

風行 20 載暢銷書,最新增訂數十款本土風味美食



新訂版 New Edition







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Preface

「小吃」又稱小食,是正餐以外的食品,與一般佐膳的菜式比較,有份量較少、 取材廣泛、食用方便和經濟實惠的特色。

見諸文字記載的小吃品種,其實可以 上溯到三千年前,不過「小吃」這個詞, 還是在宋朝時才出現,當時有一本名為《能 改齋漫錄》的書,裏面便有「世俗例,以 早晨小吃為點心」之句。發展至今,小吃 已經不止作為果腹的食料,更能提供藝術 欣賞和美的享受哩!

小吃的產生和流行,有一定的文化背景和歷史條件,所以中國各地的小食都各具特色,例如北方小食以麵食為主,南方則多以米為基本原料,而具有嶺南風味的廣東小吃,卻以花色繁多,做工精細而馳名。特別在昔日有「食在廣州」之稱的羊城,小食種類尤其豐富多彩,就以豬腸粉為例,原是六十年前廣州流動攤販上街叫賣的大眾小吃,後來則發展到茶樓酒家都有供應,品種也從齋腸到蝦腸、牛肉腸、叉燒腸等,配料和調料也極其講究。

香港的飲食師承自廣州,但「青出於 藍而勝於藍」,如今更享有「食在香港」 的美譽。香港中西文化交匯,在小吃製作 上揉合了華洋特色的用料和製作手法,吃 來更令人感到可喜。

香港的特色小吃可分做兩大類:一類 是民間節令小吃,這些小吃通常是在家裏 製作,用以應節的。因為以前的婦女大多 不用上班,所以就有較多時間來做些小吃 給家人、鄰居和親友品嘗。如:蘿蔔糕、 八寶糯米飯、豬腳薑蛋醋、茶泡等,都是 主婦們於節令期間製作的小吃。另一類是 街頭小吃,這類小吃通常都是由小販挑着 擔子,又或推着車子在街上聚集販賣,好 像雞蛋仔、眉豆茶果、白糖糕、砵仔糕、 豬皮蘿蔔、碗仔翅等。

隨着時代的演變,現今許多街頭小食 都搖身一變成為茶樓酒家中的奉客佳品了。

不過,不少人都感到,在市面上吃到的許多小食不是人工色素過多,就是味精太重,吃後總覺得口裹乾巴巴的,用料和製作過程也沒有甚麼標準,要吃到好味和合乎衛生的小吃,似乎越來越難了。有見及此,我編寫了這八十八個美味而健康的小吃食譜以饗同好,好讓各位不用「偷師」也能把這些精采的小吃搬到家裏去。

陳粉玉





Chinese snacks offer to people, in addition to the staple meal of the day, a very large variety of mini-items of food made available readily and at only commonplace costs. The term made its first appearance in publications of the Sung Dynasty (960-1279A.D.) but the history of the Chinese snacks in fact dates back to well over 3000 years ago. Today, these food specialties are not only the pursuit of city gourmets but are also regarded as a contemporary cooking art.

Chinese snacks of different geographical regions tend to reflect their cultural and historical characteristics. Snacks of North China are mainly noodles and pasta, whereas rice-derived items prevail in South China. Guangdong Province, which lies south of Nanling Range, is well known for the rich variety and the delicacy of its snacks, hence went the saying "Ideal Eating Out in Guangzhou" (Guangzhou being the Provincial capital of Guangdong). The Steamed Rice Sheet Roll is a typical southern snack. Now offered in restaurants with the vegetarian, beef, shrimp and roast pork as its popular varieties, it actually originated from hawker stalls in the streets of Guangzhou about sixty years ago.

Although Hong Kong inherits her cuisine from Guangzhou, the meeting of the Eastern and Western cultures here has led to much improvement on the preparation and serving of the traditional snacks. It is why the city has already succeeded the title of Guangzhou to achieve "Ideal Eating Out in Hong Kong".

Generally speaking, there are two kinds of snacks. The festive foods are made and

served at home by housewives for season's celebrities with family members, relatives and friends. Examples are the Turnip Puddings, Eight Treasures Rice Pudding, Chinese Assorted Pickles and the Assorted New Year Crispies.

The other kind is the hawker snacks. It carries a street culture. Cooked foods are tendered by the mobile hawkers include the Chinese Egg Puff, Eye-bean Dumplings, White Sugar Sponge, Clay-pot Puddings, Soya Pig's Skin and Turnips, "Shark's Fin" Soup made from mung bean thread and many others. It is interesting to note that many of these snacks have now already got a firm place in restaurant menus.

Chinese snacks have by all means been a part of our daily lives. However, modern people are more increasingly aware of the overuse of colourants and other food additives in restaurant foods. Nor are the ingredients and preparation procedure anyhow standardized. I have endeavoured to recommend these 88 recipes to all that intend to make and enjoy their own health-and-environmental-friendly Chinese snacks at home.

Indeed, if regular dishes of Chinese cuisine are fascinating, then, its snacks are even more so. The latter usually involve simpler kitchen work and ingredients, appeal to people of different age groups. Try out Chinese Snacks may well be your first step towards professional cooking. Before long, you may become a cookery expert!

Becky Chan





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# 懷舊小食

**Selective Oldies** 

Selective Didles

(選舊小食)



「記得當時年紀小……」哼

着歌兒,想起媽媽用過的木

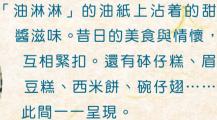
製蘿蔔絲刨;兒時,天還未

亮,聽着哥哥替媽媽弄炸

漿時的拍打聲; 放學回家,

嘗着媽媽在街頭擺賣的炸番

薯、芋頭及蘿蔔絲……那一張











# 蘿蔔絲餅

**Turnip Cakes** 

份量: 8-10 件 / Makes 8-10 pieces

#### 材料

白蘿蔔 275 克 蝦米 2 湯匙 葱粒 2 棵份量 麵粉 100 克 粘米粉 40 克 發粉 1/2 茶匙 清水 250 毫升

#### 調味料

鹽 3/4 茶匙 五香粉 1/2 茶匙 胡椒粉少許 麻油 1 茶匙

#### 做法

- 1. 麵粉、粘米粉及發粉篩好。
- 蘿蔔刨絲,蝦米浸軟,切碎,放入調味料 及葱粒拌匀,置筲箕內醃片刻,使去掉多 餘水分。
- 3. 粉料與清水調匀成粉漿,加入油、鹽及胡椒粉各少許,拌匀。
- 4. 燒熱一鑊油,放進長柄模型燒熱。圖1
- 將蘿蔔料加入粉漿內拌匀,當油燒至八成熱時,取出熱餅模,滴乾油分,加入適量蘿蔔漿,放回油中炸至離模及呈餅狀。圖2~5
- 6. 將蘿蔔餅炸至鬆脆及呈金黃色,吸乾油分熟食。

# 心得

每次加入粉漿時必須將模浸入油內燒熱, 蘿蔔餅才易鬆脫。





# **Ingredients**

275 g turnip
2 tbsp dried shrimps
2 stalks spring onion
100 g plain flour
40 g rice flour
1/2 tsp baking powder
250 ml water

# **Seasonings**

3/4 tsp salt 1/2 tsp five-spice powder pinch of pepper 1 tsp sesame oil

#### Method

- Sieve plain flour, rice flour and baking powder together.
- Grate the turnips; soak and dice the dried shrimps. Mix them with seasonings and diced spring onion, leave in colander to drip dry mixture.
- 3. Mix powdery ingredients with water to form a smooth batter, sprinkle in a little pepper, salt and oil, stir well.
- 4. Heat oil, slide in the metal mould until the mould is heated through. Picture I
- 5. Mix the turnip mixture into the batter, lift and drain the heated mould, half-fill the mould with mixture, leave in medium-hot oil, unmould when an outer coat is formed. Pictures 2-5
- 6. Deep-fry turnip cakes until crispy and golden brown. Drain and serve.

# **Practical Tips**

 The mould should be well heated in the oil between each addition of batter mixture to prevent sticking.

















份量:4件 / Makes 4 pieces









# 材料

麵粉 150 克 暖水 125 毫升 鹽 1 茶匙

油2湯匙

幼葱粒 4 棵份量

# Ingredients

150 g plain flour

125 ml warm water

I tsp salt

2 tbsp oil

4 stalks spring onion, diced

油



#### 做法

- 1. 麵粉篩至幼滑,加入暖水,攪拌,搓成幼滑粉糰,分成4份。
- 2. 枱面灑粉,用木棍將每份粉糰壓成薄長方塊。
- 3. 在麵皮上掃油,灑上適量幼鹽及葱粒。圖1
- 4. 將兩邊同時捲向中央,覆摺成長條形,略按緊使葱粒不漏出。圖 2~5
- 5. 將葱油餅開口處向外捲成螺旋形,再用麵棍略壓扁。圖 6~10
- 6. 置中火油鍋內炸至金黃及鬆脆即成。

#### 心得

• 麵皮壓得越薄, 向內捲的層次越多, 葱油餅越鬆脆。

#### **Method**

- 1. Sift plain flour, mix in sufficient warm water, knead to a soft dough. Divide into 4 portions.
- 2. On a floured pastry board, roll each piece of dough into a paper-thin rectangle.
- 3. Brush pastry with oil, sprinkle on salt and diced spring onion. Picture I
- 4. Roll from two sides to the centre. Fold to form a long strip. Press to seal the edge. Pictures 2~5
- 5. Coil from folded edge to form a round cake. Flatten spring onion cakes slightly. Pictures 6~10
- 6. Deep-fry over medium heat until crispy and golden brown. Serve hot.

# **Practical Tips**

 The thinner the pastry, the more the layers can be made, and the fried spring onion cakes will be more crispy.









# 上湯煎粉粿

Crispy Dumplings (Fan Kor) in Soup

份量:6件 / Makes 6 pieces

#### 餡料

#### 粉粿皮料

# 蝦肉 100 克 瘦肉 50 克 冬菇 2 朵 冬筍 40 克

芫茜 1 棵

澄麵粉 80 克 粟粉 1 湯匙 鹽少許

滾水 150 毫升 糖 1 茶匙

食用臭粉 1/8 茶匙 豬油 1.5 茶匙

### 調味料(肉粒)

鹽、糖、粟粉、生抽、麻油各少許

#### 粟粉水

水 1 湯匙 粟粉 1 茶匙

#### 湯料

上湯 250 毫升 韭黃 20 克

### 做法

- 鰕肉切粒,瘦肉切粒,加調味料拌匀;冬菇浸軟去蒂切粒,冬筍切粒、芫茜切碎。燒油炒熟瘦肉粒,加入蝦粒炒一會,加入冬菇粒及冬筍粒,埋粟粉水,盛起,拌入芫茜碎,待涼。
- 2. 澄麵粉、粟粉及鹽同置深碗內,沖入大滾水,以竹筷子急速拌匀至熟,趁熱加入臭粉、豬油和糖,拌匀;搓至柔軟,分成6份,每份搓圓按扁,包入餡料, 對摺埋口,捏成半圓形粉粿狀。
- 3. 用中大火油,將粉粿放入炸至浮起及呈微金黃色,撈起瀝乾油分。
- 4. 韭黃切粒置湯碗內,注入滾上湯,與炸好粉粿同上,熱食。

## 心得

• 將粉粿浸入上湯內,浸片刻才進食,取其鬆脆、香、軟、滑之口感!



# **Filling**

100 g shelled shrimps50 g lean pork2 Chinese mushrooms40 g bamboo shootI stalk coriander

# Dough

80 g ungluten flour
I tbsp cornstarch
pinch of salt
I 50 ml boiling water
I tsp sugar
I/8 tsp ammonia (edible)
I.5 tsp lard

## **Seasoning (Pork)**

each of a little salt, sugar, cornstarch, light soy sauce and sesame oil

#### **Thickening**

I tbsp water
I tsp cornstarch

#### **To Serve**

250 ml stock 20 g yellow chives



#### Method

- I. Dice shelled shrimps and pork, add seasonings and mix well; soak Chinese mushrooms, remove stalk and dice; dice bamboo shoot; chop coriander. Heat oil, stir-fry pork until cooked, add shrimps, stir-fry for a while, add Chinese mushrooms and bamboo shoot, thicken, dish and mix in chopped coriander. Cool.
- 2. Put ungluten flour, cornstarch and salt in a deep bowl, pour in boiling water, stir quickly to bind to a transparent dough, add in ammonia, lard and sugar, mix well, knead into a long roll and divide into 6 portions. Flatten each portion, wrap in filling, fold, seal edges to form a half-moon shape (Fan Kor).
- 3. Deep-fry Fan Kor over a medium high heat, keep turning until floating and a slightly brown. Dish and drain off excess oil.
- 4. Dice yellow chives and put in serving bowl, pour in boiling stock. Serve with fried Fan Kor.

# **Practical Tips**

 To serve, dip Fan Kor in chive stock and soak for a while to get a short, crispy, fragrant, smooth and yummy feel!





份量: 4-5 個 / Makes 4-5 buns











#### 餡料

絞碎牛肉 100 克冬菜 20 克椰菜絲(灼熟)少許

#### 皮料

低筋麵粉 100 克 中筋麵粉 20 克 泡打粉 3 克 快速乾酵母 2 克 砂糖 10 克 油 1 茶匙

暖水 75 毫升

# 調味料

砂糖 1/2 茶匙 胡椒粉適量 鹽少許 老抽 1 湯匙 麻油 1 茶匙 水 2 湯匙

低筋麵粉 2 湯匙(後下)

### 做法

- 牛肉加調味料拌匀,加入冬菜及椰菜絲,拌匀;最後下低筋麵粉,用手將餡料 搓按片刻,置雪櫃內候用。圖1
- 低筋、中筋麵粉與泡打粉一同篩入大碗中,加入快速乾酵母、砂糖及油,拌匀;加入暖水,拌匀成糰,用手搓匀,置枱面或木板上搓壓至約滑不黏手為止(約5-8分鐘),將麵糰放牛油紙上,置和暖蒸氣上,蓋好(發酵30分鐘)。
- 3. 取出麵糰,用拳頭壓走氣體,再壓摺成幼滑麵糰,再分成 4-5 份小粉糰,包入 牛肉餡,埋口,搓圓按平,再發酵 20 分鐘。
- 4. 平底鑊加油少許,放入牛肉包,開火,注入清水浸至半滿(牛肉包的一半) 圖 2, 加蓋收小火蒸煮 15 分鐘左右, 待水分收乾後開蓋, 將牛肉包煎至兩面 呈金黃色, 熱食。

# 心得

• 如果使用普通的乾酵母,可先用暖水(攝氏 25-28 度)及少許砂糖浸片刻至 起泡,才混合粉料中。可參考 P.219 的圖片



# **Filling**

100 g minced beef 20 g preserved Tianjian white cabbage a little shredded cabbage, blanch

### Dough

100 g low gluten flour 20 g plain flour 3 g baking powder 2 g active dried yeast 10 g castor sugar 1 tsp oil 75 ml warm water

### **Seasonings**

I/2 tsp sugar shakes of pepper pinch of salt I tbsp dark soy sauce I tsp sesame oil 2 tbsp water 2 tbsp low gluten flour, add later

#### Method

- I. Add seasonings into minced beef, mix well, add preserved Tianjian white cabbage and blanched cabbage, mix well, sprinkle in low gluten flour, bind and press mixture with hands until well mixed, chill. Picture I
- 2. Sieve low gluten flour, plain flour and baking powder together in mixing bowl, add active dried yeast, sugar and oil, mix well, add warm water to form a dough, knead thoroughly for about 5-8 minutes on floured board until smooth and not sticky. Put dough on greased proof paper, covered in a warm pan to proof for 30 minutes.
- 3. Take out dough, press to release the gas from the dough, fold, press and knead slightly to form a very smooth non-sticky dough, divide into 4-5 portions, wrap in beef fillings, seal and roll to a ball shape, press to flatten a bit. Proof for 20 minutes.
- 4. Heat pan with a little oil, add in beef buns, pour in water to half-filled the buns Picture 2, cover and cook the buns for 15 minutes over low heat. When almost dried up, remove lid and shallow fry the cooked buns until golden brown on both sides, serve hot.

# **Practical Tips**

If ordinary dried yeast is used (not active), add into the warm water (25-28°C) with a little sugar, stand aside until foamy before adding into the floury mixture.







# 眉豆茶粿

Eye Bean (Mei Dau) Dumplings

份量:10件 / Makes IO pieces

#### 材料

竹葉 5 塊 眉豆 60 克 糯米粉 150 克 暖水 150 毫升

#### 調味料

鹽 1/2 茶匙 胡椒粉適量 糖少許

麻油 1 茶匙

#### 做法

- 竹葉洗淨,用熱水浸軟,剪成10小塊竹葉片, 鋪平(平滑面向上),掃油待用。圖1
- 眉豆浸 1 小時左右,瀝乾,注入滾水至剛浸滿眉豆,中火燉 25-30 分鐘,倒入鑊中,加油少許,用中火炒壓至成眉豆泥,可保留部份原粒眉豆增加口感圖2,加入調味料,拌匀,上碟,待涼。
- 3. 糯米粉放深碗內,加鹽、糖各少許,用暖水開 成軟滑不黏手的粉糰,分成10份,每份搓圓 按扁,包入1湯匙眉豆餡,包好埋口,做成 扁平茶粿,放在已塗油的竹葉上,用中火蒸 10-15分鐘,取出,待冷片刻,即可進食。

# 心得

蒸眉豆茶粿時,須中途掀起鑊蓋疏氣兩次,以 免糯米糰過分受熱膨脹而變形。









# **Ingredients**

5 pieces of bamboo leaves 60 g eye beans 150 g glutinous rice flour 150 ml warm water

# **Seasonings**

1/2 tsp salt shakes of pepper pinch of sugar I tsp sesame oil

# **Method**

- I. Rinse bamboo leaves, soak in boiling water until quite soft, trim into 10 small bamboo sheets, lay flat (smooth sides facing upward), grease for later use. Picture I
- Soak eye beans for about 1 hour, drain and pour adequate amount of boiling water to just soak through the beans, steam for 25-30 minutes until cooked, stir fry in wok with a little oil, mash to form eye bean puree, add seasoning, mix well, dish and cool. Picture 2
- 3. Put glutinous rice flour in a deep bowl, add a pinch of salt and sugar, mix in warm water, stir and mix well to form a smooth non-sticky dough, divide into 10 portions, wrap in 1 tbsp eye-bean fillings, seal, roll and flatten, put on greased bamboo sheets, steam over a medium heat for 10-15 minutes until cooked, dish, cool down a bit before serving.

# **Practical Tips**

• In between steaming, lift the lid twice to release excess steam from expanding in order to keep the dumplings in shapes.





# 豬腸粉

**Steamed Rice Sheet Rolls** 

份量:8條 / Makes 8 rolls

### 材料

粘米 225 克 清水 750 毫升

粟粉 25 克 鹽 1 茶匙 熟油1湯匙

葱粒 2 湯匙

蝦米3湯匙(浸軟、粗剁)

# 豉油汁

熟油2湯匙上湯2湯匙

生抽 2 湯匙 老抽 1/2 湯匙

糖 1 茶匙







#### 做法

- 粘米洗淨浸 5-6 小時,加適量水分置攪拌機內磨成米漿,隔去粗粒,加入 粟粉、鹽及熟油,與剩餘之水分拌匀。
- 腸粉鍋內燒熱大半鍋水,架上鋪上一塊濕薄布,傾入米漿1湯杓,灑下葱粒及蝦米碎。
- 3. 加蓋蒸 3-5 分鐘,取出,反轉粉皮於已塗油的平面上,拉起薄布,捲成腸粉,切件上碟。
- 4. 煮滾豉油汁料,淋上腸粉面,趁熱享用。

### 心得

 腸粉鍋可到專門售點心用具之店舖購買,或可用淺平方焗盤代替鐵架。腸粉 布必須濕透及多用數次,粉皮才易脫離。

# **Ingredients**

225 g long-grain rice 750 ml water

25 g cornstarch

I tsp salt

I tbsp cooked oil

2 tbsp diced spring onion

3 tbsp dried shrimps, soaked and diced

## **Soy Sauce**

2 tbsp cooked oil

2 tbsp stock

2 tbsp light soy sauce

1/2 tbsp dark soy sauce

I tsp sugar

### Method

- 1. Soak the long-grain rice for 5-6 hours, add sufficient water and blend to a fine rice solution. Drain well. Add cornstarch, salt and oil, mix with the remaining water.
- 2. Prepare steamer, line the rack with wet muslin, spoon in a ladle of rice solution, sprinkle on diced spring onion and diced dried shrimps.
- 3. Cover and steam for 3-5 minutes until set. Take out and turn the rice sheet upside down on a greased smooth surface. Remove the muslin, roll to the shape of a cylinder; cut into sections.
- 4. Bring the ingredients of soy sauce to boil and pour onto the rice sheet rolls. Serve hot.

# **Practical Tips**

 Special steamers for rice sheet rolls can be bought from shops that sell dim sum equipment. Or a shallow baking tin can be used. Muslin for rice rolls should be well dampened and reused a few times for better result.





# 雞絲粉卷

Chicken Rice Sheet Rolls

份量:6條 / Makes 6 rolls

### 材料

河粉皮 1 塊 絞碎雞肉 150 克 冬菇 2 朵 薑絲 1 湯匙 芹菜絲少許

# 調味料

鹽、糖、胡椒粉、麻油、 生粉各少許

### 醬汁

生抽 2 茶匙 老抽 2 茶匙 水 2 湯匙 熟油 1/2 湯匙 糖少許







#### 做法

- 1. 冬菇浸軟去蒂切絲,與雞肉及薑絲拌匀,加入調味料,拌匀後放雪櫃內冷藏 30 分鐘;取出,加入芹菜絲拌匀,分成 6 份。
- 2. 河粉皮攤開,裁成 6 小塊長形粉皮(8×12 厘米),包入雞絲餡料,捲好,置已塗油的平碟上,中火蒸 10-15 分鐘,取出。
- 3. 醬汁料加熱拌匀,淋在粉卷上,熱食。

#### 心得

• 新鮮河粉皮要預先向相熟的粉麵店訂購,或用現成齋腸粉,打開成塊狀來使用。

## **Ingredients**

I piece of rice sheet
I 50 g chicken meat, minced
2 Chinese mushrooms
I tbsp shredded ginger
a little shredded Chinese celery

# **Seasonings**

adequate amount of salt, sugar, pepper, sesame oil and cornstarch

#### **Sauce Mix**

2 tsp light soy sauce 2 tsp dark soy sauce 2 tbsp water 1/2 tbsp cooked oil pinch of sugar

#### **Method**

- Soak and remove stalk of Chinese mushrooms, shred and mix well with minced chicken, shredded ginger and seasonings. Chill for 30 minutes, take out and mix in shredded Chinese celery. Divide mixture into 6 portions.
- 2. Unfold rice sheet, trim into 6 pieces of rice sheets each 8x12 cm in size, add chicken fillings, roll up and fix in size. Place on greased plate and steam over medium heat for 10-15 minutes until cooked.
- 3. Serve hot with heated sauce mix.

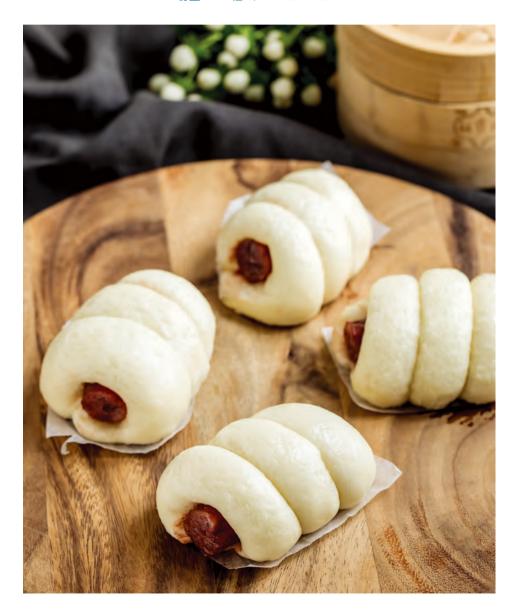
# **Practical Tips**

 Fresh rice sheet has to be pre- ordered from noodles shops, or use plain rice sheet roll (Cheung Fun), unroll and trim for wrapping.





份量:4-6 個 / Makes 4-6 buns













#### 餡料

## 臘腸2條 海鮮醬1湯匙

## 皮料

低筋麵粉 120 克 澄麵粉 30 克 糖 10 克 泡打粉 3 克 快速乾酵母 2 克 油 1 茶匙 暖水 100 豪升

#### 做法

- 1. 臘腸用熱水洗淨,蒸熟切成 2-3 小段,塗上海鮮醬一層,候用。
- 2. 低筋麵粉、澄麵粉、泡打粉與糖一起篩匀,加油及快速乾酵母,拌匀後徐徐加入暖水,拌匀成粉糰。
- 3. 在案板上將粉糰搓撻(約5-8分鐘)至幼滑及不黏手為止。
- 4. 將麵糰放牛油紙上,置和暖蒸氣上,蓋好,發酵30分鐘。
- 5. 取出,用拳頭壓走氣體,輕輕搓摺至軟滑,分成 4-6 份;每份搓成長條狀,繞 捲入臘腸,末段收□,放在餅底紙上,靜置一旁,再發酵 15 分鐘。圖 1-3
- 6. 大火蒸 10 分鐘,即成。

### 心得

- 乾酵母可用暖水及少許糖混合,當起泡後才倒入粉料中。若使用快速乾酵母 (active yeast)則可直接與粉料混合使用。
- 麵糰第一次發酵時要觀察其發麵速度。蒸氣過熱或發酵過久都會影響發酵效果。

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