



菲傭入廚手記 Cooking Note for Filipino Helper

老友記食得營

Nutritious Daily Meals for Seniors

- ✿ 營養滿分早午晚餐
- ✿ 糖尿、三高長者飲食法
- ✿ 百變美食增添飲食趣味
- ✿ 中文、英文對照

Feliz Chan 著



編者話 Foreword

家傭對食材配搭毫無頭緒，豆腐、肉碎、粉絲、蒸魚……

單調的材料，長者吃多了感到毫無趣味！怎辦？

烹飪專家 Feliz Chan 瞭解家傭的疑難，設計了 38 道早、午、晚食譜：

早餐～魚茸雪耳小米粥、奇亞籽麥皮

午餐～煎三文魚茸蛋角、合桃碎杞子拌旺菜

晚餐～鮮淮山杏鮑菇炒柳梅、紅菜頭番茄甘筍碎肉飯

每款食譜貼合長者必需的營養要素，甚至包含流行的超級健康食品，而且烹調多元化，為飯桌增添新意及趣味。

家裏若有長期病患的長者，日常煮食有何注意之處？作者悉心地列出糖尿病、痛風、三高長者的飲食注意事項，讓家傭深刻牢記及遵從，由日常飲食調養體質，改善身體狀況。

美食令心情歡愉，自然擁有強健的體魄，活出燦爛的晚年人生！

Domestic helper at wits end on how best to put together the various ingredients such as tofu, minced meat, vermicelli, steamed fish...

The elderly may find these simple ingredients not too appetizing when eaten day in day out. What are the solutions?

Cooking expert Feliz Chan has designed these 38 breakfast, lunch and dinner dishes to solve the dilemma of the helper:

Breakfast – Fish and white fungus couscous porridge, Chia seed oatmeal.

Lunch – Salmon omelette, Chinese cabbage with crushed walnut and Chinese wolfberry.

Dinner – Pork fillet with fresh Chinese yam and king oyster mushroom, Minced pork rice with beetroot, tomato and carrot.

Every dish takes into consideration the essential nutrients needed by the elderly. Some even include the popular super healthy ingredients and various cooking methods are applied, with the objective of adding creativity and interesting flavours to the daily menu.

What are the areas related to cooking that need special attention when looking after elders with health problems? The author has listed out some good points for the helper to carefully follow when taking care of the daily cooking of elders suffering from diabetes, gout, hypertension and high cholesterol. Such that through the right daily diet, the body condition and health level will gradually improve.

Good food lifts the spirit and improves the physical health, allowing the elderly to lead a happy and enjoyable life!

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老友記の食材 為身體加油

Healthy Food Ingredients.
Give Your Body a Healthy Boost

紅藜麥

近年流行的超級食品，是南美洲高地的穀類種子，有紅、黑及白三種，高纖維、低脂肪，含人體必須的氨基酸，而且蛋白質、鈣及鐵等豐富，有助腸胃蠕動。紅藜麥的膳食纖維含量是三者中最高，帶堅果味，可與白米煮成粥或飯。

Red Quinoa

It is a super food that has become popular in recent years. It is a type of grain produced in the highlands of South America that comes in red, black and white colour. High in fiber and low in fat, it contains nutrients such as essential Amino acids, protein, calcium and iron that can help improve bowel movement. Out of the three, red quinoa has the highest fiber content. It has a nutty flavour which can be cooked with white rice to make porridge or rice dish.





奇亞籽

是鼠尾草的種子，其豐富的水溶性纖維有助減緩血糖上升，而且奧米加3可減少心血管毛病、維持腦部及神經運作、降低膽固醇；但低血壓人士、胃潰瘍及胃炎人士必須留意食用。奇亞籽一般加入奶類、早餐穀麥片或豆漿伴吃。

Chia Seed

Chia seed is the seed of sage. Its rich water-soluble fiber has low glycemic index and the Omega-3 nutrient can help reduce cardiovascular disease, maintain healthy brain and nerve functions, lower cholesterol level. However, those suffering from low blood pressure, stomach ulcer and stomach inflammation should be cautious with the consumption. Chia seed is usually added to dairy products, breakfast cereal or soy milk.

白飯魚乾

曬乾而製成，蛋白質及鈣質含量高，低脂肪，營養成分豐富，可提供充足能量，適合長者及小孩食用。一般用於煮湯、煲粥及蒸水蛋等，味道鮮美。

Dried White Bait

It is sundried, high in protein and calcium, low in fat, rich in nutrients. It can help provide sufficient energy for the body and is suitable for the consumption of the elderly and children. Commonly used for making soup, porridge and steamed egg, the taste is delicious.



黃豆、黑豆、 紅豆、綠豆

含植物性蛋白質，維他命B
雜及鈣質豐富，熱量低，不
含膽固醇，預防心血管疾病。
黑豆的蛋白質含量最高，補
腎強身；紅豆鐵質豐富，補
血；綠豆清熱解毒、去火消
暑。用不同豆類製成雜豆漿，
功效互補，相得益彰。

Soy Bean, Black Bean, Red Bean,
Mung Bean

They contain plant based protein, vitamin B complex and calcium, low in calorie and with no cholesterol, great for preventing cardiovascular disease. Black bean has the highest content of protein that can help strengthen kidney and body. Red bean is rich in iron that can help nourish the blood. Mung bean can clear heat and neutralize toxin, relieve pathological fire and dispel summer heat. Mixed bean milk made from the different beans will draw on the benefits of each bean variety and make a strong health drink.



紅菜頭

抗氧化功效高，有助降低血
壓、促進肝臟排毒及腸道消
化、提高抗病能力，對老年
人來說甚至可預防腦退化；
但因紅菜頭鉀量高，如因鉀
高引致心悸或心跳加速，則
不宜進食。日常可榨汁飲用，
或煲湯吸取營養。

Beetroot

It has high anti-oxidant value that can help lower blood pressure, improve liver detoxification and digestive tract function, strengthen immunity. It can even help the elderly prevent the onset of dementia. However, due to its high potassium content, it should be avoided by those prone to getting heart palpitation or increase in heart beat caused by high potassium intake. Otherwise it can be made into a juice or soup for easy assimilation of the nutrients.



魚肚

魚鰾用油炸或砂爆而成，膠原蛋白豐富，質感軟脆，咀嚼能力不佳的長者也適合食用。日常可炒吃、煮湯羹或蒸燜，雜貨店有乾品出售，回家浸泡及飛水後即可使用。

Fish maw

Dried fish maw is usually prepared by way of deep-frying in oil or sand. It is rich in gelatin and has a tender texture, suitable for old folks with chewing problem. Stir-frying, making soup, steaming or braising are the common ways of preparing this ingredient. The dried variety is sold in grocery stores. Soak it in water and briefly scald with boiling water before cooking.



鹽滷豆腐、板豆腐

蛋白質營養高、易消化，而且經濟實惠，是長者常吃的食材。街市有售的板豆腐用石膏粉製成，豆香滑嫩，適合煎炸及紅燒；鹽滷豆腐則以天然鹽滷凝固，質感軟綿。

Salt-brine Tofu, Firm Tofu

This ingredient is a regular food ingredient of the elderly due to its high protein content and easily digestible nature. The economical pricing is another plus factor. The firm tofu sold in the wet market is made of gypsum powder, rich in bean aroma and has a smooth texture. It is suitable for frying or braising. Salt-brine tofu is made from natural salt brine and the texture is even smoother.

選對食材，營養倍增



年紀漸長，牙齒容易鬆脫，咬合能力不佳影響進食，久而久之，對飲食提不起勁，影響營養吸收。如何補充營養？除了日常慣吃的豆腐、肉碎之外，只要精明地選購適當的食材，長者每餐膳食都可吃得精彩。

- 將魚拆成魚肉，挑去小骨，可補充蛋白質吸收。街市常見的魚仲，啖啖魚肉，脂肪豐富，燜煮尤佳；黃花魚、紅衫魚、青根及鮫魚腩等，肉質嫩滑，可清蒸或拆肉煮成粥。
- 日常可購買魚柳烹調，肉質滑嫩，且已去掉魚骨，吃的盡是魚肉，方便食用，例如冷藏的鯖魚柳、龍躉魚柳等。
- 切成塊狀的魚扒也是理想的食材，整塊煎熟或切件煮，減低鯁骨的風險。
- 淡水魚檔有售的鯪魚肉，加入調味料、芫茜及葱等，口感軟滑，可直接煮熟或做成釀料，烹調成多款餸菜。
- 若煮食時間緊迫，可選用超市出售的罐裝三文魚或吞拿魚，拉罐即用，簡單方便，吸取魚類的營養。
- 牛柳、豬柳梅或梅頭瘦肉，都是適合長者食用，肉質軟腴，只要切成絲，無論炒煮、放湯或製成肉餅，都可煮成美味的家常菜。
- 別以為軟滑的粉絲最適合長者，多吃反而加重腸胃負擔，難以消化。

When one gets older, the teeth tend to become loose easily. Poor chewing will affect food intake. As the days go by, one will lose the appetite for food and start to suffer from nutrient deficiency. How can the nutrients be replenished? Aside from the usual tofu and minced meat, just be more creative in getting the right ingredients to ensure that the elderly will enjoy each meal.

- Flake fish meat and remove the tiny bones. This is a good protein supplement. The common Cobia found in market place has lots of meat and is rich in healthy fat, makes a great braised dish. Yellow croaker, golden threadfin, piceus or carp belly have soft and smooth meat texture. They can be steamed or flaked and cooked with porridge.
- Fish fillet, such as frozen mackerel or sole, is another good choice. The meat is tender and smooth, the bones are already removed for easy eating.
- Sliced fish steak is an ideal ingredient too. It can be pan-fried whole or cooked in pieces. The risk of getting stuck with fish bone is low.
- Dace paste is sold in freshwater fish stores. Fish paste added with seasonings, coriander and spring onion has a smooth mouth-feel. It can be cooked as it is or made into a stuffing.
- When in a rush, use the canned salmon or tuna bought from supermarket. Just one pull to open the can and it is ready for use, convenient yet nutritious.
- Beef fillet, pork fillet or pork shoulder butt are meats with a tender texture that are suitable for the consumption of the elderly. Just cut the meat into thin shreds, stir-fry, cook with soup or make a patty to create some delicious daily dishes.
- Do not assume that the soft and smooth vermicelli is suitable for the consumption of the elderly. Eating too much of it will cause indigestion.

飲食有法，樂活健康人生

糖尿長者

- 緊記注意澱粉質的攝取量，早餐的粥品或米飯不可吃得太多，一碗份量已足夠；但糙米粥兩碗亦可，建議進食糙米、紅米、麥皮等。
- 若選用根莖類煮成齋菜（如南瓜、番薯、芋頭等），進食半碗份量的話則相應地減掉半碗米飯量。
- 懂得選擇低升糖指數的食物，如雞肉、三文魚、大豆製品、無糖乳酪、杏仁奶、牛蒡、冬瓜、番茄、蘋果、蓮霧等。
- 纖維能延長體內吸收碳水化合物的時間，穩定血糖，建議每餐進食一碗蔬菜類食物。
- 宜少吃多餐，別一下子進食太多令血糖急速飆升。

Elderly with Diabetes

- Pay attention to the intake of starch content. Avoid eating too much porridge or rice in the morning, limit to 1 bowl or up to 2 bowls for brown rice. Brown rice, red rice or oatmeal are recommended.
- When a dish is made of root vegetable (such as pumpkin, sweet potato or taro), eating half a bowl of the dish will need to reduce half a bowl of rice intake proportionately.
- Learn to select food with low glycemic index such as chicken, salmon, soy products, unsweetened yogurt, almond milk, burdock, winter melon, tomato, apple and jambu fruit.
- Fiber can prolong the time required by the body to assimilate carbohydrates, thus able to stabilize blood sugar. It is recommended that one bowl of vegetable is consumed per meal.
- Eating less but eating more times will prevent the blood sugar from rising too rapidly when too much food is eaten at one go.

痛風長者

- 關節疼痛時，建議避免進食任何豆製品（如雜豆漿、豆腐、鮮竹等）、菠菜、旺菜、露筍、西蘭花及冬菇，以免影響病情；若痛症緩和，在許可的情況下可酌量食用。

- 由痛風引起筋骨疼痛時，不要進食糯米及其製品，份量太多令筋膜發炎。
- 若膝蓋疼痛，盡量別吃菇菌類。
- 避免進食高脂及煎炸的食物。

Elderly with Gout

- When suffering from painful joints, avoid eating any bean produce (such as mixed bean milk, tofu or fresh tofu skin), spinach, Chinese cabbage, asparagus, broccoli and shiitake mushroom. These items will worsen the condition. When the condition has improved, a controlled amount can be consumed.
- When sinew or bone pain are caused by gout, do not consume glutinous rice or related products. High intake will cause inflammation of the ligaments.
- When suffering from knee pain, avoid eating mushrooms.
- Avoid eating high fat and deep-fried food stuff.

三高長者

- 實行低鈉飲食，少鹽烹調，多使用薑、蔥、蒜及黃薑粉調味，避免進食鹹魚、臘肉、鹹蛋及午餐肉等。
- 每天進食新鮮的食物，別吃「隔夜鯉」。
- 沙甸魚、鮫魚、三文魚等含豐富的奧米加 3 可預防心臟病。
- 以免進食高脂肪及加工醃製食物，如腩肉、動物內臟、火腿、煙肉、香腸等。
- 不要醬汁伴飯，因汁料的鹽分一般偏高。

Elderly with Hypertension, High Blood Sugar and High Cholesterol

- Follow low-sodium diet, cook with less salt, use ginger, spring onion, garlic and turmeric powder as seasoning. Avoid eating salted fish, preserved sausage, salted egg or luncheon meat.
- Consume freshly prepared food everyday. Do not eat overnight food. This is to avoid poor nutrient intake.
- Eat more sardine, mackerel or salmon. The rich Omega-3 content can prevent heart disease.
- Avoid eating preserved food or food with high fat content such as pork belly, animal organs, ham, bacon or sausage.
- Do not use too much of the sauce from a cooked dish to eat with rice as it usually contains more salt.



藜麥粥

Quinoa Congee

健康滿分指數



Healthy eating rating

材料 | Ingredients

有機紅藜麥 2 湯匙

白米 1/3 量杯 *

黑豆粉 1 湯匙

* 專用量米杯

2 tbsp organic red quinoa

1/3 measuring cup white rice *

1 tbsp black bean powder

* Specific rice measuring cup

做法 | Method

1. 白米洗淨，用水浸 1 小時，瀝乾水分。
2. 煮滾清水 4 碗，放入紅藜麥及白米煮滾，轉小火煮約半小時，煮成稀粥，進食時灑入黑豆粉拌勻食用。

1. Rinse white rice. Soak in water for 1 hour. Drain.

2. Bring 4 bowls of water to boil. Add red quinoa and white rice. Bring to boil. Adjust to low heat and simmer for 1/2 hour to porridge texture. Sprinkle with black bean powder upon serving. Stir until even before eating.

窩心 Tips

- 紅藜麥含有優質的蛋白質，豐富的氨基酸及鈣質，質感容易入口，加上黑豆粉具強肝補腎的功效，是長者理想的早點。
- 紅藜麥毋須浸透，直接下鍋煮熟即可。
- Red quinoa contains good-quality protein, amino acids and calcium. The palatable texture with the liver and kidney strengthening benefit of black bean powder make this an ideal breakfast for the elderly.
- No soaking is required for the red quinoa. Directly add it to the pot and cook until done.





紅豆粟米菜飯

Red Bean and Sweet Corn Vegetable Rice

健康滿分指數 ♥♥♥

Healthy eating rating

材料 | Ingredients

免治豬肉 3 兩

紅豆 1/4 碗

新鮮粟米半碗

菜心 6 兩

白米 1 量杯 *

* 專用量米杯

113 g minced pork

1/4 bowl red bean

1/2 bowl fresh corn kernel

225 g choy sum

1 measuring cup white rice *

* Specific rice measuring cup

調味料 | Seasoning

鹽半茶匙

橄欖油半湯匙

1/2 tsp salt

1/2 tbsp olive oil

窩心 Tips

- 進食紅豆，對長者而言可補血；早飯時加添纖維豐富的粟米粒及菜心，令早上的排便更暢順。
- 紅豆必須煮至軟腍才放入飯煲；可提早一天煮軟，有效控制早上的烹煮時間。
- 若不喜歡吃肉的，可做成蔬菜素飯。
- Red bean has blood-nourishing property for the elderly. Adding the fiber-rich corn kernel and choy sum to breakfast will help improve bowel movement.
- The red beans should be cooked until tender before adding to the rice cooker. Feel free to cook the red bean the day before. This will allow better time management the next morning.
- For those who are not fond of eating meat, feel free to turn this into a vegetarian rice recipe.

做法 | Method

1. 紅豆用清水浸 2 小時，隔去水分。加入清水 3 杯煮滾，轉小火煮約半小時，如未軟身可再煮片刻，撈起紅豆。
 2. 菜心摘去菜花，洗淨，切碎。
 3. 白米洗淨，放入電飯煲，加入紅豆、粟米粒，按掣煮飯，大滾時均勻地鋪入免治豬肉、菜心，煮至煲飯程序完成，再焗 10 分鐘，最後下調味料拌鬆飯粒食用。
1. Soak red bean in water for 2 hours. Drain. Add 3 cups of water and bring to boil. Adjust to low heat and simmer for 1/2 hour. Cook for a while more if the red beans have not softened. Set aside.
 2. Remove the flowers of the choy sum vegetable. Rinse and finely chop choy sum.
 3. Rinse white rice. Put into rice cooker. Add red bean and corn kernel. Press the switch and start cooking. When the content is boiling vigorously, add minced pork and chopped choy sum evenly. Cook until the rice cooking procedure is completed. Do not open the rice cooker. Let stand for 10 minutes. Add seasoning ingredients. Stir well to loosen the rice grains. Serve.





醒神早餐 *Invigorating Breakfast*

1.5 碗
1.5 bowls

份量
Yield

8 分鐘
8 mins

烹煮時間
Cooking Time

奇亞籽麥皮

Chia Seed Oatmeal

健康滿分指數



Healthy eating rating

材料 | Ingredients

快熟燕麥片 3 湯匙

奇亞籽 1 茶匙

亞麻籽粉 1 茶匙

乾果 1 湯匙

3 tbsp quick-cooking oatmeal

1 tsp chia seed

1 tsp flaxseed powder

1 tbsp dried fruit

做法 | Method

1. 煮滾清水 1.5 碗，加入快熟燕麥片拌勻煮 3 分鐘，熄火，放入奇亞籽拌勻待 5 分鐘。

2. 盛於碗上，加入乾果及亞麻籽粉拌勻，即可食用。

1. Bring 1.5 bowls of water to boil. Add quick-cooking oatmeal. Stir and cook for 3 minutes. Turn heat off. Add chia seed. Stir well and let stand for 5 minutes.

2. Transfer to bowls. Add dried fruit and flaxseed powder. Stir until even. Serve.

窩心 Tips

- 每日進食適量的燕麥片，有助降低膽固醇，而其水溶性纖維更有助排毒，適合加入早餐、飲品或湯水享用。
- 有腎病及正服食薄血丸的人士，避免進食奇亞籽。
- Daily consumption of right amount of oatmeal will help lower cholesterol. Its water soluble fibre also helps with detoxification. It can be added to breakfast, beverage or soup.
- Chia seed should not be consumed by those suffering from kidney disease or those take blood thinning medication.





醒神早餐 *Invigorating Breakfast*

2人
Serves 2

份量
Yield

10分鐘
10 mins

烹煮時間
Cooking Time

牛油果番茄蛋三文治

Avocado Tomato Egg Sandwich

健康滿分指數 ♥♥♥

Healthy eating rating

材料 | Ingredients

牛油果半個

番茄 1 個

雞蛋 2 個

麥方包 4 片

沙律醬適量

1/2 avocado

1 tomato

2 eggs

4 slices wheat bread

a little salad dressing



做法 | Method

1. 雞蛋放入冷水內煲至滾起，轉慢火煲 3 分鐘，熄火，加蓋焗 5 分鐘，過冷河，去殼。
 2. 番茄去蒂，洗淨，切片。
 3. 雞蛋、牛油果切片；麥方包切去邊皮。
 4. 麥方包放平，鋪上適量牛油果、番茄及雞蛋，擠上沙律醬，蓋上另一塊麥方包，切件供食。
1. Put eggs in cold water. Bring to boil. Adjust to low heat and cook for 3 minutes. Turn heat off. Cover the lid and let stand for 5 minutes. Soak eggs in cold water. Remove the egg shell.
 2. Discard tomato stem. Rinse and slice tomato.
 3. Slice boiled eggs and avocado. Cut off the wheat bread crust.
 4. Place a slice of wheat bread on the plate. Top with sliced avocado, tomato and egg. Add some salad dressing. Cover with another slice of wheat bread. Cut into smaller pieces. Serve.

窩心 Tips

- 雞蛋要煮至全熟，以免腸胃敏感拉肚子。
- 牛油果是超級營養食物，其好脂肪有助降膽固醇及血脂，而且質感綿軟，適合長者日常食用。
- 若愛吃麵包皮，可保留。
- Egg must be fully cooked to avoid causing diarrhea.
- Avocado is a super nutritious food. In addition to the good fat content that will help lower cholesterol and blood lipid, its soft texture is most suitable to be consumed regularly by the elderly.
- For those who are fond of eating bread crust, it is not necessary to remove it.



醒神早餐 *Invigorating Breakfast*

4 碗
4 bowls

份量
Yield

45 分鐘
45 mins

烹煮時間
Cooking Time

魚茸雪耳小米粥

Fish and White Fungus Couscous Porridge

健康滿分指數 ♥♥♥♥

Healthy eating rating



材料 | Ingredients

青根魚 1 條 (約 8 兩)

雪耳 1/4 球

小米 1/3 量杯 *

白米 1/3 量杯 *

薑 3 片

鹽 1/3 茶匙

* 專用量米杯

1 piece (about 300 g)

1/4 pc white fungus

1/3 measuring cup couscous *

1/3 measuring cup white rice *

3 slices ginger

1/3 tsp salt

* Specific rice measuring cup

做法 | Method

1. 白米洗淨，用水浸 1 小時，瀝乾水分。
 2. 雪耳用水浸 1 小時，剪去硬蒂，飛水，撕成小朵。
 3. 青根魚洗淨，放於蒸碟，鋪上薑片，隔水大火蒸 10 分鐘，待冷，拆出魚肉。
 4. 煮滾清水 7 碗，放入白米及小米煮滾，轉小火煮約半小時，加入雪耳再煮 5 分鐘，下鹽調味，最後拌入魚茸即可食用。
1. Rinse white rice. Soak in water for 1 hour. Drain.
 2. Soak white fungus in water for 1 hour. Trim away the hard stem. Briefly scald with boiling water. Drain and tear it into small pieces.
 3. Rinse fish. Place fish on steaming plate. Top with ginger slices. Steam over water with high heat for 10 minutes. Let cool. Flake fish meat and set aside.
 4. Bring 7 bowls of water to boil. Add white rice and couscous. Bring to boil. Adjust to low heat and simmer for 1/2 hour. Add white fungus and cook for another 5 minutes. Add salt as seasoning. Lastly put in fish flakes. Stir well. Serve.



1

窩心 Tips

- 青根魚、黃花魚、紅衫魚的魚肉都可製成魚茸，魚肉滑嫩，味道鮮甜，而且價錢相宜。
- 拆魚肉時可用手輕按魚肉，必須確定沒有小骨，以免刺傷喉嚨造成危險。
- The meat of piceus, yellow croaker or golden threadfin bream can be used as fish flakes. The meat is tender and tasty. Price is reasonable.
- Gently press down on the fish meat during the flaking to detect any tiny bones. This will minimize the risk of having fish bones getting stuck in the throat.



醒神早餐 *Invigorating Breakfast*

2人 (饅頭) ; 4人 (雜豆漿)

Serves 2 (mushroom bun)
Serves 4 (mixed bean milk)

份量
Yield

35 分鐘

35 mins

烹煮時間
Cooking Time

煎大蘑菇饅頭併雜豆漿

Mushroom Bun with Mixed Bean Milk

健康滿分指數



Healthy eating rating

雜豆漿材料 | Ingredients for mixed bean milk

黃豆 4 兩	150 g soy bean
黑豆、紅豆、綠豆共 4 兩	150 g mixed black bean, red bean and mung bean
冰糖 2 湯匙	2 tbsp rock sugar
水約 12 杯	12 cups water

大蘑菇饅頭材料 | Mushroom bun ingredients

啡色大蘑菇 1 個	1 big Portobello mushroom
麥饅頭 2 個	2 wheat buns (Man-tou)
蒜肉 2 粒 (拍碎)	2 cloves peeled garlic (smashed)
老抽 1 茶匙	1 tsp dark soy sauce
炒香白芝麻少許	a little toasted white sesame seed

窩心
Tips

- 若喜歡黑豆的香甜，可增加黑豆的份量，減少黃豆。
- 用魚袋隔豆渣時，建議扭淨布袋以徹底壓出豆漿。
- 煲煮豆漿時以免加蓋，否則容易滿瀉。
- 雜豆漿可預早煲好，早上飲用前煮熱即可。
- For those who like the sweetness of black bean, feel free to increase the portion of black bean and reduce that of soy bean.
- When straining mixed bean milk with fish soup bag, twist the bag to fully press out the bean milk.
- Do not cover the pot when cooking bean milk to prevent the content from boiling over.
- The mixed bean milk can be cooked the day before and reheated in the morning.



雜豆漿做法 | Making mixed bean milk

1. 四色豆一同洗淨，用水浸一晚，沖洗一遍，瀝乾水分。
 2. 將雜豆分數次放入攪拌機，加入清水浸過雜豆約 2 吋，磨成幼滑豆漿，用煲湯魚袋隔去豆渣，將雜豆漿傾入煲，再加入餘下的水分，共 12 杯。
 3. 開火煮雜豆漿，不要加蓋煲滾，轉中火再煲 10 分鐘，下冰糖煲 3 分鐘即成。
1. Rinse all the beans. Soak in water overnight. Rinse and drain.
 2. Add mixed beans to blender portion by portion. Add water to cover the beans (about 2 inches higher). Grind to smooth bean milk texture. Strain bean milk with fish soup bag to remove the bean residue. Pour mixed bean milk to pot. Add remaining water, total 12 cups.
 3. Do not cover the pot. Bring mixed bean milk to boil. Adjust to medium heat and simmer for another 10 minutes. Add rock sugar and simmer for 3 minutes. Serve.



Nutritious Daily Meals for Seniors

老友記食得營

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Nutritious Daily Meals for Seniors

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