

零失敗
秘方系列

啖啖鮮香 住家餸

The best of homestyle cooking

- 🍴 少油少鹽正氣有益
- 🍴 食材天然健康有營
- 🍴 詳列零失敗煮餸貼士

Forms Kitchen 編輯委員會 編



目錄

Contents

健康烹飪 / 4

蒸

白切雞 / 6
Steamed Fresh Chicken with Spring Onion
醉花蟹 / 9
Drunken Coral Crab with Shaoxing Wine
椰皇蟹肉鉢仔蛋 / 12
Steamed Eggs and Coconut Juice
with Crabmeat
蒸魚飯 / 15
Steamed Fish in Bamboo Basket
金不換蒸鮮帶子 / 18
Steamed Fresh Scallops with Basil Leaves
原味蒸乾三鮮 / 21
Steamed Dried Seafood in Three Delicacies
瑤柱三文魚醬蒸釀豆腐 / 24
Steamed Stuffed Beancurd with Pork,
Flaked Salted Salmon and Dried Scallops
豆腐蛋白蒸鮮蜆 / 28
Steamed Clams with Beancurd
and Egg Whites
鮮竹四寶蔬 / 31
Braised Beancurd Stick with Assorted
Vegetables
陳皮豆豉醬清蒸泥鯉 / 34
Steamed Rabbit Fish in Dried
Tangerine Peel and Black Bean Sauce
海膽蒸蛋白 / 38
Steamed Sea Urchin with Egg White

陳皮豆豉醬蒸鮮鮑魚 / 41
Steamed Live Abalones in Dried
Tangerine Peel and Black Bean Sauce
香菇肉醬拌蒸茄子 / 44
Steamed Eggplant in Mushroom Meat
Sauce
麵豉醬蒸小黃花 / 48
Steamed Small Yellow Croakers with
Fermented Soybean Paste

水煮

南瓜煮回鍋肉 / 51
Braised Pumpkin and Pork Belly
麵豉柳梅煮白豆角 / 54
Pork Tenderloin and Long Beans in
Soybean Paste
梅子汁白切肉 / 56
Poached Pork in Plum Sauce
香菇肉醬本菇煮鮮腐竹 / 58
Hon-shimeji Mushroom and Beancurd
Sticks in Mushroom Meat Sauce
芹蒜鹹菜煮門簪骨 / 61
Conger-Pike Eel Bone with Chinese
Celery, Baby Garlic and Pickled
Mustard Green
油鹽水花螺 / 64
Babylon Shells in Salted Water

少油煎

油焗膏蟹 / 67
Fried Roe Crabs

味噌煎龍脷柳 / 70
Fried Sole Fillet with Miso
葱段鹽煎魚 / 73
Fried Fish with Spring Onion and Salt
豆渣蓮藕餅 / 76
Soybean Pulp and Lotus Root Patties
西檸蜜糖煎鵪鶉 / 80
Fried Quails in Honey Lemon Sauce
鼠尾草黑毛豬腩肉卷 / 83
Sage and Black Iberian Pork Belly Rolls

水炒

韓式辣醬拌牛肉 / 86
Beef in Korean Chili Sauce
牛蒡甘筍炒牛肉絲 / 88
Stir-fried Beef with Burdock and Carrot
菠蘿雲耳炒柳梅 / 91
Stir-fried Tenderloin with Pineapple
and Cloud Ear Fungus
蒜茸炒番薯葉 / 94
Stir-Fried Sweet Potato Leaves with Garlic

湯浸

豬潤瘦肉浸辣椒葉 / 97
Chilli Leaves with Pork Liver and Pork
in Soup
金蒜冬菜浸莧菜 / 100
Chinese Spinach with Preserved
Tianjian Cabbage and Garlic in Soup
油鹽水浸油鱸仔 / 102
Pony Fishes in Salted Water

焗

十穀米釀鮮魷筒 / 105
Baked Stuffed Squid with Ten-grain Rice

凍食

麻醬凍豆腐 / 108
Cold Beancurd in Sesame Sauce

燜

紅燜木耳豬腱肉 / 110
Braised Pork Shoulder with Wood Ear
Fungus

健康烹飪

Healthy cooking

許多上班一族都會外出用午膳，晚上又約會朋友晚餐。經常外食，會令身體吸收太多油脂，進食太多味精，味蕾變得遲鈍了，口味越來越重。

為了身體健康，多點在家煮飯吧！

住家餸一點也不單調，視乎你是否懂得煮、懂得材料的配搭。這書介紹多款健康烹調法如下：

蒸：只要調味及食材配搭得宜，少油蒸餸也令人添飯！

水炒：以水代油炒煮材料，吃得清爽；但緊記用少許油爆香料頭，自然提升美味指數。

水煮：挑選香味濃郁的配菜同煮，或用其浸泡的汁液精華炮製，以食材原味煮成靚餸。

烤焗：烘焙讓食材的油脂溢出，味道濃郁，香口引人，嘗到材料之原汁原味！此外，還介紹健康凍食和焗餸。

在這裏分享一些少油烹調的技巧，讓各位煮得更得心應手，吃得健康：

建議選用易潔鑊烹調，用油量比一般煮食用具少，減少食材吸收油分的機會，但緊記易潔鑊不能用大火長時間爆炒。

用洋葱、乾葱、薑、蒜等料頭起鑊爆香，香味濃郁，增添餸菜的香味，彌補少油炒煮不足之香氣。

少用醬料炒煮，因醬料需要多油量爆炒才能散發香味。

選用煮食用的橄欖油或菜油，對身體有益。市面有噴霧式的橄欖油發售，用油量更少。

選購脂肪含量少的肉類，如柳梅、梅頭、豬腱、瘦腩肉或雞肉等。

多選用香味濃郁的食材配搭，如蝦乾、蝦米、沖菜、土魷、蜆肉或芫茜等，令餸菜香氣四溢！

Most office workers eat out at lunch and eat out again with friends at dinner. Eating out too frequently would accumulate too much fat in the body, not to mention the excessive intake of MSG and the overpowering seasoning. You'd find your taste buds getting dull and you'd crave food with even stronger flavours.

For your health, just stay in and make yourself dinner at home.

A homestyle meal is nothing but boring – it all depends on how skilful you are as a chef and whether you can come up with interesting food combinations. This book covers all grounds of healthy cooking, including:

Steaming: If you use the right seasoning with the right ingredients, you can turn out low-fat steamed dishes so delicious that your guests would request a refill of rice.

Stir-frying with water: You can stir-fry ingredients in water instead of oil to make it light and less greasy. Just make sure you stir-fry the aromatics in a dash of oil before adding other ingredients. That's enough to elevate the aroma and flavours in major ways.

Boiling in water: Pair bland-tasting ingredients with flavoursome condiments and cook with in a little water. Or, use the water that flavoursome ingredients are soaked in as a sauce. You can then make a mouth-watering dish with their authentic flavours coming through.

Baking / grilling: The oil in the ingredients will drain when grilled and flavours will turn more intense with a spellbinding smoky aroma. The authentic flavours of the ingredients will shine in full glory.

This book also covers the preparation of cold dishes and stews.

Notes for Less Oil Cooking

Unlike other cooking utensils, non-stick pans require less oil in cooking food. You are assured of a healthier diet by taking food that absorbs less oil. Non-stick pans cannot be used over high heat for stir-frying for a long time.

Food cooked with less oil does not give a fragrant smell. To enhance the aromatic flavour, stir-fry the sweet-scented spices like onion, shallot, ginger and garlic before adding other ingredients.

Use less sauce in cooking as it needs to be fried with a lot of oil to help spread its fragrance.

Choose healthy cooking oil like olive oil or vegetable oil. Available in the market, olive oil spray helps minimize the use of oil in cooking.

Buy meat such as tenderloin, pork butt, pork shin, lean pork belly or chicken. They all contain less fat.

Often use different mixtures of food ingredients with strong aromatic flavour to make dishes smelling great! Examples are dried prawn, dried shrimp, preserved turnip, dried squid, shelled clam, coriander, and more.



豆腐蛋白蒸鮮蜆

Steamed Clams with Beancurd and Egg Whites





材料

布包豆腐 1 塊
鮮蜆 4 兩
蛋白 1 個
粟粉 1 茶匙
芫茜少許

醃料

胡椒粉少許
鹽 1/3 茶匙
水半杯

調味料

生抽 2 茶匙
熟油 2 茶匙

做法

1. 用叉子搓爛布包豆腐，加入蛋白、粟粉及醃料拌勻，放入深蒸碟內。
2. 鋪上鮮蜆，隔水用大火蒸 15 分鐘，取出，澆上調味料，以芫茜裝飾即可。

Ingredients

1 cloth-wrapped beancurd
150 g fresh clams
1 egg white
1 tsp cornflour
coriander

Marinade:

ground white pepper
1/3 tsp salt
1/2 cup water

Seasoning

2 tsp light soy sauce
2 tsp boiled oil

Method

1. Mash the beancurd with a fork. Mix well with the egg white, cornflour and the seasoning. Put on a deep plate for steaming.
2. Place the clams evenly on top. Steam over high heat for 15 minutes. Take out. Drizzle with the seasoning. Garnish with the coriander and serve.



⊙ 零失敗技巧 ⊙ Successful Cooking Skills

鮮蜆買回來後，需要特別處理嗎？

大部份於街市出售之鮮蜆，不含沙粒，只要洗擦乾淨外殼即可烹調。

How to treat the fresh clams bought from the market?

Most of the clams sold in the market contain no sands. You only need to rub and wash the shell.

布包豆腐適合用於蒸饊嗎？

是，因布包豆腐質感嫩滑，吃起來滑溜溜。

Is cloth-wrapped beancurd suitable for steaming?

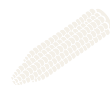
Yes, it is. It has a silky texture and taste smooth after steaming.

應選購哪類鮮蜆烹調？

只要是活蜆，任何品種也可烹調成美味佳餚；建議選用花蛤較佳。

What kind of fresh clams should we choose?

All kinds of live clams can be used to make great delicacies, but Venus clams are much better.



水煮



南瓜煮回鍋肉

Braised Pumpkin and Pork Belly





材料

瘦腩肉半斤
南瓜 1 斤
蒜肉 4 粒（拍鬆）
豆豉 1 湯匙
薑 3 片

調味料

五香粉 1/4 茶匙
鹽 1 茶匙

做法

1. 腩肉洗淨，放入滾水內，加入薑片煮滾，轉中小火焗約 40 分鐘（至腩肉全熟），盛起，過冷河，切塊備用。
2. 南瓜去皮，去籽，洗淨，切厚塊。
3. 腩肉放入鑊內，白鑊用中小火煎至釋出少許油，下蒜肉及豆豉炒香，加入南瓜及水 1 1/2 杯煮滾，再煮約 15 分鐘，最後下調味料煮片刻至汁液濃稠即成。

Ingredients

300 g lean pork belly
600 g pumpkin
4 cloves garlic (slightly crushed)
1 tbsp fermented black beans
3 slices ginger

Seasoning

1/4 tsp five-spice powder
1 tsp salt

Method

1. Rinse the pork belly. Put in boiling water. Add the ginger and bring to the boil. Turn to low-medium heat and blanch for about 40 minutes (until the pork belly is done). Rinse with cold water. Cut into pieces. Set aside.
2. Peel the pumpkin. Remove the seed and rinse. Cut into chunks.
3. Fry the pork belly without oil over low-medium heat until it releases a little oil. Add the garlic and fermented black beans. Stir-fry until aromatic. Put in the pumpkin and 1 1/2 cups of water. Bring to the boil. Cook for about 15 minutes. Add the seasoning and cook for a while until the sauce thickens. Serve.



㊟ 零失敗技巧 ㊟ Successful Cooking Skills

焗腩肉的水可倒掉嗎？

建議保留腩肉上湯，用以炒煮南瓜，令南瓜多一份肉香味！

Can we dump the stock from blanching the pork belly?

Reserve the stock to cook it with the pumpkin. It gives the pumpkin an additional aromatic flavor of meat!



鼠尾草黑毛豬腩肉卷

Sage and Black Iberian Pork Belly Rolls





鼠尾草

材料

黑毛豬腩肉薄片 10 塊
鼠尾草適量

蘸汁

紅椒碎半茶匙
蒜茸 1 茶匙
青檸汁 1 湯匙
魚露 1 湯匙
米醋 2 湯匙
* 調勻

做法

1. 鼠尾草摘取葉片，洗淨，抹乾水分，備用。
2. 黑毛豬腩片放入平底鑊內，煎至微黃全熟，上碟，用鼠尾草捲好黑毛豬腩片，伴上蘸汁食用。

Ingredients

10 slices black Iberian pork belly
sage

Dipping sauce

1/2 tsp chopped red chilli
1 tsp finely chopped garlic
1 tbsp lime juice
1 tbsp fish gravy
2 tbsp rice vinegar
* mixed well

Method

1. Pick leaves from the sage. Rinse and wipe them dry. Set aside.
2. Fry the pork belly slices in a pan until light brown and fully cooked. Remove and put the pork belly slice on the sage and roll up. Serve with the dipping sauce.



⊙ 零失敗技巧 ⊙ Successful Cooking Skills

哪裏購買黑毛豬腩肉片？

黑毛豬腩肉片肉質細嫩，肉與脂肪的比例均勻，日式超市有售！

Where to buy sliced Black Iberian pork belly?

With a soft texture and an equal proportion of meat to fat, the pork belly can be bought at Japanese supermarkets.

即煎即吃嗎？

當然！熱辣香口，特別滋味！

Is it served right after fried?

Yes, of course! It is warm and spicy. How yummy!

有甚麼香草可代替鼠尾草？

鼠尾草帶淡淡的香草味，伴黑毛豬腩片最匹配。其他香草如羅勒、迷迭香等，香味較濃烈，不宜選用。

What herbs can be used instead of sage?

Sage has a light herbal aroma and goes well with the pork belly. Other herbs such as basil and rosemary have a heavy flavour which is not suitable for this recipe.



牛蒡甘筍炒牛肉絲

Stir-fried Beef with Burdock and Carrot





材料

鮮牛蒡 4 兩
甘筍 2 兩
冰鮮牛肉 4 兩（軟脰）
蒜肉 3 粒

白醋水

白醋 1 湯匙
水 4 杯
* 調勻

醃料

生抽半湯匙
胡椒粉少許
粟粉 1 茶匙

調味料

蠔油 1 湯匙
鹽 1/6 茶匙

做法

1. 牛肉洗淨，切絲，加入醃料拌勻醃半小時。
2. 鮮牛蒡用百潔布擦淨外皮，洗淨，切絲，放入白醋水內浸 20 分鐘，盛起，瀝乾水分（或浸至下鍋前，才瀝乾盛起）。（圖 1-2）
3. 甘筍洗淨，去皮、刨絲。
4. 燒熱鑊下油 1 湯匙，下蒜肉爆香，放入牛肉絲炒至轉色，盛起。（圖 3）
5. 原鑊加入水 3 湯匙，放入牛蒡及甘筍炒片刻，最後加入調味料及牛肉絲炒片刻即成。（圖 4-5）

Ingredients

150 g fresh burdock
75 g carrot
150 g chilled beef (soft)
3 cloves garlic

White vinegar solution

1 tbsp white vinegar
4 cups water
* mixed well

Marinade

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

Seasoning

1 tbsp oyster sauce
1/6 tsp salt

Method

1. Rinse and shred the beef. Mix with the marinade and rest for 1/2 hour.
2. Rub the skin of burdock with a scourer pad. Rinse and shred. Soak in the white vinegar solution for 20 minutes (or soak until it is ready for cooking). Remove and drain. (fig. 1-2)
3. Rinse, peel and shred the carrot.
4. Heat up a wok. Add 1 tbsp of oil. Stir-fry the garlic until fragrant. Put in the beef and stir-fry until it changes color. Dish up. (fig. 3)
5. Add 3 tbsp of water in the same wok. Put in the burdock and carrot. Stir-fry for a moment. Add the seasoning and beef. Stir-fry for a moment. Serve. (fig. 4-5)



1



2



3



4



5



6

☉ 零失敗技巧 ☉ Successful Cooking Skills

這道菜式如何少油烹調？

水炒的菜式是以水代油炒煮，減少吸油量。此餸最後用水炒煮牛蒡及甘筍，美味依然！

How to cook this dish with less oil?

Use water instead of oil to stir-fry to reduce the absorption of oil. It is still delicious by stir-frying burdock and carrot with water in the final step.



油鹽水浸油鱸仔

Pony Fishes in Salted Water





材料

油鱸仔半斤

芫茜 4 棵

葱 2 條

薑 4 片

調味料

海鹽 3/4 茶匙

做法

1. 油鱸仔剖好，洗淨，瀝乾水分。
2. 芫茜及葱去掉鬚頭，洗淨。
3. 燒熱鑊下油 1 湯匙，下薑片爆香，傾入清水 1 1/2 杯煮滾，放入油鱸仔煮至微滾浸片刻，最後下調味料、芫茜及葱煮滾即成。

Ingredients

300 g pony fishes

4 stalks coriander

2 sprigs spring onion

4 slices ginger

Seasoning

3/4 tsp sea salt

Method

1. Scale and gill the pony fishes. Rinse and drain.
2. Remove the root of the coriander and spring onion. Rinse.
3. Heat up a wok. Put in 1 tbsp of oil. Stir-fry the ginger until scented. Pour in 1 1/2 cups of water. Bring to the boil. Add the pony fishes. Cook until the water is slightly boiled. Soak for a while. Put in the seasoning, coriander and spring onion. Bring to the boil to finish.



焗



十穀米釀鮮魷筒

Baked Stuffed Squid with Ten-grain Rice





材料

鮮魷 1 隻（12 兩，約 25 厘米長）
十穀米 3 兩
蒜茸 1 茶匙
清水 225 毫升

醃汁

鰻魚汁 2 湯匙
黑胡椒碎 1 茶匙
蒜茸半湯匙
麻油少許

調味料

鹽 1/3 茶匙

蘸汁

水 2 湯匙
生粉半茶匙
餘下的醃汁

Ingredients

1 fresh squid (450 g and about 25 cm long)
113 g ten-grain rice
1 tsp minced garlic
225 ml water

Marinade

2 tbsp eel sauce
1 tsp chopped black pepper
1/2 tbsp minced garlic
sesame oil

做法

1. 鮮魷撕去外衣，取出鮮魷鬚及軟骨，洗淨，抹乾魷魚筒內外，保持圓筒狀。
2. 醃汁拌勻，均勻地塗抹在鮮魷兩面，醃 1 小時。
3. 十穀米洗淨，用清水浸 2 小時，加入調味料拌勻煮熟，待涼。
4. 預熱焗爐 200°C。
5. 十穀米飯釀入鮮魷筒內至 7 至 8 成滿，用牙籤封口。
6. 焗盤鋪上錫紙，放上鮮魷筒焗 8 分鐘，取出，塗上餘下之醃汁，再焗 8 分鐘，切件，上碟。
7. 下油爆香蒜茸，加入蘸汁材料煮滾，伴鮮魷筒享用。

Seasoning

1/3 tsp salt

Dipping Sauce

2 tbsp water
1/2 tsp caltrop starch
remaining marinade sauce



Method

1. Tease outer skin from fresh squid and remove tentacles and soft bones. Rinse and wipe out its inside and outside. Keep its cylindrical shape.
2. Mix the marinade and rub over the two sides of fresh squid evenly. Set aside for 1 hour.
3. Rinse ten-grain rice and soak in water for 2 hours. Mix in seasoning and cook until done. Set aside to let cool.
4. Pre-heat an oven to 200°C.
5. Stuff ten-grain rice into fresh squid until medium-well full and fix the end with toothpick.
6. Lay aluminum foil over a baking tray. Put in the squid and bake for 8 minutes. Rub over the remaining marinade and bake for 8 minutes more. Cut into pieces and put into a plate.
7. Heat oil in a wok and stir-fry minced garlic until fragrant. Add the ingredients of the dipping sauce and bring to the boil. Serve with fresh squid at the side.

零失敗技巧

Successful Cooking Skills

為何十穀米加鹽煮熟？

令十穀米帶淡淡味道，不致寡淡無味。

Why cooking ten-grain rice with salt?

This makes the ten-grain rice has a light flavor.

釀鮮魷筒有何秘訣？

將十穀米釀入鮮魷筒時，米飯不可鬆散，否則切件時，飯粒容易散開。

What's the tip of stuffing fillings into fresh squid?

The ten-grain rice to be stuffed into fresh squid cannot be scattered or loosed or else the rice scatters when the squid is cut into pieces.



麻醬凍豆腐

Cold Beancurd in Sesame Sauce



材料

盒裝嫩豆腐 1 盒
乾海藻 1 湯匙

調味料（拌勻）

麻醬 2 湯匙
生抽半湯匙
蘋果醋 2 茶匙
麻油 2 茶匙
糖 1 茶匙

做法

1. 乾海藻用清水浸泡約 5 分鐘，用凍開水略沖，瀝乾水分。
2. 盒裝嫩豆腐盛起，隔去水分，鋪上海藻，澆上調味料即可享用。

Ingredients

1 pack silken beancurd
1 tbsp dried seaweed

Seasoning (mixed well):

2 tbsp sesame sauce
1/2 tbsp light soy sauce
2 tsp apple cider vinegar
2 tsp sesame oil
1 tsp sugar

Method

1. Soak the dried seaweed in water for about 5 minutes. Slightly rinse under cold drinking water. Drain.
2. Dish the beancurd up. Drain. Place the seaweed on top. Sprinkle with the seasoning and serve.

零失敗技巧 Successful Cooking Skills

應挑選哪款盒裝豆腐？

建議選絹豆腐，質感滑嫩，冷吃最佳。

What kind of packed beancurd should we choose?

The best choice is silken beancurd which has a smooth and silky texture. It is a perfect cold starter.

調味料為何加入蘋果醋？

令醬汁帶微酸甜，口感豐富。

Why season with apple cider vinegar?

The vinegar gives the source slightly sweet and sour tastes, enriching the flavour of the dish.

哪裏購買乾海藻？

於大型日式超市購買，包裝出售，價錢略貴。

Where can we buy dried seaweed?

A bit costly, it can be available at large Japanese supermarkets in packets.



紅燜木耳豬腱肉

Braised Pork Shoulder
with Wood Ear Fungus





材料

豬腱肉 1 斤（連筋）
木耳 1 兩
薑 8 片
紹酒 1 湯匙

調味料

老抽 1 1/2 湯匙
冰糖 1 湯匙
鹽半茶匙

做法

1. 木耳用水浸透，剪去硬蒂，洗淨，撕成小塊，飛水，過冷河，備用。
2. 豬腱肉洗淨，切大塊，飛水，過冷河備用。
3. 燒熱鑊下油 1 湯匙，下薑片爆香，放入豬腱，灑酒炒勻，傾入水 3 杯煮滾，轉小火燜 45 分鐘，加入木耳及調味料煮滾，再轉小火燜半小時，至豬腱軟腍及汁液濃稠即可。

Ingredients

600 g pork shoulder (with tendons)
38 g dried wood ear fungus
8 slices ginger
1 tbsp Shaoxing wine

Seasoning

1 1/2 tbsp dark soy sauce
1 tbsp rock sugar
1/2 tsp salt

Method

1. Soak the dried wood ear fungus in water. Remove the hard stalks. Rinse and tear into small pieces. Blanch and rinse with cold water. Set aside.
2. Rinse the pork shoulder. Cut into chunks. Blanch and rinse with cold water. Set aside.
3. Heat up a wok. Add 1 tbsp of oil. Stir-fry the ginger until fragrant. Put in the pork shoulder. Sprinkle with the Shaoxing wine. Stir-fry and mix well. Pour in 3 cups of water and bring to the boil. Turn to low heat and cook for 45 minutes. Add the dried wood ear fungus and seasoning. Bring to the boil. Turn to low heat and cook for 1/2 hour until the pork shoulder turns tender and the sauce thickens. Serve.

零失敗技巧

Successful Cooking Skills

為何選用豬腱肉？

豬腱肉肥膏不多，肉中帶筋特別好吃，飛水後可去掉過多的油分。

Why choose pork shoulder?

It contains less fat and the tendons attached to the meat make it chewy and delicious. Blanch the meat to remove excessive oil.

編者
Forms Kitchen編輯委員會

美術設計
馮景蕊

排版
劉葉青

出版者

香港鰂魚涌英皇道1065號
東達中心1305室
電話
傳真
電郵
網址

發行者
香港聯合書刊物流有限公司
香港新界大埔汀麗路36號
中華商務印刷大廈3字樓
電話
傳真
電郵

承印者
中華商務彩色印刷有限公司

出版日期
二零一九年五月第一次印刷

版權所有 · 不准翻印

Editor
Editorial Committee, Forms Kitchen

Design
Carol Fung

Typography
Rosemary Liu

Publisher
Forms Kitchen
Room 1305, Eastern Centre, 1065 King's Road,
Quarry Bay, Hong Kong.
Tel: 2564 7511
Fax: 2565 5539
Email: info@wanlibk.com
Web Site: <http://www.wanlibk.com>
<http://www.facebook.com/wanlibk>

Distributor
SUP Publishing Logistics (HK) Ltd.
3/F., C&C Building, 36 Ting Lai Road,
Tai Po, N.T., Hong Kong
Tel: 2150 2100
Fax: 2407 3062
Email: info@suplogistics.com.hk

Printer
C & C Offset Printing Co., Ltd.

Publishing Date
First print in May 2019

All right reserved.
Copyright©2019 Wan Li Book Company Limited
Published in Hong Kong by Forms Kitchen,
a division of Wan Li Book Company Limited.
ISBN 978-962-14-7030-0

鳴謝以下作者提供食譜（排名不分先後）：
黃美鳳、Feliz Chan、Winnie姐





住家餸，是煮給最愛他／她吃，除了用料要新鮮外，怎樣烹調亦很重要。這書介紹健康的烹調法，如蒸、水炒、水煮等，也介紹一些少用油食譜。務求分享健康煮食的方法給各位，也可激發各位的烹調靈感，創作私房健康菜。

When you make a homestyle meal for your loved ones, besides getting the freshest ingredients you can possibly lay your hands on, you should also pay attention to how you cook them. This book covers all healthy cooking methods, such as steaming, stir-frying with water, and boiling in water, alongside some low-fat recipes. It serves to introduce ways to cook healthily to all readers, while giving you the inspiration to come up with your very own original healthy dishes.



www.wanlibk.com

萬里機構 wanlibk.com

FORMS KITCHEN • 萬里機構附屬品牌



ISBN 978-962-14-7030-0



9 789621 470300



聯合出版集團



HK\$78.00

Published in Hong Kong

建議上架分類：飲食／食譜