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教你讀廣東話材料

Cantonese pronunciation of ingredients



認識我們的街市

Knowing more about the Market

香港的街市，基本上分為：傳統和新興街市。傳統街市是設立在路旁的舊式街市，由來已久。新興街市設在各區市政大樓或建築物內，較有系統和現代化，環境衛生較好。

濕貨和乾貨

不論是傳統或新興街市，市場內都有濕貨檔和乾貨檔。濕貨檔售賣魚鮮、海產、蔬菜、鮮肉、凍肉、水果等。乾貨檔則以售賣一些經風乾、脫水或加工的食材如海味、冬菇，南貨如米、油、鹽、醬、醋、腐乳、南乳、豆豉等。

魚檔

有淡水魚檔和鹹水魚檔之分。淡水

Basically, there are two types of markets, which are traditional market and new market. Traditional markets usually built on roadside and have been there for so many decades. New markets are built inside a building, it is more contemporary and organized; and with better environmental hygiene.

Wet and Dry Markets

Whether it is a traditional market or a new market, it is equipped with wet market and dry market. Usually, in wet market, you can find fresh food such as fish; seashell; vegetable; fresh meat and fruit. Dry market provides various kinds of dry products like dried seafood; dried black mushrooms and groceries like rice; oil; salt; sauce; vinegar; fermented beancurd and fermented black beans.

魚檔售賣的多為飼養魚鮮；鹹水魚檔則以海魚和冰鮮魚為主。大型超級市場內亦有售賣冰鮮魚。

新鮮肉檔和凍肉店

新鮮肉檔售賣的是每日從屠場運來的新鮮肉類：豬、牛、羊，也包括鮮宰雞鴨和冰鮮雞鴨。凍肉店則有冷藏肉、冷藏家禽及冷藏魚和海產等。

中藥店

一般在街市旁邊或附近都有中藥店，可以在裏面選購所需的中藥食材如杞子、羅漢果、雪梨乾等。

Fish Stall

There are freshwater fish stalls and saltwater fish stalls. Freshwater fish stalls are selling farm-raised seafood. If you want to buy seafood from the sea; or chilled fish, you have to go to saltwater fish stalls. Also, you may buy chilled fish in some large supermarkets.

Butcher Shop and Frozen Meat Shop

You can buy fresh pork; beef and lamb, fresh or chilled poultry at butcher shop. If you want any frozen meat; poultry or seafood, go to frozen meat shop.

Chinese Medicine Store

There are always Chinese medicine stores near market, these stores offer Chinese herbs such as Qi Zi; Luo Han Guo and dried Ya-li pear.



根莖類

大部份是起鑊的料頭，爆炒後有提升食材的作用。

They are aromatics before stir frying with the ingredients. They can add the flavour of the dish.

薑 Keong



特色：味辛辣芳香，能去腥添香。老薑有驅寒祛風及暖子宮的功效，以厚肉多汁為佳。

配搭與烹調：烹調魚鮮；用於炒菜或肉；老薑可配雞蛋、豬腳和醋燜煮。

Ginger

Features: Ginger has a pungent aroma and taste that can remove unpleasant smell and add fragrance to the food. Mature ginger has function of expelling Cold and Wind; warming the uterus. Pick those in large chunky shape and juicy.

Application: Cooking fish; stir frying vegetable or meat. Mature ginger can be stewed with egg and pork trotter in vinegar sauce.

乾葱 Gon Cung



特色：細小的紅蔥頭，味辛辣。

配搭與烹調：煲仔菜佐料；燜雞；煎焗肉排；拌肉或炒菜。

Shallot

Features: Relative of onion, small in size and taste spicy. It is always stir fried or deep fried first before using or mixing with sauce.

Application: As a condiment of clay pot. Used in stewed chicken; shallow fry ribs or stir fried dishes.

蒜頭 Syun Tau



特色：常用有抗炎殺菌作用，可降血壓、血糖和膽固醇。

配搭與烹調：蒸肉；煎扒；煲仔菜；燜煮。

Garlic

Features: Regularly add garlic to the cooking can help kill bacteria; lower blood pressure, sugar and cholesterol.

Application: Steam with meat, pan fry with steak. Also, used in clay pot and stews.

洋葱 Joeng Cung



特色：味辛，煮熟後味香甜。冷藏5-10分鐘切開，有助減低引致的流淚情況。

配搭與烹調：與肉類同煮；滾湯；炒蛋；浸紅酒。

Onion

Features: It taste spicy when it is raw but will turn into sweet after cooking. Chill for 5-10 minutes before cutting, it helps you stop the tears.

Application: Cook in various ways with meat. Used in quick-boiled soup. Stir fry with egg. Soak in red wine.

京葱 Ging Cung



特色：辛甜味，香味獨特，可殺菌。

配搭與烹調：炒肉；焗排骨；紅燒或燜煮；用作中式烤餅的餡料。

Peking Scallion

Features: Sweet and pungent in taste, it has a unique aroma and helps fight against bacteria.

Application: Stir fry meat; bake or braise pork ribs; simmering and stewing. Used as an ingredient of Chinese pancakes.

茄子 Ke Ci



特色：肉質軟脆、脂肪低。選茄蒂完整、帶光澤及重身的。切開後儘快烹煮或浸於水，免其變黑。

配搭與烹調：炒肉碎；加欖菜蒸煮；紅燒。

食譜建議：蝦球魚香茄子煲(《滾熱辣煲仔菜》)

Eggplant

Features: It has soft flesh and is low in fat. Pick those with a whole stem on; has bright color and heavy. Cook it right away after cut or soak in water as it turns black quickly.

Application: Stir fried minced pork, steamed with pickled olive vegetable, grilled and braised.

Suggested recipe: Shrimps and Eggplant in Clay Pot (“Fragrant Clay Pot Dishes”)

番茄 Fan Ke



特色：多汁味甜，清熱解毒，夏天常吃。宜選茄身軟硬適中、蒂部完整呈鮮綠或深綠的。

配搭與烹調：製成醬料；炒雞蛋；與薯仔煲湯。

食譜建議：番茄雲耳煮蛋(《燜謎快靚正》)

Tomato

Features: Juicy and sweet. It is a popular food ingredient in the summer. Tomato can help clear heat and toxin. Pick those with soft and the green stalk intact.

Application: It can be made into different sauces and condiments. Stir fried egg. Make soup with potato.

Suggested recipe: Braised Eggs with Tomato and Cloud Ear Fungus (“Stewed Dainty in Minutes”)

冬瓜 Tung Kua



特色：瓜肉雪白，清熱生津。以身重肉厚、瓜皮帶白及切口濕潤為佳。削皮及挖瓢可烹煮；煲湯可保留瓜皮。

配搭與烹調：與豬腩肉同燜；與金華火腿或鹹蛋滾湯。

食譜建議：小魚乾木瓜煮冬瓜(《排毒強身食療》)

Winter Melon

Features: Comes with white refreshing flesh, Winter melon can clear the heat. Choose thick and heavy winter melon with a greyish skin and should be moist when cut opened. Peel the skin, scrape off the pulp and cut into thick pieces. Keep the skin and pulp on when using for soup.

Application: Simmer or braise with pork belly. Make quick soup with Jinhua ham or salted duck egg.

Suggested recipe: Winter Melon with Dried Fish and Wood Ear Fungus (“Eat Healthy! Keep Strong!”)

節瓜 Cit Kua



特色：表皮長有細毛、肉質爽。以瓜身多毛、外表有光澤為佳。烹調前先用刀刮去表皮上的細毛。

配搭與烹調：與肉類或魚類滾湯；燜煮。

食譜建議：節瓜沖菜肉丸湯(《快趣滾靚湯》)

Chinese Marrow

Features: The flesh is crunchy. The good quality ones are those with a shiny and hairy exterior. Peel the skin before using.

Application: Boiled soup with meat or fish; braised.

Suggested recipe: Meat Ball Soup with Chinese Marrow and Salted Turnip (“Tasty Quick-boiled Soup”)

南瓜 Nam Kua



特色：瓜肉橙黃、味甜、質感軟綿。以完整及肉厚為佳。

搭配與烹調：與排骨燜煮；與粟米紅蘿蔔煲湯；清炒及蒸。

食譜建議：豬頸肉蒸南瓜(《切好菜·煮靚餸》)

Pumpkin

Features: It has bright orange flesh that is sweet and creamy. Pick those without any dent and with thick flesh.

Application: Braise with pork ribs. Make double-boiled soup with corn on the cob and carrot. Stir frying and steaming.

Suggested recipe: Steamed Pumpkin with Pork Cheek (“Easy Cutting, Veggie Delicacy”)

勝瓜 Sing Kua

絲瓜 Si Kua



特色：味清甜、肉爽嫩，夏天當造瓜類。烹調前先刨去外皮的硬邊。

搭配與烹調：與肉片同炒或滾湯。

食譜建議：杞子魚腐煮絲瓜(《多菜少肉餸》)

Loofah

Features: Comes with refreshing sweet taste, tender and crunchy mouth-feel. It is commonly available in summer. Peel the skin thoroughly before using.

Application: Stir fired with sliced meat or made soup quickly with meat.

Suggested recipe: Braised Luffa with Qi Zi and Beancurd Fish Puffs (“More Veggie, Less Meat”)

翠玉瓜 🗣️ Cui Yuk Kua



特色：瓜肉鮮嫩爽脆、清甜多汁。11月至翌年3月為當造期。毋須去皮及瓜瓢，洗淨切塊即可烹調。

配搭與烹調：與粉絲蝦乾同蒸；與雞片炒；與肉片滾湯。

食譜建議：蒸釀蝦膠翠玉瓜(《十分鐘蒸饅》)

Zucchini

Features: Zucchini has tender and crunchy texture; and it is juicy and sweet. Its season is from November until March in the following year. Just rinse and cut before cooking.

Application: Steamed with vermicelli and dried shrimp. Stir fry with chicken or make quick soup with sliced meat.

Suggested recipe: Steamed Zucchini Stuffed with Minced Shrimp (“10 Minutes Steamed Dishes”)

涼瓜 🗣️ Liong Kua

苦瓜 🗣️ Fu Kua



特色：味甘苦，有長型和短圓型，後者甘味較濃。刮淨瓜瓢和薄膜，用鹽水略拌或飛水，有助減少苦澀味。

配搭與烹調：炒蛋；煎魚肉；與菠蘿煲湯。

食譜建議：燜釀涼瓜(《老友記食得營》)

Bitter Melon

Features: It has a mild bitter and sweet taste. There are two kinds of bitter melons: long shaped and round-shaped. The bitter taste of the latter one is stronger. Scrape off the pulp and veins, stir with salted water; or blanch in boiling water to reduce the bitterness before use.

Application: Stir fry with egg; pan fry with fish; boil soup with pineapple.

Suggested recipe: Braised Stuffed Bitter Gourd (“Nutritious Daily Meals for Seniors”)

合掌瓜

🔊 Hap Zoeng Kua



特色：味清甜、肉爽，有滋潤解燥、止咳理氣的功效。

配搭與烹調：炒肉絲；煲湯。

食譜建議：冬菇蝦米肉絲煮合掌瓜（《少油香口菜》）

Chayote

Features: It taste sweet and crunchy. It is good for moistening dryness, relieving cough and soothing breathing.

Application: Stir fried with shredded pork; used in soup.

Suggested recipe: Braised Chayota and Pork with Mushrooms and Dried Shrimps (“Less Oil More Savour”)

木瓜 🔊 Muk Kua



特色：味甜、營養豐富，有助增強體質。如用於煲湯，宜選半生熟。

配搭與烹調：沙律；配雪耳煲糖水；熬排骨湯。

食譜建議：木瓜花生大眼雞湯（《坐月好輕鬆》）

Papaya

Features: Taste sweet and has high nutrition value, it is effective to strengthen the body. Choose half-ripe papaya for boiling soup.

Application: Used as salad; making sweet soup with white fungus; boiling soup with pork ribs.

Suggested recipe: Big Eye Fish Soup with Papaya and Peanut (“Simple Confinement Tonic”)

妃排 Fei Bai



特色：豬肩胛位的排骨，肉質腴滑，沒多餘脂肪及筋膜。需向肉販預訂。

配搭與烹調：配梅子或豆豉蒸煮；燜薯仔或南瓜。

食譜建議：金銀蒜南乳芋粒蒸妃排（《低油鹽蒸饊》）

Pork Shoulder

Features: Pork shoulder ribs do not have much fat and veins and they are soft and smooth. You have to pre-order it from butchers.

Applications: Steam with Chinese pickled plum or fermented black bean. Stew with potato or pumpkin.

Suggested recipe: Steamed Pork Shoulder with Taro, Fermented Beancurd and Garlic (“Low Oil and Salt Steamed Meals”)

梅頭瘦肉

Mei Dau Sao Yuk



特色：是豬肩位置的少肥瘦肉，肉質細緻鬆軟。

配搭與烹調：配蝦乾或沖菜蒸煮；切薄片炒。

食譜建議：冬菇韭黃肉絲伴伊麵（《超易煮粥粉麵飯》）

Pork Butt

Features: It is soft, fine and lean meat but less fat.

Applications: Steam with dried shrimp or salted turnip. Thinly slice and stir fry.

Suggested recipe: E-fu Noodle with Pork, Mushroom and Yellow Chinese Chives (“Super Easy for Rice & Noodles”)

豬寸骨 🗣️ Cu Ju Kuat



特色：急凍肉類，肉厚、嫩滑。凍肉店有售。

搭配與烹調：配醬料烤焗或燜煮。

食譜建議：香茅豬寸骨（《慳錢家常菜》）

Bone-in Pork Hock

Features: A kind of frozen meat. It has thick flesh is tender and succulent. It's available from frozen deli shops.

Applications: Marinate with different sauce and bake or braise.

Suggested recipe: Deep-fried Pork Hocks with Lemongrass (“Saving & Easy-making Meals”)

豬頸肉 🗣️ Cu Keng Yuk



特色：面頰至下顎之間肥瘦相間的肉，肉質彈性、爽口、有嚼勁。

搭配與烹調：煎炸；配蔬菜同炒；配醬料烤焗。

食譜建議：紅茶炒豬頸肉（《廚餘變美食》）

Pork Cheek

Features: Pork cheeks have perfect blend of pork fat and lean flesh that are elastic, crispy and chewy.

Applications: Pan frying or deep frying. Stir fry with vegetables. Marinate with different sauce and roast.

Suggested recipe: Stir Fried Pork Cheek and Red Tea Leaves (“Creative Cooking with Leftovers”)

豬腳仔 Cu Kiok Cai



特色：較細小、肉質爽口嫩滑。洗淨後放入滾水燙半分鐘，刮去豬毛。

配搭與烹調：以味濃的調味料燜煮。

食譜建議：梅酒梅子粉燜豬腳仔(《燜謎快靚正》)

Baby Pork Trotter

Features: It is small in size; and has smooth and tender texture. Rinse well, blanch in boiling water for 30 seconds, scrape off the hairs before using.

Application: Stew with rich seasoning.

Suggested recipe: Plum Flavoured Pork Trotter (“Stewed Dainty in Minutes”)

豬手 Cu Sau



特色：豬的前蹄，肉厚、質感軟腩、有彈性。請肉販代清理細毛。

配搭與烹調：配薑、雞蛋或蓮藕和乾冬菇燜煮；熬湯。

食譜建議：海帶燜豬手(《燜謎快靚正》)

Pork Trotter

Features: It is taken from pig's elbow, with thick flesh and tender texture. You may ask the butcher to remove the fine hairs on the skin.

Applications: Stew with ginger and egg; or lotus roots and dried black mushroom. Used in double-boiled soup.

Suggested recipe: Simmered Pork Trotter with Kelp (“Stewed Dainty in Minutes”)

豬肚 Cu To



特色：是豬的胃部。宜選有彈性和光澤、肉質厚實及無異味的。放水喉下沖淨，再抹上鹽搓揉、沖洗。

配搭和烹調：與胡椒及鹹酸菜煲湯；用滷水汁滷製；爆炒。

食譜建議：白胡椒豬肚湯（《秋冬食補家常菜》）

Pork Tripe

Features: It is the stomach of a pig. Pick those elastic and fleshy ones with bright colour and no unpleasant smell. Rinse under tap water thoroughly, then rub some salt on it and rinse well before use.

Applications: Cooked soup with white peppercorn and pickled mustard green. Poached in Chinese marinade. Stir frying.

Suggested recipe: Pork Stomach Soup with White Peppercorns (“Healthy Dishes for Autumn and Winter”)

豬潤 Cu Yong



特色：豬的肝臟，富含鐵質，有補血及補五臟的功用。切成薄片用淡鹽水洗淨。不宜久煮，見轉色即可。

配搭和烹調：煲飯；滾湯；配韭菜或蜜糖豆炒。

食譜建議：番茄洋葱炒豬潤（《零失敗添飯謎》）

Pork Liver

Features: Has rich content of iron; promotes blood cell regeneration; benefits Liver, Heart, Spleen, Lung and Kidney. Thinly slice and rinse with salted water before cooking. Don't overcook it, cook until its colour changed and dish up.

Applications: Cook with rice. Use in quick-boiled soup. Stir fry with yellow chives or sugar snap pea.

Suggested recipe: Stir Fried Pork Liver with Tomatoes and Onion (“Vital Tricks for Yummy Dishes”)

牛腱 Ngau Jin



特色：牛腿部的肉、帶筋。宜選色澤鮮紅的。

搭配及烹調：用滷水汁滷製；與蔬菜同炒。

食譜建議：五香燜牛腱（《零失敗添飯謎》）

Beef Shank

Features: It is a cut from a cow's leg with much gelatinous connective tissues. Pick the one with scarlet red colour.

Applications: Poached in Chinese marinade. Stir fried with vegetable.

Suggested recipe: Five-spice Beef Shank ("Vital Tricks for Yummy Dishes")

牛尾 Ngau Mei



特色：肉質厚實、結締組織多、含豐富膠質。凍肉店有急凍品，價錢較便宜。肉販可去掉新鮮牛尾的細毛；急凍的需預先解凍，再汆燙。

搭配與烹調：清燉或以紅酒燜煮；配蔬菜熬湯。

食譜建議：紅酒燴牛尾煲（《滾熱辣煲仔菜》）

Oxtail

Features: Comes with thick flesh and rich in collagen. You may buy frozen beef tails from frozen meat stores and it is cheaper than fresh ones. Ask the butcher to remove the hairs of fresh ones. Defrost the frozen one at least 2 hours before using and blanch in boiling water to remove the stale smell.

Applications: Stewed dishes; or braise with red wine. Make soup with vegetable.

Suggested recipe: Simmered Oxtail in Red Wine Sauce ("Fragrant Clay Pot Dishes")

豆豉 Tau Si



特色：黃豆或黑豆經蒸煮及發酵而成，味道香濃、惹味，含蛋白質及多種礦物質。存放於陰涼乾爽處。

配搭與烹調：炒煮；與蒜茸爆香配材料蒸煮。

建議食譜：豉汁涼瓜燜魚腩（《一料煮兩味》）

Fermented Soybean

Features: It is made from boiling and fermenting soybeans or black beans; with fragrant and rich taste. It is rich in protein and various minerals. Store in airy and shady place.

Applications: Use for stir frying. Use in steamed dishes, and fry with garlic beforehand.

Suggested recipe: Braised Fish Belly with Bitter Melon in Fermented Bean Sauce (“1 Ingredient with 2 Delicacies”)

酸梅 Suin Mue



特色：味道鹹酸，有滋潤喉嚨發炎、舒緩疼痛、幫助消化及清腸胃作用。雜貨店有散裝出售。

配搭與烹調：與麵豉拌勻作調味；配搭肉或魚蒸煮。

建議食譜：麵豉梅子燜鴨（《燜饊快靚正》）

Preserved Plum

Features: Taste salty and sour. It helps sooth sore throat, relieve pain, improve digestion and cleanse digestive tract. Available in small quantity in grocery stores.

Applications: Mix with soybean paste and use as a seasoning; steam with fish or meat.

Suggested recipe: Simmered Duck in Fermented Bean Sauce (“Stewed Dainty in Minutes”)

白菜乾 Pak Joi Kon



特色：味甜，香氣濃郁，宜選莖白及葉片深綠色的。烹調前先剪掉菜頭部分沖洗，以清除砂粒。

配搭與烹調：煲湯；煮粥。

建議食譜：羅漢果甘筍菜乾湯（《春夏湯水·茶飲》）

Dried White Cabbage

Features: With a sweet taste and fragrance. Choose those with dark green leaves and white stems. Cut off the end and rinse off the sand before use.

Applications: Use in soups or congee.

Suggested recipe: Luo Han Guo, Carrot and Dried White Cabbage Soup (“Soups & Tea for Spring & Summer”)

粉絲 Fen Si



特色：由綠豆製成，浸泡後質感柔軟，能吸收食材的味道精華。

配搭與烹調：配瓜及蝦米煨煮；滾湯；配海鮮蒸煮。

建議食譜：酸梅麵豉粉絲蒸魚仲（《老友記食得營》）

Mungbean Vermicelli

Features: Made with ground mungbeans, they turn soft after being soaked in water. They tend to pick up the sauce and flavours from other ingredients well.

Applications: Simmer with gourds and dried shrimp; make quick-boiled soup; steam with seafood.

Suggested recipe: Steamed Cobia with Preserved Plum, Bean Sauce and Vermicelli (“Nutritious Daily Meals for Seniors”)

魚肚 Yi Do



特色：魚鰾經砂爆後製成，富含膠質和蛋白質，蒸軟後能吸收醬汁精華。烹調前先浸泡至軟，雜貨店有售。

配搭與烹調：煮湯羹；與肉蒸或燜煮；用上湯煨煮。

建議食譜：魚肚蛋花粟米羹（《快趣滾靚湯》）

Fish Maw

Features: Made by roasting swim bladder in hot sands. It contains high collagen and protein. After it is being steamed, it will turn soft and smooth; and can absorb any juice and taste from other ingredients. Soak in water until soft before use. It is available in grocery stores.

Applications: Make thick soup; use in steamed or stewed dishes; simmer in broth.

Suggested recipe: Fish Maw and Corn Thick Soup with Egg (“Tasty Quick-boiled Soup”)

金針 Gam Zam



特色：氣味清香，潤肺、含豐富維他命及礦物質。

配搭與烹調：蒸雞；煮冬瓜湯。

建議食譜：蒜子金針雲耳蒸滑雞（《低油鹽蒸饊》）

Dried Lily Buds

Features: It has the unique smells. It can nourishes the Lung and contains various vitamins and minerals.

Applications: Steam with chicken; use in winter melon soup.

Suggested recipe: Steamed Chicken with Dried Lily Buds and Fungus (“Low Oil and Salt Steamed Meals”)

蟲草花 ㊦》Cung Cou Fa



特色：如冬蟲夏草有潤肺補腎、抗氧化及提高免疫力的功效，是新興的保健食材。烹調前先泡浸及飛水。

配搭與烹調：煲湯；蒸雞；燜煮。

建議食譜：蟲草花鮮鮑豬腱湯（《秋冬湯水·茶飲》）

Cordycep Flower

Features: It is a high nutritional food and is a popular ingredients in recent years, though it has no relation with actual cordyceps. It can nourish Lung; strengthen Kidney and Liver; improve immunity.

Applications: Soups; steamed with chicken or stewed dishes.

Suggested recipe: Pork Shin Soup with Cordycep Flower and Abalone (“Soups & Tea for Autumn & Winter”)

桔餅 ㊦》Gat Beng



特色：醃製的柑桔，化痰止咳，雜貨店有售。

配搭與烹調：製成茶飲；煲湯。

建議食譜：青橄欖桔餅瘦肉湯（《秋冬食補家常菜》）

Preserved Kumquat

Features: Marinated kumquat, it dissolves phlegm and relieves cough. It is available in grocery stores.

Applications: Make into Chinese herbal tea or soup.

Suggested recipe: Green Olive, Preserved Kumquat and Lean Pork Soup (“Healthy Dishes for Autumn & Winter”)

伊麵 Yi Min



- 特色：**油炸後的雞蛋麵，口感煙韌。烹煮前用滾水略燙去油分。
- 配搭與烹調：**湯煮；煨煮。
- 建議食譜：**冬菇韭黃肉絲伴伊麵（《超易煮粥粉麵飯》）

E-fu Noodle

Features: Deep-fried egg noodles with a chewy texture. Blanch before cooking to remove the greasiness.

Applications: Soup noodles; simmering.

Suggested recipe: E-fu Noodle with Pork, Mushroom and Yellow Chinese Chives (“Super Easy for Rice & Noodles”)

河粉 Ho Fan



- 特色：**用米漿製成，質感晶瑩、滑溜。
- 配搭與烹調：**湯煮；乾炒；濕炒。
- 建議食譜：**XO醬洋葱肉片炒河（《超易煮粥粉麵飯》）

Rice Noodle

Features: Made from rice flour and water cooked together, they are smooth and transparent.

Applications: Use in soup; dry stir fried; stir fried with sauce.

Suggested recipe: Fried Pork Rice Noodle in XO Sauce (“Super Easy for Rice & Noodles”)

銀針粉 Ngan Zam Fan



- 特色：**由粘米粉搓成兩尖端，有嚼勁。
- 配搭與烹調：**湯煮；炒。
- 建議食譜：**冬菇蝦米鯪魚湯銀針粉（《超易煮粥粉麵飯》）

Silver Needle Noodle

Features: They are made by kneading rice flour dough into their shape. They are chewy.

Applications: Use in soup; stir fried.

Suggested recipe: Silver Needle Noodle in Dace, Shrimp and Mushroom Soup (“Super Easy for Rice & Noodles”)

米粉  Mai Fan

特色：用稻米製成，質地柔韌、有彈性。

配搭與烹調：湯煮；炒；燉爛。

建議食譜：南瓜醬雞絲拌米粉（《30分鐘有飯食》）

Rice Vermicelli

Feature: Made from rice, the texture is chewy and elastic.

Applications: Use in soup; stir fried; stewed.

Suggested recipe: Rice Vermicelli with Pumpkin Sauce and Shredded Chicken (“30-Minutes Meals”)

上海麵  Soeng Hoi Min

特色：煙韌、有口感，有粗有幼。

配搭與烹調：湯煮；炒；燉；乾拌。

建議食譜：上海素菜粗炒（《超易煮粥粉麵飯》）

Shanghainese Noodle

Feature: It divides thick and thin noodles with a chewy texture.

Applications: Use in soup; stir fried; stewed; served with sauce.

Suggested recipe: Stir Fried Vegetarian Shanghai Noodle (“Super Easy for Rice & Noodles”)

粗麵  Cou Min

特色：烘乾成麵餅，麵條粗闊，口感彈牙，容易吸收湯汁。

配搭與烹調：湯煮；撈吃。

建議食譜：薑蔥手撕雞蝦子撈粗麵（《超易煮粥粉麵飯》）

Wide Egg Noodle

Feature: Dried or roasted from egg noodle dough. They are wide, chewy and elastic; and very good at absorbing flavours.

Applications: Use in soup; served with sauce.

Suggested recipe: Chicken Shreds and Shrimp Roe Egg Noodle with Ginger and Spring Onion (“Super Easy for Rice & Noodles”)

米線 Mai Sin



特色：麵身粗圓帶韌，有新鮮及乾品。

配搭與烹調：湯煮；拌吃。

建議食譜：餃子魚湯米線（《30分鐘有飯食》）

Rice Noodle (Mi Xian)

Feature: They are thick, round and chewy. There are fresh and dried ones available.

Applications: Use in soup; served with sauce.

Suggested recipe: Fish Soup Rice Noodle with Dumpling (“30-Minutes Meals”)

烏冬 Wu Dung



特色：口感彈牙、有嚼勁，有保鮮裝、急凍及乾烏冬。

配搭與烹調：湯煮；炒；燜煮；涼拌。

建議食譜：蝦仁椰菜炒烏冬（《30分鐘有飯食》）

Udon

Feature: Has an elastic and chewy texture. There are fresh packed; frozen and dried ones available.

Applications: Use in soup; stir fried; stewed; served with sauce.

Suggested recipe: Shrimp Udon with Cabbage (“30-Minutes Meals”)

雲吞皮 Wan Tan Pei



特色：皮薄、呈淡黃色，麵條店有售。

配搭與烹調：包入已剁碎的餡料，湯煮或脆炸。

建議食譜：蘿蔔蝦皮雲吞湯米粉（《60蚊煮一餐》）

Wonton Wrapper

Feature: Paper-thin skin with yellow colour. You can buy it in raw noodle shops.

Applications: Wrapped the minced meat filling into small pieces; served in soup or deep fried.

Suggested recipe: Wonton Rice Vermicelli Soup with Radish and Tiny Shrimps (“\$60 Set Meals for 4”)

近年興起進食健康的穀麥及種子類，先浸泡後放入飯煲煮滾。

Grains and seeds that are popular health foods in recent years. They should be soaked in water for a while before use.

五穀米 Ng Guk Mai



特色：包括糙米、紅米、蕎麥、洋薏米及燕麥，吸取多種的豐富營養。

配搭與烹調：煮飯；煲粥。

建議食譜：豉汁鳳爪排骨五穀飯（《超易煮粥粉麵飯》）

Five Grain Rice

Feature: A mix of brown rice, red rice, buckwheat, fox nut and oatmeal. To get the multi nutritious.

Applications: Made into rice or congee.

Suggested recipe: Pork Ribs, Chicken Feet Five Grain Rice in Fermented Black Bean Sauce (“Super Easy for Rice & Noodles”)

紅米 Hung Mai



特色：保留了米糠層及胚芽，富含維他命B及鐵質等。

配搭與烹調：紅米與白米比例1：2。

建議食譜：果仁粟米菜粒炒紅米飯（《廚餘變美食》）

Red Rice

Feature: Red rice still preserves its bran and stem, contains vitamin B and rich iron.

Applications: Red rice and white rice ratio at 1:2.

Suggested recipe: Fried Red Rice with Cashew, Corn and Vegetable (“Creative Cooking with Leftovers”)

糙米 Cou Mai



特色：保留了米糠層及胚芽，含維他命B、E、鈣、鋅及纖維等。

配搭與烹調：煮前浸水5至6小時。

建議食譜：西芹甘筍牛蒡糙米飯糰（《排毒強身食療》）

Brown Rice

Feature: It still preserves its bran and stem, contains vitamin B, E, calcium, zine and fibre etc.

Applications: Soak it in water for at least 5 to 6 hours before use.

Suggested recipe: Brown Rice Dumplings with Celery, Carrot and Burdock (“Eat Healthy! Keep Strong!”)