



Chinese and English



菲傭入廚手記

Cooking Note for Filipino Helper

秋冬食補家常菜

Healthy Dishes for Autumn and Winter

- ❖ 乾咳舌燥滋潤驅寒食療
- ❖ 秋冬飲食養生 Q & A
- ❖ 當季營養食材逐個數
- ❖ 中文、英文對照

Feliz Chan 著



編者話 Foreword

秋冬保養得宜，強肺補身！

天氣由炎熱轉為乾燥，溫度雖清爽，但身體一下子受不了而出現小毛病：鼻敏感發作、乾咳痰少、陰冷微寒……是秋冬兩季最常見的小問題。「藥補不如食補」，因應自身的體質及口味，烹調合宜的保健菜，透過日常飲食紓緩及解決小毛病，讓身體重新調養，鞏固各臟腑機能，迎接來年的挑戰。

我們邀請了烹飪專家 Feliz Chan，設計多款秋天養肺潤燥、冬天補腎強身的食療，每個食譜附食療功效、材料營養及烹調時間等，為不諳「因時而吃」的家傭提供實際調養資料，而且簡述秋冬季的飲食養生貼士，令家傭從秋冬的選材、烹調及飲食護養等全方面學習，平日藉由冷盤、主菜、湯品及甜點照顧全家的體質。

The right nourishment in autumn and winter leads to strong lungs and body!

When the weather moves from being hot to dry, the body may encounter some common problems despite the cool and refreshing temperature, such as allergy rhinitis, dry cough with little phlegm, a feeling of coldness. Following the wisdom of "Food as medicine", consuming the right dishes according to one's body constitution and preference, such daily diet will effectively alleviate and relieve the minor health problems, allowing one's body to recuperate, strengthen the function of each body system in preparation of a brand new year ahead.

We have invited culinary expert Feliz Chan to design many healthy recipes that can nourish lungs and moisturize dryness in autumn, enhance kidney and strengthen body in winter. Each recipe comes with health benefits, ingredient nutrition and cooking time, making it a great source of practical information for the domestic helper who may not be familiar with the wisdom of "Seasonal eating". This book also includes some pointers on how one can maintain good health through daily diet in autumn and winter seasons, allowing the domestic helper to comprehensively learn how to select ingredients, do the actual cooking and gain some understanding of therapeutic diet to prepare appetizer, main course, soup and dessert for the enjoyment of the whole family.

目錄 Contents



秋日潤肺

Autumn~Lung Nourishing

秋季飲食養生 Q & A

Healthy Autumn Diet

青橄欖桔餅瘦肉湯 6

Green Olive, Preserved Kumquat and Lean Pork Soup

山楂酸梅蒸排骨 8

Steamed Pork Ribs with Hawthorn and Preserved Plum

南瓜腐皮粥 10

Pumpkin Tofu Skin Congee

蠔仔肉碎煮豆腐 12

Baby Oyster with Minced Pork and Tofu

楊桃雪梨乾豬腱湯 14

Star Fruit, Dried Ya-li Pear and Pork Shank Soup

金針雲耳蒸龍躉 16

Steamed Giant Grouper with Dried Lily Flower and Black Fungus

杏汁木瓜雪耳 18

Papaya and White Fungus with Almond Milk

牛蒡合掌瓜腰果花豆素湯 20

Burdock Root Soup with Chayote, Cashew Nut and Runner Bean

蝦籽蝦仁煮海參 22

Sea Cucumber with Shrimp and Shrimp Roe

西洋菜豬肉餃子 25

Watercress Pork Dumplings

柑桔汁三文魚沙律 28

Citrus Juice Salmon Salad

芝麻醬黑木耳鹹菜燜豬蹄 30

Braised Pork Hock with Sesame Sauce, Wood Fungus and Salted Mustard Green

炸南瓜春卷 32

Fried Pumpkin Spring Roll

五指毛桃沙參玉竹西施骨湯 34

Pork Shoulder Soup with Wu Zhi Mao Tao, Sha Shen and Yu Zhu

青檸蒸魚仲 36

Lime Steamed Cobia

桃膠蓮子百合糖水 38

Peach Resin Sweet Soup with Lotus Seed and Lily Bulb

栗子冬菇燜雞中翼 40

Braised Chicken Wings with Chestnut and Chinese Mushroom

橙果醬陳皮鯪魚球 42

Orange Marmalade and Tangerine Peel Dace Balls

陳皮金羅漢果茶 44

Tangerine Peel and Gold Luo Han Guo Tea

冬寒補益

Winter ~Body Warming

冬季飲食養生 Q & A

Healthy Winter Diet

蠔豉排骨燜蘿蔔

Braised Pork Rib with
Dried Oyster and Radish

黑麻油木耳拌五絲

Wood Fungus Salad with
Black Sesame Oil

潮州白菜鍋

Chaozhou Bok Choy Pot

老薑紅棗黃酒蒸魚頭

Yellow Wine Steamed Fish Head with
Old Ginger and Red Date

白胡椒豬肚湯

Pork Stomach Soup with
White Peppercorns

柑桔醬煎雞扒

Chicken Chops with Citrus Sauce

黃酒雞

Yellow Wine Chicken

大蔥辣椒炒羊肉片

Sliced Mutton with
Peking Scallion and Chilli

煎合桃蓮藕餅

Walnut Lotus Root Patties

鮮人參栗子雞飯

Fresh Ginseng Chestnut and
Chicken Rice

鰱魚西洋菜湯

Crucian Carp and Watercress Soup

韓汁煎牛仔骨

Veal Rib with Korean Sauce

鮮淮山黑豆燜豬尾

Braised Pork Tail with
Fresh Chinese Yam and Black Bean

臘味糯米飯

Preserved Meat Glutinous Rice

燜羊膝

Braised Lamb Shank

黨參大棗紅棗烏雞湯

Black-skinned Chicken Soup with
Dang Shen and Dates

家鄉鹹湯丸

Savoury Rice Ball Soup

菜乾蠔豉排骨粥

Pork Rib Congee with Dried Oyster
and Dried Bok Choy

紅麴醬芋頭扣肉

Sliced Taro and Pork Belly with
Red Yeast Rice Sauce



秋季飲食養生 Q & A

天氣由熱漸涼，飲食上如何調養？

秋天的天氣漸漸涼爽、乾燥，身體容易因過於乾燥而致病，所以首要潤燥，由內至外滋潤身體。在日常飲食上，多喝粥除能補充水分，也可滋養脾胃。此外，多吃當造的梨子、楊桃、蓮霧、栗子、馬蹄、木耳等，以食材入饌令皮膚獲得充足的水分。入秋後，也宜吃花生、蓮子、百合、芡實及紅棗，滋補強身。

As the weather rolls from hot to cool, how can we take care of our health through the daily diet?

Autumn is the season where the weather starts to become cool and dry. Our body is prone to getting sick due to the excessive dryness. The first priority is to moisturize the body inside out. Regular consumption of congee can help replenish vital fluid, nourish spleen and stomach. In addition, eating seasonal foods such as Ya-li pear, star fruit, wax apple, chestnut, water chestnut and wood fungus can help the skin retain sufficient moisture. To further strengthen the body during autumn, it is good to have peanut, lotus seed, lily bulb, fox nut and red date as part of the diet.

秋天容易出現喉嚨痕癢，咳嗽，怎樣保養肺部？

秋風起，早晚天氣清涼，肺部容易因燥氣而受影響，引起上呼吸、氣管等毛病，以滋陰潤燥的百合、沙參、玉竹、麥冬、雪耳、杏仁、無花果及羅漢果等，配合梨子煮成湯水有助清肺潤燥。此外，杏汁木瓜雪耳、蘋果百合海底椰糖水等，對潤肺化痰有好處。煲飯時不妨放些鮮百合，也是養肺的簡易方法。

Throat itch and cough are common health issues during autumn. How can we protect the lungs?

With the cool temperature in the morning and night, our lungs are more easily affected by dryness leading to upper respiratory tract problems. Consuming soup made of ingredients that can help nourish Yin and moisturize dryness such as lily bulb, Sha Shen, Yu Zhu, Mai Dong, white fungus, almond, figs, Luo Han Guo and pear, will help clear lungs and moisturize dryness. Sweet soups such as Papaya and White Fungus with Almond Milk or Apple, Lily Bulb and dried coco-de-mer are good for moisturizing lungs and dissolving phlegm. Another easy lung-nourishing method is to add some fresh lily bulb when cooking the rice.

烹調及調味方面，有何注意之處？

首要避免冷飲凍吃，以免影響脾胃。平日煮食習慣使用的薑、蔥、蒜也不宜太多；調味以清淡為宜，辛辣、燒焗、煎炸的食品可免則免，減低燥熱之影響。

What are the pointers for cooking and seasoning?

Avoid cold drinks or chilled foods that can affect the spleen and stomach. Cut down on the commonly used ginger, spring onion and garlic. Go light on the seasonings. To lessen the effect of dry heat, try not to consume spicy, grilled, baked or fried foods.



時令食材

Seasonal ingredient



青橄欖，桔餅

Green olive, Preserved kumquat

青橄欖清熱、利咽、解毒，於菜檔或山草藥店有售；桔餅是經醃製的柑桔，雜貨店有售。兩者混合煲湯，是常見的止咳湯方，大人小孩適合飲用。

Green olive helps clear heat, soothe throat and neutralize toxins. It is sold in vegetable stores or raw herb shops. Preserved kumquat is sold in traditional grocery stores. Soup made of these two ingredients is a common prescription for relieving cough and dissolving phlegm, suitable for both adults and children.

止咳化痰，清熱利咽
Relieves cough, dissolves phlegm,
clears heat and soothes throat

青橄欖桔餅瘦肉湯

Green Olive, Preserved Kumquat and
Lean Pork Soup

1/10

hr mins

烹調時間

Cooking time

材料 | Ingredients

青橄欖 12 粒

桔餅 1 個

瘦肉 8 兩

南北杏 1 湯匙

鹽 1/3 茶匙

12 green olives

1 preserved kumquat

300 g lean pork

1 tbsp sweet and bitter
almonds

1/3 tsp salt

做法 | Method

1. 瘦肉洗淨，切厚片。
 2. 青橄欖洗淨，用刀拍鬆。
 3. 桔餅、南北杏洗淨。
 4. 湯煲內注入清水 7 碗，放入橄欖、桔餅、南北杏煲滾，下瘦肉煲滾，轉小火煲 1 小時，下鹽調味即可。
1. Rinse and slice lean pork into thick slices.
 2. Rinse green olives. Smash olives with knife.
 3. Rinse preserved kumquat and almonds.
 4. Pour 7 bowls of water into soup pot. Add green olives, preserved kumquat and almonds. Bring to boil. Add lean pork. Bring to boil. Adjust to low heat. Simmer for 1 hour. Add salt and serve.





時令食材

Seasonal ingredient



楊桃，雪梨乾

Star fruit, Dried Ya-li pear

楊桃清熱止渴、化痰止咳、潤肺順氣，對風熱咳嗽及咽喉疼痛有改善作用；雪梨乾潤燥生津、清熱化痰、潤澤皮膚，兩者合用適合秋天煲湯飲用。

Star fruit can help clear heat, quench thirst, dissolve phlegm, relieve cough, nourish lungs and improve breathing, great for treating wind-heat cough and sore throat. Dried Ya-li pear is good for moistening dryness, stimulating saliva secretion, clearing heat, dissolving phlegm and moisturizing skin. When combined, these two ingredients are good for making healthy soup for the autumn.

清熱化痰，降火潤肺
clears heat, dissolves phlegm,
reduces excess body heat and nourishes lungs

楊桃雪梨乾豬腱湯

Star Fruit, Dried Ya-li Pear and
Pork Shank Soup

2/10
hrs mins

烹調時間
Cooking time

材料 | Ingredients

楊桃 2 個

雪梨乾 2 兩

豬腱 8 兩

蜜棗 2 粒

鹽半茶匙

2 star fruits

75 g dried Ya-li pear

300 g pork shank

2 candied dates

1/2 tsp salt

做法 | Method

1. 豬腱洗淨，切大塊，放入滾水中飛水。
2. 楊桃洗淨，切成星狀厚片；雪梨乾、蜜棗洗淨。
3. 湯煲內注入清水 10 杯煲滾，放入豬腱、雪梨乾、楊桃、蜜棗煲滾 10 分鐘，轉小火煲 2 小時，下鹽調味即成。
1. Rinse and cut pork shank into big pieces. Scald with boiling water.
2. Rinse star fruits and cut into star-shaped thick slices. Rinse dried Ya-li pear and candied dates.
3. Pour 10 cups of water into pot, Bring to boil. Add pork shank, dried Ya-li pear, star fruit and candied dates. Bring to boil for 10 minutes. Adjust to low heat and simmer for 2 hours. Add salt and serve.



Papaya and White Fungus
with Almond Milk

杏汁木瓜雪耳

止咳平喘、潤澤肌膚
relieves cough, alleviates difficulty in breathing,
nourishes complexion

30

mins

烹調時間

Cooking time

時令食材

Seasonal ingredient



杏仁

Almond kernel

平和的杏仁是止咳平喘的常用食材，多用作煲湯及製成甜品，在乾燥的秋季飲用，有預防咳嗽及滋潤肌膚之效。

Almond kernel is commonly used for relieving cough and alleviate breathing difficulty. It is often used for making soup and dessert. Regular consumption during the dry autumn will help prevent cough and nourish complexion.

材料 | Ingredients

熟木瓜肉半磅
南杏 2 兩
北杏 1 湯匙
雪耳半球
冰糖 2 兩
水 6 杯
煲魚湯袋 1 個

225 g ripe papaya pulp
75 g sweet almonds
1 tbsp bitter almonds
1/2 floret white fungus
75 g rock sugar
6 cups water
1 fish soup bag

做法 | Method

1. 雪耳用水浸 1 小時，摘去蒂，撕成細朵，飛水，過冷河，瀝乾水分。
 2. 南北杏洗淨，放入攪拌機，加入水 2 杯磨成幼滑杏仁漿，傾入煲魚湯袋內隔去杏仁渣，過濾成杏仁漿。
 3. 木瓜肉切細塊；冰糖洗淨。
 4. 煮滾 4 杯水，放入冰糖、雪耳煲滾，下木瓜煲滾，傾入杏仁漿攪勻，用小火慢煮至微滾，再煮 5 分鐘即成。
1. Soak white fungus in water for 1 hour. Remove the stem and tear snow fungus into small pieces. Briefly blanch with boiling water. Plunge into cold water and drain.
 2. Rinse sweet and bitter almonds. Pour into blender. Add 2 cups of water. Blend into almond milk. Pour into fish soup bag and strain. Set aside almond milk.
 3. Cut papaya pulp into small pieces. Rinse rock sugar.
 4. Bring 4 cups of water to boil. Add rock sugar and white fungus. Bring to boil. Add papaya. Bring to boil. Add almond milk and stir well. Adjust to low heat and bring to gentle boil. Cook for another 5 minutes. Serve.





Tangerine Peel and
Gold Luo Han Guo Tea

陳皮金羅漢果茶

清肺利咽，順氣化痰
clears lungs, soothes throat,
improves breathing, dissolves phlegm



金羅漢果 Gold Luo Han Guo

營養價值很高，清熱、潤肺、止咳，對喉嚨咽喉有一定幫助，適合肺熱及肺燥咳嗽人士使用。

It has high nutrient value, helps clear heat, moisten lungs, relieve cough and soothe throat, beneficial to those suffering from lung heat or lung dryness induced cough.

55
mins

烹調時間
Cooking time

材料 | Ingredients

金羅漢果 1 個

1 gold Luo Han Guo

陳皮 2 角

2 small pieces dried tangerine peel

做法 | Method

1. 陳皮用水浸 1 小時，刮淨內瓢，洗淨。
2. 金羅漢果洗淨，切成 4 塊。
3. 湯煲內加入清水 7 碗，放入金羅漢果、陳皮煲滾，轉小火煲 15 分鐘，熄火，加蓋待半小時即可飲用。
1. Soak dried tangerine peel in water for 1 hour. Scrape off the peel and rinse.
2. Rinse gold Luo Han Guo and cut into quarter.
3. Add 7 bowls of water in soup pot. Add gold Luo Han Guo and dried tangerine peel. Bring to boil. Adjust to low heat and simmer for 15 minutes. Turn heat off. Cover the lid and let stand for 1/2 hour. Serve.



時令食材

Seasonal ingredient



合桃，蓮藕

Walnut, Lotus root

合桃是健康有益的堅果，補腎補腦、養血健脾，含非常豐富的熱量及必需脂肪酸，有益神經系統發育。蓮藕是入秋後的養生食品，補氣養血、健脾養胃，可煲湯或炒煮。

Walnut is good for the kidney, brain, blood and spleen. It is high in calories and essential fatty acids that can help develop nervous system. Lotus root is a health food for the fall season that can replenish Qi and blood, strengthen spleen and stomach. It can be used for making soup or stir-fried dishes.

煎合桃蓮藕餅

Walnut Lotus Root Patties

1/10

hr mins

烹調時間

Cooking time

補腎、補腦、補養氣血，是冬日滋補食品
nourishes kidney and brain, replenish Qi and blood,
a healthy dish for the cold winter

材料 | Ingredients

- 蓮藕 12 兩
- 免治豬肉 4 兩
- 合桃 8 粒
- 雞蛋 1 個
- 粟粉 1 湯匙
- 450 g lotus root
- 150 g minced pork
- 8 walnuts
- 1 egg
- 1 tbsp corn starch

醃料 | Marinade

- 生抽半湯匙
- 胡椒粉少許
- 薑汁 1 茶匙
- 1/2 tbsp light soy sauce
- pinch of ground pepper
- 1 tsp ginger juice

做法 | Method

1. 合桃洗淨，切碎。
 2. 蓮藕洗淨污泥，削去外皮，刨成絲。
 3. 把蓮藕絲、免治豬肉、合桃、雞蛋、醃料攪勻，如太濕可酌加粟粉，放回雪櫃冷藏 1 小時。
 4. 燒熱鑊下油 2 湯匙，放入適量蓮藕漿輕輕按平，加蓋用小火煎 3 分鐘，翻轉另一面再煎至金黃，盛起，隔油享用。
1. Rinse and finely chop walnuts.
 2. Rinse well lotus root to remove all the mud. Peel and grate.
 3. Combine grated lotus root, minced pork, walnut, egg and marinade ingredients. Add some corn starch if the texture is too wet. Chill in fridge for 1 hour.
 4. Heat wok. Add 2 tbsp of oil. Add some lotus root mixture. Gently flatten mixture. Cover the lid. Pan-fry over low heat for 3 minutes. Turn patty over and pan-fry until golden brown. Drain and serve.



Crucian Carp and
Watercress Soup

鯽魚西洋菜湯

1/50
hr mins

烹調時間
Cooking time

清熱潤肺，下氣，化痰止咳，
是冬季必選清潤湯水。
clears heat, nourishes lungs, regulates Qi,
dissolves phlegm, relieves cough. It is a must-have
soup during winter

材料 | Ingredients

白鯽魚 1 條 (約 1 斤)

西洋菜 1 斤

甘筍半斤

陳皮 2 角

鹽 3/4 茶匙

1 white crucian carp (about 600 g)

600 g watercress

300 g carrot

2/3 dried tangerine peel

3/4 tsp salt

做法 | Method

1. 西洋菜用水浸半小時，清洗三次至乾淨，瀝乾水分。
 2. 陳皮用水浸半小時，刮淨內瓢，洗淨。
 3. 甘筍去皮，洗淨，切塊。
 4. 白鯽魚去鱗剖好，洗淨，抹乾水分，下鹽抹勻，放入油鑊煎至兩面微黃，備用。
 5. 清水 10 杯放入煲內，加入陳皮煲滾，下西洋菜、甘筍、鯽魚，用中火煲 15 分鐘，轉小火再煲 1 1/2 小時即成。
1. Soak watercress in water for 1/2 hour. Rinse three times to thoroughly clean. Drain watercress.
 2. Soak dried tangerine peel in water for 1/2 hour. Scrape off the peel and rinse.
 3. Peel, rinse and cut carrot into pieces.
 4. Gut fish and remove scales. Rinse and pat dry fish. Rub with salt. Pan-fry in wok with oil until both sides of fish turn golden.
 5. Pour 10 cups of water into pot. Add dried tangerine peel. Bring to boil. Add watercress, carrot and fish. Simmer over medium heat for 15 minutes. Adjust to low heat and simmer for 1 1/2 hours. Serve.



Braised Lamb Shank

燜羊膝

3/15

hrs mins

烹調時間
Cooking time

溫補脾胃，補益氣血，適合冬季手足不溫人士食用。
warms and nourishes spleen and stomach, enriches Qi and blood,
good for those suffering from cold hands and legs during winter



時令食材

Seasonal ingredient

羊膝

Lamb shank

冬天多以羊肉進補，驅寒暖中、溫補氣血、健脾補腎，令身體在寒冷的冬季可保暖和，不致生寒致病。

Lamb is often consumed in winter to dispel cold and warm the body, replenish Qi and blood, strengthen spleen and kidney. It can help keep the body warm to prevent getting sick due to the cold weather.

材料 | Ingredients

急凍羊膝 2 隻（請肉販代斬成 4 塊）

甘筍 1 條

西芹 2 條

新鮮百里香 4 條

洋蔥半個

蒜肉 4 粒（拍鬆）

黑醋 2 湯匙

麵粉 2 湯匙

紅酒 1 杯

橄欖油 4 湯匙

2 frozen lamb shanks (request the meat seller to chop into four pieces)

1 carrot

2 sticks celery

4 sprigs fresh thyme

1/2 onion

4 cloves peeled garlic (smashed)

2 tbsp black vinegar

2 tbsp flour

1 cup red wine

4 tbsp olive oil



調味料 | Seasoning

茄膏 3 湯匙

黑胡椒碎 1 茶匙

黃砂糖 1 茶匙

鹽 1 茶匙

3 tbsp tomato paste

1 tsp coarse ground black pepper

1 tsp golden caster sugar

1 tsp salt

做法 | Method

1. 羊膝解凍，洗淨，抹乾水分，均勻地沾上麵粉，放入油鑊煎至金黃，備用。
2. 甘筍去皮，洗淨，切塊；西芹洗淨，切細塊；洋蔥去外衣，洗淨，切碎；百里香洗淨。
3. 燒熱鑊下橄欖油 4 湯匙，下蒜肉、洋蔥爆至極香，加入西芹、甘筍、羊膝、百里香、黑醋、紅酒和熱水 5 杯煮滾，轉中小火煲 2 小時，熄火，焗至羊膝轉冷，再開火煮滾，轉小火燜約 1 小時，下調味料再燜 15 分鐘，至羊膝軟脆即可。
1. Thaw lamb shanks, rinse and pat dry. Evenly coat lamb shanks with flour. Pan-fry in wok with oil until golden. Set aside.
2. Peel, rinse and cut carrot into pieces. Rinse and cut celery into small pieces. Peel, rinse and finely chop onion. Rinse thyme.
3. Heat wok. Add 4 tbsp of olive oil. Stir-fry garlic and onion until very fragrant. Add celery, carrot, lamb shank, thyme, black vinegar, red wine and 5 cups of hot water. Bring to boil. Adjust to medium low heat and cook for 2 hours. Turn heat off. Let stand in covered wok until lamb shank turns cold. Heat wok and bring to boil. Adjust to low heat and braise for 1 hour. Add seasoning ingredients and braise for another 15 minutes until lamb shank is tender. Serve.



時令食材

Seasonal ingredient



烏雞

Black-skinned chicken

是滋陰補腎的佳品，入饌煲成湯品有滋補作用，提高身體機能，強筋健骨，適合體質虛弱人士作為進補。

It is a wonderful tonic for nourishing Yin energy and kidney. Soup made with black chicken can help improve body functions, strengthen sinew and bones, suitable for those suffering from weak body constitution.

滋補氣血，養顏，強筋健體
replenishes Qi and blood, nourishes
complexion, strengthens sinew and tendon

黨參大棗紅棗烏雞湯

Black-skinned Chicken Soup with
Dang Shen and Dates

1/50
hr mins

烹調時間

Cooking time

材料 | Ingredients

烏雞半隻

黨參 1 兩

大棗 6 粒

紅棗 4 粒

薑 3 片

鹽半茶匙

1/2 black-skinned chicken

38 g Dang Shen

6 large dates

4 red dates

3 slices ginger

1/2 tsp salt

做法 | Method

1. 烏雞洗淨，飛水，過冷河，瀝乾水分。
 2. 黨參洗淨，切斜段；大棗及紅棗去核，洗淨。
 3. 煲滾清水 8 杯，放入烏雞、黨參、大棗、紅棗、薑片煲滾 10 分鐘，轉小火煲 1 1/2 小時，下鹽調味即成。
1. Rinse black-skinned chicken. Briefly scald with boiling water, plunge into cold water and drain.
 2. Rinse and cut Dang Shen aslant. Remove seeds of large dates and red dates, rinse dates.
 3. Bring 8 cups of water to boil. Add black-skinned chicken, Dang Shen, large dates, red dates and ginger. Bring to boil for 10 minutes. Adjust to low heat and simmer for 1 1/2 hours. Add salt and serve.



Healthy Dishes for Autumn and Winter

秋冬食補家常菜

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
二〇一八年十月第一次印刷 First print in October 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.

ISBN978-962-14-6726-3

暢銷
熱賣中

新出版



秋冬食補家常菜

Healthy Dishes for Autumn and Winter

秋燥令喉嚨乾涸，哪些食療可舒緩不適？

冬季手脚冰寒，家傭如何炮製驅寒強身的保健菜？

秋冬兩季，是身體休養生息之時，滋潤、健體，為身體打好強健的根基。烹飪專家 Feliz Chan 依香港氣候特點設計 38 款秋冬食療，讓家傭瞭解秋冬補身要點，為全家人輕輕鬆鬆祛寒暖身、補益脾胃、清肺潤燥，增強抗病能力。

What are the food therapies that can help relieve throat discomfort and dry cough?

How can the domestic helper prepare healthy dishes to alleviate problem of cold hands and feet in the cold winter?

Autumn and winter are the seasons to allow our body to rest and recuperate, to nourish, regulate and strengthen the core. Based on climate characteristics unique to Hong Kong, cooking expert Feliz Chan has designed 38 recipes with therapeutic benefits for autumn and winter. These recipes will allow you to easily experience health benefits such as dispelling coldness, warming the body, nourishing spleen and stomach, clearing lungs and moisturizing dryness. The domestic helper will also gain good pointers on how to strengthen your family's immunity through daily diet in the best way.



超閱網
Superbookcity.com

ISBN 978-962-14-6726-3



9 789621 467263



聯合出版集團

HKS45.00

Published in Hong Kong