



Chinese and English



🍴 菲傭入廚手記 Cooking Note for Filipino Helper

春夏

# 食補家常菜

Nourishing Dishes for Spring and Summer

- ❁ 當季食療強身抗流感
- ❁ 春夏飲食養生問與答
- ❁ 各款時令食材營養特性
- ❁ 中文、英文對照

Feliz Chan 著



# 編者話 Foreword

天氣乍暖還寒，身邊友人連連患上感冒，吃藥只是治標之法，何不從飲食着手，順應四時氣候護養身體，增強人體適應季節的變化，春天養肝，飲食宜清淡；夏天清心健脾，多吃瓜豆及祛濕之物，依季節進食當季食材，食補養生，是一生受用的治本良方。

烹飪專家 Feliz Chan 依香港地區春夏盛產之蔬果，炮製一家老幼合心意的午餐、晚餐，每道菜附時令食材介紹，述其療效、營養成分及特性，家傭每餐挑選兩餸或三餸，依法煮成養生餐膳，少油少鹽少調味，讓長幼打好健康基礎，病邪無可入侵。

健康，從今個春季開始！

When the weather varies from warm to cold, the people around you one by one are down with flu. Taking medicine is only treating the symptoms. Why not use daily diet as a preventive measure? Nurture the body throughout the four seasons to adapt to seasonal changes. Springtime is to nourish the liver with light diet. Summertime is to clear thoughts and strengthen the spleen with melons, beans and foods that dispel internal dampness. Consuming seasonal ingredients and nurturing health through daily diet is the best therapy with lifelong benefits.

Cooking expert Feliz Chan uses the spring and summer seasonal vegetables and fruits commonly found in Hong Kong, preparing lunch and dinner dishes that can be enjoyed by both the elderly and children. Each recipe includes seasonal ingredient, its curative effect, nutrition composition and characteristics. The domestic helper can choose two or three dishes per meal, follow the method to prepare healthy meals with less oil, less salt and seasoning. Through this, the whole family can build a strong foundation for good health to effectively protect against any external infections.

Let's get healthy, start from this spring!

# 目錄 Contents



## 春意盎然 *Spring*

### 春季飲食養生 Q & A

Healthy Spring Diet

蔥白洋蔥牛肉

Beef with Spring Onion and Onion

煎釀青尖椒

Stuffed Green Chilli with Dace Paste

芹菜紅燒魚仲

Braised Cobia with Chinese Celery

蒜香帶子炒甜豆

Stir-fried Sugar Snap Pea and Scallop with Garlic

蠔汁牛肉炒菜心

Stir-fried Beef and Choy Sum in Oyster Sauce

辣椒木耳肉絲炒萵筍絲

Asparagus Lettuce with Wood Ear Fungus, Shredded Pork and Chilli

豬潤瘦肉拌枸杞菜

Pork Liver and Lean Pork with Goji Leaf

合桃馬蹄雲耳炒荷豆 24  
Snow Pea with Walnut, Water Chestnut and Cloud Ear Fungus

芫茜麻醬拌鮮枝竹 26  
Fresh Tofu Skin and Coriander with Sesame Sauce

豆醬腩排焗春菜 28  
Braised Pork Belly Ribs and Spring Vegetable with Bean Sauce

蒜肉淮山魚頭鍋 30  
Fish Head Casserole with Garlic and Chinese Yam

腰果蝦乾豆乾炒韭菜花 32  
Cashew Nut, Dried Prawn with Dried Tofu and Flowering Chive

蒜肉麵醬炒羽衣甘藍 34  
Curly Kale with Garlic and Bean Sauce

柑桔醬三色椒炒鴨胸 36  
Duck Breast and Bell Peppers with Kumquat Sauce

蝦乾煮芥蘭頭 38  
Dried Prawn with Kohl Rabi

葡汁雞球椰菜花 40  
Chicken and Cauliflower with Portuguese Sauce

豬板筋炒蒜心 43  
Garlic Scape with Pork Membrane

冬菇蝦米腩肉焗大芥菜 46  
Braised Mustard Green with Mushroom, Dried Shrimp and Pork Belly

薑汁白飯魚乾炒菠菜 48  
Spinach and Anchovy with Ginger Juice



## 夏日炎炎 Summer

### 夏季飲食養生 Q & A

#### Healthy Summer Diet

瑤柱冬菇肉絲煮節瓜 53  
 Hairy Melon with Dried Scallop,  
 Shiitake Mushroom and Shredded Pork

豉汁苦瓜煮魚扒 56  
 Bitter Melon and Fish Fillet with  
 Fermented Black Bean

麵豉醬肉絲炒白豆角 58  
 White String Bean and Shredded Pork  
 with Bean Sauce

扁尖筍鮭魚尾煮冬瓜 60  
 Grass Carp Tail with Bamboo Shoot  
 and Winter Melon

腐乳椒絲炒青通菜 62  
 Morning Glory Vegetable with  
 Fermented Tofu and Red Chili

涼拌雲耳青瓜 64  
 Cucumber and Cloud Ear Fungus Salad

鮮露筍炒斑塊 66  
 Stir-fried Fresh Asparagus and  
 Grouper Fillet

洋蔥柳梅炒絲瓜 68  
 Angled Loofah with Onion and  
 Pork Tenderloin

西芹鹹菜心炒魚塊 70  
 Fish Fillet with Celery and  
 Salted Choy Sum

蓮藕鮮蓮子雲耳炒雞柳 73  
 Lotus Root and Seed with  
 Cloud Ear Fungus and Chicken Fillet

蒜子魚湯浸萵菜 76  
 Garlic Fish Broth with  
 Chinese Spinach

紅咖喱秋葵煮豆腐 78  
 Red Curry Okra and Tofu

辣椒肉碎炒潺菜 80  
 Stir-fried Minced Pork and  
 Ceylon Spinach with Red Chili

梅粉欖油煎番茄 82  
 Olive Oil Pan-fried Tomato with  
 Ground Preserved Plum

荷葉金針雲耳蒸雞 84  
 Steamed Lotus Leaf Wrapped Chicken,  
 Lily Flower and Cloud Ear Fungus

味噌昆布青口煮南瓜 86  
 Miso Pumpkin with Mussels and  
 Kombu

麻辣肉碎煮茄子 88  
 Spicy Eggplant with Minced Pork

香茅青檸汁煮魚 90  
 Pan-fried Pomfret with  
 Lemongrass Lime Sauce

蒸釀翠玉瓜環 92  
 Steamed Stuffed Courgette



# 春季飲食養生 Q & A

## 踏入初春，如何調養身體？

經過嚴寒冬季，氣候回暖，萬物復蘇萌芽，中醫認為肝屬木，故春天要注意肝臟的保養，以免增加肝臟的解毒負擔，多吃溫補陽氣之品（如蔥、蒜、韭菜），打好身體的底子，飲食宜清淡，忌吃高脂肪、油膩、煎炸燥熱之物，並切勿過度喝酒。

### *How to nurture the body in early spring?*

When weather starts to warm up after a cold winter, plants will begin sprouting. Traditional Chinese Medicine is of the opinion that Wood element represents liver. As such one must pay special attention to liver during springtime, to prevent overburdening the liver with detoxification function, should consume foods that gently warms the Yang (such as spring onion, garlic and chive). To lay a healthy foundation for the body by eating light foods, avoid fatty and oily foods or foods that are deep-fried, do not consume too much alcoholic drinks.

## 有哪些養肝的日常食物？

平日多吃綠色的食物有助養肝，綠豆、芹菜、青瓜、菠菜、四季豆等深綠色蔬菜；另外紅豆、黑豆、葡萄、蘋果、菇類、木耳、粟米、紅蘿蔔、番茄、百合及蓮子等也具養肝健脾之效，多食新鮮的蔬菜，攝取均衡營養。

### *What type of food can nurture the liver?*

Eat more green vegetables on a regular basis to help nurture the liver, such as mung bean, celery, cucumber, spinach, French bean; red bean, black bean, grape, apple, mushrooms, wood ear fungus, corn, carrot, tomato, lily bulb and lotus seed also can benefit liver and spleen. Eat more fresh vegetables to balance nutrition intake.

.....

## 春季容易染感冒或上呼吸道疾病，烹調時如何輔助？

春天是細菌、病毒繁殖的旺季，煮食時加點薑、蔥、大蒜及芫茜等，除了提升餸菜的天然香味，更有助殺菌防病、預防上呼吸道感染。

### *How can cooking help alleviate illness such as flu or upper respiratory tract problem?*

Spring is a season of bacterial and viral abundance. Adding some ginger, spring onion, leek and coriander to the cooking can enhance the natural flavour of the dishes and help kill bacteria, prevent sickness and upper respiratory tract infection.



## 應挑選哪些蔬果，有助抵抗感冒等症狀？

含維他命 C 的柑橘類水果、士多啤梨、木瓜、甜椒、番茄、芥蘭、椰菜等，有抗病毒的作用；維他命 A 可保護及增強上呼吸道黏膜，食物如紅蘿蔔、南瓜、菠菜、莧菜等；維他命 E 的果仁、五穀類、椰菜花及深綠色蔬菜等，有增強免疫力的功能。

### *Which fruits and vegetables can help prevent cold and flu?*

Vitamin C-containing citrus fruits, strawberry, papaya, bell pepper, tomato, kale, cabbage have antiviral effects; vitamin A can protect and strengthen the upper respiratory mucosa and is contained in carrot, pumpkin, spinach, Chinese spinach; vitamin E rich nuts, grains, cauliflower and dark green vegetables is good for strengthening immunity.





時令食材

Seasonal ingredient



蒜頭

Garlic

初春病菌肆虐，常吃蒜頭可抗菌，並增強人體的免疫能力，促進血液循環，改善手腳冰冷等情況。

Early spring is a time of rampant bacterial infection. Regular consumption of garlic can help fight bacteria, improve immunity and blood circulation, alleviate cold hands and feet problem.

殺菌  
kills bacteria

# 蒜香帶子炒甜豆

Stir-fried Sugar Snap Pea and Scallop  
with Garlic

15

mins

烹調時間

Cooking time





## 材料 | Ingredients

- 急凍帶子 8 隻
- 甜豆 6 兩
- 蒜肉 4 粒 (去皮、切片)
- 甘筍 6 片
- 麻油 1 茶匙
- 8 frozen scallops
- 225 g sugar snap pea
- 4 cloves garlic (peeled and sliced)
- 6 slices carrot
- 1 tsp sesame oil

## 醃料 | Marinade

- 胡椒粉 1/3 茶匙
- 粟粉 1 茶匙
- 1/3 tsp ground pepper
- 1 tsp corn starch

## 調味料 (調勻) |

### Seasoning (combined)

- 蠔油半湯匙
- 黃砂糖半茶匙
- 粟粉 1 茶匙
- 水 2 湯匙
- 1/2 tbsp oyster sauce
- 1/2 tsp light brown caster sugar
- 1 tsp corn starch
- 2 tbsp water

## 做法 | Method

1. 急凍帶子解凍，用清水略沖，以廚房紙吸乾水分。
  2. 甜豆撕去兩側筋，洗淨。
  3. 燒熱鑊下油 1 湯匙，下蒜片爆香，放入甜豆、甘筍片炒勻，加熱水 1 湯匙炒片刻，盛起。
  4. 帶子與醃料拌勻，放入已燒熱的油鑊，兩面各煎約 1 分鐘，加入甜豆、甘筍片及調味料炒勻，待汁液收少，最後倒入麻油拌勻即成。
1. Thaw frozen scallops. Rinse briefly. Pat dry with kitchen tissue.
  2. Tear off the hard string at both sides of sugar snap peas. Rinse peas.
  3. Heat wok. Add 1 tbsp of oil. Stir-fry sliced garlic until fragrant. Add sugar snap pea and sliced carrot. Stir-fry until even. Add 1 tbsp of hot water. Stir-fry for a while. Dish up.
  4. Combine scallops with marinade ingredients. Add to heated wok. Pan-fry each side of scallops for 1 minute. Add sugar snap pea, sliced carrot and seasoning ingredients. Stir-fry until even. When the sauce is reduced, add sesame oil and stir until even. Serve.



時令食材

Seasonal ingredient



荷蘭豆

Snow pea

適量進食有助預防細胞氧化，  
增強新陳代謝，抗菌消炎、清  
理腸胃，增強身體的免疫功能。

Consuming the right amount can  
help prevent cell oxidation, improve  
metabolism, fight bacteria and  
reduce inflammation, regulates  
digestive tract and strengthen  
immunity.

# 合桃馬蹄 雲耳炒荷豆

Snow Pea with Walnut,  
Water Chestnut and Cloud Ear Fungus

健脾益胃

Strengthens spleen and stomach

10

mins

烹調時間

Cooking time

## 材料 | Ingredients

- 合桃肉 8 粒
- 馬蹄肉 4 粒
- 浸發雲耳 2 湯匙
- 荷蘭豆 6 兩
- 薑 3 片
- 紹酒半湯匙
- 8 shelled walnuts
- 4 peeled water chestnuts
- 2 tbsp soaked cloud ear fungus
- 225 g snow pea
- 3 slices ginger
- 1/2 tbsp Shaoxing wine

## 調味料 (調勻) |

### Seasoning (combined)

- 鹽 1/3 茶匙
- 糖半茶匙
- 生抽 1 茶匙
- 粟粉 1 茶匙
- 水 2 湯匙
- 1/3 tsp salt
- 1/2 tsp sugar
- 1 tsp light soy sauce
- 1 tsp corn starch
- 2 tbsp water

## 做法 | Method

1. 合桃肉用白鑊小火烘脆，備用。
  2. 荷蘭豆撕去兩側硬筋，洗淨；馬蹄肉洗淨，切片；雲耳用適量滾水浸 5 分鐘，隔去水分。
  3. 燒熱鑊下油 2 湯匙，下薑片爆香，放入雲耳及荷蘭豆炒勻，澆酒，加入馬蹄炒片刻，倒入調味料炒勻，上碟，最後灑上合桃肉即成。
1. Toast shelled walnut in dry wok over low heat until crunchy. Set aside.
  2. Tear off the hard strings at both sides of snow peas. Rinse snow peas. Rinse and slice water chestnuts. Soak cloud ear fungus in boiling water for 5 minutes, drain.
  3. Heat wok. Add 2 tbsp of oil. Stir-fry ginger until fragrant. Add cloud ear fungus and snow pea. Stir-fry until even. Sprinkle with wine. Add water chestnut. Stir-fry briefly. Add seasoning. Stir until even. Dish up. Sprinkle with walnut. Serve.





時令食材

Seasonal ingredient



### 鮮淮山

Fresh Chinese yam

是近年的保健食品，健脾益胃、益肺止咳，對春季容易咳嗽人士有改善症狀的作用；並可保持血管彈性，預防心血管疾病。

It is a popular health food in recent years that can help strengthen spleen and stomach, enrich lungs and relieves cough, alleviate the condition of those prone to having coughs in spring season, maintain elasticity of blood vessels and prevent coronary artery disease.

殺菌，健脾益胃

Kills bacteria;

strengthens spleen and stomach

## 蒜肉淮山魚頭鍋

Fish Head Casserole with

Garlic and Chinese Yam

35

mins

烹調時間

Cooking time

### 材料 | Ingredients

大魚頭 1 個 (約 12 兩)

鮮淮山 6 兩

瘦肉 4 兩

炒香蒜肉 6 粒

薑 3 片

1 big fish head (about 450 g)

225 g fresh Chinese yam

150 g lean pork

6 cloves toasted peeled garlic

3 slices ginger

### 醃料 | Marinade

鹽半茶匙

1/2 tsp salt

## 做法 | Method

1. 大魚頭開邊，去掉魚鰓（請魚販代勞），洗淨及抹乾水分，抹上醃料待片刻。
  2. 鮮淮山削皮，洗淨，切片，用清水浸片刻，盛起。
  3. 瘦肉洗淨，切薄片。
  4. 燒熱鍋下油 1 湯匙，下薑片及大魚頭煎至微黃，注入熱水 2 杯煮 10 分鐘，加入瘦肉、淮山及蒜肉，用慢火煮 10 分鐘，原鍋上桌食用。
1. Slit the side of big fish head to remove the gills (request for the help of fish seller). Rinse fish head. Pat dry. Brush on marinade. Let stand for a while.
  2. Peel fresh Chinese yam. Rinse and slice. Soak in water for while. Dish up.
  3. Rinse and thinly slice lean pork.
  4. Heat wok. Add 1 tbsp of oil. Add ginger and big fish head. Pan-fry until fish head turns golden. Add 2 cups of hot water. Cook for 10 minutes. Add lean pork, Chinese yam and garlic. Cook over low heat for 10 minutes. Serve in casserole.





時令食材

Seasonal ingredient



### 羽衣甘藍

*Curly Kale*

是近年的超級食物，對人體有多種好處，如：緩和心血管病、改善高血壓、預防骨質疏鬆、增強免疫能力，其膳食纖維非常豐富，促進腸道蠕動，清除體內有害物質。有機食品店或菜檔有售。

It is recognized as a superfood in recent years that has numerous health benefits, such as: alleviates coronary artery disease, regulates high blood pressure, prevents osteoporosis, strengthens immunity. Its rich fiber content can help with bowel movement and detoxification. This vegetable can be found in organic food store or vegetable stores.

抗氧化，改善都市病

anti-oxidant; alleviates urban diseases

## 蒜肉麵醬炒羽衣甘藍

Curly Kale with Garlic and Bean Sauce

10

mins

烹調時間

Cooking time

### 材料 | Ingredients

羽衣甘藍 6 兩

蒜肉 3 粒（去衣、切片）

麵豉醬半湯匙

225 g curly kale

3 cloves garlic (peeled and sliced)

1/2 tbsp preserved bean sauce

## 做法 | Method

1. 羽衣甘藍用水浸半小時，洗淨，瀝乾水分，撕下菜葉，去掉菜梗，將葉片撕成小塊。
  2. 麵豉醬加水 2 湯匙拌勻。
  3. 燒熱鑊下油 2 湯匙，下蒜片炒香，放入麵豉醬及羽衣甘藍炒勻，加蓋焗 1 分鐘，拌勻，上碟食用。
1. Soak curly kale in water for 1/2 hour. Rinse and drain. Discard stem and tear leaves into small pieces.
  2. Combine bean sauce with 2 tbsp of water.
  3. Heat wok. Add 2 tbsp of oil. Stir-fry sliced garlic until fragrant. Add bean sauce and curly kale. Stir-fry until even. Cover the lid and cook for 1 minute. Stir well. Serve.





時令食材

Seasonal ingredient



### 大芥菜 *Round green mustard*

味帶甘苦，有解毒、抵抗病毒感染的作用，而且可改善咳嗽痰多、便秘等，適合春季容易發病時食用。

It has a bitter sweet taste, good for neutralizing toxin and preventing virus infection, able to improve coughing with phlegm and constipation problem and is most suitable to be consumed in spring at the onset of illnesses.

排除毒素，預防疾病  
detoxifies, prevents sickness

Braised Mustard Green with Mushroom,  
Dried Shrimp and Pork Belly

冬菇蝦米  
脯肉燜大芥菜

50

mins

烹調時間

Cooking time

### 材料 | Ingredients

大芥菜 1 斤  
 脯肉 6 兩  
 冬菇 4 朵  
 蝦米 1 兩  
 薑 4 片  
 紹酒半湯匙  
 600 g round green mustard  
 225 g pork belly  
 4 dried shiitake mushrooms  
 38 g dried shrimp  
 4 slices ginger  
 1/2 tbsp Shaoxing wine

### 調味料 | Seasoning

黃砂糖 1 茶匙  
 鹽 3/4 茶匙  
 1 tsp light brown caster sugar  
 3/4 tsp salt



## 做法 | Method

1. 冬菇去蒂，用水浸 2 小時，洗淨，切大塊。
  2. 蝦米洗淨，用水 2 湯匙浸 10 分鐘，盛起。
  3. 腩肉洗淨，切小塊；大芥菜切塊，洗淨。
  4. 燒熱鑊下油 2 湯匙，下薑片爆香，放入腩肉、蝦米拌炒，灑酒拌勻，加入冬菇、熱水 2.5 杯煮滾，轉慢火煮半小時，加入大芥菜及調味料，用中火燜煮 15 分鐘即成。
1. Discard stem of dried shiitake mushrooms. Soak mushrooms in water for 2 hours. Rinse and cut into big pieces.
  2. Rinse dried shrimp. Soak in 2 tbsp of water for 10 minutes. Drain.
  3. Rinse and cut pork belly into small pieces. Cut green mustard into pieces. Rinse.
  4. Heat wok. Add 2 tbsp of oil. Stir-fry sliced ginger until fragrant. Add pork and dried shrimp. Stir-fry. Sprinkle with wine. Add shiitake mushrooms and 2.5 cups of hot water. Bring to boil. Adjust to low heat and cook for 1/2 hour. Add green mustard and seasoning ingredients. Cover the lid and braise over medium heat for 15 minutes. Serve.





時令食材

Seasonal ingredient



### 青通菜

#### *Morning glory vegetable*

是夏天的常見蔬菜，菜梗較幼、葉片細長，色深綠，口感爽脆，適宜快炒。青通菜消暑解熱，豐富的粗纖維有助排出有毒物質。

It is a common vegetable in summer season. The stem is quite tiny, the dark green leaves are long and thin with a crunchy texture. Quick stir-frying is best. Morning glory vegetable can help relieve summer heat and the rich fiber content can help with toxin excretion.

解暑排毒  
relieves summer heat; excretes toxin

## 腐乳椒絲炒青通菜

Morning Glory Vegetable with  
Fermented Tofu and Red Chilli

10

mins

烹調時間

Cooking time

### 材料 | Ingredients

青通菜 12 兩

紅辣椒 2 隻

蒜肉 3 粒

腐乳 3 小塊

450 g morning glory vegetable

2 red chillies

3 cloves peeled garlic

3 small pieces fermented tofu

### 調味料 | Seasoning

黃砂糖半茶匙

1/2 tsp light brown caster sugar

## 做法 | Method

1. 青通菜洗淨，摘短度。
  2. 紅辣椒去籽，洗淨，切圈；蒜肉洗淨，拍碎。
  3. 腐乳搓爛，與黃砂糖、水 2 湯匙調勻，備用。
  4. 燒熱鑊下油 2 湯匙，下蒜茸爆香，放入腐乳醬及青通菜，加蓋煮 3 分鐘，最後下紅辣椒拌勻即成。
1. Rinse morning glory vegetable and break into sections.
  2. Remove seeds of red chilli. Rinse and cut into rings. Rinse and smash peeled garlic cloves.
  3. Mash fermented tofu and combine with light brown caster sugar and 2 tbsp of water. Set aside.
  4. Heat wok. Add 2 tbsp of oil. Stir-fry minced garlic until fragrant. Add preserved tofu sauce and morning glory vegetable. Cover the lid and cook for 3 minutes. Add red chilli. Stir until even. Serve.





時令食材

Seasonal ingredient



蒜頭，苋菜

*Garlic, Chinese spinach*

夏天流感肆虐，多用蒜頭有效抗炎殺菌，尤其對上呼吸道及消化道感染。苋菜清熱、潤腸利尿，宜夏日食用。

Summer is the flu season. Regularly add garlic to the cooking can help kill bacteria and prevent infection of the upper respiratory tract and digestive tract. Chinese spinach can clear the heat, moisten the intestine and promote the urine. Best consumed during summer.

抗炎殺菌，補鈣  
anti-Inflammation and bacteria;  
replenishes calcium

# 蒜子魚湯浸苋菜

Garlic Fish Broth with Chinese Spinach

50

mins

烹調時間

Cooking time

## 材料 | Ingredients

細海魚 1 碟

苋菜 12 兩

炸蒜子 8 粒

薑 3 片

鹽 1 茶匙

1 small plate tiny salt water fish

450 g Chinese spinach

8 cloves deep-fried garlic

3 slices ginger

1 tsp salt



## 做法 | Method

1. 海魚去鱗，剖好，洗淨，下鹽拌勻待片刻。
  2. 燒熱鑊下油 1 湯匙，下薑片及海魚略煎，注入熱水 3 杯煮滾，用中小火煮 45 分鐘，隔魚渣、留魚湯約 2 杯。
  3. 莧菜摘去菜根，洗淨，摘短度。
  4. 煮滾魚湯，放入莧菜及炸蒜子，用中火煮 5 分鐘，盛起供食。
1. Remove scales and gut fish. Rinse fish and combine with salt. Let stand for a while.
  2. Heat wok. Add 1 tbsp of oil. Add ginger and fish. Pan-fry briefly. Add 3 cups of hot water and bring to boil. Cook over medium-low heat for 45 minutes. Strain to remove fish and set aside 2 cups of fish broth.
  3. Remove Chinese spinach roots. Rinse and break into sections.
  4. Bring fish broth to boil. Add Chinese spinach and deep-fried garlic. Cook over medium heat for 5 minutes. Serve.



時令食材

Seasonal ingredient



### 荷葉

### Lotus leaf

散發清幽的香味，清熱降暑、祛濕消脂，可降血壓及預防心血管疾病，包着食材蒸煮，更可解除油膩感。雜貨店有乾品出售。

Has a fresh aroma, can help relieve summer heat, dispel dampness, burn body fat, lower blood pressure and prevent coronary heart disease. Wrapped with lotus leaf can reduce the oiliness of the ingredients. Dried lotus leaf is sold in grocery stores.

補身消暑

nourishes the health, relieves summer heat

## 荷葉金針雲耳蒸雞

Steamed Lotus Leaf Wrapped Chicken,  
Lily Flower and Cloud Ear Fungus

25

mins

烹調時間

Cooking time

### 材料 | Ingredients

冰鮮雞半隻（斬塊）

紅棗 4 粒

金針、雲耳各半兩

薑 4 片

乾荷葉 1 塊

1/2 chilled chicken (chopped into pieces)

4 red dates

19 g each of lily flower and cloud ear fungus

4 slices ginger

1 piece dried lotus leaf

### 醃料 | Marinade

紹酒半湯匙

黃砂糖半茶匙

生抽 1 湯匙

粟粉 1 茶匙

1/2 tbsp Shaoxing wine

1/2 tsp light brown caster sugar

1 tbsp light soy sauce

1 tsp corn starch

## 做法 | Method

1. 乾荷葉放入滾水灼 1 分鐘，取出，洗淨，抹乾水分。
  2. 金針、雲耳用水浸 1 小時，金針剪去一端蒂，洗淨金針雲耳，擠乾水分；紅棗拍鬆、去核。
  3. 冰鮮雞洗淨，隔去水分，下醃料拌勻待半小時。
  4. 荷葉平放蒸碟內，放上金針、雲耳，鋪上雞塊，放入薑片、紅棗，把荷葉覆蓋妥當，隔水大火蒸 15 分鐘，熄火焗 5 分鐘，上枱供食。
1. Blanch dried lotus leaf in boiling water for 1 minute. Remove lotus leaf. Rinse and pat dry.
  2. Soak lily flower and cloud ear fungus in water for 1 hour. Snip off the stem at one end of the lily flower, rinse both and squeeze dry. Smash red dates and remove the seeds.
  3. Rinse and drain chicken pieces. Combine with marinade ingredients and let stand for 1/2 hour.
  4. Place lotus leaf in steaming plate. Add lily flower, cloud ear fungus and top with chicken pieces. Add ginger and red dates. Wrap well. Steam over water with high heat for 15 minutes. Turn heat off. Do not uncover the wok. Let stand for 5 minutes. Serve.



# Nourishing Dishes for Spring and Summer

## 春夏食補家常菜

作者 Author  
Feliz Chan

策劃/編輯 Project Editor  
Karen Kan

攝影 Photographer  
Leung Sai Kuen

美術設計 Design  
YU Cheung

出版者 Publisher  
Forms Kitchen

香港鰂魚涌英皇道1065號 Room 1305, Eastern Centre, 1065 King's Road,  
東達中心1305室 Quarry Bay, Hong Kong.

電話 Tel: 2564 7511

傳真 Fax: 2565 5539

電郵 Email: info@wanlibk.com

網址 Web Site: <http://www.wanlibk.com>

<http://www.facebook.com/wanlibk>



萬里機構



萬里 Facebook



萬里 Instagram

發行者 Distributor  
香港聯合書刊物流有限公司 SUP Publishing Logistics (HK) Ltd.

香港新界大埔汀麗路36號 3/F., C&C Building, 36 Ting Lai Road,

中華商務印刷大廈3字樓 Tai Po, N.T., Hong Kong

電話 Tel: 2150 2100

傳真 Fax: 2407 3062

電郵 Email: info@suplogistics.com.hk

承印者 Printer  
合群（中國）印刷包裝有限公司 Powerful (China) Printing & Packing Co., Ltd.

出版日期 Publishing Date  
二〇一八年一月第一次印刷 First print in January 2018

版權所有 · 不准翻印 All rights reserved.  
Copyright ©2018 Wan Li Book Company Limited  
Published in Hong Kong by Forms Kitchen,  
a division of Wan Li Book Company Limited.

ISBN978-962-14-6565-8



暢銷  
熱賣中

新出版



## 春夏食補家常菜

## Nourishing Dishes for Spring and Summer

春天流感肆虐，日常飲食如何殺菌防病？

夏季暑熱難耐，家傭懂得炮製消暑祛濕的晚餐嗎？

春溫夏熱，「因時養生」是調養之道。烹飪專家 Feliz Chan 設計 38 款適合春夏兩季的中式餐膳，用食物營養抵抗病毒、保護呼吸道、清熱開胃，由內至外增強抵抗力，順應季節變化鞏固體質，免受外邪致病。

*Springtime is flu season. How can daily diet help kill bacteria and prevent illness?*

*With the almost unbearable summer heat, do domestic helpers know how to prepare meals that can relieve heat and dispel internal dampness?*

With the warm spring and hot summer weather in place, seasonal nurturing is the right way to gain good health. Cooking expert Feliz Chan has designed 38 Chinese dishes suitable to be consumed during spring and summer. Through food nutrition to fight against viruses, protect the respiratory tract, dispel heat and improve appetite, strengthen immunity from the inside out, secure the body systems according to season to protect against external infections.

網上書店



超閱網  
SuperBookCity.com

ISBN 978-962-14-6565-8



9 789621 465658



聯合出版集團

HK\$42.00

Published in Hong Kong

