

# CookSmart

營廚

愛·樂·廚房  
羅敏莊

Cook with Joy,  
Cook with Love  
Mimi LO

#### 常用分量換算

1兩 = 37.5 克  
1茶匙 = 5 毫升  
1湯匙 = 15 毫升  
1量杯 = 240 毫升  
1中號碗 = 240 毫升

#### Conversion of Common Measurement Units

1 tael = 37.5 gm  
1 teaspoon = 5 ml  
1 tablespoon = 15 ml  
1 cup = 240 ml  
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.

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





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## 春話

### Words from the Editor

「有雞先還是有蛋先？」這個經典哲學懸案，一直引起很多哲學家 and 科學家的爭議。雖然我們不知道問題的答案，但可以肯定的是這兩種食材同樣可以用來烹調美味健康的菜式。今期《營廚》邀請了營養師和大家講解雞肉和雞蛋的營養價值及比較不同家禽和蛋類的營養，並破解一些坊間流傳着的關於蛋的謬誤，亦當然少不了介紹一些雞與蛋的「有營菜式」。今期《營廚》內容精彩豐富，萬勿錯過！

The question of "Which came first, the chicken or the egg?" has been debated by philosophers and scientists through the years. We don't know the answer either, but both chicken and egg could be used to make delicious and healthy dishes. In this issue of CookSmart, our dietitian talks about the nutritional values of chicken and egg, and compares different kinds of poultry and eggs. The myths about eating egg will be corrected, with EatSmart Dishes featuring chicken and egg introduced at the end. Covering a variety of EatSmart topics, this issue of CookSmart is not to be missed!





愛・樂・廚房 =

羅敏莊 (Mimi)

Cook with Joy,  
Cook with Love

羅敏莊(Mimi)是一位聲色藝俱全的多棲藝人。早年就讀演藝學院時被唱片監製發掘加入樂壇，1995年推出首張唱片，曾一度轉任電台DJ，現時除了主持電視節目之外，亦參與電視劇和舞台劇演出。

Mimi LO is a crossover artiste who began her career as a singer in 1995. She is now a TV programme host and performs frequently in TV drama series and theatrical plays.

戲好歌好的Mimi活躍開朗，口齒伶俐，談起飲食來更加起勁，滔滔不絕地分享煮食心得，讓人感受到的不僅是飲食的樂趣，更是對眼前人的心意。

While Mimi is very energetic and lively on stage, she is equally excited about cooking. She shares with CookSmart on her love for the kitchen and her dear ones.



「煮食很簡單，最重要是肯嘗試，...」



Cooking is easy; think, and give it a try...

Mimi愛吃愛煮的嗜好，是自小培養出來的。她的外婆祖籍順德，深得家鄉的烹調秘技，把當地的傳統菜式，如釀鯪魚等，做得十分出色。Mimi自從八、九年前與丈夫陳國邦一起生活，更造就她一展廚藝的大好機會。她說：「我們都不喜歡外出用膳，一來怕等位費時，二來亦想減少消費。」兩口子的假期節目就是上市場買菜，然後回家煲湯、切菜，弄一頓美味的晚餐。

Mimi說：「煮食可以很簡單，最重要是花些心思、肯嘗試和把烹調時間掌握得好。」她很喜歡收看電視的烹飪節目，亦經常參考飲食網站上的食譜。偶有所成，就呼朋喚友回家去品嚐新作品。Mimi特別為居所設置一個開放式廚房，讓她可以一面煮食、一面與親友聊天。當烹調時遇上困難就致電母親求教，久而久之就練得一手好廚藝。

Mimi has developed her interest in cooking since she was very young. Her grandma was very skilful in cooking the native cuisines of her hometown Shunde. 'Stuffed Dace Fish' is one of her signature dishes. When Mimi began to live with her husband CHAN Kwok-pong eight to nine years ago, she has had the opportunity to try out cooking at home. As Mimi and Kwok-pong are not fond of eating out, they usually visit the wet market on holidays and then go home to make a nice dinner together.

'Cooking is easy, just have imagination and give it a try', Mimi said. She gets much of her cooking ideas from TV cooking shows and cooking websites. Whenever Mimi cooks something new, she will invite friends to share her new dishes at her kitchen.

以美味改變丈夫的飲食習慣



Her Cooking Changes the Eating Habit of Her Beloved

Mimi煮得一手好菜，但陳國邦卻不諳廚藝，更吃得不健康。Mimi形容國邦是一頭「食肉獸」，為了鼓勵他多吃蔬菜，Mimi會想辦法在烹調菜式時不經意地加入蔬果，例如以生菜包着肉做成生菜包，或將肉和菜蔬切粒炒成雜錦。

Mimi's husband seldom cooks, neither does he have a healthy diet. Mimi calls him a 'carnivore'. To encourage Kwok-pong to eat more vegetables, Mimi always adds vegetables into her dishes such as lettuce wrap and mixed stir-fry with vegetables.





# 少油多菜 最愛番茄

## Less Oil and Plenty of Veggies



Mimi愛吃蔬菜，尤其鍾情番茄，不論生吃、做沙律、羅宋湯、炒蛋，無不喜歡。現時市場上供應不同種類的番茄和車厘茄，均深得她歡心。她更推薦番茄火鍋湯底，既美味又健康，且不需額外添加鹽分。藝人工作繁忙，午飯通常是燒味飯盒，所以Mimi不時會選吃素菜飯盒，尤愛一味苦瓜粒飯，取其清新開胃。

Mimi回想初入行時，因藝人工作性質特殊，演出時容易情緒高漲，表演後卻往往會情緒低落，而偶以暴飲暴食方法來舒緩情緒(例如吃一個二人薄餅套餐)，使她時常擔心輕盈的體態難以保持。故此，Mimi近年愈來愈注重健康，除了日常注重飲食均衡外，有時工作至深夜，也只吃一碗清粥裹腹。在家煮食更是務求清淡，以番茄、香草代替鹽，用焗、焗和烤等方法減少使用油分。Mimi更建議大家使用易潔鑊，不但清潔方便，而且可下少些油。

Mimi has a liking for vegetables, in particular tomatoes. She loves anything that involves tomatoes: salad, Borsch soup, stir-fried egg with tomatoes, etc. Her most loved tomato dish, however, is tomato hot pot because it is both healthy and tasty. Artistes work in irregular hours and it is common to have takeaways such as Siu Mei with rice for lunch. Trying her best to maintain a balanced diet, Mimi likes to eat vegetarian meals. Rice with bitter melon is one of her favourite dishes.

Mimi recalled that she used to eat a lot to ease the feeling of over excitement after a stage performance. Yet Mimi has become more health-conscious now. She eats only a bowl of plain congee for supporting her to work until late night. At home, she always cooks with less oil and plenty of flavourful natural ingredients such as tomatoes and herbs. She also cooks with healthier methods like poaching, baking and grilling.



## Mimi的健康選擇

## Mimi's Healthy Choice

### 南瓜汁竹筍鮮蘆筍

#### Boiled Pumpkin in Sauce with Asparagus

鮮美爽口的竹筍和蘆筍，配以中菜較少用的南瓜汁，煮成一款中西結合的素菜，Mimi說會推薦給茹素的朋友。

Crispy bamboo pith and asparagus are mixed with savoury pumpkin sauce. Mimi said, she will recommend the dish to her veggie friends.



### 薺菜桂魚羹

#### Mandarin Fish and Shepherd's Purse Soup

細嫩的桂魚粒，加入以雞肉和瘦肉餡製而成的湯底，配以清香的薺菜蓉、冬菇粒和蛋白等，成為一款幽香清甜的湯羹。

The fine dices of tender Mandarin fish are served in chicken and pork broth with minced shepherd's purse, Shittake mushrooms and egg white to become a sweet and delicious soup dish.



### 馬蘭頭拌香乾

#### Wild Vegetable Mixed with Bean Curd

馬蘭頭和豆腐乾剝碎焗熟再隔水，口感豐富，拌以麻油提味，是一款別具風味的冷盤。

This cold dish features minced Indian aster (Kalimeris Indica) and bean curd, which are poached and drained to give a stronger texture. It is flavoured by aromatic sesame oil.



### 鮮竹銀杏煨竹筍

#### Stewed Bamboo Fungus with Tofu Skin and Ginkgo

金菇爽脆、雞脾菇嫩滑、秀珍菇甜美、冬菇清香，再配以銀杏、鮮腐竹、竹筍、香豆和甘筍等多樣菜蔬，色彩和味道同樣豐富。

A mix of different mushrooms, namely, Enoki mushrooms, king oyster mushrooms, oyster mushrooms and Shittake mushrooms are served with ginkgo nuts, fresh bean curd skin, bamboo pith, sweet beans and carrot. A dish rich in flavour as well as colours.





# 細品家常味 SAVOUR THE HOME-STYLE COOKING

啟勝管理服務有限公司 (珀麗灣藍色會所餐飲部)

KAI SHING MANAGEMENT SERVICES LIMITED (PARK ISLAND BLUE BLUE CLUB, FOOD & BEVERAGE SECTION)



位處馬灣的珀麗灣環境清幽，景色宜人，汽車進入島上也須受到一定的限制，以保持空氣質素清新。屋苑服務處更致力將屋苑建設成一個綠色社區，積極鼓勵住戶支持環保。會所餐廳的菜式除十分注重健康、簡樸的元素外，亦全力貫徹環保原則。他們於2008年推出了「綠在生活中」積分計劃：住客用膳時如能「清碟」或自攜外賣盒取走剩餘飯菜，均可獲得積分，集齊一定數量可以換取小禮物作為獎勵。

啟勝管理服務有限公司物業及設施經理游錦輝先生(Anthony)表示，珀麗灣的居民不少是年輕夫婦，工作繁忙，經常需要外出用膳，兩口子亦很少下廚弄一頓「住家飯」，故會所餐廳為了讓住客有一種「家」的感覺，致力供應多款家常小菜，一客套餐連白飯、例湯，亦不過四十多元，其中如蒸肉餅、雜菜煲等，一直深受住客歡迎。

## 改良傳統 不失風味

珀麗灣會所餐飲部有感住客着重飲食健康，早於2008年推出有「營」之選系列，除了供應多款菜蔬外，更供應含豐富水溶性纖維的糙米飯。2010年，他們進一步加入成為「有營食肆」，至今已推出了十多款少油、少鹽、少糖的「有營菜式」。

珀麗灣會所餐飲部積極改良傳統的家常小菜，使菜式健康之餘，又不失原有風味，例如，菜甫肉碎炒蛋棄用菜甫，改為使用清爽的涼瓜；做賽螃蟹時，透過加入低脂奶以減少用油量，健康之餘亦能保持蛋白清香幼滑。

在烹調方法上，廚師們會以少油慢火烹煮的做法取代多油猛火快炒，盡量減少用油，並以蝦乾、土魷和不同菇菌等材料為餸菜增添香味。管理層亦不時抽查食物，確保食物的質素。

## 「有營菜式」佔銷售量三成

Anthony表示，不少居民初時選吃「有營菜式」是抱着不妨一試的心態，品嚐過後反應愈見良好。根據他們的統計，現時會所餐飲部售出的菜式中，「有營菜式」佔了三成以上。Anthony補充，會所餐飲部會不斷改良現有的菜式，亦會特別設計吸引的餐牌和在住客通訊向住戶宣傳，希望不久將來，餐牌上至少五成食品可以成為「有營菜式」。

Park Island is located in the picturesque Ma Wan Island. As a green move, access of private vehicles to the island is restricted. The Management Office of the estate aims not only at providing a comfortable home for residents but also to develop an eco-friendly community by promoting a number of green practices among the residents.

In living up to its vision, the Food & Beverage Section (F&B) in the Blue Blue Club provides a healthy choice of dishes for its





customers and has launched the "Green Efforts give Great Rewards" campaign in 2008. Customers who finish all their dishes or bring their own container to take away leftovers can earn reward points, which are redeemable for small gifts.

Mr. Anthony YAU, Property and Facility Manager of Kai Shing Management Services Limited, said, "Many residents are young working couples who always eat out. The Club thus tries to offer customers with inexpensive home-style dishes and a homy atmosphere". A dinner set together with plain rice and soup of the day costs only 40 to 50 dollars. Some of the most popular dishes are steamed minced pork and mixed vegetable pot.

## Create a Healthier Version of Traditional Chinese Dishes

To cater the customers who prefer healthy eating habits, the Club introduced a series of healthy dishes in 2008 which includes vegetarian dishes as well as dishes made with fibre-rich brown rice. After joining the "EatSmart@restaurant.hk Campaign" in 2010, the Club has already created over 10 "eatsmart" dishes that are cooked with less oil, sugar and salt.

The Club has also tried to add a healthy touch to the traditional Chinese home-style cooking. They, for instance, have modified the recipe of "Stir-fried Egg with Pickled Turnip and Minced Pork" by using bitter melon instead of pickled turnip. Low-fat milk, on the other hand, is added to the "Stir-fried Egg White" to reduce the oil content of the dish.

Apart from using less oil, they use dried prawns, dried squids and various mushrooms to enhance the flavour of their dishes. The management team frequently conduct random checks on the dishes to ensure that they comply with the requirements of "eatsmart" dishes.

## 30% of Dishes Sold are "EatSmart" Dishes

Anthony said that many customers had a "why not?" mentality when they tried the "eatsmart" dishes for the first time, but now they like the light taste of the dishes. According to their research, over 30 percent of the dishes sold are "eatsmart" dishes. Anthony hopes that 50 percent of the dishes in the menu would become "eatsmart" dishes in the near future.



1

### 俄羅斯炒牛肉 Fried Beef with Cabbage and Bell Peppers

金菇、甘筍、紅椒、青椒、  
津白等多種菜蔬色彩豐富、  
味道清甜，即時提升牛肉鮮味。

Juicy beef slices are stir-fried with a colourful mix of vegetables – enoki mushroom, carrots, Tianjin cabbage as well as red and green peppers, which is full of flavour.

3

### 馬蹄吊片蒸肉餅 Steam Minced Pork with Squid and Water Chestnuts

馬蹄粒爽甜、肉餅鬆軟，  
吊片帶出鮮香味，毋須使用其他  
調味料，甘香依然。

The aromatic dried squid gives relish to the tender minced pork and crispy water chestnuts. They are all natural and tasty.

2

### 賽螃蟹 Stir-fried Egg White

蛋白加入低脂奶，軟滑不膩，  
用油量和烹煮時間均掌握得甚好，  
加入少許龍脷柳粒，更添鮮味，是一款下飯良伴。

Egg white is timely stir-fried with low-fat milk, which is less greasy. The dish is added a lovely touch with sole fillet dices, which goes well with rice.

4

### 粉絲雜菜煲 Vermicelli with Mixed Vegetables in Clay Pot

以金菇和多種蔬菜為主菜，  
以土魷和蝦乾提味，清香甜美。

The traditional dish has various vegetables and enoki mushrooms. They are enhanced with dried squid and prawn to become a sweet and aromatic dish.



試食兵團話你知  
Message from the  
Tasting Team



# 悠然啖青素

## The Fresh Taste of Country

錦綉花園鄉村俱樂部(錦綉樓)

Fairview Park Country Club (Chinese Restaurant)

錦綉花園鄉村俱樂部位於元朗錦綉花園內，環境怡人。俱樂部除了屋苑住客外，亦吸引了一批區外人士加入成為會員。縱然路途稍遠，他們亦樂意前來消遣，為的是欣賞這裏的怡靜氣氛，享受片刻閒適。

會所中菜部錦綉樓總廚潘傑先生表示，不少會員屬於享受生活和注重健康的人士，口味嗜素清淡，因此錦綉樓的餸菜偏重多菜少油，以迎合他們的「有營」需求。

### 鮮果入饌 加添風味

由於錦綉樓的經營方針與「有營食肆」運動的宗旨不謀而合，因此店方於去年十一月加入成為「有營食肆」，並設計了多款全新菜式，其中「蜜梨鮮茄焗雞卷」和「奇異香芒駝鳥肉」均以鮮果入饌，口味悠然清新。

人稱「傑哥」的潘師傅稱，水果不但清香，而且果肉的酸甜味亦能與其他食材配合，增加了餸菜的層次。他指出，不同水果煮法有異，例如菠蘿較為受熱，可與肉類和其他蔬菜同炒，芒果、草莓和奇異果等則因較不受熱，宜採用快炒、熱水泡焯或打蓉作汁的方法處理。

### 素淡飲食 潮流所趨

入廚近四十年的傑哥表示，近年顧客的口味有不少改變，過往大魚大肉的情況已較為少見；亦有顧客特別要求店方採用健康食油（例如芥花籽油），甚至完全不下油分，店方都會盡量遷就，並不時提醒員工留意油、鹽、糖等調味料的分量。

此外，錦綉樓多用蒸、焗等煮法，或將食材先汆水，以減少用油。事實上，近年食材調味料的價格上漲，食油價格的升幅更以倍數計，少油少鹽的煮法除了讓顧客吃得健康之外，更減省了經營成本。

為了讓顧客有新鮮感，錦綉樓按季轉換菜式，更在每月推出不同主題的推廣活動，例如提供不同的傳統地方菜或以個別食材為題的菜餚——以蓮子、蓮藕等食材為主的荷花菜餚和以菇類為主的野菌菜式推介等。傑哥雖然經驗豐富，但仍會不斷到處試食和出席美食博覽，以尋求靈感，致力為顧客帶來更多「有營」新滋味。



Situated in the scenic Fairview Park in Yuen Long, the Fairview Park Country Club has attracted not only the residents but also non-residents to become its members, who come all the way here to enjoy the facilities and most importantly, a moment of tranquility.

Mr. POON Kit, the Head Chef of the Club's Chinese Restaurant, said as many of their members pursued a healthy lifestyle and preferred healthier food, the restaurant offered a multitude of healthy dishes by making available a variety of vegetables and refraining from using excessive oil, to suit customers' appetite.

## Fruits Add Flavours to the Dishes

After joining the "EatSmart@restaurant.hk" campaign in November last year, the restaurant has designed a number of novel "eat smart" dishes, many of which are made with fresh fruits, such as "Baked Sliced Chicken Wrapped Pear and Mushrooms with Tomato Sauce" and "Stir-fried Ostrich Fillet with Kiwi Fruit and Mango".

Mr. POON said fresh fruits were not only aromatic but their sweet and sour tastes also went well with many different kinds of food ingredients. For instance, pineapples are commonly used to cook with other vegetables and meats. Mango, strawberries and kiwi fruit, on the other hand, are not suitable to be cooked for too long because of their soft texture. They are best for quick stir-frying or making of sauces.

## Growing Trend for Healthy Eating

Mr. POON, who has been in the industry for almost 40 years, observes that customers are eating healthier than before. Customers now request for dishes be cooked with healthier oils like canola oil or even with no oil. Their kitchen staff now becomes endeavour to use less salt, less sugar and less oil during cooking.

The restaurant's staff also adopts healthier cooking methods such as steaming and grilling. Food ingredients are blanched before they are stir-fried. Not only customers are satisfied, the restaurant also saves the cost on buying salt and oil as the prices of food seasonings have been soaring in recent years.

To make novelty for the customers, the restaurant changes their menu every quarter and launches monthly promotional campaigns, including Chinese Regional Cuisines Feast, Mushrooms Feast and Lotus Feast (which features dishes made with lotus seeds and lotus roots). Mr. POON often visits many different restaurants and attend some popular food festivals to bring innovations to their menus.

### 1 翡翠如意素菜包

#### Steamed Cabbages Wrapped Assorted Vegetables and Mushrooms

香筍、沙葛和馬蹄粒均爽甜。大廚用津白菜葉包裹這些材料成素菜包，配上以上湯煮成的汁，清脆可口。

Sweet and crispy bamboo shoots, yam beans and water chestnuts are wrapped in Tianjin cabbage and served in fresh and tasty sauce made with supreme broth.

### 試食兵團話你知

Message from the Tasting Team

### 2 鮮淮山杞子浸菜苗

#### Poached Healthy Vegetables with Fresh Yam and Wolfberry

爽口的鮮淮山吸收了鮮美的上湯，配上微酸的杞子和清甜的菜苗，每一口都是享受。

Crunchy Chinese Yam, soaking up supreme broth, pairs up well with pleasantly sour Chinese wolfberry and fresh vegetable sprouts to become an enjoyable dish.

### 3 奇異香芒駝鳥肉

#### Stir-fried Ostrich Fillet with Kiwi Fruit and Mango

駝鳥肉嫩滑而味道平和，奇異果和芒果充滿果香，配搭合宜。

Ostrich fillet, mild in taste, is brought together with sweet and tangy kiwi fruit and mango, giving a beautifully balanced taste.

### 4 蜜梨鮮茄焗雞卷

#### Baked Sliced Chicken Wrapped Pear and Mushrooms with Tomato Sauce

鮮嫩的去皮雞胸肉捲着梨肉、甘筍、冬菇和翠玉瓜，皮軟肉脆，配上鮮茄汁，清香醒胃。

Pear slices, carrots, Shittake mushrooms and courgette are wrapped in skinless chicken breast. While the roll is tender outside and crunchy inside, tomato sauce adds a cool and sweet touch to the dish.



2

1

3

4





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## 特色 Feature:

利用清雞湯來烹調，既可帶出食物的鮮味而又避免使用大量含鹽分的調味料，令菜式更健康！

Replace seasoning with soup that prepared with meat and water only is a good way to make delicious and healthy dish.



### 材料: (6人分量)

|           |           |
|-----------|-----------|
| 小棠菜       | 200克 (5兩) |
| 冬菇        | 3隻        |
| 西生菜(細、切件) | 1/3個      |
| 豆腐(切6片)   | 1/2磚      |
| 清雞湯       | 150毫升     |
| 生粉水       | 1茶匙       |

### Ingredients: (Serves 6)

|                               |                  |
|-------------------------------|------------------|
| Shanghai Cabbage              | 200 gm (5 taels) |
| Shiitake Mushroom             | 3 pieces         |
| Lettuce (small, chopped)      | 1/3 piece        |
| Bean Curd (cut into 6 slices) | 1/2 piece        |
| Chicken Broth                 | 150 ml           |
| Cornstarch Water              | 1 teaspoon       |

### 調味料:

|   |       |
|---|-------|
| 鹽 | 1/5茶匙 |
|---|-------|

### Seasonings:

|      |              |
|------|--------------|
| Salt | 1/5 teaspoon |
|------|--------------|



本食譜由朝陽飯莊提供。  
This recipe is provided by  
Chao Yang Restaurant.

### 清雞湯

材料: (製38碗, 約9公升)

|      |      |
|------|------|
| 去皮老雞 | 4隻   |
| 瘦肉   | 9公斤  |
| 清水   | 12公升 |

### Chicken Broth

Ingredients: (for making 38 bowls, about 9 litres)

|                          |           |
|--------------------------|-----------|
| Skinless Chicken (whole) | 4 pieces  |
| Lean Pork                | 9 kg      |
| Water                    | 12 litres |

### 步驟:

1. 將老雞和瘦肉汆水備用。
2. 燒滾水，加入老雞和瘦肉煲6-8小時。
3. 使用前，隔渣去油。

### Cooking method:

1. Blanch chicken and lean pork. Set aside.
2. Bring water to the boil. Add all ingredients. Cook for 6-8 hours.
3. Strain and remove oil before use.

### 每一份 Per serving :

|              |                       |                |           |            |              |
|--------------|-----------------------|----------------|-----------|------------|--------------|
| 熱量<br>Energy | 碳水化合物<br>Carbohydrate | 蛋白質<br>Protein | 脂肪<br>Fat | 糖<br>Sugar | 鈉質<br>Sodium |
| 37千卡(kcal)   | 3克(gm)                | 4克(gm)         | 2克(gm)    | 1克(gm)     | 120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.



# 豆腐餃子

## Stuffed Tofu with Minced Vegetables

### 步驟:

1. 小棠菜和冬菇氽水後切碎備用。
2. 把西生菜焯熟備用。
3. 將小棠菜和冬菇碎以豆腐片包着封口。
4. 燒滾水，放入豆腐餃子蒸3分鐘，然後放於西生菜上。
5. 燒滾清湯，下調味，加入生粉水煮成芡汁，淋在豆腐餃子上即可。

### Cooking Method:

1. Blanch Shanghai cabbage and Shiitake mushroom. Dice and set aside.
2. Blanch lettuce until done. Set aside.
3. Wrap up Shanghai cabbage and Shiitake mushroom with bean curd to make bean curd dumpling.
4. Bring water to the boil, steam bean curd dumpling for 3 minutes. Transfer over the lettuce.
5. Bring chicken broth to the boil. Add seasonings. Thicken with cornstarch water. Pour thickening over the bean curd dumpling. Serve.



### 試食兵團話你知

#### Message from Tasting Team

以豆腐為皮，包裹着冬菇和小棠菜等餡料，外表滑溜，內裡清香，刀功尤其值得一讚。

This special dumpling dish features minced Shiitake mushrooms and Shanghai cabbage wrapped in thin slices of tofu. The tofu wrapper, which is skillfully cut, is glossy while the stuffing is fresh and tasteful.





# 涼瓜肉鬆煎蛋角

## Bitter Gourd and Minced Pork Omelette

### 特色 Feature:

在傳統蛋角中巧妙地加入涼瓜，令菜式變得更有特色，色彩更豐富之餘還增添了食用纖維！

Bitter gourd blends in well with this traditional dish, resulting in a fresh new flavour with increased variety of colours and dietary fibre!



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### 材料：(4人分量)

|         |          |
|---------|----------|
| 涼瓜 (切絲) | 80克      |
| 瘦肉 (切碎) | 40克 (1兩) |
| 雞蛋      | 4隻       |
| 生粉      | 少許       |
| 大豆油     | 3茶匙      |

### 調味料：

|   |       |
|---|-------|
| 鹽 | 1/3茶匙 |
|---|-------|

### Ingredients: (Serves 4)

|                         |                |
|-------------------------|----------------|
| Bitter Gourd (shredded) | 80 gm          |
| Lean Meat (chopped)     | 40 gm (1 tael) |
| Egg                     | 4 pieces       |
| Cornstarch              | for taste      |
| Soya Bean Oil           | 3 teaspoons    |

### Seasonings:

|      |              |
|------|--------------|
| Salt | 1/3 teaspoon |
|------|--------------|

### 每一份 Per serving :

|              |                       |                |           |            |              |
|--------------|-----------------------|----------------|-----------|------------|--------------|
| 熱量<br>Energy | 碳水化合物<br>Carbohydrate | 蛋白質<br>Protein | 脂肪<br>Fat | 糖<br>Sugar | 鈉質<br>Sodium |
| 116千卡(kcal)  | 1克(gm)                | 9克(gm)         | 9克(gm)    | 0克(gm)     | 340毫克(mg)    |



本食譜由啟勝管理服務有限公司-  
珀麗灣藍色會所餐飲部提供。  
This recipe is provided by Kai  
Shing Management Services  
Limited - Park Island Blue Blue  
Club F&B.

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.



### 試食兵團話你知

#### Message from Tasting Team

涼瓜並非人人愛吃，但這款煎蛋角卻全無苦澀味，且雞蛋煎得嫩滑不油膩，肉鬆分量適中，香口惹味。

Bitter gourd is not the cup of tea of everyone. Yet this omelette does not have unpleasant bitter taste and is instead very refreshing. The egg is not oily but smooth and the portion of meat is just right.



### 步驟:

1. 涼瓜和瘦肉汆水備用。
2. 將鹽和生粉加入雞蛋打勻，下涼瓜和瘦肉拌勻。
3. 燒熱鑊下油，加入蛋漿煎成蛋角即可。

### Cooking Method:

1. Blanch bitter gourd and lean meat. Set aside.
2. Add salt and cornstarch to eggs. Beat well. Add bitter gourd and lean meat. Mix well.
3. Heat oil in a wok. Pour egg mixture and cook till it set. Done.







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## 特色 Feature:

薑、蒜蓉、薑汁和酒本身帶有獨特味道而又不含鹽分，再配合多元化的食材，令這道菜式不單色香味全更符合三少之原則。

Ginger, garlic, ginger juice and wine are aromatic seasonings that contain no salt, together with a variety of ingredients, making this healthy dish full of taste, aroma and colours.

### 材料：(4人分量)

花膠(浸軟，切條) 約110克 (3兩)  
清湯 1碗  
海蜇皮(切條) 約60克 (1 1/2兩)  
豬肉眼(切絲) 約60克 (1 1/2兩)  
冬菇(浸軟，切絲) 2隻  
花生油 2茶匙  
蒜蓉 少許  
薑(切絲) 少許  
銀芽 225克 (6兩)  
紅、黃、綠椒 共75克 (2兩)  
薑汁 約4湯匙  
米酒 少許

### Ingredients: (Serves 4)

Fish Maw (soaked, shredded) about 110 gm (3 taels)  
Meat Broth 1 bowl  
Jellyfish (shredded) about 60 gm (1 1/2 taels)  
Pork Rib Eye (shredded) about 60 gm (1 1/2 taels)  
Shiitake Mushroom (soaked, shredded) 2 pieces  
Peanut Oil 2 teaspoons  
Garlic (minced) for taste  
Ginger (shredded) for taste  
Bean Sprouts 225 gm (6 taels)  
Bell Peppers (red, yellow and green) 75 gm in total (2 taels)  
Ginger (juiced) about 4 tablespoons  
Rice Wine for taste

### 調味料：

幼鹽 1 1/2茶匙

### Seasonings:

Fine salt 1 1/2 teaspoons



本食譜由錦綉花園鄉村俱樂部  
(錦綉樓)提供。  
This recipe is provided by  
Fairview Park Country Club  
Ltd. (Chinese Restaurant).

### 清湯

材料：(製26碗，約6公升)

瘦豬肉 3公斤 (5斤)  
生薑 150克 (4兩)  
清水 6公升 (10斤)

### Meat Broth

Ingredients: (for making 26 bowls, about 6 litres)

Lean Pork 3 kg (5 catties)  
Ginger 150 gm (4 taels)  
Water 6 litres (10 catties)

### 步驟：

1. 將豬肉汆水備用。
2. 燒滾水，加入豬肉和生薑燉5小時。
3. 使用前，隔渣去油。

### Cooking method:

1. Blanch lean pork. Set aside.
2. Bring water to the boil. Add lean pork and ginger and stew for 5 hours.
3. Strain and remove oil before use.

### 每一份 Per serving :

熱量  
Energy

170千卡(kcal)

碳水化合物  
Carbohydrate

9克(gm)

蛋白質  
Protein

28克(gm)

脂肪  
Fat

3克(gm)

糖  
Sugar

1克(gm)

鈉質  
Sodium

930毫克(mg)



# 彩虹海蜇花膠條

**Sautéed Fish Maw and  
Shredded Pork with  
Bean Sprouts and  
Assorted Bell Peppers**

試食兵團話你知

Message from Tasting Team

花膠以薑汁和上湯煨透，拌上甘甜鮮美的海蜇、豆芽、肉絲和冬菇絲，口感豐富濃郁。

The fish maw, absorbing the flavour of the meat broth, is mixed with bean sprouts, pork and Shiitake mushroom slices to give a strong and racy taste.



步驟：

1. 先將花膠加入清湯煨約10分鐘備用。
2. 把海蜇條、肉絲、冬菇絲氽水備用。
3. 燒熱鑊下油，爆香蒜蓉和薑絲，下銀芽、彩椒、薑汁和米酒略炒，再加入肉絲、冬菇絲、海蜇條和花膠條，下鹽調味，炒熟即可。

*Cooking Method:*

1. Simmer fish maw in meat broth for about 10 minutes. Set aside.
2. Blanch jellyfish, pork rib eye and Shiitake mushroom. Set aside.
3. Heat oil in a wok. Stir-fry garlic and ginger until aromatic. Add bean sprouts, bell peppers, ginger juice and rice wine. Slightly stir-fry. Add pork rib eye, Shiitake mushroom, jellyfish and fish maw. Season with salt. Stir-fry until done. Serve.







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## 特色 Feature:

鯉魚片本身香味很濃，用來蒸蛋令平凡的家常菜變得與眾不同，鮮味十分突出。

Bonito is a kind of Japanese fish that has strong aroma. Adding it to steamed egg makes this dish with extra-ordinary taste.



### 材料: (1人分量)

|            |       |
|------------|-------|
| 雞蛋(打勻)     | 50毫升  |
| 高湯         | 100毫升 |
| 鮮蝦(去殼、去腸)  | 1隻    |
| 鮮冬菇(剪腳、切片) | 5克    |
| 去皮雞肉(切粒)   | 20克   |

### Ingredients: (Serves 1)

|   |         |
|---|---------|
| Egg (beaten)                              | 50 ml   |
| Broth                                     | 100 ml  |
| Fresh Prawn (peeled, deveined)            | 1 piece |
| Fresh Shiitake Mushroom (trimmed, sliced) | 5 gm    |
| Skinless Chicken (diced)                  | 20 gm   |

### 芡汁材料:

|      |       |
|------|-------|
| 高湯   | 200毫升 |
| 日本豉油 | 4茶匙   |
| 味淋   | 4茶匙   |
| 清酒   | 4茶匙   |

### Sauce Ingredients:

|                     |             |
|---------------------|-------------|
| Broth               | 200 ml      |
| Japanese Soya Sauce | 4 teaspoons |
| Mirin               | 4 teaspoons |
| Sake                | 4 teaspoons |

### 高湯

材料: (製4碗, 約1公升)

|     |     |
|-----|-----|
| 昆布  | 20克 |
| 清水  | 1公升 |
| 鯉魚片 | 30克 |

### Broth

Ingredients: (for making 4 bowls, around 1 litre)

|               |         |
|---------------|---------|
| Kelp          | 20 gm   |
| Water         | 1 litre |
| Bonito Flakes | 30 gm   |

### 步驟:

1. 將昆布加入清水，燒滾後熄火。
2. 放入鯉魚片，浸1小時。
3. 使用前，隔渣即可。

### Cooking method:

1. Add kelp in water. Bring water to the boil then turn off the heat.
2. Add bonito flakes. Soak for 1 hour.
3. Strain before use.

### 每一份 Per serving :

|              |                       |                |           |            |              |
|--------------|-----------------------|----------------|-----------|------------|--------------|
| 熱量<br>Energy | 碳水化合物<br>Carbohydrate | 蛋白質<br>Protein | 脂肪<br>Fat | 糖<br>Sugar | 鈉質<br>Sodium |
| 128千卡(kcal)  | 1克(gm)                | 15克(gm)        | 7克(gm)    | 0克(gm)     | 270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.



# 茶碗蒸

## Japanese Savoury Egg Custard

### 試食兵團話你知

#### Message from Tasting Team

蒸蛋鮮香幼滑，加上鯉魚、鮮蝦和冬菇等多款惹味的食材，健康美味，老少咸宜。

This silky egg custard includes various flavourful ingredients such as Shittake mushroom, prawns and in particular bonito, which is a delight for everyone.



### 步驟:

1. 將雞蛋加入100毫升高湯，輕輕拌勻備用。
2. 將日本豉油、味淋和清酒加入200毫升高湯，煮滾成芡汁備用。
3. 將蝦、冬菇和雞肉放入蒸碗內，注入蛋漿，蓋上蓋，以大火蒸7分鐘，熄火再焗3分鐘，最後加入2茶匙芡汁即可。

### Cooking Method:

1. Add egg to 100 ml of broth. Gently stir to combine. Set aside.
2. Add Japanese soya sauce, mirin and sake to 200 ml of broth. Bring to the boil to make sauce. Set aside.
3. Put prawn, mushroom and chicken in a cup. Fill in egg mixture. Cover the cup. Steam for 7 minutes over high heat. Turn off the heat. Stand for 3 minutes. Spoon in 2 teaspoons of sauce. Serve.







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## 特色 Feature:

燒烤不只能把食物煮熟，更能為食物添上碳燒風味，突出味道之餘也可避免使用過多的調味料，再加上新鮮蔬菜和水果的爽脆口感及鮮甜，令人一試難忘！

Grill is a cooking method that brings out the unique flavour of meat, together with all those crispy and refreshing vegetables and fruit, making this an unforgettable dish!



### 材料：(1人分量)

|           |      |
|-----------|------|
| 去皮雞肉      | 60克  |
| 西生菜(細、切件) | 1/3個 |
| 番茄(切片)    | 4片   |
| 青瓜(切粗條)   | 3片   |
| 果汁浸罐頭菠蘿   | 6粒   |
| 黎巴嫩包      | 1件   |
| 沙律雜菜      | 20克  |
| 低脂原味乳酪    | 2湯匙  |

### Ingredients: (Serves 1)

|                                  |               |
|----------------------------------|---------------|
| Skinless Chicken                 | 60 gm         |
| Lettuce (small, cut into chunks) | 1/3 piece     |
| Tomato (sliced)                  | 4 slices      |
| Cucumber (thickly sliced)        | 3 slices      |
| Canned Pineapple in Juice        | 6 pieces      |
| Lebanese Bread                   | 1 piece       |
| Salad Vegetables                 | 20 gm         |
| Low-fat Plain Yoghurt            | 2 tablespoons |

### 雞肉醃料：

|      |        |
|------|--------|
| 芫荽   | 約1/5茶匙 |
| 荳蔻粉  | 約1/5茶匙 |
| 紅椒粉  | 約1/5茶匙 |
| 蒜粉   | 約1/5茶匙 |
| 小茴香粉 | 約1/5茶匙 |
| 胡椒粉  | 約1/5茶匙 |
| 鹽    | 1/2茶匙  |

### Seasonings for Chicken:

|                     |                    |
|---------------------|--------------------|
| Coriander           | about 1/5 teaspoon |
| Ground Nutmeg       | about 1/5 teaspoon |
| Paprika             | about 1/5 teaspoon |
| Ground Garlic       | about 1/5 teaspoon |
| Ground Cumin        | about 1/5 teaspoon |
| Ground White Pepper | about 1/5 teaspoon |
| Salt                | 1/2 teaspoon       |



本食譜由紅蔥頭提供。  
This recipe is provided by  
Café Med.

### 每一份 Per serving :

|                     |                       |                 |                |                 |                   |
|---------------------|-----------------------|-----------------|----------------|-----------------|-------------------|
| 熱量<br>Energy        | 碳水化合物<br>Carbohydrate | 蛋白質<br>Protein  | 脂肪<br>Fat      | 糖<br>Sugar      | 鈉質<br>Sodium      |
| <b>357</b> 千卡(kcal) | <b>50</b> 克(gm)       | <b>21</b> 克(gm) | <b>9</b> 克(gm) | <b>13</b> 克(gm) | <b>532</b> 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.



# 菠蘿雞肉卡巴

## Pineapple Chicken Kebab

### 步驟：

1. 將所有醃料拌勻備用。
2. 雞肉加入1/5茶匙醃料拌勻，放上轉燒爐中烤熟。
3. 將燒雞肉切成薄片備用。
4. 把雞肉片、西生菜、番茄、青瓜和菠蘿放入黎巴嫩包內，捲成筒狀，再用烤爐焗2分鐘。
5. 把卡巴一開為二，以沙律雜菜伴碟，配以低脂原味乳酪即可。

### Cooking Method:

1. Combine all seasoning. Mixed well. Set aside.
2. Marinate chicken with 1/5 teaspoon of seasonings. Grill until done.
3. Thinly slice the chicken. Set aside.
4. Stuff chicken, lettuce, tomato, cucumber and pineapple in the Lebanese bread and roll up. Bake for 2 minutes.
5. Cut the roll in half. Garnish with salad vegetables. Serve with low fat plain yoghurt.

### 試食兵團話你知

#### Message from Tasting Team

烤肉卡巴可說是土耳其的招牌菜，雞肉配上菠蘿、青瓜、番茄等蔬果，爽脆不膩，尤其以低脂乳酪作醬汁，感覺更清新。

Kebab is perhaps the most well known Turkish dish. This chicken kebab is stuffed with pineapple, cucumber and tomatoes and served with low-fat plain yoghurt, a lighter option which is equally delicious.





# 有營食肆

## EatSmart Restaurants

以下資料截至二零一一年三月二十一日，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 21 March 2011. Names are listed in a random order. For the latest EatSmart Restaurant list, please visit the "EatSmart Website" <http://restaurant.eatsmart.gov.hk>



### Eastern District 東區

|                           |   |           |
|---------------------------|---|-----------|
| 快 大家樂 (小西灣商場店)            | Café de Coral (Siu Sai Wan Shopping Centre Shop)                    | 2889 0672 |
| 快 大家樂 (太古城中心店)            | (Cityplaza Shop)  | 2885 3713 |
| 快 大家樂 (太安樓店)              | (Tai On Building Shop)  | 2567 9872 |
| 快 大家樂 (北角城中心店)            | (Fortress Tower Shop)   | 2571 6446 |
| 快 大家樂 (百利大廈店)             | (Pak Lee Building Shop)   | 2807 3864 |
| 快 大家樂 (城市花園店)             | (City Garden Shop)  | 2887 2802 |
| 快 大家樂 (英皇道店)              | (King's Road Shop)  | 2911 4485 |
| 快 大家樂 (健威坊店)              | (FitFort Shop)  | 2562 9776 |
| 快 大家樂 (愛東商場店)             | (Oi Tung Shopping Centre Shop)                                      | 3156 1116 |
| 快 大家樂 (新都城大廈店)            | (Metropole Building Shop)   | 2565 0222 |
| 快 大家樂 (嘉里中心店)             | (Kerry Centre Shop)   | 2643 2881 |
| 快 大家樂 (樂基行店)              | (Stanhope House Shop)   | 2811 0689 |
| 快 大家樂 (糖廠街店)              | (Tong Chong Street Shop)  | 2564 3144 |
| 快 大家樂 (環翠商場店)             | (Wan Tsui Shopping Centre Shop)                                     | 2515 9548 |
| 快 大家樂 (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 迎龍大酒樓                   | Cheers Restaurant   | 3520 1288 |
| 快 美心MX (友邦廣場店)            | Maxim's MX (AIA Tower Shop)   | 2219 7223 |
| 快 美心MX (杏花新城店)            | (Paradise Mall Shop)  | 2558 8541 |
| 快 美心MX (南天大廈店)            | (Nam Tin Building Shop)   | 2578 9629 |
| 快 美心MX (英皇大樓店)            | (King's House Shop)   | 2561 5760 |
| 快 美心MX (康怡廣場店)            | (Kornhill Plaza Shop)   | 2885 5095 |
| 快 美心MX (新翠商場店)            | (New Jade Shopping Arcade Shop)                                     | 2897 7513 |
| 快 美心MX (藍灣廣場店)            | (Island Resort Mall Shop)   | 2248 5370 |
| 中 客家好棧                    | Hakka Hut   | 2856 1233 |
| 茶 星級味皇餐廳小廚                | Delicious Café  | 2802 6622 |
| 快 海皇粥店                    | Ocean Empire  | 2887 5879 |
| 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 彩福皇宴                    | Choi Fook Royal Banquet   | 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 Cafe   | 3426 8918 |
| 中 蘭慶                      | Happiness   | 2827 2883 |
| 西 Bistro Défrance         | Bistro Défrance   | 2143 5722 |
| 西 Défrance (Café) (太古城店)  | Défrance (Café) (Taikoo Shing Shop)                                 | 2904 8603 |
| 西 Défrance (Café) (港運城店)  | (Island Place Shop)   | 2565 1335 |
| 西 Défrance (Café) (嘉榮大廈店) | (Ka Wing Building Shop)   | 2904 8609 |

### Southern District 南區

|                               |   |           |
|-------------------------------|---|-----------|
| 快 大家樂 (石排灣商場店)                | Café de Coral (Shek Pai Wan Shopping Centre Shop)   | 2294 9100 |
| 快 大家樂 (利東邨商場店)                | (Lei Tung Estate Commercial Centre Shop)  | 2871 2681 |
| 快 大家樂 (香港仔中心店)                | (Aberdeen Centre Shop)  | 2553 7867 |
| 快 大家樂 (海怡廣場店)                 | (Marina Square Shop)  | 2552 7313 |
| 快 大家樂 (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 富臨漁港龍臨門                     | 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 Défrance (Café)             | Défrance (Café)   | 2813 1368 |

### Central & Western District 中西區

|                           |  |           |
|---------------------------|--|-----------|
| 中 力寶軒                     | Lippo Chiuchow Restaurant                                | 2526 1168 |
| 快 大家樂 (八達大廈店)             | Café de Coral (Federate Building Shop)                   | 2858 6627 |
| 快 大家樂 (中信大廈店)             | (Citic Tower Shop)                                       | 2104 5838 |
| 快 大家樂 (北街店)               | (North Street Shop)                                      | 2986 4461 |
| 快 大家樂 (長江中心店)             | (Cheung Kong Center Shop)                                | 2186 7068 |
| 快 大家樂 (東亞安泰中心店)           | (East Asia Aetna Tower Shop)                             | 2542 2958 |
| 快 大家樂 (香港商業中心店)           | (Hong Kong Plaza Shop)                                   | 2548 5601 |
| 快 大家樂 (香港地鐵站預辦登機大堂店)      | (In-town Check-in Concourse, Hong Kong MTR Station Shop) | 2801 5285 |
| 快 大家樂 (香港地鐵站店)            | (Hong Kong MTR Station Shop)                             | 2537 6515 |
| 快 大家樂 (海富中心商場店)           | (Admiralty Centre Shop)                                  | 2866 2750 |
| 快 大家樂 (萬邦行店)              | (Melbourne Plaza Shop)                                   | 2162 8020 |
| 快 大家樂 (新紀元廣場店)            | (Grand Millennium Plaza Shop)                            | 2137 8687 |
| 快 大家樂 (華懋大廈店)             | (Chinachem Tower Shop)                                   | 2104 7092 |
| 快 大家樂 (遠東金融中心店)           | (Far East Finance Centre Shop)                           | 2861 2852 |
| 快 大家樂 (無限極廣場店)            | (Infinitus Plaza Shop)                                   | 2541 0293 |
| 快 大家樂 (勵精中心店)             | (Regent Centre Shop)                                     | 2525 1609 |
| 中 北園酒家                    | North Garden Restaurant                                  |           |
| 快 大家樂 (東寧大廈店)             | (Tung Ning Building Shop)                                | 2739 2338 |
| 快 大家樂 (鴻基大廈店)             | (Hung Kei Mansion Shop)                                  | 2526 3163 |
| 亞 秀日本料理                   | Oishi House  | 2517 6618 |
| 快 美心MX (和記大廈店)            | Maxim's MX (Hutchison House Shop)                        | 2869 4450 |
| 快 美心MX (創業中心店)            | (Chong Yip Centre Shop)                                  | 2857 2910 |
| 中 帝景園會所(只供會員)             | Dynasty Court Club Royal (Members Only)                  | 2522 0080 |
| 快 魚米家 (有餘貿易中心店)           | Yue Mic Ka (Unicorn Trade Centre Shop)                   | 2628 4661 |
| 快 魚米家 (皇后中心店)             | (Queen's Place Shop)                                     | 2524 4112 |
| 中 富臨粵之味                   | Foo Lum  | 2815 1088 |
| 茶 翠華餐廳 (山頂廣場店)            | Tsui Wah Restaurant (The Peak Galleria Shop)             | 2542 1255 |
| 茶 翠華餐廳 (威靈頓街店)            | (Wellington Street Shop)                                 | 2525 6338 |
| 茶 翠華餐廳 (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 |
| 中 麵軒                      | Maincafe   | 2543 8621 |
| 西 Bistro Défrance         | Bistro Défrance  | 2865 7421 |
| 西 Défrance (Café) (山頂廣場店) | Défrance (Café) (The Peak Galleria Shop)                 | 2849 2613 |
| 西 Défrance (Café) (華懋廣場店) | (Chinachem Plaza Shop)                                   | 2581 4391 |
| 西 Défrance (Café) (環球大廈店) | (World Wide Plaza Shop)                                  | 2868 1355 |



|                                       |   |           |
|---------------------------------------|---|-----------|
| 大家樂 (京華中心店)                           | Café de Coral (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 |
| 六國酒店 - 粵軒                             | Gloucester Luk Kwok Hong Kong - Canton Room             | 2866 2166 |
| 功德林上海素食                               | Kung Tak Lam Shanghai Vegetarian Cuisine                | 2881 9966 |
| 百樂門宴會廳                                | Paramount Banquet Hall                                  | 2833 2092 |
| 金皇廷膳宴                                 | Banquet Place   | 2832 6628 |
| 金裝嫩奶佬 (太和街店)                          | Daniel's Restaurant (Tai Wo Street Shop)                | 2574 4866 |
| (活道店)                                 | (Wood Road Shop)  | 2838 6500 |
| (景隆街店)                                | (Cannon Street Shop)                                    | 2838 6151 |
| 美心MX (波斯富街店)                          | Maxim's MX (Percival Street Shop)                       | 2838 6173 |
| (軒尼詩道店)                               | (Hennessy Road Shop)                                    | 2893 7867 |
| 風月堂                                   | Orchard Garden Café & Restaurant                        | 2891 2881 |
| 美味廚                                   | Megan's Kitchen   | 2866 8305 |
| 客家好棧                                  | Hakka Hut   | 2881 8578 |
| 泰式食                                   | Thai Perfect  | 2890 4899 |
| 海皇粥店 (新盛商業大廈店)                        | Ocean Empire (Simsons Commercial Building Shop)         | 2575 0417 |
| (駱克道店)                                | (Lockhart Road Shop)                                    | 2891 1902 |
| (糖街店)                                 | (Sugar Street Shop)                                     | 2894 8848 |
| 麻布茶房                                  | Azabusabo   | 2882 1582 |
| 富豪香港酒店 - 富豪金殿                         | Regal Hong Kong Hotel - Regal Palace Restaurant         | 2837 1773 |
| 富臨酒家                                  | Foo Lum Restaurant                                      | 2528 2468 |
| 新星海鮮酒家 (駱克大廈店)                        | New Star Seafood Restaurant (Lockhart House Shop)       | 2838 2186 |
| (聯合鹿島大廈店)                             | (Allied Kajima Building Shop)                           | 2511 1228 |
| 滬江飯店                                  | Wu Kong Shanghai Restaurant                             | 2506 1018 |
| 肇順名匯河鮮專門店                             | Siu Shun Village Cuisine                                | 2572 6938 |
| 翠華餐廳 (景隆街店)                           | Tsui Wah Restaurant (Cannon Street Shop)                | 2573 4338 |
| (謝斐道店)                                | (Jaffe Road Shop)                                       | 2892 2633 |
| 翡翠拉麵小籠包 (大有廣場店)                       | Crystal Jade La Mian Xiao Long Bao (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 |
| 銀龍粉麵茶餐廳                               | Ngan Lung Restaurant                                    | 2881 5298 |
| 銅鑼灣利景酒店 - 蒲點美式酒吧                      | The Charterhouse Causeway Bay - Champs Bar              | 2833 9086 |
| 稻香                                    | Tao Heung   | 2838 3097 |
| 稻香超級漁港                                | Tao Heung Super 88                                      | 2892 0988 |
| 築地日本料理                                | Tsukiji Japanese Restaurant                             | 2542 3802 |
| 橋底辣蟹 (駱克道401-403號店)                   | Under Bridge Spicy Crab (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 |
| 龍皇酒家 (世界貿易中心店)                        | Dragonking Restaurant (The word Trade Centre Shop)      | 2895 2288 |
| (皇悅酒店店)                               | (The Empire Hotel Shop)                                 | 2866 9932 |
| 禮頓會                                   | Club Leighton   | 3198 9805 |
| 鍾菜                                    | Chung's Cuisine   | 2506 9128 |
| 薯仔屋 (富明街店)                            | Small Potato (Foo Ming Street Shop)                     | 2882 7278 |
| (新會道店)                                | (Sun Wui Road Shop)                                     | 2890 4884 |
| 譽宴                                    | U-Banquet Group   | 2811 9181 |
| 麵軒                                    | Maincafe  | 2838 1025 |
| Bayview Restaurant Sashimi Oyster Bar | Bayview Restaurant Sashimi Oyster Bar                   | 3427 3726 |
| Bistro Délifrance                     | Bistro Délifrance                                       | 2506 3022 |
| CEO Karaoke Box                       | CEO Karaoke Box   | 2137 9777 |
| Délifrance (Café) (大有廣場店)             | Délifrance (Café) (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 |
| (瑞安中心G04店)                            | (Shop G04 Shui On Centre Shop)                          | 2923 1002 |
| (瑞安中心1樓店)                             | (1/F Shui On Centre Shop)                               | 2802 4465 |

|                                |   |           |
|--------------------------------|---|-----------|
| 大家樂 (企業廣場店)                    | Café de Coral (Enterprise Square Shop)  | 2750 9925 |
| (秀茂坪商場店)                       | (Sau Mau Ping Shopping Centre Shop)   | 2354 8680 |
| (油麗商場店)                        | (Yau Lai Shopping Centre Shop)  | 2677 0832 |
| (冠天閣店)                         | (Champion Court Shop)   | 2790 5295 |
| (威明中心店)                        | (Spectrum Tower Shop)   | 2344 0244 |
| (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 |
| (匯八坊店)                         | (Infinity Eight Shop)   | 2325 1250 |
| (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 |
| (寶達商場店)                        | (Po Tat Shopping Centre Shop)   | 2190 4626 |
| (觀塘廣場店)                        | (Kwun Tong Plaza Shop)  | 2142 5905 |
| 太興新世代                          | Tai Hing New Century  | 2359 0138 |
| 百樂門宴會廳 (鱷魚恤中心店)                | Paramount Banquet Hall (Crocodile Centre Shop)  | 3910 8368 |
| (MegaBox店)                     | (MegaBox Shop)  | 2798 8332 |
| 沁園春                            | Cheerful Restaurant   | 2251 3612 |
| 帕爾馬                            | La trattoria di Pamma   | 2111 1370 |
| 迎禧大酒樓                          | Cheers Restaurant   | 2717 6860 |
| 美心MX (牛頭角上村店)                  | Maxim's MX (Upper Ngau Tau Kok Shop)  | 2481 3768 |
| (冠天閣店)                         | (Champion Court Shop)   | 2793 9239 |
| (啟田商場店)                        | (Kai Tin Shopping Centre Shop)  | 2348 9545 |
| (彩雲邨商場店)                       | (Choi Wan Commercial Complex Shop)  | 2796 3911 |
| (翠屏商場店)                        | (Tsui Ping Shopping Circuit Shop)   | 2763 4180 |
| (麗港城商場店)                       | (Laguna City Shop)  | 2772 3314 |
| 香港專業教育學院 (觀塘分校) (學生飯堂) (只供學生)  | Hong Kong Institute of Vocational Education - Kwun Tong (Student canteen) (Student only)                  | 2346 8990 |
| 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 |
| 海皇粥店 (物華街店)                    | Ocean Empire (Mut Wah Street Shop)  | 2304 7468 |
| (淘大商場店)                        | (Amoy Plaza Shop)   | 2759 6537 |
| 旅遊服務業培訓發展中心 (英語餐飲學會) (只供會員)    | Hospitality Industry Training and Development Centre (The English-Speaking Dining Society) (Members only) | 2750 6919 |
| 御苑皇宴                           | The Banqueting House  | 2798 8866 |
| 御苑酒家                           | The China House   | 2798 8110 |
| 蛋撻王(利佳)                        | King Bakery (Lei Kai)   | 2357 1170 |
| 富臨漁港 (企業廣場店)                   | Foo Lum Fishman's Wharf Restaurant (Enterprise Square Shop)   | 2759 1808 |
| (觀塘廣場店)                        | (Kwun Tong Plaza Shop)  | 2342 4252 |
| 肇順名匯河鮮專門店                      | Siu Shun Village Cuisine  | 2798 9738 |
| 維港藝廚酒家                         | Victoria Harbour Seafood Restaurant   | 2827 2626 |
| 嘉華大酒樓                          | Ka Wah Restaurant   | 2795 3838 |
| 翡翠拉麵小籠包                        | Crystal Jade La Mian Xiao Long Bao  | 2305 9990 |
| 銀龍粉麵茶餐廳                        | Ngan Lung Restaurant  | 2679 7388 |
| 稻香                             | Tao Heung   | 3582 4028 |
| 稻香超級漁港 (德福商場店)                 | Tao Heung Super 88 (Telford Plaza Shop)   | 2243 3855 |
| (麗港城商場店)                       | (Laguna Plaza Shop)   | 2717 6860 |
| 潮篇                             | Chaozhou Cuisine  | 2779 1919 |
| 潮館                             | Chao Inn  | 3542 5788 |
| 龍皇酒家                           | Dragonking Restaurant   | 2955 0668 |
| 慧霖快餐                           | Kelly The Kitchen   | 2759 4398 |
| 鍾菜                             | Chung's Cuisine   | 2995 3038 |
| 聯合醫院職員餐廳 (只供職員)                | United Christian Hospital Staff Canteen (Staff only)  | 3513 4065 |
| 譽宴                             | U-Banquet Group   | 2811 9788 |
| 麵軒                             | Maincafe  | 2393 3101 |
| 靚雲天酒家                          | Cheerful Sky Cuisine  | 2827 2886 |
| 靚筷 (國際展覽中心店)                   | Happiness Gastronomy (Hong Kong International Trade & Exhibition Centre Shop)                             | 2827 1811 |
| 靚筷自家菜 (偉業街店)                   | Happiness Gastronomy (Wai Yip Street Shop)  | 2827 2688 |
| Délifrance (Café) (企業廣場店)      | Délifrance (Café) (Enterprise Square Shop)  | 2904 8603 |
| (淘大商場店)                        | (Amoy Plaza Shop)   | 2757 4518 |
| (德福廣場店)                        | (Telford Plaza Shop)  | 2756 9565 |
| Studio City Bar & Cafe         | Studio City Bar & Cafe  | 3543 5638 |
| Organic Life Café & Restaurant | Organic Life Café & Restaurant  | 2420 0363 |
| 2PLUS Café & Restaurant        | 2PLUS Café & Restaurant   | 2243 3032 |



|                      |  |           |
|----------------------|--|-----------|
| 大家樂                  | Café de Coral  |           |
| (九龍機鐵站店)             | (Kowloon MTR Station Shop)                               | 2376 2315 |
| (中港城店)               | (China Hong Kong City Shop)                              | 2957 8779 |
| (友誠商業中心店)            | (Yau Shing Commercial Centre Shop)                       | 2390 9694 |
| (百誠大廈店)              | (Pak Shing Building Shop)                                | 2782 3115 |
| (希爾頓中心店)             | (Hilton Tower Shop)                                      | 2311 6031 |
| (旺角中心店)              | (Argyle Centre Shop)                                     | 2396 8797 |
| (星光行店)               | (Star House Shop)  | 2736 4900 |
| (重慶大廈店)              | (Chungking Mansion Shop)                                 | 2367 0802 |
| (港威商場店)              | (Gateway Arcade Shop)                                    | 2175 0181 |
| (奧海城店)               | (Olympian City Shop)                                     | 2271 4165 |
| (富達大廈店)              | (Foo Tat Building Shop)                                  | 2770 5339 |
| (雅蘭商場店)              | (Grand Tower Shop)                                       | 2393 2667 |
| (新世紀廣場店)             | (Grand Century Place Shop)                               | 2142 3679 |
| (康齡大廈店)              | (Honland Building Shop)                                  | 2397 1252 |
| (愛賓商業大廈店)            | (Albion Plaza Shop)                                      | 2369 1210 |
| (聯業大廈店)              | (T.A.L. Building Shop)                                   | 2377 9884 |
| 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 |
| 台灣麵                  | Taiwan Kitchen   | 2730 8822 |
| 伊利沙伯醫院職員飯堂<br>(只供職員) | Queen Elizabeth Hospital Staff Canteen<br>(Staff only)   | 2384 2656 |
| 百樂門宴會廳               | Paramount Banquet Hall                                   | 2721 8821 |
| 百樂門膳宴                | Joy Cuisine  | 3910 8388 |
| 男爵大排檔<br>(炮台街店)      | Baron Cuisine<br>(Battery Street Shop)                   | -         |
| (德利大廈店)              | (Tak Lei Building Shop)                                  | 2369 1959 |
| 西龍傳香飯糰               | QQ Rice  | 2789 0731 |
| 住家菜                  | Home Feel  | 3105 0515 |
| 君滙港會所餐廳              | Harbour Green Club Banquet Room                          | 3516 1121 |
| 阿一海景飯店               | Ah Yat Harbour View Restaurant                           | 2328 0983 |
| 金皇朝海鮮酒家              | Golden Dynasty Seafood Restaurant                        | 2770 2328 |
| 迎龍大酒樓<br>(雅蘭中心店)     | Cheers Restaurant<br>(Grand Tower Shop)                  | 2308 1668 |
| (彌敦酒店店)              | (Nathan Hotel Shop)                                      | 2770 3323 |
| 美心MX<br>(金巴利道店)      | Maxim's MX<br>(Kimberley Road Shop)                      | 2311 5006 |
| (旺角東港鐵站店)            | (Mong Kok East MTR Station Shop)                         | 2397 6303 |
| (新文華中心店)             | (New Mandarin Plaza Shop)                                | 2311 8589 |
| (友誠商業大廈店)            | (Yau Shing Commercial Centre Shop)                       | 2390 7530 |
| 西 風月堂<br>(亞皆老街店)     | Orchard Garden Café & Restaurant<br>(Argyle Street Shop) | 2699 3002 |
| (奧海城店)               | (Olympian City Shop)                                     | 2393 3959 |
| 中 帝京酒店 (帝京軒)         | Royal Plaza Hotel (Di King Heen)                         | 2928 8822 |
| 帝苑酒店<br>(東來順)        | The Royal Garden<br>(Dong Lai Shun)                      | 2733 2020 |
| 中 帝苑軒                | (The Royal Garden Chinese Restaurant)                    | 2724 2666 |
| 西 雅苑座                | (The Greenery)   | 2733 2030 |
| 亞 (Le Soleil 越南餐廳)   | (Le Soleil)  | 2733 2033 |
| 西 皇家太平洋酒店 - 柏景餐廳     | The Royal Pacific Hotel & Towers - Café on the Park      | 2738 2322 |
| 中 客家好棧               | Hakka Hut  | 2369 3822 |
| 西 查理布朗咖啡專門店          | Charlie Brown Café                                       | 2366 6325 |
| 西 紅蔥頭<br>(始創中心店)     | Café Med<br>(Pioneer Centre Shop)                        | 2626 0596 |
| (朗豪坊店)               | (Langham Place Shop)                                     | 3514 9322 |
| (通菜街店)               | (Tung Choi Street Shop)                                  | 3514 9223 |
| 快 浸信會醫院餐廳            | Baptist Hospital Restaurant                              | 2337 6002 |
| 快 海皇粥店<br>(旺角道店)     | Ocean Empire<br>(Mong Kok Road Shop)                     | 2396 0126 |
| (彌敦道店)               | (Nathan Road Shop)                                       | 2385 6732 |
| 西 茶禪                 | Cafe Zen   | 9606 2086 |
| 亞 麻布茶房<br>(亞太中心店)    | Azabusabo<br>(Hong Kong Pacific Centre Shop)             | 2736 5006 |
| (美麗華商場店)             | (Miramar Shopping Centre Shop)                           | 2377 3780 |
| (新世紀廣場店)             | (Grand Century Place)                                    | 2918 1361 |
| (瓊華中心店)              | (King Wah Centre Shop)                                   | 2780 9881 |
| 快 魚米家                | Yue Mic Ka   | 2473 1166 |
| 中 御苑皇宴               | The Banqueting House                                     | 3962 1188 |
| 其 普光齋                | Light Vegetarian Restaurant                              | 2384 2833 |
| 中 朝陽飯莊               | Chao Yang Restaurant                                     | 2369 8202 |

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|------------------------------------|---|-----------|
| 富豪九龍酒店<br>(雅廊咖啡室)                  | Regal Kowloon Hotel<br>(Cafe Allegro)                     | 2313 8718 |
| 西 (Mezzo Grill)                    | (Mezzo Grill)   | 2313 8788 |
| 中 富臨酒家<br>(創興廣場店)                  | Foo Lum Restaurant<br>(Chong Hing Square Shop)            | 2770 3386 |
| (協成行店)                             | (HSH Mongkok Plaza Shop)                                  | 2396 2980 |
| 中 富臨粵之味                            | Foo Lum   | 2148 2188 |
| 中 富臨漁港龍臨門<br>(百誠大廈店)               | Pleasant Palace<br>(Pak Shing Building Shop)              | 2770 6883 |
| (安達中心店)                            | (Auto Plaza Shop)   | 2723 8132 |
| 亞 鉄板超純和風日本料理                       | Teppan Chiu Japanese Restaurant                           | 2787 5135 |
| 中 新海鮮酒家                            | New Star Seafood Restaurant                               | 2780 2226 |
| 中 滬江飯店                             | Wu Kong Shanghai Restaurant                               | 2366 7244 |
| 茶 翠華餐廳<br>(白加士街店)                  | Tsui Wah Restaurant<br>(Parkes Street Shop)               | 2384 8388 |
| (北海街店)                             | (Pak Hoi Street Shop)                                     | 2780 8328 |
| (加拿芬道店)                            | (Carnarvon Road Shop)                                     | 2366 8250 |
| (砵蘭街店)                             | (Portland Street Shop)                                    | 2392 3889 |
| 亞 靚煲皇                              | Supreme Hot Pot   | 2399 0812 |
| 中 翡翠拉麵小籠包                          | Crystal Jade La Mian Xiao Long Bao                        | 2622 2699 |
| 茶 銓滿記餐廳小廚                          | Chuen Moon Kee Restaurant                                 | 3760 8855 |
| 銀龍粉麵茶餐廳<br>(西洋菜街店)                 | Ngan Lung Restaurant<br>(Sai Yeung Choi Street)           | 2380 2003 |
| (通菜街店)                             | (Tung Choi Street Shop)                                   | 2380 2566 |
| 中 稻香<br>(加拿芬道店)                    | Tao Heung<br>(Carnarvon Plaza Shop)                       | 2367 1328 |
| (新九龍廣場店)                           | (New Kowloon Plaza Shop)                                  | 3529 1282 |
| 中 稻香超級漁港<br>(雅蘭中心店)                | Tao Heung Super 88<br>(Grand Tower Shop)                  | 2390 0882 |
| (新港中心店)                            | (Silver Cord Shop)  | 2375 9128 |
| (彌敦酒店店)                            | (Nathan Hotel Shop)                                       | 2771 3922 |
| 中 潮樓                               | Chao Inn  | 2780 8193 |
| 中 潮館                               | Chao Inn  | 2628 3728 |
| 中 龍皇酒家                             | Dragonking Restaurant                                     | 2771 5821 |
| 中 聯邦金閣酒家                           | Golden Federal Restaurant                                 | 2628 0823 |
| 聯邦皇宮<br>(彌敦道店)                     | Federal Palace Restaurant<br>(Nathan Road Shop)           | 2626 0022 |
| (奧海城店)                             | (Olympian City Shop)                                      | 2626 0033 |
| 快 醫管局大樓職員餐廳<br>(只供職員)              | Hospital Authority Building Staff Canteen<br>(Staff only) | 2194 6801 |
| 其 麵軒                               | Maincafe  | 2739 9802 |
| 中 譽宴                               | U-Banquet   | 2142 8898 |
| 中 3106餐廳                           | Carat 3106  | 3904 1328 |
| 西 Défrance (Café)<br>(其士大廈店)       | Défrance (Café)<br>(Chevalier House Shop)                 | 2316 2602 |
| (尖沙咀中心店)                           | (Tsim Sha Tsui Centre Shop)                               | 2367 7523 |
| 西 Marco's Oster Bar & Grill        | Marco's Oster Bar & Grill                                 | 2375 2352 |
| 西 MUNCH                            | MUNCH   | 2952 9991 |
| 西 Sprout Organic & Natural<br>Cafe | Sprout Organic & Natural Cafe                             | 2679 6988 |

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|-------------|-------------------------------------|-----------|
| 大家樂         | Café de Coral                       |           |
| (黃大仙中心店)    | (Wong Tai Sin Shopping Centre Shop) | 2352 2032 |
| (華興工業大廈店)   | (Wah Hing Industrial Mansions Shop) | 2352 2117 |
| (慈雲山中心店)    | (Tsz Wan Shan Shopping Centre Shop) | 2194 7376 |
| (鳳德商場店)     | (Fung Tak Shopping Centre Shop)     | 2327 8486 |
| (龍翔中心店)     | (Lung Cheung Mall Shop)             | 2320 7441 |
| 快 西龍傳香飯糰    | QQ Rice                             | 2326 9830 |
| 快 金碗碗餐廳     | Gold Rice Bowl Restaurant           | 2329 7112 |
| 快 美心MX      | Maxim's MX                          | 2321 9331 |
| 中 客家好棧      | Hakka Hut                           | 2398 8831 |
| 西 紅蔥頭       | Café Med                            | 2955 4988 |
| 中 御苑酒家      | The China House                     | 3162 3788 |
| 中 富臨漁港      | Foo Lum Fishman's Wharf Restaurant  | 2320 8088 |
| 中 富臨漁港龍臨門   | Pleasant Palace                     | 2320 9080 |
| 中 肇順名匯海鮮專門店 | Siu Shun Village Cuisine            | 2322 9932 |
| 茶 翠華餐廳      | Tsui Wah Restaurant                 | 2324 6486 |
| 中 聯邦皇宮      | Federal Restaurant                  | 2626 0011 |
| 中 麗都軒       | Nice Capital Restaurant             | 2827 1168 |



# Kowloon City District 九龍城區

|   |                              |   |           |
|---|------------------------------|---|-----------|
| 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)                   | 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 |
| 中 | 小魚滋味                         | Delicious Kitchen   | 3162 8559 |
| 快 | 生果報社                         | Fruit Magazine  | 2713 8319 |
| 茶 | 金裝嫩奶佬                        | Daniel's Restaurant   | 2712 6900 |
| 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 |
| 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 |
|   | 香港城市大學 (城大食坊) (只供學生)         | City University of Hong Kong (Student Canteen) (Student only)                             | 2776 1551 |
| 中 | (城軒海鮮酒家)                     | (Chinese Restaurant)  | 2788 8163 |
| 西 | (城峰閣西餐廳)                     | (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)                 | Ocean Empire (Ma Tau Wai Road Shop)   | 2330 3200 |
|   | (黃埔花園店)                      | (Whampoa Garden Shop)   | 2330 2389 |
| 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 | 富臨漁港蘭臨門                      | Pleasant Palace   | 2365 2881 |
| 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 | 稻香超級魚港                       | 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)     | Bistro Délifrance (Festival Walk Shop)  | 2265 7072 |
|   | (黃埔花園店)                      | (Whampoa Garden Shop)   | 2330 3933 |

# Sham Shui Po District 深水埗區

|   |                                |  |           |
|---|--------------------------------|--|-----------|
| 快 | 大家樂 (元州邨店)                     | Café de Coral (Un Chau Estate Shop)  | 2725 6403 |
|   | (李鄭屋邨商場店)                      | (Lei Cheng Uk Estate Shopping Centre Shop)   | 2958 1671 |
|   | (昇悅商場店)                        | (Liberte Place Shop)   | 2204 4535 |
|   | (美孚新村店)                        | (Mei Foo Sun Chuen Shop)   | 2785 4103 |
|   | (桂祥大廈店)                        | (Kwai Cheung Building Shop)  | 2728 3007 |
|   | (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 |
| 茶 | 金裝嫩奶佬 (順寧道店)                   | Daniel's Restaurant (Shun Ning Road Shop)  | 2729 6111 |
|   | (美孚新邨店)                        | (Mei Foo Sun Chuen Shop)   | 2959 1126 |
| 快 | 美心MX                           | Maxim's MX   | 2742 4679 |
| 快 | 香港專業教育學院 (黃克競分校) (學生飯堂) (只供學生) | Hong Kong Institute of Vocational Education - Haking Wong (Student canteen) (Student only) | 2957 5720 |
| 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 |
| 其 | 農家樂                            | Happy Farm   | 2786 9669 |
| 中 | 富臨漁港                           | Foo Lum Fishman's Wharf Restaurant   | 2368 3738 |
| 中 | 富臨漁港蘭臨門 (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 (Café)              | Délifrance (Café)  | 2242 6669 |

# Kwai Tsing District 葵青區

|   |                            |  |           |
|---|----------------------------|--|-----------|
| 快 | 大家樂 (青衣城店)                 | Café de Coral (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 (石蔭商場店)               | Maxim's MX (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) | Hong Kong 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 |
| 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 |
| 茶 | 銀龍粉麵茶餐廳 (葵盛東商場店)           | Ngan Lung Restaurant (Kwai Shing East Shopping Centre Shop)        | 2408 2315 |
|   | (石蔭商場店)                    | (Shek Yam Shopping Centre Shop)                                    | 2276 5888 |
|   | (葵芳商場店)                    | (Kwai Fong Shopping Centre Shop)                                   | 3156 1112 |
| 中 | 稻香 (青衣城店)                  | Tao Heung (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 | 聯邦皇宮                       | Federal Palace   | 2626 0618 |
| 西 | Bistro Délifrance          | Bistro Délifrance  | 2429 8936 |

# Islands District 離島區

|   |                                    |   |           |
|---|------------------------------------|---|-----------|
| 快 | 大家樂 (香港國際機場客運大樓離港層店)               | Café de Coral (Hong Kong International Airport Departures 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 |
| 中 | 翡翠拉麵小籠包                            | Crystal Jade La Mian Xiao Long Bao  | 2261 0553 |
| 快 | 西龍傳香飯糰                             | QQ Rice   | 2261 0622 |
| 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 |
| 亞 | 富豪機場酒店 (空港居酒屋)                     | Regal Airport Hotel (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 (Café)                  | Délifrance (Café)   | 2261 2056 |



# Shatin District 沙田

|                   |  |           |
|-------------------|--|-----------|
| 大家樂               | Café de Coral                            |           |
| (好運中心店)           | (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 |
| (秦石商場店)           | (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 1911 |
| 百份百餐廳             | Hundred Percent Restaurant               | 2975 8100 |
| 老爹茶居              | Daddy's Kitchen                          | 2640 3878 |
| 突破青年村             | Breakthrough Youth Village               | 2632 0100 |
| 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             | Daniel's Restaurant                      |           |
| (馬鞍山廣場店)          | (Ma On Shan Plaza Shop)                  | 2630 5533 |
| (沙田第一城中心店)        | (City One Plaza Shop)                    | 2648 6111 |
| (頌安商場店)           | (Chung On Shopping Centre Shop)          | 2631 0225 |
| (天寶樓店)            | (Tin Po Building Shop)                   | 2608 1331 |
| 美心MX              | Maxim's MX                               |           |
| (利安邨商場店)          | (Lee On 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 |
| 威爾斯親王醫院飯堂         | Prince of Wales Hospital Canteen         | 2646 1132 |
| (只供職員)            | (Staff only)                             |           |
| 峰山美食              | Fung Shan Canteen                        | 2947 7589 |
| 海皇粥店              | Ocean Empire                             | 2692 4150 |
| 悅翠小廚              | C-Jade Kitchen                           | 2602 7199 |
| 麻布茶房              | Azabusabo                                | 2601 1023 |
| 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 |
| 麵軒                | Maincafe                                 | 2640 8200 |
| 晴慶酒樓              | Happiness Cuisine                        | 2827 8803 |
| Délifrance (Café) | Délifrance (Café)                        | 2606 4881 |
| H Corner          | H Corner                                 | 2639 8420 |

# Tuen Mun District 屯門

|          |                                     |           |
|----------|-------------------------------------|-----------|
| 大姆指茶餐廳   | Big Top Restaurant                  | 2440 4321 |
| 大家樂      | Café de Coral                       |           |
| (山景邨商場店) | (Shan King Commercial Centre Shop)  | 2456 0068 |
| (屯門市廣場店) | (Tuen Mun Town Plaza Shop)          | 2451 2431 |
| (安定商場店)  | (On Ting 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 |
| (錦薈坊店)   | (K-Point Shop)                      | 2458 4860 |

|                   |   |           |
|-------------------|---|-----------|
| 小魚滋味              | Delicious Kitchen                         | 2451 0898 |
| 生果報社              | Fruit Magazine                            | 2458 5291 |
| 百份百餐廳             | Hundred Percent Restaurant                | 2572 8100 |
| 青山醫院職員餐廳          | Castle Peak Hospital Canteen              | 2456 7090 |
| (只供職員)            | (Staff only)                              |           |
| 知味覺               | Tasty Plus                                | 2456 3680 |
| 金裝嫩奶佬             | Daniel's Restaurant                       | 2459 3481 |
| 美心MX              | Maxim's MX                                |           |
| (屯門市廣場店)          | (Tuen Mun Plaza Shop)                     | 2618 2952 |
| (華都花園商場店)         | (Waldorf Garden Shopping Arcade Shop)     | 2618 7458 |
| 美食坊               | Food Hall                                 | 2465 3817 |
| 海皇粥店              | Ocean Empire                              | 2450 5938 |
| 悅翠堂粥麵甜品           | C-Jade Meal Plus                          | 2430 1909 |
| 新星海鮮酒家            | New Star Seafood Restaurant               | 2613 1919 |
| 愛琴會悠閒廊 (只供會員)     | La Fantasie Leisure Lounge (Members Only) | 2949 5333 |
| 煮樓餐廳              | Cooking Restaurant                        | 2613 2380 |
| 肇順名匯河鮮專門店         | Siu Shun Village Cuisine                  | 2462 8898 |
| 翠華餐廳              | Tsui Wah Restaurant                       | 2463 7511 |
| 翡翠拉麵小籠包           | Crystal Jade La Mian Xiao Long Bao        | 2430 1909 |
| 潮館                | Chao Inn                                  | 2404 0892 |
| 樂融融餐廳             | Cafe Fusion                               | 3511 0702 |
| 聯邦大酒樓             | Federal Restaurant                        | 2626 0088 |
| 麗都總廚              | New Capital Worldwide Kitchen             | 2456 4888 |
| Bistro Délifrance | Bistro Délifrance                         | 2452 4307 |
| RB Café           | RB Café                                   | 2543 2190 |

# Yuen Long District 元朗

|                |   |           |
|----------------|---|-----------|
| 千味和食           | Sen Aji Dining                          | 2445 6821 |
| 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 |
| (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 |
| 太興新世代          | Tai Hing New Century                    | 2443 4410 |
| 加州豪園住客會所       | Royal Palms Resident Club (Club Mirage) | 2482 3100 |
| (只供住客)         | (Resident only)                         |           |
| 叻哥茶餐廳          | Smart Man Restaurant                    | 2446 2345 |
| 台灣麵            | Taiwan Kitchen                          |           |
| (金寶大廈店)        | (Campbell Building Shop)                | 2442 2828 |
| (南天大廈店)        | (Nan Tin Mansion Shop)                  | 2470 7577 |
| 忠記燒味茶餐廳        | Chung Keh Restaurant                    | 2616 9819 |
| 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 |
| 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 |
| 叙福樓海鮮酒家        | Lucky House Restaurant                  | 3156 1283 |
| 海皇粥店           | Ocean Empire                            | 2477 8050 |
| 博愛醫院職員餐廳       | Pok Oi Hospital Canteen                 | 2486 8822 |
| (只供職員)         | (Staff only)                            |           |
| 新星海鮮酒家         | New Star Seafood Restaurant             | 2478 2011 |
| 銀龍粉麵茶餐廳        | Ngan Lung Restaurant                    |           |
| (天恩商場店)        | (Tin Yan Shopping Centre Shop)          | 2254 4999 |
| (天盛商場店)        | (Tin Shing Shopping Centre Shop)        | 2254 2188 |
| (天慈商場店)        | (Tin Tsz Shopping Centre Shop)          | 2617 7817 |
| (頌富商場店)        | (Chung Fu Shopping Centre Shop)         | 3156 1668 |
| 稻香             | Tao Heung                               | 2475 9251 |
| 潮樓             | Chao Inn                                | 2478 0628 |
| 錦綉花園鄉村俱樂部      | Fairview Park Country Club Ltd.         |           |
| 亭林閣餐廳 (只供會員)   | Country Café (Members only)             | 2471 6333 |
| 錦綉樓 (只供會員)     | Chinese Restaurant (Members only)       | 2471 6333 |
| 麗都講客           | Nice Invitation                         | 2479 9908 |
| YoHo 會所 (只供會員) | YoHo Club (Members Only)                | 2470 1550 |



## Tsuen Wan District 荃灣區

|   |                                |  |           |
|---|--------------------------------|--|-----------|
| 快 | 大家樂 (昌耀大廈店)                    | 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 Kam Plaza Shop)   | 2499 3515 |
|   | (麗城廣場店)                        | (Belvedere Square Shop)  | 2417 3959 |
| 亞 | 台灣麵                            | Taiwan Kitchen   | 2408 6621 |
| 中 | 百樂門宴會廳                         | Paramount Banquet Hall   | 2419 0348 |
| 茶 | 金裝嫩奶佬                          | Daniel's Restaurant  | 2498 5662 |
| 中 | 迎禧大酒樓                          | Cheers Restaurant  | 2405 3928 |
| 快 | 美心MX (東亞商場店)                   | Maxim's MX (East Asia Commercial Centre Shop)                                      | 2499 9595 |
|   | (荃錦中心店)                        | (Tsuen Kam Centre Shop)  | 2498 9401 |
|   | (愉景新城商場店)                      | (Discovery Park Commercial 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 (荃新天地店)                    | Yue Mic Ka (Citywalk Shop)   | 2829 1168 |
|   | (愉景新城商場店)                      | (Discovery Park Shopping Centre Shop)  | 2417 3261 |
| 其 | 啟勝管理服務有限公司 - 珀麗灣藍色會所餐飲部 (只供會員) | Kai Shing Management Services Ltd. - Park Island Blue Blue Club F&B (Members only) | 2296 4000 |
| 中 | 富臨漁港臨門                         | Pleasant Palace  | 2409 0883 |
| 中 | 新星海鮮酒家                         | New Star Seafood Restaurant  | 2402 8866 |
| 中 | 漁川米線                           | Shunde Cuisine   | 2614 2628 |
| 中 | 肇順名匯河鮮專門店                      | Siu Shun Village Cuisine   | 3910 8373 |
| 茶 | 翠華餐廳 (兆和街店)                    | Tsui Wah Restaurant (Shiu Wo Street Shop)  | 2419 7738 |
|   | (眾安街店)                         | (Chung On Street Shop)   | 3126 9233 |
| 茶 | 銀龍粉麵茶餐廳 (眾安街22號店)              | Ngan Lung Restaurant (22 Chung On Street Shop)                                     | 2416 6990 |
|   | (眾安街122號店)                     | (122 Chung On Street Shop)   | 2416 1922 |
| 中 | 稻香                             | Tao Heung  | 2940 6233 |
| 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 | 聯邦皇宮                           | Federal Restaurant   | 2626 0883 |
| 中 | 稻香超級漁港                         | Tao Heung Super 88   | 2499 0032 |
| 中 | 麗都謙客                           | Nice Invitation  | 2827 2699 |
| 其 | 麵軒                             | Maincafe   | 2328 5655 |
| 西 | Délifrance (Café)              | Délifrance (Café)  | 2940 4830 |

## Tai Po District 大埔區

|   |                 |  |           |
|---|-----------------|--|-----------|
| 快 | 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)         | (Uptown Plaza Shop)                          | 2657 6908 |
|   | (廣福商場店)         | (Kwong Fuk Commercial Centre Shop)           | 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 | 迎禧大酒樓           | 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 |
| 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 |

## Sai Kung District 西貢區

|   |                      |  |           |
|---|----------------------|--|-----------|
| 快 | 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 |
|   | (將軍澳廣場商場店)           | (Tseung Kwan O Plaza Shop)   | 2207 4667 |
|   | (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 |
|   | (翠林商場店)              | (Tsui Lam Shopping Centre Shop)  | 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)      | QQ Rice (Hang Hau MTR Station Shop)  | 2706 6747 |
|   | (將軍澳港鐵站店)            | (Tseung Kwan O MTR Station Shop)   | 2623 3757 |
| 中 | 迎禧大酒樓                | Cheers Restaurant  | 2701 3800 |
| 快 | 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 |
| 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)      | Ocean Empire (Metro City Plaza Shop)   | 3194 4893 |
|   | (將軍澳中心店)             | (Park Central Shop)  | 3417 4059 |
| 快 | 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)   | 2829 1166 |
|   | (彩明商場店)              | (Choi Ming Shopping Centre Shop)   | 2868 0061 |
|   | (新都城中心商場店)           | (Metro City Plaza Shop)  |           |
| 快 | 將軍澳醫院職員餐廳 (只供職員)     | Tsuen Kwun 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 | 愛家素食                 | Loving Hut   | 3129 3088 |
| 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 (Café)    | Délifrance (Café)  | 3417 4247 |
| 茶 | MCL翠華餐廳              | MCL Tsui Wah Restaurant  | 2525 5288 |

## North District 北區

|   |                   |  |           |
|---|-------------------|--|-----------|
| 快 | 大家樂 (名都商場店)       | 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 |
|   | (碧湖花園店)           | (Avon Park Shop)                         | 2207 4079 |
| 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 |
| 茶 | 銀龍粉麵茶餐廳           | Ngan Lung Restaurant                     | 2278 1733 |
| 中 | 稻香                | Tao Heung                                | 2682 5889 |
| 茶 | 閩府統請              | Hop Fu Tong Ching                        | 2256 1335 |
| 中 | 麗都謙客              | Nice Invitation                          | 2673 8829 |
| 西 | Bistro Délifrance | Bistro Délifrance                        | 2672 5256 |

# 吃雞好、 還是吃蛋好？ Chicken or Egg, Which is Better?

香港人愛吃雞，更愛吃雞蛋，每逢喜慶節日，餐桌上總缺不了一味雞。近年市民着重飲食健康，不少人減少甚至戒吃豬、牛、羊等紅肉，改吃雞肉；而雞蛋更是價廉味美，早午晚飯、煎炒蒸焗總相宜。香港營養師學會會長兼澳洲註冊營養師林思為(Sylvia)跟你細談吃雞和蛋的好處。

Hong Kong people are very fond of eating chicken. Chicken is always a main dish in a festival feast. In recent years, many health-conscious people are eating less red meat, i.e. beef, pork and mutton but more chicken. Egg, similarly, appears almost in every meal. Sylvia LAM, Chairlady of the Hong Kong Dietitians Association and a Accredited Practicing Dietitian (Australia), shares with you the benefits of eating chicken and eggs.

林思為  
Sylvia LAM  
香港營養師協會會長  
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## 紅肉白肉 各有好處

Sylvia解釋，所有肉類均含有較易為人體吸收的優質蛋白質，供應身體所需的必需氨基酸 (Essential amino acids)，一般成年人每天進食六至八兩肉類已經足夠。而紅肉是鐵質和鋅質的其中一個主要食物來源，但紅肉的脂肪含量較白肉為高，所以過量進食較容易會引致肥胖症和心血管疾病；同時，美國癌病研究協會及其他研究均指出，過量食用紅肉會增加患上大腸癌的風險。



在家禽類肉食類別中只有雞和火雞屬於白肉，而雞肉的脂肪含量比鴨、鵝、鵪等家禽稍低，亦可提供鋅、硒、維他命B雜等營養素。

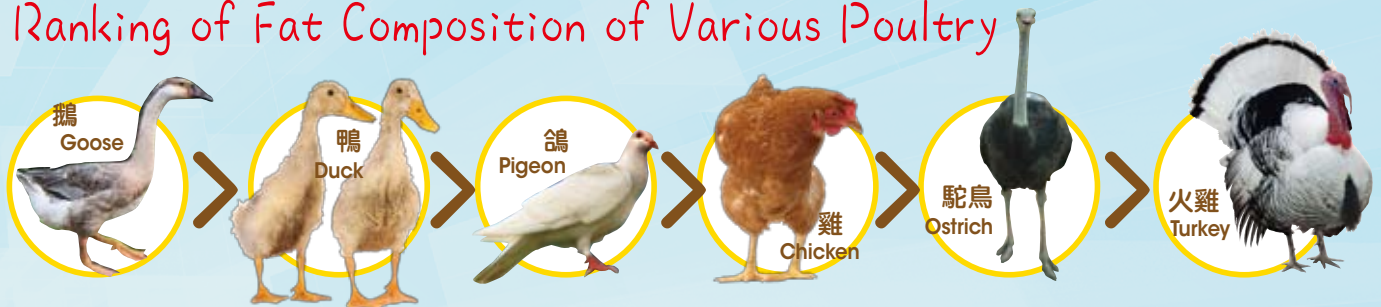
## Red Meat and White Meat

All meats contain high quality proteins which are better absorbed by the body. They provide the essential amino acids required by our body. Yet on average, an adult needs only 225 gm to 300 gm (6 to 8 taels) of meat a day. Red meat is a very good source of iron and zinc, but it usually contains relatively high fat content in which excessive intake will lead to obesity and cardiovascular diseases. Moreover, researches conducted by the American Cancer Research Institute and alike reported that red meat might increase the risk of colon cancer.

Chicken and turkey are considered the healthiest poultry meats because they are white meat in general. Chicken also contains zinc, selenium and Vitamin B complex and has a lower fat composition than duck, goose and pigeon.

## 各類家禽類肉食所含脂肪排行榜

### Ranking of Fat Composition of Various Poultry



## 細心選擇 處理得宜

Sylvia指出，不少人愛吃的雞翼和雞腳因含有皮層，所以相對其他部位其脂肪含量最高。此外，大家亦要留意處理和烹調方法，她舉例說，將雞肉去皮可去除脂肪；若以油炸，則會大大增加脂肪含量。

## Choose Wisely, Cook Healthily

Sylvia said chicken wings and chicken feet, many people's favourites, have a high fat composition because of the skin is not usually removed during served. Eating too much might increase the cholesterol level. She also reminds us to cook chicken in a low-fat healthy way. Deep-frying, for instance, may increase fat intake even though the skin is removed.

\* **煲**: 雞肉經過長時間烹煮，脂肪會溶化流出。建議先將雞湯冷凍，再將表層的油脂撇去，這樣可以減少攝取脂肪。

**Boiling**: Chicken fats will be released after a long period of boiling. It is therefore suggested to stand chicken soup for overnight and remove the fat coagulated on the surface before consumption.



\* **烤**: 將雞肉烤焗，既不用加額外油分，又可以避免進食流出的雞油。

**Grilling**: Grilling does not only require no additional oil and can also help to get rid of chicken fat as it drips off during the process.



\* **先焯後炒**: 可先將雞肉去皮，以熱水焯熟再以少油快炒。

**Blanching before stir-frying**: Remove the chicken skin and blanch chicken meat in warm water, then stir-fry with a little oil.



## 雞蛋味美 慎防膽固醇

除了雞肉，蛋亦是食物蛋白質的其中一個主要來源，但很多人卻會聞蛋色變，主要是擔心進食蛋會攝取過多的膽固醇。其實一隻普通大小的雞蛋約含236毫克膽固醇，接近一般健康人士每日建議的最高攝取量300毫克；而患有心血管疾病、糖尿病或血脂高的人士，膽固醇攝取量每日應低於200毫克。因此，Sylvia建議一般人每周不應進食多於四隻蛋黃，心血管疾病或糖尿病患者則不應吃多於兩隻蛋黃。至於廣東飽點、蛋撻、蛋糕、曲奇餅、月餅、燉蛋等食品，製作時均加入了雞蛋，例如一件蛋撻約含65.1毫克膽固醇，一件雪芳蛋糕更含146.3毫克膽固醇，故進食這些食品同時會亦攝取額外的膽固醇。



## Egg is Good, Mind the Cholesterols

Egg has a rich source of proteins, yet it also contains high cholesterol. An ordinary egg, for instance, contains 236 mg of cholesterol whilst the recommended daily cholesterol intake for an average adult is 300 mg. People with cardiovascular diseases, diabetes or hyperlipaemia should limit their cholesterol intake to 200 mg a day. Sylvia thus suggests that a healthy person should eat no more than 4 egg yolks a week, whilst people with the aforesaid illnesses should not eat more than 2 egg yolks a week.

Furthermore, many other foods such as Cantonese style pastries and bread rolls, egg tarts, cakes, cookies, moon cakes and simmered egg are made with eggs. An egg tart, for instance, contains 65.1 mg of cholesterol while a piece of chiffon cake contains 146.3 mg of cholesterol.

## 各常見蛋類的膽固醇含量比較(以一隻計算)

### Comparison of Cholesterol Content of Various Types of Eggs (per 1 piece)

鵪鶉蛋 9克/gm  
Quail Egg

膽固醇總含量(毫克)  
Total cholesterol (mg) **77**

膽固醇含量(毫克)  
以每100克蛋計  
Cholesterol (mg)  
/100 gm **855**

雞蛋 56克/gm  
Chicken Egg

膽固醇總含量(毫克)  
Total cholesterol (mg) **236**

膽固醇含量(毫克)  
以每100克蛋計  
Cholesterol (mg)  
/100 gm **421**

鴨蛋 70克/gm  
Duck Egg

膽固醇總含量(毫克)  
Total cholesterol (mg) **618.8**

膽固醇含量(毫克)  
以每100克蛋計  
Cholesterol (mg)  
/100 gm **874**

鵝蛋 144克/gm  
Goose Egg

膽固醇總含量(毫克)  
Total cholesterol (mg) **1226.6**

膽固醇含量(毫克)  
以每100克蛋計  
Cholesterol (mg)  
/100 gm **852**





## 少吃蛋黃 以保健康

如果你真是無蛋不歡，Sylvia建議在吃水煮蛋或太陽蛋時只吃蛋白，如要蒸水蛋或炒蛋時，可只使用部分蛋黃，因為膽固醇主要是包含在蛋黃裡。現時市場亦有供應不含膽固醇的雞蛋代用品（例如蛋粉），供對蛋類敏感的人士選用。至於有機雞蛋、素食雞蛋等是採用有機或素食飼料餵養母雞，營養成分與一般雞蛋分別不大。



## Eat Less Egg Yolk

Sylvia added that we may lower the dietary cholesterol intake if we only eat egg white, as the cholesterol in an egg are mostly contained in its egg yolk. We may use a portion of egg yolk if we choose to steam or stir-fry an egg. Cholesterol-free egg substitutes such as egg powder are also available in the market for egg-sensitive people. Organic eggs and vegetarian eggs, on the other hand, are fed with organic or vegetarian fodder and there is no difference in the nutrients of these eggs.

## 蛋殼、蛋黃顏色越深越好？

很多人在選擇雞蛋時，往往會從雞蛋殼和蛋黃的顏色深淺來判斷其營養價值。其實，雞蛋營養價值的高與低，主要取決於飼料和雞的身體狀況，與蛋殼和蛋黃顏色並無直接關係。有些人以為吃生雞蛋比較有益，其實生蛋不但不容易為人體消化吸收，更有可能令人感染沙門氏菌，Sylvia建議大家將蛋煮熟才食用。



## Are Brown Eggs and Deep-Yolked Eggs More Nutritious?

The colours of egg yolk and egg shell, contrary to what many people think, are not associated with their nutritional value. The nutritional value of an egg is determined by the chicken's feed and health condition. Lastly, Sylvia reminds us to eat cooked egg, as raw egg is not easily absorbed by our body and may cause salmonella infection.





# 香草雞卷伴青瓜番茄沙律

## Chicken Roll with Cucumber and Tomato Salad



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蔬菜和香草本身帶有獨有的味道，配合雞肉炮製出這款清新可口的冷盤，特別適合夏天進食。

Vegetables and herbs have their unique scent and taste, making this cold dish irresistible especially in the hot summer days.

### 每一份 Per Serving :

|                       |     |         |
|-----------------------|-----|---------|
| 熱量<br>Energy          | 169 | 千卡 kcal |
| 碳水化合物<br>Carbohydrate | 9   | 克 gm    |
| 蛋白質<br>Protein        | 16  | 克 gm    |
| 脂肪<br>Fat             | 8   | 克 gm    |
| 糖<br>Sugar            | 6   | 克 gm    |
| 鈉質<br>Sodium          | 51  | 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.



### 小貼士

Cooking Tips

熱水保持在攝氏80度，將雞肉卷浸泡15分鐘，效果最佳。

To ensure that chicken meat turns out moist, poach the meat in 80°C hot water for 15 minutes.

## 材料 (1人分量) (Serves 1) Ingredients

|           |       |                                  |              |
|-----------|-------|----------------------------------|--------------|
| 青瓜(切粒)    | 1/4條  | Cucumber (diced)                 | 1/4 piece    |
| 番茄(切粒)    | 1個    | Tomato (diced)                   | 1 piece      |
| 檸檬汁       | 1茶匙   | Lemon Juice                      | 1 teaspoon   |
| 羅勒葉(切碎)   | 4片    | Basil (chopped)                  | 4 leaves     |
| 橄欖油       | 1/2茶匙 | Olive Oil                        | 1/2 teaspoon |
| 雞腩(去骨、去皮) | 1隻    | Skinless Chicken thigh (deboned) | 1 piece      |
| 百里香       | 適量    | Thyme                            | some         |

### 調味料 Seasonings:

|      |       |                     |              |
|------|-------|---------------------|--------------|
| 鹽    | 1/2茶匙 | Salt                | 1/2 teaspoon |
| 黑胡椒碎 | 少許    | Coarse Black Pepper | for taste    |



本食譜由張錦祥先生提供。

This recipe is provided by Mr. Ricky CHEUNG.



# 步驟

## Cooking method

1. 將青瓜、番茄、檸檬汁、羅勒葉、橄欖油拌勻，下1/4茶匙鹽和少許黑胡椒碎調味成青瓜番茄沙律，備用。
2. 雞髀肉以1/4茶匙鹽和少許黑胡椒碎調味。
3. 將雞髀放在錫紙上，灑上百里香，卷起成圓柱狀，然後扭緊頭尾兩端。
4. 燒滾水，放入雞卷，轉慢火浸煮15分鐘至熟透，取出待涼後切片，伴以青瓜番茄沙律即可。

1. To make cucumber and tomato salad, combine cucumber, tomato, lemon juice, basil and olive oil. Season with 1/4 teaspoon of salt and some coarse black pepper. Set aside.
2. Season chicken thigh meat with 1/4 teaspoon of salt and some coarse black pepper.
3. Place chicken thigh meat on an aluminium foil then sprinkle with thyme. Tightly roll up the chicken and secure by twisting the two ends of the foil.
4. Bring water to the boil. Add chicken roll. Reduce to low heat. Boil for 15 minutes until cooked. Remove and set aside to cool. Cut into slices. Serve with cucumber and tomato salad.

## 試食兵團 話你知 Message from Tasting Team

雞髀肉用錫紙包裹以溫水泡熟，做法簡單兼保存了雞肉的水分和鮮味，配上沙律，是很美味的派對小吃。

Wrapped chicken thigh meat in foil is poached in warm water, keeping the meat juicy and tender. It is served with salad to become a nice party dish.





# 酸乳酪奶凍伴紅桑子

## Yoghurt Panna Cotta with Raspberries



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甜品一定要用大量砂糖做嗎？其實只要配搭得宜，甜品也可以低脂低糖！像這款奶凍，鮮奶和乳酪用了低脂版本，以酸酸甜甜的紅桑子和清新的薄荷葉，巧妙地帶出甜品的味道。

Do we need a lot of sugar to make desserts? Well, it depends how wise we make use of the ingredients. Tangy raspberry plus low fat milk and yoghurt, create this zesty dessert without using a lot of sugar and fat.

### 材料 Ingredients

(4人分量) (Serves 4)

低脂鮮奶 250毫升  
低脂原味酸乳酪 200克  
魚膠片(用冰水浸軟) 3片  
紅桑子 120克  
薄荷葉 4片  
蜜糖 2湯匙

Low-fat Fresh Milk 250 ml  
Low-fat Plain Yoghurt 200 gm  
Gelatine (soaked in ice water until spongy) 3 leaves  
Raspberries 120 gm  
Mint 4 pieces  
Honey 2 tablespoons



### 每一份 Per Serving :

|                       |     |         |
|-----------------------|-----|---------|
| 熱量<br>Energy          | 123 | 千卡 kcal |
| 碳水化合物<br>Carbohydrate | 20  | 克 gm    |
| 蛋白質<br>Protein        | 8   | 克 gm    |
| 脂肪<br>Fat             | 2   | 克 gm    |
| 糖<br>Sugar            | 18  | 克 gm    |
| 鈉質<br>Sodium          | 70  | 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.

### 小貼士 Cooking Tips

魚膠片應以冰水浸透，自會慢慢變軟，切忌使用熱水，避免起粒。  
Use ice water instead of hot water to soften gelatine, otherwise it will lump.





# 步驟

## Cooking method

1. 將低脂鮮奶放入小鍋內煮滾。
  2. 離火後加入低脂原味乳酪和魚膠片，攪拌至溶後，分別倒入小杯內，放進雪櫃冷凍4小時。
  3. 將乳酪奶凍倒出放在食碟上，用紅桑子圍邊，放上薄荷葉作裝飾，伴以蜜糖即可。
1. Place low-fat fresh milk in a small pot and bring to the boil.
  2. Remove from heat. Stir in low-fat plain yoghurt and gelatine until dissolve. Pour the mixture in small cups. Place in the refrigerator to set for 4 hours.
  3. Turn out panna cotta into a serving plate. Arrange raspberries around the plate. Garnish with mint. Serve with honey.

## 試食兵團 話你知 Message from Tasting Team

清香幼滑的酸乳酪奶凍，是非常受歡迎的甜品，這次配上酸中帶甜的紅桑子，濃淡適中。

Panna Cotta has become a popular dessert. The yoghurt, with its rich flavour and silky texture, is brightened by the sweet raspberries.





# Ricky 打造 食尚接班人

## Ricky Nurtures a New Generation of Culinary Stars

### 張錦祥(Ricky)

入廚超過三十五年，精於西菜，曾在多家著名酒

店的中西菜部任職，2005年開辦法國私房菜館，並客席主持電台的飲食節目。

一位是入廚三十多年的城中名廚，另一位是年輕傳媒人，偶然之下因美食結緣，去年更成為師徒，所教所學的除了是菜餚的色香味外，還有對盤中顆粒的珍惜和廚師技藝的尊重。

Ricky CHEUNG is a renowned French cuisine chef in Hong Kong. Having been in the catering industry for over 35 years and having served in a couple of prestigious hotels, he is now running a 'private kitchen' and acting as a guest host of a radio food programme.

CC used to be a journalist, radio programme host and public relations agent and she now works as a TV show host.

CC and Ricky are not two of a kind but they share a common bond: a passion for food. CC became Ricky's culinary arts student a year ago. She regularly appears in Ricky's kitchen to practise her skills.

### 為什麼會跟隨Ricky學習廚藝？

CC:

「約八、九年前，我在一次燒烤派對中認識了Ricky，當時看見他很用心地為大家烤牛肉，一點架子也沒有。之後，我相約朋友到Ricky任職的餐廳吃過一頓飯，看見每一道菜在設計和烹調技巧上都很有心思，手法高超，於是萌生了跟隨Ricky學習廚藝的念頭。一攞幾年，我終於在一年前左右正式拜Ricky為師，現時每周定時到Ricky的私房菜餐廳習藝。」

### What made you want to become a culinary student?

CC: I first met Ricky about eight to nine years ago. It was a barbeque party and he was grilling beef heartily for the guests. Some time later, I visited his restaurant and was so impressed by his cooking. After one year, I finally made up my mind to be a culinary student under Ricky's guidance.

### 為什麼喜歡法國菜？

Ricky:

「法國菜的烹調程序非常嚴謹，每個步驟、時間的掌握都一絲不苟。我很欣賞西方人對於食材的尊重，就是一片菜、一條豆，亦從不浪費，例如西餐常以青瓜切片做沙律，頭尾部分均不會丟掉，而會打成蓉狀做湯。」

### Why do you love French food?

Ricky: The French are very serious about cooking. They prepare and cook their food according to standardised recipes and procedures. More importantly, they have a lot of respect for food. They do not waste even the bits and pieces of vegetables. The ends of a cucumber, for instance, are used to make cucumber soup.

佳節當前，良朋歡宴聚會，且看Ricky有什麼健康的派對菜譜。

Here are a few menu ideas for your next dinner party, which are simple, healthy and delicious.

#### 沙律 Salad

沙律菜、生果粒、草莓、乾果  
Assorted salad vegetables, Diced fruits, Raspberries and Dried fruits  
洗淨沙律菜，配以橄欖油和意大利醋打成的醬汁。

Wash salad vegetables. Served with a sauce made of olive oil and Italian vinegar.

#### 前菜 Starter

甘筍、青瓜、西芹

Carrots, Cucumber and Celery

蔬菜切條，伴以低脂酸乳酪、香草、葱粒和番茄粒做成的醬汁即成。

Slice all vegetables. Served with a sauce of low-fat yoghurt, herbs, diced onion and tomatoes.



CC:

「接觸過西方廚藝後，發覺每位廚師都像一位藝術家，由挑選食材、控制分量以至烹調過程，都是那麼仔細嚴謹、精確無誤。只要依照菜譜按部就班，就能成功做出可口的菜餚，煮成後若能令用膳者滿意，心裏更是愉快，滿足感很大。」

## 一般西餐愛用上大量牛油、芝士等食材，會較為油膩？

Ricky:

「近年歐陸的飲食文化以地中海菜系為主導，結合意大利南部和法國的風味，多用海鮮、蔬菜作為主要材料；而現今亦流行以新鮮水果作為甜品，所以菜式較為清新健康。煮食時亦使用橄欖油代替牛油，以番茄、椰菜花等打汁代替忌廉汁，甜品則改用鮮果打蓉代替忌廉奶。」

## 有什麼健康煮食心得？

Ricky:

「最重要是保持飲食均衡、不偏食；個人飲食方面，我主要吃蔬菜和海鮮，比例大約是三比一。此外，多用蒸、焗等較健康的煮法。」

## 當廚師有什麼秘訣？

Ricky:

「當廚師最重要是對廚藝的熱誠，不喜歡吃東西，一定不會做得好，所以要抱開放的態度，嘗試不同的食品。」

## Ricky最令人欣賞的地方是什麼？

CC:

「Ricky在飲食方面的閱歷很豐富，不論中西菜式都很熟悉，難得是他毫不吝嗇，將自己累積多年的烹調經驗傾囊相授。」

## 對學習廚藝有什麼期望？

Ricky:

「我覺得有不少熱愛廚藝的人，卻苦無門路，所以希望將所學的技藝與有興趣的人士分享。」

CC:

「餐飲從業員工作辛苦，當廚師就不能介意廚房熱或切傷手；我現時很多基本功夫還未到家，但希望可以學到Ricky的三成功力，在三至五年後能夠開設自己的菜館。」

CC:

A chef, in my opinion, is also an artiste. Ricky prepares his food with the best ingredients and the most precise techniques. Just follow the proper procedures and get the right ingredients, you will be able to make your own delicious dishes.

## Do you agree that Western cuisines tend to be heavy and greasy?

Ricky:

Mediterranean cuisine, which blends South Italian and French cuisines, has become more popular in recent years. It is characterised by the dominant use of seafood, fruits and vegetables, which are healthier with fresh taste. Olive oil, instead of butter, is widely used. Ground fruits rather than cream are used for the dessert.

## Any healthy cooking tips?

Ricky:

One of the most important things is to keep a balanced diet. I prefer eating plenty of vegetables and seafood. I also cook in a healthy way including steaming, blanching and grilling.

## What is the secret to be a successful cook?

Ricky:

One needs to have a genuine passion for food. If you don't love food, you'll never learn to cook. We also have to take risks and experience different cuisines as we can.

## What do you appreciate the most about Ricky?

CC:

His knowledge in food and cooking is so extensive. Yet I am truly grateful that he teaches me nearly everything about cooking.

## What do you expect to gain from this kitchen class?

Ricky:

I know many people who are very enthusiastic on food. It is my wish to share my experiences in culinary arts with people who share this passion.

CC:

I think it would be great enough if I could manage to learn thirty percent of what he knows. I wish to start up my own restaurant in five years' time when I accomplish that.

凌穎詩(CC)

曾任記者、電台主持和公關，現時是一位電視節目主持人，約一年前開始跟隨Ricky學習廚藝。

### 湯Soup

#### 蘑菇湯

Mushroom Cream Soup

洋葱、蘑菇、雞湯、低脂奶等打蓉煲熱即成。如喜歡濃湯，可加適量馬鈴薯作芡。  
Blend onion, mushroom, chicken broth and low-fat milk, then heat through. May add potato as thickener.

### 主菜Main Course

#### 焗魚

Grilled Fish

魚塊加洋葱、番茄片、香草、雜菜以錫紙包裹，放入焗爐焗熱即可。  
Wrap fish fillet, onion, tomato slices, herbs and vegetables in foil and grill.

### 甜品Dessert

#### 鮮果甜品

Mixed Fruit Dessert

新鮮時果切粒，加入較低脂茅屋芝士，放上薄荷和檸檬皮絲，配以蜜糖即可。  
Dice season fruits. Add in reduced-fat cottage cheese. Top with mint leaf and shredded lemon peel. Served with honey.



## 少油煮食 小貼士

## Less Oil Cooking Tips



### 選材 Ingredient

- 選擇脂肪比例較低的材料，如瘦肉、去皮和去肥禽肉、低脂芝士、低脂淡奶。
- 減少選用罐頭或醃製的肉類，如午餐肉、煙肉和香腸等。

- Choose ingredients with lower fat content, e.g. lean meat, poultry with skin and fat removed, low-fat cheese and low-fat evaporated milk.
- Choose less canned or preserved meat, e.g. luncheon meat, bacon and sausage.



### 烹調 Cooking

- 選用蒸、焯、焗、炆、少油快炒等烹調方法。
- 烹煮肉類時可先汆水，避免走油。
- 下油時使用尺寸較少的匙羹代替湯勺。
- 摒除「下尾油」的習慣。

- Use cooking methods like steaming, boiling, baking, stewing and stir-frying with small amount of oil.
- When cooking meat, blanch meat at first and avoid deep-frying.
- Use a smaller spoon instead of a ladle for adding oil.
- Avoid adding cooked oil in the dish just before serving.



### 供應 Serving

- 分開供應麵包塗醬或只薄薄地塗上一層。
- 分開供應醬汁或低脂沙律醬等佐料。

- Thin spread or serve spread separately for sandwiches or toast.
- Serve sauce or low-fat salad dressing separately.

食得健康，出力運動，你好叻！

Healthy Eating, More Workout, You're so Smart!

為延續提高公眾對健康生活的認知和鼓勵公眾採納活躍生活模式的工作，衛生署早前於全港多個巴士站以及電車車身推行海報宣傳活動。

海報是以漢字（廣州字）「口」字和「力」字組成的「叻」字為主題，意味着健康飲食加上多做體能活動會令人變得聰敏。海報宣傳活動的健康訊息由「食得健康，出力運動，你好叻！」這個標語帶出，以激勵公眾為更健康的生活而作出改變，尤其是那些以往未曾改變過生活模式的人士。

因此，請於兔年嘗試為自己和家人選擇健康一些的飲食，以及花點氣力去做多一些運動。那樣的話，你就可以自豪地告訴別人「我好叻！」。





## 強烈推介 Recommendation



街道宣傳橫額 Street Banner

為了讓更多市民能養成「三少一多」—即少油、鹽、糖和攝取較多蔬果—的飲食習慣，衛生署積極在去年十二月至今年三月期間，於以下不同媒介推廣「少油，唔該！」、「3少之選」和「蔬果之選」的健康飲食概念。除此以外，更藉此鼓勵市民多光顧「有營食肆」，點選「有營菜式」。想成為「有營食肆」一份子？請立即致電2572 1476 查詢或到「有營食肆」網站 (<http://restaurant.eatsmart.gov.hk>) 下載申請表格。

To help citizens build up the "3 Less, 1 More" dietary practice (i.e. "less oil, salt and sugar" and "more fruit and vegetables"), the Department of Health actively conveys the messages of "Less oil, please!", "3 Less Dish" and "Dish with More Fruit and Vegetables" to the public through various media from December 2010 to March 2011. We hope that more people will be willing to patronise EatSmart Restaurants and pick EatSmart Dishes.

Does your restaurant want to join as an EatSmart Restaurant? Please call 2572 1476 for enquiries or download the application form at the EatSmart Website (<http://restaurant.eatsmart.gov.hk>).



港鐵月台大電視 MTR Platform TV



港鐵車站電視 MTR Concourse TV



路訊通多媒體廣告平台 RoadShow Multi-media Onboard Advertising Platform



Yahoo!HK 網站 Yahoo!HK Website



港鐵新聞直線 Newsline Express



TVB.com 網站 TVB.com Website



To continue the efforts in raising public awareness and encouraging the public to adopt a healthy lifestyle, the Department of Health had embarked on a poster campaign at multiple bus stops all around Hong Kong, as well as on the bodies of tramcars.

The poster features a Chinese (Cantonese) word '叻' meaning "smart", which is made up of '口' [mouth] and '力' [effort]. It signifies that healthy eating along with efforts for more physical activities will make a smart person. This health message is spelt out by the slogan '食得健康，出力運動，你好叻！' [Healthy Eating, More Workout, You're so Smart!] so as to motivate the public to make changes towards a healthier lifestyle, especially those who have not made changes in their lifestyle before.

So, try to make efforts in choosing healthier food for yourself and your family AND being more physically active in the Year of the Rabbit. Be proud of yourself and tell others '我好叻' [I'm so Smart].

For more information on promotional activities relating to healthy diet and physical activity participation, please visit our new 'Change for Health' website at <http://www.change4health.gov.hk>.



# CookSmart

## 營廚



Ricky 打造 食尚接班人

*Ricky Nurtures a New Generation of Culinary Stars*