



Chinese and English



菲傭入廚手記 Cooking Note for Filipino Helper

節省能源煮好餸

Energy-efficient Family Meals

- ❖ 37 道慳電省氣體燃料家常靚餸
- ❖ 真空杯煲湯煮粥小竅門
- ❖ 燜餸 + 蒸餸 = 同時煮兩餸
- ❖ 中文、英文對照



Feliz Chan 著

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花膠雞湯

Fish Maw and Chicken Soup

tips

建議用冷水浸泡花膠至軟身；熱水會提早溶解花膠內的膠質。

It is recommended to soak fish maw in cold water; using hot water will dissolve the collagen prematurely.



材料 INGREDIENTS

冰鮮雞髀 1 隻
 細薄花膠 3 片
 淮山 2 片
 杞子 1 湯匙
 圓肉 8 粒
 薑 2 片
 水 2 1/4 杯



1 frozen chicken thigh
 3 slices small thin fish maw
 2 dried yams
 1 tbsp Qi Zi
 8 dried longans
 2 slices ginger
 2 1/4 cups water

做法 METHOD

1. 細花膠、淮山用清水浸 3 小時，撈起備用。
 2. 冰鮮雞髀去皮，洗淨，切細塊。
 3. 杞子、圓肉分別洗淨。
 4. 煲滾清水 2 1/4 杯，放入雞髀、薑片用中火煲 15 分鐘，備用。
 5. 真空杯預先準備好，放入細花膠、淮山、圓肉、杞子，傾入煮滾的雞髀、薑片連湯，加蓋保溫 3 小時，進食時可酌加少許鹽拌勻。
1. Soak fish maw and dried yams for 3 hours. Drain and set aside.
 2. Remove skin from chicken thigh, rinse and cut into small pieces.
 3. Rinse Qi Zi and dried longans.
 4. Boil 2 1/4 cups of water. Boil chicken thigh and ginger slices over medium heat for 15 minutes. Set aside.
 5. Prepare the vacuum flask. Add fish maw, dried yam, longans, Qi Zi, chicken thigh, ginger and the soup. Cover the lid to keep warm for 3 hours. Mix in salt and serve.

猴頭菇竹笙合桃腰果素湯

Vegetarian Soup with Monkey-head Mushroom, Zhu Sheng, Walnut and Cashew

tips

預先將合桃、腰果弄碎，湯水會更香濃美味。

Prepare walnuts and cashews by crushing them, it strengthens the flavour of the soup.



材料 INGREDIENTS

猴頭菇 2 個	2 dried monkey-head mushrooms
竹筴 2 條	2 pieces Zhu Sheng
合桃 2 湯匙	2 tbsp walnuts
腰果 2 湯匙	2 tbsp cashew nuts
紅棗 3 粒 (去核)	3 red dates (cored)
薑 2 片	2 slices ginger
水 2 杯	2 cups water

做法 METHOD

1. 猴頭菇、竹筴一同用清水浸 1 小時，猴頭菇撕成小塊；竹筴切段，洗淨，擠乾水分。
 2. 猴頭菇、竹筴飛水，過冷河，壓乾水分。
 3. 合桃、腰果、紅棗、薑片洗淨。
 4. 煲滾清水 2 杯，放下全部食材，用中火煲滾。
 5. 真空杯預先準備好，傾入全部食材連湯，加蓋待 3 小時，進食時加少許鹽即可。
1. Soak monkey-head mushrooms and Zhu Sheng together for 1 hour. Tear monkey-head mushrooms into small pieces; cut Zhu Sheng into sections, rinse and squeeze dry.
 2. Scald monkey-head mushrooms and Zhu Sheng. Rinse them under water and squeeze the water.
 3. Rinse walnuts, cashew nuts, red dates and ginger.
 4. Boil 2 cups of water, add all ingredients and bring to a boil over medium heat.
 5. Prepare the vacuum flask. Add all ingredients with the soup. Cover the lid to keep warm for 3 hours. Season with salt and serve.

蟲草花粟米亞麻籽粥

Congee with Flax Seed, Cordycep Flower and Corn Kernels

材料

INGREDIENTS

新鮮粟米粒 1/2 碗

蟲草花 2 湯匙

亞麻籽粉 1 湯匙

珍珠米 2 湯匙

水 2 1/2 杯

1/2 bowl fresh corn kernels

2 tbsp cordycep flowers

1 tbsp ground flax seed

2 tbsp pearl rice

2 1/2 cups water

做法

METHOD

1. 蟲草花用水浸 15 分鐘，洗淨，擠乾水分。
2. 珍珠米、粟米粒一同洗淨，隔去水分。
3. 煲滾清水 2 1/2 杯，放入珍珠米、粟米、蟲草花煲滾 1 分鐘，放入已保溫之真空杯，保溫 2 小時，最後加入亞麻籽粉拌勻，加蓋再焗 2 分鐘即可。

1. Soak cordycep flowers for 15 minutes, rinse and squeeze dry.
2. Rinse pearl rice and corn kernels together, drain.
3. Boil 2 1/2 cups of water. Add rice, corn kernels and cordycep flowers and boil for 1 minute. Transfer to the prepared vacuum flask. Cover the lid to keep warm for 2 hours. Mix in ground flax seed, close the lid for 2 minutes and serve.

tips

只要預先煲滾珍珠米及粟米等，再放入保溫功能佳之真空杯，米香四溢。

To make the congee full of aroma and flavour, boil the rice and corn kernels before keeping in the vacuum flask.



南瓜小米藜麥粥

Congee with Quinoa, Pumpkin and Millet

tips

別以為南瓜肉厚難以熟透，只要切成小塊，煲滾後再保溫 2 小時，南瓜香氣滲入粥內。

Pumpkins are thick but not as difficult to cook thoroughly; just cut pumpkin into small pieces, boil and keep warm for 2 hours, the congee is filled with flavour.



材料 INGREDIENTS

日本南瓜 1/2 碗

小米 2 湯匙

藜麥 1 湯匙

珍珠米 2 湯匙

水 2 1/2 杯

1/2 bowl Japanese pumpkin

2 tbsp millet

1 tbsp quinoa

2 tbsp pearl rice

2 1/2 cups water

做法 METHOD

1. 南瓜洗淨，切細粒。
2. 小米、珍珠米洗淨。
3. 真空杯加入 2/3 份量滾水浸 5 分鐘，傾掉滾水，放入藜麥備用。
4. 南瓜、小米、珍珠米放入煲內，加水 2 1/2 杯煲滾 1 分鐘，放入真空杯保溫 2 小時，攪勻即可享用。

1. Rinse pumpkin and cut into small cubes.
2. Rinse millet and pearl rice.
3. Fill the vacuum flask with hot water until 2/3 full and let it soak for 5 minutes, discard the hot water. Put quinoa in the vacuum flask.
4. Put pumpkin, millet and rice in a pot. Add 2 1/2 cups of water and boil for 1 minute. Transfer to the vacuum flask. Cover the lid to keep warm for 2 hours. Mix well and serve.

葡汁腩排洋葱焗薯仔 + 鮮雜菌椰菜卷

Potato and Pork Stew in Portugese Sauce +
Steamed Mushrooms and Cabbage Rolls

tips

- 黃薑粉可作為醃料或調味料使用，對消除感冒、增加腦部記憶力皆有好處，長幼適合食用。
- 焗餃及蒸餃同時進行，緊記留意焗餃的水量是否足夠。
- Turmeric powder can be used as marinade or seasoning, it is beneficial to flu and brain memory function for all ages.
- Remember to pay attention to the amount of water as the stew and steamed dish are cooked at the same time.



葡汁腩排洋葱焗薯仔

Potato and Pork Stew in Portugese Sauce

材料 INGREDIENTS

腩排 6 兩 (斬細塊)
馬鈴薯 2 個 (約 12 兩)
洋葱 1/2 個
乾葱 3 粒 (去皮、切碎)
黃薑粉 1 湯匙
椰奶 1/2 杯

225 g pork side ribs (chopped
into small pieces)
2 potatoes (about 450 g)
1/2 onion
3 shallots (peeled and chopped)
1 tbsp turmeric powder
1/2 cup coconut milk

醃料 MARINADE

胡椒粉少許
生抽 2 茶匙
粟粉 1 茶匙

pepper
2 tsp light soy sauce
1 tsp cornflour

調味料 SEASONING

鹽 1 茶匙
1 tsp salt

做法 METHOD

1. 腩排洗淨，下醃料拌勻待片刻。
 2. 馬鈴薯去皮，洗淨，切滾刀塊；洋葱去外衣，洗淨，切絲。
 3. 燒熱鑊下油 2 湯匙，下乾葱、洋葱炒香，加入腩排炒勻，下黃薑粉拌勻，加入熱水 3 1/2 杯煮滾，用中火燜 20 分鐘，下薯仔拌勻，同時放入鮮雜菌椰菜卷蒸 10 分鐘，取出鮮雜菌椰菜卷，薯仔拌勻，下調味料、椰奶以慢火燜 5 分鐘即成。
1. Rinse pork side ribs and mix well with marinade.
 2. Peel potatoes, rinse and cut at an angle into pieces; peel onion, rinse and shred.
 3. Heat wok and add 2 tbsp of oil. Fry shallot and onion until fragrant. Add pork side ribs and stir-fry well. Mix in turmeric powder. Add 3 1/2 cups of water and bring to a boil. Simmer over medium heat for 20 minutes. Mix in potatoes. Put steaming rack and steam mushroom cabbage rolls for 10 minutes, remove the mushroom cabbage rolls. Stir the potatoes well. Add seasoning and coconut milk and simmer over low heat for 5 minutes. Serve.

鮮雜菌椰菜卷

Steamed Mushrooms and Cabbage Rolls

tips

椰菜葉放於室溫風乾，菜葉會呈柔軟狀態，易於包捲。

Cabbage leaves become soft after drying at room temperature, it is easier to make rolls.



材料 INGREDIENTS

扁椰菜葉 6 塊
新鮮雜菌 1 包
蒜茸 2 茶匙

6 cabbage leaves
1 pack fresh mushrooms
2 tsp grated garlic

調味料 SEASONING

胡椒粉少許
蠔油 2 茶匙

pepper
2 tsp oyster sauce

獻汁（調勻） THICKENING GLAZE (mixed well)

陳醋 1 湯匙
麻油 1 湯匙
鹽 1/2 茶匙
黃砂糖 1/2 茶匙
粟粉 1 茶匙
水 3 湯匙

1 tbsp mature vinegar
1 tbsp sesame oil
1/2 tsp salt
1/2 tsp brown sugar
1 tsp cornflour
3 tbsp water

做法 METHOD

1. 椰菜以室溫風乾 2 小時，洗淨，抹乾水分。
 2. 雜菌洗淨，切絲；放入油鍋內，加入蒜茸炒至香味，下調味料拌勻，待涼備用。
 3. 每塊椰菜內放上適量雜菌，包成椰菜卷，排上蒸碟。燜葡汁薯仔期間放入椰菜卷，一同蒸 10 分鐘，取出鮮雜菌椰菜卷，用小火煮滾獻汁，淋在椰菜卷上即可。
1. Let the cabbage leaves dry in room temperature for 2 hours. Rinse and wipe dry.
 2. Rinse the mushrooms and shred; fry the mushrooms with garlic and oil until fragrant. Mix well with seasoning, let it cool and set aside.
 3. Place mushrooms on each pieces of cabbage leaves and make cabbage rolls. Arrange on the steaming plate. Steam the cabbage rolls for 10 minutes while making Potato and Pork Stew. Remove the cabbage rolls. Heat the thickening glaze over low heat and add to the cabbage rolls. Serve.

節瓜燜釀豆泡 + 蒜茸金菇牛肉卷

Braised Stuffed Deep Fried Tofu and Chinese Marrow +
Steamed Enoki Mushroom Beef Roll



節瓜燜釀豆泡

Braised Stuffed Deep Fried Tofu
and Chinese Marrow

tips

建議節瓜切成厚塊，燜煮後不會散爛或糊成一團。買回來的鯪魚滑，我喜歡加入配料如蝦米碎、木耳絲等，令口感更豐富。

It is recommended to cut Chinese marrow into thick pieces so that it does not fall apart and dissolve. You can add other ingredients to the dace paste, like dried shrimps and shredded black fungus, to enrich the texture.

材料 INGREDIENTS

節瓜 1 個 (12 兩)
豆腐泡 10 個
鯪魚滑 4 兩
蝦米 1 湯匙
薑 4 片
粟粉適量

1 Chinese marrow (450 g)
10 deep-fried tofu
150 g dace paste
1 tbsp dried shrimps
4 slices ginger
cornflour

調味料 SEASONING

魚露半湯匙
黃砂糖 1/2 茶匙
胡椒粉少許

1/2 tbsp fish sauce
1/2 tsp brown sugar
pepper

Energy-efficient Family Meals

節省能源煮好餸

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節省能源煮好餸

Energy-efficient Family Meals

煲湯、燜餸耗掉不少燃料，

如何省氣體燃料、省電力，又能煮出住家靚餸？

百物騰貴，氣體燃料、電費持續加價，日常開支百上加斤。

何不教導家傭購買慳錢食材之餘，煮食時更可靈活變通，減少燃料虛耗，節省能源又環保。烹飪專家 Feliz Chan 指導家傭使用真空杯、真空煲，用電飯煲或明火同時蒸餸、燜煮，或烹調涼拌菜等，只要運用烹調小技巧，加上特別的製作竅門，慳錢、慳電、慳氣體燃料、慳時間，令烹調更有效率。

Soups and stews require quite a lot of fuel, how to make delicious dishes while saving gas and electricity?

Gas and electricity bills go up constantly; it makes your financial burden heavier every day.

Apart from choosing cheap and better ingredients, teach your domestic helpers how to reduce fuel and energy usage when cooking. Cooking veteran Feliz Chan guides them by using vacuum flask, vacuum cooker, rice cooker and making steamed dishes and stewed dishes at once and cold dishes. With smart tips and tricks, you can cook more efficiently and thus save money, electricity, gas and time!



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