



中日
意念烹調

Tiger
Magic Cooker
Cookbook





廚師簡介

Chef Introduction

蔡潔儀 Kitty Choi

蔡潔儀女士，自幼醉心廚藝，更獲多個烹飪專業資格。她曾移民新馬，對烹調當地及東南亞菜式素有研究。她曾任教各大院校及機構的烹飪課程，並於各大報章撰寫烹飪專欄及出版多本烹飪著作。蔡潔儀對烹飪的鐘愛熱誠及奮鬥歷程，更於1999年「知識改變命運」活動中，獲評為12個勵志故事之一。

2009年，經全國飯店業國家級評審團審議，蔡潔儀女士榮獲【中國國際名廚】獎，並入選影響中國飯店業現代史系列叢書之《中國國際名廚》。

其後，蔡潔儀女士於2011年分別獲中國旅遊協會及香港旅遊發展局，邀請擔任「全世界中國菜廚技大賽」及「2011美食之最大賞」之評判。

Ms Kitty Choi loves cooking since she was a child. After immigrated to Singapore and Malaysia, she learned the cooking methods of Singaporean and Malaysian dishes. Kitty has taught various cooking classes in several institutes and organizations. Being a columnist of several newspapers and the author of cookbooks. She is enthusiastic about cooking and her story was chosen as one of the best stories of 'One's Determination of Fulfilling Aspirations' in 1999.

In 2009, Kitty was awarded as the "China International Renowned Chef" by the panel of the China Hotel Association. She was also elected to be one of the famous chefs under the book series of "China International Renowned Chef".

In 2011, she was also invited by the China Tourism Association and the Hong Kong Tourism Board as one of the panel judges for the "International Chinese Culinary Competition" and "2011 Best of the Best Culinary Awards" respectively.



桑寄生蓮子蛋茶

Sang Zi Sheng Lotus Seeds Tea with Egg

材料 桑寄生120克 ■ 雞蛋8只(或適量) ■ 糖蓮子80克 ■ 冰糖240克 ■ 清水12杯

做法 雞蛋煮熟，浸在凍水中，去殼備用。

桑寄生洗淨，置真空煲中，注入清水12杯，以明火煮沸，約30分鐘，放進雞蛋，熄火加蓋。將真空煲轉移置外煲中，待2小時後取出內煲，撈起桑寄生及雞蛋，將桑寄生棄去，雞蛋待用。加入冰糖和糖蓮子，再煮20分鐘至糖溶解，便可將雞蛋放回糖水中，一起享用。

Ingredients 120g Sang Zi Sheng • 8 eggs • 80g candied lotus seeds • 240g crystal sugar • 12 cups of water

Method Boil eggs. Soak in cold water. Set aside.
Wash Sang Zi Sheng, put it in the inner pot. Pour in 12 cups of water. Bring to the boil and cook for 30 minutes. Add in the eggs. Turn off the fire and cover the lid.
Place the inner pot inside the outer one and leaves it for 2 hours. Take out the inner pot. Sieve out Sang Zi Sheng and discard. Keep the eggs and set aside.
Boil the tea with crystal sugar and lotus seeds, cook for 20 minutes until sugar melt. Add the eggs and serve.

甜 Sweet Soup
and Desserts

蜜
蜜
糖水
篇

糖水 デザート
Sweet
Soup



春
Spring

椰子紅棗甘筍煲竹絲雞

Chicken and Coconut Soup with Red Dates and Carrot

材料 椰子肉300克 ■ 紅棗(去核)8-10粒 ■ 甘筍1個 ■ 竹絲雞1只 ■ 清水10杯

調味 鹽適量

做法 椰子肉切塊，甘筍去皮切塊備用，竹絲雞洗淨去肺，飛水過冷瀝乾。
真空煲注入清水，加進以上材料，置爐火上，以中火煲30分鐘。
熄火蓋上煲蓋，放進至真空外煲中，煲焗約2小時取出。
再續煲30分鐘，即可加鹽享用。

Ingredients 300g coconut ■ 8-10 red dates (stoned) ■ 1 carrot ■ 1 Silky fowl ■ 10 cups of water

Seasoning Pinch of salt

Method Cut coconut into slices. Peel and slice carrot. Wash and remove lungs from the chicken. Scald and rinse with cold water. Drain.
Put all ingredients and water in the inner pot. Boil under medium heat for 30 minutes.
Turn off the fire and cover the lid. Place into the outer pot and leaves it for 2 hours.
Re-boil for 30 minutes. Season with salt.



金粟豆腐椰菜羹
Sweet Corn, Tofu and Cabbage Soup

材料 粟米粒1杯 ▪ 豆腐1塊 ▪ 椰菜100克 ▪ 清水4杯

調味 雞粉2茶匙 ▪ 鹽1茶匙

獻料 粟粉3 1/2湯匙 ▪ 水4湯匙

做法 豆腐切粒，椰菜洗淨切幼絲。

水4杯注入真空內煲中，加入粟米粒、豆腐和椰菜絲，置爐火上煮10分鐘，熄火，蓋密煲蓋。

將內煲放置外煲中，以高溫煲焗20分鐘取出。

再置爐火上煮滾，加調味，打獻拌勻即成。

Ingredients 1 cup sweet corn ▪ 1 cube tofu ▪ 100g white cabbage ▪ 4 cups of water

Seasoning 2 tsp. chicken powder ▪ 1 tsp. salt

Thickening Glaze 3 1/2 tbsp. cornstarch ▪ 4 tbsp. water

Method Cut tofu into dices. Wash and shred cabbage.

Pour 4 cups of water in the inner pot. Put in sweet corn, tofu and shredded cabbage. Boil for 10 minutes. Turn off the fire and cover the lid.

Place the inner pot inside the outer pot and leaves it for 20 minutes.

Take out the inner pot. Re-boil. Add seasoning and thicken with sauce. Serve.



貴妃牛肉
Stewed Beef with Carrot and Chili

材料 牛腩600克 ▪ 紅蘿蔔1個 ▪ 紅辣椒2只 ▪ 乾蔥6個 ▪ 蒜頭6粒 ▪ 清水2杯

調味 茄醬1/4杯 ▪ 醬油1湯匙 ▪ 雞粉1茶匙 ▪ 糖1茶匙

獻料 生粉1茶匙 ▪ 水2湯匙

做法 牛腩切件，飛水，洗淨瀝乾；紅蘿蔔切角。

燒熱真空煲，加油2湯匙，爆香乾蔥、蒜頭、辣椒和牛腩，加入調味和清水，待沸滾後改以中火煮30分鐘。熄火蓋密煲蓋，放進真空外煲中，斷熱之狀態下，燉煮約30分鐘，加入紅蘿蔔，再以明火煮滾約5分鐘。

再行熄火斷熱在真空外煲中，續燉約15分鐘，取出打獻收汁即成。

Ingredients 600g beef brisket ▪ 1 carrot ▪ 2 red chillies ▪ 6 spring onion ▪ 6 cloves garlic ▪ 2 cups of water

Seasoning 1/4 cup ketchup ▪ 1 tbsp. soy sauce ▪ 1 tsp. chicken powder ▪ 1 tsp. sugar

Thickening Glaze 1 tsp. potato starch ▪ 2 tbsp. water

Method Cut beef brisket into chunks. Scald, rinse and drain. Cut carrot into wedges.

Heat the inner pot and pour in 2 tbsp of oil. Stir fry spring onion, garlic, red chillies and beef brisket. Add seasoning and water. Bring to the boil. Simmer over medium heat for 30 minutes.

Turn off the fire and cover the lid. Place the inner pot inside the outer pot and leaves it for 30 minutes. Take out the inner pot. Add carrot, and bring to boil for 5 minutes.

Turn off the fire again. Place the inner pot inside the outer pot and leaves it for 15 minutes. Remove, thicken with glaze and serve.

夏
Summer



天山雪蓮金銀花煲瘦肉

Lean Pork Soup with Tianshan Snow Lotus and Honeysuckle

材料 乾天山雪蓮1朵 ■ 金銀花20克 ■ 瘦肉400克 ■ 清水8杯

調味 鹽適量

做法 雪蓮洗淨，金銀花用水略洗備用。

瘦肉切塊飛水過冷瀝乾。

將以上材料同置真空內煲中，注入清水8杯，用明火煮沸，改以中火煲30分鐘，熄火加蓋。

將內煲放進外煲中，以高溫煲燜2小時，取出。

以中火再煮約30分鐘，即可加鹽調味享用。

Ingredients 1 Tianshan snow lotus (dry) • 20g honeysuckle • 400g lean pork • 8 cups of water

Seasoning Pinch of salt

Method Wash Tianshan snow lotus and honeysuckle. Set aside.

Cut pork into chunks. Scald pork and rinse in cold water. Drain.

Put all ingredients and 8 cups of water in the inner pot. Boil under medium heat for 30 minutes. Turn off the fire and cover the lid.

Place the inner pot inside the outer pot and leaves it for 2 hours. Take out the inner pot, re-boil under medium heat for 30 minutes. Season with salt.



海南雞飯

Hainan Chicken Rice

材料 光雞1只(約1200克) ■ 雞膏2塊 ■ 蒜頭(略拍)2粒 ■ 薑汁1湯匙 ■ 白米320克

清水16杯(要浸過雞面) ■ 油1/4杯

沾雞醬料 薑160克(打碎) ■ 辣椒仔2只(打碎) ■ 蒜頭2粒(打碎) ■ 青檸汁1茶匙 ■ 味鹽2茶匙

白米調味料 鹽1茶匙 ■ 浸雞湯360克

做法

光雞洗淨去肺，真空內煲注入清水16杯煮滾。將雞放入沸滾水中，待再滾起熄火，蓋密煲蓋，在斷熱的狀態下，浸熟整隻雞(約15分鐘)，取出過冷瀝乾。燒滾1/4杯油，先把一半油倒落沾雞醬料中拌勻，把餘下的一半油塗勻雞肚內外，15分鐘後可斬雞上碟。白米可在浸雞時，預先洗淨瀝乾水份，將雞膏放在鑊中，以慢火熱出雞油，加入2粒蒜頭爆至金黃色，傾下白米炒片刻，下薑汁拌勻置真空內煲中。加入白米調味料拌勻，置爐火上以慢火煮滾，約15分鐘，見表面水份收乾，即行熄火放進真空外煲中，以高溫燉煮約30分鐘，即成香軟入味之海南雞飯。

Ingredients 1 chicken (about 1.2 kg) • 2 chunk chicken fat • 2 cloves garlic (patted briefly) • 1 tbsp ginger juice • 320g rice • 16 cups of water (enough to cover the chicken) • 1/4 cup oil

Ingredients for the Dipping Sauce 160g ginger (blended) • 2 small red chillies (blended) • 2 cloves garlic (blended)

1 tsp. lime juice • 2 tsp. seasoned salt

Seasoning for rice

1 tsp. salt • 360 g soup from poaching chicken

Method

Remove lungs from the chicken and rinse. Pour 16 cups of water in the inner pot. Bring to the boil. Put in chicken and boil. Place the inner pot inside the outer pot and leaves it for about 15 minutes. Rinse the chicken in cold water and drain. Heat 1/4 cup oil. Pour half portion of hot oil into the sauce ingredients. Stir quickly. Set aside. Rub oil over chicken (inside and outside evenly). Set aside for 15 minutes and chop into pieces. Arrange on a serving plate. Rinse rice and drain. Heat chicken fat in low heat. Stir fry garlic until golden brown. Put in rice and fry for a while. Add ginger juice and mix well. Pour it into the inner pot. Add rice seasoning in the rice and mix well. Re-boil under low heat. Place the inner pot inside the outer pot and leaves it for 30 minutes. Serve with chicken.



生欖蜜棗金銀菜湯

Bok Choy Soup with Dates and Olives

材料 生欖10個 ▪ 蜜棗6粒 ▪ 菜乾80克 ▪ 白菜240克 ▪ 瘦肉300克 ▪ 清水12杯

調味 鹽適量

做法 生欖略拍，菜乾浸透洗淨搯乾水，白菜洗淨，瘦肉飛水。
將以上材料同放真空內煲中，以明火煮沸，改以中火煲30分鐘。
熄火，蓋密煲蓋，以高溫煲焗2小時。
取出再煲上30分鐘，即可加鹽調味享用。

Ingredients 10 fresh olives • 6 honey dates • 80g sun-dried Bok Choy • 240g fresh Bok Choy • 300g lean pork
12 cups of water

Seasoning Pinch of salt

Method Slightly crush fresh olives. Soak dried Bok Choy till soft, rinse and squeeze out the water. Wash fresh Bok Choy. Scald the pork and rinse in cold water.
Put all ingredients and water in the inner pot. Boil under medium heat for 30 minutes.
Turn off the fire and cover the lid. Place the inner pot inside the outer pot and leaves it for 2 hours.
Take out the inner pot and re-boil for 30 minutes. Season with salt. Serve.

Stewed Delicacies
焗燉



免治肉醬扒蒸茄子

Steamed Eggplants with Minced Beef

材料 茄子2條 ▪ 免治牛肉100克 ▪ 榨菜碎1湯匙 ▪ 蝦米碎1湯匙 ▪ 辣椒粒1湯匙 ▪ 青豆仁1湯匙
蒜茸1茶匙 ▪ 豆瓣醬1湯匙

調味 醬油1茶匙 ▪ 蠔油1湯匙 ▪ 雞粉1茶匙 ▪ 麻油少許 ▪ 胡椒粉少許 ▪ 糖1/2茶匙
生粉1 1/4茶匙 ▪ 水8湯匙

醃料 醬油1茶匙 ▪ 蠔油1茶匙 ▪ 生粉1/2茶匙 ▪ 熟油2茶匙 ▪ 水1茶匙

做法 茄子去皮，切成3吋長粗條，排放碟中；牛肉以醃料拌勻。真空內煲注入清水，放進蒸架，以明火煮滾。將茄子置蒸架上，蓋上內煲蓋，以大火煮滾約5分鐘。
熄火即將內煲放進外煲中，斷熱約20分鐘取出。以適量油，爆香蒜茸、豆瓣醬，加入榨菜、蝦米、辣椒及牛肉炒透，下調味及青豆拌勻，即可放在蒸好之茄子上。

Ingredients 2 eggplants • 100g minced beef • 1 tbsp. finely chopped mustard green • 1 tbsp. finely chopped dried shrimps
1 tbsp finely chopped chilies • 1 tbsp. green peas • 1 tsp. garlic • 1 tbsp. spicy broad bean paste

Seasoning 1 tsp. soy sauce • 1 tbsp. oyster sauce • 1 tsp. chicken powder • Sesame oil, pepper • 1/2 tsp. sugar
1 1/4 tsp. potato starch • 8 tbsp. water

Marinade 1 tsp. soy sauce • 1 tsp. oyster sauce • 1/2 tsp. potato starch • 2 tsp. cooked oil • 1 tsp. water

Method Peel eggplants and cut into 3" long thick strips. Arrange on a plate. Mix beef with marinade.
Pour water into the inner pot. Place in the steaming rack and boil.
Place the eggplants on the steaming rack. Cover the lid and steam over high heat for 5 minutes.
Turn off the fire. Place the inner pot inside the outer pot and leaves it for 20 minutes. Take out the inner pot.
Stir fry garlic, spicy broad bean paste. Put in mustard green, dry shrimps, chilies and beef. Stir fry until done. Add seasoning and green peas. Stir fry well. Place on top of eggplants. Serve.



蕃茄紅蘿蔔牛尾湯

Ox Tail Soup with Carrot and Tomato

材料 蕃茄4個 ▪ 紅蘿蔔1個 ▪ 牛尾600克 ▪ 薑2片 ▪ 香葉2片 ▪ 清水10杯

調味 雞粉1茶匙 ▪ 鹽1茶匙 ▪ 糖1茶匙

做法 蕃茄去皮切大塊，紅蘿蔔去皮切塊備用，牛尾飛水過冷瀝乾。
燒油1湯匙，爆香薑片、香葉，傾下紅蘿蔔及牛尾爆透。
將以上材料及蕃茄同置真空內煲中，注入清水煮滾，改以中火煲30分鐘，熄火加蓋，放進真空外煲中，煲燉2小時。
取出再以中慢火煮滾約30分鐘，即可加調味享用。

Ingredients 4 tomatoes • 1 carrot • 600g ox tail • 2 slices ginger • 2 bay leave • 10 cups of water

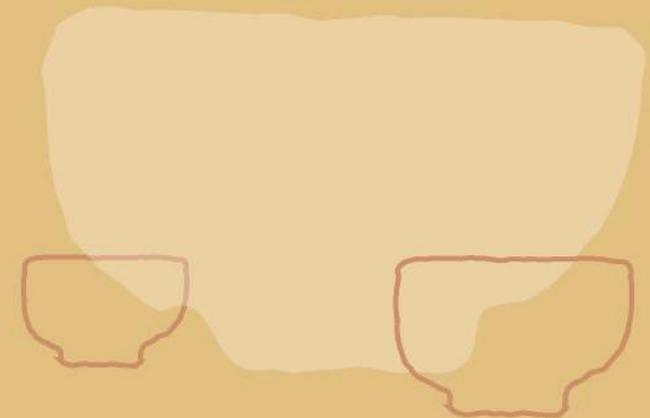
Seasoning 1 tsp. chicken powder • 1 tsp. salt • 1 tsp. sugar

Method Peel tomatoes and carrot. Cut into chunks. Set aside. Scald the ox tail and rinse in cold water. Drain. Heat 1 tbsp. oil. Stir fry ginger, bay leaves until fragrant. Put in the carrot and ox tail, stir-fry thoroughly. Put all ingredients and water in the inner pot. Boil under medium heat for 30 minutes. Turn off the fire and cover the lid. Place it inside the outer pot for 2 hours. Take out the inner pot and re-boil under medium-low heat for 30 minutes. Season with salt and serve.

滋味煨燉篇

Stewed Delicacies

煮込み
燨燨
Stewed Delicacies



冬
Winter



牛腩蘿蔔湯
Beef Brisket and Turnip Soup

材料 牛腩600克 ▪ 蘿蔔1個(600克) ▪ 薑2片 ▪ 陳皮(浸透)1角 ▪ 清水8杯

調味 鹽適量

做法 牛腩切塊，飛水過冷，蘿蔔去皮切角。
將所有材料同放真空煲中，注入清水煮沸，改以中火煲30分鐘，熄火加蓋。
將內煲放進外煲中，煲燜2小時。
取出再以中火再煲30分鐘，加調味上桌。

Ingredients 600g beef brisket ▪ 600g turnip ▪ 2 slices ginger ▪ 1 piece dried tangerine peel (soaked until soft) ▪ 8 cups of water

Seasoning Pinch of salt

Method Cut beef brisket into chunks. Scald, rinse in cold water. Drain. Peel turnip and cut into wedges. Put all ingredients and water in the inner pot. Boil under medium heat for 30 minutes. Turn off the fire and cover the lid. Place the inner pot inside the outer pot and leaves it for 2 hours. Take out the inner pot and re-boil under medium heat for 30 minutes. Season with salt. Serve.

低
Low Carbon



粟米薯仔蘋果沙律
Sweet Corn, Potato and Apple Salad

材料 薯仔(土豆)2個 ▪ 蘋果(連皮切丁方粒)2個 ▪ 粟米粒1杯

調味 沙律醬1/2杯 ▪ 日本青芥醬1茶匙 ▪ 煉奶1湯匙 ▪ 鹽1/4茶匙

做法 薯仔置真空內煲中，注入過面清水煮滾起計，約10分鐘，熄火蓋密煲蓋。
放進真空外煲中，在斷熱之狀態下燜10分鐘，取出過冷。
將薯仔去皮切粒，與蘋果、粟米粒同置盤中，加入調味拌勻即成。

Ingredients 2 potatoes ▪ 2 apples (keep the peel on and dice) ▪ 1 cup sweet corn kernels

Seasoning 1/2 cup mayonnaise ▪ 1 tsp. wasabi (Japanese horseradish) ▪ 1 tbsp. condensed milk ▪ 1/4 tsp. salt

Method Put potatoes inside inner pot. Add water until cover the potatoes. Boil for 10 minutes. Turn off the fire and cover the lid. Place the inner pot inside the outer pot and leaves it for 10 minutes. Take out the potatoes and rinse with cold water. Peel and dice the potatoes. Put apple, corn and potatoes in a bowl. Add seasoning and mix well. Serve.



胡椒鹹菜煲豬肚

Pork Stomach Soup with White Peppercorns and Chinese Pickled Vegetables

材料 豬肚1個 ▪ 白胡椒粒40克 ▪ 排骨400克 ▪ 鹹酸菜600克 ▪ 清水12杯

調味 鹽適量 ▪ 糖1茶匙

做法 豬肚去油反轉另一面，用刀刮去潺，再以生粉、粗鹽及生油洗擦多次，沖洗乾淨，放下沸滾水中飛水，過冷瀝乾。

將豬肚以白鑊爆片刻，清除異味；排骨飛水過冷瀝乾。

把胡椒粒塞入豬肚內，把排骨、豬肚及鹹菜等同放真空內煲中，注入清水12杯。

將內煲放進爐火上，以大火煮沸，改用中火煲30分鐘，熄火加蓋，放進真空外煲中，煲焗2小時取出。以中火再煲30分鐘，即可調味享用。

Ingredients 1 pork stomach ▪ 40g white peppercorn ▪ 400g pork ribs ▪ 600g Chinese pickled vegetables ▪ 12 cups of water

Seasoning Pinch of salt ▪ 1 tsp. sugar

Method Remove fat from the pork stomach. Turn it inside out; use the knife to remove the sticky stuff. Rub salt, oil and potato starch over it several times carefully. Rinse well. Scald and rinse again in cold water. Drain. Fry the pork stomach in a dry wok to get rid of the odor. Scald ribs and rinse in cold water. Stuff peppercorns into the pork stomach. Then put ribs, stuffed pork stomach and chinese pickled vegetables in the inner pot. Pour in 12 cups of water. Boil under high heat for 30 minutes. Turn off the fire and cover the lid. Place the inner pot inside the outer pot and leaves it for 2 hours. Re-boil under medium heat for 30 minutes. Add seasoning and serve.



荷豆鮮菇炒滑雞柳

Stir Fry Garden Peas with Mushroom and Chicken

材料 雞胸肉100克 ▪ 草菇100克 ▪ 荷蘭豆100克 ▪ 雲耳(浸透)10克 ▪ 甘荀花8片
蒜頭(切片)1粒 ▪ 清水1/4杯

調味 鹽1/4茶匙 ▪ 雞粉1茶匙 ▪ 麻油少許 ▪ 胡椒粉少許 ▪ 生粉1茶匙 ▪ 水2湯匙

醃料 雞粉1/2茶匙 ▪ 蛋白1茶匙 ▪ 生粉1/2茶匙 ▪ 水1湯匙 ▪ 熟油1茶匙

做法 雞肉切幼條，以醃料拌勻；草菇開邊，飛水過冷，瀝乾。

燒熱真空內煲，注入2湯匙油，爆香蒜片，加入雞肉炒片刻(約1分鐘)。

傾下草菇、雲耳再炒1分鐘，加入荷蘭豆、甘荀花拌勻，注入清水1/4杯煮沸，即行熄火蓋密煲蓋，放在真空外煲中，5分鐘後取出。將真空內煲放在爐火上燒熱，加入調味拌勻上碟。

Ingredients 100g chicken breast ▪ 100g straw mushroom ▪ 100g snow peas ▪ 10g black fungus (soaked thoroughly) ▪ 8 slices carrot ▪ 1 clove garlic (slices) ▪ 1/4 water

Seasoning 1/4 tsp. salt ▪ 1 tsp. chicken powder ▪ sesame oil, pepper ▪ 1 tsp. potato starch ▪ 2 tbsp. water

Marinade 1/2 tsp. chicken powder ▪ 1 tsp. egg white ▪ 1/2 tsp. potato starch ▪ 1 tbsp. water ▪ 1 tsp. cooked oil

Method Shred chicken. Add marinade and mix well. Cut straw mushroom into halves. Scald, rinse in cold water. Drain. Heat the inner pot and pour in 2tbsp.oil. Stir fry garlic. Add chicken and stir-fry for a while (about 1 minute). Put in strew mushroom and black fungus fry 1 minute. Add garden peas and carrot. Stir fry. Pour in 1/4cup water and boil. Turn off the fire and cover the lid. Place the inner pot inside the outer pot and leaves it for 5 minutes. Take out the inner pot and re-boil. Add seasoning and stir fry. Serve.



響螺豬手湯

Conch with Pig's Trotter Soup

材料 響螺肉160克 ▪ 豬手600克 ▪ 淮山40克 ▪ 杞子16克 ▪ 圓肉16克 ▪ 薑1片 ▪ 清水8杯

調味 鹽適量

做法 響螺飛水過冷，豬手斬件，飛水過冷，洗淨瀝乾。

將以上材料同置真空內煲中，加入淮山、杞子、圓肉和薑片，注入清水，置爐火上煮沸，改以中慢火煲30分鐘。

熄火加蓋，放進真空外煲中燜2小時。

取出再放在爐火上，用中火再煲30分鐘，即可調味享用。

Ingredients 160g conch • 600g pig's trotter • 40g Chinese yam • 16g medlar • 16g dried longans • 1 slice ginger • 8 cups of water

Seasoning Pinch of salt

Method Scald conchs, rinse in cold water. Cut pig's trotter into chunks. Scald, rinse and drain. Put all the ingredients in the inner pot. Add chinese yam, medlar, longans and ginger. Pour in water. Boil under medium-low heat for 30 minutes.

Turn off the fire and cover the lid. Place the inner pot inside the outer pot and leaves it for 2 hours.

Take out the inner pot and re-boil under medium heat for 30 minutes. Season with salt. Serve.

低
碳
健
康
有
營
篇

Low Carbon
Healthy & Nutritious Diet

低
碳
Low Carbon

低碳
Low Carbon



排骨糙米粥
Brown Rice Congee with Spareribs

材料 排骨300克 ▪ 糙米160克 ▪ 黃芪(剪段)2片 ▪ 杞子1湯匙 ▪ 芫茜(切碎)1棵 ▪ 清水12杯

調味 鹽適量

做法 排骨以粗鹽1湯匙拌勻，醃透備用。

糙米洗淨，以清水浸過夜。

將排骨及糙米分別以清水沖洗乾淨，置真空內煲中，加入黃芪、杞子及清水12杯，以明火煮沸，再以中火煮30分鐘。

熄火蓋密煲蓋，放進真空外煲中，2小時後取出，再以明火煮滾，以適量鹽調味，加入芫茜便可進食。

Ingredients 300g spareribs ▪ 160g brown rice ▪ 2 slices astragalus ▪ 1 tbsp. medlar ▪ 1 stalk coriander (finely chopped) ▪ 12 cups of water

Seasoning Pinch of salt

Method Mix spareribs well with 1 tbsp. coarse salt. Set aside.

Wash brown rice and soak in water overnight.

Rinse spareribs and brown rice again and put into inner pot. Add astragalus, medlar and water. Boil under medium heat for 30 minutes.

Turn off the fire and cover the lid. Place it inside the outer pot and leaves it for 2 hours. Take out the inner pot and re-boil again. Season with salt and coriander. Serve.

冬
Winter



節瓜瑤柱煲象拔蚌
Dried Geoduck Soup with Hairy Gourd and Dried Scallops

材料 節瓜2個 ▪ 瑤柱2粒 ▪ 象拔蚌乾80克 ▪ 瘦肉300克 ▪ 圓肉2湯匙 ▪ 清水10杯

調味 鹽適量

做法 節瓜刮去皮青，原個洗淨；瑤柱、象拔蚌乾洗淨；瘦肉飛水過冷瀝乾。

清水注入真空內煲中，加入所有材料煮沸，改以中火煮30分鐘，熄火加蓋。

放進真空外煲中，煲燜2小時。

取出再轉放爐火上，以中火再煲30分鐘，即可調味享用。

Ingredients 2 hairy gourds ▪ 2 dried scallops ▪ 80g dried geoduck ▪ 300g lean pork ▪ 2 tbsp. dried longans ▪ 10 cups of water

Seasoning Pinch of salt

Method Peel gourd. Keep it whole and wash. Rinse scallops and dried geoduck. Scald pork, rinse and drain.

Pour water in the inner pot. Put in all ingredients. Boil under medium heat for 30 minutes. Turn off the fire and cover the lid.

Place the inner pot inside the outer pot and leaves it for 2 hours.

Take out the inner pot and re-boil medium heat for 30 minutes. Season with salt. Serve.

低碳
Low Carbon



綠豆薏仁拌飯
Green Bean and Pearl Barley Rice

材料 綠豆100克 ■ 洋薏米100克 ■ 白米240克 ■ 乾蔥(剝碎)2粒 ■ 蒜頭(剝碎)1粒 ■ 粟米粒1/2杯
青瓜粒1/2杯 ■ 上湯500克

調味 鹽1茶匙

做法 綠豆、薏仁洗淨，置真空內煲中，注入過面清水，以明火煮20分鐘，熄火加蓋，放進真空外煲內，燜焗30分鐘取出，傾去水份，過冷瀝乾備用。
白米洗淨瀝乾，與以上豆仁用乾蔥碎起鑊爆香後，倒進真空內煲中，注入上湯，以明火煮滾，即行熄火，再放進真空外煲內，蓋密煲蓋燜焗30分鐘。用適量油爆香蒜茸，傾下粟米、青瓜粒及調味炒片刻盛起，加進煮熟之綠豆薏仁飯中，拌勻即成。

Ingredients 100g green bean • 100g pearl barley • 240 g rice • 2 spring onion (chopped) • 1 clove garlic (chopped)
1/2 cup sweet corn kernels • 1/2 cup cucumber (diced) • 500g chicken broth

Seasoning 1 tsp. salt

Method Wash green bean and pearl barley. Put them into inner pot. Fill into water until cover them. Boil under medium heat for 20 minutes. Turn off the fire and cover the lid. Place the inner pot inside the outer pot and leaves it for 30 minutes. Rinse in cold water. Drain and set aside.

Wash rice and drain. Fry spring onion, rice, green bean and pearl barley in oil. Put them into the inner pot. Pour in the chicken broth. Re-boil. Turn off the fire and cover the lid. Place the inner pot inside the outer pot and leaves it for 30 minutes.

Heat oil and stir fry garlic until fragrant. Add corn, cucumber and seasoning, stir fry for a while. Pour it inside the green bean and pearl barley rice. Mix well and serve.

冬
Winter



韓國人蔘雞湯
Korean Ginseng and Chicken Soup

材料 春雞1只 ■ 韓國人蔘40克 ■ 韓國鮮人蔘1支 ■ 糯米100克 ■ 洋薏米20克 ■ 紅棗(去核)40克
大蒜或大蔥(切片)1條 ■ 栗子80克

調味 鹽1茶匙 ■ 雞粉1茶匙

做法 雞洗淨去肺瀝乾，鮮人蔘用適量清水浸3小時(浸蔘水留用)。
糯米、薏米、人蔘、紅棗、栗子及調味拌勻，同放雞肚內，用針封口。
將雞飛水後轉放真空煲中，注入適量清水(蓋過雞面)，待沸滾後，改以慢火煲30分鐘，熄火加蓋。
將內煲放進外煲中，煲焗2小時取出。
放進爐火上煮沸(約10分鐘)，加入適量鹽調味，上桌前灑上大蔥片即成。

Ingredients 1 spring chicken • 40g Korean ginseng • 1 stick fresh Korean white ginseng • 100g glutinous rice
20g pearl barley • 40g red dates (stoned) • 1 stalk leek (sliced) • 80g chestnut

Seasoning 1 tsp. salt • 1 tsp. chicken powder

Method Wash chicken and remove the lung. Drain. Soak Korean ginseng in water for 3 hours (Set aside the soaking water). Mix glutinous rice, pearl barley, Korean ginseng, red dates and chestnut with seasoning. Stuff this rice mixture into the abdomen of chicken. Use a needle and thread to sew up.

Scald chicken and put it into the inner pot. Fill water into the inner pot (water level just cover the chicken). Boil under low heat for 30 minutes. Turn off the fire and cover the lid.

Place the inner pot inside the outer pot and leaves it for 2 hours. Take out the inner pot, re-boil for 10 minutes. Season with salt. Garnish with leek slices. Serve.

低
碳
Low Carbon



味菜檸檬浸烏頭
Pickled Vegetables, Salted Lemon with Poached Grey Mullet

材料 烏頭1條(約480克) ■ 味菜(酸菜)40克 ■ 鹹檸檬1個 ■ 蔥絲適量

調味 醬油2湯匙 ■ 糖2茶匙 ■ 生粉1茶匙 ■ 水4湯匙

做法 烏頭洗淨，味菜浸透切絲，鹹檸檬取皮切絲，果肉棄去。
真空內煲注入清水(要浸過整條鮮魚為合)，以明火煮沸。
將烏頭魚放入滾水中，煮2分鐘熄火，蓋密煲蓋浸8分鐘，即行取出放碟中。
以3湯匙油爆香味菜和檸檬絲，加入調味煮滾，即可淋在魚面上，灑上蔥絲上桌。

Ingredients 1 (around 480g) grey mullet ■ 40g Chinese pickled vegetables ■ 1 salted lemon ■ spring onion shredded

Seasoning 2 tbsp. soy sauce ■ 2 tsp. sugar ■ 1 tsp. potato starch ■ 4 tbsp. water

Method Wash fish. Soak pickled vegetables in water for a while. Shred. Shred the rest of salted lemon only. Discard the pulp. Pour plenty of water into the inner pot (enough to cover fish) and boil. Put the fish inside boiling water and cook for 2 minutes. Turn off the fire and cover the lid. Place the inner pot inside the outer pot and leaves it for 8 minutes. Take out the fish and put on plate. Heat 3 tbsp. of oil in the inner pot. Stir fry savory pickle and salted lemon until fragrant. Add seasoning and re-boil. Pour seasoning onto fish. Garnish spring onion on top. Serve.

秋
Autumn



節瓜木耳章魚煲豬脷湯
Pork Shin Soup with Octopus, Jew's-ear and Hairy Gourd

材料 節瓜2個 ■ 木耳40克 ■ 章魚乾1隻 ■ 豬脷400克 ■ 紅棗(去核)6個 ■ 清水12杯

調味 鹽適量

做法 節瓜刮去皮青，原個洗淨備用；木耳浸透，章魚洗淨，豬脷飛水過冷瀝乾。
將以上材料同置真空內煲中，注入清水，置爐火上煮沸，改用中火煲30分鐘，熄火加蓋。
放進真空外煲中，煲燜2小時取出。
放進置爐火上，再以中火煮30分鐘，即可調味享用。

Ingredients 2 hairy gourds ■ 40g Jew's ears ■ 1 dried octopus ■ 400g pork shin ■ 6 red dates (stoned) ■ 12 cups of water

Seasoning Pinch of salt

Method Peel gourd. Wash. Set aside. Soak Jew's ears in water until soft. Rinse octopus well. Scald pork shin, rinse with cold water and drain. Put all ingredients and water in the inner pot. Boil under medium heat for 30 minutes. Turn off the fire and cover the lid. Place the inner pot inside the outer pot and leaves it for 2 hours. Take out the inner pot and re-boil under medium heat for 30 minutes. Season with salt and serve.



欖豉醬涼瓜炆鱸魚

Simmered Yellow Pomfret and Bitter Melon in Olive Black Bean Sauce

材料 黃立鱸魚1條 ▪ 涼瓜1個(200克) ▪ 油欖角20克 ▪ 蒜茸豆豉醬2湯匙 ▪ 辣椒仔(切粒)1只
蔥白(切度)2條

調味 蠔油2湯匙 ▪ 醬油1茶匙 ▪ 雞粉1茶匙 ▪ 生粉1茶匙 ▪ 清水1/2杯

做法 黃立鱸洗淨，頭、尾和魚身，共切成4塊。

用明火將魚塊煎成金黃色，涼瓜切塊。

燒油2湯匙於真空煲中，爆香欖角、蒜茸豆豉醬和紅辣椒粒，傾下涼瓜炒片刻。

加入調味，蓋密煲蓋，熄火置外煲中，炆焗約10分鐘，加蔥白拌勻上碟。

Ingredients 1 yellow pomfret ▪ 1 (200g) bitter melon ▪ 20g salted black olives ▪ 2 tbsp. garlic black bean paste
1 small red chili (diced) ▪ 2 stalks white stem of spring onion (sectioned)

Seasoning 2 tbsp. oyster sauce ▪ 1 tsp. soy sauce ▪ 1 tsp. chicken powder ▪ 1 tsp. potato starch ▪ 1/2 cup of water

Method Rinse the fish, cut it into 4 pieces.

Fry in hot oil until golden brown. Cut the bitter melon into chunks.

Heat 2 tbsp. of oil in the inner pot. Stir fry salted black olives, garlic black bean paste and chili until fragrant. Put in bitter melon. Stir-fry well.

Add seasoning. Put in the yellow pomfret. Cover the lid and boil. Turn off the fire. Place the inner pot inside the outer pot and leaves it for 10 minutes. Add spring onion. Mix well. Transfer to a plate and serve.



梨乾雪梨杏仁陳腎湯

Dried Duck Kidney, Pear and Almond Soup

材料 雪梨乾80克 ▪ 雪梨3個 ▪ 南北杏20克 ▪ 乾鴨腎5個 ▪ 清水10杯

調味 鹽適量

做法 雪梨乾洗淨，雪梨去芯連皮切塊。

將以上各材料洗淨同置真空內煲中，置爐火上，以中火煮約30分鐘。

熄火加蓋，放進真空外煲中，以高溫煲焗2小時取出。

移放爐火上，再以慢火煮滾約30分鐘，即可加鹽享用。

Ingredients 80g dried pear ▪ 3 Chinese pears ▪ 20g sweet and bitter almond ▪ 5 dried duck kidney ▪ 10 cups of water

Seasoning Pinch of salt

Method Wash dried pears thoroughly. Core pears, keep the peel on and cut into chunks.

Wash all ingredients and put them in the inner pot. Add water. Boil under medium heat for 30 minutes.

Turn off the fire and cover the lid. Place the inner pot inside the outer pot and leaves it for 2 hours. Take out the inner pot.

Re-boil under low heat for 30 minutes. Season with salt. Serve.

秋
Stewed
Delicacies



臘味糯米飯

Glutinous Rice with Preserved Sausage

材料 糯米600克 ■ 臘腸(切粒)5條 ■ 冬菇粒1/2杯 ■ 蝦米1/2杯 ■ 乾蔥碎2湯匙
清雞湯2杯(500克) ■ 蔥花(後落)1/4杯

調味 蠔油1湯匙 ■ 醬油2湯匙 ■ 糖1茶匙

做法 熱水浸糯米20分鐘後，溜去水份，以清水沖去膠質，瀝乾備用。
燒油2湯匙，爆香臘味料，加入調味拌勻盛起，與糯米撈勻備用。
清雞湯注入真空內煲中煮滾，立即倒入拌好之材料，待滾起立即熄火，蓋好放入外煲內，半小時即可加進蔥花拌勻食用。

Ingredients 600g glutinous rice ■ 5 preserved Sausage (diced) ■ 1/2 cup soaked dried black mushrooms (diced)
1/2 cup dried shrimps ■ 2 tbsp. chopped shallot ■ 2 cups (500g) chicken broth ■ 1/4 cup diced spring onion

Seasoning 1 tbsp. oyster sauce ■ 2 tbsp. soy sauce ■ 1 tsp. sugar

Method Soak glutinous rice in hot water for 20 minutes. Drain and wash to remove the glutinous. Drain.
Heat 2 tbsp of oil. Stir fry shallot, preserved sausage, mushrooms and dried shrimps. Add seasoning and stir well.
Mix with the glutinous rice.
Boil chicken broth in the inner pot. Add the mixed glutinous rice. Bring to the boil. Turn off the fire and cover the lid. Place the inner pot inside the outer pot and leaves it for 30 minutes. Serve with diced spring onion.

秋
Autumn



羅漢果冬瓜陳腎瘦肉湯

Lean Pork Soup with Luo-han-guo, Winter Melon and Dried Duck Kidney

材料 羅漢果1個 ■ 冬瓜960克 ■ 桂圓肉20克 ■ 乾鴨腎4只 ■ 瘦肉450克 ■ 清水10杯

調味 鹽適量

做法 羅漢果洗淨，開邊；冬瓜連皮洗淨切大件；瘦肉飛水；鴨腎洗淨。
將以上所有材料置真空內煲中，注入清水，以大火煮約30分鐘(煮時打開煲蓋)。
將內鍋放進真空外煲中，蓋好煲蓋，斷熱約2-3小時，便可加鹽調味享用。

Ingredients 1 Luo-han-guo ■ 960g winter melon ■ 20g dried longans ■ 4 dried duck kidney ■ 450g lean pork ■ 10 cups of water

Seasoning Pinch of salt

Method Wash and cut open Luo-han-guo. Wash winter melon. Keep the peel on and cut into chunks. Scald pork and rinse with cold water. Wash dried duck kidney.
Put all ingredients and water in the inner pot. Boil under high heat for 30 minutes.(keep boiling without the lid)
Turn off the fire. Place the inner pot inside the outer pot, cover the lid and leaves it for 2-3 hours. Season with salt.
Serve.



鎮江糖醋骨
Zhenjiang Sweet and Sour Spareribs

材料 排骨600克 ■ 薑2片 ■ 蔥頭2粒 ■ 八角2粒 ■ 桂皮1片 ■ 清水1杯
調味 鹽1/2茶匙 ■ 醬油1湯匙 ■ 鎮江香醋1湯匙 ■ 茄醬3湯匙 ■ 黃砂糖3湯匙
做法 排骨斬件，洗淨抹乾備用。
 燒熱鑊，注入2湯匙油，將排骨放下，爆成微黃色，加入薑、蔥、八角和桂皮，與排骨爆炒片刻備用。
 將以上排骨料倒落真空內煲中，注入清水加入調味，以中火炆煮約15分鐘，即可放進真空外煲中。
 在斷熱之狀態下，炆煮約30分鐘，即可取出，在爐火上收汁上碟。

Ingredients 600g spareribs • 2 slices ginger • 2 cloves shallot • 2 star anise • 1 piece cinnamon stick • 1 cup of water
Seasoning 1/2 tsp. salt • 1 tbsp. soy sauce • 2 tbsp. Zhenjiang vinegar • 3 tbsp. ketchup • 3 tbsp. brown sugar
Method Cut spareribs into chunks. Wash and wipe dry.
 Heat wok and pour in 2 tbsp of oil. Fry spareribs until light brown. Add ginger, shallot, star anise and cinnamon stick and fry for a while.
 Pour the spareribs in the inner pot, add water and seasoning. Bring to the boil. Simmer over medium heat for 15 minutes. Place the inner pot into the outer pot.
 Leaves it for 30 minutes. Take out the inner pot. Cook until the sauces thicken. Serve.



雪梨木瓜煲豬肺
Pork Lung Soup with Pears and Papaya

材料 雪梨2個 ■ 木瓜1個 ■ 豬肺1個 ■ 瘦肉300克 ■ 蜜棗3個 ■ 清水10杯
調味 鹽適量
做法 雪梨去芯切塊，木瓜去皮、核，切大塊備用。
 豬肺切塊，以白鑊爆至水份迫出，清洗乾淨，再以清水煮滾約5分鐘，過冷瀝乾。
 將以上材料同置真空內煲中，加入蜜棗，置爐火上煮滾，改用中火煲30分鐘，蓋密煲蓋，熄火。
 放進真空外煲中，約2小時後取出，再以中火煮30分鐘，即可加鹽調味享用。

Ingredients 2 Chinese pears • 1 papaya • 1 pork lung • 300g lean pork • 3 honey dates • 10 cups of water
Seasoning Pinch of salt
Method Core pears, cut into pieces. Peel and seed the papaya. Cut into chunks. Set aside.
 The lungs and fry in a dry wok to get rid of the water inside the lungs. Wash. Boil for 5 minutes. Rinse and drain.
 Put all ingredients in the inner pot. Boil under medium heat for 30 minutes. Turn off the fire and cover the lid.
 Place the inner pot inside the outer pot and leaves it for 2 hours. Take out the inner pot and re-boil medium heat for 30 minutes. Season with salt.



金針雲耳蒸滑雞

Steamed Chicken with Dried Lily Flowers and Black Fungus

材料 光雞1/2只 ▪ 金針10克 ▪ 雲耳10克 ▪ 紅棗(去核)4個 ▪ 薑絲2湯匙 ▪ 蔥白(切度)2條
調味 蠔油1湯匙 ▪ 醬油1湯匙 ▪ 鹽1/2茶匙 ▪ 糖1/2茶匙 ▪ 薑汁酒1湯匙 ▪ 生粉2茶匙
麻油少許 ▪ 胡椒粉少許

做法 雞洗淨斬件；金針、雲耳分別浸透，金針剪去硬頭，打結備用，雲耳洗淨乾水。
將以上材料同置盤中，加入調味拌勻醃15分鐘，轉放蒸碟中。
真空內煲放上蒸架，注入清水，將蒸碟放進內煲中，然後移置爐火上，蓋上煲蓋，以大火蒸約3分鐘。
小心把內煲移進外煲中，在斷熱的狀態下，再蒸焗10分鐘即成。

Ingredients 1/2 chicken ▪ 10g dried lily flowers ▪ 10 g black fungus ▪ 4 red dates (stoned) ▪ 2 tbsp. ginger shredded ▪ 2 stalks white stem of spring onion (sectioned)

Seasoning 1 tbsp. oyster sauce ▪ 1 tbsp. soy sauce ▪ 1/2 tsp. salt ▪ 1/2 tsp. sugar ▪ 1 tbsp. ginger wine
2 tsp. potato starch ▪ ground white pepper ▪ sesame oil

Method Wash chicken and chop up. Soak dried lily flowers and black fungus until soft. Cut the hard stalks of dried lily flowers and black fungus, tie lily flowers into a knot.
Mix all ingredients and seasoning. Leave for 15 minutes. Transfer to plate.
Place a steaming rack in the inner pot. Pour in water. Place the chicken on the steaming rack. Cover the lid and steam over high heat for 3 minutes.
Turn off the fire. Place the inner pot inside the outer pot and leaves it for 10 minutes.



冬瓜薏米煲鴨湯

Duck Soup with Winter Melon and Pearl Barley

材料 冬瓜1200克 ▪ 生熟薏米80克 ▪ 陳皮1塊 ▪ 水鴨1只 ▪ 清水12杯
調味 鹽適量

做法 冬瓜洗淨連皮切大塊，生熟薏米洗淨，陳皮浸透。
水鴨去肺，飛水過冷瀝乾。
將清水注入真空內煲中，加入以上各材料，置爐火上煮滾，改用中火煲30分鐘。
熄火斷熱蓋密煲蓋，放進真空外煲中，續煲焗約2小時取出。
再以中慢火煲30分鐘，加鹽調味即成。

Ingredients 1.2 kg winter melon ▪ 80g pearl barley and cooked pearl barley ▪ 1 piece dried tangerine peel ▪ 1 teal ▪ 12 cups of water

Seasoning Pinch of salt

Method Wash winter melon. Keep the peel on and cut into large chunks. Wash pearl barley and cooked pearl barley. Soak dried tangerine peel till soft.
Remove lung from the teal. Scald it and rinse in cold water. Drain.
Put water and all ingredients in the inner pot. Boil under medium heat for 30 minutes.
Turn off the fire and cover the lid. Place the inner pot inside the outer pot and leaves it for 2 hours. Take out the inner pot.
Re-boil under medium heat for 30 minutes. Season with salt.



栗子炆羊肉
Simmered Mutton with Chestnuts

材料 羊肉(或羊腩)600克 ■ 紅蘿蔔1個 ■ 白蘿蔔1個 ■ 栗子肉300克 ■ 薑2片 ■ 桂皮1片
八角3粒 ■ 香葉2片 ■ 辣椒乾2只

調味 醬油2湯匙 ■ 蠔油2湯匙 ■ 雞粉1茶匙 ■ 黃砂糖1茶匙 ■ 清水1杯

獻料 生粉1茶匙 ■ 水2湯匙

做法 羊肉切件飛水過冷瀝乾；紅、白蘿蔔切角；栗子肉用油爆片刻盛起備用。
熱鑊下油2湯匙，爆香薑、桂皮、八角、香葉和辣椒乾，傾下羊肉爆透，加入調味待滾起，改以中火煮20分鐘，倒落真空煲中，煮至大滾。
熄火蓋密煲蓋，放進真空外煲中，在斷熱的狀態下，炆焗約1.5小時，取出加入栗子、紅、白蘿蔔。再以明火煮約10分鐘，再放進真空外煲中，續炆30分鐘即可取出，打獻上碟。

Ingredients 600g mutton or lamb brisket ■ 1 carrot ■ 1 radish ■ 300g chestnut (shelled and sinned) ■ 2 slices ginger
1 piece cinnamon stick ■ 3 star anise ■ 2 bay leaves ■ 2 dried chillies

Seasoning 2 tbsp. soy sauce ■ 2 tbsp. Oyster sauce ■ 1 tsp. chicken powder ■ 1 tsp. brown sugar ■ 1 cup water

Thickening Glaze 1 tsp. potato starch ■ 2 tbsp. water

Method Rinse and chop mutton into chunks. Scald in hot water. Rinse and drain. Cut carrot and radish into wedges. Deep fry chestnuts for a while and set aside. Heat wok and pour in 2 tbsp oil. Stir fry ginger, cinnamon stick, star anise, bay leaves and dried chillies. Put in mutton chunks. Stir fry for a while. Add seasoning and boil under medium heat for 20 minutes. Pour it in the inner pot. Re-boil. Turn off the fire and cover the lid. Place the inner pot inside the outer pot and leaves it for 1.5 hours. Take out the inner pot. Add chestnut, carrot and radish. Re-boil again for 10 minutes. Place the inner pot inside the outer pot and leaves it for 30 minutes. Take out the inner pot. Thicken with glaze and serve.



赤小豆蜜棗粉葛煲鯪魚湯
Pueraria Root Soup with Small Red Beans, Honey Dates and Dace

材料 鯪魚1條 ■ 豬尾骨300克 ■ 粉葛(去皮切塊)600克 ■ 赤小豆40克 ■ 扁豆40克 ■ 蜜棗4個
陳皮(浸透)1塊 ■ 清水10杯

調味 鹽適量

做法 鯪魚剖淨抹乾，以適量油煎至金黃，豬尾骨斬件，飛水。
將所有材料同置真空煲中，注入清水10杯，放爐火中煮沸，改以中慢火煲30分鐘。
熄火加蓋，放進真空外煲中，2小時取出。
加入適量鹽調味後，再明火燒滾，改用中火再煲30分鐘即成。

Ingredients 1 dace ■ 300g pork tail ■ 600g pueraria root (peel and sliced) ■ 40g small red beans
40g hyacinth beans ■ 4 honey dates ■ 1 piece dried tangerine peel (soak until soft) ■ 10 cups of water

Seasoning Pinch of salt

Method Rinse the dace. Wipe dry. Pan fry dace. Chop and scald pork tail.
Put all ingredients and 10 cups of water in the inner pot. Boil under medium heat for 30 minutes.
Turn off the fire and cover the lid. Place the inner pot inside the outer pot and leaves it for 2 hours.
Take out the inner pot. Season with salt. Re-boil under medium heat for 30 minutes.

デザート
糖水
Sweet
Soup



銀杏南瓜紫米露
Ginkgoes, Pumpkin and Purple Rice Sweet Soup

材料 黑糯米120克 ▪ 銀杏(去衣及芯)160克 ▪ 南瓜(切粒)200克 ▪ 清水10杯 ▪ 冰糖240克
椰汁1杯

獻料 馬蹄粉3湯匙 ▪ 清水4湯匙

做法 黑糯米用清水浸過夜，洗淨置真空煲內煲中，加入銀杏，注入清水，以中火煮滾約30分鐘，熄火蓋密煲蓋。
將內煲移進外煲中，在斷熱的狀態下煮約1小時。
取出內煲，轉置爐火上，加入冰糖及南瓜粒，以中火再煮至糖溶(約20分鐘)，即可加入椰汁及打獻拌勻享用。

Ingredients 120g purple rice ▪ 160g ginkgoes (remove membrane and stalks) ▪ 200g pumpkin (diced)
10 cups of water ▪ 240g crystal sugar ▪ 1 cup coconut milk

Thickening Glaze 3 tbsp. water chestnut powder ▪ 4 tbsp. water

Method Wash and soak black glutinous rice in water over night and drain. Put the black glutinous rice, ginkgoes and water into inner pot. Boil under medium heat for 30 minutes. Turn off the fire and cover the lid.
Place the inner pot inside the outer pot and leaves it for 1 hour.
Take out the inner pot. Add crystal sugar and pumpkin. Re-boil under medium heat until sugar melt (about 20 minutes). Stir in coconut milk and thickening. Serve.

春
Spring



花生木瓜雪耳瘦肉湯
Papaya Soup with Peanut and White Fungi

材料 花生80克 ▪ 木瓜600克 ▪ 雪耳(浸透)40克 ▪ 瘦肉400克 ▪ 清水10杯

調味 鹽適量

做法 木瓜去皮核切大塊，瘦肉切塊，飛水過冷瀝乾。
將以上材料同置煲中注入清水煮滾，改以中慢火煲30分鐘，熄火蓋密煲蓋，放進真空外煲中，2小時後取出。
再以中火煮滾約30分鐘，便可加入調味享用。

Ingredients 80g peanuts ▪ 600g papaya ▪ 40g snow fungi (soak thoroughly) ▪ 400g lean pork ▪ 10 cups of water

Seasoning Pinch of salt

Method Peel, seed and slice papaya. Cut pork into chunks. Scald and rinse in cold water. Drain.
Put all ingredients and water in the inner pot. Boil under medium heat for 30 minutes. Turn off the fire and cover the lid. Place it inside the outer pot and leaves it for 2 hours.
Take out the inner pot, re-boil under medium heat for 30 minutes. Season with salt.

糖水
デザート
Sweet
Soup



清心丸綠豆爽
Qing Xin Wan and Green Bean Sweet Soup

材料 開邊綠豆100克 ■ 馬蹄(去皮切細粒)4個 ■ 清水8杯 ■ 冰糖160克 ■ 清心丸160克
雞蛋(打散)1只

獻料 (將以下材料調勻) 馬蹄粉3湯匙 ■ 清水1/4杯

做法 綠豆洗淨，放進真空內煲中，注入清水煮沸，以中火煮20分鐘，加入冰糖，煮至糖溶(約15分鐘)。放進真空外煲中，繼續保持高溫自行烹調。30分鐘後取出內煲，放在爐火上，加入清心丸及馬蹄粒，以明火再煮5分鐘，打獻熄火，加入蛋液拌勻即成。

Ingredients 100g split green bean ■ 4 water chestnuts (peeled and diced finely) ■ 8 cups of water ■ 160g crystal sugar
160g Qing Xin Wan ■ 1 egg (whisked)

Thickening Glaze 3 tbsp. water chestnut powder ■ 1/4 cup of water

Method Wash green bean and put into inner pot. Pour in water. Boil under medium heat for 20 minutes. Add crystal sugar and re-boil until the sugar melt (about 15 minutes). Place the inner pot inside the outer pot and leave it. Take out the inner pot after 30 minutes. Re-boil. Add Qing Xin Wan and water chestnut. Cook for 5 minutes. Stir in thickening. Turn off the fire. Put in egg. Serve.

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南瓜粟米鯽魚湯
Tilapia Soup with Pumpkin and Corn

材料 南瓜600克 ■ 粟米2條 ■ 鯽魚1條 ■ 薑2片 ■ 清水12杯

調味 鹽適量

做法 南瓜去皮及籽切塊，粟米切段，鯽魚洗淨，以薑片起鑊，煎香備用。
注入12杯清水於真空內煲中，加入以上預備之材料，以明火煮滾後，改以中火煮30分鐘。
熄火蓋密煲蓋，立即放進至真空外煲中，2小時後取出。
再以中火煲約30分鐘，即可加鹽調味享用。

Ingredients 600g pumpkin • 2 cobs on the cob • 1 tilapia • 2 slices ginger • 12 cups of water

Seasoning Pinch of salt

Method Peel, seed and slice pumpkin into. Cut the cobs into short chunks. Wash the fish. Heat oil to sauté ginger and pan fry fish. Set aside.
Put all ingredients and 12 cups of water in the inner pot. Boil under medium heat for 30 minutes.
Turn off the fire and cover the lid. Place into the outer pot and leaves it for 2 hours.
Take out the inner pot and re-boil under medium heat for 30 minutes. Season with salt.



陳皮紅豆沙湯丸
Red Bean Soup with Tangerine Peel and Glutinous Rice Balls

材料 紅豆300克 ■ 陳皮(浸透)1塊 ■ 片糖300克 ■ 湯丸12粒 ■ 清水12杯

做法 紅豆洗淨，與陳皮同置真空內煲中，注入清水以明火煮滾，改用中火煮約30分鐘，熄火蓋密煲蓋。

將內煲放進外煲中烹調約2小時取出，加入片糖再將內煲轉放爐火上，以中火煮20分鐘。
加入湯丸煮熟(約煮5分鐘)，即可享用。

Ingredients 300g red beans • 1 piece dried tangerine peel (soaked until soft) • 300g brown sugar
12 glutinous rice balls • 12 cups of water

Method Wash red beans and put them into inner pot with tangerine peel. Pour in water. Boil under medium heat for 30 minutes. Turn off the fire and cover the lid.
Place the inner pot inside the outer pot and leaves it for 2 hours. Take out the inner pot and add brown sugar.
Re-boil under medium heat for 20 minutes.
Add glutinous rice balls and re-boil again (about 5 minutes). Serve.



春
Spring

紅蘿蔔粟米煲豬橫脷
Pork Pancreas Soup with Carrot and Corn

材料 紅蘿蔔2個 ▪ 粟米2條 ▪ 蜜棗4粒 ▪ 豬橫脷1條 ▪ 瘦肉300克 ▪ 清水10杯

調味 鹽適量

做法 紅蘿蔔去皮切塊，粟米切段。

豬橫脷飛水過冷備用。

將清水10杯注入真空內煲中，加入以上所有材料，置爐火上煮沸，改以中慢火煲30分鐘。熄火加蓋，放進真空外煲中，2小時取出，再續煲30分鐘，加鹽調味即成。

Ingredients 2 carrots ▪ 2 cobs on the cob ▪ 4 honey dates ▪ 1 pork pancreas ▪ 300g lean pork ▪ 10 cups of water

Seasoning Pinch of salt

Method Peel and chop carrot into chunks. Cut the cobs into short chunks. Wash pork pancreas. Scald and rinse in cold water. Put all ingredients and 10 cups of water in the inner pot. Boil under medium heat for 30 minutes. Turn off the fire and cover the lid. Place the inner pot inside the outer pot and leave it for 2 hours. Take out the inner pot and re-boil for 30 minutes. Season with salt.



煮込み
燉燉
Stewed
Delicacies

荔芋燒鴨粥
Roast Duck with Taro Congee

材料 荔甫芋160克 ▪ 燒鴨1/2只 ▪ 白米160克 ▪ 芫茜適量 ▪ 蔥適量 ▪ 清水12杯

調味 鹽適量 ▪ 魚露適量

做法 荔芋去皮，切丁方大粒；燒鴨起肉切小件，鴨骨用滾水略飛水備用。

真空內煲放適量清水煮滾，加入洗淨之白米、芋粒及燒鴨骨等。

以明火煮約30分鐘，即行移進真空外煲內，蓋上煲蓋，在斷熱的狀態下烹調，約2小時後取出，棄去鴨骨，再放爐火上煮滾約15分鐘。

加入燒鴨肉片、芫茜、蔥和調味拌勻，便可享用。

Ingredients 160g taro ▪ 1/2 roast duck ▪ 160g rice ▪ coriander, spring onion ▪ 12 cups of water

Seasoning Salt, fish sauce

Method Peel and cut taro into cube. Bone roast duck, cut meat into chunks, blanch bone and drain. Rinse the rice. Boil water in the inner pot. Put in rice, taro and duck bone. Boil for 30 minutes. Turn off the fire and cover the lid. Place the inner pot inside the outer pot and leave it for 2 hours. Remove the duck bone. Take out the inner pot and re-boil for 15 minutes. Stir in roast duck meat and seasoning, garnish coriander and spring onion. Serve.

夏
Summer



老鴿綠豆湯
Mature Pigeon and Green Bean Soup

材料 老鴿1只 ▪ 金華火腿40克 ▪ 綠豆160克 ▪ 陳皮(浸透)1塊 ▪ 清水10杯
調味 鹽適量
做法 老鴿去肺洗淨，飛水過冷瀝乾。
將以上所有材料與金華火腿同置真空內煲中，注入清水，以明火煮沸，改用中慢火煲30分鐘。
熄火，蓋密煲蓋，放進置真空外煲中，以高溫斷熱方法，煲燜約2小時。
取出加鹽調味，再以明火煲30分鐘，即成。

Ingredients 1 mature pigeon ▪ 40g Jin Hua ham ▪ 160g green bean ▪ 1 piece dried tangerine peel(soak until soft) 10 cups of water

Seasoning Pinch of salt

Method Wash and remove lungs from the mature pigeon. Scald and rinse with cold water. Drain. Put all ingredients and water in the inner pot. Boil under medium heat for 30 minutes. Turn off the fire and cover the lid. Place the inner pot inside the outer pot and leaves it for 2 hours. Take out the inner pot. Add seasoning and re-boil for 30 minutes.



香辣話梅豬手
Braised Pig's Trotter with Chili and Dried Sour Plums

材料 豬手1只 ▪ 芹菜(切度)1棵 ▪ 紹酒1/4杯 ▪ 清水2杯
調味 醬油1/4杯 ▪ 冰糖20克 ▪ 雞粉1茶匙
醃料 醬油2湯匙
配料 陳皮(浸透)1角 ▪ 話梅10粒 ▪ 紅辣椒仔4只 ▪ 辣椒乾2只 ▪ 蒜頭6粒 ▪ 乾蔥6粒
做法 豬手開邊斬件，洗淨飛水，以醃料拌勻上色，20分鐘後抹乾備用。將豬手放熱油中，炸至金黃盛起。以油爆香配料，將豬手回鍋，加入紹酒、調味及清水2杯，煮滾後改以中火燒約20分鐘，再以大火燒滾，熄火後立放進外煲中，燉燒約2小時。取出內鍋，再放在爐上以大火收至汁液剩餘1/4杯時，即可加入芹菜拌勻上碟食用。

Ingredients 1 pig's trotter ▪ 1 stalk Chinese celery (sectioned) ▪ 1/4 cup Shaoxing wine ▪ 2 cups of water

Seasoning 1/4 cup soy sauce ▪ 20g crystal sugar ▪ 1 tsp. chicken powder

Marinade 2 tbsp. soy sauce

Side Dish 1 quarter dried tangerine peel (soaked until soft) ▪ 10 dried sour plums ▪ 4 small red chilies ▪ 2 dried chilies

6 cloves garlic ▪ 6 cloves shallot

Method Cut pig's trotter into chunks. Rinse well and blanch in boiling water. Drain. Mix with marinade. Leave for 20 minutes.

Wipe dry. Set aside.

Deep fry the pig's trotter in oil until golden. Drain off the oil.

Stir fry the side dish until fragrant. Put in pig's trotter. Add Shaoxing wine, seasoning and 2 cups of water. Boil under medium heat for 20 minutes. Turn to high heat and boil. Place the inner pot inside the outer pot and leaves it for 2 hours.

Take out the inner pot and re-boil until the sauce reduces to 1/4 cup. Add Chinese celery and mix well. Serve.

四季 湯水 篇

Seasonal
Soup

春夏秋冬
Spring Summer Autumn Winter



鮮濃豆奶燉蛋白
Stewed Soymilk with Egg White

材料 鮮濃淡豆漿1 1/2杯 ▪ 白砂糖60克 ▪ 薑汁1湯匙 ▪ 雞蛋白(約蛋4只)138克

做法 豆漿注入煲中，加入糖和薑汁，待糖煮溶，熄火3分鐘後備用。
蛋白打勻，將熱豆漿撞落打起之蛋白中，邊撞邊打透，隔去泡沫。
真空內煲放上蒸架，注入滾水，將蒸碗放進內煲中。
注入豆奶蛋白於蒸碗內，然後移置爐火上，蓋上煲蓋，先以大火煮滾，再以小火續蒸3分鐘。
小心把內煲放進外煲中，在斷熱的狀態下，再焗15分鐘。

Ingredients 1 1/2 cup of unsweetened soymilk ▪ 60g sugar ▪ 1 tbsp. ginger juice ▪ 138g (about 4 eggs) egg white

Method Boil soymilk with sugar and ginger juice until it melts. Turn off the fire and leave it for 3 minutes.
Whisk egg white. Pour hot soymilk solution into whisked egg white and stir continuously until well incorporated.
Skim off the bubbles.
Place a steaming rack in the inner pot. Pour in the boiling water. Place in the small bowl.
Pour egg mixture in small bowl. Cover the lid. Boil under low heat for 3 minutes.
Place the inner pot inside the outer pot carefully and leaves it for 15 minutes. Serve.