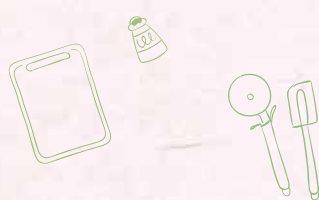


編者話

Foreword



一個四口家庭，每月膳食費用所費不菲，怎樣在慳錢原則下吃得美味，是家傭面對的難題。

作者 Feliz Chan 綜合香港的街市實際情況，為家傭提出重點慳錢方案：選購平價海魚設計菜式；蒸冬菇儲存備用；以元貝仔、基圍蝦代替乾瑤柱及中蝦；煲一鍋魚湯烹調多款菜式……只要動動腦筋，平平地煮餐飯不是幻想！

其實，你可以在香港各區某些街市購買較便宜的食材，如荃灣楊屋道街市、深水埗北河街街市、旺角及筲箕灣露天街市等，室外露天街市又比室內街市相宜，對家傭來說又是一項省錢小提示。

The monthly food expense of a family of four will be quite costly. How to prepare good meals yet not overspend is a challenge faced by most domestic helpers.

Author Feliz Chan has integrated the real-life situation of Hong Kong's wet market, and proposed a special money-saving plan for domestic helpers: create dishes using cheap salt water fish; steam mushrooms to keep for later use; replace dried big scallops and medium prawns with dried small scallops and sand shrimps; cook a pot of fish broth that can be used in a variety of dishes... Being more creative will allow you to prepare budget meals easily!

In fact, food ingredients are available at a lower cost in certain wet markets in Hong Kong, such as wet market in Yeung Uk Road (Tsuen Wan), Sham Shui Po, the open air market in Mong Kok and Sau Kei Wan. Another great tip to save money for the domestic helpers.

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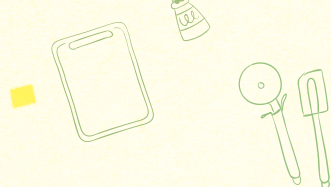
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煲魚湯

Making Fish Broth



慳錢秘笈

購買雜海魚仔煲成魚湯，是一款百搭的食材配料，一大鍋魚湯冷藏 3 至 4 日，隨時取用浸煮蔬菜做成鍋物，或煮成白汁配意粉等，煮法多變。

Money-Saving Tricks

Fish broth made with tiny sea fishes is a most versatile ingredient. Freeze a big pot of fish broth to keep for 3 to 4 days, use it to cook vegetable hot pot or to make a good carbonara sauce for the spaghetti, lots of cooking ideas!

材料

煲湯海魚仔 2 碟
腐竹半塊
薑 3 片

Ingredients

2 plates marine fishes
1/2 piece dried tofu sticks
3 slices ginger



做法

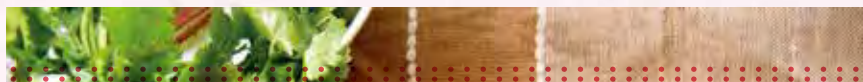
1. 海魚仔剖好，洗淨，隔乾水分。
2. 燒熱鑊下油 2 湯匙，下薑片、海魚仔煎至兩面微黃，注入滾水 6 碗、腐竹大火滾 5 分鐘，轉中小火煲半小時，隔去魚渣，濾出魚湯（約 4 碗）備用。

Method

1. Gut fishes, rinse and drain.
2. Heat wok. Add 2 tbsp of oil. Pan-fry ginger and fishes until both sides of fishes turn light yellow. Add 6 bowls of boiling water and tofu stick. Bring to boil over high heat and simmer for 5 minutes. Adjust to medium low heat and cook for half an hour. Strain to remove the ingredients and set aside the fish broth (about 4 bowls).



慳錢價 \$36
Best Price: \$36



鮮蜆魚湯浸 雜菜菇菌鍋

*Fish and Clam Soup with
Vegetables and Mushrooms*





Tips：魚湯搭配鮮蜆同煮，更能突出魚湯之鮮味。

Tips: Fish broth added with fresh clams can further heighten the freshness of the fish broth.

材料

魚湯 1.5 碗
鮮蜆半斤
白菜仔 4 兩
鮮菇半包
粉絲 2 兩
水 1 碗

Ingredients

1.5 bowls fish broth
300 g fresh clams
150 g baby bok choy
1/2 pack fresh mushroom
75 g vermicelli
1 bowl water

調味料

胡椒粉適量

Seasoning

ground white pepper

做法

1. 鮮蜆用淡鹽水浸 2 小時，洗淨外殼，備用。
2. 粉絲用水浸 1 小時，盛起；白菜仔及鮮菇洗淨。
3. 魚湯 1.5 碗、水 1 碗煮滾，加入鮮蜆煮滾，再放入粉絲、白菜仔、鮮菇煮滾片刻，最後下調味料原鍋上桌食用。

Method

1. Soak fresh clams in mild salted water for 2 hours. Rinse the shells, set aside.
2. Soak vermicelli in water for 1 hour. Rinse baby bok choy and fresh mushrooms.
3. Bring 1.5 bowls of fish broth and 1 bowl of water to boil. Add clams, bring to boil. Add vermicelli, baby bok choy and mushrooms. Bring to boil and simmer for a while. Add seasoning. Serve in the cooking pot.



慳錢價 \$26
Best Price: \$26



肉丸魚湯煮蘿蔔絲

***Meat Ball Fish Broth with
Shredded Radish***



Tips：肉丸魚湯可搭配節瓜、冬瓜、絲瓜、芥菜、菠菜或菜心等，盡顯魚湯之鮮味。

Tips: Meat ball fish broth goes well with Chinese marrow, winter melon, angled loofah, Chinese mustard, spinach or Choy Sum as they bring out the fresh flavour of the fish broth.



材料

魚湯 1.5 碗
免治豬肉 4 兩
白蘿蔔 1 斤
薑 3 片
芫茜 1 棵
水 1 碗

醃料

胡椒粉少許
生抽半湯匙
粟粉 1 茶匙
水 1 湯匙

調味料

胡椒粉適量

Ingredients

1.5 bowls fish broth
150 g minced pork
600 g radish
3 slices ginger
1 stalk coriander
1 bowl water

Marinade

ground white pepper
1/2 tbsp light soy sauce
1 tsp cornflour
1 tbsp water

Seasoning

ground white pepper

做法

1. 免治豬肉與醃料拌勻，弄成肉丸，備用。
2. 白蘿蔔去皮，洗淨，切粗絲。
3. 煮滾魚湯及水，放入蘿蔔絲煮滾，加入肉丸用中火煮 10 分鐘，下調味料及芫茜，盛起享用。

Method

1. Combine minced pork with marinade. Make into meat balls. Set aside.
2. Peel, rinse and cut radish into thick shreds.
3. Bring fish broth and water to boil. Add shredded radish. Bring to boil. Add meat ball and cook over medium heat for 10 minutes. Add seasoning and coriander. Serve.



慳錢價 \$26
Best Price: \$26



白汁蘑菇 鹹腩片蝴蝶粉

Carbonara Mushroom Farfalle with Sliced Pork Belly

Tips：魚湯尤如上湯的功效，加入牛油及麵粉煮成白汁，帶濃香的魚鮮味。

Tips: The effect of fish broth is similar to meat stock. When added with butter and flour, this carbonara sauce will have a rich fish aroma.

材料 (2 人份量)

魚湯 1 碗
小蘑菇 4 粒 (切片)
急凍豬腩片 2 兩
蝴蝶粉 150 克
芝士 1 片
麵粉 1 湯匙
牛油 1 湯匙

Ingredients (serves 2)

1 bowl fish broth
4 small button mushrooms (sliced)
75 g frozen sliced pork belly
150 g farfalle
1 slice cheese
1 tbsp flour
1 tbsp butter

醃料

鹽半茶匙
胡椒粉少許

Marinade

1/2 tsp salt
ground white pepper

調味料

黃砂糖 1/3 茶匙

Seasoning

1/3 tsp brown caster sugar



做法

1. 蝴蝶粉放入滾水，下鹽半茶匙焗 8 分鐘，盛起備用。
2. 豬腩片解凍，洗淨，下醃料拌勻待半小時，放入油鑊慢火炒至金黃，盛起備用。
3. 燒熱鑊，下牛油煮滾，加入麵粉拌勻，傾入魚湯煮滾，下調味料、蝴蝶粉、蘑菇煮至蝴蝶粉熱度足夠，加入芝士煮溶，上碟，放上鹹腩片即成。

Method

1. Add farfalle to boiling water. Add 1/2 tsp salt. Blanch for 8 minutes. Set aside.
2. Thaw frozen sliced pork belly, rinse and combine with marinade. Let stand for 1/2 hour. Stir-fry in wok with a little oil over low heat until golden. Dish up.
3. Heat wok. Add butter. Bring to boil. Add flour and stir well. Add fish broth. Bring to boil. Add seasoning, farfalle and sliced button mushroom. Cook until the farfalle is hot. Add cheese and stir until cheese melts. Transfer to plate. Add sliced pork belly. Serve.

雞肉醬

Chicken Meat Sauce



慳錢秘笈



雞肉較為健康，炒香製成肉醬冷藏備用，可炮製成多款菜式，如釀瓜、肉醬薯茸、炒煮菜式等，慳錢之餘也節省時間，一舉兩得。用急凍雞腩肉製成肉醬，可酌加薑汁，去掉雪味。

Money-Saving Tricks

Chicken is a healthier choice of meat. Prepare some stir-fried chicken meat sauce and freeze it to be used for recipes such as stuffed melon, potato with meat sauce or stir-fried dishes. It is economical as well as a great time save. If frozen chicken thigh meat is used for the making of the meat sauce, add some ginger juice to remove the frozen taste.



材料

急凍雞髀肉 2 塊
洋蔥半個
紹酒半湯匙

Ingredients

2 pieces frozen chicken thigh meat
1/2 onion
1/2 tbsp Shaoxing wine

醃料

胡椒粉少許
生抽 1 湯匙
蛋白 1 個
粟粉 1 茶匙
水 3 湯匙

Marinade

ground white pepper
1 tbsp light soy sauce
1 egg white
1 tsp cornflour
3 tbsp water

做法

1. 雞髀肉解凍，放入淡鹽水浸 5 分鐘，盛起，洗淨，切去雞皮及脂肪，切碎剝茸，加入醃料拌勻，備用。
2. 洋蔥去外衣，洗淨，切茸
3. 燒熱鑊下油 2 湯匙，放入洋蔥茸炒香，加入雞肉茸拌炒片刻，灑酒，煮至雞肉熟透，盛起，可冷藏備用。

Method

1. Thaw chicken thigh meat. Soak in mild salted water for 5 minutes. Rinse, remove chicken skin and fat. Cut chicken meat into small pieces and mince it. Combine with marinade. Set aside.
2. Peel, rinse and mince onion.
3. Heat wok. Add 2 tbsp oil. Stir-fry onion until fragrant. Add minced chicken. Stir-fry for a while. Add wine. Cook until chicken is thoroughly cooked. Dish up. Freeze it for later use.



慳錢價 \$13
Best Price: \$13



魚香茄子

*Sichuan Style Eggplant
with Meat Sauce*





Tips：茄子切開後容易氧化變黑，切後立即放入水內浸一會，可減低變色的機會。

Tips：Sliced eggplant gets oxidized quickly. To prevent it from turning black, soak the eggplant in water immediately after slicing it.

材料

雞肉醬半碗
茄子 12 兩
蒜肉 3 粒（拍裂）
黃砂糖半茶匙

Ingredients

1/2 bowl chicken meat sauce
450 g eggplant
3 cloves skinned garlic (smashed)
1/2 tsp brown caster sugar

調味料

豆瓣醬 2 茶匙

Seasoning

2 tsp broad bean sauce

做法

1. 茄子去蒂，切長條，浸泡清水片刻，盛起，隔水大火蒸 7 分鐘，備用。
2. 燒熱鑊下油 2 湯匙，放入蒜肉、豆瓣醬炒香，傾入雞肉醬、黃砂糖炒勻，最後拌入茄子炒勻煮片刻即成。

Method

1. Remove the stem, cut eggplant into long strips and soak in water for a while. Dish up. Steam over high heat for 7 minutes.
2. Heat wok. Add 2 tbsp oil. Add skinned garlic and broad bean sauce. Stir-fry until fragrant. Add chicken meat sauce and brown caster sugar. Stir-fry until even. Add eggplant strips. Stir well and cook for a while. Serve.



慳錢價 \$14
Best Price: \$14



芝士雞肉醬焗薯茸

**Baked Cheesy Mashed Potato
with Chicken Meat Sauce**



Tips：馬鈴薯趁熱容易搓成薯茸，放上預先準備的雞肉醬烤焗，輕鬆又簡便。

Tips: It is easier to mash the potato when it is still hot. Bake it with some chicken meat sauce, quick and easy!



材料

雞肉醬 4 湯匙
馬鈴薯 2 個
芝士 1 片

調味料

黑椒碎少許
海鹽 1/4 茶匙
牛油 1 小片

Ingredients

4 tbsp chicken meat sauce
2 potatoes
1 slice cheese

Seasoning

coarsly ground black pepper
1/4 tsp sea salt
1 small piece butter

做法

1. 馬鈴薯洗淨，每個薯仔切半，放入煲內，加入蓋過馬鈴薯面之清水，用大火煲滾，轉中火煲約 15 分鐘至馬鈴薯熟透，盛起。
2. 馬鈴薯趁熱去皮，搓成薯茸，下調味料拌至牛油溶化，盛於小焗盤，加上雞肉醬及芝士塊。
3. 預熱焗爐用 180°C 約 5 分鐘，放入雞肉醬薯茸焗 10 分鐘，待芝士呈金黃色即可取出，待片刻食用。

Method

1. Rinse potatoes. Cut potato into halves. Put into a pot. Add enough water to cover the potato. Bring to boil over high heat. Adjust to medium heat and cook for 15 minutes until potato is done. Set aside.
2. Peel the hot potato halves. Mash them. Add seasoning and stir until butter melts. Transfer mashed potato into a small baking pan. Top with chicken meat sauce and cheese.
3. Preheat oven at 180°C for 5 minutes. Put in the mashed potato with chicken meat sauce. Bake for 10 minutes until cheese turns golden. Remove from oven. Let stand for a while. Serve.



慳錢價 \$13
Best Price: \$13



粟粒雞肉醬扒西蘭花

Broccoli with Sweet Corn and Chicken Meat Sauce



Tips：焗西蘭花時加入鹽及油，令西蘭花帶有味道，而且保持翠綠及光澤。

Tips: Adding a little salt and oil to the blanching of broccoli, it enhances the taste and to better maintain the bright green colour of the broccoli.

材料

雞肉醬半碗
粟米粒 2 湯匙
西蘭花半斤
蒜肉 2 粒（拍裂）
鹽半茶匙
油 2 茶匙

Ingredients

1/2 bowl chicken meat sauce
2 tbsp corn kernel
300 g broccoli
2 cloves skinned garlic (smashed)
1/2 tsp salt
2 tsp oil

調味料

蠔油半湯匙

Seasoning

1/2 tbsp oyster sauce



做法

1. 西蘭花切細朵，用水浸半小時，洗淨。
2. 煮滾清水半鑊，加入鹽、油及西蘭花煮滾片刻，盛起，瀝乾水分。
3. 燒熱鑊下油 1 湯匙，下蒜肉炒香，加入西蘭花、調味料炒勻上碟。
4. 粟米粒、雞肉醬用小火煮滾片刻，鋪在西蘭花上即可。

Method

1. Cut broccoli into small florets. Soak in water for half an hour. Rinse.
2. Bring half pot of water to boil. Add salt, oil and broccoli. Bring to boil and simmer briefly. Drain well.
3. Heat wok. Add 1 tbsp oil. Stir-fry garlic until fragrant. Add broccoli and seasoning. Stir-fry until even. Transfer to plate.
4. Cook corn kernel and chicken meat sauce over low heat for a short while. Spread over broccoli. Serve.



慳錢價 \$28
Best Price: \$28



蝦仁菜甫炒翠玉瓜

Courgette with Shrimps and Preserved Radish



Tips：日常炒吃用的基圍蝦，可選購體型細小的，價錢較相宜，一斤計約 \$40 至 \$48。

Tips: Sand shrimps of smaller size is recommended for the daily stir-fried dishes. The price is lower and is about \$40-\$48 per 600 g.

材料

冰鮮基圍蝦 6 兩
菜甫 2 兩
翠玉瓜 1 個
蒜肉 2 粒（拍裂）

Ingredients

225 g chilled sand shrimp
75 g preserved radish
1 courgette
2 cloves skinned garlic (smashed)

醃料

胡椒粉少許
粟粉 1 茶匙

Marinade

ground white pepper
1 tsp cornflour

調味料

生抽半湯匙
黃砂糖 1/4 茶匙
水 2 湯匙

Seasoning

1/2 tbsp light soy sauce
1/4 tsp brown caster sugar
2 tbsp water



做法

1. 基圍蝦去殼，挑腸，洗淨，抹乾水分，下醃料拌勻，備用。
2. 菜甫用水浸 10 分鐘，擠乾水分，切絲。
3. 翠玉瓜洗淨，切塊。
4. 燒熱鑊下油 2 湯匙，放入蝦仁炒片刻，待表面呈紅色，盛起。
5. 原鑊下油 1 湯匙，下蒜肉、菜甫炒香，加入翠玉瓜炒勻，下蝦仁及調味料再炒片刻，上碟享用。

Method

1. Remove shrimp shell and intestine. Rinse and pat dry shrimps. Combine with the marinade. Set aside.
2. Soak preserved radish in water for 10 minutes. Squeeze dry and cut it into thin shreds.
3. Rinse the courgette and cut into pieces.
4. Heat wok. Add 2 tbsp oil. Stir-fry shrimps briefly until shrimps turn red. Dish up.
5. Add 1 tbsp oil to the same wok. Add skinned garlic and preserved radish. Stir-fry until fragrant. Add courgette and stir-fry. Add shrimps and the seasoning. Stir-fry for a while. Serve.



慳錢價 \$32
Best Price: \$32



蝦仁馬蹄洋葱粒生菜包

*Lettuce Wrapped Shrimp with
Water Chestnut and Onion*



Tips：將蝦肉及其他配料切粒，令整道餸菜的份量看起來較多，而且包吃起來較方便。

Tips: Dice the shrimp and other ingredients can give the visual impression that the portion is bigger. It also makes the wrapping easier.

材料

冰鮮基圍蝦 6 兩
馬蹄肉 4 粒
洋葱半個
長紅辣椒 1 隻
乾蔥頭 2 粒（去衣、切碎）
生菜 8 小塊（洗淨）

醃料

胡椒粉少許
粟粉 1 茶匙

調味料

蠔油 1 湯匙
麻油 1 茶匙

Ingredients

225 g chilled sand shrimps
4 peeled water chestnuts
1/2 onion
1 long red chilli
2 cloves shallot (skinned and finely chopped)
8 small lettuce leaves (rinsed)

Marinade

ground white pepper
1 tsp cornflour

Seasoning

1 tbsp oyster sauce
1 tsp sesame oil



做法

1. 基圍蝦去殼，挑腸，洗淨，抹乾水分，切粗粒，下醃料拌勻。
2. 馬蹄洗淨，去皮，略沖，切粗粒。
3. 洋蔥去外衣，洗淨，切粗粒；長紅辣椒去蒂、去籽，洗淨，切粗粒。
4. 燒熱鑊下油 2 湯匙，下乾蔥茸爆香，加入蝦肉炒片刻，盛起。
5. 原鑊下油 1 湯匙，下洋蔥炒勻，加入馬蹄拌炒，紅辣椒、蝦肉回鑊，下調味料炒勻，伴生菜包吃。

Method

1. Remove shrimp shell and intestine. Rinse and pat dry shrimps. Dice shrimps and combine with the marinade.
2. Rinse water chestnuts. Peel, rinse briefly and cut water chestnuts into cubes.
3. Peel, rinse and dice onion. Remove the stem and seeds of red chilli. Rinse and dice red chilli.
4. Heat wok. Add 2 tbsp oil. Stir-fry shallot until fragrant. Add shrimps and stir-fry briefly. Dish up.
5. Add 1 tbsp oil to the wok. Stir-fry onion until fragrant. Add water chestnut. Stir well. Add red chilli and shrimps. Add the seasoning and stir-fry until even. Serve with lettuce leaves.

蒸冬菇

Steamed Dried Black Mushroom

慳錢秘笈

冬菇是常用的食材，可選擇小顆冬菇，平日一次性地蒸好儲存雪櫃，每次取用少量，無論是小炒、燜煮或蒸饊，一陣香噴噴的冬菇香氣絕對吸引親友。

Money-Saving Tricks

Dried black mushroom is a popular food ingredient. Steam the mushrooms of smaller sizes and kept in fridge. Use a small portion each time for making stir-fried, braised or steamed dishes. The delicious mushroom aroma is sure to whet the appetite of family and friends.





慳錢價 \$28
Best Price: \$28



咖喱雜菜南瓜

Mixed Vegetables and Pumpkin Curry



材料

日本南瓜半個（約 12 兩）
茄子 1 條
秋葵 8 條
乾蔥頭 2 粒（去皮、切碎）
紅咖喱醬 4 湯匙

調味料

黃砂糖 1/3 茶匙
生抽 1/3 湯匙

Ingredients

1/2 Japanese pumpkin (about 450 g)
1 eggplant
8 okras
2 cloves shallot (skinned and finely chopped)
4 tbsp red curry paste

Seasoning

1/3 tsp brown caster sugar
1/3 tbsp light soy sauce





Tips：配搭不同的菜蔬，可以吸收各類維他命及營養要素。在烹調的過程中，如發覺水分不足，可隨時加入適量滾水續煮。

Tips: Combining different vegetables can allow the body to absorb different types of vitamins and essential nutrients. Feel free to add some boiling water if there is not enough water during the cooking process.

做法

1. 日本南瓜去籽，洗淨外皮，連皮切塊。
2. 茄子洗淨，去蒂，切粗條，浸於清水片刻，盛起。
3. 秋葵洗淨，瀝乾水分。
4. 燒熱鑊，下油 2 湯匙，下茄子炒至微黃，盛起；原鑊下油 2 湯匙，下乾蔥碎拌香，加入紅咖喱醬炒勻，下日本南瓜拌勻，注入滾水 2 杯，加蓋，慢火煮 10 分鐘，下茄子煮 5 分鐘，加入秋葵及調味料煮 2 分鐘即成。

Method

1. Remove pumpkin seeds. Rinse well the skin and cut pumpkin with skin into pieces.
2. Rinse eggplant. Remove the stem and cut eggplant into thick strips. Soak eggplant in water for a while. Drain.
3. Rinse and drain okras.
4. Heat wok. Add 2 tbsp oil. Stir-fry eggplant until light golden, dish up. Add 2 tbsp oil to the same wok. Stir-fry chopped shallot until fragrant. Add red curry paste and stir-fry until even. Add Japanese pumpkin. Stir well. Add 2 cups of boiling water. Cover the lid. Cook over low heat for 10 minutes. Add eggplant and cook for 5 minutes. Add okras and the seasoning. Cook for 2 minutes. Serve.



慳錢價 \$13
Best Price: \$13



煎素薯餅

Pan-fried Vegetarian Hash Brown

材料

馬鈴薯 2 個 (大)
雞蛋 1 個
洋蔥 1/4 個
甜椒半個

調味料

鹽半茶匙
粟粉 1 茶匙
胡椒粉少許

Ingredients

2 potatoes (big)
1 egg
1/4 onion
1/2 bell pepper

Seasoning

1/2 tsp salt
1 tsp cornflour
ground white pepper





Tips：薯餅配搭的食材簡單，由於拌入炒香的洋蔥，大大提升味道。薯餅可預先弄成小薯球，及至進食前才拿出來煎熟即可。

Tips: Hash brown is made of simple ingredients. Adding some stir-fried onion will greatly enhance the taste. As preparation, shape them into small mashed potato balls and do the pan-frying when it's time to cook.

做法

1. 馬鈴薯洗淨，每個切成 3 塊，放入清水煲滾，再焗 15 分鐘至熟透，盛起，趁熱去皮，搓成茸。
2. 洋蔥去衣，洗淨，切碎；甜椒去蒂、去籽，洗淨，切碎。
3. 薯茸放於大碗，加入調味料、洋蔥、甜椒、雞蛋拌勻，弄成小薯球備用。
4. 平底鑊下油 2 湯匙，排上薯球用鑊鏟輕輕按平，用中火煎至薯餅兩面金黃，隔油，上碟食用。

Method

1. Rinse potatoes and cut each into 3. Put into water and bring to boil. Blanch for 15 minutes until done. Peel and mash the hot potato pieces.
2. Peel onion, rinse and finely chop onion. Remove the stem and seeds from bell pepper. Rinse and finely chop.
3. Put mashed potato in a big bowl. Add the seasoning, onion, bell pepper and egg. Mix well and form into small mashed potato balls.
4. Heat frying pan. Add 2 tbsp oil. Put in the mashed potato balls. Gently flatten with spatula. Pan-fry over medium heat until both sides turn golden brown. Drain and serve.



慳錢價 \$34
Best Price: \$34



醬燒三文魚頭

Braised Salmon Head with Sauce



Tips：無論超市及日式魚生店售賣的三文魚頭，價錢相宜。此菜式的竅門需要煎透魚頭，再煮至汁液濃稠，魚頭才甘香美味。

Tips: The salmon head sold in supermarket or Japanese sushi store is quite reasonably priced. The key to cooking this dish is to pan-fry the fish head until well done and then cook until the sauce thickens.



材料

冰鮮三文魚頭半個
大蔥 2 條
薑 3 片
韓式麵醬 1 湯匙
黃砂糖半茶匙

Ingredients

1/2 chilled fresh salmon head
2 sprigs scallion onion
3 slices ginger
1 tbsp Korean soybean paste
1/2 tsp brown caster sugar

醃料

黑椒碎 1 茶匙
紹酒半湯匙
粟粉 1 茶匙

Marinade

1 tsp coarse ground black pepper
1/2 tbsp Shaoxing wine
1 tsp cornflour

做法

1. 韓式麵醬用水 2 湯匙調勻。
2. 大蔥切去鬚根，洗淨，切斜厚片。
3. 三文魚頭洗淨，抹乾水分，斬大件，下醃料拌勻，煎至兩面金黃，加入薑片、大蔥炒勻，注入滾水 1 碗，加入黃砂糖、韓式麵醬拌勻，用中火煮 10 分鐘至汁液濃稠，盛起享用。

Method

1. Combine Korean soybean paste with 2 tbsp water.
2. Remove the roots from scallion onion. Rinse and cut it diagonally.
3. Rinse, pat dry and chop salmon head into big pieces. Combine fish head pieces with the marinade. Pan-fry until both sides turn golden. Add ginger and scallion onion. Stir-fry until even. Pour into 1 bowl of boiling water. Add brown caster sugar and Korean soy bean paste. Stir well. Cook over medium heat for 10 minutes until sauce thickens. Serve.



慳錢價 \$30
Best Price: \$30



蟲草花肉絲扒菜遠

Vegetable with Shredded Pork and Cordyceps Flowers



Tips: 蟲草花以包裝出售，價錢合理，購買時以色淡、乾身及體大的為佳。

Tips: Cordyceps flower is sold in packs. The price is reasonable. Get the ones light in colour with a dried and plump fruit body.

材料

乾蟲草花半兩
瘦肉 4 兩（軟腩）
菜心 12 兩
蒜肉 2 粒（拍裂）
薑 2 片

醃料

生抽半湯匙
粟粉 1 茶匙
水 2 湯匙

調味料

蠔油半湯匙
水 2 湯匙

Ingredients

19 g cordyceps flowers
150 g lean pork (tender)
450 g Chinese flowering cabbage
2 cloves skinned garlic (smashed)
2 slices ginger

Marinade

1/2 tbsp light soy sauce
1 tsp cornflour
2 tbsp water

Seasoning

1/2 tbsp oyster sauce
2 tbsp water



做法

1. 乾蟲草花用水浸 1 小時，洗淨，擠乾水分。
2. 瘦肉洗淨，切絲，下醃料拌勻待半小時。
3. 菜心摘去菜花，浸清水半小時，洗淨，摘短度。
4. 燒熱鑊下油 2 湯匙，下蒜肉炒香，加入菜心炒勻，加水 2 湯匙，加蓋焗 2 分鐘，上碟。
5. 燒熱鑊下油 1 湯匙，下薑片炒香，加入瘦肉炒勻，下蟲草花及調味料煮片刻，鋪在菜心上即可。

Method

1. Soak cordyceps flowers in water for 1 hour. Rinse and squeeze dry.
2. Rinse and cut lean pork into thin shreds. Combine with the marinade and let stand for half an hour.
3. Remove the flowers of Chinese flowering cabbage. Soak them in water for half an hour. Rinse and break into sections.
4. Heat wok. Add 2 tbsp oil. Stir-fry garlic until fragrant. Add Chinese flowering cabbage and stir-fry until even. Add 2 tbsp water. Cover the lid and cook for 2 minutes. Transfer to plate.
5. Heat wok. Add 1 tbsp oil. Stir-fry ginger until fragrant. Add lean pork. Stir-fry until even. Add cordyceps flowers and the seasoning. Cook for a while. Spread on top of Chinese flowering cabbage. Serve.

Delicious Budget Dishes

慳慳地煮好餸

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