



菲傭入廚手記

Cooking Note for Filipino Helper

排毒強身食療

Eat Healthy! Keep Strong!

- ✿ 護眼補腦降血壓健康菜
- ✿ 增強體質擊退都市病
- ✿ 詳解主要食材養生功效
- ✿ 中文、英文對照



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編者話

Foreword

現在開始，由飲食找回健康的體質吧！

你吃得健康嗎？

飲食，是獲取健康的重要一環，別看輕簡單的一道菜，它可是你的保健良方。

作者 Feliz Chan 為家傭預備了 38 道適合全家人養生保健的家庭食療，針對都市人經常遇到的問題，例如排毒、高血壓、補腦益智、增強免疫力及保護眼睛等，從飲食解決症狀，調養身體。此外，作者就以上小毛病列舉飲食及烹

調要點，讓家傭瞭解並掌握重點，走入廚房從飲食令你獲得健康。

針對每項都市健康問題，每個食譜特別介紹主要食材的營養價值，讓家傭清楚各營養功效：合桃補腦；藍莓護眼；芹菜降血壓；番薯葉排毒；彩色蔬果增強免疫力……健康飲食不再單調乏味，家傭依着食譜做法，無論任何時候都可煮出適合一家大小的養生保健菜。

Get back our health from now on!

Are you eating healthy?

Our diets is important to get healthy. Do not overlook a simple dish; it could be your way to healthy body.

Author Feliz Chan prepared 38 healthy dishes, suitable for all family members. They focus on problems metropolitans encounter: toxins, hypertension, brain growth, weak immune system and eye problems. Through eating healthy, you can tackle all those problems. The author also addresses tips and points for those problem.

Every dishes include a main ingredients for tackling the problems. Domestic helpers

understand their nutrition and effects, such as walnut for brain growth; blueberry protecting eyes; Chinese celery lowering blood pressure; sweet potato leave expels toxins; colourful vegetables and fruits enhance immunity…… Healthy diet is not boring anymore. Domestic helper, with the help of the recipes, can always make healthy dishes suitable for the whole family.

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補腦益智

讓你越吃越聰明

Promoting Brain Health Become Clever as You Eat

- 核桃被評為補腦的超強食材，無論鹹吃甜吃皆受人喜歡，但調味份量不宜過多，以免加重身體負擔，適得其反。
- 其他果仁如花生、葵花子、黑芝麻、松子仁及南瓜子等，也是健腦益智的材料。建議選購原味的核桃及松子仁，無添加任何調味香料；黑芝麻醬則購買有機產品較佳。
- 平日簡單的食材有增加腦部能力的作用，如雞蛋、三文魚、深海魚、雞肉及蝦等高蛋白食品，雞蛋的卵磷脂、三文魚的DHA等，令神經細胞達到最佳狀態，緊記煮熟才進食。
- 燕麥、全穀類等能維持腦細胞正常功能，有助記憶力及認知。
- 鮮果如香蕉、藍莓、士多啤梨及蔓越莓都有增強腦力的作用。大腦需要香蕉的碳水化合物分解而成的葡萄糖來運作；莓類含豐富的抗氧化物，對記憶及認知有一定幫助。
- Walnut is rated as a super ingredient for brain health. It is popular among all kinds of people, sweet or savoury. Avoid excessive seasoning to prevent heavy workload on your body.
- Peanut, sunflower seed, black sesame, pine nut, pumpkin seed are also good for brain growth. Original flavor of walnut and pine nut are the best, where organic black sesame paste is recommended.
- Everyday ingredients also promote brain health, like egg, salmon, deep sea fishes, chicken and shrimps; they all have high protein. With lecithin in eggs and DHA in salmons, nerve cells function perfectly. Make sure to cook thoroughly.
- Oatmeal and whole grains keep brain cell functioning, enhance memory and cognition.
- Fresh fruits like banana, blueberry, strawberry and cranberry also enhance brain function. Our brain needs glucose to function, which comes from carbohydrates from banana. Berries are rich in antioxidant, beneficial to memory and cognition.

煎合桃雞卷

Fried Chicken Rolls with Walnuts

4 人份量
servings



補腦之選——合桃

一直被人推崇的保健食品，含有益於神經系統生長的營養元素，促進腦部發育及運作。



Walnut

Walnut is widely regarded as a healthy good. It contains nutrition promoting nerve system growth and brain growth.

材料 Ingredients

雞腩肉 2 塊
合桃肉 10 粒
甘筍絲少許
葱段適量
雞蛋 1 隻（拌勻）
粟粉 2 湯匙

2 pieces boneless chicken thigh
10 walnuts
shredded carrot
spring onion sections
1 whisked egg
2 tbsp corn flour

醃料 Marinade

紹酒半湯匙
生抽半湯匙
粟粉 1 茶匙
1/2 tbsp Shaoxing wine
1/2 tbsp light soy sauce
1 tsp corn flour

Tips

小貼士

- 合桃先放入保鮮袋，再用刀背拍碎，不要放入攪拌機，因油脂會打成膏狀。
- 蘸上蛋漿後，建議待一會讓多餘的蛋漿流走，才滾上合桃碎。
- Walnuts cannot be blended in the blender, or it will become a paste. Put the walnuts in the ziplock bag first, then crush with the back of the knife.
- Before coating chicken rolls with walnuts, wait a few moments for excessive egg to flow away.

做法 Method

1. 雞髀肉去皮，洗淨，橫切成 2 塊薄片，下醃料拌勻待半小時。
 2. 合桃肉放入保鮮袋，用刀背拍成合桃末，備用。
 3. 雞塊鋪平，排入甘筍絲、蔥段，壓捲成雞卷，以牙籤固定，依次沾上粟粉、蛋漿，最後均勻地滾上合桃末。
 4. 雞卷放入油鑊，加蓋，用小火慢煎至雞卷全熟金黃，盛起，用廚房紙吸油，上碟食用。
1. Remove skins from chicken thighs. Rinse and cut into two thin slices. Mix well with marinade and sit for 30 minutes.
 2. Put walnuts in a sandwich bag and crush into powder.
 3. Lay down chicken pieces, arrange carrot and spring onion on top and roll into chicken rolls. Fix the shapes of the rolls with toothpicks. Coat with corn flour, egg wash and crushed walnuts, in this order.
 4. Fry chicken rolls in an oiled pan, cover the lid over low heat, until chicken rolls are cooked and browned. Remove and soak off any excessive oil. Serve.



Done

補腦之選——松子仁

松子仁含不飽和脂肪酸，增強腦細胞促進與代謝，保護腦細胞及神經功能，健腦益智。

Pine Nuts

Pine nuts contain unsaturated fatty acid, which can promote brain cells' metabolism, and protect brain cells and nerves.

材料 Ingredients

盒裝絹豆腐 1 盒

松子仁 2 湯匙

芫茜少許

1 box smooth bean curd

2 tbsp pine nuts

coriander

調味料 Seasoning

生抽 2 茶匙

老抽半茶匙

黃砂糖半茶匙

凍開水 3 湯匙

2 tsp light soy sauce

1/2 tsp dark soy sauce

1/2 tsp brown sugar

3 tbsp cold boiled water

4

人份量
servings





做法 Method

1. 將松子仁、調味料放入攪拌機，攪打成幼滑松子仁醬，備用。
2. 絹豆腐用凍開水略沖，瀝乾水分，上碟，用刀在表面劃成十字，淋上松子仁醬，伴芫荽享用。
1. Put pine nuts and seasoning in a blender and blend into a smooth sauce.
2. Briefly rinse bean curd with cold boiled water, drain and transfer on the plate. Make a crisscross mark with a knife on the surface. Top with pine nut sauce and coriander. Serve.



南瓜子仁沙葛 肉碎生菜包

*Pumpkin Seeds, Yam Bean and
Pork Wrapped in Lettuce*



補腦之選——南瓜子仁

含有不飽和脂肪酸，有降低血壓及促進腦神經運作的功效，是非常有益的果仁。



Pumpkin Seeds

Pumpkin seeds contain unsaturated fatty acid and are very beneficial. They lower blood pressure and promote brain, nerve operations.

材料 Ingredients

南瓜子仁 2 湯匙

免治豬肉 4 兩

沙葛 6 兩

甘筍粒 2 湯匙

冬菇 4 朵 (浸軟、切粒)

葱粒 1 湯匙

薑茸 2 茶匙

生菜 8 塊

紹酒半湯匙

2 tbsp pumpkin seeds

150 g minced pork

225 g yam bean

2 tbsp chopped carrot

4 dried black mushrooms
(soaked until soft, diced)

1 tbsp chopped spring onion

2 tsp grated ginger

8 pieces lettuce

1/2 tbsp Shaoxing wine

醃料 Marinade

黃薑粉 1 茶匙

生抽半湯匙

粟粉 1 茶匙

1 tsp turmeric powder

1/2 tbsp light soy sauce

1 tsp corn flour

調味料 Seasoning

海鹽半茶匙

1/2 tsp sea salt

做法 Method

1. 沙葛去皮，洗淨，切粒。
2. 免治豬肉與醃料拌勻。
3. 生菜洗淨，用凍開水略沖，瀝乾。
4. 燒熱鑊下油 2 湯匙，下薑茸、免治豬肉、冬菇、甘筍炒勻，攞酒，加入沙葛及熱水 3 湯匙，加蓋，用中火焗 5 分鐘，下海鹽、葱粒炒勻，上碟，灑上南瓜子仁，用生菜包好食用。

1. Peel yam bean, rinse and dice.
2. Mix minced pork with marinade.
3. Rinse lettuce and rinse with cold boiled water. Drain.
4. Heat wok and add 2 tbsp of oil. Add ginger, minced pork, black mushroom and carrot and stir fry. Add Shaoxing wine, yam bean and 3 tbsp of hot water. Cover the lid and cook over medium heat for 5 minutes. Mix in sea salt and spring onion. Transfer on the plate and top with pumpkin seeds. Wrap with lettuce when serving.

Tips**小貼士**

- 黃薑粉具有健腦的功效，平日可作調味料使用。
- Turmeric powder is also beneficial to our brain, it can be used as an everyday seasoning.

甜椒洋葱煮三文鱼

*Salmon with Bell Peppers
and Onion*

4 人份量
servings





補腦之選——三文魚

三文魚含豐富的不飽和脂肪酸，其奧米加 3 對大腦發育及記憶力有很重要的幫助，增強腦部功能。

Salmon

Salmon is very rich in unsaturated fatty acid. Its Omega 3 fatty acid has a significant effect on brain growth and memory.

材料 *Ingredients*

三文魚 1 塊（約 6 兩）
黃甜椒、橙甜椒各 1 個
洋葱半個
蒜肉 2 粒（切片）

1 piece salmon (about 225 g)
1 yellow bell pepper
1 orange bell pepper
1/2 onion
2 cloves garlic (sliced)

醃料 *Marinade*

黑胡椒碎少許
海鹽少許
粟粉 1 茶匙
chopped black pepper
sea salt
1 tsp corn flour

調味料 *Seasoning*

海鹽半茶匙
1/2 tsp sea salt



做法 *Method*

1. 甜椒開邊，去蒂、去籽，洗淨，切絲；洋蔥去外衣，洗淨，切絲。
 2. 三文魚洗淨，抹乾水分，下醃料拌勻。
 3. 燒熱鑊下油半湯匙，下三文魚煎至兩面金黃，備用。
 4. 原鑊下蒜片、洋蔥炒香，加入甜椒拌勻，傾入熱水 1 杯煮 5 分鐘，下三文魚再煮 5 分鐘，灑入調味料拌勻，上碟供食。
1. Cut the bell peppers in halves, remove stalks and seeds, rinse and shred. Peel onion, rinse and shred.
 2. Rinse salmon and wipe dry. Mix well with marinade.
 3. Heat wok and add 1/2 tbsp of oil. Fry salmon until both sides browned. Remove from the wok and set aside.
 4. Stir fry garlic, onion in the same wok until fragrant. Mix in bell peppers and add 1 cup of hot water and cook for 5 minutes. Add salmon and cook for 5 minutes. Mix in seasoning. Serve.

Tips

小貼士

- 三文魚宜全熟進食，尤其小孩。
- It is suggested serve with the cooked salmon, especially for the kids.

毛豆雪菜百頁結

*Stir Fried Soy Beans,
Bean Curd Knots and
Salted Mustard Green*



4

人份量
servings

補腦之選——毛豆

含豐富的植物性蛋白，以及多種礦物質、維他命及纖維，卵磷脂含量有助大腦發育及提升記憶力。



Baby Soy Beans

Baby soy beans are rich in vegetable protein, various minerals, vitamins and fibre. It also has lecithin which promotes brain growth and memory.

材料 Ingredients

毛豆仁 4 兩
百葉 5 張
雪菜 2 兩
紅椒絲少許
蔥粒 1 湯匙
蒜茸半湯匙

150 g baby soy beans
5 bean curd sheets
75 g salted mustard green
shredded red chillies
1 tbsp chopped spring onion
1/2 tbsp grated garlic

調味料 Seasoning

生抽 2 茶匙
黃砂糖 1 茶匙
麻油 1 茶匙
2 tsp light soy sauce
1 tsp brown sugar
1 tsp sesame oil

Tips

小貼士

- 市售的百葉結一般冷藏一段時間，建議購買新鮮百葉，自行打成結。
- Bean curd knots in the market are usually chilled for a while. It is suggested to get fresh bean curd sheets and make bean curd knots by yourself.

做法 *Method*

1. 百葉切粗條，將兩粗條相疊打成結，放入滾水焯 1 分鐘，取出，過冷河，瀝乾水分。
2. 毛豆仁放入滾水，飛水，盛起，瀝乾水分。
3. 雪菜洗淨，擠乾水分，切碎。
4. 燒熱鑊下油 2 湯匙，下雪菜炒勻，加入蒜茸炒香，倒入熱水 1 1/2 杯煮滾，下百葉結用中火煮 5 分鐘，加入毛豆仁、調味料煮 8 分鐘至汁液收少，最後下蔥粒、紅椒絲拌勻，冷熱吃皆宜。

1. Cut bean curd sheets into thick strips. Make a bean curd knot with every 2 strips. Scald for 1 minute, rinse with cold water and drain.
2. Scald baby soy beans, remove and drain.
3. Rinse salted mustard green, squeeze dry and finely chop.
4. Heat wok and add 2 tbsp of oil. Stir fry salted mustard green, add garlic and fry until fragrant. Add 1 1/2 cups of hot water and bring to boil. Add bean curd knots and cook over medium heat for 5 minutes. Add baby soy beans and seasoning and cook for 8 minutes, or until the sauces begin to dry. Mix in spring onion and red chillies. Serve hot or cold.



Done

鮮淮山腰果花豆鯪魚湯

Dace Soup with Yam, Cashew
and Kidney Beans

補腦之選——腰果、花豆

堅果類有助神經系統及腦部發育，腰果有補腦補腎的功效。
花豆蘊含的蛋白質，是製造細胞和神經傳遞物的重要元素，
有助腦部發展。

Cashew Nuts, Kidney Beans

Most nuts are beneficial to our nerve systems and brain growth. Cashew nuts strengthen the brain and Kidney. Kidney beans are rich in protein, which is important for making cells and neurotransmitters.





材料 *Ingredients*

鯪魚 1 條 (約 12 兩)	1 dace (about 450 g)
鮮淮山半斤	300 g fresh yam
腰果 2 兩	75 g cashew nuts
花豆 2 兩	75 g kidney beans
陳皮 1 角	1 wedge dried tangerine peel
鹽半茶匙	1/2 tsp salt

做法 *Method*

4 人份量
servings

1. 花豆洗淨，用水浸 2 小時；腰果洗淨。
 2. 陳皮用水浸軟，刮淨內瓢。
 3. 鮮淮山洗淨表皮，刨去外皮，洗淨，切短度。
 4. 湯鍋注入清水 12 杯，放入花豆、腰果、陳皮煲滾，轉小火繼續煲。
 5. 鯪魚剗好，洗淨，切成兩段，抹上鹽，放入油鑊煎至微黃，放入湯鍋轉大火煲 15 分鐘，下鮮淮山煲滾，轉小火煲 1 小時即可。
1. Rinse kidney beans and soak for 2 hours. Rinse cashew nuts.
 2. Soak dried tangerine peel until soft. Scrape off the pith.
 3. Rinse and peel yam. Rinse and cut into short sections.
 4. Add 12 cups of water in a pot. Add kidney beans, cashew nuts, dried tangerine peel and bring to boil. Turn to low heat and boil.
 5. Gut and rinse dace. Cut into two sections and rub with salt. Fry in an oiled pan until slightly browned. Transfer to the pot and boil over high heat for 15 minutes. Add yam and bring to boil. Turn to low heat and cook for 1 hour. Serve.

小貼士

Tips

- 鯪魚必須煎透才煲湯，湯水又香又鮮味。這是上班一族最佳的補腦活腦湯水。
- The dace should be fried enough before boiling the soup, it will make the sweet soup. This soup is suitable for the people that use the brain often.

合桃百合銀杏炒蝦仁 Stir Fried Shrimps with Walnut, Lily Bulbs and Ginkgoes

4 人份量
servings

材料 Ingredients

合桃肉 12 粒
鮮百合 2 球
銀杏 20 粒
鮮蝦 8 兩
乾葱 2 個 (切片)
薑 3 片
葱段少許
12 skinned walnuts
2 fresh lily bulbs
20 ginkgoes
300 g fresh shrimps
2 shallots (sliced)
3 slices ginger
spring onion sections



醃料 Marinade

胡椒粉少許
粟粉 1 茶匙
pepper
1 tsp corn flour

調味料 Seasoning

蠔油半湯匙
1/2 tbsp oyster sauce

做法 Method

- 鮮蝦去殼，挑腸，洗淨，用廚房紙吸乾水分，下醃料拌勻，放雪櫃冷藏備用。
- 鮮百合切去頭尾兩端，撕成瓣狀，洗淨，瀝乾水分。
- 銀杏放入滾水焗 5 分鐘，盛起。
- 燒熱鑊下油 2 湯匙，下薑片、乾葱拌香，下蝦仁炒勻，加入銀杏及熱水 2 湯匙炒片刻，放入鮮百合炒勻，下調味料、合桃肉、葱段拌勻，上碟食用。
- Shell and devein shrimps. Rinse and wipe dry any water with kitchen paper. Mix well with marinade and keep in the refrigerator.
- Cut off both ends from lily bulbs and tear into pieces. Rinse and drain.
- Boil ginkgoes for 5 minutes. Remove.
- Heat wok and add 2 tbsp of oil. Stir fry ginger and shallots until fragrant. Add shrimps and stir fry. Add ginkgoes and 2 tbsp of hot water and stir fry. Add lily bulbs and stir well. Mix in seasoning, walnuts and spring onion. Serve.

補腦之選——合桃

蘊含豐富的奧米加 3 脂肪酸，是人體細胞及細胞膜的重要組成元素，可預防腦退化症及增強記憶力。中醫認為合桃具補腦益智的功效。

Walnut

Walnut is rich in Omega 3 fatty acid, which is an integral part of our cells and cell membranes. It can prevent dementia and promote memory. From Chinese medicine point of view, walnuts can strengthen the brain.



Tips

小貼士

- 合桃放入焗爐用 150°C 焗 8 分鐘，加入餸菜內更香脆可口。
- Put the walnuts in the oven with 150°C and bake for 8 minutes, it will be crunchy after adding to the dish.



2 人份量
servings

黑芝麻醬多士

Black Sesame Paste Toast

補腦之選——黑芝麻

黑芝麻含有優質的脂肪酸，以不飽和脂肪酸為主，可強健腦袋，滋補烏髮，有益心臟。坊間有黑芝麻醬出售，可抹上多士或製成湯圓的餡料。

Black Sesame

Black sesame contains quality fatty acid, mainly unsaturated. It benefits your brain and promotes hair growth. Black sesame paste are available, which can be used to make toasts and sticky rice balls.

材料 Ingredients

全麥方包 2 片
黑芝麻醬 1 湯匙
蜂蜜 2 茶匙

2 slices whole wheat bread
1 tbsp black sesame paste
2 tsp honey



做法 Method

1. 黑芝麻醬與蜂蜜拌勻，備用。
 2. 全麥方包切成長條，放入多士爐烤至微黃香脆，取出，塗抹一層薄薄黑芝麻醬，可作為早餐或下午茶享用。
1. Mix black sesame paste and honey together.
 2. Cut whole wheat bread into long strips. Bake in a toaster until crunchy and slightly browned. Spread with black sesame paste and serve as breakfast or afternoon tea.

保護眼睛

令你眼力超強

Protecting Eyes Gaining Eagle Sight

- 多吃富含花青素的食物，例如藍莓、茄子、紫椰菜、紅石榴等，是很強的抗氧化劑，增加眼部微絲血管循環。
- 椰菜花、蘆筍、洋葱、菠菜，含有豐富的葉黃素，令視網膜的黃斑部分免受傷害，增加視力的清晰度。
- 橙黃色的蔬果對護眼功效非常顯著，如粟米、紅蘿蔔、南瓜、番茄、木瓜、芒果等，含多種植物性抗氧化物，抵抗紫外線對眼睛的傷害。這類食材必須靠油脂才能釋放其護眼營養，不妨用少量油烹調。
- 中醫角度而言，菊花有養肝明目的功效，對經常在辦公室用電腦及手機的朋友，泡一杯菊花茶飲用可消除雙眼疲勞。建議購買有機菊花，以免攝入過量農藥。
- 近年興起的養生食材——黑杞子，花青素含量極高，有養肝明目、補血潤肺、改善視力衰退、增強免疫力的作用，建議購買野生產品，食療效用高。
- Anthocyanin is a strong antioxidant. Improve your eye blood circulation by eating ingredients contain them, including blueberry, eggplant, purple cabbage, pomegranate etc.
- Cauliflower, asparagus, onion and spinach are all rich in lutein, which improves your sight and protect macula of your retina from damage.
- Vegetables in orange or yellow colour are beneficial to eyesight. They include corn, carrot, pumpkin, tomato, papaya, mango etc. They all contain antioxidant and protect your eyes from ultraviolet light. Cook these ingredients with oil.
- From Chinese medicine point of view, chrysanthemum can strengthen Liver and eyes. Office peoples could benefit from a daily cup of chrysanthemum tea. Organic chrysanthemum is recommended to avoid excessive chemicals.
- Black wolfberry is getting more popular in recent years. It has very high anthocyanin, which strengthen Liver, eyes, blood and nourish Lungs, improve eyesight and immunity. For the best effects, wild ones are recommended.

Eat Healthy! Keep Strong!

排毒強身食療

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暢銷
熱賣中

新出版



菲傭入廚手記

Cooking Note for Filipino Helper



排毒強身食療

Eat Healthy! Keep Strong!

整天盯着電腦，雙眼乾澀；常吃高脂高膽固醇食物，血壓飆升；抵抗力弱，傷風感冒有機可乘；工作考試令腦袋勞累……

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補腦、護眼、降血壓、排毒、提升免疫力是都市人的保健要訣，烹飪導師 Feliz Chan 指導家傭透過簡單的小菜、湯水、飯麵及小吃，由食物療癒身體，吃得健康，助你舒緩及改善各種不適症狀，是一家人的保健養生書。

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