect dish should be balanced in all 3 aspects - colour, aroma, and taste. A chef's mission is to bring customers food that pampers their taste buds as well as their health. He believes that the essence of good cooking is to use fresh and quality ingredients. Lau exclaimed, "Will you add MSG to the food you cook for your family? If not, why do you give it to your customers?"

LEARN FROM THE EXPERTS

LAU has received much recognition for his talent. He said, "These awards recognise the efforts of my colleagues and help uplift the entire industry." By winning the awards, he had the opportunities to exchange ideas with chefs from all over the world.

保鮮

KEEP THEIR JUICES IN THEIR SHELLS

魚類和海鮮清洗後須用毛巾吸乾水分，剖開後不可再用沖洗，否則會流失膠質；殼類食品例如龍蝦、蟹等，應徹底洗淨後原隻蒸煮，方可保留鮮味。

Wash and dry all seafood thoroughly with a towel before cutting them up. Don't rinse them again afterwards. Crustaceans such as lobsters and crabs should be steamed in whole piece after they are washed.

不鮮不食

GO WITH SEASONAL INGREDIENTS

本地出產食材當然首推生蠔，阿B認為，生蠔是很有本地特色的海鮮，價錢不高，煮法多樣：生焗、串燒和凍食皆宜，每年秋後至翌年五月，是吃本地蠔的最佳季節。其中流浮山的特產「金蠔」，以優質的蠔風乾二至三日而成，鮮味更形集中。

LAU recommends local oysters, which are appetising when cooked in different ways, e.g. boiling, grilling and served cold. The best season for oysters is from September to May.

提味

KICK IT UP A NOTCH

先以龍蝦頭熬湯，再以上湯煮龍蝦球，濃湯提升了龍蝦球的鮮味，龍蝦肉又不致於太老；蒸魚一般可以少量豉油提味，多餘的調味料則可免，否則會蓋過魚的鮮味，但脂肪較高的魚類例如三文魚，可下點海鹽、香草如小茴香、紫蘇葉、香茅、洋芫茜等都適用。

Cooking lobster meat in broth prepared from lobster heads can boost the taste of the meat. Soya sauce is a good choice of seasoning for steamed fishes but too much seasoning will spoil the fresh and sweet taste of the fish. For fishes with high fat content such as salmon, a little sea salt or herbs like cumin, basil, lemongrass or parsley can be added.

先煎後焗

STIR-FRY AND ROAST WITH WOK

先以少油煎香食材，再以慢火焗煮；這方法不但能保存菜式的水分，味道還很香口。

Stir-frying food and then roasting it over low heat in a wok could keep the moisture of the ingredients.

Poached Leopard Coral Grouper in Thick Fish Broth

濃魚湯浸東星斑



林思為
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魚類含豐富奧米加3脂肪酸，每星期吃2次有助改善膽固醇水平。用濃湯浸魚的方法比紅燒或煎魚健康得多。

Fish is rich in omega 3 fatty acids. Eating fish twice a week helps lower blood cholesterol level. Using thick fish broth to poach fish is much healthier than deep fried or pan fried fish.



廚神秘笈 Cooking Tips

要熬煮香濃魚湯切記將魚肉魚骨打碎，大火滾起魚湯後轉慢火煮，如有需要才加入清水，否則魚湯會過淡。
Blend fish fillets and bones to make the fish broth. Bring the broth to boil, then reduce to medium heat and simmer. Add additional water only when necessary.

本食譜由劉嘉麟先生提供
This recipe is provided by Mr LAU Ka-lun.

試食兵團 話你知 Message from Tasting Team

東星斑肉質幼滑，用上濃魚湯浸煮，提升了東星斑的鮮味，魚湯味濃清甜，十分黏口，令人回味無窮。

The Leopard Coral Grouper's natural flavour is enhanced by immersing it in thick fish broth.





每一份 Per Serving :

熱量 Energy	152	千卡 kcal
碳水化合物 Carbohydrate	2	克 gm
蛋白質 Protein	31	克 gm
脂肪 Fat	2	克 gm
糖 Sugar	1	克 gm
鈉質 Sodium	726	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.

材料: (4人分量)

東星斑	1 條 (約1斤, 600克)
小棠菜(切4份)	3 棵
鮮草菇(切半)	6 粒
濃魚湯	3 碗 (約750毫升)
薑	5 片
蔥(切段)	1 棵

步驟:

1. 洗淨東星斑、小棠菜和鮮草菇，備用。
2. 焯熟小棠菜和鮮草菇，備用。
3. 燒滾魚湯，轉慢火，放入東星斑、薑和蔥浸8-9分鐘。
4. 取出薑和蔥，加入小棠菜和鮮草菇，再浸2分鐘即可。

Ingredients : (Serves 4)

Leopard Coral Grouper	1 piece (about 1 catt, 600gm)
Shanghai Cabbage (quartered)	3 stalks
Fresh Straw Mushroom (halved)	6 pieces
Thick Fish Broth	3 bowls (about 750 ml)
Ginger	5 slices
Spring Onion (sectioned)	1 stalk

Cooking method :

1. Rinse Leopard coral grouper, Shanghai cabbage and fresh straw mushroom. Set aside.
2. Blanch Shanghai cabbage and fresh straw mushroom. Set aside.
3. Bring fish broth to the boil. Reduce to low heat. Add Leopard coral grouper, ginger and spring onion, simmer for 8-9 minutes.
4. Remove ginger and spring onion. Add Shanghai cabbage and fresh straw mushroom, simmer for another 2 minutes. Serve.

濃魚湯 (製3碗, 約750毫升)

Thick Fish Broth (for making 3 bowls, about 750 ml)

材料:

豆腐	6 兩
石斑	1 條 (約1斤, 600克)
水	8 碗 (約2公升)

調味料:

鹽	1 茶匙
糖	1/2 茶匙
菜籽油	1 茶匙

步驟:

1. 豆腐切件備用。
2. 把石斑洗淨起肉，連骨打碎備用。
3. 燒滾水，放入魚肉和魚骨，轉慢火煮1/2小時。
4. 加入豆腐再煮15分鐘，下油、鹽、糖調味，隔去魚渣即可。

Ingredients :

Bean Curd	6 taels
Grouper	1 piece (about 1 catt, 600gm)
Water	8 bowls (about 2 litres)

Seasonings :

Salt	1 teaspoon
Sugar	1/2 teaspoon
Canola Oil	1 teaspoon

Cooking method :

1. Cut bean curds into pieces. Set aside.
2. Rinse and fillet grouper. Blend fillet and bone. Set aside.
3. Bring water to the boil. Add fish mixture. Reduce to low heat. Cook for 1/2 hour.
4. Add bean curd and cook for 15 minutes. Season with oil, salt and sugar. Strain to remove solids. Done.

Stir-fried Assorted Seafood and Vegetables

錦綉海鮮粒

此食譜採用了七彩繽紛的蔬菜作食材，能增進食慾之餘又提供了多種有益營養素如胡蘿蔔素，葉酸、維他命C和膳食纖維。夏威夷果仁含有單元不飽和脂肪酸，適量進食有助心臟健康。

This recipe uses colorful vegetables as ingredients which increases appetite while providing various nutrients including beta-carotene, folate, vitamin C and dietary fibers. Macadamia nut is rich in monounsaturated fatty acids, moderate intake of which may improve heart health.



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本食譜由劉嘉麟先生提供
This recipe is provided by Mr LAU Ka-lun.

試食兵團 話你知 Message from Tasting Team

斑粒、帶子粒、鮮蝦等海鮮，味道鮮美爽口，再配以色彩豐富的紅椒、甘筍、鮮蘆筍、鮮百合和夏威夷果仁同炒，口感十足，想不到海鮮酒家也能吃到充滿蔬菜的海鮮菜式。

This rainbow-coloured dish features fish, scallop, prawn and some crispy ingredients like red capsicum, carrot, asparagus and macadamia nut. This infrequently seen combination is surprisingly good!





廚神秘笈 Cooking Tips

汆水時緊記水要滾，才能保持食材的鮮味和形態。烹調帶子方面，先以攝氏75至80度的水浸1分鐘，再炒熟，可令帶子肉質更幼滑。

To retain the tenderness of scallops, soak them in 75 – 80°C water before stir-frying. Blanch the other ingredients in boiling water to keep their shape and taste.

材料：(4人分量)

鮮蘆筍	10 條
甘筍	1/2 個
黃紅甜椒	各 1 隻
鮮百合	2 個
鮮斑球 (切粒)	2 片
鮮帶子 (切粒)	2 隻
鮮蝦 (切粒)	2 隻
原味夏威夷果仁 (乾焗)	10 粒

調味料：

鹽	1/2 茶匙
糖	1/4 茶匙
菜籽油	1 茶匙

步驟：

- 把所有蔬菜洗淨，鮮蘆筍、甘筍去皮切段，黃、紅甜椒切件備用。
- 將所有材料汆水。
- 燒熱鑊，下油，放入所有材料快炒，下鹽、糖調味，再炒3分鐘即可。

Ingredients : (Serves 4)

Asparagus	10 stalks
Carrot	1/2 piece
Yellow and Red Capsicum	1 piece each
Fresh Lily Bulb	2 pieces
Fresh Grouper Fillet (diced)	2 slices
Fresh Scallop (diced)	2 pieces
Fresh Prawn (diced)	2 pieces
Plain Macadamia Nut (dry roasted)	10 pieces

Seasonings :

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

Cooking method :

- Rinse all vegetables. Peel and section asparagus and carrot. Cut yellow and red capsicums into pieces. Set aside.
- Blanch all ingredients.
- Heat oil in a wok, stir-fry all ingredients, season with salt and sugar, stir-fry for another 3 minutes. Serve.

每一份 Per Serving :

熱量 Energy	99	千卡 kcal
碳水化合物 Carbohydrate	5	克 gm
蛋白質 Protein	5	克 gm
脂肪 Fat	7	克 gm
糖 Sugar	2	克 gm
鈉質 Sodium	326	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.



競猜誰是冠軍

Vote for the Champion Dishes
to Win Prizes!

贏大獎

多謝各位大師傅踴躍參加「2010有『營』廚藝大比拼」，初步遴選已於7月28日順利舉行。比賽分為「海鮮」、「鮮肉」、「家禽」和「蔬果」共四個組別進行，經過專業評判團的一輪嚴緊評審後，20隊入圍的「有『營』菜式」代表團隊將於11月4日假中華廚藝學院即場烹煮入選菜式，競逐「金獎」、「銀獎」及「銅獎」。

全港市民還於9月13日至10月10日公開投票期間，以郵寄或上網投票方式競猜各組別的冠軍菜式。所有成功投票的人士，會自動參加大抽獎，有機會贏取總值港幣10,000元超市現金券，詳情請瀏覽衛生署「有『營』食肆」主題網站 <http://restaurant.eatsmart.gov.hk>。

Thanks to the chefs who have prepared wonderful dishes for the "2010 EatSmart Cooking Competition"! The preliminary assessment was held on 28 July when our professional adjudicators critically short-listed a total of 20 EatSmart dishes in the "seafood", "meat", "poultry" and "fruit and vegetables" categories. Contestants will prepare their dishes on site at the Chinese Cuisine Training Institute on 4 November to compete for the "Gold Award", "Silver Award" and "Bronze Award".

Public voted for the champion dish in each category by post or Internet during the public voting period from 13 September to 10 October. The voters will enter a lucky draw and stand the chance to win supermarket gift coupons amounting to HK\$10,000 in total. For details, please browse our EatSmart Website (<http://restaurant.eatsmart.gov.hk>).



炒粉、麵、飯出名多油，吃了一碟揚州炒飯，要跑多少個圈才能消耗多吸收的卡路里？原來吃沙律或麥皮不得其法都會致肥？要怎樣做才不會跌入致肥陷阱？點菜時要求「少油，唔該！」大家都曾經試過，你又知否所點的飯菜當真少了油？想解開以上疑團，只要登入<http://restaurant.eatsmart.gov.hk>，click去「油你話事」，自有分曉！

Stir-fried rice and noodles are laden with oil. Imagine how much exercise one should take to burn the extra calorie content in fried rice? Eating salad or oatmeal in the wrong way will also result in weight gain! How can we avoid the pitfalls? In a restaurant, how can we know that the dishes are really low in oil content after asking for "less oil, please"? Let's find the answers under the "Less Oil, please!" column at <http://restaurant.eatsmart.gov.hk>!



齊來

活出健康新方向
For health



香港特區政府為了對抗各種與不健康的生活模式引致的非傳染病所帶來的威脅，已制訂預防及控制非傳染病的全面策略，並加強促進健康的工作。

衛生署剛推出一幅新的圖像及標語，藉以提高公眾的關注，並呼籲各界齊心協力推動健康生活模式。「活出健康新方向」鼓勵未曾作出改變的市民，踏出健康第一步。

圖像的設計強調實踐健康生活模式是愉快、令人享受的，而心境開朗亦對健康有裨益。橙色代表熱誠和快樂；綠色則象徵和諧和清新。「康」字上面的紅蘋果標誌着健康飲食。兩個充滿動感的人型公仔展露笑容，代表體能活動能令人健康愉快。

伙伴關係及各界的支持對於締造有利促進健康的環境十分重要。圖像中的兩個人型公仔正好呼應這意念，他們攜手朝着同一方向以實現共同的目標。

健康是每個人所關心的事。讓我們齊來創造一個充滿愛心的社會，為市民大眾開創更多健康的選擇。今天就作出你的抉擇，「活出健康新方向」！

To combat the rising threat imposed by non-communicable diseases (NCD) caused by unhealthy lifestyle habits, the Hong Kong SAR Government has set out a new policy initiative to develop a comprehensive strategy to prevent and control NCD and strengthen health promotion.

The Department of Health (DH) has recently launched a new logo and tagline to raise public awareness and call for concerted efforts in promoting healthy lifestyle. Our tagline "For Health, We Change" encourages members of the public to make changes towards a healthier lifestyle if they still haven't done so.

The logo's design highlights that adopting a healthy lifestyle is delightful and enjoyable, while happiness in turn, is favourable to health. Orange color represents enthusiasm and happiness; green color symbolises harmony and freshness. The red apple on the top of the Chinese word "康" signifies healthy diet. Two human figures in action wear a smile on their faces, signifying that physical activity can bring good health and joy.

Partnership between different sectors is critically important in creating an environment that is supportive to adoption of a healthy lifestyle. With two human figures joining hands and facing the same direction, this echoes with the emphasis to promote partnership with and support from different sectors. It also symbolises that partners are moving in the same direction to achieve a common goal.

Health is everybody's business. Let's work together to create a caring community that opens up a wider range of choices for all. Make that choice today - "For Health, We Change"!

2010

美食博覽都有營

EatSmart in Food Expo 2010



喜歡四出尋找美食的朋友，一定不會錯過每年一度的美食博覽。一如以往，我們的營養師藉着這個理想平台在8月14日舉行講座，向各位以互動的問答遊戲方式，解說「有『營』食肆」和少吃油的飲食貼士！是次講座的參加者反應非常熱烈，每位參加者均獲精美紀念品一份。

How can you gourmet miss the annual Food Expo? As in previous years, our dietitians held a talk at the Food Expo on 14 August to introduce EatSmart Restaurants and share tips on taking less oil through an interactive Q&A format. The talk was warmly received and participants were presented with souvenirs.

Cooks' mart

有營食肆

009

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

營廚

少年廚神 劉嘉麟

Young Master of Culinary Arts - *Lau Ka Lun*

