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Newsletter

EatSmart Restaurant Star +



Tips on Having a Healthy Hot Pot Meal in Winter

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With a variety of ingredients and soup bases to choose from, hot pot meals are one of Hong Kong people's favourite choices in winter. In contrast to the common belief that hot pot meals easily lead to weight gain, which puts off health-conscious individuals, hot pot meals can be healthy if you make the right choices. Here are some suggestions from a registered dietitian, Chloris Leung, on how to prepare hot pot meals in a healthy way. By following these tips, restaurants serving hot pots can play an important role in promoting healthy eating.

Healthy Ingredients

Chloris recommended that restaurants make fresh and low-fat ingredients the main choices on the hot pot menu. Examples are tender beef, tofu, slices of fish, shrimps and scallops. As over 90% of Hong Kong people do not have adequate fruit and vegetables in their daily diet, Chloris recommended that hot pot restaurants encourage customers to order vegetables by making promotional offers available for trendy vegetables, such as crystalline ice plants, okra and kale. For restaurants that offer all-you-can-eat hot pot meals, Chloris suggested that they provide a healthy option based on vegetables and supplemented by low-fat meats. Restaurants can also think outside the box to provide healthy menu items. "Some restaurants offer hot pot dishes that mix vegetables with

meat. Examples are 'mushrooms stuffed with minced shrimp', 'lotus root patties with minced fish' and 'corn and chicken dumplings'," Chloris said. In addition, restaurants can display the energy contents of different ingredients to help customers make healthy choices.

"3 Less" Soup Base

Hot pot soup bases are also closely related to health. According to Chloris, the selection of soup bases should be based on three factors: energy content, sodium content and fat. Soup bases with less fat or oil, salt and sugar include Japanese style bonito soup, kombu soup, fish and tomato soup, as well as tofu and coriander soup. She also recommended that restaurants

provide a dual-sided cooking pot to separate a rich-flavoured soup base from a light-flavoured one, thereby allowing customers to strike a balance between enjoying tasty food and eating healthy.

Low-sugar Drinks

In addition to ingredients and soup bases, beverages may contain a lot of sugar and energy. Hot pot restaurants are recommended to reduce the amount of sugar used in homemade beverages, such as plum soup, hawthorn tea, as well as chrysanthemum and goji tea. Restaurants can also provide low-sugar pre-packaged beverages, such as sugar-free tea, diet soda and low-sugar Chinese beverages, to customers.

In short, the key to having a healthy hot pot meal is to choose vegetables and low-fat meats as the main ingredients, and select two to three light-flavoured soup bases.

Keeping Pace with Healthy Eating Trend

Mr Robert Chan

Executive Director of
ClubONE

ClubONE solely specialised in the operation of wedding venues when it was established. Subsequently, it has expanded its business scope to cover different types of banquets for individuals and companies. Since 2013, ClubONE has been an EatSmart Restaurant (ESR), offering “EatSmart Dishes” (i.e. “More Fruit and Vegetables” dishes and “3 Less” dishes) in its restaurants. Since early this year, ClubONE has been providing “EatSmart Promotion” for specific “EatSmart Dishes”. It was promoted to a three-star ESR under the “EatSmart Restaurant Star+” Campaign (ESR Star+ Campaign).

Unlimited Business Opportunities in Healthy Eating

Mr Robert Chan, Executive Director of ClubONE, has been well aware of the market trend for a long time. He included becoming an ESR as one of the major directions of ClubONE. Believing that young people are health-conscious and generally maintain a healthy diet, Mr Chan is convinced that capitalising the healthy eating trend will allow room for business growth and expansion. Over the past few years, Mr Chan has noticed that Hong Kong people’s eating habits have become more healthy. He revealed, “Wedding couples do not merely pursue lavish meals. They choose to hold their wedding banquet at ClubONE because we provide dishes that are cooked with less fat or oil, salt and sugar.”

Getting Creative with “EatSmart Dishes”

ClubONE has developed quite a number of “EatSmart Dishes” with wonderful colour,

aroma and taste. Mr Chan said, “As long as you are willing to think hard, it is not difficult to come up with brand new healthy dishes. Our chefs are good at using western vegetables in preparation of cooked dishes. This gives us a little bit of edge in creating innovative ‘EatSmart Dishes’, and we are able to deliver surprises from time to time.” Some examples are the recently introduced dishes, which feature beetroots and kale as the core ingredients.

Maintaining Position as a Healthy Brand

Mr Chan believes that healthy eating is becoming mainstream, referring to a previous case in which ClubONE received critical acclaim from a client after successfully holding a company dinner of 50 tables in vegetarian style. As for the future development of ClubONE, Mr Chan hopes to incorporate the elements of healthy eating into “100th day banquets” for newborn babies.

Steamed Dumplings with Beetroots and Lotus Roots

With a crunchy filling of beetroots and lotus roots, these steamed dumplings are a healthy and delicious meal choice.



Stir-fried Assorted Vegetables

Quickly stir-fried with less oil, this colourful dish makes use of a beautiful combo of simple ingredients to deliver a refreshing flavour.



A Place to Enjoy Hearty Vegetarian Dishes



Liza

The Chef of
Liza Veggies

Liza Veggies is usually crowded with customers during lunch and dinner time. With her passion and cookery skills, Liza, the chef of Liza Veggies, endeavours to promote healthy eating through a wide range of delicious vegetarian dishes.

While Liza Veggies is located in the commercial district of Wan Chai, its dishes have a unique taste that reminds you of home. After becoming an ESR for a decade, Liza Veggies has acquired the three-star status this year. Working tirelessly to sharpen her vegetarian cooking skills, Liza has created a diversified range of new vegetarian dishes and made promotional offers available to attract more customers. In doing so, Liza Veggies helps promote the culture of healthy eating.

Practising and Promoting Healthy Eating

Liza has developed healthy eating habits for a long time. She eats a balanced diet every day, which mainly consists of tofu, gourds and vegetables. Attaching great importance to healthy cooking, Liza adheres to the principle of using less fat or oil, salt and sugar. While some ingredients in vegetarian dishes are relatively light in taste, Liza insists on not using MSG in her dishes to avoid adding extra sodium (the main component of salt). For Liza, the key to cooking is

to spare more effort to understand the characteristics of different ingredients. She illustrated this concept with the example of cooking tomatoes. She explained, "Cooking a tomato until it is 70% done helps retain its moisture and enhance its fresh flavour. There is then no need to add a lot of sugar to cover the sour taste."

Treating Guests like Family

Treating her customers like family members, Liza places great emphasis on the nutritional values of the dishes. Apart from containing less fat or oil, salt and sugar, the dishes must be outstanding in terms of appearance, aroma and flavour to give customers both nutrition and satisfaction. When talking about her biggest wish, Liza said, "I want to retain the fresh flavour of the ingredients and cook healthy and delicious dishes for young people, just like a mother taking care of her children."

Steamed Fresh Beancurd Skin With Minced Ginger

Minced ginger is added to enhance the flavour of the steamed hand-rolled beancurd skin. Since beancurd skin releases water in the preparation process, preparing the dish in advance will affect the mouthfeel and taste. Thus, the dish can only be cooked to order.



Sautéed Asparagus, Lily Bulbs and Chinese Yams

With their rich green colour, the ingredients can easily entice your appetite. A quick stir-frying with less oil will be sufficient for bringing out the fresh flavour of the ingredients.



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Kick-off Ceremony of the ESR Star+ Campaign



On 2 May 2019, the Department of Health held the kick-off ceremony of the ESR Star+ Campaign and presented certificates of commendation to ESRs. Various representatives from the food trade joined the occasion. At the ceremony, Ambassador of the ESR Star+ Campaign, Ms Kitty Yuen, prepared an “EatSmart Dish” for tasting by the Secretary for Food and Health, Professor Sophia Chan, and the Director of Health, Dr Constance Chan, who were in attendance as officiating guests. Amid the roaring cheers of the audience, famous artiste Mr Sammy Leung gave a live performance of the theme song of the ESR Star+ Campaign, bringing the atmosphere to a climax.

HKTDC Food Expo 2019

This year, the Department of Health continued to participate in the HKTDC Food Expo, with the aim of promoting ESRs and encouraging the public to follow the healthy eating principle of “less fat or oil, salt and sugar”. Out of several “EatSmart Dishes”, “Vietnamese Veggie & Quinoa Rice Paper Rolls” from Leisurely Veggie and “Stir-fried Seafood with Cordyceps Flower and Dragon Fruit” from Wedding Banquet Specialist were selected for cooking demonstrations on 15 and 16 August, respectively. Both cooking demonstrations were well received by the audience and created a pleasant, delightful atmosphere at the showground.



Vietnamese Veggie & Quinoa Rice Paper Rolls



Stir-fried Seafood with Cordyceps Flower and Dragon Fruit

Key Success Factors for the Catering Industry: Food Quality and Work Safety



Every year, the Occupational Safety and Health Council (OSHC) organises promotional campaigns on occupational safety and health (OSH) in the catering industry, with the aim of increasing staff’s awareness of safety and health issues as well as reducing accidents in the workplace. With the new year around the corner, the OSHC wishes all restaurants a thriving business, and calls for everyone to protect the safety and health of employees by implementing OSH measures.

Join the OSH Star Restaurant Scheme now!

There are many benefits for becoming an OSH Star Restaurant:

- ✓ Enjoying free housekeeping consultancy service and safety training
- ✓ Obtaining sponsorship for safety equipment and activities
- ✓ Reducing the insurance premium
- ✓ Enhancing efficiency and productivity
- ✓ Attracting and retaining talented staff



Scheme Details



Animation: Safety Tips for Use of Knife (Chinese version only)



Animation: Benefitting from OSH Star Restaurant Scheme (Chinese version only)