



# ICONIC媽媽廚房： 跨文化香港滋味

The ICONIC Mums Kitchen:  
Tastes of Intercultural Hong Kong

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# 序

譚少薇、劉影翠、李穎彤

世界各地不同的飲食文化顯示了飲食不單是為了生存，也是為了傳達感情、關係和價值觀。在香港這個多元文化社會裡，各種民族食制造就了一個豐富又充滿活力的大都會環境。在日常生活中，女性在家庭烹飪中扮演核心角色，是身份認同和傳統的重要製造者；而這個過程創造了所有人都能享受的跨文化體驗。

這本食譜是一個文化共創的慶祝，作者是30位跨文化媽媽學堂ICONIC Mums\*的參加者。她們跨越三個世代，文化背景包括：孟加拉、華裔、菲律賓、印度、印尼、日本、尼泊爾、巴基斯坦、新加坡和斯里蘭卡。這些食譜和故事展示了香港豐富的民族食制，以及家庭烹飪中的共通性：家庭成員之間的感情、婦女的智慧、管理食物作為健康的來源、保存傳統，以及社群身份認同的建立。它們構成了本食譜的五個部分。每位參加者的貢獻包括個人敘述、傳統菜式和融合菜式，展示了跨文化主義就在港式生活中。

我們感謝平等機會委員會贊助食譜的製作經費，社創基金支持多元文化行動計劃（MIA），以及香港中文大學人類學系和未來城市研究所城市歷史、文化與媒體研究中心在行政上的協助。還要感謝MIA的導師、義工、學生、朋友，以及我們的插畫家和責任編輯，他們慷慨地投入了寶貴的時間與才華，讓這個項目得以順利完成。

期望這本食譜能搭建一個平台，讓大家在家庭和社區的日常生活裡都能體驗正面的跨文化關係。讓我們開始烹飪，享受跨文化的樂趣吧！

\* ICONIC Mums 是多元文化行動計劃發起的跨文化教育項目。它旨在將不同族裔背景的女性聚集在一起，打破少數與主流社群的文化障礙。請瀏覽以下鏈接獲取更多資訊：

<http://arts.cuhk.edu.hk/~ant/knowledge-transfer/multiculturalism-in-action/index.html>



# Introduction

*Siumi Maria Tam, Janice Ying Chui Lau, and Connie Wing Tung Lee*

The diversity of foodways around the world shows that eating is not just for survival, but also for communicating affection, relations, and values. In a multicultural society like Hong Kong, the variety of ethnic foodways has contributed to a rich and dynamic metropolitan environment. In daily life, women's essential role in home cooking plays a large part in the production of identities and traditions; in the process they help to create an intercultural experience for all to enjoy.

This cookbook is a celebration of culture co-production in Hong Kong, involving 30 participants of the ICONIC Mums Program\* who are from Bangladeshi, Chinese, Filipino, Indian, Indonesian, Japanese, Nepali, Pakistani, Singaporean, and Sri Lankan backgrounds, spanning three generations. The recipes and stories illustrate a wealth of cultural cuisines in Hong Kong, as well as what is common across cultures in home cooking: affection among family members, women's wisdom, managing food as a source of health, maintaining tradition, and producing community identity. These form the basis of the five sections of the cookbook. Each participant's contribution includes a personal narrative, a traditional dish, and a fusion dish that shows how interculturalism is a fact of life in Hong Kong.

We thank the Equal Opportunities Commission for sponsoring the production cost of the cookbook, the SIE Fund in supporting the Multiculturalism in Action (MIA) Project, and the administrative support of the Anthropology Department and the Centre for Urban History, Culture and Media of the Institute of Future Cities, the Chinese University of Hong Kong. Thanks also to MIA mentors, volunteers, students, friends, and our illustrator and executive editor, who generously gave of their time and talent to make this project possible.

It is our wish that this cookbook becomes a platform for positive intercultural experience in daily life on both family and community levels. Let's start cooking and enjoy the fun of interculturalism!

*\*ICONIC Mums is an intercultural education program launched by the Multiculturalism in Action Project. It aims to bring women of different ethnic backgrounds together to break down cultural barriers among minority and mainstream communities. For more information, please visit*

<http://arts.cuhk.edu.hk/~ant/knowledge-transfer/multiculturalism-in-action/index.html>

# 參加者 Participants

月亮官員

Chandrakala Adhikary

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Alif Tia Andiyani

亞施美亞圖恩

Asmiatun

陳娜芳

Anda Chan

陳慶霞

Komen Chan

陳蕾

Yoyo Chan

蔡影儀

Ella Choi

文斯·古拉達

Vince Culata

馮聰維

Convi Fung

安菊·古龍

Anju Gurung

雅密·美利達·哈邦

Ahmed Merlita Habon

詹凱盈

Vicky Jim

川上裕美

Hitomi Kawakami

劉影翠

Janice Ying Chui Lau

羅亦琳

Cherry Law





李穎彤

李敏婷

璞查·里娜

莎茲亞·莫殷

亞苳瑪恩·娜維

潘玫燕

蒲娃緹

萊達·拉古帕棣

達琳娜·撒瑪拉姬娃

紗蜜姆

蘇輻慧

施米達·塔路達

琺家娜·塔絲尼

黃喬輝

山下步

Connie Wing Tung Lee

Miriam Lee

Purja Lila

Shazia Moeen

Arjumand Naveed

Phua Mei Yen, Amy

Purwati

Radha Raghupathy

Daleena Samarajiwa

Shamim Ara Shahjahan

Winnie So

Simita Talukdar

Farjana Tasnim

Pamela Wong

Ayumi Yamashita



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# 感情篇 Affection

食物體現了為我們做飯的人的感情。  
它給予我們美好的回憶，把煮食的人和分享食物的人緊密聯繫起來。誰在每天  
創作這些溫暖人心的菜式？就是我們家中的女性！

The food we eat embodies the affection of the person who cooks for us.  
Food gives us fond memories and connects us closely to those who offer us food and  
with whom we share food. Who creates those heartwarming dishes every day?  
The women in our family!

### 月亮官員

哈爾瓦是我最愛的菜式之一，是母親在我童年時常做的。她是一個虔誠的印度教徒，幾乎每個月的每個星期都會齋戒一日。齋戒期間每天只可以進食一次，而且食物之中不能有鹽分。由於一碗哈爾瓦酥糖可以讓人一整天都飽著，所以它是齋戒時的最佳選擇。齋戒時，母親會一大早起床、洗澡和祈禱，然後著手做哈爾瓦。煮哈爾瓦酥糖的時候，會散發一陣非常香甜的味道。齋戒日子的早上，我們家裡就瀰漫著這樣一陣甜香。

芽菜炒魚蛋喚起的則是我在香港的童年時光。魚蛋和芽菜都是很容易在街市找到的食材，而且價錢也相當便宜。每逢家裡有客人，母親就會煮這道菜，因為它又容易做又省時間。時至今日，當我要在很短時間內準備好飯菜時，我也會煮這道菜。





## Chandrakala Adhikary

Halwa is one of my favorite dishes my mother made when I was small. Mom is a very religious Hindu. She used to fast once every week, almost every month. During fasting one is allowed to eat only once a day, and the food should be without salt. A bowl of halwa makes one quite full for the whole day so it is a perfect dish for fasting. When fasting Mom would wake up very early in the morning, take a shower, pray and then make the halwa. The halwa would give a very sweet aroma when being prepared, and the smell used to fill up our house early in the morning during those fasting days.

Stir fry fish balls with bean sprouts reminds me of my childhood in Hong Kong. Both fish balls and bean sprouts are readily available in wet markets and quite cheap too. Mum used to prepare this dish whenever we had guests in the house. It is very easy and fast to make. So even now I make this dish at home whenever I need to prepare a meal quickly.

## 哈爾瓦酥糖 (3-4 人份量)

### 材料：

粗粒小麥粉	150克
酥油或油	2茶匙
水	500毫升
紅茶茶包	1個
全脂奶	125毫升
糖	2茶匙
乾果或果仁	隨意



### 做法：

1. 將平底鍋以中火燒熱，然後加入酥油或油。當酥油融化或者當油變熱後就加入粗粒小麥粉。
2. 將火調至最小，一邊煮一邊不停攪拌以避免燒焦，直至粗粒小麥粉變成金黃色。
3. 同時，將紅茶茶包、全脂奶和糖放在水中煮滾成奶茶。
4. 當粗粒小麥粉成金黃色以後，將以上煮好的奶茶慢慢加入小麥粉中，並不停攪拌以防止形成小塊。
5. 當鍋裡的材料變濃稠後，哈爾瓦就基本完成了。稍為放涼，加入適量乾果或果仁即成。

# Halwa

(Number of servings: 3-4)

## Ingredients:

Sooji (Semolina)	150 g
Ghee or oil	2 tsp
Water	500 ml
Black tea bag	1
Whole milk	125 ml
Sugar	2 tsp
Dried fruits or nuts	To taste



## Method:

1. Heat pan over medium heat, when it gets hot add the ghee. Add the sooji once the ghee has melted or the oil gets hot.
2. Lower the heat to minimum and stir the sooji continuously to avoid burning, until it becomes golden brown.
3. While frying the sooji, get the water boiling with a black tea bag, whole milk, and sugar to make milk tea.
4. Once the sooji is golden brown, gently and slowly add the milk tea to the sooji. Keep stirring to prevent it from forming lumps.
5. The halwa is ready when the mixture becomes thick. Cool it to lukewarm and add dried fruits/nuts.

## 芽菜炒魚蛋

(3-4 人份量)

### 材料：

魚蛋	250克
芽菜	100克
油	½湯匙
洋葱	½個(切碎)

### 調味料

鹽	½湯匙
黃薑粉	½湯匙
小茴香粉	½湯匙
生抽	1湯匙
蒜頭	3瓣(磨蓉)



### 做法：

1. 洗淨魚蛋然後切半，備用。
2. 洗淨芽菜，瀝水備用。
3. 在平底鍋中以中火燒熱油，放入洋葱炒至啡色，然後放入魚蛋。
4. 兜炒魚蛋並拌勻所有調味料，當魚蛋炒至淺啡色後放入芽菜。
5. 繼續煮至芽菜變軟以及醬汁收乾即成。



# Stir fry fish balls with bean sprouts

(Number of servings: 3-4)

## Ingredients:

Fish ball	250 g
Bean sprout	100 g
Oil	½ tbsp
Onion	½ (finely chopped)

## Seasoning

Salt	½ tbsp
Turmeric powder	½ tbsp
Cumin powder	½ tbsp
Soy sauce	1 tbsp
Garlic	3 cloves (minced)

## Method:

1. Wash the fish balls and cut them in half.
2. Rinse the bean sprouts and drain.
3. Heat oil over medium heat in a pan, add onion and fry until brown, then add the fish balls.
4. Stir-fry the fish balls and mix with all seasonings. Add the bean sprouts once the fish balls become light brown.
5. Cook until the sprouts are soft and the sauce is dried.



# 感情篇 Affection

## 安菊 • 古龍

我和我的尼泊爾裔朋友安菊·珀諾、巴莎和瑪雅都喜歡吃餃子，因為它不僅為思鄉的尼泊爾人提供慰藉，而且我們可透過它分享尼泊爾文化。這道簡單的菜色將許多人連結在一起。吃餃子是一件令人愉快的事情，讓家人和朋友可以聚集在一起，度過快樂悠閒的時光。小時候，我幫助母親和姨姨們在親友聚會時做餃子。現在已為人母，我發現吃餃子讓孩子們感到非常興奮。像今天，當我正做餃子時，兒子就大喊：「我愛吃餃子！」

品嚐這道菜是體驗我們尼泊爾人的熱情和好客情懷。在許多家庭中，這是一個悠久的傳統，每個家庭都以自己的餃子款式為榮。製作餃子是一個可以讓幾代家庭成員一起參與的家庭活動。



## Anju Gurung

My Nepali friends Anju Pokhrei, Barsha, Maya and I like eating momo because it not only provides a sense of comfort when we feel homesick, it is also a great way to share Nepali culture. This humble dish has connected many people together. Eating momo is an enjoyable activity that brings families and friends to spend a joyful and leisure time together. When I was small, I helped my mother and aunties to make momo during family and relatives gathering. After I became a mother, I found that my children always get very excited to have momo to eat. Like today, when I was making momo, my son shouted, “I love eating momo!”

One could experience the warm hospitality from the Nepalis as we serve you with this great dish. Making it is a long established tradition in many families and each family takes pride in their own version. Its preparation is definitely a family activity in which members from the different generations participate.

## 雞肉餃子 (60隻)

### 材料：

圓形雲吞皮 60塊

### 餡料

免治雞腿肉 500克  
白菜 1棵 (切碎)  
茺荳 ½ 杯 (切碎)  
紅洋葱 ½ 個 (切碎)  
蒜頭 2茶匙 (切碎)  
薑 2茶匙 (切碎)

### 番茄醬

番茄 500克 (成熟的)  
蒜頭 2茶匙 (切碎)  
薑 2茶匙 (切碎)  
胡蘆巴籽 ¼ 茶匙

### 醃料

白胡椒粉 隨意  
茺荳 ½茶匙 (研磨碎)  
長青辣椒 1 (切碎)  
植物油 2湯匙  
鹽 隨意  
辣椒粉 隨意

青辣椒乾 1 (長型；切碎)  
茺荳 ¼杯 (切碎)  
植物油 1湯匙 (如果喜歡辛辣口味，可以用1湯匙芥末代替)

### 做法：

1. 用醃料將免治雞肉和切碎的蔬菜醃好。如果喜歡辛辣，可加辣椒粉一起醃。
2. 將餡料放在餛飩皮中，對摺，用清水封口，成半月形。
3. 把餃子放在碟子裡，隔水蒸約15-20分鐘。
4. 用熱水煮番茄4-5分鐘，去皮，與製作醬汁的全部材料放入攪拌機，攪成糊狀。
5. 餃子趁熱配番茄醬食用。





# Chicken momo (60 pieces)



## Ingredients:

Round wonton wrap 60 pieces

### Filling

Minced chicken thigh 500 g  
 Cabbage 1 (finely chopped)  
 Parsley ½ cup (finely chopped)  
 Red onion ½ (finely chopped)  
 Garlic 2 tsp (finely chopped)  
 Ginger 2 tsp (finely chopped)

### Tomato pickle (Golbheda ko achar)

Ripe tomato 500 g  
 Garlic 2 tsp (finely chopped)  
 Ginger 2 tsp (finely chopped)  
 Fenugreek seed ¼ tsp

### Seasoning

Ground white pepper To taste  
 Ground coriander ½ tsp  
 Long green chili 1 (finely chopped)  
 Vegetable oil 2 tbsp  
 Salt To taste  
 Chili powder (optional) To taste

Dried long red chili 1 (finely chopped)  
 Coriander ¼ cup (chopped)  
 Vegetable oil 1 tbsp (May substitute with 1tbsp of mustard if you prefer a spicy taste)

## Method:

1. Marinate minced chicken and all finely chopped vegetables with the seasoning. If you like it spicy, add chili powder and marinate together.
2. Put some filling in the centre of a wonton wrap. Fold it half to make a crescent shape. Seal the edge of the wrap with a bit of water.
3. Put the momo on a plate and steam for 15-20 mins.
4. Boil tomato in hot water for 4-5 mins and remove skin. Put in a blender and add all the ingredients for making the pickle. Blend into a smooth paste.
5. Serve hot with tomato pickle.

## 天多利馬薩拉烤雞 (4-5 人份量)

### 材料：

雞	1隻
鹽	1茶匙
檸檬汁	2湯匙
天多利馬薩拉香料	2湯匙
	(雜錦香料，南亞雜貨店有售)
油	2湯匙
原味乳酸	250毫升



### 做法：

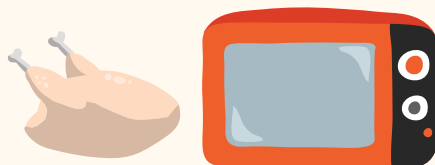
1. 雞洗淨後，均勻擦上鹽。
2. 將檸檬汁、天多利馬薩拉香料、油和乳酸混合在一個碗中，用以醃雞肉2-3小時（過夜更好）。
3. 將烤箱預熱至350° F，把雞放在燒烤架上烤熟（約45分鐘）。
4. 趁熱吃。

# Tandoori chicken masala

(Number of servings: 4-5)

## Ingredients:

Whole chicken	1
Salt	1 tsp
Lemon juice	2 tbsp
Tandoori masala mix	2 tbsp (Mixed spices, available in South Asian groceries)
Oil	2 tbsp
Plain yogurt	250 ml



## Method:

1. Wash the chicken. Rub it with salt.
2. Mix lemon juice, tandoori masala mix, oil and yogurt in a bowl. Marinate the chicken with this mixture. Set aside for 2-3 hours (Better if overnight).
3. Preheat oven to 350° F. Place the chicken on a grilling rack and bake until cooked through (about 45 minutes).
4. Serve hot and enjoy.

# 感情篇 Affection

## 莎茲亞 • 莫殷

我來自巴基斯坦一個小鎮，距離首都伊斯蘭堡不遠。在我的家裡，女士都是廚藝專家；連碩士、博士、中央高級公務員，她們的烹飪和家務都不賴。這對我來講是個鼓勵，縱然學校功課繁重，還是對烹飪產生很大的興趣。母親對我做的跨國菜尤其讚賞，鼓勵我做不同的嘗試。現在，我的孩子也愛吃我做的菜，我也樂意為他們下廚。在這裡，我分享我孩子最愛的兩道菜。希望你們都喜歡！

## Shazia Moeen

I come from a small town in Pakistan near the capital city Islamabad. In our family, the ladies are expert cooks. Even highly educated ones with PhD and Mphil degrees, and Central Superior Services Officers, are good at cooking and household work. This is an inspiration for me, and I have taken an interest in cooking despite a busy study schedule. My mother always appreciates my fusion recipes so I keep doing different experiments with cooking. My children love some of these dishes so I feel happy to cook for them. I would like to share their favorite dishes in this cookbook. Hope you all enjoy them!



## 雞心豆雜錦配煎餅 (4-6人份量)

### 材料：

雞心豆		邦迪粉條	
雞心豆	500克 (洗淨，浸泡過夜)	小扁豆粉 (或雞心豆粉)	½ 杯
鹽	隨意	水	65毫升
紅辣椒粉	1茶匙	煎餅	
芫荽粉	1茶匙	春卷皮	1包
雜錦			
羅望子醬	125毫升	洋蔥	1 個 (切丁)
孜然粉	1茶匙	鮮芫荽	1把 (切碎)
雜錦瑪薩拉調味粉	1包 (雜錦香料，在南亞雜貨店有賣)	番茄	1 個 (切丁)
青瓜	1個 (切丁)	生菜	½ 個 (切片)

### 做法：

1. 在鍋中加水，放入雞心豆、鹽、紅辣椒粉、芫荽粉，水燒開，煲至雞心豆軟，約一小時。留意鍋中需要有足夠的水，以免煲乾。關火，備用。
2. 做邦迪粉條，把小扁豆粉（或雞心豆粉）及水放在碗中混和。用匙羹勺起，如果粉漿慢慢掉下來就對了。燒熱炸油，每次勺進1匙羹，炸成手指形的小粉條。炸好的放在水裡涼一下，瀝水備用。
3. 做煎餅，在煎鍋裡燒熱油，把春卷皮逐一煎香脆，備用。
4. 在一個大碗中，放進一半的雞心豆，接著放一層邦迪粉條。撒上一半馬薩拉調味粉，然後放一層青瓜丁、洋蔥丁、番茄丁、鮮芫荽。接著放一層雞心豆、一層邦迪粉條、一層蔬菜。鋪上羅望子醬和餘下的馬薩拉調味粉。最後撒上孜然粉。吃前混和。
5. 食用時用生菜片伴碟，配以煎餅、乳酪和青辣椒醬。



# Chana chaat with papre

(Number of servings: 4-6)

## Ingredients:

### Chana

Chick peas	500 g (wash and soak overnight)
Salt	To taste
Red chili powder	1 tsp
Dry coriander powder	1 tsp

### Chaat

Tamarind paste	½ cup
Cumin powder	1 tsp
Chaat masala	1 pack (mixed spices, available in South Asian grocery)
Cucumber	1 (cut in small cubes)

### Bondi

Yellow lentil flour (or gram flour)	½ cup
Water	65 ml

### Papre

Spring roll sheets	1 pack
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Onion	1 (cut in small cubes)
Fresh coriander	1 bunch (cut in small pieces)
Tomato	1 (cut in small cubes)
Lettuce	½ (sliced)

## Method:

1. Fill a pot with water, boil chick peas with salt, red chili powder, and dry coriander powder. Put sufficient water as the chick peas take an hour to be soft. Set chana aside.
2. To make bondi, mix in a bowl the yellow lentil or gram flour and 1/4 cup of water to form a paste. The batter is ready if it drops slowly when lifted by a spoon. Heat oil for deep frying in a pan. Put in a spoonful of the batter at a time, and make finger shapes. Cool bondi in a bowl with of water. Drain and set aside.
3. To make papre, heat oil in pan, and fry spring roll sheets or roll sheets flour one by one, until crispy. Set aside.
4. Take a big size bowl, put half of the chana in it. Then put a layer of bondi. Sprinkle half of the chaat masala on it. Add a layer of cucumber, onion and tomatoes. Put another layer of chana, then a layer of bondi and a layer of salad. Add the tamarind paste and the rest of the chat masala. Then sprinkle with cumin powder. Mix them up before eating.
5. Garnish with the lettuce and serve with papre, yogurt and green chili paste.



## 雞肉迪卡薄餅 (4-5 人份量)

### 材料：

麵團	
麵粉	500克
油	125毫升
鹽	½ 茶匙
糖	1茶匙
酵母	1茶匙
水	375毫升



### 配料

無骨雞肉	1公斤 (切丁)	水牛芝士	1杯 (刨絲)
雞肉馬薩拉調味粉	3茶匙 (什錦香料, 在南亞雜貨店有賣)	車打芝士	1杯 (刨絲)
洋葱	1個 (切丁)	紅燈籠椒	1個 (切片)
蒜蓉	1茶匙	椰菜	½個 (切絲)
薑蓉	1茶匙	紅蘿蔔	1個 (小; 切片)
番茄蓉醬	1茶匙	橄欖 (青或黑)	½杯
乳酪	3湯匙	乾奧勒岡葉	½茶匙
		番茄醬	1杯

### 做法：

- 把所有做麵團的材料 (除了水之外) 放入大碗中。拌勻後逐小加水攪勻, 以手搓成軟麵團。放置兩到三小時, 約膨脹兩倍。拿出再搓一下。再放置兩小時。
- 在煎鍋裡燒熱油, 把雞丁、馬薩拉調味粉、洋葱、蒜蓉、薑蓉、番茄蓉醬一起炒香。以中火煮至水分收乾, 約15分鐘。放涼備用。
- 麵團拿出搓成球狀, 推開成餅皮, 平放在已掃油的烘碟上。用叉子在餅皮上插一些洞。
- 餅皮塗上番茄醬, 然後平均放上雞丁及瀝乾的蔬菜。置於230度的焗爐內, 焗10分鐘。
- 拿出披薩, 撒上兩種芝士、乾奧勒岡葉和橄欖, 再焗7至8分鐘。待芝士溶化成金黃色, 即成。

## Chicken tikka pizza

(Number of servings: 4-5)

### Ingredients:

#### Dough

All purpose flour	500 g
Cooking oil	125 ml
Salt	½ tsp
Sugar	1 tsp
Yeast	1 tsp
Water	375 ml



#### Topping

Chicken (boneless)	1 kg (diced)	Mozzarella cheese	1 cup (grated)
Chicken tikka masala	3 tsp (mixed spices, available in South Asian groceries)	Cheddar cheese	1 cup (grated)
Onion	1 (cut in small cubes)	Capsicum	2 (sliced)
Garlic paste	1 tsp	Cabbage	½ (shredded)
Ginger paste	1 tsp	Carrot	1 (small size; sliced)
Tomato paste	1 tsp	Olives (green or black)	½ cup (sliced)
Yogurt	3 tbsp	Dried oregano	½ tsp
		Tomato ketchup	1 cup

### Method:

1. Put the ingredients for dough in big size bowl except water. Mix them well and add water little by little. Make a soft dough but it should not be watery. Leave for 2-3 hrs. The size will be doubled. Now knead it again and leave for 2 more hours.
2. Cut chicken into small bite size pieces. Heat oil in pan, fry chicken together with masala, onion cubes, garlic, ginger and tomato pastes. Cook on medium flame until all moisture is absorbed, about 15 mins. Let it cool.
3. Take the dough, make a ball and roll to form pizza base. Smooth it on oily pizza pan. Make small holes with fork on smoothed dough.
4. Spread ketchup on pizza base. Then put cooked chicken on it. Layer with pat-dried vegetables. Bake in oven at 230 degrees for 10 mins.
5. Take pizza out, sprinkle mixed cheddar and mozzarella cheese, then dried oregano and olives. Put back in oven for 7-8 mins. When cheese melts and become golden, the pizza is ready to serve.

## 潘玫燕

這肉碎粥喚起了我童年的記憶。這個食譜是由姑婆帶到我家的。她每次來我家時，都會在家務助理協助下做這個菜。我仍然記得在每一個平日的早上，屋裡充滿著炸蔥片和炸小銀魚的香氣。吃過肉碎粥做午餐，我才上學去，它給我慰藉和能量去展開每天的學校生活。我仍清楚記得祖母和姑婆在家裡談論人生的那些日子。現在她們都過身了，但這個食譜為我留下永遠的懷念。

## *Phua Mei Yen, Amy*

This minced meat porridge brings back memories of my childhood. My grandaunt introduced this recipe to my family. She would visit my house and make this dish with the help of my helper at home. I remember the fragrance of the fried shallots and anchovies filling the house on a weekday morning. I would have this porridge for lunch before heading off to school in the afternoon. It gave me comfort and the energy to start school on a right note. I fondly remember those days when my grandmother and grandaunt would spend time at my house chit chatting about life. Now that both of them have passed on, this recipe always brings nostalgia to my heart.

## 肉碎粥 (3-4人份量)

### 材料：

免治豬肉	100克
紅米	1杯
水	1-2公升
生抽	1湯匙
芝麻油	1茶匙
胡椒	2茶匙 (按喜好增減)

配菜	
油 (炸物用)	125毫升
小銀魚	隨意
葱	2棵 (切片)
芫茜	隨意 (切碎)

### 做法：

1. 肉碎用生抽、芝麻油和胡椒醃最少30分鐘。備用。
2. 把米洗淨並放在水中煮約30-45分鐘。米粒會膨脹並爆裂，留意要保留米粒的形狀。鍋中的水會變稠。如果粥變得太稠或成塊狀則須加適量的水。用勺子輕輕舀起，粥應該容易流出。
3. 用匙子把肉弄成細球，加到粥裡。用中火把粥再煮5分鐘直至肉熟透。期間須不時攪拌以免底部燒焦。
4. 製作配菜：把油放在平底鍋燒熱後調至細火。把葱片炸至金啡色後取出。再把小銀魚放到平底鍋裡用中小火炸至金啡色。
5. 把粥放在碗內。每碗粥可以加1或2湯匙小銀魚和1茶匙炸葱片，亦可用芫茜、芝麻油或胡椒調味。





# Minced meat porridge

(Number of servings: 3-4)

## Ingredients:

Minced pork	100 g
Red rice	1 cup
Water	1 ½ - 2 litres
Soy sauce	1 tbsp
Sesame oil	1 tsp
Pepper	2 tsp

## Garnish

Oil (for frying)	125 ml
Small anchovy (ikan bili)	To taste
Shallot	2 (sliced)
Coriander	To taste (roughly chopped)

## Method:

1. Marinate minced pork with soy sauce, sesame oil and pepper. Set aside for at least 30 minutes.
2. Wash rice and boil in water for 30-45 minutes. The rice grains should expand and split a little, but still retain the shape of the grain. The water should be starchy. Add water if the porridge is too sticky and looks clumpy. It should pour out of a ladle when you tilt it.
3. Using a spoon, scoop out pork to make small balls, and stir into the porridge. Cook porridge in medium flame for 5 minutes, stirring occasionally to avoid burning, until the meat is cooked.
4. For the garnish, heat oil in a pan till hot, then reduce the flame and put in the shallots to fry till golden brown. Then fry anchovies similarly, on low- medium heat, till they are golden brown.
5. To assemble porridge, scoop porridge into serving bowls. For each serving, add about a tablespoon or two of the anchovies, and one tablespoon of the fried shallots. You may garnish additionally with coriander, sesame oil and pepper.



## 蝦米醬意粉 (2-3 人份量)

### 材料：

意粉	250克 (長意粉、扁意粉或螺絲粉)
水	1½公升
油	125毫升
鹽	1茶匙

蝦米醬	
蝦米	25克
葱	2顆
蒜頭	2瓣 (去衣)
辣椒	1 (按喜好添加)

炒雜菜	
混合蔬菜*	500克 (切細粒)
油	3湯匙
番茄醬或茄汁	125毫升
鹽	隨意
黑胡椒	隨意
芫茜	隨意 (切碎; 按喜好添加)



### 做法：

1. 在鍋裡燒滾水後放入意粉、油和鹽。意粉不要煮得太軟，瀝水備用。
2. 製作蝦米醬：用攪拌機把蝦米、葱、蒜頭和辣椒打碎成醬。
3. 在平底鍋中以中火燒熱油。用2-3分鐘把蝦米醬炒香後加入蔬菜炒至變軟。加入番茄醬或番茄汁。如果醬汁太乾可加少許水。
4. 把意粉放進鍋裡快炒和攪勻。意粉應該均勻地沾上蝦米醬，但注意不能太濕。加入鹽、黑胡椒調味，芫茜作裝飾。

### 備註：

\*可以選擇任何蔬菜，如紅蘿蔔、西蘭花、椰菜花和南瓜等等。

# Hae bee hiam pasta

(Number of servings: 2-3)

## Ingredients:

Pasta	250 g (spaghetti, linguine or fusilli)
Water	1½ litre
Oil	125 ml
Salt	1 tsp

<u>Hae bee hiam paste</u>	
Dried shrimps	25g
Garlic	2 cloves (peeled)
Shallot	2
Chili	1 (optional)

## Vegetables for stir-fry

Mixed vegetables*	500 g (chopped into small pieces)
Oil	3 tbsp
Tomato paste or ketchup	125 ml
Salt	To taste
Black pepper	To taste
Coriander leaves	To taste (roughly chopped; optional)

## Method:

1. In a pot, boil pasta with water, oil and salt till al dente (i.e firm to the bite). Set aside.
2. To make the hae bee hiam paste, place dried shrimps, shallots, garlic and chili in a blender and blend to a paste.
3. Heat oil in a pan on medium heat. Add in hae bee hiam paste and fry till it is fragrant, about 2-3 minutes. Add in chopped vegetables and fry till vegetables are soft. Add in tomato paste/sauce. Add a little water if it is too dry.
4. Stir in pasta and mix well. The pasta should be coated evenly with the hae bee hiam mixture, but not too watery. Add salt and black pepper to taste, and garnish with coriander leaves.



## Remark:

\* You may use any vegetables, for example carrots, broccoli, cauliflower, and squash etc.

# 感情篇

## Affection

### 蘇愷慧

媽媽李玉枝是全職家庭主婦，擔起照顧三代同堂一家七口的責任。她對我們的關懷和愛，在她做的每道菜裡都滿滿的反映出來。

「老少平安」是媽媽的首選菜式，因為這道菜老幼皆宜。最難得的是，她總要買新鮮的魚，用匙羹將魚肉仔細刮出，目的是要達到「零」碎骨。

每逢到郊外旅行，媽媽就會很早起床，為大家做壽司準備午餐。她選用菜心是因為焯熟的菜心較脆，老人小孩易入口；在火爐烤過的紫菜會較脆，令壽司更好味。

藉著分享媽媽的菜譜，我把她對我們的關愛和美好回憶記錄在內，表揚母愛的偉大。



## Winnie So

My mother Li Yuk Chi was a full-time homemaker, taking up the responsibility to look after seven family members across three generations. Her care and love for us was reflected in every dish she made.

Steamed stuffed tofu with fish paste is Mum's first choice because this is a dish suitable for all ages, from the elderly to adults and children. The best part was that Mum would always buy fresh fish, use a spoon to scrape the flesh out carefully, just so that there is zero pin bone.

Every time we had a picnic in the countryside, Mum would get up early and prepare sushi as lunch for us. She chose to use choi sum because it would be softer after boiling, and thus easily chewed by small children and the elderly. She would roast the nori on the stove to make it crispy. The sushi became so yummy because of these small details.

Through sharing Mum's recipes, I record her love and care for her family, and the wonderful memories that we will always remember.



## 老少平安 (4人份量)

### 材料：

蒸滑豆腐	1盒
鯪魚滑	200克 (街市淡水魚檔有售)
橄欖油	1/3茶匙
生抽	隨意
芫茜碎	隨意
蔥花	隨意
醃料	
豆粉	2茶匙
鹽	隨意
胡椒粉	隨意



### 做法：

1. 豆腐先用滾水拖一拖，隔去水份備用。
2. 魚滑加醃料後，連同豆腐一起拌。
3. 用橄欖油塗在碟上，然後把魚滑豆腐均勻鋪在碟上。
4. 大鍋中加水，燒滾後放入魚滑豆腐，用中火隔水蒸5分鐘。
5. 食前加入生抽，灑些芫茜碎和蔥花。

# Steamed tofu with fish paste (Number of servings: 4)

## Ingredients:

Soft tofu (for steaming)	1 box
Dace fish paste	200 g (available in freshwater fish stalls)
Olive oil	1/3 tsp
Light soy sauce	To taste
Coriander	To taste (finely chopped)
Shallot	To taste (finely chopped)

## Marinade

Cornstarch	2 tsp
Salt	To taste
White pepper	To taste



## Method:

1. Blanch the tofu in boiling water for a few seconds. Drain well and set aside.
2. Mix the dace fish paste with the seasoning. Then add tofu and mix well.
3. Brush olive oil on a plate. Then spread the fish paste and tofu mixture on it evenly.
4. In a large pot put in water for steaming. When water boils, put in the plate and steam for 5 minutes on medium heat.
5. Add a bit of light soy sauce and sprinkle some chopped coriander and shallot for garnish. Serve hot.

## 媽媽壽司 (4人份量)

### 材料：

日本珍珠米	2杯 (也可用一般香米)
蟹柳	8條
菜心	300克
蛋	3隻
壽司紫菜	6片
壽司醋	3湯匙
橄欖油	3½茶匙
雞粉	½茶匙
胡椒粉	隨意



### 做法：

1. 在電飯煲中煮好飯，稍為翻鬆後，將壽司醋倒入飯中拌勻。備用。在大鍋中燒滾水，加入1茶匙橄欖油。菜心焯熟後隔水備用。再燒一鍋水，用中火蒸蟹柳3分鐘，然後用刀將蟹柳切或兩段，備用。
2. 將雞蛋打在碗內，加入橄欖油半茶匙、雞粉半茶匙和胡椒粉少許後攪拌。用中火燒鑊，放進1茶匙橄欖油搥勻。慢慢將一半的蛋漿倒下，然後把鑊輕輕晃動。煎好一邊後，翻到另外一邊煎香即成。重複以上步驟把餘下的蛋漿煎好。然後將蛋餅切條，備用。
3. 將紫菜用中小火在爐上烤一烤，烤好一邊後，翻到另一邊烤一烤。備用。
4. 在一片紫菜上鋪滿白飯，把各種配料放一些在中間，然後緊緊地捲起來。
5. 刀蘸涼水把壽司切成小段，上碟。

# Mum's sushi

(Number of servings: 4)

## Ingredients:

Japanese short grain rice	2 cups (may also use jasmine rice)
Crab stick	8 pcs
Choi sum	300 g
Egg	3
Sushi seaweed	6 sheets
Sushi vinegar	3 tbs
Olive oil	3 ½ tsp
Chicken bouillon powder	½ tsp
Ground white pepper	To taste



## Method:

1. Cook the rice in cooker. When cooked, slightly stir, then pour sushi vinegar and mix well. Set aside. Add 1 tsp olive oil into a pot of boiling water. Blanch the choi sum, drain and set aside. Steam the crab sticks in another pot on medium heat for 3 minutes. Then cut the crab sticks in to half lengthwise. Set aside.
2. Beat the eggs in a bowl. Add in ½ tsp olive oil, chicken bouillon powder and group white pepper. Mix well. Heat the work on medium heat. Spread 1 tsp of olive oil evenly in the wok. Slowly add half of the eggs and gently swirl it. After cooked on one side, slip over and try the other side. Repeat the procedure to cook the remaining eggs. Cut the omelet into strips and set aside.
3. Grill each sushi seaweed sheet on low to medium heat on the stove. Flip it over and grill the other side. Set aside.
4. Take a piece of sushi seaweed, spread rice evenly on the whole nori and put a bit of different fillings in the middle. Roll up nori slowly and tightly.
5. Dip a knife in cold water and cut the sushi roll into pieces. Serve.



# 感情篇

## Affection

### 黃喬輝

蓮子窩蛋糖水是我奶奶的傳藝，每逢農曆新年我和丈夫都會在年初一至七當早餐享用。2009年奶奶去世後，每次烹調或品嚐這款糖水時，就想起與奶奶一起的歡樂片段，滋味無窮。

另外，我想與大家分享我人生中煮的第一道菜：金針雲耳蒸雞。在九十年代初期，我在英國留學兩年。當時沒有互聯網、也沒有媽媽的輔導，煮這道菜時，我只憑回味小時吃過媽媽煮的美味記憶，材料和份量都是估計出來，點點滴滴的思念情懷從中而來。今次混合菜是加入日本冬菇做的中式意大利飯，再配上奇亞籽就更有營養。



## Pamela Wong

I learned to make dessert soup with lotus seeds and eggs from my mother-in-law. For the first seven days of every lunar new year, my husband and I would eat it for breakfast. My mother-in-law passed away in 2009, and since then preparing or eating this dessert soup becomes a celebration of her life and our happy days together. This is the most memorable dessert in our life.

Besides, I would like to share with you my first cooking attempt, steamed chicken with mushrooms, dried lily flowers, and black fungus. When I was studying in the UK in the 1990s, there was no internet and no guidance from mum. I had to deduce the ingredients and amount from childhood memory, and got absorbed in nostalgia and homesickness in the process. My fusion dish is Chinese style risotto with Japanese mushrooms; adding chia makes it more nutritious.



## 蓮子窩蛋糖水

(2人份量)

### 材料：

糖蓮子	10-16粒 (中式雜貨店有售)
水	500毫升
薑	40克 (切片)
蔗糖	30克
雞蛋	2隻 (去殼，分別置於兩個碗內備用)
奇亞籽	10克 (用暖水浸30分鐘)



### 做法：

1. 把水煮滾，加入糖蓮子、薑和蔗糖，滾約10分鐘。
2. 把一隻雞蛋慢慢倒入鍋內，煮至半熟，再把另一隻雞蛋倒入。
3. 兩隻雞蛋都煮熟後，加入奇亞籽。趁熱食用。

# Dessert soup with lotus seeds and eggs

(Number of servings: 2)

## Ingredients:

Sugar-coated lotus seed	10-16pcs (available in Chinese groceries)
Water	500 ml
Ginger	40 g (sliced)
Egg	2 (shelled and put separately in two bowls)
Cane sugar	30 g
Chia seed	10 g (soak in warm water for 30 minutes)



## Method:

1. Bring water to a boil. Add lotus seeds, ginger, and cane sugar, and boil for 10 minutes.
2. Pour one egg slowly into the soup. When it becomes semi-boiled, pour another egg.
3. When the eggs are cooked, add chia seeds. Serve hot.

## 日本冬菇燴中式意大利飯 (2人份量)

### 材料：

#### 金針雲耳蒸雞

雞腿肉	450克 (切件)
金針	15克
雲耳	15克
日本冬菇	25克

#### 醃料

生抽	3茶匙
老抽	1茶匙
魚露	2茶匙
粟粉	2茶匙
糖	½ 茶匙
雞粉	½ 茶匙
薑	30克 (切片)
米酒	2茶匙

#### 冬菇飯

日本米	2杯
牛油	25克
洋葱	120克 (切碎)
日本冬菇	40克 (切絲)
雞湯	200毫升
開水	100毫升
奇亞籽	10克 (用暖水浸30分鐘)

### 做法：

1. 先做金針雲耳蒸雞，把日本冬菇、雲耳和金針預早半小時用熱水浸軟，冬菇和雲耳切絲，金針摘去硬蒂。雞肉以醃料醃1小時或以上。
2. 把雞肉、冬菇、雲耳和金針拌勻，放在碟上。在鍋中燒熱開水，水滾後隔水蒸20鐘。
3. 同時間做冬菇飯，把米放於電飯煲內煮熟。
4. 將牛油、洋葱和日本冬菇放入平底鍋炒熟。把煮熟的日本飯、雞湯和奇亞籽加入鍋中，拌勻，慢火煮15分鐘。
5. 上碟：把冬菇飯放在碟的一邊，然後把金針雲耳蒸雞放在另外一邊，趁熱吃。

# Chinese style risotto with Japanese mushroom

(Number of servings: 2)

## Ingredients:

Chicken thigh meat	450 g (cut into pieces)
Dried lily flower	15 g (available in Chinese groceries)
Dried black fungus	15 g
Japanese mushroom	25 g

## Marinade

Light soy sauce	3 tsp
Dark soy sauce	1 tsp
Fish sauce	2 tsp
Corn flour	2 tsp
Sugar	½ tsp
Chicken powder	½ tsp
Ginger	30 g (sliced)
Rice wine	2 tsp

## Mushroom rice

Japanese short grain rice	2 cups
Butter	25 g
Onion	120 g (finely chopped)
Japanese mushroom	40 g
Chicken stock	200 ml
Water	100 ml
Chia seed	10 g (soak in warm water for 30 minutes)



## Method:

1. First prepare steamed chicken. Soak Japanese mushrooms, dried lily flowers, and black fungus in hot water for 30 minutes until soft. Slice the Japanese mushrooms and black fungus. Marinade chicken for at least 1 hour.
2. Mix chicken, mushrooms, dried lily flowers and black fungus in a plate. Boil water in a pot, and steam for 20 minutes on high heat.
3. At the same time, prepare mushroom rice. Cook rice in electric cooker.
4. Stir fry butter, onions, and mushrooms in pan until cooked. Add the cooked rice, chicken stock, and chia seeds. Mix well. Cook on low heat for 15 minutes.
5. To serve, put the mushroom rice on one side of a plate, and the steamed chicken on the other side. Serve hot.



# 智慧篇 Wisdom

食物是資訊和人生智慧的載體。

當家庭成員在廚房一起準備晚餐，或當朋友共聚在餐桌吃飯，都是在分享這女性智慧與精力的場域，並把日常機智一代代傳承下去。

Food is a vessel of information and also of the wisdom of life.

As family prepare food together in the kitchen, or as friends gather around the dinner table, they share these sites of female wisdom and energy, where good sense is passed down from generation to generation.



## 馮聰維

春卷是酒樓常見的點心。春卷的餡料變化多樣，取決於個人的口味和喜好。我分享的食譜是從小時候照顧我的菲傭那裡學來的，我把它變成一種素食。自小由菲傭照顧的我，對於外國人如何把家鄉烹飪元素加到中式家常菜之中，感到特別有趣。我家菲傭做炸物特別棒，對於油溫和油炸食物的時間的控制近乎完美，我相信這些技巧是她從家鄉的烹飪文化中學習得到的。分享這個食譜讓我可以把這個菜色加以創新，更提醒我欣賞家傭們透過飲食文化努力融入香港社會。

## Convi Fung

Spring rolls are popular in Chinese restaurant. The fillings of the spring rolls can vary greatly depending on individual taste and preference. This particular vegetarian version is adapted from the original recipe that my Filipina helper used to make when I was a child. Having been taken care of by Filipina helpers since I was little, it is always interesting to see how foreigners mastered the art of Chinese home cuisine while adding intercultural elements into the dishes. Like my helper, she was very good at making fried dishes. The way she controlled the oil temperature and the length of time in making the food just right was almost perfect. I believe they learned these skills through their own cooking cultures. Sharing this recipe gives me an opportunity to recreate the dish, and reminds me to appreciate the efforts domestic helpers have made in integrating into Hong Kong society through food culture.

## 素春卷 (12條)

### 材料：

春卷皮 12張

### 春卷餡料

卷心菜 250克  
 紅蘿蔔 250克  
 杏鮑菇 200克  
 黑木耳 20克 (浸泡30分鐘至鬆軟)

### 調味

醬油 1湯匙  
 芝麻油 1茶匙

### 做法：

1. 將卷心菜、紅蘿蔔、杏鮑菇和黑木耳等餡料切成細絲。
2. 全部餡料放入鍋裡翻炒5分鐘，加入醬油和芝麻油。
3. 炒熟後，冷卻。
4. 將適量餡料置於春卷皮中間，捲起，並用水沾合開口。
5. 燒熱油，炸1分鐘至金黃色即成。



# Vegetarian spring rolls (12 pieces)

## Ingredients:

Spring roll wrap 12

### Filling

Cabbage 250 g

Carrot 150 g

King oyster mushroom 200 g

Black fungus 20 g

(soak for 30 minutes until soft)

### Seasoning

Soya Sauce 1 tbsp

Sesame oil 1 tsp



## Method:

1. Shred cabbage, carrot, king oyster mushroom and black fungus finely.
2. Stir fry the above in a wok for about 5 minutes, then add soya sauce and sesame oil to season.
3. After the filling is cooked, leave to cool.
4. Put some filling in the middle of a wrap, and roll up. Seal the wrap with some water.
5. Heat oil, and deep fry the spring rolls for about 1 minute until golden brown. Serve.

## 黑胡椒忌廉汁意大利粉 (2人份量)

### 材料：

意大利粉 (或其他粉類)	200克
鮮冬菇	50克
紅蘿蔔	50克
青豆	50克
調味	
黑胡椒粉	½ 湯匙
老抽	3湯匙
鮮奶油	3湯匙
糖	2茶匙
水	100毫升



### 做法：

1. 將意大利粉放入盛了水的鍋中，加入1茶匙鹽和1茶匙油，煮沸約8-10分鐘（可參考包裝說明所需時間）。以涼水過冷河10秒鐘。
2. 將鮮冬菇和紅蘿蔔洗淨切片。青豆洗淨，瀝乾水。
3. 燒熱2湯匙油。加入黑胡椒炒30秒。然後將冬菇加入鍋中，和黑胡椒粉炒1分鐘。
4. 加入紅蘿蔔和青豆炒1分鐘，然後加入老抽，鮮奶油，糖和水，煮至醬汁變稠。
5. 將煮好的意大利粉加入醬汁中炒2-3分鐘。完成。

# Pasta with black pepper cream sauce

(Number of servings: 2)

## Ingredients:

Spaghetti (or other pasta)	200 g
Fresh Chinese mushroom	50 g
Carrot	50 g
Green Peas	50 g



## Seasoning

Ground black pepper	½ tsp
Dark soya sauce	3 tsp
Fresh cream	3 tsp
Sugar	2 tsp
Water	100 ml



## Method:

1. Boil pasta in water with 1 tsp salt and 1 tsp oil for about 8-10 minutes (refer to package for instructions of length of time) then put into cold water bath and drain after 10 seconds.
2. Wash and slice fresh Chinese mushroom and carrots. Wash green peas and drain.
3. Heat 2 tbsp of oil in a wok. Add black pepper and fry for 30 seconds. Then add mushrooms and fry with the black pepper for 1 minute.
4. Add carrots and peas. Fry for another minute, then add the dark soya sauce, fresh cream, sugar and water. Cook until the sauce thickens.
5. Add the cooked pasta into the sauce and fry for 2-3 minutes. Serve.

## 李穎彤

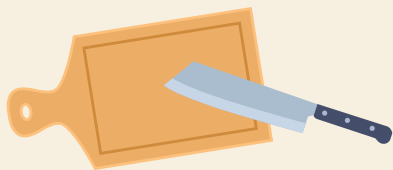
爸爸是家裡的大廚。在十年前，由於我們決定不再聘請傭人，為了避免每天都在外吃飯（因為這樣很不健康），只好由最早下班的人負責煮飯，那個人就是爸爸。起初他的廚藝很差，調味料不是蒜頭就是大量的薑片。近幾年，他的廚藝突飛猛進，甚至比媽媽做的菜還要好吃。我特別喜歡他做的土魷肉餅。作法雖然簡單，但這是我認為最好吃的肉餅。

## Connie Wing Tung Lee

My dad is our home chef. Ten years ago, we decided not to hire a domestic helper anymore. In order to avoid dining outside as it was unhealthy, the person who got off work first would cook. That person has been my dad since. At first, his cooking skills were bad. The only seasonings he used were garlic and a lot of ginger slices. In recent years his cooking skills have improved a great deal. Now he cooks tastier dishes than my mum does. The steamed minced pork with dried squid is one of my favourites. Although it is a simple dish, I think dad makes the best steamed minced pork.



## 土魷肉餅



(4人份量)

### 材料：

土魷 (乾魷魚)	2塊
半肥瘦豬肉	150克
生粉	2茶匙
糖	2茶匙
鹽	½ 茶匙
油	½ 茶匙
薑	4片



### 做法：

1. 土魷用清水浸1小時，撕去膜和骨，切粒。
2. 把豬肉剁碎。
3. 把土魷、豬肉和所有調味料混合，均勻鋪在碟中，放上薑片。
4. 在鍋中燒熱開水，大火隔水蒸15分鐘即成。

# Steamed minced pork with dried squid

(Number of servings: 4)

## Ingredients:

Dried squid	2 pcs
Lean pork	150 g
Corn starch	2 tsp
Sugar	2 tsp
Salt	½ tsp
Oil	½ tsp
Ginger	4 pcs



## Method:

1. Soak the squid in water for 1 hour. Remove the skin and the bones. Dice.
2. Mince the pork.
3. Mix the squid, minced pork, and the seasonings, and spread evenly on a plate. Put the ginger pieces on top.
4. Boil water in a pot, and steam pork on high heat for 15 minutes.

## 李氏燉飯 (4人份量)

### 材料：

南瓜	500克
煙肉	2片
蒜頭	1顆
白米	2杯



### 做法：

1. 把南瓜、煙肉和蒜頭切幼粒，用平底鍋快炒2分鐘。
2. 把米放入電飯鍋裡，加水至兩杯處。
3. 把炒好的材料平均地蓋在白米上。
4. 按下電飯鍋開關。
5. 飯熟後，「保溫」5分鐘，即成。

## Lee's rice casserole (Number of servings: 4)

### Ingredients:

Pumpkin	500 g
Bacon	2 pcs
Garlic	3 cloves
Rice	2 cups



### Method:

1. Dice the pumpkin, bacon, and garlic. Stir fry for 2 minutes.
2. Put the rice in rice cooker, and add water to marker of 2 cups.
3. Spread the stir-fried ingredients on top of the rice evenly.
4. Turn on rice cooker.
5. After rice is cooked, leave on "keep warm" for 5 minutes, and serve.

## 蒲娃緹

我來自印尼萬隆。我在香港工作超過十年了，主要照顧家裡的老人。我分享的這些食譜是我跟媽媽的回憶：以前媽媽總會在我放學回家後為我準備這些食物。直到現在，每當我吃到這些時都會很高興。現在，我和朋友星期天聚會時都會一起製作這些食物。每次我都能重溫在家鄉的快樂時光。而且，印尼菜和中式食品的味道也很配合啊！

Nasi uduk 是椰奶飯的意思。這是一種在印尼很普遍的食品，甚至在麥當勞也能找到！椰奶飯很多不同的煮法，但我偏愛這種簡易做法。Pergedel kentang指炸薯餅，從荷蘭傳來的是有肉類的版本。但我唯獨喜愛媽媽做的素薯餅。

## Purwati

I come from Bandung, Indonesia. I have been working in Hong Kong for over 10 years, mainly taking care of the elderly in the family. I share these recipes because my mother made them for me when I was young. When I went home after school, I felt happy when I ate it. Now I make it in Hong Kong with my friends when we meet on Sundays. It reminds me of the happy days in my hometown. Moreover, these Indonesian dishes go well with Chinese food!

Nasi uduk means coconut milk rice. It is very common in Indonesia. Even MacDonalld has it! There are different recipes but I like this one because it's simple and easy to make. Pergedel kentang means potato patties. The dish came from Holland but the Dutch version usually has meat in it. My mom makes this vegetarian version and I prefer my mom's way.



## 椰奶飯 (4人份量)

### 材料：

米	2杯
椰奶	250毫升
鹽	1茶匙
香茅	1根 (切兩半)
檸檬葉 / 香蘭葉	2片
水	



Photo credit: Alif Tia Andiyani

### 做法：

1. 在電飯鍋中放進米，加入椰奶，和適量的水到達2杯的標記處。
2. 加入其他材料。
3. 開啟正常煮飯程序。
4. 米飯烹調好後，拿走香茅和檸檬草／香蘭葉，即成。

## Nasi uduk (Number of servings: 4)

### Ingredients:

Rice	2 cups
Coconut milk	250 ml
Salt	1 tsp
Lemon grass	1 stalk (cut into 2)
Lime leaf/Pandan leaf	2 pcs
Water	



### Method:

1. Put rice in electric cooker. Add coconut milk, and add water to the mark of 2 cups.
2. Add all other ingredients.
3. Cook rice as usual.
4. Discard lemongrass and lime leaf. Serve hot.

## 炸薯餅 (15個)

### 材料：

薯仔	500克
雞蛋	1隻
鹽	1茶匙
糖	1茶匙
胡椒	½茶匙
炸蔥酥	1湯匙
葱	1條 (切蔥花)
油	炸薯餅用



Photo credit: Nining

### 做法：

1. 將薯仔去皮蒸軟，放在一個大碗裡搗成泥狀。
2. 除油之外，把所有材料加進大碗裡，均勻混合。
3. 將薯蓉分成一個個橢圓形狀。
4. 熱油，將薯餅炸至金黃色。

### 備註：

- 也可以在薯蓉中加入肉碎

# Pergedel kentang (15 pieces)

## Ingredients:

Potato	500 g
Egg	1
Salt	1 tsp
Sugar	1 tsp
Pepper	½ tsp
Crispy (deep fried) sliced shallot	1 tbsp
Shallot	1 (chopped)
Oil for deep frying	



## Method:

1. Peel and steam potatoes until tender, then mash in a large bowl.
2. Add all other ingredients (except oil) to mashed potatoes and mix well.
3. Divide the mixture and make into oval shaped patties.
4. Heat oil and deep fry patties until golden.

## Note:

- For variation add minced meat to mashed potato.

## 萊達 • 拉古帕隸

我的母親是個工作繁忙的新生兒科醫生，但繁瑣的工作沒有妨礙她堅持天天煮食。廚房是我們家的心，每天回家我們就齊集在那裡聊天、做做飯。在那平實的廚房裡，正值青少年期的我們也能和媽媽無所不談。家裡的廚房是我成長的教室，在那裡我學會勤勞的價值、成功的滿足、群體的精神和健食的益處。

現在我是媽媽了，希望也為孩子建立一個魔法廚房。每天早上，我為兒子準備早午餐，有時候更在便當上貼上窩心小便條送到學校為他加油。閒時我們會一起揀選新鮮食材，自豪地合力炮製美食。他最喜歡跟他的朋友分享至愛的番茄拌飯和中式粟米仔。

我希望兒子在成長過程中，能與他的朋友在我們家廚房享受自家菜式和充實的溝通。我相信我們的廚房也會成為家裡簡約亮麗的廚房，把一家人凝聚起來，抵擋日新月異的電子產品和虛擬世界。

# Radha Raghupathy

My mother is a busy neonatologist. This never deterred her from cooking every day. The kitchen was the heart of our home; the place we would congregate after a busy day to talk while sharing kitchen chores. Our informal inviting kitchen made it easy for us to open up even in our difficult teenage years. Many of my life's lessons were learnt in the kitchen; the value of diligence; the pride of accomplishment; the significance of team work and the benefits of healthy eating.

A mother myself now, I hope to recreate the magical atmosphere of my mother's kitchen. I prepare and pack my son's meals every morning, often sending the meals to school with little notes. We shop together for fresh produce and together take pride in preparing our meals. Tomato rice and baby corn manchurian are his favorites and he loves to share them with his friends.

As he grows, I hope his friends will find our kitchen inviting for a home cooked meal and an open conversation. I believe that the beauty and simplicity of the kitchen make it the heart of the home, which will bring us together and weather the threats of novel gadgets and the virtual world.



## 番茄拌飯 (4人份量)

### 材料：

印度香米  
油 (花生油 / 芝麻油 / 粟米油)  
芥末籽  
黑小豆  
孜然  
薑片  
青辣椒  
葱  
青椒  
熟透番茄 (小顆)  
甜粟米粒  
鹽  
薑黃  
水

2杯 (煮熟後放涼；可以其他長粒米替代)  
1湯匙  
1茶匙 (南亞雜貨店有售)  
1-2湯匙 (南亞雜貨店有售)  
1茶匙 (南亞雜貨店有售)  
1片 (約2厘米)  
2條  
3-4棵  
1個  
10-15顆  
½杯 (浸在水中用微波爐叮4-5分鐘至軟)  
隨意  
茶匙  
½杯

### 做法：

1. 除青辣椒外，將所有蔬菜切幼粒。
2. 以慢火起鑊，加入1湯匙油。油溫熱時加入芥末籽。芥末籽爆開後，加入黑小豆。黑小豆變淺紅色後，加入孜然、薑片、整條青辣椒。
3. 加入葱，炒至變軟。
4. 加入其他蔬菜、薑黃、鹽和半杯水。炒幾分鐘，將鑊蓋好直到食材煮熟、變軟。
5. 蔬菜煮熟後，加入熟飯，再加入鹽作調味，攪勻。進食時配以乳酪或菜達 (含青瓜或其他蔬菜和辣椒的印度乳酪)。



# Tomato rice

(Number of servings: 4)

## Ingredients:

Basmati rice	2 cups (cook and let cool; may substitute with other long grain rice)
Oil (Peanut oil/sesame oil/corn oil)	1 tbsp
Mustard seed	1 tsp (available in South Asian groceries)
Urad dal	1-2 tbsp (available in South Asian groceries)
Jeera	1 tsp (Indian term for cumin, available in South Asian groceries)
Ginger	1 small piece (about 2cm; sliced)
Green chili	2 whole
Shallot	3-4 stalks
Green bell pepper	1
Ripe plum tomato (small size)	10-15
Sweet corn kernels	½ cup (boil 4-5 mins in water in microwave to make them soft)
Turmeric	½ tsp
Salt	To taste
Water	½ cup

## Method:

1. Dice all vegetables finely with the exception of green chili.
2. Take a wok, keep on low heat, add a tbsp of oil. When the oil is warm, add mustard seeds and wait for them to splutter. Then add urad dal and wait for them to turn light red. Add jeera, sliced ginger, and full green chilies.
3. Then add shallots and sauté for a few minutes till soft.
4. Then add all vegetables, turmeric, salt, and half a cup of water. Sautee for a few minutes and then cover with a lid until well cooked and soft.
5. After the vegetables are cooked, add the cooked rice and additional salt to taste. Mix. Serve with choice of yogurt or raita.

## 中式粟米仔 (4人份量)

### 材料：

#### 蔬菜醬汁

粟米油	1湯匙
葱	5-6棵 (切碎)
薑	1小塊 (約2厘米)
青辣椒	2-3條
豉油	1湯匙
茄汁	1湯匙
蔬菜濃湯	2杯 (可使用現成或自製濃湯)
粟粉	1湯匙 (混合1湯匙水)

#### 酥炸粟米仔

粟米仔	20條 (每條切半)
多用途麵粉	½ 杯
水	4-5湯匙 (如果需要可以添加更多，以達到濃稠和幼滑狀)
鹽	隨意
粟米油	½ 杯 (炸物用)

### 做法：

1. 先做蔬菜醬汁：以1湯匙粟米油起鑊，油溫熱後，加入切碎的葱、薑、青辣椒、豉油、番茄醬，爆炒，然後加入蔬菜濃湯，煲煮至容量減半成醬汁。備用。
2. 把水加入到麵粉中，攪拌至濃稠和幼滑。加鹽拌勻。
3. 把粟米仔放入麵粉漿中蘸滿表面後，放進盛有粟米油的鑊中以中火炸至金黃色或淺棕色。
4. 把粟米仔取出，瀝乾和用紙巾印乾表面油分。
5. 倒掉油後，將醬汁倒入鑊中。將剛炸起的粟米仔加入內，以慢火攪拌幾分鐘。加入粟粉漿，攪拌至醬汁變稠，熄火。配以炒飯進食。

# Baby corn manchurian

(Number of servings: 4)

## Ingredients:

### Vegetable gravy

Corn oil	1 tbsp
Shallot	5-6 stalks (finely chopped)
Ginger	1 small piece (in 2 cm)
Green chili	2-3
Soy sauce	1 tbsp
Ketchup	1 tbsp
Vegetable broth	2 cups (can use readymade or homemade broth)
Corn flour	1 tbsp (mixed in 1 tablespoon water)



### Baby corn fritters

Baby corn	20 (each cut into two halves breadthwise)
All purpose flour	¼ cup
Water	4-5 tbsp (may add more if needed to reach the proper consistency)
Salt	to taste
Corn oil	½ cup (for frying)

## Method:

1. Take a wok, add 1 tbsp of corn oil to it. When the oil is warm add the chopped shallots, gingers, green chilies, soy sauce and ketchup. Sautee together and add the vegetable broth. Allow to boil until the volume reduces by half. Keep this vegetable gravy aside.
2. Add water to the all purpose flour and mix until thick in consistency and not lumpy. Add salt to taste.
3. Dip baby corn in the flour mixture so each is just coated, and shallow fry them in corn oil on medium heat. Corn fritters should look golden or light brown.
4. Take the baby corn out. Drain, and dab dry with a tissue.
5. After pouring out the oil, return the gravy to the wok. While the baby corn fritters are still hot, add to the gravy, and stir on low heat for a few minutes. Add the corn flour mixture and stir till the broth thickens and switch off. Serve with fried rice.

## 紗蜜姆

我來自一年有六個季節的孟加拉。熱帶夏季過後，雨季令人舒適自在得多。季候風為城市帶來很大轉變：每事每物在富節奏的雨中變得似幻似真，這正是為何這個季節在孟加拉文化中代表著浪漫，在詩詞歌曲裡面一直被傳頌。

在家裡，下雨的日子往往有特別菜式點綴，而黃扁豆步南咖喱就是我家雨天的特定佳餚，也是我父親的最愛。遇上我丈夫以後，我又認識多一個這道菜的捧場客。黃扁豆步南咖喱給我很多美好的回憶。當我十年前搬到香港以後，準備這道菜就連結著我非常掛念的家庭時光。幸好香港的雨跟家鄉的雨很相像，所以在雨天我就經常為我的三人小家庭煮這道菜。

一般而言我們沒有許多出外吃飯的選擇，所以我為七歲的兒子創造了不少新菜式。寇瑪（以雞或蛋製作的白咖喱）在我的家鄉是很普遍的一道菜，尤其會用來招待賓客。我為這個菜式注入一點新元素——在香港非常受歡迎的魚蛋，變成了寇瑪咖喱魚蛋。兒子非常喜歡這道菜，還叫我做廚神！這些都讓我非常高興。

## Shamin Ara Shahjahan

I come from Bangladesh where there are six seasons. After the tropical summer, the rainy season brings much comfort. The monsoons change the city in a dramatic way: everything becomes illusive in the rhythmic rain. That's why this season is considered romantic in Bengali culture, and is appreciated through poems and songs.

Rainy days are adorned with special dishes at home, and bhuna khichuri is a rainy-day delicacy for my family and my father's favourite. Meeting my husband I found another fan of the dish. I have many good memories with bhuna khichuri. After moving to Hong Kong 10 years ago, preparing this dish is a link to the family moments that I miss so much. Fortunately the rain in Hong Kong resembles that at home, so on a rainy day I often cook this dish for our smaller family of three here.

Normally we don't have many options in eating outside, so I create new dishes for my seven-year-old son. Korma (white curry made with egg or chicken) is a very common dish in my country, especially for entertaining guests. I infused it with fish balls which are so popular in Hong Kong, turning it into fishball korma. My son loves it and calls me master chef! It all makes me very happy.

## 黃扁豆步南咖喱 (3人份量)

### 材料：

黃扁豆	1杯	蒜蓉	1湯匙
白米	3杯	芫荽粉	1湯匙
酥油 (或牛油/油)	250毫升	黃薑粉	1湯匙
洋蔥	½ 杯	小茴香粉	1 茶匙
丁香	3顆	肉桂	2條 (各約3厘米)
小豆蔻	4顆	鹽	1½ 湯匙
薑蓉	2湯匙	暖水	1,750毫升 (7杯)
		青辣椒	4條 (喜歡辣的可以切片， 不喜歡辣的就放整條)

### 做法：

1. 用水將黃扁豆煮至軟身。
2. 洗米，瀝乾。
3. 將酥油放入平底鍋，然後加入洋蔥、丁香、小豆蔻、薑蓉、蒜蓉，芫荽粉、黃薑粉、小茴香粉、肉桂和鹽。翻炒拌勻，直至顏色改變以及散發香味。
4. 當油開始浮面，把米和煮好的黃扁豆放入平底鍋，炒1至2分鐘。要一邊炒一邊保持著攪拌的動作，否則底層會燒焦。
5. 當米和黃扁豆拌勻以及上好色後，加入暖水和青辣椒。蓋好鍋蓋，以中火再煮10至15分鐘。



### 備註：

- 你可以用任何一種米，但用香米會更美味
- 這道菜可以配咖喱牛肉、雞，魚或煎蛋等



# Bhuna khichuri

(Number of servings: 3)

## Ingredients:

Mug-daal (yellow lentil)	1 cup	Coriander powder	1 tbsp
Rice	3 cups	Turmeric powder	1 tbsp
Ghee (or butter/oil)	250 ml	Cumin powder	1 tsp
Onion	½ cup	Cinnamon	2 pieces (each 3 cm)
Clove	3 pieces	Salt	1½ tbsp
Cardamom	4 pieces	Warm water	1,750 cc (7 cups)
Ginger paste	2 tbsp	Green chili	4
Garlic paste	1 tbsp		

(If you prefer a spicy dish, slice the chili; otherwise leave whole)

## Method:

1. Boil the mug-daal with water until soft.
2. Wash the rice and drain.
3. Put ghee on the pan, and then add onion, clove, cardamom, garlic paste, ginger paste, coriander powder, turmeric powder, cumin powder, cinnamon, and salt. Stir fry to mix until the colour changes and flavour comes out.
4. When the oil or ghee starts to show up on the top, put the rice and boiled mug-daal into the pan. Fry them for 1-2 minutes. Keep stirring well during this step; otherwise the bottom layer will be burnt.
5. As the rice and daal get well mixed and coloured, add warm water and green chillies. Put on the lid and cook in medium heat for 10-15 minutes.

## Note:

- You may use any kind of rice, but fragrant rice makes it more delicious.
- This dish can be served with beef, chicken, fish, or fried eggs



## 寇瑪咖哩魚蛋 (3人份量)

### 材料：

魚蛋	12粒 (標準大小)
菜油	3湯匙
肉桂	2條 (各約3厘米)
小豆蔻	3至4顆
月桂葉	2片
洋蔥	1杯 (切片)
蒜蓉	1茶匙
薑蓉	1湯匙
鹽	1茶匙
茄汁	1湯匙
牛奶	250毫升



### 做法：

1. 平底鍋中燒熱油，然後將魚蛋煎至金黃色。從鍋中取出，瀝乾油。
2. 以鍋裡的油炒肉桂、小豆蔻和月桂葉，然後加入洋蔥、蒜蓉、薑蓉及鹽。翻炒拌勻所有材料。
3. 當油出現在面層，加入魚蛋與茄汁，炒1分鐘。
4. 將牛奶加入拌勻的材料，不要蓋上鍋蓋。煮3至5分鐘即成。

# Fish ball korma

(Number of servings: 3)

## Ingredients:

Fish ball	12 pieces (standard size)
Vegetable oil	3 tbsp
Cinnamon	2 pieces (each 3cm)
Cardamom	3-4 pieces
Bay Leaves	2 pieces
Onion	1 cup (sliced)
Ginger Paste	1 tbsp
Garlic Paste	1 tbs
Tomato Ketchup	1 tbsp
Salt	1 tsp
Milk	250 ml



## Method:

1. Heat oil in a pan. Fry fish balls until golden brown. Take fish balls out and drain oil.
2. Using the same oil in the pan, stir-fry cinnamon, cardamom, and bay leaves. Then add onion, garlic, ginger pastes, and salt. Stir fry and mix well.
3. When the oil shows up on the top, add the fish balls and tomato ketchup. Stir fry for 1 minute.
4. Add the milk into the mixture. Do not cover the pan at this moment. After 3 to 5 minutes the dish is ready.

## 山下步

手捲壽司給我很多美好的回憶，因為在日本這是在喜慶日子享用的食物，例如：生日、畢業典禮和升職等等。比起其他日本料理它比較非正式，吃時不拘小節——我們可以選擇自己喜歡的配料，用手捲起來，真令人食慾大振！

來到香港後，我喜歡用手捲壽司招呼朋友，因為它製作省時。朋友們通常在餐館吃壽司，對他們而言，在家裡吃壽司是全新的體驗。他們都想學怎樣「正確地」吃壽司。我會教大家：壽司飯應該放在紫菜的粗糙那面、也切勿做壽司三明治（以兩片紫菜夾著餡料），因為這是極為不禮貌的（行儀が悪い）。對我來說，手捲壽司是最佳文化大使，它幫助我結交朋友，與香港人進行文化交流。

## Ayumi Yamashita

Temaki-zushi means hand-rolled sushi. This dish gives me many happy memories because in Japan it is eaten on happy occasions such as birthday, graduation, and job promotion. Compared to other Japanese dishes, it is less formal. We can choose our favorite ingredients and use our hands to wrap and eat the food. This gives us a very good appetite.

After I came to Hong Kong, I love to treat my friends with temaki-zushi. It does not take too much time to prepare. Many of my friends usually eat sushi at restaurants. Having sushi at home is a new experience for them. They are eager to learn to eat sushi in a “proper” way. For instance, I would share with them that they should put the rice on the rough surface of the seaweed, and should not make sushi sandwich (using two pieces of seaweed to wrap the ingredients) as it is considered 行儀が悪い (gyougi ga warui), which means bad manners in Japanese. To me, temaki-zushi is an excellent cultural ambassador as it has helped me to make friends and have a cultural exchange with Hong Kong people.

## 手捲壽司 (4人份量)

### 材料：

#### 壽司配料

雞蛋	2隻 (打成蛋液，用鹽調味)
蘆筍 (青/白)	1條 (去皮切7厘米條狀)
青瓜	3條 (切至7厘米條狀)
魚香腸	1-2包 (切至7厘米條狀)
日本醃蘿蔔	1個 (切至7厘米條狀)
蟹柳	1包 (切至7厘米條狀)

#### 洋葱醬

洋葱	1個 (去皮切碎)
蛋黃醬	2湯匙
醬油	隨意

#### 壽司飯

壽司醋	4湯匙 (超市壽司櫃位有售)
泰國茉莉花米	4碗
壽司紫菜	1包 (超市壽司櫃位有售)



### 做法：

1. 先做洋葱醬：在水中擠壓洋葱以去除辣味，然後晾去水分。在小碗中，放洋葱、蛋黃醬和油，拌勻，製成醬汁，放在一個大盤子的中央。
2. 在平底鍋中加熱油，將適量的蛋液倒入並煎成薄片。重複，直至所有蛋液用完。將已煎熟的雞蛋薄片切至7厘米條狀。與其他壽司餡料放排在盤子上備用。
3. 把米飯煮熟，將壽司醋加入煮熟的飯中，用勺子稍攪拌。冷卻至室溫。
4. 將每片紫菜切成4個方形或梯形。
5. 在一片紫菜的粗糙面上，鋪上1湯匙壽司飯。將2-3種壽司配料放在壽司飯的中央。最後，加上洋葱醬或醬油，捲成手卷。即成。

# Temaki-zushi

(Number of servings: 4)

## Ingredients:

### Neta

Egg	2 (well beaten, seasoned with a pinch of salt)
Green or white asparagus	1 bunch (peeled and boiled, cut into 7cm length)
Cucumber	3 (cut into 7cm in length)
Fish sausage	1 or 2 packs (cut into 7cm in length)
Japanese pickled radish	1 (cut into 7cm in length)
Imitation crab stick	1 pack

### Shari (Sushi rice)

Sushi vinegar	4 tbsp (available in supermarket sushi section)
Thai jasmine rice	4 bowls
Sushi seaweed	1 pack (available in supermarket sushi section)

### Onion sauce

Onion	1 (peeled and finely chopped)
Mayonnaise	2 tbsp
Soy Sauce	To taste



## Method:

1. To make onion sauce, squeeze onions in water a few times to get rid of the sharpness. Drain well. Mix onions, mayonnaise, and soy sauce in a bowl. Put in the middle of a large serving bowl.
2. Heat oil in a pan, add  $\frac{1}{4}$  beaten eggs, and fry to make a thin sheet. Repeat until all eggs are done. Slice the eggs thinly in 7 cm in length. Arrange on the serving plate with the other cut ingredients for neta.
3. Cook rice. Fold sushi vinegar into cooked rice using rice scoop. Cool to room temperature.
4. Cut each sheet of seaweed into 4 square or trapezoid shapes.
5. Spread 1 tbsp of sushi rice on the rough side of a piece of seaweed and put 2-3 types of neta ingredients in the centre. Add onion sauce or soy sauce on top and roll up all ingredients tightly. Serve.



## 雜錦特色咖哩 (4人份量)

### 材料：

洋葱	1個 (切粒)
紅蘿蔔	1條 (切粒)
薯仔	1個 (切粒)
茄子	1條 (切粒)
番茄	1個 (切成八份)
馬薩拉粉	2湯匙 (於南亞商店有售)
水	1公升
日式咖哩粒	6粒
豬肉	200克 (炒, 用鹽和胡椒粉調味)
菠菜	1束 (切成3厘米, 煮沸, 擠去水)
椰奶	70毫升



### 做法：

1. 燒熱鍋，下油，把已切好的蔬菜根據以下的次序加入炒熟：先放洋葱，炒至微黃。加紅蘿蔔，炒3分鐘。加薯仔，炒3分鐘。加茄子，炒2分鐘。加番茄，再炒2分鐘。最後在蔬菜上撒上馬薩拉粉，炒2分鐘。
2. 加入水，煮15分鐘，直至所有配料變軟。用勺子去掉湯中的泡沫。加入咖哩粒，攪拌至融化。然後，加入豬肉和菠菜。
3. 關火，加入椰奶拌勻。
4. 趁熱配飯進食。

# Fusion curry

(Number of servings: 4)

## Ingredients:

Onion	1 (diced)
Carrot	1 (diced)
Potato	1 (diced)
Eggplant	1 (diced)
Tomato	1 (cut into 8 wedges)
Meat masala	2 tbsp (available at South Asian grocery)
Water	1 litre
Japanese curry cube	6 pieces
Minced pork	200 g (stir-fried and seasoned with salt and pepper)
Spinach	1 bunch (cut into 3cm length and boil, squeeze to drain water)
Coconut Milk	70 ml



## Method:

1. Heat some oil in a wok and stir-fry vegetables on medium heat in the following order: First, fry onion until it turns yellowish. Add carrots and stir-fry for 3 minutes. Add potatoes and stir-fry for another 3 minutes. Add eggplants and stir-fry for 2 minutes. Add tomatoes and stir-fry for 2 minutes. Lastly, sprinkle meat masala on the vegetables and stir-fry for 2 minutes. Mix well.
2. Add water to the vegetables and boil for 15 minutes, until all ingredients become soft. Skim the foam from the boiling soup and discard. Add curry cubes and stir until they melt completely. Then add minced pork and spinach. Mix well.
3. Turn off the heat, add coconut milk and mix well.
4. Serve hot with rice.



# 健康篇 Health

健康是一種社會的共同創造。  
探索和管理食物如何為家人和身邊的人帶來健康的過程中，  
女性是最重要的人物。

Health is a social co-production.  
Women play an essential role in exploring and managing food as a source of health,  
in the family as well as among those around them.

## 陳娜芳

祖母是印尼華僑，話不多，但很會做衣服和弄吃的。印尼涼拌菜和蕉葉椰香鹹肉碎糯米飯糰，是我童年時她最常做的兩種食物。

做印尼涼拌菜，不下油、不煎炸；它是健康素食，但很惹味。這道菜令小時候挑吃的我不再拒絕蔬菜。

蕉葉椰香鹹肉碎糯米飯糰製作程序較複雜，初學也不容易做好。祖母教導我說，做菜要有耐性，就好比為家人縫製睡衣褲，要先分步驟做好準備工作，不要急於求成；就算當中的過程不順利，因著對家人的愛，敢嘗試求變通，總可以透過食物、衣服去傳達我們對家人的關心。



## Anda Chan

My grandmother is an Indonesian Chinese. She doesn't talk much, but she is very good at tailoring and cooking. Two dishes that she often made while I was a kid were Indonesian salad and sticky rice balls wrapped in banana leaves.

Indonesian salad is a healthy vegetarian dish. It contains no oil and is not deep-fried, but it is very delicious. This dish made me love vegetables.

The procedures of making sticky rice balls wrapped in banana leaves may be demanding for a beginner. Grandma taught me the importance of patience, comparing it to making pajamas for family members: What is most important is the love for your family and the belief that there is always a solution. These two qualities help us overcome hurdles and allow us to show our concern for our loved ones through food and clothing.

## 印尼涼拌菜 (6人份量)

### 材料：

豆芽	120克
椰菜	120克 (切粗絲)
豆腐卜	120克 (切對半)
通菜	120克 (切成5厘米段)
四季豆	120克 (切成5厘米段)
雞蛋	6個

### 調味料

印尼Buze*原味醬料	250克
印尼Buze辣味醬料	250克
溫水	250毫升



### 做法：

1. 全部蔬菜和豆腐卜洗乾淨後，分開放入沸水中汆水，煮熟後撈起瀝水待涼。
2. 雞蛋連殼用小火煮熟，擱入冷水中浸10分鐘，取出剝殼，切對半，放在一個較大的圓碟中央。
3. 接著把先前汆好水的五種材料環繞雞蛋擺放。
4. 把印尼Buze原味和辣味醬料放在碗中，加入溫水，用湯匙壓碎拌勻。
5. 吃前把醬料均勻地澆在菜和蛋上即可。

### 備註：

\* Buze 是以花生和香料做的辣椒醬，味道甜酸，可於印尼雜貨店買到。



# Indonesian Salad (Number of servings: 6)

## Ingredients:

Bean sprouts	120 g
Cabbage	120 g (shred roughly)
Tofu puff	120 g (cut in half)
Water spinach	120 g (cut into 5 cm pieces)
French beans	120 g (cut unto 5 cm pieces)
Egg	6

## Dressing

Buze* sauce regular flavor	250 g
Buze sauce spicy flavor	250 g
Warm water	250 ml

## Method:

1. Wash the vegetables and tofu puffs and blanch separately in boiling water. Drain and set aside to cool down.
2. Hard boil the eggs on low heat, then put in cold water for 10 minutes. Shell and cut in halves, and put them in the center of a big round plate.
3. Arrange the vegetables around the eggs.
4. Put the buza sauce (two kinds) in the same bowl, add warm water and mix well.
5. Before eating, pour the sauce evenly on the vegetables and eggs.

## Note:

- \* Buze is a sweet and sour chili sauce made of peanut and spices. It is available at Indonesian groceries.



## 蕉葉椰香鹹肉碎糯米飯糰 (6人份量)

### 材料：

糯米	500克	調味料	
椰粉或椰稿稠漿	250克	鹽	1茶匙
芭蕉葉	15-20塊	魚露	2茶匙
橄欖油	3茶匙	白胡椒	2茶匙
紅蔥頭	5粒 (剝皮切碎)	椰粉	隨意
蒜頭	5粒 (剝皮切碎)	糖	1茶匙
蝦米	50克 (暖水浸軟後切碎)		
豬肉碎 (7分瘦3分肥)	300克		
牙籤	15-20支 (對半折斷)		

### 步驟：

1. 用力淘糯米兩次，洗走雜稠，再用清水浸2小時。把糯米放入電飯煲煮熟後，放入椰粉或椰稿稠漿拌均，放涼備用。(注意煮飯水不可太多，剛好蓋過糯米即可，以免糯米太爛沒質感。)
2. 芭蕉葉用乾淨的棉布輕拭乾淨，放入煲中以開水煮15-20分鐘，取出抹乾，每塊裁成20厘米x15厘米，備用。
3. 在平鍋中放橄欖油，先把紅蔥頭和蒜頭炒至微金黃，再放入蝦米、豬肉碎以中火快炒。肉熟了放入鹽、魚露、白胡椒、椰粉和糖，炒勻炒香後，放涼作飯團餡。
4. 以湯匙勺起適量並已涼卻的糯米飯，拿一張保鮮紙，置飯於其上，壓平，在中央放入適量飯團餡，搓成長約5-6厘米的圓條狀，拿出放在芭蕉葉上裹好，用牙籤封好。
5. 最後放入蒸鍋中，隔水蒸10分鐘後就可食用。



# Sticky rice balls wrapped in banana leaves

(Number of servings: 6)

## Ingredients:

Sticky rice	500 g	<u>Seasoning</u>	
Coconut powder/coconut cream	250 g	Salt	1 tsp
Banana leaf	15-20 sheets	Fish sauce	2 tsp
Olive oil	3 tsp	White pepper	2 tsp
Red onion	5 pieces	Coconut powder	To taste
	(peeled and chopped)	Sugar	1 tsp
Garlic	5 cloves		
	(peeled and chopped)		
Dried shrimp	50 g (soak in warm water until soft, then chop)		
Minced pork (70% lean and 30% fat)	300 g		
Toothpicks	15-20 (break into half)		

## Method:

1. Wash the sticky rice twice to clean away bran and dirt. Then soak in water for 2 hours. Cook the sticky rice in cooker. When it is cooked, stir in coconut powder or coconut cream. Put aside to cool down. (Note: Make sure the water just covers the sticky rice in cooker. Too much water will make the rice too soft.)
2. Wipe clean the banana leaves and boil for 15-20 minutes. Wipe dry, and cut into 20x15cm rectangles.
3. Put olive oil into a pan, fry red onion and garlic until slightly golden. Add dried shrimps and minced meat and stir fry quickly. When the meat is cooked, add oil, fish sauce, white pepper, coconut powder, and sugar, and fry until the aroma comes out. Put aside to cool down and use as stuffing.
4. Take a piece of cling film in one hand, and spoon a suitable amount of sticky rice onto it. Press flat. Put some stuffing in the middle then roll into cylindrical shape of 5 to 6 cm long. Take out and wrap in a banana leaf. Secure the roll with a toothpick.
5. Put the rolls in a steamer and steam for 10 minutes.

## 陳蕾

經歷過第二次大戰和大饑荒，外婆堅信吃是為了充飢。她從不享廚樂，名副其實的餬口飯菜一直不甚受家人歡迎，只有潮州豆腐糕和蝦棗例外。這兩種外脆內酥的食物，成了家人的至愛。小孩尤其喜歡用生菜包著蘸辣椒醬來作小食。

身為長女的媽媽自小進出廚房，本是為了自己和弟妹的肚皮著想，但漸漸迷上與食物打交道。有穩定收入後，她更成了各烹飪中心的常客，回家後不斷實驗改良，寵得姊姊和我從不願外出用餐。

三年前我開始茹素，並不回味兒時最愛的蜜糖雞翼，卻不時想起外婆的豆腐糕和媽媽的獨門糖醋骨。為了解饞，我便以豆香更濃且不失口感的豆乾代替傳統豆腐糕中的肥豬肉，又用風靡全球純素者的生大樹菠蘿取代排骨。



## Yoyo Chan

Grandma, who survived the Second World War and the Great Famine, has long held the belief that food is for sustenance alone. So most of her dishes lack flavor or texture. But there are two exceptions – Chiuchow tofu pudding and shrimp fritters. Crispy on the outside and fluffy on the inside, they are our family favorite. We wrap these golden delights in lettuce and dip them in chili sauce for a spicy, flavorful handheld snack.

The responsibility of feeding the family gradually fell on Mum's shoulders after she started school. What started as a duty of an eldest daughter slowly developed into a lifelong passion for making magic with humble ingredients. Between her job and raising us, Mum still managed to squeeze time to attend cooking classes of all sorts. With the privilege of having the best chef at home, my sister and I never wanted to eat out.

I started adopting a plant-based diet three years ago. While I give no further thought to my childhood favorite honey chicken wings, I do miss Grandma's tofu pudding and Mum's signature sweet vinegar-braised spareribs. For a vegan adaptation, I substitute the pork fat in the tofu pudding with dougan, and instead of spareribs, I braise unripe jackfruit in sweet vinegar.

# 潮州豆腐薯仔糕

(6-8 人份量)

## 材料：

板豆腐	1塊 (約500克)	紹興酒	2茶匙
薯仔	1個 (中)	薯粉	120克
五香滷水豆乾	1塊	素蠔油	½茶匙
芥花籽油	1湯匙	白胡椒粉	1茶匙
蒜蓉	2茶匙	幼鹽	¼茶匙
薑蓉	1茶匙	麻油	½茶匙
葱白	1湯匙 (切粒)		

## 做法：

1. 用手搗碎豆腐，靜置待出水。薯仔蒸熟，去皮後用叉壓成薯蓉。豆乾剁成幼粒。
2. 中火燒熱鑊，用芥花籽油爆香蒜蓉、薑蓉及葱白，加入豆乾炒至金黃，瀆紹興酒快炒，離火待用。
3. 瀝乾豆腐，加入薯蓉、豆乾、薯粉、素蠔油、白胡椒粉、幼鹽和麻油拌勻，分成兩件圓形，隔水蒸1小時。用木筷子插入糕的中心點，拔出時沒黏上粉漿即熟透。
4. 放涼後切片，以中細火兩面各煎3分鐘至黃金香脆，即可享用。蘸辣椒醬和用生菜包著吃更解膩。



# Chinchow tofu-potato pudding

(Number of servings: 6-8)

## Ingredients:

Firm tofu	1 block (around 500g)	Shaoxing wine	2 tsp
Medium potato	1	Potato starch	120 g
Dougan	1	Vegan oyster sauce	½ tsp
Canola oil	1 tbsp	Ground white pepper	1 tsp
Minced garlic	2 tsp	Salt	¼ tsp
Minced ginger	1 tsp	Sesame oil	½ tsp
Finely chopped shallot	1 tbsp		

## Method:

1. Mash the tofu with hands and set aside. Steam the potato until tender, peel and mash with a fork. Finely chop the dougan.
2. In a small pan, heat canola oil over medium heat. Sauté the minced garlic, ginger, shallots, and dougan until golden. Add Shaoxing wine and give everything a quick stir. Remove from heat and set aside.
3. Drain excess water from the tofu mash, add the potato mash, sautéed dougan, potato starch, vegan oyster sauce, ground white pepper, salt and sesame oil and mix until well-combined. Divide the tofu-potato mixture into two oval shapes. Steam for 1 hour. Poke the middle with a wooden chopstick. The pudding is done if chopstick comes out clean.
4. Let it cool completely and cut into thin slices. Pan fry each side over a medium-low heat for 3 minutes, or until golden brown. Serve hot on its own, or dip in chili sauce and wrap in lettuce leaves.





## 糖醋素肉排 (3-4人份量)

### 材料：

生大樹菠蘿	535克 (約4大塊)	生抽	3湯匙
蒜頭	1個	老抽	1湯匙
薑	4片	片糖	1½片 (約135克)
芥花籽油	1湯匙	水	340毫升
白胡椒粉	¼茶匙	大紅浙醋	3湯匙
紹興酒	1湯匙		

### 做法：

1. 大樹菠蘿切成小塊，蒜頭去衣。用刀背略拍扁蒜和薑。
2. 中火燒熱鑊，用芥花籽油爆香薑片。薑片微焦黃時，放蒜頭落鑊爆香至金黃。
3. 加入大樹菠蘿及白胡椒粉，灑紹興酒快炒。加入生抽炒勻後，再加入老抽炒勻。
4. 加水及片糖，大火煮滾後蓋上鑊蓋，調至中火煮10分鐘。開蓋略炒後再蓋上鑊蓋，調至小火燉20分鐘。
5. 加大紅浙醋略炒，續用小火煮15分鐘至汁稠即成。趁熱配白飯或蒸蔬菜進食。



### 備註：

- 已去皮及切成大塊的生大樹菠蘿在印尼、泰國等東南亞雜貨店有售。

# Sweet vinegar-braised jackfruit "pork"

(Number of servings: 3-4)

## Ingredients:

Unripe jackfruit	535 g (around 4 large pieces)	Light soy sauce	3 tbsp
Garlic	1 whole	Dark soy sauce	1½ tbsp
Ginger	4 slices	Jaggery	1½ pieces (around 135 g)
Canola oil	1 tbsp	Water	340 ml
Ground white pepper	¼ tsp	Red vinegar	3 tbsp
Shaoxing wine	1 tbsp		

## Method:

1. Cut jackfruit into bite-size pieces and peel garlic cloves. Roughly bash garlic and ginger with the back of the knife.
2. In a wok, heat oil over a medium heat. Sauté ginger slices until golden, then add garlic cloves and sauté until golden.
3. Add jackfruit, ground white pepper, Shaoxing wine and give everything a quick stir. Add light soy sauce and sauté until well mixed. Add dark soy sauce and sauté until well mixed.
4. Add water and jaggery and bring it to a boil over high heat. Put the lid on, reduce the heat to medium and cook for 10 minutes. Give a quick stir, put the lid back on, reduce the heat to low and cook for another 20 minutes.
5. Add red vinegar and sauté until mixed. Cook over low heat for 15 minutes or until the sauce thickens. Serve hot with rice and steamed greens.



## Note:

- Unripe jackfruit is available at Southeast Asian grocery stores.

## 蔡影儀

有一個時期菜價很貴，由於芽菜較其他菜便宜，我就想到用瘦肉炒芽菜。但有一次街市的芽菜售罄，我便買了大豆芽。起初我不懂得怎樣煮，便再試著炒瘦肉，但發覺味道不太好。後來我在網上找資料，看到一個涼拌大豆芽的菜式，就用我的方法試做，發現原來味道十分清新可口，家人也覺得好味。

我最喜歡的甜品是雪耳燉木瓜糖水，這是一款廣東甜品。因為我有氣管敏感，這個糖水喝後會讓我喉嚨感覺較舒服。

## Ella Choi

There was a time when the price of vegetables remained very high. Mung bean sprouts was an economical choice. I used it for a lean pork stir-fry. One day, mung bean sprouts were sold out, so I bought soybean sprouts instead. I tried to stir-fry it with lean pork but the taste was not good. So I surfed the net and found a dish called soybean sprouts salad. I developed my own version and found it refreshing, and my family liked it too!

My favorite dessert is a Cantonese sweet soup made with papaya and white fungus. Whenever I suffer from airway allergy, I would drink this sweet soup and feel much better.

## 雪耳燉木瓜糖水

(4人份量)

### 材料：

夏威夷木瓜	2個
雪耳	1朵
南北杏	1湯匙
冰糖	隨意
凍滾水	1500毫升



### 做法：

1. 木瓜去皮、去籽，切塊。雪耳浸水10分鐘，變軟後去蒂、洗乾淨。南北杏洗乾淨，浸5分鐘。
2. 以上材料連冰糖放入燉盅，加入水，燉兩小時即可食用。

# Papaya and white fungus sweet soup

(Number of servings: 4)

## Ingredients:

Hawaii papaya	2
White fungus	1 pc
Sweet and bitter apricot kernel	1 tbsp
Rock sugar	To taste
Water	1500 ml (boiled and let cool)



## Method:

1. Remove the skin and seeds of the papaya. Soak the white fungus in water for 10 mins until soft, and trim off the stems. Clean thoroughly. Wash the apricot kernels and soak for 5 mins.
2. Put the above with rock sugar in a double-boil pot. Add water and double-boil for 2 hours.

## 韓式涼拌大豆芽

(4人份量)

### 材料：

大豆芽	500克
鹽	1茶匙
調味料	
芝麻油	2湯匙
壽司醋	2湯匙
糖	½茶匙
苦椒醬 (韓式辣椒醬)	2茶匙



### 做法：

1. 燒一鍋滾水並放入一茶匙鹽。
2. 洗淨大豆芽。把大豆芽汆水約2分鐘，撈起晾去水分。
3. 用冰水沖洗大豆芽，再晾乾水。所有調味料撈勻，加入大豆芽中拌勻即可。

# Korean style soybean sprouts salad

(Number of servings: 4)

## Ingredients:

Soybean sprouts	500 g
Salt	1 tsp
Seasoning	
Sesame oil	2 tbsp
Sushi vinegar	2 tbsp
Sugar	½ tsp
Gochujang (Korean chili paste)	2 tbsp



## Method:

1. Put water in a pot and bring to a boil. Add a tsp of salt.
2. Blanch the soybean sprouts in the water for 2 minutes. Drain water.
3. Rinse the soybean sprouts in ice water and drain. Mix all the seasonings and add to soybean sprouts. The salad is ready to serve.

## 詹凱盈

我是一個「好食懶飛」的大細路。媽媽每天晚餐時都把我餵飽餵滿，所以我不在這裡獻醜啦。由工業化時代開始，城市人的生活就變得越見簡便。煮飯？用電飯煲啦！喝湯？喝罐頭湯啦！（納含量超高，不能常喝！）因為有了這些現代產物，我此等懶人不必要考究煮食技巧，只管吃得安全，不為煮食而受傷，也不想吃壞肚皮。

啊！一定要介紹這兩份食譜用上的全球化材料：薑黃是本地有機農場種植的，龍眼肉和白米是泰國運來的，罐頭湯和雞蛋是美國入口的，而餐桌鹽則來自中國。水嗎，是「狠」貴的東江水。





## Vicky Jim

I'm an irresponsible kidult. My granny cooks me yummy dinner every day, so I don't have much cooking skills to share. Since industrialization, convenience has become the buzz word for city life. I get rice from an electric cooker and soup from a can. (Caution: canned soups contain super high sodium level, so don't drink it too often!) With these modern products, it's unnecessary for lazy me to acquire cooking skills, but I do keep an eye on food and kitchen safety.

Oh, I think I should also introduce the global ingredients of my two recipes: the turmeric comes from a local organic farm, the longan pulp and rice are imported from Thailand, the canned soup and egg are from the United States, the table salt comes from China, and, last but not the least, the ridiculously expensive water from the Dongjiang...

## 桂圓黃薑飯 (6人份量)

### 材料：

白米	3 杯
乾龍眼肉	30 粒
薑黃	3條 (磨茸)
鹽	1 茶匙
水	

### 做法：

1. 洗淨乾龍眼肉（不要浸泡）。
2. 洗米，過水3次。
3. 將米、乾龍眼肉、薑黃茸、鹽放進電飯鍋，加入適量的水到達3杯的標記處，攪勻。
4. 按電飯煲上「煮飯」鍵，待煮熟。

### 備註：

- 龍眼肉可以其他帶甜味的健康食材代替，例如紅棗。



## Longan turmeric rice

(Number of servings: 6)

### Ingredients:

White rice	3 cups
Dried longan pulp	30 pieces
Turmeric	3 pieces (grated)
Salt	1 tsp
Water	



### Method:

1. Wash dried longan (do not soak).
2. Wash rice and rinse for 3 times.
3. Put rice, dried longan pulps, turmeric and salt in electric cooker. Add water to the mark of 3 cups. Mix well.
4. Press “cook” button and cook rice as usual.



### Note:

- Longan may be replaced by other sweet but healthy items, such as red dates.

## 忌廉粟米生菜蛋花湯 (2人份量)

### 食材：

忌廉粟米湯	1 罐
雞蛋	1 隻
生菜	3 片 (切粗絲)
水	500 毫升



### 做法：

1. 將生菜洗淨及浸泡10分鐘。重複兩次。瀝水、切粗絲備用。
2. 忌廉粟米湯及水倒進小鍋，攪勻，以中火煮滾。
3. 生菜絲放進湯中，攪勻，熄火。
4. 雞蛋打進已煮滾的湯，攪拌一下，蛋熟了就完成了。

### 備註：

- 於較後步驟加入生菜可保持其爽脆口感。

# Cream corn soup with egg and lettuce

(Number of servings: 2)

## Ingredients:

Cream corn soup	1 can
Egg	1
Lettuce leaves	3 pieces (roughly shredded)
Water	500 ml



## Method:

1. Wash lettuce and soak for 10 mins. Drain water. Repeat two more times. Drain and shred roughly.
2. Pour the canned soup and water into a small pot, mix well, and bring to a boil over medium heat.
3. Add lettuce into soup, stir to mix. Switch off heat.
4. Add beaten egg into soup and stir to mix. When egg is done the soup is ready.

## Note:

- Add the lettuce later helps to keep its crunchy texture.

## 羅亦琳

我和孿生姊姊自小便愛下廚，成為純素者後更喜鑽研可口的營養素菜。一年前媽媽患病入院，手術後病在床，我們知道她吃不慣醫院膳食，所以百忙中抽空製作素食飯盒。現在我們依然每天製作午飯盒給媽媽。她亦漸漸成為半素食者，外出與朋友吃飯時會盡量選擇素菜。令我們堅持純素的原因，除了是保護動物和環境，更是看到家人從純素飲食中改善身心，變得更強壯健康。因此我們會繼續努力，多製作創意素菜，藉此推動身邊的人奉行純素飲食。

## Cherry Law

My twin sister and I have been passionate about cooking since childhood. After becoming vegan, we love to experiment with delicious and nutritious vegan dishes. A year ago, Mum got ill and was hospitalized. Lying in bed after surgery, she had a dislike for hospital meals. Though we were very busy, we tried our best to cook for her. Even today, we make a vegetarian lunch box for her every day. She has become a semi-vegetarian and chooses vegetarian dishes when dining out with friends. What motivates us to stay vegan is not only to protect animals and the environment, but also due to the fact that my family has benefitted from better health after changing to a vegetarian/vegan diet. We will keep creating new vegan dishes to encourage people around us to follow a vegan diet.

## 純素香橙巧克力布朗尼

(2人份量)

### 材料：

中筋粉	110克
無糖可可粉	20克
泡打粉	3克
椰絲	10克
砂糖	130克
糖漿	50克
植物奶 (杏仁奶/豆奶/米奶)	120毫升
雲尼拿香精	5滴
橙皮	隨意 (切絲)

### 做法：

1. 預熱焗爐至180度。
2. 把所有粉類篩在盤裡，加入除橙皮外的其他材料，拌均。
3. 把混合物倒進蛋糕模型。焗20分鐘。
4. 拿出焗爐後放上橙皮裝飾，即成。

# Vegan citrus chocolate brownies

(Number of servings: 2)

## Ingredients:

All-purpose/plain flour	110 g
Sugar-free cocoa powder	20 g
Baking powder	3 g
Desiccated coconut	10 g
Sugar	130 g
Syrup	50 g
Vegetable milk (almond/soy/rice)	120 ml
Vanilla extract	5 drops
Orange peel	To taste (shredded)



## Method:

1. Preheat oven to 180 degrees.
2. In a big bowl, sift all powder-form ingredients. Add all other ingredients except orange peel. Mix well.
3. Pour the mixture into a cake pan. Bake for 20 minutes.
4. Take out the cake and garnish with orange peel.



## 日式純素煎餃 (20隻)

### 材料：

現成餃子皮	20片	調味料	
乾冬菇	3個	味噌醬	3湯匙
薑蓉	1茶匙	紹興酒	1湯匙
蒜蓉	1茶匙	麻油	1湯匙
紅蘿蔔	1條 (切粒)	胡椒粉	½茶匙
椰菜花	1個 (切粒)		

### 做法：

1. 乾冬菇浸水變軟後切粒，把浸冬菇水留起備用。
2. 爆香薑蓉、蒜蓉（五辛素者可不用），加入冬菇粒、紅蘿蔔粒、椰菜花粒和冬菇水。
3. 炒到半熟加入味噌醬、紹興酒、麻油和胡椒粉。
4. 餡料放涼才可包入餃子皮（以免熱氣令餃子皮濕掉）。餡料置於餃子皮中間，在餃皮邊沾水，然後對摺，用叉子按壓出間紋，增加香脆口感。
5. 煎熟餃子，留意餃子底部要煎脆，餃子呈金黃色就大功告成！



### 備註：

- 健康少油版：半煎熟餃子再放入焗爐烘脆，用廚房紙印乾油分。

# Japanese vegan pan-fried dumplings

(20 pieces)

## Ingredients:

Ready-made dumpling skin	20 pieces	<u>Seasoning</u>	
Dried shitake	3 pieces	Miso sauce	3 tbsp
Minced ginger	1 tsp	Shaoxing wine	1 tbsp
Minced garlic	1 tsp	Sesame oil	1 tbsp
Carrot	1 (diced)	White pepper	½ tsp
Cauliflower	1 (diced)		

## Method:

1. Soak the mushrooms in warm water until soft, and dice. Save the mushroom water for later use.
2. Sautee minced ginger and garlic with hot oil (non-allium pure vegetarians may skip this). Add mushrooms, carrots, cauliflower and mushroom water.
3. When the above is half cooked, add miso sauce, Shaoxing wine, sesame oil and white pepper.
4. Let the fillings cool down before wrapping to prevent the moisture from making the dumpling skins wet. Place one spoon of the filling in the middle of the skin. Wet the edge of the skin, fold over and press the edges together. Press the edge with a fork to make patterns, which will make the dumpling crispier.
5. Pan-fry both sides of the dumplings until golden and crispy. Enjoy!

## Note:

- Healthy low-fat version: Pan fry the dumplings slightly and bake in oven until crispy. Then lightly dab away the oil with kitchen paper.

## 達琳娜 • 撒瑪拉姬娃

成長在斯里蘭卡，吃飯時間就是家庭聚會的時光。所有人都在大餐桌前圍坐著，吃著媽媽主理的盛宴。要餵飽的孩子很多，不單是我的兄弟姐妹，也有一起住的表兄弟姐妹。媽媽同時要均衡食材營養，確保我們吃得健康。

拌碎菜含有豐富維生素和礦物質，常出現在餐桌上。混合著葉子、椰子、洋蔥和香料，拌碎菜是罕有孩子們會吃清光的綠葉菜式。羽衣甘藍是這菜式的重要食材，也是香港常見的蔬菜。由於羽衣甘藍帶點甘苦味，其他配料可以中和它，使它更香甜、更容易入口。

我的第二道菜式是炒番薯。這菜式的靈感來自斯里蘭卡菜——炒薯仔。它通常與果酒或啤酒一同現身於派對，或伴以米飯和咖哩進食。在這新菜式裡，我用了茴香、辣椒、青檸來帶出紫心番薯的獨特味道。含有豐富花青素的番薯被認為能增強視力，所以這道菜不僅美味，還對長期使用電腦的人甚有裨益。



## Daleena Samarajiva

Growing up in Sri Lanka, mealtimes were a family gathering. Everyone sat around a large table with Mum in charge. She had many mouths to feed, not only of her own children but also nephews and nieces living with us, and she made sure the meals were nutritious, healthy, and balanced.

The mallung is laden with vitamins and minerals and it made frequent appearances. A mix of leaves, coconut, onions and spices, it was one of the few leafy green dishes we kids downed without fuss. Kale is easy to find in Hong Kong and makes a great mallung, with the other ingredients off-setting its slight bitterness and making it sweet and flavorful.

My second dish, sweet potato stir fry, is inspired by potato thel dala, a Sri Lankan potato stir-fry that's often served with wine or beer at parties, or with rice and curry. I have brought out the distinct taste of the purple sweet potatoes with a touch of cumin, chili and lime. Rich with anthocyanins, sweet potato is believed to improve vision, and so this dish is not only delicious but also good for people like me who spend many hours at the computer.

## 羽衣甘藍拌菜 (2-3人份量)

### 材料：

羽衣甘藍嫩葉	250克 (洗淨，切粗碎)	蝦乾 (按喜好添加)	1湯匙
油 (橄欖油或米油)	1湯匙		(洗淨瀝乾，切碎)
蒜頭	2瓣 (切細片)	薑黃 (按喜好添加)	隨意
紅洋蔥	2個 (中；切細片)	鹽	隨意
新鮮紅辣椒	2條 (去核洗淨，切薄片)	胡椒	隨意
黑芥末籽	1茶匙	椰子乾或新鮮椰子碎	4湯匙
茴香籽或茴香粉	1茶匙	椰奶 (浸軟椰子乾用)	2-3茶匙
		青檸或檸檬汁	隨意

### 做法：

1. 將油放入大煎鍋，以中火燒熱，加入蒜頭、紅辣椒和洋蔥爆炒。加入黑芥末籽、茴香籽、蝦乾和薑黃繼續爆炒。加入羽衣甘藍嫩葉並迅速攪拌，以保持其鮮綠顏色。
2. 加鹽和胡椒調味。
3. 加入椰子碎並輕輕攪拌 (如果使用椰子乾，先用椰奶加以浸軟)。
4. 加入檸檬或青檸汁。
5. 配上米飯和肉咖哩進食，或作薄餅卷餡料。



# Kale malling

(Number of servings: 2-3)

## Ingredients:

Baby kale	250 g (wash and coarsely shredded)
Oil (olive or rice oil)	1 tbsp
Garlic clove	2 (finely sliced)
Medium-sized red onion	2 (finely sliced)
Fresh red chili	2 (de-seeded and wash well, sliced)
Black mustard seed	1 tsp
Cumin seed or powder	1 tsp
Dried prawn (optional)	1 tbsp (wash, drain and finely chopped)
Turmeric (optional)	To taste
Salt	To taste
Pepper	To taste
Desiccated or freshly grated coconut	4 tbsp
Coconut milk (for soaking the desiccated coconut)	2-3 tsp
Lime or lemon juice	To taste



## Method:

1. In a large skillet, warm oil over medium-high heat, add garlic, red chillies, and onions and sauté. Add mustard seeds, cumin seeds, dried prawn and turmeric and continue to sauté. Add kale and stir quickly, making sure the kale remains green and fresh.
2. Add salt and pepper to taste.
3. Lightly mix with coconut. If using desiccated coconut, moisten the coconut with the coconut milk.
4. Add a few drops of lemon or lime juice.
5. Serve with rice and a meat curry, or use on its own as a filling for a wrap.



## 香辣甘薯小炒 (2-3人份量)

### 材料：

番薯	3個 (大)	茴香籽或茴香粉	1茶匙
鹽	隨意	長青辣椒	1-2條 (切片；切片前去籽 並沖洗可使味道變溫和)
橄欖油	¼ 杯	新鮮芫茜葉	隨意 (切碎)
蒜頭	2瓣 (去衣切片)	辣椒片	隨意
紅洋蔥	1個 (大；切薄片)	椰子肉	隨意 (刨碎)
薑黃	½ 茶匙		

### 做法：

1. 將洗過的番薯放入大鍋，加水至番薯被完全覆蓋。加少許鹽，用中高火煮沸。煮約15至20分鐘，直到番薯熟透但不能太軟。
2. 用竹籤插入番薯中間，如果竹籤拔出來時是乾爽的就是熟透。放在笊箕瀝乾、放涼，然後去皮，並切成約2至3厘米長的四方形，備用。
3. 將油放入大煎鍋，以中高火燒熱，加入蒜頭和洋蔥爆炒，直到顏色通透，但不宜過軟。加入薑黃、茴香、青辣椒，攪勻後加鹽。加入番薯，慢炒5-10分鐘，直至完全攪勻，期間確保番薯不被壓爛。
4. 轉慢火，蓋上鑊蓋，炆煮5分鐘左右讓材料味道融合。然後加入切碎的芫茜葉和辣椒片，慢炒直至混合，期間確保葉子顏色維持鮮綠。
5. 加上刨碎的椰子肉作裝飾即成。這道菜也可以加入新鮮椰子肉／新鮮番茄。跟肉類辣咖哩和新鮮沙拉一起享用，風味更佳。



# Spicy sweet potato stir-fry

(Number of servings: 2-3)

## Ingredients:

Sweet potato	3 (large)	Cumin seed or powder	1 tsp
Salt	To taste	Long green chili	1-2 (sliced; for milder taste, de-seed and wash under running water before slicing)
Olive oil	¼ cup	Fresh coriander leaves	To taste (roughly chopped)
Garlic	2 cloves (peeled and sliced)	Chili flakes	To taste
Large red onion	1 (thinly sliced)	Grated coconut	To taste
Turmeric	½ tsp		

## Method:

1. Place washed sweet potatoes in a large saucepan, cover with water. Add a dash of salt and bring to boil over medium-high heat. Boil for about 15 to 20 minutes until cooked but firm.
2. Pierce the sweet potatoes with a skewer in the middle. If skewer comes out dry the sweet potatoes are cooked. Drain in a colander, cool, peel and cut into cubes of about 2 to 3 cm. Set aside.
3. In a large frying pan, warm oil over medium-high fire, sauté garlic and onions until translucent but firm. Add turmeric, cumin seeds and green chilies and mix. Add salt, and then the sweet potatoes, stir gently for about 5-10 minutes until completely mixed, making sure the sweet potatoes do not get crushed.
4. Turn down fire to low and cover the pan. Simmer for about 5 minutes to allow the flavors to be absorbed. Then add the chopped coriander leaves and chili flakes, and stir gently until mixed but with the leaves still fresh and green.
5. Garnish with grated coconut. For variation, add fresh coconut meat or fresh tomatoes. Enjoy with spicy meat curry and light fresh salad.





*S. M. ...*

# 傳統篇 Traditions

食物在節慶和傳統中佔很重要的位置，  
它象徵著一個國家和文化的價值觀和理念。

然而，對個人而言，傳統的定義就是媽媽在重要場合預備的食物。

Food plays a large part in all celebrations and traditions, symbolizing the values and philosophies of a nation and culture. But it is the food that mom makes to mark important occasions that defines what tradition means to us.

## 愛莉花 • 迪亞 • 安迪甄妮

椰香糯米糕經常聯繫著我快樂的時刻。我常常都想吃這個，因為在家鄉只有婚禮舉行時，我才有機會吃！2012年，我和丈夫結婚了。我們認識的所有人都來參加婚宴，並且一起分享這個甜而黏稠的糕點。

要準備很多椰香糯米糕來招呼婚禮的賓客，往往需要很多男士的勞動力。婚宴過後，大家都累了！媽媽便會為我們做米粉粥，這是一種可以恢復體力的印尼甜品。現在我在香港工作，對於種類繁多的中國菜深感著迷。我特別感興趣的是煲湯的材料。所以我用了桂圓、紅棗和米粉粥來個跨文化嘗試。芊芊——我最要好的香港朋友——也喜歡啊！

## Alif Tia Andiyani

Wajik has always been related to my personal favorite moments. I craved it so much because we don't get to eat it unless there is a wedding celebration in our village in Indonesia. In 2012, my husband and I got married. Everyone we knew joined our celebration in which this sweet and sticky cake was shared among our friends and family members.

Preparing wajik often involves male labour because we need to prepare a lot to serve visitors who come to the wedding. To resume energy, my mother used to cook burbur sum sum, an Indonesian dessert, for us. Now that I'm working in Hong Kong, I'm fascinated with the wide range of Chinese dishes here. I particularly feel curious about the little ingredients for making Chinese soup, so I made burbur sum sum cross-over with red dates and dried longan. My best Chinese friend, Tsin Tsin, found it lovely too!

## 椰香糯米糕 (4人份量)

### 材料：

糯米	150克
椰奶	200毫升
棕櫚糖	100克
班蘭葉	1片
鹽	½茶匙
水	75 毫升



### 做法：

1. 先將糯米浸泡1-2小時，然後蒸30分鐘。放入托盤。
2. 將椰奶、已切成小塊的棕櫚糖、班蘭葉和鹽在鍋中煮沸。慢火煮10分鐘，攪拌直至棕櫚糖溶解和有少許凝結。
3. 將糯米倒入盛有棕櫚糖和椰奶的鍋中。用慢火烹調，攪拌直至液體完全被糯米吸收並稍微乾身。
4. 丟掉班蘭葉和雜質。將糯米放在鋪了保鮮紙的托盤中，然後用鑊鏟壓平糯米。
5. 讓糯米糕在室溫下冷卻1-2小時。切成小菱形。



# Wajik

(Number of servings: 4)

## Ingredients:

Glutinous rice	150 g
Coconut milk	200 ml
Palm sugar	100 g
Pandan leaf	1 piece
Salt	½ tsp
Water	75 ml



## Method:

1. Soak glutinous rice for 1 - 2 hrs, then steam for 30 minutes. Put in tray.
2. Bring coconut milk, chopped palm sugar, pandan leaf and the salt to a boil in a pot. Reduce heat and simmer for 10 minutes, stir until palm sugar is dissolved and the mixture thickens.
3. Transfer the rice into the pot containing the palm sugar and coconut milk. Cook on low heat, stir until the liquid is fully absorbed by the rice and is somewhat dry.
4. Discard the pandan leaf and the impurities. Line a tray with cling film, then pour the glutinous rice into the tray. Press and flatten the rice with a spatula as best as you can.
5. Let it cool at room temperature for 1 to 2 hours. Cut into small rhombus shapes.

## 桂圓紅棗米粉粥 (4人份量)

### 材料：

#### 棕櫚糖漿

棕櫚糖	100克
白糖	3湯匙
班蘭葉	1片
紅棗	5粒
龍眼乾	10粒
杞子	少許
水	350毫升



#### 米粉粥

粘米粉	100克
水	750毫升
椰奶	50毫升
班蘭葉	1片
雲尼拿香油	1湯匙



### 做法：

1. 製作棕櫚糖漿，在鍋中放入棕櫚糖、白糖、班蘭葉、紅棗、龍眼乾、杞子和水，慢火烹調至稍微濃稠（約10分鐘）。備用。
2. 製作米粉粥，將粘米粉和100毫升水放入碗中，拌勻至沒有粒塊。備用。
3. 置椰奶、650毫升水和班蘭葉於鍋中，慢火煮至沸騰，期間須不斷攪拌。然後倒入米粉粥，攪拌至濃稠（約20分鐘）。加入雲尼拿香油。關火。
4. 將米粉粥舀入碗中，將棕櫚糖漿淋在上面食用。

# Burbur sum sum with dried longan and red dates

(Number of servings: 4)

## Ingredients:

### Palm sugar syrup

Palm sugar	100 g
White sugar	3 tbsp
Pandan leaf	1 piece
Red dates	5 pieces
Dried longan	10
Wolfberry	Pinch
Water	350 ml

### Burbur (rice flour porridge)

Rice flour	100 g
Water	750 ml
Coconut milk	50 ml
Pandan leaf	1 piece
Vanilla extract	1 tbsp

## Method:

1. To make the syrup, add palm sugar, white sugar, pandan leaf, red dates, dried longan and wolfberry in water in a saucepan and cook on low heat until slightly thickened (about 10 mins). Then set aside.
2. To make the burbur, combine rice flour and 100ml of water in a mixing bowl. Mix well until there is no lump in the mixture. Set aside.
3. Put coconut milk, 650 ml of water and pandan leaf in a saucepan and cook on low heat. Constantly stir until it starts to boil. Then add the rice flour mixture and stir until it thickens (about 20 minutes). Add vanilla extract and turn off fire.
4. Scoop the rice flour porridge into a serving bowl and pour some palm sugar syrup on top.





### 亞施美亞圖恩

薑黃飯是很受歡迎的印尼傳統菜式，所有印尼人在節慶時都會吃這道菜。我還記得小學畢業時，老師請同學帶一些食物回校慶祝，當同學和老師看到我帶的食物時，都又驚又喜。其他同學帶的都是簡單的食物如蘋果、香蕉或小食等等。但媽媽為我的畢業慶祝準備了薑黃飯和一些小菜，包括醃菜、炒丹貝和椰絲生菜沙律，還有雞呢！媽媽說：「這是你的畢業禮，我們一定要好好地吃一頓慶祝！」媽媽是位巧手又專注的廚師，她總希望做到最完美。我從她身上學了很多烹飪的知識，卻沒她煮得那麼好。

這款菜式如果弄成圓錐形，就叫做錐形飯。8月17日慶祝印尼獨立日的時候，村長就會邀請大家做這道菜。有些人會做黃色的薑黃飯；有些人則做圓錐形的錐形飯。全村的家庭都會一起分享食物，非常開心！

## Asmiatun

Nasi kuning is a popular traditional food in Indonesia. All Indonesians eat it during festive days and celebratory events. I remember when I graduated from primary school, the teachers asked the students to bring some food to school for celebration. When my classmates and teachers saw my food, they were shocked and also very happy. Other students brought simple food like apples, bananas and snacks. But my mother prepared nasi kuning for me for the occasion, together with side dishes like acar, kering tempe and urap-urap. There was also a cooked chicken. Mother said, "It is your graduation. We must eat well to celebrate!" Mother is a very skillful and dedicated cook. She always wanted to make things perfect. I learned to cook a lot of things from her, but I cannot cook as brilliantly as she did.

One variation of nasi kuning is nasi tumpeng. When we celebrate Indonesia Independence Day on 17 August, the head in my village would ask everybody to make it. Some people make nasi kuning which is yellowish because of the use of turmeric, while others make nasi tumpeng, which is without turmeric. All the families share their food together and there is much joy in the village.

## 薑黃飯 (4人份量)

### 材料：

班蘭葉	2-3塊
香茅	2支
白米	2杯
薑黃粉或新鮮薑黃	2-3茶匙 (加入125毫升水備用)
椰奶	250毫升
青檸葉	2-3塊 (如無新鮮，用乾葉亦可)
鹽	隨意



### 做法：

1. 洗淨班蘭葉，打數個結，備用。
2. 以刀柄拍鬆香茅的莖。
3. 將米、薑黃水、班蘭葉、香茅、椰奶和青檸葉放進電飯煲，加鹽調味，如常煲飯。
4. 飯煮好後，去掉所有葉，將飯裝碗。
5. 節慶時，把米飯造成圓錐形。將飯放入捲成圓錐形的錫紙筒中，倒轉以平底放好。慶典開始時拿走紙捲筒。

# Nasi kuning

(Number of servings: 4)

## Ingredients:

Pandan leaf	2-3 pieces
Lemongrass	2 stalks
Rice	2 cups
Turmeric powder / fresh turmeric	2 tsp (mixed in 125 ml water)
Coconut milk	250 ml
Kaffir lime leaf	2-3 (use dried ones if fresh ones not available)
Salt	To taste



## Method:

1. Wash and tie pandan leaves in a few knots. Set aside.
2. Bruise lemongrass stalks with the handle of a knife.
3. Put rice in rice cooker, add turmeric water, pandan leaves, lemongrass, coconut milk, kaffir lime leaves, and salt to taste. Cook as usual.
4. After rice is cooked, remove all the leaves. Serve rice in bowls.
5. For celebratory events, serve nasi kuning in a cone shape. Make a paper cone by lining paper with tin foil and fold it into a cone shape. Stuff nasi kuning into the cone and stand on the flat end. Remove the paper cone when ceremony begins.



## 牛肉/薯仔炒丹貝 (4人份量)

### 材料：

丹貝	350克 (一種豆製品，東南亞雜貨店有售)
花生	100克
牛肉	200克 (或用薯仔作素食選項)
調味料	
紅辣椒	5條 (切片)
葱	6個 (切粒)
蒜頭	5個 (切粒)
高良薑	1個 (2厘米長；拍碎)
香茅	2支
月桂葉	2塊
青檸葉	3塊 (如無新鮮，用乾葉亦可)
羅望子	1條 (以125毫升水浸泡備用；於東南亞雜貨店有售)
棕櫚糖	隨意
鹽	隨意



### 做法：

1. 將丹貝切成長方形，牛肉（或薯仔）切丁。
2. 丹貝和花生分別炸至金黃。
3. 將丹貝、花生、牛肉（或薯仔）落鑊，和調味料一起炒至均勻。
4. 伴以米飯熱食。



# Kering Tempe with beef or potatoes

(Number of servings: 4)

## Ingredients:

Tempe	350 g (available in Southeast Asian groceries)
Peanut	100 g
Beef	200 g (use potato for vegetarian dish)

## Seasoning

Red chili	5 (sliced)
Shallot	6 (diced)
Garlic clove	5 (diced)
Galangal	1 (2 cm long; crushed)
Lemongrass	2 stalks
Bay leaf	2
Kaffir lime leaf	3 (use dried ones if fresh ones are not available)
Dry tamarind	1 (soaked in 125ml of water; available in Southeast Asian groceries)
Palm sugar	To taste
Salt	To taste



## Method:

1. Cut tempe into rectangular pieces, and beef (or potatoes) into cubes.
2. Deep fry tempe pieces and peanuts separately until golden brown.
3. Put tempe, peanuts, beef (or potatoes) in a frying pan, fry with the seasoning until well mixed.
4. Serve hot with rice.

# 傳統篇

## Traditions

### 璞查 • 里娜

達爾巴特是尼泊爾最受歡迎的食物之一，它代表了尼泊爾的口味和傳統，亦是尼泊爾菜的基礎。尼泊爾人都喜歡吃它，因為它很美味、製作簡單而且營養豐富。每個尼泊爾家庭都有自己獨特的達爾巴特食譜。我所分享的菜譜是從母親那裡學到的，這是母親的味道——充滿了愛的味道。

### Purja Lila

Dal bhat is one of the most popular dishes in Nepal. It represents the flavours and traditions of Nepal, and it is also a foundation of Nepali cuisine. Most Nepali like eating it for its delicious taste, easy-cooking method, and nutritious values. Each Nepali family has its own dal bhat recipe. What I am sharing with you is the style that I learnt from my mother. It is a taste representing my mother – a taste that is full of love.



## 達爾巴特 (4-5 人份量)

### 材料：

印度麥米	1杯 (南亞雜貨店有售)
水	1公升
洋蔥	1 (小; 切碎)
瑪沙拉粉	1湯匙 (南亞雜貨店有售)
薑黃	¼ 茶匙
鹽	隨意
芫荽	2湯匙 (切碎)



### 做法：

1. 將印度麥米浸泡過夜，洗淨。
2. 將印度麥米和水放入壓力煲，煮至糊狀。
3. 在平底鍋中加熱2茶匙油，加入洋蔥並炒至金黃色。加入瑪沙拉粉拌勻，煮1-2分鐘。
4. 將煮熟的印度麥米、薑黃、鹽和洋蔥在平底鍋中一起攪拌均勻。如果印度麥米看起來太濃稠就加些水。中火煮6-8分鐘。
5. 上桌前撒上芫荽，配米飯或印度烤餅食用。



# Dal bhat

(Number of servings: 4-5)

## Ingredients:

Urad dal	1 cup (available in South Asian groceries)
Water	1 litre
Onion	1 (small; finely chopped)
Masala powder	1 tbsp (available in South Asian groceries)
Turmeric	¼ tsp
Salt	To taste
Coriander	2 tbsp (finely chopped)

## Method:

1. Soak urad dal overnight, then rinse it with water.
2. Add urad dal and water in pressure cooker, and cook until mushy.
3. Heat 2 tsp oil in a saucepan, add onions and fry until they turn golden brown. Add masala powder, mix well and cook for 1-2 minutes.
4. Stir in the cooked urad dal, turmeric, salt and onions in the saucepan. Add water if urad dal looks too thick. Simmer on medium flame for 6-8 minutes.
5. Sprinkle coriander on top and serve with rice or chapati.



## 麵豉醬烤鯇魚 (4-5 人份量)

### 材料：

鯇魚	1條 (約600克)
麵豉醬	2湯匙
油	1湯匙
芫荽	隨意 (切碎)

### 調味料

油	1茶匙
鹽	1茶匙
糖	1茶匙
粟粉	1茶匙



### 做法：

1. 清洗鯇魚並用紙巾擦乾。
2. 調味料拌勻，均勻擦在魚上。將麵豉醬均勻放在魚上。
3. 預熱烤箱至250°F。
4. 用錫紙包好魚，放入烤盤。烘烤12-15分鐘。
5. 魚烘熟後，加熱1湯匙油，淋在魚上。灑芫荽作裝飾。

# Baked pompano fish with yellow soybean paste

(Number of servings: 4-5)

## Ingredients:

Pompano fish	1 (around 600 g)
Yellow soybean paste	2 tbsp
Oil	1 tbsp
Coriander	To taste (finely chopped)

## Seasoning

Oil	1 tsp
Salt	1 tsp
Sugar	1 tsp
Cornstarch	1 tsp

## Method:

1. Clean the pompano fish and wipe dry with paper towel.
2. Mix all seasoning ingredients and rub all over the fish. Put the yellow soybean paste on top of the fish.
3. Pre-heat the oven to 250°F.
4. Wrap the fish with foil and put in oven tray. Bake for 12-15 minutes.
5. After baking, heat 1 tbsp of oil and pour over the fish. Sprinkle coriander for garnishing.

## 亞芭瑪恩 • 娜維

雜錦乾果牛奶是巴基斯坦節日的特色甜品。它是我們家的至愛，在節日中不能沒有它。雞肉意大利麵是一道融合菜式，也是我們家庭日的小菜，一邊看電影，一邊吃。可以用任何一款意大利麵，加上炸物，再配上一杯凍飲，便大功告成。我的孩子們都十分喜歡。

### *Arjumand Naveed*

Sheer korma is a special dessert for Pakistani festivals. Everyone in my family loves it. Our festival is incomplete without this dessert. The chicken pasta is a fusion dish that I make when we want to enjoy a family day at home -- watch a movie or just relax. It can be made with any pasta. Just add some fried items, and have it with a cold drink. My children like it very much.

## 雜錦乾果牛奶 (4-6 人份量)

### 材料：

杏仁	10粒
開心果	10粒
乾椰子	數塊
棗	10粒
酥油	2湯匙 (於南亞雜貨店有售)
巴基斯坦幼粉絲	½杯 (於南亞雜貨店有售；不需浸泡)
牛奶	500毫升
糖	2湯匙
葡萄乾	20粒



### 做法：

1. 將杏仁、開心果和乾椰子泡軟30分鐘。
2. 杏仁和開心果去皮，並和乾椰子切粒備用。將棗切開一半去核備用。
3. 用小火加熱酥油。將所有乾果和粉絲分開炒。
4. 用小火加熱牛奶，加入糖。然後加入以上炒好的食材，轉中火煮4-5分鐘即成。



# Sheer korma

(Number of servings: 4-6)

## Ingredients:

Almond	10
Pistachio	10
Dry coconut	Some pieces
Date	10
Ghee	2 tbsp (available in South Asian groceries)
Siwanyan (vermicelli)	½ cup (available in South Asian groceries; no need to soak in water)
Milk	500 ml
Sugar	2 tbsp
Raisin	20

## Method:

1. Soak almonds, pistachios, and dry coconut in water for 30 minutes.
2. Peel almonds and pistachios; chop almonds, pistachios, and dry coconut; cut each date in half and remove the seed.
3. Heat ghee in pan. Fry all dry fruits and the vermicelli separately.
4. Heat milk on low heat, and add sugar. Add all fried food and switch to medium heat. Cook for 4-5 minutes. Serve warm.



## 雞肉意大利粉 (4-6 人份量)

### 材料：

意大利粉	1包	雞肉醃料	
雞胸肉	1 件 (無骨)	辣椒醬	1 湯匙
紅蘿蔔	1 條	生抽	2 湯匙
辣椒	1 條	醋	2 湯匙
青瓜	1 條	黑胡椒	1 湯匙
番茄	2 個		
薑蒜蓉	1 湯匙		
番茄蓉	2 湯匙		
番茄汁	½ 杯		
芝士	½ 杯 (磨碎)		
牛油	2 湯匙		

### 做法：

1. 煮熟意大利粉，用冷水沖洗，備用。
2. 將雞胸肉切丁，醃20分鐘，備用。
3. 將所有蔬菜切塊備用。
4. 在鍋中落少許油加熱，加入薑蒜醬和醃過的雞肉，煮5分鐘。加入蔬菜、番茄蓉和蕃茄汁，再煮5分鐘。
5. 加入意大利粉、芝士和牛油，用小火煮5分鐘。



# Chicken pasta

(Number of servings: 6)

## Ingredients:

Spaghetti	1 packet
Chicken breast	1 piece (boneless)
Carrot	1
Capsicum	1
Cucumber	1
Tomato	2
Ginger garlic paste	1 tbsp
Tomato paste	2 tbsp
Tomato ketchup	½ cup
Cheese	½ cup (grated)
Butter	2 tbsp

## Chicken marinade

Chili sauce	1 tbsp
Light soy sauce	2 tbsp
Vinegar	2 tbsp
Black pepper	1 tbsp



## Method:

1. Boil spaghetti until cooked, and rinse in cold water.
2. Dice the chicken breast and marinate for 20 minutes.
3. Dice all the vegetables.
4. Heat some oil in a pan. Add ginger garlic paste and marinated chicken. Cook for 5 minutes.  
Add all vegetables, tomato paste, and tomato ketchup and cook for 5 more minutes.
5. Add pasta, cheese and butter. Cook on low heat for 5 minutes.



## 施米達 • 塔路達

爐灶上傳來混合著小荳蔻的香甜奶味，總是讓人想起像生日這些特別的日子，以及在家中的一整天慶祝活動。這款甜品勾起各式各樣節慶的回憶，特別是祖母對我們的愛。祖母煮的米布丁是最美味的，全因她以愛和熱情來調味。

我和姐妹們自小就看著祖母把一道又一道的美食製成，包括傳統的、現代的或西方的菜餚；而印度甜品則是祖母的強項。她把這些菜譜傳給了我的母親和我們幾姐妹。在眾多祖母的菜式中，我決定分享這道材料簡單也容易煮的菜式。大家可以輕鬆跟著來做這道充滿鄉情和童年回憶的特色菜。

鬆軟的普里釀上青豆蓉，配上咖哩新薯，是印度東部的冬季美食。在這個融合菜式版本中，我把青豆蓉用來做春卷餡，為這種在東亞和東南亞廣受歡迎的小食添上新意。這款春卷搭配任何醬汁都可以啊！

## Simita Talukdar

The sweet aroma of cardamom infused milk simmering on the stove was always an indication of a special day such as birthday, and the beginning of the day long celebrations at home. The memories of this dessert are intertwined with many other festivities and most of all the love of my grandmother. She made the best payesh, simply because it would be sprinkled generously with her love and passion.

My sisters and I grew up watching her dish out mouth-watering delicacies, be it something traditional, modern or Western; Indian desserts being her forte. She passed down the legacy to my mum and to us sisters, too. From her repertoire I've chosen to share this easy recipe, involving simple ingredients. Anyone can prepare it without much hassle. This special dish is loaded with nostalgia and fond childhood memories.

Soft puris stuffed with minced green peas, eaten along with dum aloo (curried baby potatoes), is a winter delicacy from the eastern part of India. In this fusion version, I've used the peas to stuff spring rolls instead, which is a popular East and Southeast Asian snack. It can be paired with any dipping sauce.

## 米布丁 (4-6 人份量)

### 材料：

全脂奶	1公升
珍珠香米	4湯匙 (以1小碗水浸25分鐘)
糖	12湯匙
綠色小荳蔻	5粒 (研碎成分)
杏仁	6粒 (切粗粒)
腰果	8粒 (切粗粒)



### 做法：

1. 將奶倒入平底鍋，以中火煮滾。間中攪拌。奶煮滾後，轉細火。
2. 隔去洗米水，慢慢將米倒入奶中。轉回中火，間中攪拌以防結塊。
3. 米飯煮軟後（約30分鐘），奶變稠。轉細火，加入糖、小荳蔻粉，轉回中火，再煮10分鐘，煮至剩下約 $\frac{3}{4}$ 公升奶。
4. 裝碟，灑上杏仁碎和腰果碎。冷凍後享用。

# Payesh

(Number of servings: 4-6)

## Ingredients:

Full cream milk	1 litre
Short grain fragrant rice	4 tbsp (soaked in a small bowl of water for 25 minutes)
Sugar	12 tbsp
Green cardamom	5 (crushed into powder in a pestle mortar)
Almond	6 (roughly chopped)
Cashew nut	8 (roughly chopped)

## Method:

1. Heat the milk in a saucepan on medium flame and bring to a boil. Stir occasionally. When the milk boils, lower the heat.
2. Drain out the water from the rice and slowly add into the milk. Bring the flame back to medium again, and let the rice get cooked in the milk. Keep stirring occasionally to avoid forming lumps.
3. When the rice becomes tender (in about 30 minutes), the milk will also reduce and become thicker. Lower the flame, add the sugar and cardamom powder, then bring back the flame to medium and boil for 10 more minutes. By this time the milk should have reduced to approximately  $\frac{3}{4}$  of a litre.
4. Transfer into a serving dish and garnish with chopped almonds and cashew nuts. Chill in the refrigerator. Serve cold.



## 豆蓉春卷 (12件)

### 材料：

春卷皮 12塊

### 餡料

孜然籽 1茶匙

小荳蔻 2粒

丁香 2粒

蒜頭 2粒

肉桂條 1條 (約拇指一半大小)

急凍青豆 16湯匙 (解凍)

薑蓉 2茶匙

青辣椒 2條

鹽 1茶匙

糖 ¼茶匙

油 2茶匙 (預多點油炸用)

孜然粉 1茶匙

瑪莎拉混合香料粉 ¼茶匙 (南亞雜貨店有售)



### 做法：

1. 將孜然籽、小荳蔻、丁香和肉桂條放入平底鍋中烘1分鐘。攤凍後以攪拌機打碎。
2. 將已解凍的青豆，加入薑蓉、青辣椒、鹽和糖，以攪拌機打成粗粒豆蓉。
3. 在平底鍋中燒熱2茶匙油，加入豆蓉並以中火攪勻至略乾、成球形而非粉狀。待豆蓉不黏鍋邊，加入孜然籽粉及瑪莎拉混合香料粉，攪勻後熄火。完成春卷餡。
4. 春卷餡放至室溫，將1湯匙餡料放上春卷皮中間，捲好並以少量水黏合。以濕布輕蓋表面防乾。
5. 燒滾油於鑊中，放入春卷炸至金黃。蘸上你喜愛的醬汁享用。

# Peas spring rolls

(12 pieces)

## Ingredients:

Spring roll wrapper 12

### Fillings

Cumin seed	1 tsp	Green chili	2
Cardamom	2	Salt	1 tsp
Clove	2	Sugar	¼ tsp
Garlic	2 cloves	Oil	2 tsp
Cinnamon	1 stick (½ thumb size)		(prepare more for deep frying)
Frozen garden pea	16 tbsp (defrosted)	Cumin powder	1 tsp
Grated ginger	2 tbsp	Garam masala powder	¼ tsp
			(available in South Asian groceries)

## Method:

1. Put cumin seeds, cardamom, cloves and cinnamon stick in a pan, and dry roast for a minute. Cool, and grind into powder in a blender.
2. Put the defrosted peas in a blender along with ginger, green chilis, salt and sugar, and grind them together to get minced peas (coarsely ground).
3. Heat 2 teaspoons of oil in a pan, add the minced peas and keep stirring on medium flame until it becomes a little dry but not powdery. It should hold into a ball. The mixture will start coming off the sides of the pan. Add cumin powder and garam masala powder, mix well and turn the flame off. The stuffing is ready.
4. When the stuffing has cooled to room temperature, put 1 tbsp of it in the middle of a wrapper. Roll up and seal the end with some water. Cover with a damp cloth avoid from drying.
5. Heat oil in a wok and deep fry the spring rolls until golden. Serve hot with your favourite sauce or dip.



### 瑤家娜 • 塔絲尼

孟加拉的飲食文化非常豐富，其中以魚為其特色。每天，家中的男士都會到市場買鮮魚回家。鱒魚是孟加拉的國魚，亦是孟加拉菜中常見的材料。吃鱒魚泡飯更是孟加拉新年的習俗。

鱒魚有很多種烹調方法。作為一個香料愛好者，我最鍾愛的是媽媽煮的香料汁鱒魚。我小時候媽媽就常煮這道菜。我深刻記得與兄弟姐妹一起享用香料汁鱒魚的情景。雖然我離開孟加拉很多年了，但媽媽這道菜的味道和香味依然在我心中。現在我仍會用同樣的食譜為丈夫和孩子煮香料汁鱒魚，亦會想念童年的時光。

我分享的這款融合風格的菜式是我丈夫最喜歡吃的。這道菜也很健康，適合我女兒吃。我也會以這道菜招待客人呢！

# Farjana Tasnim

Bangladesh is rich in food culture, and the core of it is fish. Every day the man of the house will go to the market to buy a fresh supply of fish. The ilish fish is considered the national fish and it is the most common ingredient in our cuisine. On Pohela Boishakh (first day of Bengali New Year) it is a tradition to eat panta ilish (ilish served with rice in water).

There are many ways to prepare the ilish. As a spice lover, my all-time favourite is ilish in spicy gravy curry. This is my mom's recipe and she loved to cook it when I was small. I remember how my siblings and I shared the dish. I have left Bangladesh for many years but I can still feel the flavour and scent of mom's ilish dish inside me. Now I cook the same recipe and share with my husband and children, but I miss my childhood memories that I had left behind.

I share the fusion vegetables dish because it is my husband's favourite, and it is a healthy dish for my daughters. I also like to cook it to entertain guests.



## 香料汁鮭魚 (6人份量)

### 材料：

鮭魚	500克 (切成7塊，保留魚頭魚尾)
植物油	2湯匙
洋葱	1杯 (切碎)
紅辣椒粉	1湯匙
薑黃粉	½ 湯匙
鹽	1湯匙
水	125 毫升
番茄	2個 (中等大小；切件)
青辣椒	4 - 5條
芫茜	2 - 3扎 (切碎)



### 做法：

1. 平底鍋中加入油，大火炒洋葱碎至微金黃色。
2. 於小碗內將紅辣椒粉、薑黃粉、鹽和水攪拌成糊狀，加入洋葱中，炒3分鐘。加入水，再煮1分鐘。
3. 平放入鮭魚，輕輕拋鍋將調味料和鮭魚拌勻。兩分鐘後反轉鮭魚，再和調味料拌勻。
4. 加入番茄和青辣椒，中火煮5分鐘。上碟，以芫茜裝飾。



# Ilish fish with spice gravy

(Number of servings: 6)

## Ingredients:

Ilish fish	500 g (cut into 7 pieces, keep the head and tail)
Vegetable oil	2 tbsp
Onion	1 cup (chopped)
Red chili powder	1 tbsp
Turmeric powder	½ tbsp
Salt	1 tbsp
Water	125 ml
Tomato	2 (medium-size; cut into wedges)
Green chili	4 - 5
Coriander	2 - 3 bunches (chopped)

## Method:

1. Put pan on high heat, add vegetable oil and stir fry onions until light golden.
2. In a small bowl, mix red chili powder, turmeric powder, salt and water to make a soft paste. Add this to the onion in the pan and stir fry for 3 minutes. Add water and cook for 1 minute.
3. Spread out the fish pieces in the pan and rock the pan for a few seconds so that the spices and fish mix properly. Cook for 2 minutes and turn over the fish. Again, rock the pan for a few seconds so spices mix nicely with the fish.
4. Add tomato and green chilies and cook for 5 minutes in medium heat. Put on plate, and garnish with coriander.



## 孟加拉式中華炒雜菜 (6人份量)

### 材料：

雞胸 1件 (用醃料預先醃過)  
 西蘭花 1杯 (切件)  
 椰菜花 1杯 (切件)  
 紅蘿蔔 1杯 (切件)  
 豆角 1杯 (切段)  
 植物油 2湯匙  
 蒜頭 4-5個 (中等大小；切碎)  
 青辣椒 6-7隻 (切碎)  
 小粟米 1杯 (切件)

紅、黃燈籠椒 1杯 (切件)  
 洋葱 ½杯 (切件)  
 蘑菇 1杯 (切件)  
 生抽 1湯匙  
 蠔油 ½湯匙  
 黑胡椒 ½茶匙  
 鹽 隨意  
 粟粉 1湯匙  
 水

### 醃料

蒜蓉 ½湯匙  
 薑蓉 ½湯匙  
 鹽 隨意

### 做法：

1. 在鍋中加入250毫升水和雞肉，中火煮5分鐘。雞肉拿出，切細塊。留起雞湯備用。
2. 煲滾375毫升水。分別放入西蘭花、椰菜花、紅蘿蔔和豆角，各焯至半熟，取出後分開放。留起蔬菜湯備用。
3. 以中高火於鑊中燒滾植物油。加入蒜頭及青辣椒，炒30秒。逐一加入半熟的蔬菜，每樣炒1分鐘。加入小粟米，炒1分鐘。加入紅黃燈籠椒、洋葱、蘑菇、雞胸，炒勻。
4. 混和生抽、蠔油、黑胡椒和少許鹽，加入鑊中。炒2-3分鐘至均勻。加入雞湯，炒1分鐘。
5. 於杯中混和蔬菜湯和粟粉，倒入鑊中，炒至收汁。上碟。



# Bangladeshi-style Chinese vegetables

(Number of servings: 6)

## Ingredients:

Chicken breast	1 pc (marinate with seasoning)	Red and yellow capsicum	1 cup (cut into bite size)
Broccoli	1 cup (cut into bite size)	Onion	½ cup (chopped)
Cauliflower	1 cup (cut into bite size)	Mushroom	1 cup (cut into bite size)
Carrot	1 cup (cut into bite size)	Soy sauce	1 tbsp
Long bean	1 cup (cut into bite size)	Oyster sauce	½ tbsp
Vegetable oil	2½ tbsp	Black pepper	½ tsp
Garlic	4-5 (medium-sized; chopped)	Salt	To taste
Green chili	6-7 (chopped)	Corn starch	1½ tbsp
Baby corn	1 cup (cut into bite size)	Water	

## Marinade

Garlic paste	½ tbsp
Ginger paste	½ tbsp
Salt	To taste

## Method:

1. In a pan, cook chicken with 250 ml water in medium high heat for 5 mins. Take the boiled chicken out from the liquid and cut in small pieces. Keep the liquid as chicken stock.
2. Boil 375 ml water in a pot. Blanch broccoli, cauliflower, carrot and long beans separately in water until half-cooked. Keep different kinds of vegetables separate and use the water as vegetable stock.
3. Heat vegetable oil in wok on medium high heat. Add chopped garlic and green chili. Stir fry for 30 sec. Then add the half-boiled vegetables one after another, and stir fry for about 1 min after adding each kind. Add baby corn and stir fry for 1 min. Add capsicum, onions, mushroom, chicken breast and stir fry them as well.
4. Mix soy sauce, oyster sauce, black pepper and pinch of salt, and add to above. Continue to stir fry for 2-3 mins until all well coated with the sauce. Add chicken stock and stir fry for 1 more min.
5. Put vegetable stock in a cup and mix corn starch in it. Add the mixture to the vegetables and stir fry until the stock thickens. Serve hot.





# 身份認同篇 Identity

食物對構成文化身份認同至為重要。  
透過預備食物，全球各地的女性協助維繫社群的身份認同與文化持續性。

Food is central to one's cultural identity.  
Through preparing food, women around the world have helped to maintain  
community identities and cultural continuity.

## 陳慶霞

我是客家人。外婆是潮州人，基本上不會做菜。她的孩子們都沒有吃過她做的什麼菜。小時候，有一次她知道我想吃一些特別的菜式，就學了做蒸豬肉鉢。它的口感酥軟，肥瘦一起吃不覺得；肉汁鮮，被豆腐卜吸收了。豬肉鉢有濃濃的蒜頭豆豉香，配一碗白飯，很滿足！為了記念外婆，我分享這個蒸豬肉鉢菜譜。

我嫁了個法國廚師；我們家的菜做法不斷在改變。在過去十年裡，我嘗試了做不同的菜式，每天吃飯的時候就是文化的交流。法國人喜歡帶湯汁的菜式，我就做了這個帶湯汁的焗雞；而我也習慣考考丈夫湯汁裡面用了甚麼香料。他常讚賞我做的這個菜，讓我洋洋得意！



## Komen Chan

I grew up in a Hakka family while my maternal grandma was from Chaozhou. She hardly knew how to cook, hence her children had eaten little of what she made. When I was small, Grandma knew I yearned for something special, so she learnt how to make Hakka style steamed pork. The pork is so tender that it melts in your mouth and it does not feel greasy at all. With the fried bean curds having soaked up the meat juice, and the garlic and fermented beans sending off their distinct aroma, this dish tastes just fantastic with rice! I would like to share this recipe in memory of Grandma.

My husband is a French chef; the ways of cooking at home have constantly gone through changes. I have tried making various dishes over the past ten years. Indeed, every meal is an intercultural experience. The French are fond of dishes with broth, so I have developed this roast chicken dish, and often quiz him on the herbs used in the broth. He always praises this dish and it makes me so proud!



## 客家婆婆蒸豬肉鉢 (4人份量)

### 材料：

連皮豬腩肉	450克
鹽	1/3茶匙
薑	2片
蒜頭	1個 (整顆去衣備用)
豆豉	4茶匙
豆腐卜	8個



### 做法：

1. 把豬肉洗淨，燒開水把整塊豬肉氽水（約1分鐘），然後用鹽塗滿整塊豬肉。
2. 用一個瓦鉢，把薑片、一半蒜頭和豆豉放在鉢中。把豬肉放在上面，豆腐卜放在周邊。餘下的蒜頭和豆豉放在豬肉上。
3. 在一個大鍋中加水煲滾，把豬肉鉢放到鍋裡隔水蒸。水在滾後調中火蒸6小時。在蒸的過程中適當加水到鍋裡，不要讓鍋燒乾。
4. 蒸好後留在鍋裡焗10分鐘後才上桌。



# Grandma's Hakka steamed pork casserole

(Number of servings: 4)

## Ingredients:

Pork belly with skin	450 g
Salt	1/3 tsp
Ginger	2 slices
Garlic	1 whole (remove skin)
Fermented black bean	4 tbsp
Fried bean curd	8 pieces



## Method:

1. Wash the pork. Boil water and blanch the whole piece of pork for about 1 minute and drain. Spread salt over the whole piece of pork.
2. Put ginger slices, and half of the garlic and black beans at the bottom of a casserole. Lay the pork on top and surround it with the fried bean curds. Cover with remaining garlic and black beans.
3. Boil water in a large pot and put in the casserole to steam. When water boils again, adjust to medium heat. Steam for 6 hours. Check water level during steaming, adding water to avoid dry-out.
4. Turn off heat, and leave the casserole in the pot for another 10 minutes before serving.



## 香草洋葱焗雞 (4人份量)

### 材料：

冰鮮雞 1隻  
玉米油 30 毫升 (任何煮食油都可以)

### 醃料

紫色洋葱 ½ 個 (切丁)  
米酒 15毫升  
黑胡椒碎 ½ 茶匙  
檸檬葉 6塊  
生抽 20 毫升  
混合香草 2茶匙 (超市有售)



### 做法：

1. 把雞洗乾淨待用。
2. 把一半紫色洋葱放進雞的肚子裡。其餘的醃料混合後塗在雞上。
3. 把雞連醃料放進保鮮袋，封好放進雪櫃2至8小時。(如果想焗雞更惹味，可以放過夜。)
4. 取出醃好的雞，放到大焗盤裡，把30毫升玉米油均勻淋在雞上，焗爐預熱至180度，焗雞時間45分鐘。
5. 把焗好的雞在焗爐裡停留10分鐘後取出上碟。把焗盤裡的汁用小碗裝好一起上桌。用自己喜歡的方式裝飾一下，就完成這道菜了！



# Roast chicken with herbs and onion

(Number of servings: 5-6)

## Ingredients:

Frozen chicken	1 whole
Corn oil	30 ml (or any type of cooking oil)

## Marinade

Purple onion	½ (diced)
Cooking rice wine	15 ml
Crushed black pepper	½ tsp
Lemon leaf	6 pieces
Light soy sauce	20 ml
Mixed herbs	2 tsp (available in supermarket)



## Method:

1. Wash chicken.
2. Place half of the purple onion into the chicken cavity. Mix the remaining seasonings and spread over the chicken.
3. Place the chicken in a ziploc bag along with the seasonings and seal it. Put the chicken in the refrigerator for 2-8 hours. (The longer you marinate, the better the flavor).
4. Pre-heat the oven to 180 degrees. Put the chicken and seasonings in a roast pan. Evenly pour the corn oil on the chicken. Roast for 45 minutes.
5. Allow the chicken to rest in the oven for another 10 minutes before serving. Put the sauce from the roast pan in a small bowl and serve together. Garnish in your favorite way!

## 文斯 • 古拉達

醬醋豬肉是一道傳統菲律賓菜，因為它廣受歡迎、容易準備，又可以存放一段長時間，很多人都認為它是菲律賓菜的代表。大家愛它嫩滑的肉質，以及由多種香料混合而成的獨特風味，包括蒜、醬油、醋、月桂葉和胡椒粉等。這道菜來自八打雁省，菲律賓全國的餐廳和小食攤都有提供這個菜式。

我愛煮各種不同種類的菜式，而醬醋豬肉是我最喜歡的一個，我還研發出自己的煮法讓它更美味。我決定參加2018香港醬醋豬肉比賽並分享我的食譜，很高興贏得冠軍呢！

醬醋豬肉肯定是每個菲律賓人的至愛。在香港，這道菜給每個菲律賓人帶來家鄉的溫暖。我們愛烹調和享用這個簡單但又美味得令人驚訝的醬醋豬肉。我相信每個人都可以煮出好吃的醬醋豬肉，只要你投入心機，就一定能成功！





## Vince Culata

Pork adobo is a traditional Filipino recipe that is considered by many as the national dish of the Philippines, because of its popularity, ease in preparation, and long storage life. People love the meat that is tender, and its distinct flavor that comes from the mix of spices, including garlic, soy sauce, vinegar, bay leaf, and ground pepper. The dish originated in Batangas, and it is served all over the Philippines in restaurants and carinderias.

I love cooking different kinds of food, but pork adobo is definitely my favorite dish. I have developed my own way of making adobo even more delicious. I decided to join the 2018 Adobo Competition in Hong Kong and share my recipe, and I am glad that I won the first prize!

Pork adobo is also every Filipino's favorite. In Hong Kong, this is the dish that never fails to bring comfort to Filipinos. We love to cook and eat pork adobo which is a simple recipe with a massive flavor that surprises people how tasty it can be. I believe that everyone can make good adobo. If you put an effort in it, you will surely get delicious pork adobo.

## 醬醋豬肉配雞肝 (8人份量)

### 材料：

豬腩肉	900克 (切方塊)	黑胡椒粉	½茶匙
雞肝	3-4 塊	黑胡椒	½茶匙 (壓碎)
油	2湯匙	白醋	4湯匙
蒜蓉	2湯匙	月桂葉	4-5 塊
魚露	1湯匙	水	250毫升
菠蘿汁	250毫升 (可用新鮮或罐頭)	黃糖	2湯匙
生抽	1湯匙	檸檬汁	½湯匙
老抽	1湯匙		
蠔油	½茶匙		

### 做法：

1. 在一個大鍋中燒熱油，爆香蒜蓉至金黃色。
2. 放入豬腩肉與雞肝，炒幾分鐘至外表稍為轉啡色。
3. 加入魚露，蓋上鍋蓋煮兩分鐘，然後加入菠蘿汁。
4. 繼續滾兩分鐘，然後加入生抽、老抽、蠔油、黑胡椒、醋、月桂葉和水。
5. 再將其煮滾，將火較細然後煮30分鐘直至豬肉變脆。放入黃糖和檸檬汁，攪拌材料以確保底部不會燒焦。然後繼續煮至醬汁收乾到一半份量即成。



# Pork adobo with chicken liver

(Number of servings: 8)

## Ingredients:

Pork belly	900 g (cut in large cubes)	Black pepper	½ tsp (crushed)
Chicken liver	3-4 pcs	White vinegar	4 tbsp
Cooking oil	2 tbsp	Bay leaves	4-5 pcs
Garlic	2 tbsp (minced)	Water	250 ml
Fish sauce	1 tbsp	Brown sugar	2 tbsp
Pineapple juice	250 ml (fresh or canned)	Lemon juice	½ tbsp
Light soy sauce	1½ tbsp		
Dark soy sauce	1 tbsp		
Oyster sauce	½ tsp		
Ground black pepper	½ tsp		

## Method:

1. Heat oil in a large pot and fry garlic until golden brown.
2. Add pork belly and chicken liver, and fry for a few minutes to brown the outside.
3. Add fish sauce, then cover lid and simmer for 2 minutes. Then add pineapple juice.
4. Bring to a boil for 2 minutes, then add light and dark soy sauce, oyster sauce, peppers, vinegar, bay leaves and water.
5. Bring to a boil again, reduce heat and simmer for 30 minutes until pork becomes tender. Add brown sugar and lemon juice, and stir to make sure the bottom is not burned. Cook until sauce is reduced to half.



## 菠蘿雞肉 (12人份量)

### 材料：

雞	1隻 (連骨切件)	老抽	1湯匙
菠蘿汁	1罐 (中型)	菠蘿	1罐 (中型；切件)
胡椒粉	½茶匙	薯仔	1個 (切方塊)
食油	2湯匙	紅蘿蔔	1個 (中型；切方塊)
蒜	6瓣 (切碎)	紅燈籠椒	1個 (切粗條)
棕洋葱	1個 (切片)	魚露	1湯匙

### 做法：

1. 以菠蘿汁和胡椒粉醃雞肉20分鐘，取出雞肉，菠蘿汁放到一旁備用。
2. 在鑊中燒熱油，炒香蒜蓉、洋葱和雞肉，當食材變成金黃色以後加入菠蘿汁。
3. 放入老抽、菠蘿、薯仔和蘿蔔，繼續煮20分鐘。
4. 放入紅燈籠椒及魚露。翻炒1分鐘拌勻所有食材。
5. 配上麵包或熱飯一起吃。



# Chicken with pineapple chunks

(Number of servings: 12)

## Ingredients:

Whole chicken	1 (cut into pieces together with bones)
Pineapple juice	1 can (medium)
Ground pepper	½ tsp
Cooking oil	2 tbsp
Garlic	6 cloves (minced)
Brown onion	1 (sliced)
Dark soy sauce	1 tbsp
Pineapple chunks	1 can (medium)
Potato	1 (cut in cubes)
Carrot	1 (medium; cut in cubes)
Red bell pepper	1 (cut into thick strips)
Fish sauce	1½ tbsp

## Method:

1. Marinate chicken for 20 mins in pineapple juice and ground pepper. Take out chicken and set aside pineapple juice.
2. Heat oil in a wok, fry garlic, onion, and chicken. When they turn golden brown, add pineapple juice. Cover the wok, lower heat and simmer for 35 mins.
3. Add the dark soy sauce, pineapple chunks, potato and carrot cubes. Simmer for another 20 mins.
4. Add the red bell pepper and fish sauce. Stir fry for a minute to mix well.
5. Serve with bread or hot rice.

## 雅密 • 美利達 • 哈邦

對於特別喜歡吃甜食的菲律賓人來說，沒有甜品的聚會是不完整的。椰奶西米露湯丸是我的最愛。菲律賓食譜都是由上一代傳給下一代的。從準備、烹飪至完成，大家的參與都表現出愛和好客的熱情。我在菲律賓生活的時候，經常與母親和祖母一起為家庭聚會做這道甜品。身在香港，菲律賓移工和離別井工作的菲律賓人最渴望甜的味道，因為它帶給他們安慰。菲律賓人無法抵擋這種家的味道，它不但令人飽足，而且讓他們即時心情好起來。

## Ahmed Merlita Habon

For sweet-lovers like Filipinos, gatherings are incomplete without desserts. Bilo-bilo is my favorite. Filipino food recipes are passed down from one generation to the next. From the preparation, cooking, to a finished dish, our participation is truly a labor of love and hospitality to others. I used to make this dessert with my mother and grandmother and serve them in family gatherings when I was in the Philippines. Here in Hong Kong, the Overseas Filipino Workers (OFWs) and balikbayans (Filipinos who have worked overseas for a period of time) crave the taste of sweetness the most because it is the ultimate comfort food for them. Filipinos cannot resist flavors close to home -- they gratify the stomach and make us feel better instantly.

## 椰奶西米露湯丸 (6人份量)

### 材料：

#### 湯丸

糯米粉	2 杯
水	350 毫升
麵粉	搓湯圓用

#### 椰奶西米露

水	2 公升
椰奶	2 罐
糖	$\frac{3}{4}$ 杯
番薯	1 (大, 紫色更好; 去皮、切粒)
芋頭	1 (大; 去皮、切粒)
西米	1½ 杯

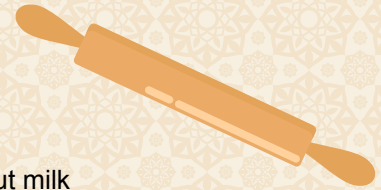
### 做法：

1. 把糯米粉與350毫升水混合，搓成麵團。如果麵團太乾，加一點水。從麵團中撈出約半勺，放在已蘸了麵粉的掌心間滾成小粒的湯丸。備用。
2. 將西米放入沸水中煮15分鐘。
3. 在另一個鍋裡加入2公升水，加糖煮沸。加入已切粒的番薯和芋頭，煮約10-15分鐘，間中攪拌。然後放入西米，煮3-5分鐘。
4. 當番薯和芋頭粒差不多煮熟時，加入湯丸煮約5-8分鐘，間中攪拌。湯丸熟時會浮面。
5. 加入椰奶，再煮3-5分鐘，或者直至所有的材料都變軟身。可熱吃或冷吃。



# Bilo-bilo

(Number of servings: 5-6)



## Ingredients:

### Glutinous rice balls

Glutinous rice flour	2 cups
Water	350 ml
Flour	for rolling dough

### Sago in coconut milk

Water	2 litres
Coconut milk	2 cans
Sugar	¾ cup
Sweet potato	1 (big, purple-coloured is better; peel and cut in cubes)
Taro	1 (big; peel and cut in cubes)
Sago	1½ cup

## Method:

1. Mix glutinous rice flour and 350 ml water in bowl. Knead to form a sticky dough. Add a little water if the dough is too dry. Scoop about half a spoon off the dough and roll into balls between your floured palms. Set aside.
2. Put sago in boiling water and cook for 15 mins. Set aside.
3. In another pot, combine 2 liters of water and sugar, and bring to a boil. Add sweet potato and taro cubes and cook for about 10-15 mins. Stir occasionally. Then add sago and cook for 3-5 minutes.
4. Once the sweet potatoes and taro cubes are almost cooked, add the sticky rice balls and cook for 5-8 minutes. Stir occasionally. The sticky rice balls are done when they float to the top of the water.
5. Add coconut milk. Simmer for another 3-5 mins or until everything is tender. Serve hot or cold.



## 雜錦蔬菜燉雞 (5-6人份量)



### 材料：

雞	1隻 (1,350 克, 切件)	椰奶	250毫升
洋蔥	1個 (小, 去皮切碎)	薯仔	2個 (中; 去皮, 切4等分)
蒜頭	3瓣 (去皮切碎)	紅蘿蔔	1個 (大; 去皮, 斜切成½寸厚)
生抽	250毫升	紅辣椒 (按喜好添加)	2-3條 (切長條)
白醋	1湯匙	鹽	隨意
糖	1茶匙	胡椒粉	隨意
番茄醬	250毫升	紅燈籠椒	1個 (去籽, 切成5厘米方形)

### 做法：

1. 在一個較寬的的鍋中，放入雞肉煮約3-5分鐘，或直至雞肉變成淺棕色。加入洋蔥和蒜頭。蓋住鍋，用中火煮15分鐘。
2. 加入生抽、白醋和糖。然後加入番茄醬和椰奶。收細火，蓋上鍋蓋繼續燉25-30分鐘，或直至雞肉熟透。
3. 在另一個鍋中，燒熱油將薯仔炒至淺棕色。從鍋中取出，用紙巾吸油。
4. 將炒好的薯仔和紅蘿蔔加入雞肉中一起煮。（如果你喜歡辛辣的味道，可加入紅辣椒）。用鹽和胡椒調味。加紅燈籠椒，繼續煮2-3分鐘或直至醬汁變稠。
5. 配以米飯趁熱食用。

# Chicken caldereta

(Number of servings: 5-6)

## Ingredients:

Whole chicken	1 (1,350 g, cut into serving pieces)
Onion	1 (small; peeled and chopped)
Garlic cloves	3 (peeled and minced)
Soy sauce	250 ml
White vinegar	1 tbsp
Sugar	1 tsp
Tomato sauce	250 ml
Coconut milk	250 ml
Potato	2 (medium; peeled and quartered)
Carrot	1 (large; peeled and cut diagonally into ½-inch thick)
Red chili pepper (optional)	2 or 3 (cut into long strips)
Salt	To taste
Pepper	To taste
Red bell pepper	1 (seeded and cut into 5cm cubes)



## Method:

1. In wide pan over medium heat, add the chicken and cook for 3 - 5 minutes or until the color of chicken changes to light brown. Add onion and garlic. Cover the pan and simmer for 15 minutes over medium heat.
2. Add soy sauce, white vinegar and sugar. Then add tomato sauce, and coconut milk. Lower heat, cover with lid and continue to simmer for 25 - 30 minutes or until chicken is cooked through.
3. In a separate pan, heat oil and fry potatoes until lightly browned. Remove from pan and drain on paper towels.
4. Add fried potatoes and carrots into chicken and cook until tender. (Add red chili pepper if you prefer a spicy taste). Season with salt and pepper. Add bell peppers. Continue to cook for 2 - 3 minutes or until sauce is thickened.
5. Serve hot with rice.



## 川上裕美

我有很多香港的華裔朋友都喜愛吃天婦羅。這是一款日式料理，以蔬菜和海鮮蘸在小麥麵糊中然後油炸。他們喜歡那香脆的口感和食材的豐富口味。雖然這道菜是以油炸的，但絕不油膩。蓮藕是我家中最受歡迎的天婦羅配料之一。有趣的是，我發現香港也有港式天婦羅，例如煎釀三寶。

位於我的家鄉金澤市的郊區，有一個很大的荷花池。淡紫色的荷花在早晨的陽光下光芒四射。蓮藕是香港家庭常用的蔬菜。每次在街市看到它蹤影，就會令我想起家鄉。

蓮藕也是日本新年的重要食品。它那許多大大小小的孔，寓意「可預見的未來」，被認為會帶來好運。蓮藕既可以促進免疫系統，又可以用不同形式烹調，是一種富有營養價值和美味可口的食物啊。

## Hitomi Kawakami

Many of my Chinese friends in Hong Kong love tempura, a Japanese dish consisting of deep fried vegetables and seafood in wheat flour batter. They enjoy the crispy texture and rich flavors of this food. Although the ingredients in this dish are deep fried with oil, it does not taste oily at all. Lotus roots are one of the most popular ingredients for tempura in our family. I found it interesting to see that Hong Kong cuisine also has its version of tempura, such as Fried Three Stuffed Treasures.

On the outskirts of my hometown, Kanazawa city, there is a huge lotus pond. In the morning the light purple lotus flowers shine brightly in the pond. Lotus roots are a popular vegetable for the Hong Kong family. When I see it in the wet market, it always reminds me of my hometown.

Lotus roots are an important ingredient for New Year food in Japan. It is a good fortune food as the large and small holes are associated with “the foreseeable future”. It is also a nutritious and flavorful food as it can boost the immune system and can be served in many different forms.

## 炸蓮藕夾 (8件)

### 材料：

蓮藕	16片 (削皮，切5毫米厚片)	蝦餡料	
麵醬油	隨意 (日本超市有售)	蝦	12隻 (去殼挑腸，琢碎)
		青椒	1隻 (切碎)
天婦羅炸漿		鮮蘑菇	2隻 (切碎)
天婦羅粉	100克 (日本超市有售)	葱	1條 (10厘米，切蔥花)
水	160毫升	薑	1片 (磨碎)

### 做法：

1. 製作天婦羅炸漿，用打蛋器攪拌天婦羅粉和水，直至粉末完全溶解。
2. 在碗中以同一個方向攪拌切碎的蝦肉成蝦滑，加入蔥花、蘑菇和薑混合好。分成8份。
3. 將一份蝦餡料放在兩片蓮藕之間，輕按一下。放入天婦羅炸漿中，使蓮藕夾表面都沾上粉漿。
4. 把油放入平底鍋 (距平底鍋底部高5厘米)，加熱至170度\*。把蓮藕夾全浸在油中炸。當變成金黃色時，取出並隔油。
5. 配日式麵醬油一起吃。



### 備註：

\*油溫測試方法：粉漿滴入油中，尚未到達鍋的底部就會浮起來。

# Deep fried lotus root sandwich

(8 pieces)

## Ingredients:

Lotus root 16 pieces (peeled and sliced to 5 mm thick)  
Mentsuyu To taste (a noddle sauce, available in Japanese supermarket)

### Tempura batter

Tempura powder 100 g (available in Japanese supermarket)  
Water 160 ml

### Shrimp stuffing

Prawn 12 (peeled, deveined, and finely chopped)  
Green bell pepper 1 (finely chopped)  
Fresh mushroom 2 (finely chopped)  
Shallot 1 stalk (10 cm; finely chopped)  
Ginger 1 piece (grated)



## Method:

1. To make the tempura batter, use an eggbeater to mix the tempura powder and water till the powder is fully dissolved.
2. Stir chopped shrimp in a bowl in one direction to make a smooth paste. Add bell pepper, mushrooms, shallot, and ginger, and mix. Divide into 8 portions.
3. Place one portion of shrimp paste in between two slices of lotus root. Press slightly. Dip in tempura batter to cover all the surface.
4. Put oil in saucepan and heat to 170 degrees\*. Deep fry lotus root sandwiches. When the pieces turn golden brown, take out and drain oil.
5. Serve with Mentsuyu.

## Note:

\*To test the oil temperature: When the batter is dripped into the oil, it will float before it reaches the bottom of the pan.

# 大福 (6件)

## 材料：

### 紅豆餡

紅豆	200克
糖	150克
鹽	隨意

### 麻糬皮

糯米粉	100克
糖	20克
水	10毫升
粟粉	滾麻糬皮用

草莓或芒果 6件

## 做法：

1. 製作紅豆餡，把水加入鍋裡至90%滿，加入紅豆煮至軟。換水再煮沸，直至紅豆變得更軟。瀝水備用。
2. 將糖和鹽加入已煮至軟身的紅豆中，拌勻成紅豆蓉。分成6份（每份約30克）。
3. 製作麻糬皮，將糯米粉、糖和水放入微波爐專用容器中，拌勻。用保鮮紙鬆鬆地覆蓋容器，放在微波爐以高溫加熱1分鐘。
4. 把容器從微波爐中取出，用勺子拌勻麵團。再以保鮮紙蓋住，放在微波爐中加熱1分鐘。
5. 待麵團冷卻後，分成6份，分別滾成直徑2厘米的圓球。手上灑一些粟粉，以免麵團黏手。將粟粉灑在圓球上，然後滾成3毫米厚的皮。把一份紅豆餡放在皮中間，然後在餡料上放上一塊你喜歡的水果。包起來成球狀，並封起開口。





# Big fortune mochi (6 pieces)

## Ingredients:

### Red bean paste filling

Red Beans	200 g
Sugar	150 g
Salt	To taste

### Mochi pastry

Glutinous rice flour	100 g
Sugar	20 g
Water	100 ml
Corn starch	for rolling pastry

Strawberry or mango	6 pieces
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## Method:

1. To make red bean paste, boil red beans in a saucepan with 90% of water in it. When soft, change water to boil again till red beans become softer. Drain away the water.
2. Add sugar and salt to red beans. Mix well and mash to make a paste. Divide into 6 portions (around 30g each).
3. To make mochi pastry, mix glutinous rice flour, sugar, and water in a microwave-safe container. Cover it with plastic cling film loosely and heat in microwave oven at high heat for 1 minute.
4. Take the mixture out from microwave oven. Mix thoroughly with a spoon, cover with plastic cling film again and heat it in microwave oven for 1 more minute.
5. When the mochi pastry dough is a bit cooled, divide into 6 portions and roll each into a ball of 2 cm diameter. Dust your hands with corn starch to avoid sticking to mochi. Sprinkle corn starch on the mochi balls and roll each into 3mm thick pastry. Put one portion of red bean paste in the middle of the pastry and put a piece of fruit of your choice in the center. Wrap the edges to form a ball and seal the opening.

# 身份認同篇 Identity

## 劉影翠

某天在街市看到小店正售賣潮汕番薯粉，不禁驚呼：「啊，現在還有這個麵條嗎！」我不假思索便買了十多札，決定要回家做個「實驗」。集合了兄弟姊妹的記憶，加些配菜、混入醬油，一陣熟悉的香氣撲鼻而來！細嚼慢咽下令我想起小時候和媽媽一起的時光。回憶是細絮的，點點滴滴卻是那麼的滿足！

媽媽常給我說有關食物的故事，例如在鄉間饑荒的年代，番薯有多可貴。因為對番薯飯的喜愛，我決定稍稍改變烹調方法：既令番薯易入口，使丈夫能分享當中的美味，又鼓勵我那挑食的女兒嘗試不同種類的食物。



## Janice Ying Chui Lau

One day, I saw a small shop in the wet market selling Chaozhou-Shantou style sweet potato vermicelli. I couldn't help but exclaimed, "Oh, do you still have this kind of vermicelli nowadays!?" I bought a dozen balls without thinking and decided to go home and do an "experiment". Gathering the memories of brothers and sisters, I added different ingredients, mixed with a variety of seasonings, and the familiar aroma wafted through the air! Savoring the vermicelli whisked me back to childhood times spent with my beloved mother...reminisces of the past are the fondest and most gratifying.

My mother often told me stories about food, such as how sweet potatoes were valuable in times of famine in the village. Because of my affection for sweet potato rice, I decided to slightly change the cooking method such that my husband will share its great taste and that my girl, who's a picky eater, will be willing to try different kinds of food.



## 炒番薯粉絲

(4人份量)

### 材料：

冬菇	3個
乾蝦	5-8隻
魚片	150克
雞蛋	2隻
番薯粉絲	3扎
蒜頭	2瓣 (切碎)
芽菜	375克
蔥花	隨意

### 調味料

生抽	1湯匙
老抽	½ 湯匙
蠔油	1湯匙
鹽	隨意



### 做法：

1. 冬菇、乾蝦泡軟切絲，魚片切條。雞蛋打勻，煎成蛋皮，切絲備用。
2. 將番薯粉絲放入沸水中煮8分鐘至軟，然後倒入笊箕中用冷水沖洗，瀝乾水。
3. 起油鑊爆香蒜頭，把乾蝦、冬菇和魚片炒至金黃色。再將發好的番薯粉絲和芽菜加入鍋中，需不停攪動拌炒。
4. 加入調味料，翻炒均勻。把蛋絲和蔥花放在上面裝飾。趁熱吃。

# Stir-fry sweet potato vermicelli

(Number of servings: 4)

## Ingredients:

Dried mushroom	3
Dried shrimp	5-8 pieces
Fish cake	150 g
Egg	2
Sweet potato vermicelli	3 balls
Garlic clove	2 (finely chopped)
Bean sprout	375 g
Shallot	To taste (chopped)
Seasoning	
Light soy sauce	1 tbsp
Dark soy sauce	½ tbsp
Oyster sauce	1 tbsp
Salt	To taste



## Method:

1. Soak mushrooms and dried shrimps in water until soft, and slice finely. Cut fish cake into strips. Beat eggs and fry in pan to make thin sheets, then thinly shred.
2. Cook sweet potato vermicelli balls in boiling water for 8 minutes. Once soft and cooked, rinse vermicelli in cold running water and drain.
3. Heat wok over medium-high heat and spread oil to coat the wok. Add garlic, mushrooms, dried shrimps, and fish cake. Stir fry until golden brown. Add the vermicelli and bean sprouts, and keep frying with spatula.
4. Add the seasoning and stir fry to mix well. Put on plate. Garnish with shredded egg and sprinkle chopped shallot over it. Serve hot.

## 三文魚番薯米飯堡 (2人份量)

### 材料：

白米	1杯
番薯	2個
三文魚	1塊
橡葉生菜	4片
青瓜	½ (切片)
芝麻	隨意
韓式烤牛肉醃醬	2湯匙



### 做法：

1. 將已清洗的白米放進電飯鍋，加入2杯水煮熟。
2. 將番薯洗淨，放入沸水中焗15分鐘。去皮並將番薯搗成泥狀。
3. 把白飯放進墊有保鮮紙的圓形模內，壓成圓形，輕輕取出，照樣做成其餘3個米飯堡包。
4. 在三文魚上撒一點鹽，放在鍋中煎熟，然後切碎。
5. 拿一個米飯堡包，放上2片生菜，然後放上番薯蓉、三文魚和青瓜各一半分量，最後把另一個米飯堡包放在頂部。煮滾韓式烤牛肉醬，一半淋在米飯堡上，撒上芝麻作裝飾。照樣做第2個米飯堡。趁熱吃。

# Salmon and sweet potato rice burger

(Number of serving: 2)

## Ingredients:

Rice	1 cup
Sweet potato	2
Salmon	1 piece
Oak leaf lettuce	4 leaves
Cucumber	½ (sliced)
Sesame	To taste
Beef Bulgogi Marinade	2 tbsps



## Method:

1. Wash rice and put in electric cooker. Add 2 cups of water and cook.
2. Wash sweet potatoes, put in boiling water and boil for 15 mins. Remove skin and mash into paste.
3. Line a round mold with plastic cling film, put rice in it, and press into a round then gently take out. Repeat for another 3 rice buns.
4. Put a bit of salt on salmon and fry in a frying pan. Then cut it into small pieces.
5. Take one of the rice buns, lay 2 pieces of lettuce on it, followed by half of the sweet potato paste, salmon and cucumber, and then top with another rice bun. Heat Beef Bulgogi Marinade and pour half of it on the rice burger. Sprinkle with sesame. Repeat for the second rice burger. Serve hot.

## 李敏婷

生於蜑家（水上人）家庭，我的大部分童年是在大海和海灘度過的。生活在大海，自然而然懂走路也就懂游泳，其他的如潛泳、划艇，還有各種魚兒和各樣海洋生物的名字，在上小學之前已學會了。這些經歷，潛移默化的塑造了我的性格、生活習慣和價值觀，例如總要生活在海邊、整天要和陽光玩遊戲，和超愛吃新鮮捕獲的海鮮。

鹽油水煮魚或其他海鮮是十分常見的蜑家菜式。野生的魷魚、章魚、帶子和矜貴的狗爪螺，用煮沸的海水輕輕一灼就成了一道道美味佳餚。

船上的生活與儲物空間狹窄，用電也是一種奢侈，怎樣省電是件傷腦筋的事情。儘管海風吹拂比開冷氣更愜意，但缺乏一個大雪櫃來冷凍和儲藏食物，可真令人頭痛。要做出好吃又營養豐富、又不需特別冷藏的涼拌小吃，就要靠創意了。在炎炎夏日的出海日子，啖著這些清新可口的點心，是最美好的童年回憶。



## Miriam Lee

Born to a Tanka (boat people) family, much of my childhood was spent frolicking on the sea and at beaches. I was naturally raised to be seawise, learning how to swim, skin-dive, row a boat and knowing names of a great variety of fishes and marine creatures before elementary school. These experiences subtly define what's of me, such as the liking of living by the sea, staying in the sun and the crave for freshly caught seafood.

Boiling fish and shellfish in brine is a common homemade dish with Tanka people. Coddling freshly collected shellfish — squid, octopus, scallop, and the much sought-after goose barnacle — in a few litres of seawater makes a great meal for any day.

Living and storage spaces on the boat was limited, and electricity was a luxury. Boat-dwellers had to be wise on conserving energy. While sea breeze could easily pass for air-con, keeping food fresh and cool was a real headache in the absence of a sizeable fridge. We had to be creative in making nutritious and delicious snacks that could be kept cool without a cooler. Munching these refreshing snacks during jolly boat trips in sunny summer days were my best childhood memories.

## 桂香脆蓮藕 (8人份量)

### 材料：

水	3公升
蓮藕	500克
檸檬汁	50克 (半個檸檬榨汁)
糖桂花	30克
有機蜜糖	30克
檸檬皮蓉	隨意



### 做法：

1. 蓮藕洗淨、去皮和切片。
2. 用大鍋燒水，水沸後放入蓮藕片，煮1分鐘。撈起蓮藕片，以水沖洗一陣，放涼備用。
3. 將蓮藕片放入大碗，加入檸檬汁、糖桂花和有機蜜糖拌勻。冷凍數小時。
4. 撒上檸檬皮蓉就可享用。

# Fragrant lotus root crunch

(Number of servings: 8)

## Ingredients:

Water	3 litres
Lotus root	500 g
Lemon juice	50 g (squeeze half a lemon)
Sugared osmanthus	30 g
Organic honey	30 g
Lemon zest	To taste



## Method:

1. Wash, peel and slice lotus root.
2. In a big saucepan, bring water to a boil. Boil lotus root slices for 1 minute. Drain in running water to cool. Set aside.
3. In a large bowl, pour lemon juice, sugared osmanthus and organic honey over the lotus root slices. Combine well and chill for a few hours.
4. Add lemon zest before serving. Enjoy.





## 暖魷魚沙律 (4人份量)

### 材料：

唐芹	2束
小魷魚	2隻 (中等大)
水	3公升
鹽	2湯匙
糖	1茶匙

醬汁	
初榨橄欖油	25克
青檸汁	1湯匙
紅辣椒	1條 (小；切片)
岩鹽	隨意



### 做法：

1. 唐芹洗淨，瀝去水分。摘去菜葉，莖部切成3厘米小段備用。
2. 除去魷魚的內臟、頭、骨和衣。快速沖洗乾淨。將魷魚切成小圈或小塊。
3. 用大鍋燒水，水沸後加入鹽和糖，將魷魚焯40秒即取出瀝去水分，放在唐芹上。
4. 淋上橄欖油及青檸汁，加上辣椒和岩鹽。
5. 上碟享用。

# Warm squid salad

(No of servings: 4)

## Ingredients:

Leaf celery	2 bunches
Squid	2 (medium-sized)
Water	3 litres
Salt	2 tbsp
Sugar	1 tsp

## Dressing

Virgin olive oil	25 g
Lime juice	1 tbsp
Chili	1 (small; sliced)
Rock salt	To taste



## Method:

1. Wash leaf celery and let dry. Pluck the leaves and cut the stems into 3 cm pieces. Set aside.
2. Remove the organs, head, backbone and skin of the squids. Rinse quickly. Cut the squids into rings or bite-size pieces.
3. In a big saucepan, bring water to a boil. Add salt and sugar. Coddle squids in boiling water for 40 seconds. Drain and pour over leaf celery.
4. Drizzle olive oil and lime juice over the salad. Add chili and rock salt.
5. Serve and enjoy.

# ICONIC媽媽廚房: 跨文化香港滋味

## The ICONIC Mums Kitchen: Tastes of Intercultural Hong Kong

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