



菲傭入廚手記

Cooking Note for Filipino Helper

廚餘變美食

Creative Cooking with Leftovers

- ✿ 精打細算剩食住家菜
- ✿ 燜煲煲湯甜點應有盡有
- ✿ 認識剩菜環保煮食技巧
- ✿ 全書中文、英文對照



Feliz Chan 著

雪櫃經常有～

切剩的菜頭菜尾、冷藏麵包、肥臘肉、隔夜飯、已榨汁檸檬、粟米湯渣、粉蘋果……

丟棄了很可惜！怎辦？

除了做成廚餘環保清潔劑外，剩菜冷飯都可以變成滋味美食，秘訣在於如何烹調、取材及配搭，將食材徹底運用，省卻每餐成本。

烹飪導師 Feliz Chan 的煮食靈感豐富，她運用小技巧可以將任何剩菜肥肉，變成另一道讓人稱心滿意、適合港人口味的餸菜，例如：粉蘋果燜一字排；煲湯粟米弄成粟米煎蛋餅；用起黑點香蕉燜成香蕉鬆餅等，加上烹調廚餘的小竅門，如何去除冷藏味，你我也可搖身一變成為廚餘煮食達人，運用想像發揮創意煮食配搭，甚至成為親子入廚活動，減少食材廢物，齊齊推行環保飲食。

惜食，令地球變得更美好！

You probably have the following in your fridge...

cut vegetables, frozen breads, fatty preserved pork, leftover rice, squeezed lemons, leftover from corn soup, soft ripe apples...

It is such a waste to throw them away! What can I do?

Apart from making environmental friendly detergents, leftovers can be made into delicious meals. The trick is how you cook, make use of and match the ingredients. Each ingredient could be used thoroughly; it cut down cost as well.

Cooking tutor Feliz Chan has rich inspiration with tricks, she turns any leftover meal and fat meats into satisfying and suitable tasting dishes, for example: Pork Rib Stew with Soft Ripe Apple; Fried Egg with Corn Kernels from a soup; Banana Muffin with spotted ripe bananas. Adding little tricks, like how to expel frozen taste, we can all be an expert with leftovers. With your imagination and creativity, you can make great dishes, even with children, at the same time, reduce food waste, and promote environmental friendly diet.

Cherish your food, and make the Earth a better place!

目錄

Contents



Vegetable & Fruit
Kitchen Leftover

蔬果 廚餘

蔬果廚餘，環保煮食有法 4
Environmental Friendly Cooking with
Vegetables and Fruits

紅蘿蔔西芹皮焗雞中翼 5
Roasted Chicken Wings with Carrot
and Celery Peels

咖喱蛋雜菜 8
Assorted Vegetable and Egg
in Curry

冬菇蒂栗子西施骨合掌瓜湯 10
Chayote, Pork Soup with
Mushroom Stalks and Chestnut

燕麥蔬菜煎餅 12
Oatmeal and Vegetable Patties

香蕉鬆餅 14
Banana Muffin

檸檬香草焗春雞 16
Roasted Spring Chicken with
Lemon and Thyme

蝦子碌柚皮 19
Stewed Pomelo Skin with
Shrimp Roes

西蘭花梗鯪魚羹 22
Dace and Broccoli Stalk Soup

檸檬皮橙皮刁草三文魚 24
Salmon with Lemon Zest,
Orange Zest and Dill

豆角雜菜素春卷 26
Vegetarian Spring Roll with
String Bean and Potato

粉蘋果燜一字排 28
Pork Rib Stew with Soft Ripe Apple

乾水橙洋薏米紅豆沙 30
Red Bean Sweet Soup with
Orange and Pearl Barley



Ingredients
Leftover

食材 廚餘

食材廚餘，環保煮食有法 32
Environmental Friendly Cooking with
Ingredients

焗牛油香草麵包粒 33
Baked Bread Cubes with
Butter and Herbs

肥臘肉炒芥蘭 36
Stir Fried Preserved Pork and
Chinese Kale

炸燕麥蝦丸 38
Deep Fried Oatmeal Coated
Shrimp Balls

芝士煎焗茄子 40
Baked Cheesy Eggplant

紅茶炒豬頸肉 42
Stir Fried Pork Cheek and
Red Tea Leaves

紅酒燴牛腩 45
Red Wine Stewed Beef Shin

梅子蒸馬友 48
Steamed Threadfin with Plums

肥燒肉炒韭菜花 50
Stir Fried Fat Roast Pork and
Flowering Chives

芝士汁炸雞球 52
Deep Fried Chicken Meatball in
Cheese Sauce

燒鵝頭頸煮洋葱薯仔 54
Roasted Goose Head with
Potato and Onion

蒸雞汁灼菜 56
Boiled Choy Sum in Chicken Juice

薑茸渣蒸牛腩 58
Steamed Beef Shin with
Ginger Puree

粟米芯鬚薏米水 60
Job's Tears, Corn Core and
Silk Drink

木耳菜脯西椒炒肉絲 73
Stir Fried Pork, Black Fungus and
Preserved White Radish

南瓜肉丸拌沙律菜 76
Pumpkin Meatballs with
Vegetable Salad

醬炒冬菇豆乾肉粒三色椒 78
Stir Fried Bell Peppers, Black
Mushroom and Dried Bean Curd

粟粒煎蛋餅 80
Fried Egg with Corn Kernels

蠔油螺片西生菜 83
Conch and Lettuce in Oyster Sauce



Soups Ingredients
Leftover

湯料
活用

活用湯渣，環保煮食有法 62
Environmental Friendly Cooking with
Soup Ingredients

豬肉凍 63
Pork Jelly

蔥粒臘腸煎薯餅 66
Potato Patties with
Preserved Sausage

南乳蓮藕燜豬蹄肉 68
Stewed Lotus Root
and Pork Knuckles in
Red Fermented Bean Curd

沙葛蠔豉鬆 70
Stir Fried Dried Oyster and
Yam Bean Wrapped in Lettuce



Leftover Rice
and Grains

五穀
剩飯

五穀廚餘，環保煮食有法 86
Environmental Friendly Cooking with
Grains

薑茸蔥粒蛋炒糙米飯 87
Fried Egg Brown Rice with
Ginger and Spring Onion

櫻花蝦肉丸香芹泡飯 90
Rice in Meatball and
Sakura Shrimp Soup

果仁粟米菜粒炒紅米飯 92
Fried Red Rice with Cashew,
Corn and Vegetable

白飯魚乾肉碎泡飯 94
Rice in Dried Noodlefish and
Pork Soup



蔬果廚餘，環保煮食有法

- 預備的蔬菜、瓜果份量太多，該餐吃不完的話，建議預先切出，並用廚房紙包好，放入雪櫃冷藏，以免用水沖洗，否則保存期不長。
- 如已清洗的蔬果，宜放入已墊廚房紙的保鮮盒或保鮮袋，再冷藏保存，有助吸取多餘的水分，可保存兩日。
- 削出來的果皮、瓜皮，最緊要貯存妥當，用廚房紙包好，可留待翌日使用。
- 任何用不完的蔬果也可冷藏再使用，甘筍、西蘭花、蘆筍、節瓜、椰菜、甜椒等，以免浪費；但菜葉類的則不宜貯存太久。
- 含水分多的蔬果，如番茄、青瓜等，不宜貯藏太長時間，容易乾涸。
- If you prepare too many vegetables and fruits, you can cut some amount out, wrap them in kitchen paper, and chill in the fridge. Avoid rinsing them with water, or they will spoil in a short time.
- If the vegetables and fruits are already rinsed, they can be placed in an air-tight box lined with kitchen paper or a sandwich bag and refrigerate, so that excessive moist and water can be absorbed, and they can be stored up to 2 days.
- Fruit and melon skins should be wrapped in kitchen papers and used on the next day.
- Any remaining or leftover vegetables and fruits can be reused, such as carrot, broccoli, asparagus, Chinese marrow, cabbage, bell pepper. However leaf vegetables cannot be stored for too long.
- Vegetables with much water, like tomato, cucumber, should not be stored for too long, or they will dry out.



蔬果
廚餘

WASTE
WASTE
WASTE

紅蘿蔔西芹皮焗雞中翼

Roasted Chicken Wings with Carrot and Celery Peels



鋪上紅蘿蔔皮及西芹皮
有何作用？

令雞翼有保濕的作用，肉
質不會太乾硬，而且將蔬
菜的香氣滲入雞肉之內。

**What is the use of
carrot and celery peels?**

Carrot and celery peels keep
the moisture with chicken
wings, so that they will not be
dry and tough. The aroma
from carrot and celery also
carry through to the chicken
wings.

材料 Ingredients

廚餘

紅蘿蔔皮、西芹皮共約 1 碗

急凍雞中翼 12 隻

1 bowl carrot peel and
celery peel

12 frozen chicken wings



廚餘

6

人份量
Servings

Cooking Time

烹調時間

35

mins

Cost

價錢價

\$20

醃料 Marinade

粗鹽 1 茶匙

紹酒 1 湯匙

胡椒粉少許

1 tsp coarse salt

1 tbsp Shaoxing wine
pepper





做法 Method

1. 急凍雞中翼解凍，洗淨，抹乾水分，下醃料拌勻待 1 小時。
2. 紅蘿蔔皮、西芹皮洗淨，備用。
3. 雞中翼放平底鑊煎至兩面微黃，排上焗盤，鋪上紅蘿蔔皮、西芹皮，放入已預熱 180°C 之焗爐，焗約 20 至 25 分鐘，見雞中翼表面呈金黃色即可。

1. Defrost chicken wings, rinse and wipe dry. Mix well with marinade and let it sit for 1 hour.
2. Rinse carrot and celery peels, set aside.
3. Fry chicken wings on a pan until both sides are lightly browned. Arrange chicken wings on a baking tray. Arrange carrot and celery peels on top. Bake in a preheated oven at 180°C for 20 to 25 minutes, until golden brown. Serve.





蔬果廚餘

WASTE
WASTE
WASTE

4

人份量
Servings

Cooking Time

烹調時間

30

mins

Cost

價錢價

\$15



Assorted Vegetable and
Egg in Curry

咖喱蛋雜菜

Q&A

除了使用平日餘下的雜菜煮成咖喱，還可加入哪些廚餘？

椰絲是廚餘之一，購買新鮮椰漿時附有椰水及椰絲，椰絲急凍儲存即可。加入椰絲同煮可散發香味，並有埋獻的作用。

What can I use to make besides everyday leftover vegetables?

Coconut flake is a good choice, it comes with fresh coconut milk and water. Coconut flake is stored in freezer. Adding coconut flake in curry can enhance the flavour and thicken the sauce.

廚餘

材料 Ingredients

雜菜約 1 斤

(秋葵數條、茄子 1 個、
椰菜花 1 角、番茄 1 個、
馬鈴薯 1 個、乾蔥 2 粒)

紅咖喱醬 4 湯匙

廚餘

雞蛋 2 個

椰絲 3 湯匙

600 g vegetables

(a few pieces okra, 1 eggplant,
1 quarter cauliflower, 1 tomato,
1 potato, 2 shallots)

4 tbsp red curry paste

2 eggs

3 tbsp coconut flake



調味料 Marinade

黃砂糖 1 茶匙

鹽半茶匙

1 tsp brown sugar

1/2 tsp salt

做法 Method

1. 秋葵、茄子、番茄洗淨去蒂，切塊；椰菜花切細朵，洗淨；馬鈴薯去皮，洗淨，切塊。
2. 雞蛋焗熟，去殼；乾蔥去外衣，洗淨，切碎。
3. 燒熱鑊下油 2 湯匙，下乾蔥炒香，加入紅咖喱醬炒香，放入馬鈴薯、茄子炒片刻，下椰菜花、番茄拌勻，傾入熱水 2 杯煮 5 分鐘，加入雞蛋、秋葵、椰絲、調味料煮滾，轉小火煮片刻至咖喱汁濃稠，盛起供食。

1. Rinse okra, eggplant and tomato, remove stalks from them and cut into pieces; cut cauliflower into small pieces, rinse; peel potato, rinse and cut into pieces.
2. Boil the egg and shell; peel shallots, rinse and chop.
3. Heat wok and add 2 tbsp of oil. Stir fry shallots until fragrant, add red curry paste and fry until fragrant. Add potato and eggplant, stir fry and mix in cauliflower and tomato. Add 2 cups of hot water and cook for 5 minutes. Add egg, okra, coconut flake and seasoning and bring to boil. Turn to low heat and thicken the sauce. Serve.



蔬果
廚餘

SAVE
100%
WASTE

4

人份量
Servings

Cooking Time

烹調時間

2 20

hrs mins

Cost

怪錢價

\$67

冬菇蒂栗子 西施骨合掌瓜湯

Chayote, Pork Soup with Mushroom Stalks and Chestnut

材料 Ingredients

冬菇蒂半碗

廚餘

栗子肉 6 兩

西施骨 12 兩

合掌瓜 2 個 (約 1 斤)

蜜棗 2 粒

薑 1 厚片

1/2 bowl black mushroom
stalks

225 g skinned chestnut

450 g pork shoulder bone

2 chayotes (about 600 g)

2 candied dates

1 thick slice of ginger

Q&A

合掌瓜湯加入冬菇蒂，
食味如何？

雖然沒有加添整顆冬菇，
但用冬菇蒂熬湯，已令
整鍋湯帶上冬菇的香氣精
華，物盡其用。

**How is the taste of
the soup with black
mushroom stalks?**

The black mushroom stalks
alone can already enhance
the flavour of the soup.





做法 Method

1. 冬菇蒂洗淨，用水浸 1 小時，洗淨，擠乾水分。
 2. 西施骨洗淨，飛水，過冷河，瀝乾水分。
 3. 合掌瓜洗淨，開邊去核，洗淨，切大塊。
 4. 湯煲注入清水 12 碗，放入冬菇蒂、合掌瓜、蜜棗、薑片煲滾，加入西施骨、栗子肉煲片刻，轉小火煲 2 小時即成。
1. Rinse mushroom stalks and soak for 1 hour. Rinse and squeeze dry.
 2. Rinse pork shoulder and rinse. Scald briefly and drain.
 3. Rinse chayote, cut into halves and remove seeds. Rinse and cut into large pieces.
 4. Add 12 bowls of water in a pot. Add black mushroom stalks, chayotes, candied dates and ginger. Bring to boil. Add pork shoulder, chestnut and boil. Turn to low heat and boil for 2 hours. Serve.



蔬果
廚餘

SAVE
10%
MORE

4

人份量
Servings

Cooking Time

烹調時間

30

mins

Cost

價錢價

\$12

Oatmeal and
Vegetable Patties

燕麥蔬菜煎餅

Q&A

雪櫃有其他剩餘的蔬菜，可以一併煎成蛋餅嗎？

很多蔬菜也可加入，例如洋蔥、甜椒、西蘭花等，別浪費任何食材。

Can I use other leftover vegetables?

Yes, many vegetables are suitable for this dish, like onion, bell pepper, broccoli etc.



材料 Ingredients

燕麥片 4 湯匙

椰菜 6 兩

廚餘

甘筍半個

廚餘

煙肉 1 條

雞蛋 1 個（拂勻）

麵粉 3 湯匙

水 3 湯匙

4 tbsp oatmeal

225 g cabbage

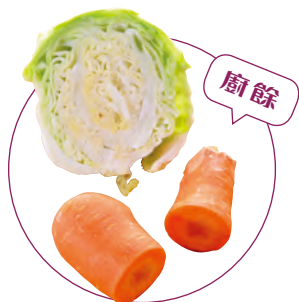
1/2 carrot

1 piece bacon

1 egg (whisked)

3 tbsp plain flour

3 tbsp water



做法 Method

1. 椰菜洗淨，切絲；甘筍去皮，洗淨，刨絲；煙肉切絲。
 2. 全部材料拌勻，待 15 分鐘。
 3. 平底鑊下油 2 湯匙，傾入燕麥蔬菜漿用中小火煎至兩面金黃，放在廚房紙隔油，上枱供食。
1. Rinse cabbage and shred; peel carrot, rinse and shred; shred bacon.
 2. Mix all ingredients together and let it sit for 15 minutes.
 3. Add 2 tbsp of oil in a pan. Pour the mixture in and fry over medium-low heat until both sides turn golden brown. Absorb any excessive oil with kitchen paper. Serve.



蔬果
廚餘

WASTE
WASTE
WASTE

5

人份量
Servings

Cooking Time

烹調時間

55

mins

Cost

價錢價

\$28



Banana Muffin

香蕉鬆餅

Q&A

與普通香蕉相比，用外皮呈梅花點的香蕉有何分別？

梅花點香蕉較熟，香蕉味濃郁，質感綿軟，做出來的鬆餅香味足夠。

What is special about spotted banana?

Spotted bananas are ripe; they contain more flavour and have a softer texture, suitable for making muffins.

廚餘

材料 Ingredients

香蕉（外皮呈梅花點）75 克

低筋麵粉 180 克

雞蛋 4 個

無鹽牛油 100 克（室溫軟化）

黃砂糖 80 克

椰子油 20 克

海鹽 1/8 茶匙

泡打粉 1 茶匙

大紙杯 5 個

75 g ripe banana (spotted)

180 g cake flour

4 eggs

100 g unsalted butter (soft)

80 g brown sugar

20 g coconut oil

1/8 tsp sea salt

1 tsp baking powder

5 large paper cups

廚餘



做法 Method

1. 低筋麵粉及泡打粉一同篩勻於碗內。
2. 香蕉去皮，切細片。
3. 牛油、椰子油及黃砂糖打成忌廉狀，加入雞蛋攪拌均勻，下香蕉拂打片刻呈糊狀，加入已篩的麵粉，拌成帶黏質的香蕉麵漿，盛入紙杯約 8 分滿。
4. 放入已預熱 180 °C 的焗爐，焗約 35 至 40 分鐘即成。

1. Sieve flour and baking powder together.
2. Peel banana and cut into thin slices.
3. Whisk butter, coconut oil and brown sugar together until creamy. Add egg and mix well. Add banana and whisk together. Add flour and mix into a sticky mixture. Transfer into the paper cups (80% full).
4. Bake in a preheated oven at 180°C for 35 to 40 minutes. Serve.



蔬果
廚餘

WASTE
WASTE

4

人份量
Servings

Cooking Time

烹調時間

1 45

hr mins

Cost

價錢

\$45

檸檬香草焗春雞 Roasted Spring Chicken with Lemon and Thyme

Q&A

將已用的檸檬放入雞內，能散發香味嗎？

雖然檸檬已榨汁，但檸檬的香味仍可經烤焗過程滲入雞肉，絕對不要丟棄已用的檸檬。

Reusing a lemon inside a chicken, does it work?

Although lemon is juiced and dry, the flavour and aroma can still penetrate into the chicken through baking. Do not throw away juiced lemons.



材料 Ingredients

急凍春雞 1 隻（約 800 克）

檸檬 1 個（已用）

廚餘

蒜肉 2 粒

原個蒜肉 1 個

百里香 5 棵

甘筍 1 條

馬鈴薯 2 個（小）

橄欖油 3 湯匙



1 frozen spring chicken
(about 800 g)

1 used lemon

2 cloves garlic

1 whole garlic

5 sprigs thyme

1 carrot

2 small potatoes

3 tbsp olive oil

醃料 Marinade

黑胡椒碎 1 1/2 茶匙

粗鹽 2 茶匙

紅酒 2 湯匙

1 1/2 tsp black pepper

2 tsp coarse salt

2 tbsp red wine

廚餘



做法 Method

1. 急凍春雞解凍，洗淨，抹乾水分，用醃料將雞內外抹勻，放雪櫃醃一晚。
 2. 甘筍及馬鈴薯去皮，洗淨，切塊。
 3. 將蒜肉、百里香 2 棵、檸檬填入雞腔內，用竹籤串好，搽上橄欖油，放在網架上，備用。
 4. 焗盤內放入甘筍、馬鈴薯、原個蒜肉、百里香，淋入餘下之橄欖油，放入已預熱 180°C 之焗爐下層，春雞放在中層，焗 1 小時 15 分鐘，再將焗爐加至 200°C 焗約 15 分鐘，待春雞外皮呈金黃即成，取出春雞待 10 分鐘，可伴焗蔬菜享用。
1. Defrost the spring chicken, rinse and wipe dry. Rub the marinade through outside and inside of the chicken. Put in the fridge overnight.
 2. Peel carrot and potato, rinse and cut into pieces.
 3. Put 2 cloves of garlic, 2 sprigs of thyme and lemon inside the chicken. Skew the chicken up and spread with olive oil. Set aside on baking rack.
 4. Add carrot, potato, whole garlic and remaining thyme in baking tray. Preheat oven at 180°C, put the baking tray in the lower part inside oven and chicken in the middle. Bake for 1 hour 15 minutes. Turn to 200°C and bake for 15 minutes, until golden brown. Remove the chicken and let it sit for 10 minutes. Serve with the vegetables.





**蔬果
廚餘**

WASTE
WASTE
WASTE

6

人份量
Servings

Cooking Time

烹調時間

1 30

hr mins

Cost

價錢

\$35

蝦子碌柚皮 Stewed Pomelo Skin with Shrimp Roe



Q&A

如何將柚皮燜得入味？

除了用蠔油燜煮外，也建議用鯪魚及蝦米熬成上湯燜柚皮，格外美味。

How can I get the flavour into pomelo skin?

Besides using oyster sauce, it is suggested to use dace and dried shrimps stock in the stew.

材料 Ingredients

沙田柚皮 1 個

連皮豬肉半斤

炒香蝦子 2 茶匙

蒜肉 2 粒

紹酒 1 湯匙

蠔油 1 湯匙

1 pomelo skin

300 g pork with skin

2 tsp roasted shrimp roe

2 cloves garlic

1 tbsp Shaoxing wine

1 tbsp oyster sauce

調味料 Seasoning

冰糖 1 小粒

老抽 1 茶匙

生抽 1 茶匙

1 small piece rock sugar

1 tsp dark soy sauce

1 tsp light soy sauce

獻汁 Thickening Glaze

粟粉 1 茶匙

水 2 湯匙

1 tsp corn flour

2 tbsp water





做法 Method

1. 沙田柚削去外皮，放入煲內加入浸過面之清水煲滾，轉小火煲 20 分鐘，盛起，浸清水，輕手壓乾約 8 至 10 次，直至柚皮沒有苦澀味為止。
2. 連皮豬肉洗淨，切塊。
3. 燒熱鑊下油 2 湯匙，下蒜肉炒香，加入豬肉炒勻，澆酒，下調味料、熱水 5 碗煮滾，轉入煲內用小火燜半小時，放入柚皮、蠔油用小火燜 20 分鐘，下獻汁煮滾，上碟，灑上蝦子食用。
1. Remove the yellow skin from the pomelo. Boil under water in a pot, turn to low heat and boil for 20 minutes. Remove, soak with cool water and squeeze briefly 8 to 10 times until no bitter taste.
2. Rinse pork and cut into piece.
3. Heat wok and add 2 tbsp of oil. Stir fry garlic until fragrant. Add pork and stir fry. Add Shaoxing wine, seasoning and 5 bowls of water and bring to boil. Transfer to a pot and simmer with low heat for 30 minutes. Add pomelo skin, oyster sauce and simmer for 20 minutes. Add thickening glaze and bring to boil. Put on the plate and top with shrimp roes. Serve.





蔬果
廚餘

SAVE
JOHN
MONEY

4

人份量
Servings

Cooking Time

烹調時間

30

mins

Cost

怪錢價

\$15



西蘭花梗鯪魚羹

Dace and
Broccoli Stalk Soup

Q&A

將西蘭花梗刨成粗絲有何好處？

由於西蘭花梗較粗硬，刨絲後煮成湯羹，軟腴美味。

What is the point of peeling broccoli stalk into strips?

Broccoli stalks are thick and tough, it will soften cooked after peeling.

麻絲

材料 Ingredients

西蘭花梗 1 至 2 塊

鯪魚膠 4 兩

蝦米 1 湯匙

薑 1 片

1 to 2 pieces broccoli stalks

150 g dace paste

1 tbsp dried shrimps

1 slice ginger

調味料 Seasoning

魚露 2 茶匙

胡椒粉少許

2 tsp fish sauce

pepper

獻汁（調勻）

Thickening Glaze (mixed well)

馬蹄粉 3 湯匙

水半碗

3 tbsp water chestnut powder

1/2 bowl water



做法 Method

1. 西蘭花梗洗淨，刨粗絲，備用。
2. 蝦米洗淨，瀝乾水分。
3. 鍋內放入油 1 茶匙，加入薑片、蝦米炒香，注入熱水 4 碗煮滾，轉小火煮 15 分鐘，加入西蘭花絲煮滾，用鐵匙把鯪魚膠放入湯，煮至鯪魚肉浮起，下調味料、獻汁拌勻煮滾即成。

1. Rinse broccoli stalks, peel into strips, set aside.
2. Rinse dried shrimps and drain.
3. Add 1 tsp of oil in a pot. Stir fry ginger and dried shrimp until fragrant. Add 4 bowls of hot water and bring to boil. Turn to low heat and simmer for 15 minutes. Add broccoli strips and bring to boil. Spoon dace paste with a tablespoon and add to the soup. Boil until the dace fish balls float. Add seasoning and mix in thickening glaze. Serve.



蔬果
廚餘

SAVE
10%
SAVE

4

人份量
Servings

Cooking Time

烹調時間

25

mins

Cost

價錢價

\$80

檸檬皮橙皮刁草三文魚

Salmon with Lemon Zest, Orange Zest and Dill

材料 Ingredients

三文魚柳 2 塊

檸檬皮、橙皮各適量

刁草 1 棵

檸檬汁 1 湯匙

2 pieces salmon fillet

lemon zest

orange zest

1 sprig dill

1 tbsp lemon juice

Q&A

習慣將剝下的橙皮放雪櫃去霉味，還有其他用途嗎？

橙皮及檸檬皮有一陣很香的果味，刨絲煮麩，別有一番滋味。

I usually put orange zest in the fridge, is there any other use?

Orange and lemon zests are very aromatic, they can give a unique fruity taste when cooked.

醃料 Marinade

黑胡椒碎 1 茶匙

粗鹽 1 茶匙

1 tsp black pepper

1 tsp coarse salt

廚餘

廚餘





做法 Method

1. 檸檬皮、橙皮洗淨，切絲，備用。
 2. 三文魚柳洗淨，抹乾水分，下醃料拌勻待 15 分鐘。
 3. 平底鑊下橄欖油 1 湯匙，放入三文魚柳，將魚皮煎至微黃，翻轉另一面再煎至微黃。
 4. 將三文魚排在焗盤，鋪上檸檬皮、橙皮、刁草，放入已預熱 180°C 焗爐焗約 15 分鐘，取出，淋上檸檬汁享用。
1. Rinse lemon and orange zests and shred.
 2. Rinse salmon fillet and wipe dry. Mix well with marinade and let it sit for 15 minutes.
 3. Add 1 tbsp of olive oil in a pan. Fry salmon skin until lightly browned, flip over and fry until lightly browned.
 4. Arrange salmon fillets on a baking tray, arrange lemon, orange zests and dill on top. Bake in a preheated oven at 180°C for 15 minutes. Remove and drizzle with lemon juice. Serve.



蔬果 廚餘

LEVEL
101
LEVEL

4

人份量
Servings

Cooking Time

烹調時間

20

mins

Cost

價錢價

\$10



Vegetarian Spring Roll with
String Bean and Potato

豆角雜菜素春卷

Q&A

大袋裝馬鈴薯一次難以全部吃掉，怎辦？

可製作此春卷，只需用一個馬鈴薯，弄成薯茸包入少許炸脆，惹味脆口。

It takes a long time to consume a large pack of potatoes, what should I do with it?

This dish requires 1 potato to cook, mashed it and deep fried, the spring roll is crispy and full of flavour.

材料 Ingredients

腐絲

長青豆角 2 條

腐絲

馬鈴薯 1 個

甘筍少許

春卷皮 4 塊

2 green string beans

1 potato

carrot

4 spring roll sheets

調味料 Seasoning

鹽 1/3 茶匙

胡椒粉少許

1/3 tsp salt

pepper

蘸汁 Dipping

陳醋 1 小碟

black vinegar

做法 Method

1. 馬鈴薯去皮，洗淨，切片，隔水蒸 8 分鐘，趁熱搓成薯茸，下調味料拌勻。
 2. 青豆角洗淨，切短；甘筍去皮，洗淨，刨絲。
 3. 春卷皮一開四呈小三角形，每塊皮包入適量薯茸、甘筍及青豆角 1 小段，捲成長形，放入熱油炸至兩面金黃，隔油上碟，伴蘸汁享用。
1. Peel potato, rinse and slice. Steam for 8 minutes and mash the potato while still hot. Mix well with seasoning.
 2. Rinse string beans and cut into sections; peel carrot, rinse and shred.
 3. Cut spring roll sheet into 4 triangles. Put mashed potato, carrot and string bean on each sheet and roll into spring rolls. Deep fry in hot oil until golden brown. Drain and serve with the dipping.

Creative Cooking with Leftovers

廚餘變美食

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>



瀏覽網站



會員申請

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

百樂門印刷有限公司 Paramount Printing Company Limited

出版日期 Publishing Date

二〇一七年七月第一次印刷 First print in July 2017

版權所有 · 不准翻印

All rights reserved.
Copyright ©2017 Wan Li Book Co. Ltd.
Published in Hong Kong by Forms Kitchen,
a division of Wan Li Book Company Limited.

ISBN978-962-14-6361-6

暢銷
熱賣中

新出版



Creative Cooking with Leftovers

剩菜、果皮、湯渣有何作用？

稍加創意煮成惹味小菜、湯羹、糖水，將廚餘變美食！環保煮食是大勢所趨，在家也可實行環保概念。烹飪專家 Feliz Chan 指導家傭將雪櫃用剩的瓜果、湯渣、橙皮、冬菇蒂、紅茶渣、隔夜飯靈活運用，變成獨一無二的美食，而且一料煮兩味，節省不少煮食成本，打造零廚餘烹調空間。

Leftover meals, fruit peels, soup ingredients... what can I do with them?

Inject them with some creativity and you can turn them into delicious dishes, soups and sweet soups!

Environmental friendly cooking is the current trend, you can do so in your home, too. Cooking expert Feliz Chan introduces domestic helpers ways to reuse any leftover vegetables, soup ingredients, orange zests, mushroom stalks, red teas, rice, turn them into unique delicate. You can even make two dishes from one kind of leftover ingredients, cutting down both your cooking cost and food waste.

網上書店

超閱網
SuperBookCity.com

ISBN 978-962-14-6361-6

9 789621 463616

聯合出版集團
HK\$42.00
Published in Hong Kong



www.wanlibk.com