



當媽煮意之
兒童滋優食譜
Modern Mummys
Yummy Recipes





序

Preface



吃得好運氣好

楊天命

作為兩個孩子的父親，「食」向來也是繁忙生活中主要的享受和娛樂，偏偏只有大兒子遺傳了我這個「優良傳統」，瘦削愛玩樂的小兒子向來對吃喝的興趣不大，更莫談要食得健康。

讀過嘉璐這本書，忽然覺得我們一家四口也各有得著：太太終於不用再為設計一些有營養而又能吸引小兒子的美食而頭痛，我與大兒子則能透過享受美味而又健康的食物，消減一下略胖的身形，逐步邁向健康。

其實書中的美食全部簡單易煮，不但適合忙碌的都市母親、嘴刁的小朋友，也適合想吃得快兼吃得「有營」的現代貴族，以及我這種平時不太下廚，但又偶爾想與兒子們打成一片、享受一下入廚親子樂的頑皮父親。

曾有專家指出，吃一頓豐富又有營養的早餐，對一個人整天的情緒及表現均有著關鍵性的影響，我則認為我們不論早、午、晚也應吃得又滋味又健康，因為身體狀態良好，心情也較易保持愉快，運氣也自然看高一線！





把愛吃盡口裡去 G.E.M.

投身樂壇之後，由於工作繁忙，很少回家吃飯，回到家中，累得要死的時候，看見桌上擺放著的滋潤湯水，無論多疲憊，我也會把父母的心血一飲而盡，湯很美味，但最重要還是那種關愛的感覺。

爸爸是家中的大廚，因他的手藝比母親好，但其實我明白他們無分你我，目的就是煮一餐美味的飯菜給我品嚐。雖然我不懂得任何烹調的技巧，但我很享受觀看父母烹調時那種花盡心思的精神狀態，為了他們所愛的孩子，專注地創制美食，親子的關係，透過食物，傳遍每個角落，吃進口中的不獨是食物的美味，還有父母的愛，不要看輕父母悉心烹調出來的每一度菜式呢！

看嘉璐這本書，讓我學懂了不少烹調的方法，簡單易懂，非常容易入手，而且十分有營養，對日忙夜忙的都市人，實在非常合用，希望大家都能感受這本書送予各位無私的愛吧！

媽媽的煮食偉大得很 邵國華

見到此書，見到很多美味的菜式，見到很多烹煮食物的計劃，突然之間我才明白到，原來人類是如此之聰明。

看這本菜譜，知道菜式有概念，知道菜式有材料，知道菜式有份量，知道菜式有方法，用自己心儀的神經科學去理解一下，原來煮食牽涉了我們大腦掌管策劃的前額葉啟動了，更混雜了來自顳葉方面的記憶回置，所以我們才能創作出兒時喜愛的餸菜。到街市買菜，切割食物，每一項都是大腦的運作。到煮餸了，「手」「眼」要協調，大腦運動區開始活躍，但其中每一點每一滴，我們都加入了情緒的元素：我們為何人去煮？我們用甚麼愛心去煮？那已經超乎了前額葉甚至乎「海馬」體的管轄，而去到了「杏仁」核，大腦總動員，有甚麼美麗得過煮食？靠「煮」靠「食」，我們這種生物可以繁殖下去，生存下去，管治地球下去，媽媽的煮食原來可以偉大到這種地步！

看這本菜譜，我希望大家可以看到嘉璐的心智活動出來，看她在想甚麼，為那人想甚麼，那才是最重要的！





最快樂的時刻 康子妮(林曉峰太太)

我從來不用下廚。年輕時有媽媽照顧飲食；婚後請了一位能幹的女傭，她煮得一手好菜，我便放手給她主理。直到近年，孩子慢慢的長大了，懂得在飲食上有要求。他們開始需要帶自家製食物到學校參加派對。我才來個臨急抱佛腳，立即看看有甚麼Party Cookbook或是Cookbook for Children之類的書籍可供參考。我們新一代的媽媽每日要擔當多重角色（保姆車司機，補習天后，活動搞手，啦啦隊領袖等等），大多在廚藝這方面都比較遜色。Carol的新作就正合時宜！翻開書內的每一道菜都是簡而精的，心想，家裡的女傭應該會弄的。但是，當看到那張「吞拿魚三文治糖果」食譜時，它的簡易法及外表都吸引著我，更竟然撩動了我的懶筋，決定自己去弄給孩子吃！謝謝《型媽煮意之兒童滋優食譜》，讓我和孩子走過最快樂的時刻！



曾留學日本，現職寫作。經常遊走世界各地，尤其日本大小鄉間城鎮，將經歷遭遇感受心情照片編集成書，成為林慧美日本文化浪遊系列，其他旅遊及飲食文章亦散見於各大雜誌。
<http://hk.myblog.yahoo.com/may-lam>

感性好媽媽 林慧美

「知道你教小尤種植香草，很好呀！現在很多人都只會買遊戲機給小朋友玩，但卻忽略引導小朋友對大自然的好奇心，你真是一個好媽媽！」
面前本是開懷的Carol突然淚如泉湧，Crying In A Party？

「我一直覺得自己做得不夠好，不是個好媽媽。」Carol飲泣著道。

「你已經很好了！不要懷疑自己！」

認識此女子多年，知道她酷愛「煮食」（是「煮」+「食」），婚後不斷在家默默鑽研與實踐。

為了囡囡小尤，此女子不僅一併研究小朋友餐單，藉著一些討小朋友歡喜的可愛美食，誘發小尤對烹調過程的好奇，然後讓小尤同來參與入廚，增加更多親子機會。

為了小尤，住慣市區的兩公婆特地搬到鄉郊居住，讓小尤有更多地方跑跳，以及認識大自然。

為了小尤，此女子經常自製健康卡通曲奇，同時亦成了她見朋友時的溫馨手信，作為得獎者之一的我深感榮幸，美味的Carol牌曲奇也為我在晚上寫稿時帶來力量。

為了小尤，此女子用了半年時間精心製作此書——一本跟各方家長分享烹調心得的愛心食譜，一本記載著小尤成長的美食日記。





用心自然煮出好菜 Ricky Cheung

認識Carol應該在2003年，那時我還有Scala工作。當時她應該是很年青的記者妹，不過其實這些我都已忘記。後來，2005年Le Mieux Bistro開幕，她再來訪問，提起我才知道。再後來是她來吃飯才比較熟落。

對她最有印象是那把特別的聲音，而且她很風趣爽直。最重要是她愛吃愛煮，很容易談得上來。她很喜歡了解各種食物的烹煮方法，不恥下問乘機偷師取經。喜歡創作的她，也喜歡將她的創作靈感放在食物上。這正是很多大廚也未必可以突破傳統的界線。

知道她一向喜歡小朋友，女兒出世就當全職媽媽，現在很少人願意。當了全職媽媽她更愛烹飪，經常為女兒準備特別的菜式，有營養的食材。坦白說我未真正試過她的手藝。不過我相信用心加愛心做出來的菜絕對不會差。

她撰寫的食譜，易學易明，圖文並茂，色彩繽紛。最重要是看到她對愛女的情感，為家人付出的精神。現今女性大部分都是事業型，儘管是結了婚也是無「飯」夫妻，下廚就好像變成了一種奢侈品。其實烹飪可以是一種藝術，也可以是一種減壓方法，亦是與家人溝通的橋樑。她撰寫的食譜，材料也是很家常，不是走甚麼高檔次，可以說任何家庭也可嘗試炮製。

我當然鼓勵大家下廚，特別是新一代。烹煮食物可以是天馬行空，無師自通，重點是你有心。失敗再嘗試，從經驗中累積，總有一天能煮出好菜。或許可以由Carol的食譜開始，簡簡單單地去享受烹煮一頓平實健康又充滿愛心的晚飯。煮飯婆並不落伍，師奶也可以好潮，就像Carol喜歡創作，不怕冒險，反而煮出比傳統更具風格的菜式。

各位媽媽努力努力，很快你們便可以成為家中大廚！



Ricky現為Le Mieux Bistro總廚。

入行30年，曾任灣仔萬麗海景酒店Scala之行政總廚。

煤氣烹飪中心導師，煤氣FLAME餐廳顧問。

新城電台《飲食得喜》節目主持。

明報飲食專欄作者

飲食男女專欄作家

香港美食大賽：1991年主菜凍盤金獎及

1995年現煮魚類銅獎





一切由母愛出發 Jacky Yu

我一向非常支持本地原創，因為這些都代表了香港獨有的文化及特色，食譜也是，不同食譜作者所創作的食譜都有自己不同的味道及風格。認識Carol始於多年前她仍然從事傳媒工作時的一次訪問，哈哈！想不到現在她女兒已經這麼大了！

Carol與我有著許多共同相似的地方，熱愛烹飪，自小受家庭長輩的薰陶，熱愛創作，喜歡改良各國菜色等等！當我看到她食譜的初稿時我亦驚嘆她菜色的創意以及感受到她對女兒的愛！

這是一本針對兒童的食譜，裡面的菜色不獨顧及小朋友的口味，還有營養學家的專業意見，製作步驟亦非常簡潔易明，就算烹飪新手亦很容易學懂，香港出版兒童食譜的作者不多，Carol是以一位母親的角度去研創及撰寫此書食譜，因此本書除了擁有非常實用的價值之外，還包含了母親對孩子的愛！

這是一本誠意之作，我希望每位將為人父母或已身為人父母的讀者，都能享受到此書所帶給大家的親子歡樂和幸福！



Jacky Yu原為廣告創作人，2000年轉戰飲食圈創辦薈宴廚·藝私房菜，其菜式創作融會川、滬、粵、日、東南亞佳餚特色以及美學風格，美食創作自成一派。近年加入飲食人行列，繼推出五本私房食譜後，更擔任電視飲食節目主持，為各飲食及廚具品牌擔任代言及撰寫飲食專欄，教授烹飪班等。07年更代表中國香港出席于法國里昂舉辦的美食博覽擔任烹飪嘉賓。

最美的時光 Anthony Lo

認識嘉璐已經有好一段日子了，還記得那時她剛從加拿大回港找工作，在機緣巧合的情況下，她遇上了我，從此便踏上一條不歸路。那時她對傳媒行業充滿期待，每一種事物對她來說都是如此這般的新鮮有趣，又是機緣巧合的情況下，我安排了 she 擔任飲食版記者的工作，從此她便愛上了飲食，無論是煮還是食，她都是那麼的熱愛。

由小妹妹，變成了母親，雖然不是經常見面，但看著她的長大，委實有一種難以言傳的感嘆，不是感嘆可愛的她已嫁給別人，而是感嘆她不斷的進步，自己則原地踏步，還是如此這般。看到小尤，原來自己已經是叔叔或伯伯了，雖然小尤還稱我是哥哥，光陰飛逝，這是不爭的事實。

吃過她煮的菜式，真的很美味，不是吹噓，亦不是美言，可能在其他人口裡，這些菜式不外如是，但我欣賞她認真的態度，每一步驟，都一絲不苟，味道自然變得格外味美。小尤是個幸福的孩子，因為她擁有一個肯花心思為她烹調天下美味的好媽媽。從來沒想過一本食譜會有甚麼好看，因為對食並沒有任何的要求，但這本食譜真的很好看，見證了她在這些年來的成長，她與她的女兒的成長。

小尤，長大後，哥哥要和你喝杯酒，把你媽媽年輕時的胡弄，好好的向你說個痛快。不用怕，我會邀請你漂亮的婆婆一起出席，記念這最美的時光。





為你愛的人下廚 吳日言

認識Carol是在《Cooking媽媽》的節目，也是節目中頗為年輕的媽媽。吃過她煮的食物，的確令我另眼相看，她的菜令我感受到難以言傳的家庭溫暖。放棄自己的事業，專心在家照顧女兒和丈夫，現在願意的人不多了。

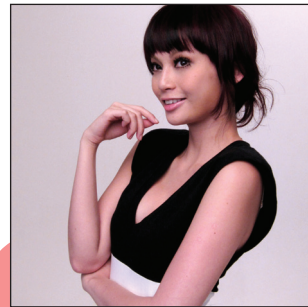
難得的她能夠將自己的興趣繼續發展，為了小朋友，努力去鑽研食物，用心去研發一些健康又美味的食譜。除了喜愛請朋友到家作客外，Carol也喜歡到會美食給好友摯親，現在更親撰食譜與人分享。這也是對的，現代媽媽又或是甚麼潮媽媽那有閒情下廚，著實值得鼓勵。正如Carol說：「留住男人的心，就先要留住他的胃，這說法有點過時。要變心怎樣也留不住，但一頓飯的確是一家中相聚的橋樑。能夠為自己的家人/愛人或是好友煮頓飯，滿足感比吃的人更實在、更幸福。所以現代人不應為一個男人去下廚，而是為任何喜歡的人也可以下廚。」

能夠找到自己的興趣是一件快樂事，至於烹調對我來說肯定是快樂！從選料到下廚，我會一絲不苟做好準備，然後全神灌注煮下去，目的就是要令品嚐過我美食的人都能「讚」。

小時候看見媽媽準備晚飯，在廚房忙碌過後飄來陣陣飯香，一家人樂也融融食過晚飯，她就能滿足。

我漸漸明白，原來愛一個人便會為他下廚。現在我為家人、朋友、愛人、小狗下廚，亦期待將來為我的家庭、小孩們下廚，因為有愛，所以下廚能給我快樂。

現在為你所愛的人，好好準備一餐，送他們一個驚喜吧！



09年吳日言曾擔任《Cooking媽媽》節目主持，深受觀眾歡迎。其後加入寫行行列，推出過旅遊、烹飪、餐廳介紹等書籍，決心將美食公諸同好。





自序

The author's preface:

這傳自母親，自小喜歡烹飪，有個廚藝非凡的母親，不知不覺便愛上下廚，加上是典型的巨蟹座女人，喜歡奉獻，鍾情照顧，認為沒有事情比為家人弄一頓飯更美妙。熱愛創作，喜歡改良各國菜式，保舊立新，重點是針對品嘗者口味，希望中正下懷，讓人留下溫暖。認為難忘的味道，可令人回味一輩子。

籌劃這本書，自女兒出世開始。每天為女兒構思餐單，既要兼顧營養，亦要著重賣相。對一向愛下煮的我來說不算難，但也得花時間心思。這幾年不停上網或看書去了解每種食材的營養，希望的當然是給女兒投放最好的。最好的不一定是昂貴的，而是最有營的食材，最簡易的做法。

以前一聽到健康、有營、有機等，總令我跟難嚥聯在一起。我經常在想，健康不止於身體，心靈健康也著實健康。天天吃著有營養但不開胃的菜式，情緒也會變得不健康。基本上大部分人都知道甚麼是健康飲食，甚麼少油少肉、多菜、少煎炸，可是卻知易行難。問題在於食物味道不夠、顏色賣相不討好，又怎會引人食慾呢？因此不停希望做一些以健康掛帥的菜單，但又能達到色香味俱全，這本食譜便是由此而衍生出來。

絕對明白現代人講求節奏，加上全職主婦愈來愈少，那有閒情去鑽研食材和烹飪呢？放工回家已累得半死，還煮甚麼呢？因此我希望分享我累積的經驗，創製一些簡易、美味又富營養的兒童食譜。儘管你是常加班的在職父母，又或是「傭」人自煮的閨少奶，照著食譜也能炮製美味佳餚。

在此衷心希望各位父母從今天起，嘗試為子女下廚。培養個人烹飪興趣之餘，好好用心去了解食材的營養和特質。將這種烹飪藝術感染子女，甚至與子女一起下廚，享受簡單又實用的親子時光。想盡辦法去培養資優兒童，第一步就應該好好灌輸正確的飲食態度，著重均衡飲食的重要。天天將垃圾食物放進體內，再多的知識，身體也不勝負荷。

願天下間父母共勉之！





Inherited from my mother, I have enjoyed cooking since I was young. Having a mother who has extraordinary cooking skills made me fall in love with cooking subconsciously. Also, having the traditional characteristics of a “Cancer” woman – loves to give and take care of others – I feel that there is nothing more important than to make a good meal for my family. I am passionate about creating and refining recipes of all kinds of cuisines. I am able to add in my own new ideas while preserving the original concept. Most importantly, I modify the changes to suit the diners’ preferences, hoping that the meals are to their likings. For me, the taste of an unforgettable meal could make a person recollect it forever.

Planning of this cookbook started when my daughter was born. Since then, I had to design recipes for my daughter, keeping in mind that nutritional value and appearance are both important. It was not a difficult task given that I have always enjoyed cooking, however, the time and thoughts that I had spent on it was not short at all. During the past few years, I constantly surf the net and read books to learn about nutritional values of ingredients in hope to feed my daughter with the best foods. The best is not necessarily the most expensive but the most nutritional, cooked in the simplest way.

When I heard about healthy, nutritional, organic foods in the past, I thought of “not-so-tasty” meals. I have always thought that “Health is not only about physicality but Health of the soul as well. If you are eating healthily everyday but the meals are not appetizing, your mood will be affected.” Basically, majority of the people know what healthy eating is – less oil, less meat, more vegetables, less fried and deep-fried foods, etc. Though, it’s easier said than done. The problem is, the food is not delicious and the color is not appealing, so how would it trigger people’s appetite? That’s the reason why I continue to put together recipes that are health-centered but also look, smell and taste great. The end result of my ‘trials and errors’ is this cookbook.

I understand that efficiency is significant to the modern day meal makers. With the fact there are less and less full time housewives nowadays, who has the time to dwell on ingredients and culinary art? After a full day at work, you are already exhausted. Cooking? No, thanks!

Therefore, I would like to share my experiences in making some simple, delicious and nutritional meals for kids. Whether you are working parents with lots of overtime hours or a wealthy ‘Mrs.’ who leaves the cooking to your domestic helper, following the recipes in this cookbook will assist you in making some great dishes.

I sincerely hope that every parent can try to cook for your child/children from now. on top of cultivating your own interest in cooking, take the time to understand the nutritional value and qualities of the ingredients that you or your children are consuming. Influence your children with culinary arts or even cook alongside them and enjoy some simple and practical parent-child time together. To bring up outstanding children, the first thing that should be taught to them is how to eat right, concentrating on balanced diets. No matter how knowledgeable you are, burdening your body with junk food is just not very smart.

Let’s support each other in this journey of parenthood!





感激 Thanks to



給實戰的人

看似一本很簡單的食譜，原來工序也不少。

先要謝謝為這本書出過血汗的人，包括經常被我這個問題中女問到煩的編輯Anthony Lo、多年摯友兼老死替我翻譯的Joanne、兩位俊俏的攝影哥哥，還有美術設計和形象化妝。最最重要多謝我稱他為細佬的營養顧問Victor Ho，沒有你書就如欠缺靈魂一樣，萬分感激！

給我最愛的人

媽媽絕對是我下廚的啓蒙老師，不過媽媽亦是我的反面教材。她令我感受到烹飪是痛苦，令我覺得烹飪是件苦差，令我感受到烹飪是一件很趕急的事。沒法子，小時候要照顧我們三姊弟，在我眼內的確是苦差，打理家務、功課還得下廚，所以我媽媽總是不停的趕著。至於趕著甚麼直至現在也不了解，不過也是這些趕出來的食物令我感受到家庭的溫暖。同樣就是這種溫暖令我愛上下廚。長大後就開始跟媽媽偷師、工作後就再向專業廚師偷師、慢慢地去鍛鍊我的廚藝。從母親學到她對烹飪的精神，包括屢敗屢戰、創意無限和堅持到底的精神。要學的還有太多，不過相信她趕著的急性子性格就很難學到，因為我較為喜歡慢慢去享受整個烹飪的創作過程。衷心感謝媽媽的一切，Love You Always!

女兒絕對是我下廚的動力，有了孩子就總是想給她最好的。最好的食物當然是最直接去表達對她的愛。也因為女兒令母親從新一次，令我有動力去再學習、再進步、再鑽研，希望沒有落後在她的腳步下，能夠跟得上她的步伐，感受她的世界。

丈夫亦是我要感謝的人，感謝他永遠支持我的一切，感謝他在這段期間幫忙照顧女兒、也感謝他超級揀飲擇食，令我經過發掘新的烹煮技巧和食材搭配。希望能夠用味道，去改變你偏食的習慣。





Those who did actual work

Although it looks like a simple cookbook, the process in making it was quite a lot of work. First, thanks to those who had given all their might in completing this book. Anthony Lo, editor who was always being nagged by this middle-aged mother (and author). Joanne, a long time friend who helped with the translations of the recipes. The two handsome photographers, the arts designer and the image consultant. And the foremost, Mr. Victor Ho, the nutritional consultant whom I call 'Little brother'. Without you, the book has no soul. Tons of gratitude to you!

To those I love the most

My mum is definitely my mentor when it comes to cooking. However, mum is also my negative example. She made me feel that cooking was difficult, that it was a tough task and it was something that has to be done in a rush. She had no alternatives though. When my sister, my brother and I were young, she had to take care of us all by herself. In my eyes, doing household chores, helping us with our homework and cooking were rough jobs and my mum was frequently in a hurry. Up till today, I still don't understand why she had to rush but the food that was cooked under this hurried atmosphere made me feel the warmth at home. It is the same warmth that made me fall in love with cooking. When I grew up, I started learning from my mum. Then, as I was working, I learnt from professional cooks and gradually trained up my cooking skills. From my mum, I learnt her spirit towards cooking, which includes repeated 'trials & errors', infinite creativity and persistence. There are still so much that needs to be discovered but with my mum's anxious personality, it'd probably be difficult for her to learn. As for me, I prefer to enjoy the process of cooking slowly. Here, I deeply thank my mother for everything. I love you always!

My daughter is the main person who motivates me to cook. When you have a child, you want to provide her with the best. Of course, feeding her the best food is the most direct way of showing her my love. It is due to my daughter that I feel revived. It gave me the motive to learn, to improve and to explore again so I don't fall behind on her footsteps. I hope to be able to keep up with her and sense her world.

I would also like to thank my husband for his never-ending support, in all areas. I really appreciate his help in taking care of our daughter during this period and of course, his picky eating habits which led me to discover new methods of cooking and new food combinations. Hopefully, I can alter your eating habits with delicious dishes.



感激 Thanks to



給伴我成長的人

給所有嘗過我下廚的人，當中包括多位不離不棄的金蘭姊妹、曾深深愛過的男孩們、家人、舊同事、舊同學，甚至看更、鄰居等。就是你們曾經嘗過我失敗或出色的作品，才令我更有動力煮得更好！我希望這個世界繼續有情，所以將繼續用心去鑽研烹飪，讓更多的人嘗到愛的溫暖。

給買這書的你

最後，感謝正在看這本書的人。希望你們真的會親身試做，讓愛的味道散播出去，讓幸福的味道永遠留在人們的味蕾上。

To those who grew up with me

Everyone who has tasted my cooking, including friends who never abandoned me, boys whom I loved deeply in the past, members of my family, ex-colleagues, ex-classmates and even door men and neighbors. It's because you've tasted my cooking – both failing and winning products – that motivated me to become better! I wish our world can continue to have love, therefore, I shall continue to develop my skills in culinary arts so that more people can have a taste of love and warmth.

To you, the one who purchased this book

Lastly, I thank you for reading this book. Hopefully, you will try these recipes for yourself and spread the taste of love around. Let the taste of blissfulness be left on your loved ones' taste buds.





營養學碩士何偉滔背景簡介：

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Victor has many years of teaching experience, a well-known Nutrition trainer in the field of Nutrition. Over the years, he has been invited by numerous organizations, charitable organizations, primary and secondary schools, to be guest speaker in various health seminars, in areas such as Hong Kong, Macau and Mainland China. Furthermore, he has also been invited by various radio stations, newspapers and magazines to attend interviews on topics regarding to healthy diet and health.



目錄

Content

派對篇 Party Page

1. 吞拿魚三文治糖果 Tuna Sandwich Candy..... 12
2. 大蝦鮮果沙律杯 Prawns and Fresh Fruit Salad Cups..... 16
3. 鴛鴦春卷 Yuan Yang Spring Roll..... 20
4. 雞蛋素肉卷 Egg-Quorn Roll..... 24
5. 串串豆腐 Tofu Skewers..... 28

速食篇 Quick Snack Page

6. 番茄米奇肉碎通粉 Minced Meat with Mickey Pasta in Tomato Sauce..... 34
7. 彩虹壽司 Rainbow Sushi 38
8. 芝士煙肉薯球 Cheese and Bacon Potato Balls 42
9. 茄茸龍利柳 Sole Fish Fillet in Tomato Sauce..... 46
10. 千絲萬縷 Stir fry Shreds 50



甜蜜篇 Sweetie Page

11. 芝麻小丸子 Sesame Rice Ball	56
12. 檸檬芝士蛋糕 Lemon Cheese Cake	60
13. 牛油曲奇 Butter Cookies	64
14. Q版香蕉蛋糕 Mini Banana Cake	68
15. 芒果奶凍杯 Mango Pudding Cup	72

湯水篇 Soup Page

16. 蘋果雪梨湯 Apple and Pear Soup	78
17. 菊花杞子豬潤肉片湯 Chrysanthemum, Wolfberry and Pork Liver Soup	82
18. 黃金湯 Golden Soup	86
19. 羅宋湯 Russian Borsch	90
20. 白菜豆腐肉片鮮魚湯 Bok Choy, Tofu, Fresh Fish Soup	94

家常篇 Home-made Dishes Page

21. 牛肉松子生菜包 Beef, Basil Pine Nuts in Lettuce Pockets	100
22. 小漢堡 Mini Burgers	104
23. 脆香茄子 Crispy Eggplant	108
24. 粒粒金盞 Golden Cups	112
25. 雞翼波波 Stuffed, Puffed Chicken Wings	116







派對篇 Party Page



自從家中添了個小寶寶，派對特別多。大節日定會找藉口開派對，讓一班小朋友聚聚。不論是生日、聖誕、新年、萬聖節，還是復活節，食物絕對是不能或缺的一環。還有學校定期舉行的派對，少不了要家長準備食物。腸仔菠蘿、鹵水雞翼、肉醬意粉等等這類例牌菜式的確沉悶。其實花少許心思，可以利用材料和包裝，變化出更潮、更吸引的美食。

Ever since my daughter was born, I have more parties to attend to. During the festive seasons, everyone will find excuse to hold parties for the kids to gather and have fun together. Whether it's a birthday, Christmas, New Year, Halloween or Easter, food is something that can't be lacked. There are also parties that are held regularly at school. Once in a while, the parents are required to prepare the food for such parties. Selections such as pineapple sausages, marinated chicken wings and spaghetti bolognaise are signature dishes yet they are dull. If you give it some thoughts, you can actually use ingredients and wrappings to create some dishes that are more interesting and appealing.





吞拿魚三文治糖果

Tuna Sandwich Candy

材料：

罐頭吞拿魚	1罐
雞蛋	2隻
洋蔥	半個
沙律醬	3湯匙
三文治方包	6片

包裝：

錫紙
玻璃紙

Ingredients:

Canned tuna	1 can
Eggs	2 pieces
Onion	½ piece
Salad dressing	3 table spoon
Bread	6 slices

Wrapping:

Tin foil
Cellophane paper







步驟：

1. 先將雞蛋焗熟，去殼剪碎備用。
2. 洋蔥切粒備用。
3. 吞拿魚壓碎，將沙律醬及所有材料拌勻。
4. 將錫紙裁成長方形，玻璃紙裁成比錫紙更長的長方形。
5. 將餡料塗在麵包上，捲成圓筒形，用錫紙捲起，再整成糖狀便成。

貼士：

1. 可加入西芹，更添爽口感。
2. 可選水浸吞拿魚取代油浸吞拿魚更為健康。



Steps:

1. Boil the eggs. Remove the shell and cut it into small pieces.
2. Dice the onion into small pieces.
3. Flake the tuna, then, add in the eggs, onion and salad dressing and mix them all up.
4. Cut the tin foil into rectangular shapes. Do the same with the cellophane but cut them into larger rectangles.
5. Spread the mixture onto a slice of bread. Roll it into a cylinder shape. Wrap it with tin foil. At last, use a piece of cellophane to cover the tin foil and then make it into a candy shape.

Tips:

1. You can add celery into the mixture to give it a crispier texture.
2. Healthier Choice – Select tuna in brine instead of tuna in oil!





營養顧問何偉滔有話說：

這種包裝成糖果般的健康零食確實令不少兒童神魂顛倒。這種小食營養均衡，當中蘊含多種營養素，如澱粉質、蛋白質和脂肪。除此之外，更包含多種微量元素如維生素A和D，對兒童的正常成長及免疫力發展極為重要。另外，很多家長會擔心雞蛋中膽固醇含量對心臟健康的影響，但其實外國有不少研究發現，單憑攝取雞蛋未必能夠促使膽固醇積聚於血管中，反而是過多飽和脂肪（如午餐肉、牛肉、雞皮、全脂牛奶、香腸等）會導致體內合成膽固醇，最終積聚於血管中。適量進食雞蛋能提升兒童記憶力和學習能力，因蛋黃含有豐富的膽鹼（Choline）。最後，若果家長擔心沙律醬的脂肪含量過高的話，可考慮選購較為健康的低脂沙律醬。

營養小TIPS——吞拿魚

吞拿魚除富維生素外，更含有豐富的奧米加-3脂肪酸，這種脂肪酸屬於人體必需脂肪酸，即身體不能自行合成，必需依靠膳食提供。DHA和EPA這兩種奧米加-3脂肪酸對兒童的腦部發展非常重要，想協助兒童提升IQ，吞拿魚可算是不二之選！

Nutrition Analysis:

Kids would love the appearance of this candy-like snack. This snack is filled with various nutrients, including carbohydrates, proteins and fats. Besides, it also contains various micronutrients such as vitamin A and D, and these vitamins are essential for the normal growth and the development of the immune system in children. However, some parents are concerned with the cholesterol content in the egg yolk, but I am not sure whether you are going to believe me in this, but some researches have shown that by solely consuming eggs, it may not be enough to cause cholesterol build-up in arteries, and the underlying reason for the cholesterol deposition in arteries may be due to the high consumption of saturated fats instead (ie luncheon meat, beef, chicken skin, whole-fat milk, sausage, etc). A moderate amount of consumption of eggs increases the memory and cognitive function of children, due to the choline content in egg yolk. Last but not least, you can choose salad dressings that are low in fat, if you are worried about the high fat content of regular dressings.

Nutrition Tips — Tuna fish

Besides being rich in various vitamins, tuna also contains beneficial omega-3 fatty acids, and these fatty acids are called essential fatty acids (EFAs), in which they cannot be synthesized by the human body, thus we have to consume them via diet. The omega-3 DHA and EPA are essential for the brain development process in children, so if you want your kid to be smarter, there is no better choice than tuna fish!





大蝦鮮果沙律杯

Prawns and Fresh Fruit Salad Cups

材料：

大蝦	1斤
富士蘋果	2個
洋蔥	1個
馬鈴薯	3個

醬料：

沙律醬	3茶匙
蛋黃醬	3茶匙
煉奶	1茶匙

Ingredients:

Prawns	1 catty
Fuji Apples	2 pieces
Onion	1 piece
Potato	1 piece

Dressing:

Salad dressing	3 tea spoons
Mayonnaise	3 tea spoons
Condensed milk	1 tea spoons







步驟：

1. 先將大蝦焗熟，去殼去蝦腸備用。
2. 蘋果去皮切細粒。
3. 洋蔥去皮切細粒。
4. 馬鈴薯去皮滾水煮15分鐘切粒。
5. 將醬料混入所有材料拌勻，盛在杯上便成。

貼士：

1. 馬鈴薯切粒後可加入少許鹽。
2. 可加入梨增添沙律清香。



Steps:

1. Blanch the prawns. Remove the shells and the intestines.
2. Peel the apples and dice them up.
3. Peel the onion and cut it into small pieces.
4. Boil the potato in boiling water for 15 minutes, then, peel and dice it.
5. Mix all the ingredients together with the dressing in a large bowl. Then, fill up the salad cups.

Tips:

1. You can add a pinch of salt to the potato after it is cut.
2. Pears can be added into the salad mixture to give it a fresher scent.





營養顧問何偉滔有話說：

大蝦含豐富的優質蛋白質，且脂肪含量低，是減肥的好幫手。大蝦更含有豐富的蝦青素（Astaxantin），屬於類胡蘿蔔素家族中的成員，初步研究顯示它具有抗氧化作用，但長遠保健效果需作更進一步研究。另外，洋蔥蘊含豐富的植物性營養素「蒜素」，這種天然物質具有抑制人體肝臟合成膽固醇之能力、提高免疫力、穩定血糖、降血脂等功能。生食的洋蔥營養價值最高，用作製造沙律確實最好不過。

營養小TIPS——蘋果

蘋果所含有的多酚量頗高，因此是抗氧化能力極佳的水果。而蘋果中的多酚主要存在於蘋果皮中，因此要做到「一日一蘋果、醫生遠離我」，便最好連皮進食。在蘋果中最出名的多酚是槲皮素，擁有強力抗氧化功能，更有效抑制體內釋放組織胺。一些常見的兒童問題都與身體過量釋放組織胺有關，當中包括哮喘、濕疹、鼻敏感等。因此，若希望兒童擁有強健體魄，可建議多進食蘋果。

Nutrition Analysis:

Prawns are rich in good proteins, and are also low in fat, thus may assist people who want to lose weight. In addition, prawns contain a carotenoid called "Astaxantin", and preliminary studies have shown that astaxantin has antioxidative property, but long term health-promoting effects are still under investigation. On the other hand, onions are rich in "Allicin", and this phytochemical has the ability to inhibit the production of cholesterol in the liver, increases immunity, stabilizes blood glucose, lowers serum cholesterol, etc. Raw onions are thought to be the most nutritious edible form, so using onions during preparation of salads is a smart choice.

Nutrition Tips — Apple

Apple is rich in polyphenols, therefore making this fruit to be one that has a high antioxidative potential. Since the polyphenols are mostly found in the outer layer of an apple, thus eating an apple with its skin will be most nutritious. In the apple, the most apparent polyphenol is "Quercetin", and this phytochemical has a potent antioxidative property, and also has the ability to inhibit the release of histamines in the human body. Some common diseases/conditions seen in children are results of excess release of histamines; these diseases/conditions include asthma, eczema, allergies, etc. Therefore, if you want your children to have a strong immune system, I suggest a regular consumption of apples.





鴛鴦春卷

Yuan Yang Spring Roll

材料：

鯪魚肉	半斤
墨魚滑	半斤
春卷皮	1包
蛋黃	1隻

Ingredients:

Dace fish meat	½ catty
Cuttlefish paste	½ catty
Spring roll wrappers	1 pack
Egg yolk	1 piece







步驟：

1. 先將鯪魚肉釀在春卷皮上，捲成長條狀，用蛋黃封口。
2. 墨魚滑以同樣方法釀在春卷上，捲成長條狀，用蛋黃封口。
3. 下油煮至滾，將春卷放入炸至金黃色盛起。
4. 食前回鑊再炸一次即可上碟。

貼士：

1. 春卷皮可剪去小部份，更易炸得鬆脆。
2. 卷時要盡力壓實，令餡料不易散開。



Steps:

1. Smooth out a thin layer of dace fish meat onto a piece of spring roll wrapper. Roll it up into a long, thin spring roll. Use egg yolk to seal up the wrapper.
2. Use the same procedure and do it with the cuttlefish paste. Make long, thin spring rolls and then seal up the wrapper with egg yolk.
3. Heat up the oil until it boils. Place the spring rolls in it for deep frying. Take them out when the wrappers turn golden.
4. Before you eat, deep fry it again and place them onto a plate.

Tips:

1. You can cut off part of the spring roll wrapper so that it can become crispier when it's being deep-fried.
2. When you roll the wrapper, make sure you are doing it tightly so the stuffing is compacted more firmly.





營養顧問何偉滔有話說：

煎炸食物往往是兒童最喜愛食品之一，但家長一般都建議兒童減少進食這類食物。作為營養學家的我卻認為偶爾進食亦無妨，只要控制進食量即可。鰻鰻春卷的主要素材為鰻魚肉和墨魚滑，鰻魚肉是優質蛋白質的來源，脂肪含量較低，還含有人體所需的必需脂肪酸，對兒童整體的腦部發展有幫助。另外，墨魚滑含有一種較特別的氨基酸——牛磺酸。牛磺酸對兒童腦部發展很重要，更能調節血液內不同礦物質之濃度，維持體內平衡。最後，牛磺酸多出現於一些能量飲品，相信與運動員的表現力有關，但確實成效有待證實。其實這個小食最重要的討論部份並不在於鰻魚肉和墨魚滑，最重要的部份其實是烹調油的選擇！

營養小TIPS——烹調油的學問！

烹調油的選擇其實亦屬一門學問，利用橄欖油作烹調之用這種飲食文化其實是源自於一些地中海國家，如意大利、希臘等地方。研究發現居住在這些地方的人較少患上心血管疾病，因此認為與橄欖油利用有關。本人則認為橄欖油利用會是其中一個原因，但不是單一原因。香港人利用橄欖油烹調食物並不適合，原因是大家的飲食文化不同，我們進食時較注重「火候」，因此一般烹調溫度較高，而橄欖油不是耐熱的烹調油，因其起煙點較低，因此不適用於港人的飲食文化。相反，花生油、粟米油、芥花籽油等起煙點則較高，比較上適合香港人烹調手法。話雖如此，若果偶爾進食意大利粉、沙律、蔬菜等不需高溫烹調的食物時可考慮使用橄欖油，對維持心血管健康確有幫助。

Nutrition Analysis:

Deep-fried foods are often children's favorites, but parents usually suggest their children to limit the consumption of such foods, which is a smart move! However, as a nutritionist, I think occasionally allowing kids to enjoy foods they love is acceptable; just make sure the portion size is small. Yuan Yang spring roll is made with fish and cuttlefish, and the fish is rich in protein while being low in fat, and it contains essential fatty acids (EFAs) that are essential for brain development in children. On the other hand, cuttlefish contains a special amino acid — "Taurine". Taurine is essential for brain function, and it can also assist in the regulation of the serum mineral content, maintaining a homeostatic state. At last, taurine is often found in energy drinks, and it is believed to increase the performance of athletes, however, more evidences are still required to prove this theory. Actually, the main issue that should be discussed with this dish is the choice of cooking oil, rather than the nutritional value of fish and cuttlefish!

Nutrition Tips — Learn to choose the right cooking oil!

Choosing the right cooking oil is not as easy as you think. The consumption of olive oil actually originated in Mediterranean countries, such as Italy, Greece, etc. Researches have found that people living in these countries have a lower risk in developing heart diseases, so scientists think that it is associated with the high consumption of olive oil in their diet. Personally, I think that the use of olive oil might be one of the reasons, rather than the only reason in explaining the low incidence of heart diseases. In Hong Kong, using olive oil as cooking oil might not be suitable, due to the differences in cooking techniques. People in Hong Kong mostly consume hot dishes, and the cooking temperature is usually high. With the low smoke point of olive oil, it may be an inappropriate choice for Chinese cuisines. Choosing cooking oils that have a higher smoke point such as peanut oil, corn oil and canola oil, etc, might be more appropriate. However, when preparing dishes such as spaghetti, salads and vegetables in which high temperature is not required, olive oil is a good choice, since it has a heart-protective effect.





雞蛋素肉卷 Egg-Quorn Roll

材料：

雞蛋	2 隻
紫菜	2 塊
素肉	1 條
越南米紙	2 塊

Ingredients:

Egg	2 pieces
Seaweed	2 sheets
Quorn	1 strip
Vietnamese Rice paper	2 sheets







步驟：

1. 先將雞蛋下鑊煎成蛋餅，切成長方狀。
2. 素肉切條，放滾水中煮熟。
3. 米紙用水浸軟。
4. 將米紙鋪平，再放上紫菜。
5. 放雞蛋和素肉捲起，切細件即可上碟。



貼士：

1. 米紙濕後要即時捲，要不然米紙會變回硬。
2. 米紙浸軟後用乾淨濕毛巾抹乾。



Steps:

1. Fry the eggs in a large pan. Then, cut it into long strips.
2. Cut the quorn into smaller strips and parboil them in boiling water.
3. Soak the rice paper in warm water until it softens.
4. Lay the rice paper flat and then place a sheet of seaweed on it.
5. Place the egg and quorn strips onto the seaweed, roll it up, then, cut it into smaller pieces.

Tips:

1. After soaking the rice paper, use it as soon as possible. Otherwise, it will harden again.
2. Use a clean towel to wipe off the extract water from the softened rice paper.





營養顧問何偉滔有話說：

雞蛋素肉卷雖然材料簡單，但營養卻不乏。這道菜較適合作小食之用，營養價值高的小食能協助穩定血糖，避免血糖波動太大，因此小食應以蛋白質為主，以供飽腹感。另外，份量亦不可以多，以免影響晚餐食慾。

營養小TIPS——素肉

素肉的製作以黃豆為主，黃豆含有豐富的植物性蛋白質、優質脂肪、鈣質等。植物蛋白能減少鈣質從尿液離開身體，對預防骨質疏鬆有幫助。黃豆更含有豐富的寡糖，屬於益生源的一種，能增加腸道中益菌數目，改善腸道健康，但記緊一次過不可攝取過量，因黃豆含有天然蛋白酶抑制劑，在消化道會影響蛋白質之消化，過量攝取會導致脹氣的出現。

Nutrition Analysis:

Although the ingredients and raw materials for preparing this dish are simple, however, it is still a nutritious dish. This dish acts like a snack and is most suitable during afternoon tea time. Nutritious snack like this helps stabilize blood glucose, to prevent fluctuations. Therefore, snacks should involve protein mainly, to induce satiety. Also, the quantity should be small as well, so they would not affect normal food consumption during dinner.

Nutrition Tips——Quorn

Quorn is made with soybeans, and soybeans are rich in plant proteins, beneficial fatty acids and calcium, to name a few. Plant proteins in soybeans can minimize calcium lost via urine, and thus is beneficial towards the prevention of osteoporosis. Furthermore, soybeans also contain oligosaccharides, which belong to the family of prebiotics. Oligosaccharides have the ability to stimulate the growth of probiotics (beneficial bacteria) in the colon, thus assist in maintaining colon health. Do not consume too much soybeans at once, since they contain natural protease inhibitor, which can affect normal protein digestion in the digestive tract, leading to flatulence.





串串豆腐 Tofu Skewers

材料：

硬豆腐	3 磚
紫菜	2 片
生粉	少許

汁料：

老抽	1 茶匙
生抽	1 茶匙
酒	少許
蠔油	1 茶匙
水	5 茶匙
生粉	1 茶匙
糖	3 茶匙

Ingredients:

Bean curd	3 pieces
Seaweed	2 sheets
Corn flour	a little

Dressing:

Dark soya sauce	1 tea spoon
Soya sauce	1 tea spoon
Cooking wine	a little
Oyster sauce	1 tea spoon
Water	5 tea spoons
Corn flour	1 tea spoon
Sugar	3 tea spoons







步驟：

1. 豆腐洗淨切薄片。
2. 紫菜裁成豆腐大小。
3. 紫菜塗上豆粉和水黏在豆腐上。
4. 下油鑊煎至金黃色。
5. 將汁料煮至濃。
6. 最後用竹籤串起，加汁料盛上。

貼士：

1. 豆腐要預先出水。
2. 煮汁料時要用細火。

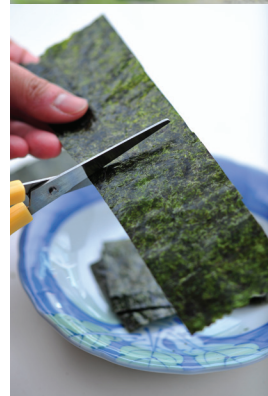


Steps:

1. Wash and cut the bean curd into thin slices.
2. Cut the seaweed into the same size as the bean curd slices.
3. Mix a little bit of water with the corn flour, then, coat it on both sides of the bean curd and place the sheets of seaweed on.
4. Deep fry it until it turns golden.
5. In a pot, mix all the ingredients for the sauce and cook to a boil.
6. Put the bean curd onto a skewer. Pour the sauce over before serving.

Tips:

1. Parboil the bean curd before the first step.
2. Use low heat when preparing the sauce





營養顧問何偉滔有話說：

豆腐作為兒童小食的素材當然是最好不過了。一串串進食，既方便，又有營養，而紫菜加上蔥花的配搭能增加口感。論在營養價值，豆腐含有豐富維生素和礦物質，含有奧米加3和6人體必需脂肪酸，亦是素食人士的鈣質和蛋白質攝取的優質來源，對兒童的整體成長、骨質生長和牙齒健康非常重要。在蛋白質方面，豆腐所含的植物蛋白有別於其他素食來源中的蛋白質，黃豆製品含有所有人體必需氨基酸，這是一般蔬菜水果所缺乏的特質。最後，豆腐屬低脂食品，不含任何膽固醇，相反含有豐富植物固醇(Phytosterol)。研究發現植物固醇能降低肝臟自行合成膽固醇，及有助降低膳食中膽固醇在腸道的吸收，維持心血管健康。

營養小TIPS——黃豆

除了以上所提及過的營養價值外，豆腐更含有豐富的異黃酮素。異黃酮素是一種天然存在於黃豆的抗氧化物，對預防疾病有著顯著的效果，尤其是慢性疾病如心臟病、骨質疏鬆、乳癌等。某些研究更表明異黃酮素能舒緩更年期障礙所導致的不適如潮熱、失眠、冒汗、自律神經失調等症狀，因此，適量地習慣性進食黃豆製品對整體保健有著顯著的作用。

Nutrition Analysis:

Tofu seems to be one of the best raw materials when preparing snacks for children, especially in the form of skewers, convenient and nutritious. With the addition of seaweed and green onions, these toppings can make the dish more palatable. With regards to the nutritional value, tofu contains various vitamins and minerals, while also being a rich source of both omega-3 and 6 fatty acids. For vegetarians, tofu seems to be a good source of calcium and protein, and for children, tofu seems to be essential during growth, bones and teeth development. The protein content within soybeans are different when compared to other vegetarian sources, since soybeans contain every single essential amino acids that human requires, and this unique property is what other vegetables and fruits lack. Last but not least, tofu is considered to be low in fat and cholesterol-free. Rather, tofu contains phytosterols, and researches have shown that phytosterols can help lower the production of endogenous cholesterol in the human liver, while also minimize the absorption of exogenous cholesterol (food cholesterol) in the small intestines, thus maintaining a healthy cardiovascular system.

Nutrition Tips — Soybeans

Besides the nutrients mentioned above, tofu is also rich in "Isoflavone". Isoflavone is a natural phytochemical present in soybeans. It possesses antioxidative property which is useful when preventing degenerative chronic diseases such as heart diseases, osteoporosis and breast cancer, etc. Some researches have even shown that isoflavone can improve menopausal symptoms in women, including hot flush, insomnia, sweating, and symptoms associated with the disruption of the autonomic nervous system. Therefore, regular consumption of soybean products is beneficial towards the prevention of diseases.







速食篇

Quick Snack

Page



香港人喜歡與時間競賽，新一代的港孩當然無可倖免。除了上學應付一大堆功課，還有一連串的興趣班。當然再忙也要吃，總不能天天吃叮叮飯盒。聰明的父母不妨考慮下以下方法，準備一些便當型的菜式，如碟頭飯、飯糰、只不過比方便麵多一點時間，便可以炮製到健康有營的菜式。

People in Hong Kong are always racing against time. Our current generation of kids is also suffering from this trend. Other than the tons of homework that they get, they also have to take up all kinds of interest classes. No matter how busy you are, you must leave some time to eat and you can't eat take away every day. So, for the smart parents out there, please consider the following recipes and prepare some 'bento-style' dishes such as rice set or rice balls. It takes a bit longer to make than instant noodles but it's healthier and more nutritional for your loved ones.





番茄肉碎米奇通粉

Minced Meat with Mickey Pasta in Tomato Sauce

材料：

米奇通粉	1包
豬肉	半斤
番茄	4個
茄膏	3茶匙

調味料：

鹽	1茶匙
豉油	2茶匙
糖	1茶匙
胡椒粉	少許
油	半茶匙
水	2茶匙
麻油	少許
生粉	1茶匙

Ingredients:

Mickey pasta	1 pack
Pork	½ catty
Tomatoes	4 pieces
Tomato paste	3 tea spoons

Seasoning:

Salt	1 tea spoon
Soya sauce	2 tea spoon
Sugar	1 tea spoon
Pepper	a pinch
Cooking oil	½ tea spoon
Water	2 tea spoon
Sesame oil	a little
Corn flour	1 tea spoon







步驟：

1. 先將豬肉攪碎，調味料加入醃半小時。
2. 番茄洗淨切粒。
3. 米奇通粉放滾水煮至軟身，盛起備用。
4. 碎豬肉下鑊煮至五成熟。
5. 加入番茄粒下鑊同炒片刻，最後加茄膏和通粉炒勻即成。

貼士：

1. 灑點蔥花令賣相更吸引。
2. 炒番茄時可加入兩片薑，去掉番茄的腥味。



Steps:

1. Mince the pork. Add the seasoning and marinate for 30 minutes.
2. Wash and dice the tomatoes.
3. Cook the Mickey pasta in boiling water until it is soft. Drain it for use later.
4. Fry the minced pork in a pan until it is half cooked.
5. Add in the diced tomatoes, tomato paste and pasta and stir fry until they are cooked.

Tips:

1. Sprinkle some green onions shreds onto the pasta to give it more colours.
2. You can add a couple of slices of ginger when you fry the tomatoes to get rid of the 'grassy' smell.





營養顧問何偉滔有話說：

不需要介紹其營養價值，若果只聽到「米奇通粉」，已經足夠刺激兒童食慾！這個食譜營養均衡，包括有澱粉質（通粉）、素菜（番茄）和蛋白質（豬肉碎）。我個人認為這個食品非常適合有偏食習慣的兒童進食，其實營養學家不但要了解每種食物中所含的營養素，更要學會如何處理常見兒童偏食問題。最直接而有效的方法便是利用各種方式去刺激兒童的食慾，「米奇通粉」這個概念正是不錯的嘗試。

另外，通粉較白飯健康，原因與其分子團結構有關，令它的升糖指數較白飯低。升糖指數低的意思是進食後血糖不會急速上升，減少高血糖風險以及脂肪合成的機會。因此，番茄肉碎米奇通粉較番茄肉碎飯健康！若果要進一步吸引兒童進食的話，不妨加些蔥花、粟米粒、青豆等配料，令顏色較為鮮艷，增進兒童食慾。

營養小TIPS——豬肉

豬肉一般比牛肉健康，相信與脂肪含量有關。豬肉含有豐富的鐵、鎂、磷、鉀、鋅、維生素B雜和蛋白質，對兒童整體發展相當重要。鐵質是兒童腦部發展的重要元素，而肉類中鐵質的利用率較蔬菜高，而牛肉一般飽和脂肪含量高，因此豬肉內鐵質是動物界中優質之選。

Nutrition Analysis:

No need to mention the nutritional value of this pasta. By just telling your children the name of this dish, it would make them crazy already! Meanwhile, nutrients within this pasta are well-balanced, including carbohydrates (pasta), veggies (tomatoes) and protein (minced pork). Personally I believe this dish is suitable for children with bad eating habits. Besides knowledge in food nutrition, nutritionist also needs to learn how to deal with children with poor eating habits. The most promising way is to increase the children's appetite, and in fact using "Mickey pasta" seems to be a good try.

On the other hand, pasta is comparatively healthier than white rice, since the starch granules of pasta and white rice are different, and this would lead to a lower glycemic index (GI) of pasta. A food with a low GI will not cause a sudden rise in blood glucose upon consumption, and therefore minimizing the risk of hyperglycemia and overweight. As a result, minced pork tomato pasta often is the better choice over minced pork tomato rice! To help stimulate your children's appetite, try adding toppings that are colorful such as green onions, corns and beans.

Nutrition Tips — Pork

In general, pork is a better choice when compared to beef, due to the difference between fat content. Pork contains iron, magnesium, phosphorous, potassium, zinc, vitamin B complex and protein, and these nutrients are all vital for growth in children. Specifically, iron is extremely crucial for brain development in children, while iron from animal sources is more bioavailable than iron from plant sources, and since beef usually contains more saturated fat, thus making pork one of the best candidates for iron in animal sources.



彩虹壽司 Rainbow Sushi

材料：

紫菜	1包
日本珍珠米	2杯
青瓜	1條
日本酸蘿蔔	1條
雞蛋	2隻
蟹柳	8條
香腸	4條
日本壽司醋	半樽

Ingredients:

Seaweed	1 pack
Japanese rice	2 cups
Cucumber	1 piece
Japanese preserved radish	1 piece
Eggs	2 pieces
Crab sticks	8 strips
Sausages	4 pieces
Japanese sushi vinegar	½ bottle







步驟：

1. 先將珍珠米煮熟，加入壽司醋拌勻，待涼備用。
2. 雞蛋煎成蛋餅，切條備用。
3. 香腸煎香一開二煎至金黃色。
4. 蟹柳浸熱水撕開，青瓜、酸蘿蔔切條。
5. 將紫菜放在壽司蓆上，放上飯輕輕壓平，再放上所有材料捲起。
6. 將卷切件便成。

貼士：

1. 青瓜頭尾要輕輕磨一陣子，去除苦味。
2. 切卷時可蘸點醋以防壽司黏刀。



Steps:

1. Cook the Japanese rice. Stir in the vinegar. Let cool for later use.
2. Fry the eggs in a large pan. Cut it into long strips.
3. Cut the sausage in half and then fry it for a crispier taste.
4. Soak the crab sticks in warm water and then shred it into smaller strips. Cut the cucumber and radish into long strips, too.
5. Place the seaweed on a Japanese sushi mat, spread a thin layer of rice on it. Add all the ingredients onto the rice and then roll the seaweed tightly.
6. Cut the sushi roll into small pieces and then serve.

Tips:

1. Grind the ends of the cucumber to get rid of the bitter taste.
2. Coat the knife with some vinegar before cutting so that the rice won't stick to the blade.





營養顧問何偉滔有話說：

彩虹壽司可算是兒童便當的不錯選擇，既輕盈，又方便攜帶。壽司一般的脂肪量較低，因此日本人較少出現肥胖問題。食用彩虹壽司可配以綠茶，效果更佳，原因為綠茶中兒茶素可以抑制香腸中防腐劑轉化為致癌物。各家長請放心，適量進食香腸問題並不大，記緊不可過度控制兒童選擇食物的權利，應教導兒童如何選擇健康食品。另外，壽司的主要材料紫菜含有豐富的碘，這種礦物質對兒童腦部發展及成長相當重要，適量攝取更能減低患上甲狀腺腫脹(俗稱大頸泡)的風險。

營養小TIPS——紫菜

紫菜昆布等食品含有豐富β-胡蘿蔔素、膳食纖維、鈣、鎂、鉀、鐵、硒和碘，而碘對預防甲狀腺腫脹有一定幫助。甲狀腺疾病可分為甲狀腺亢進和甲狀腺功能過低兩種。甲狀腺亢進的常見症狀包括食慾增加但體重下降、失眠、冒汗、腹瀉、心跳加速，嚴重可出現眼凸的現象。相反，甲狀腺功能過低的症狀包括體重上升、水腫、手腳冰冷、便秘等。

Nutrition Analysis:

As a Bento lunch box in Japanese cuisines, "Rainbow sushi" seems to be one of the most convenient choices for children. In general, sushi is low in fat, and this is the reason why obesity is seldom a problem in Japan. When consuming "Rainbow sushi", try to drink green tea as well, since green tea contains the phytochemical "Catechin", and this substance has the ability to inhibit the formation of nitrosamine when consuming foods that contain nitrates (ie. sausages in sushi). However, parents do not have to worry so much, since moderate consumption of sausages is acceptable. Remember, do not over-restrict children's food choices. Rather, teach them how to choose healthy foods instead. On the other hand, sushi is made with seaweed, and seaweed contains iodine, which is a vital nutrient for children's brain development and overall growth, and adequate intake also minimizes the risk of goiter as well.

Nutrition Tips — Seaweed

Foods such as seaweed and kelp contain β-carotene, dietary fibre, calcium, magnesium, potassium, iron, selenium and iodine, and iodine is essential during the prevention of thyroid diseases. Thyroid diseases are classified into two general types: hyperthyroidism and hypothyroidism. Symptoms seen in hyperthyroidism include increased appetite along with weight loss, insomnia, sweating, diarrhea, increased heart rate, and in serious conditions, might lead to Graves' ophthalmopathy as well. In contrast, symptoms in hypothyroidism include weight gain, edema, a sense of cold in hands and feet, constipation, etc.





芝士煙肉薯球

Cheese and Bacon Potato Balls

材料：

水牛芝士 (Mozzarella)	少許
煙肉	4 條
粟米	1 條
馬鈴薯	2 個
酸忌廉	2 茶匙
蔥粒	少許

調味料：

黑椒	少許
鹽	少許

Ingredients:

Mozzarella Cheese	a little
Bacon	4 strips
Corn	1 cob
Potatoes	2 pieces
Sour cream	2 tea spoons
Diced green onion	a little

Seasoning:

Black pepper	a pinch
Salt	a pinch







步驟：

1. 先將馬鈴薯去皮切件，蒸15分鐘備用。
2. 粟米放入水焗15分鐘，切粒備用。
3. 煙肉放焗爐焗至脆，切粒備用。
4. 馬鈴薯取出壓成茸，下調味料拌勻。
5. 將薯茸弄成球狀放碗中，灑上煙肉、粟米、芝士、蔥粒和酸忌廉即成。

貼士：

1. 薯茸可加入少許牛油，增添香味。
2. 若沒有焗爐，可將煙肉下白鑊煎至脆。



Steps:

1. Peel and dice the potatoes. Parboil for 15 minutes and drain for later use.
2. Parboil the cob of corn for 15 minutes. Then, cut off the corn for later use.
3. Bake the bacon in the oven until they turn crispy. Then, cut them into small pieces.
4. Mash the potatoes, add in the seasoning, then, stir until they're mixed.
5. Form the mashed potato into a shape of a ball and place it into a bowl. Sprinkle on the bacon bits, corn, cheese, sour cream and serve.

Tips:

1. You can add a little bit of butter into the mashed potato for a more buttery scent.
2. If you don't have an oven, you can fry the bacon strips on a pan over the stove.





營養顧問何偉滔有話說：

馬鈴薯往往是兒童的最愛，尤其是「炸薯條」，但絕大部份家長都擔心薯條脂肪含量極高，更含有反式脂肪，過量攝取恐怕對心血管造成極大影響。幸好，如果能採用其他烹調方法，馬鈴薯畢竟都是一種極具營養價值的食物，各位家庭主婦可嘗試芝士煙肉薯球。採用這種蒸煮的烹調方法來處理馬鈴薯，不單能減少油份的利用，更能保留不少薯仔本身所含有的營養素如維生素C、維生素B雜、鐵、鎂、鉀、銅、膳食纖維等。

營養小TIPS——馬鈴薯

馬鈴薯含有豐富的複雜碳水化合物、蛋白質和纖維，更蘊含維生素B、C、鐵、鉀和多酚。複雜碳水化合物能提供充份熱量給予兒童，另外，纖維能夠提供飽腹感，減低過量進食風險。若果在烹調時發現馬鈴薯發芽或變綠，切忌進食，因發芽或變綠的馬鈴薯代表含有毒素——生物鹼。這類化學物具有毒性，能引發腸胃不適、嘔吐、腹瀉、腹痛等，嚴重時甚至會影響神經系統，導致癱瘓。話雖如此，輻照加工過程能抑制馬鈴薯發芽，而坊間有不少馬鈴薯已經過輻照處理，因此問題不大。

Nutrition Analysis:

Potatoes are often one of children's favorites, the most common being "French fries". However, most parents are concerned of the high fat content in French fries, while also containing trans fat, over-consumption may increase the risk of cardiovascular diseases. Luckily, if prepared using other cooking methods, potatoes can be considered a nutritious food, and housewives can try "Cheese and Bacon Potato Ball". Using the cooking method mentioned above, not only can you minimize the use of cooking oil, you can also preserve the vitamins and minerals in potatoes, such as vitamin C, B, iron, magnesium, potassium, copper and dietary fibre.

Nutrition Tips — Potatoes

Potatoes are rich sources of complex carbohydrates, proteins and fibre, they also contain vitamin B complex, vitamin C, iron, potassium and polyphenols. Complex carbohydrates in potatoes can provide energy for children's needs; and dietary fibre can stimulate satiety, minimizing the possibility of over-eating in children. If sprouting or color change (green color) is present on the potatoes, DO NOT eat them, as these changes imply that there are toxins called "alkaloids" present in the potatoes. This type of substance is toxic, and may lead to discomfort of gastrointestinal tract, vomiting, diarrhea, stomach cramps, etc. In serious conditions, alkaloids might even affect the central nervous system, leading to paralysis. Nevertheless, food technologies such as "irradiation" inhibits the sprouting in potatoes, and most potatoes have gone through the irradiation process before being sold on the market, thus the chance of leading to toxicity is low.





茄茸龍腩柳

Sole Fish Fillet in Tomato Sauce

材料：

龍腩柳	2片
番茄	2個
蒜茸	2粒(拍扁)
薑片	2片

醃料：

鹽	1茶匙
胡椒粉	少許
生粉	2茶匙
糖	半茶匙

調味料：

茄汁	2茶匙
鹽	半茶匙
糖	半茶匙

Ingredients:

Sole fillet	2 slices
Tomatoes	2 pieces
Garlic	2 cloves (crushed)
Ginger	2 slices

Seasoning for marinating:

Salt	1 tea spoon
Pepper	a pinch
Corn flour	2 tea spoons
Sugar	½ tea spoon

Seasoning:

Ketchup	2 tea spoon
Salt	½ tea spoon
Sugar	½ tea spoon







步驟：

1. 先將龍脷柳洗淨抹乾，加入醃料醃片刻。
2. 番茄洗淨去蒂切粒。
3. 將龍脷柳下油鑊煎熟上碟。
4. 用蒜茸和薑片起鑊，加入番茄煮至茸再加調味料炒勻，將茄茸倒上龍脷柳面上便成。

Steps:

1. Wash the sole fillet. Pat it dry with paper towel.
Add in the seasoning for marinating.
2. Wash, peel and dice the tomatoes.
3. Fry the fillets in a large pan until they're fully cooked. Place them onto a plate.
4. In a pan, fry the crushed garlic and ginger slices, then, add the diced tomatoes and seasoning.
5. Stir fry until hot and pour the sauce over the fillets before serving.





營養顧問何偉滔有話說：

衆所皆知，魚類含豐富營養素，當中包括優質蛋白質、維生素A、D、E、B2、B3，以及多種礦物質如硒、鋅、鉀、鈉、鈣和鎂。魚類中的蛋白質不僅含量高，當中氨基酸的組成及比例更適合人體所需，因此被譽為優質蛋白質。這道菜較適合晚餐進食，因為其蛋白質含量豐富，可以減少晚間攝取過量澱粉質的風險，減低肥胖機會。若家中兒童有呼吸道問題，建議多攝取富含維生素A之食物，因維生素A能提高呼吸道免疫力，強化肺部和氣管黏膜功能，對患有哮喘的兒童幫助很大。家長必需注意的是維生素A不可以過量，尤其以營養補充品形式，因攝取過量維生素A會影響肝臟功能，因此不應胡亂補充維生素A，以原食物攝取比較安全。除了龍脷柳之外，番茄亦屬於這道菜的主角。番茄含有豐富的營養素，當中包括維生素C、E、類胡蘿蔔素、鎂、鈣、磷以及茄紅素。

營養小TIPS——番茄

番茄中的茄紅素乃是天然植物性化學成份的一種，具有強力抗氧化作用，尤其在預防一些退化性疾病如前列腺癌、骨質疏鬆、高血壓、心血管疾病等。大部份家庭主婦都會認為最具營養價值的進食番茄方法是生食，但其實大錯特錯！研究發現進食番茄的最佳方法是加熱或加工、再加些油脂來協助其吸收率。因此，最能被人體利用的茄紅素多出現於茄膏、茄汁、煮熟的番茄如茄茸等來源。相反，生番茄、西瓜、粉紅西柚等未經煮熟的食物雖含有豐富的茄紅素，但被人體利用的效率卻不高。

Nutrition Analysis:

Everyone should know that fishes are rich in various nutrients, including proteins, vitamin A, D, E, B2, B3, and other minerals such as selenium, zinc, potassium, sodium, calcium and magnesium. Not only are fishes rich in proteins, the ratio of their amino acids constituents are closely similar to the ones that human requires. This dish is actually most appropriate for dinner due to its rich protein content, thus minimizing starchy carbohydrates intake, and in turn prevent excess weight gain. In addition, vitamin A can improve respiratory problems in children, by strengthening the immune of the respiratory tract such as the lungs and the mucous membranes in the bronchi, and is especially beneficial towards children with asthma. However, parents should be aware that excess vitamin A may be harmful, especially in the form of cod liver oil supplements, since excess consumption may affect the function of the liver, so consuming vitamin A via whole foods is most appropriate to prevent vitamin A overdose. Besides sole fish fillet, tomatoes are also extremely nutritious, including nutrients such as vitamin C, E, magnesium, calcium, phosphorous and lycopene.

Nutrition Tips — Tomatoes

Lycopene is one of the natural phytochemicals contained in tomatoes, with potent antioxidant property, and especially beneficial towards the prevention of degenerative diseases such as prostate cancer, osteoporosis, hypertension and other cardiovascular diseases. Most parents believe that the most nutritious way to take tomatoes is in uncooked form; however, this is absolutely wrong! Researches have suggested that the bioavailability of lycopene is highest when in cooked or processed form, and adding some oil to tomatoes during cooking will also maximize the absorption of lycopene. Therefore, the human body utilizes lycopene best from food sources such as tomato paste, ketchup, tomato sauce, etc. In contrast, the absorption and utilization of lycopene present in raw tomatoes, watermelon and pink grapefruit is comparatively lower.





干絲萬縷

Stir fry Shreds

材料：

雞脾肉	1隻
火腿	3片
蘿蔔	半個
西芹	兩條
蔥	1棵
韓國粉絲	1包
蒜片	4粒
芝麻	少許

醃料：

生抽	2茶匙
糖	半茶匙
胡椒粉	少許
麻油	少許
生粉	1茶匙
酒	少許

調味料：

雞湯	1碗
蠔油	2茶匙
老抽	2茶匙

Ingredients:

Chicken thigh meat	1 portion
Cooked ham	3 slices
Carrot	½ stalk
Celery	2 stalks
Green onion	2 strips
Korean vermicelli	1 pack
Sliced garlic	4 slices
Sesame	a little

Seasoning for marinating:

Soya sauce	2 tea spoons
Sugar	½ tea spoon
Pepper	a pinch
Sesame oil	a little
Corn flour	1 tea spoon
Cooking wine	a little

Seasoning:

Chicken broth	1 bowl
Oyster sauce	2 tea spoons
Dark soya sauce	2 tea spoons







步驟：

1. 先將粉絲用水浸軟，用滾水煮至軟身備用。
2. 雞脾肉切條加入醃料拌勻。
3. 蘿蔔去皮刨絲，西芹洗淨切絲，蔥洗淨切段。
4. 先爆香薑和蒜粒，下雞肉炒至半熟，再加入西芹、火腿和蘿蔔絲炒勻。
最後再加粉絲略炒，加入調味料炒勻，熄火加上蔥片和芝麻即成。

貼士：

1. 韓國粉絲可於韓國食品店或大型日式超市購買。



Steps:

1. Soak the vermicelli until it softens. Parboil it to make it softer and drain for later use.
2. Cut the meat into small shreds and marinate it with the seasoning for marinating.
3. Peel the carrot and shred it into long, thin pieces. Wash and cut the celery into long, thin shreds as well. Cut the green onions into 1-inch pieces.
4. First, fry the ginger and garlic. Then, add in the chicken shreds and when they're half cooked, put in the celery, ham and carrot shreds and stir fry until all the ingredients have mixed. At last, combine the vermicelli and seasoning and stir fry a little more. Sprinkle some sesame onto the top before serving.

Tips:

1. Korean vermicelli can be bought at Korean food shops or Japanese supermarkets.





營養顧問何偉滔有話說：

利用雞肉絲、火腿絲、紅蘿蔔絲、西芹絲、蔥絲和粉絲作為主要素材的「千絲萬縷」，營養既均衡，又能提供飽腹感，能有效減低過量進食機會。紅蘿蔔、西芹和蔥絲蘊含豐富的膳食纖維，令這道菜產生「爽脆」的感覺，使平常不喜歡進食素菜的兒童無意中攝取更多纖維，增進健康。另一方面，在營養學範疇裡亦有一種稱為「顯量進食法」的概念，是用於減肥之用。背後理論是指若果能把食物切成絲狀或其他更細小的形狀，做成量大、容易被消化的餸菜的話，便能給予人們飽腹感，得到了飽腹感，人們就不會攝取過量熱量，直接減低肥胖風險。這個方法是一種不錯的減肥方法，況且，把食物切成絲狀能促使兒童放慢進餐速度，對維持正常體重及減輕消化系統負擔相當重要。

營養小TIPS——紅蘿蔔

紅蘿蔔含有豐富的β-胡蘿蔔素，屬於維生素A的前驅物，對維持人類視覺、免疫力發展、黏膜組織健康、肺部及支氣管健康、預防皮膚乾燥和維持正常骨骼發展相當重要。另一方面，紅蘿蔔具有很強的抗衰老能力，對預防各種退化性疾病如心血管疾病、肺癌和骨質疏鬆等效果顯著。

Nutrition Analysis:

"Stir fry shreds" is made with shreds of chicken thigh meat, ham, carrots, celery, green onions and Korean vermicelli. This dish is nutritious, while providing satiety, thus minimizes the problem of over-eating in children. Carrot, celery and green onion are all rich in dietary fibre, providing the dish with the sense of "crunchiness". Children who usually dislike veggies can intake a bit more fibre through this dish. On the other hand, there is a theory in the study of nutrition, stating that if foods are cut into slices or shreds or other smaller shapes, increasing the quantity while making foods more digestible, then this dish can promote satiety. When satiety is stimulated, people will not consume excess calories in such a meal, thus lowering the risk of obesity. This theory is often used during weight management programs. Furthermore, cutting foods into shreds can help slower the speed in which children consume their meal, and thus help maintain healthy weight and relieves the stress on the digestive system.

Nutrition Tips — Carrots

Carrots are rich in β-carotene, and this phytochemical is a precursor of vitamin A. It serves essential function for human eye-sight, immune development, integrity of mucous membrane, lungs and bronchioles, and is also essential in preventing dryness of skin and supports normal bone development. On top of that, carrots have potent antioxidant capacity, therefore beneficial towards the prevention of various degenerative diseases such as cardiovascular diseases, lung cancer and osteoporosis.







甜蜜篇 Sweetie Page



好像沒有見過不嗜甜的小朋友，甚至成年人也會被甜品所迷惑。甜品絕對是令人快樂的食物，能夠在家炮製甜品，不但令食者開懷，聞者也會產生喜悅。雖然吃甜太多始終對身體不好，但偶然吃吃也不為過。飯後同愛兒一起弄道甜品，比光坐著看電視更有意思。最重要是比在街上買回來加了色素或添加劑等化學物品來得健康！

I don't think I've ever met any kids who don't like sweets. Even adults are tempted by desserts. They are definitely a type of food that makes people happy. Not only does making dessert at home make someone content, just hearing about it brings you joy. Although too much sweet is not good for health, it's not a sin if you have some once in a while. Isn't preparing a dessert after a meal with your child better than just sitting around watching TV? More importantly, it's healthier to make desserts at home as some stores may add coloring or additives to their desserts!





芝麻小丸子

Sesame Rice Ball

材料：

黑芝麻	半碗
糖	半碗
橄欖油	少許
糯米粉	半碗
水	¼ 碗
薑	1個
冰糖	少許

Ingredients:

Black sesame	½ bowl
Sugar	½ bowl
Olive oil	a little
Glutinous rice flour	½ bowl
Water	¼ bowl
Ginger	1 piece
Rock sugar	a little







步驟：

1. 黑芝麻放白鑊烘乾。
2. 先將芝麻和糖放攪拌機攪碎。
3. 加入橄欖油令芝麻呈漿狀。
4. 將芝麻漿搓成小粒放雪櫃雪至硬身。
5. 薑去皮拍扁備用。
6. 糯米粉和水混合，搓成麵團狀。
7. 粉團搓成細圓狀，用手指開洞，釀入從雪櫃取出的芝麻餡，再搓成湯丸形。
8. 熱水放入薑滾15分鐘，加入冰糖煮至全溶，再加入湯丸煮滾便成。

貼士：

1. 白鑊即不下油。
2. 湯丸浮面即熟。

Steps:

1. Fry the black sesame on a heated pan.
2. Blend the black sesame and sugar in a blender.
3. Add the olive oil into the mixture so that it turns into a paste.
4. Mould the sesame paste into small balls and then freeze it in the fridge.
5. Peel the ginger. Flatten it by hitting it.
6. Mix the glutinous rice flour with water. Knead until it becomes dough.
7. Mould the dough into a small ball, poke a hole in the dough to place the frozen sesame paste in.
8. Close up the dough opening and shape it into a ball.
9. Place the ginger into boiling water and heat for 15 minutes. Then, add the rock sugar in and wait for it to melt completely. Finally, put the rice balls in and cook to a boil and serve.

Tips:

1. There's no need to add any oil into the pan for frying the black sesame.
2. The rice balls are cooked when they float to the surface of the boiling water.





營養顧問何偉滔有話說：

甜品一向是兒童的最愛，而一般中式甜品較西式甜品健康。因此，有時候都可讓兒童放縱一下，享受一下品嘗甜品的樂趣。芝麻小丸子的主要素材為黑芝麻和糯米粉，而糯米卡路里本身並不低，但偶爾進食亦無妨。進食小丸子的時間最好為「下午茶」時段，一方面能作為小食，另一方面又能避免於晚間攝取，減低肥胖風險。

營養小TIPS——黑芝麻

黑芝麻含有多種微量元素，當中包括鈣、銅、鐵、錳、鎂、維生素E和B1，也是單元不飽和脂肪酸的極佳來源，有效預防心血管疾病。另一方面，黑芝麻亦含有獨特的植物性雌激素——芝麻素。這種活性成份能保護受酒精傷害的肝臟細胞，並修復肝臟受損組織；另外，它能降低血液中膽固醇，因此，黑芝麻擁有著很強的保健潛能，但更具體的療效則有待進一步的臨床研究去證實。

Nutrition Analysis:

Desserts are often children's favorites, and normally Chinese desserts are relatively healthier when compared to desserts from Western countries. Therefore, occasionally allowing your children to enjoy some Chinese desserts is a wise choice. "Sesame Rice Ball" is primarily made with black sesame and glutinous rice flour; although the calorie of glutinous rice flour is high, occasional consumption is acceptable. This dessert is suitable during afternoon tea-time, on one hand, it can be a snack, and on the other hand, it can prevent over-eating during dinner.

Nutrition Tips — Black Sesame

Black sesame contains various micronutrients, including calcium, copper, iron, manganese, magnesium, vitamin E and B1, while also being a good source of monounsaturated fatty acids – a healthy type of fat essential in the prevention of cardiovascular diseases. Moreover, black sesame also contains a unique phytoestrogen – "Sesamin". This phytochemical is useful in the protection towards alcohol-induced liver damages, and can also repair damaged liver tissues. Furthermore, sesamin can also help lower serum cholesterol. Thus, black sesame has various health-promoting effects, but further clinical researches are needed to demonstrate its potential therapeutic effects.





檸檬芝士餅

Lemon Cheese Cake

材料：

忌廉芝士	300克
淡忌廉	250克
魚膠片	2片
檸檬汁	3茶匙
蛋白	1隻
蛋黃	1隻
砂糖	100克
消化餅	180克
牛油	80克

Ingredients:

Cream cheese	300 grams
Unsweetened cream	250 grams
Gelatine	2 strips
Lemon juice	3 tea spoons
Egg white	1 portion
Egg yolk	1 piece
Sugar	100 grams
Digestive biscuits	180 grams
Butter	80 grams







步驟：

1. 先將忌廉打至企身，放入雪櫃備用。
2. 消化餅放入密實袋壓碎，將牛油溶化倒入消化餅中拌勻，倒入8吋餅盤中壓至平均。
3. 魚膠片放入凍水浸軟，座熱水至溶化。
4. 忌廉芝士打至滑，加入蛋黃和糖再打至滑，將檸檬汁加入魚膠水中再加入忌廉芝士中。
5. 加入已打起的忌廉再拌勻。
6. 蛋白打至企身，加入芝士餡中。
7. 將芝士餡們入餅底上，放入雪櫃至凝固。
8. 從雪櫃取出，加上裝飾便成。



貼士：

1. 可用火槍輕燒蛋糕模，更易甩出。
2. 餅底謹記壓實，要不然餅底會鬆開。

Steps:

1. Beat the cream until it thickens. Then, put it in the fridge for later use.
2. Crush the biscuits in a zip-lock bag. Melt the butter and then mix it in with the biscuit crumbs. Pour the mixture onto an 8-inch cake pan and press it down firmly and evenly.
3. Soften up the gelatine in cold water. Then, melt it in hot water.
4. Beat the cream cheese until it's smooth, add the egg yolk and sugar and beat it some more. Pour in the lemon juice and gelatine water.
5. Bring out the cream from the fridge, put it in with the cream cheese mixture and then blend everything together.
6. Beat the egg white until it stiffens and then add it into the cream cheese mixture.
7. Pour the mixture onto the biscuit crust in the cake pan. Place it in the fridge until it solidifies.
8. Take it out of the fridge. Decorate it and serve.

Tips:

1. You can use a burning gun for cooking to heat the surface of the cake pan lightly so the cake comes out easier.
2. Remember to press the biscuit crumbs firmly, otherwise, the crust will loosen up.





營養顧問何偉滔有話說：

製作芝士餅的主要材料就是芝士，當中鈣質含量高，因此對兒童的骨骼和牙齒發展極為重要。在製作這個甜品時必需注意忌廉芝士的脂肪含量，一般約含35%脂肪，而大部份更是飽和脂肪為主，攝取過量會增加血液中「壞膽固醇」。因此，選擇忌廉芝士時應選擇低脂配方，便能讓兒童適量地享受甜品的滋味。

營養小TIPS——檸檬

檸檬本身營養價值甚高，當中包括維生素C、磷、鉀、鈣、β-胡蘿蔔素和纖維。研究發現維生素C能有效預防某些癌症及心血管疾病、提高自體免疫力以及改善皮膚質素。另外，檸檬表皮內的白色海綿組織更含有豐富的生物類黃酮，這種活性成份擁有著顯著的抗氧化能力，能維持血管彈性，減少高血壓以及其他心血管疾病的出現。除此之外，生物類黃酮亦能強化肝臟功能，對維持肝臟解毒功能非常重要。

Nutrition Analysis:

The major ingredient used in preparing cheese cakes is cheese; it is high in calcium, and therefore beneficial towards the development of bone and teeth in children. During preparation, you should be aware of the fat content in cream cheese, normally cream cheese contains approximately 35% of fats, and the majority being saturated fats. Excess intake is associated with the increase in serum Low-Density Lipoproteins (LDL). Thus, when choosing cream cheese, one should choose those that are low in fat, so children can occasionally enjoy such a delicious dessert.

Nutrition Tips — Lemon

Lemon itself is very nutritious, containing nutrients such as vitamin C, phosphorous, potassium, calcium, β-carotene and dietary fibre. Preliminary researches have shown that vitamin C can prevent some types of cancer and cardiovascular disease, improves immunity and maintains the elasticity of the skin. Furthermore, the white-colored membrane located just under the skin of the lemon is a good source of "bioflavonoids", these phytochemicals have potent antioxidative effect, help maintain the elasticity of blood vessels, reducing the risk of hypertension and other associated cardiovascular diseases. Besides, bioflavonoids can stimulate the liver function, and are essential during detoxification processes.





牛油曲奇 Butter Cookies

材料：

牛油	250克
砂糖	90克
麵粉	180克
粟粉	120克
雞蛋	1隻半

Ingredients:

Butter	250 grams
Sugar	90 grams
Baking flour	180 grams
Corn starch	120 grams
Egg	1 ½ pieces







步驟：

1. 牛油、砂糖放入打蛋機打起至奶白色。
2. 打起後分兩次下蛋液，打勻至不見蛋漿。
3. 麵粉和粟粉隔篩後，加入牛油麵糊內，拌勻即可。
4. 粉漿放入唧袋唧成花形。
5. 焗爐預熱攝氏180度，入爐焗15-20分鐘至金黃色即成。

貼士：

1. 除花型外可唧不同形狀。
2. 焗的時間要自行掌握，因每個爐的火力有異。



Steps:

1. Place the butter and sugar into a bowl. Use an egg beater to beat it until the mixture turns cream white.
2. Beat the egg and then pour half of it into the mixture and beat until it's all blended. Then, pour in the other half of the egg and beat it again until the egg is all blended in.
3. After sieving the flour and corn starch, add them into the butter mixture and then mix it up.
4. Pour the cookie dough into a piping bag, then squeeze out the dough into the flower-shaped moulding cup.
5. Pre-heat the oven at 180 degrees. Bake it in the oven for 15 to 20 minutes or until cookies turn golden.

Tips:

1. You can shape the cookie dough into any forms.
2. The baking time varies with different ovens. Please refer to your oven manual for details.





營養顧問何偉滔有話說：

牛油曲奇餅往往是兒童最愛之一，但一般製作曲奇餅時需用酥油，而酥油含有反式脂肪，多食將對心血管構成嚴重威脅，甚至會影響兒童智商發展。科研結果指出反式脂肪會取替腦部中必需脂肪酸，大大影響兒童腦部發展。在此介紹的牛油曲奇利用動物牛油製作，雖則含有飽和脂肪為主，但偶爾進食問題不大，況且曲奇只可當作甜品或小食進食，份量應不會過量。

營養小TIPS——牛油

撇除牛油中飽和脂肪的問題，畢竟牛油的營養價值甚高，當中以維生素A和D為主，對兒童的骨骼、視覺、免疫力發展相當重要，是成長中兒童不可或缺的營養素。另外，適量利用牛油不會嚴重影響體重問題，因外國某些初步研究得知牛油所含的飽和脂肪酸——丁酸：屬於較短的脂肪酸，吸收後有機會被運送到肝臟轉化為熱量而並非作儲存之用。

Nutrition Analysis:

Butter cookies are often one of kids' favorites; however, they are often prepared using shortening. The fact is that shortening contains "trans fat", and frequent consumption may lead to increased risk of cardiovascular diseases and affect IQ. The results from scientific studies have shown that trans fat is capable in replacing the beneficial fatty acids present in brain, and thus affecting the brain development in children. The "Butter Cookies" introduced here is prepared using traditional butter, although it contains high saturated fat, but occasional consumption is still acceptable. Moreover, cookies are usually served as desserts or snacks, so the amount is usually moderate.

Nutrition Tips — Butter

Neglect the fact that butter contains high saturated fat; it is still a food with high nutritional value, especially with its high vitamin A and D content. These vitamins are essential in the development of bones, vision and immune system in children, so they are vital for children's growth. On the other hand, moderate usage of butter during cooking will not impact general health, as preliminary studies have shown that the major saturated fatty acid present in butter — butyric acid; is considered as a short chain fatty acid. Upon absorption, butyric acid will be transported to the liver and transformed into energy for cell utilization, rather than being stored.





Q版香蕉蛋糕

Mini Version Banana Cake

材料：

香蕉	3隻
麵粉	200克
梳打粉	2茶匙
牛油	90克
砂糖	140克
雞蛋	2隻
鹽	半茶匙

Ingredients:

Bananas	3 pieces
Baking flour	200 grams
Bicarbonate of soda	2 tea spoons
Butter	90 grams
Sugar	140 grams
Eggs	2 pieces
Salt	½ tea spoon







步驟：

1. 牛油於室溫放軟，下砂糖打勻。
2. 雞蛋分三次下，打勻。
3. 香蕉去皮壓成茸，加入牛油漿內。
4. 麵粉、梳打粉和鹽放入篩中篩好。
5. 粉放入牛油漿中拌勻。
6. 將麵糊平均放入蛋糕模中以攝氏175度火焗15分鐘即成。

貼士：

1. 麵糊放入唧袋唧到蛋糕模上，令蛋糕更平均。
2. 香蕉壓完即放入牛油漿拌勻。

Steps:

1. Let the butter sit in room temperature until it softens.
Then, add the sugar and stir them until they're mixed.
2. Beat the eggs and then add 1/3 of it into the mixture and stir.
Repeat the process for another 2 times.
3. Peel the bananas and squash them until they become a paste.
Pour it into the butter mixture and stir.
4. Sieve the flour, bicarbonate of soda and salt.
Then, add them into the butter mixture and stir thoroughly.
5. Pour the mixture evenly into a cake baking pan.
Bake it in the oven at 175 degrees for 15 minutes.

Tips:

1. If you put the mixture into a piping bag and squeeze the mixture into the baking pan, it will become more even.
2. As soon as the bananas are squashed, add them into the butter mixture.





營養顧問何偉滔有話說：

對兒童而言，迷你版香蕉蛋糕是茶點或飯後甜品的不錯選擇，其營養價值相當高，主要與香蕉有關。香蕉含有豐富的鉀，對患有高血壓的人士有極大幫助，大家不要以為成年人才會有高血壓情況，研究指出香港不少學童均出現高血壓問題，主要與飲食中脂肪和鹽份過多有關。香蕉蛋糕更可以作為兒童早餐之選，因香蕉含有足夠熱量和碳水化合物，於早餐攝取能增加糖份進入腦部，對兒童學習非常重要。研究表明糖份能刺激腦部合成一種名為「乙醯膽鹼」的神經傳遞素，而這種化學元素與記憶力有密切關係。因此，香蕉能增強兒童的學習能力。另外，香蕉更是維生素B雜、維生素C、鎂和膳食纖維的極佳來源，對維持心血管健康和預防便秘效果顯著。

營養小TIPS——香蕉

相信大家都聽說過朱古力會令人開心，但有沒有聽說過香蕉亦有改善情緒之功效呢？香蕉所含有的鎂和維生素B3能有效改善情緒，尤其在改善憂鬱症人士的情緒問題。另外，香蕉含豐富色氨酸，這種氨基酸是製造「開心荷爾蒙」的原材料，更有助改善睡眠質素。最後，在選購香蕉時可選擇一些較熟的香蕉。日本研究發現愈多斑點的香蕉愈具保健療效，尤其在提高免疫力和抗癌方面。總言之，香蕉可算是最廉價的保健食品！

Nutrition Analysis:

Mini banana cake surely is not a bad choice for children during snack time or dessert time. It is very nutritious due to the presence of banana. Banana is a rich source of potassium, and is extremely beneficial for people with hypertension. It is untrue to think that hypertension only occurs in adults; researches have found that many children in Hong Kong have been diagnosed with hypertension, and the underlying reason may be associated with the high fat and salt intake in children. Meanwhile, banana cake is also suggested to be served during breakfast as well, since banana contains adequate calories and carbohydrates, and consuming during breakfast time can stimulate glucose to enter brain cells, which may assist the learning ability of children. Studies have also suggested that sugar can stimulate the brain to synthesize a neurotransmitter called "Acetylcholine", and the production of this chemical is associated with memory. Therefore, banana can enhance the learning capability of children. Furthermore, banana also contains vitamin B-complex, vitamin C, magnesium and dietary fibre, and these nutrients are essential in maintaining cardio health and to prevent constipation.

Nutrition Tips — Banana

I believe you might have heard that eating chocolate can make a person happy, but have you ever heard that banana is also used to improve a person's emotional status? The magnesium and vitamin B3 content in banana are the ones responsible for mood-enhancing effects, especially in individuals who are often depressed. On top of that, banana contains tryptophan, and this amino acid is the raw material required during the production of "Happy Hormone" in the human brain. This hormone can also improve the quality of sleep at night as well. Last but not least, when purchasing bananas, try choosing those that are ripen, since some preliminary researches in Japan have suggested that ripe bananas have a more potent immune-enhancing and anti-carcinogenic effect. In short, banana is one of the most affordable nutritious whole foods.





芒果奶凍杯

Mango Pudding Cup

材料：

芒果	1個
魚膠片	1片
黃糖	1湯匙
淡忌廉	80毫升
蛋白	1隻

Ingredients:

Mango	1 piece
Gelatine	1 strip
Brown sugar	1 table spoon
Unsweetened cream	80ml
Egg white	1 portion







步驟：

1. 魚膠片浸軟，隔熱水座溶。
2. 芒果起肉切成茸。
3. 加入糖作拌勻，再加入魚膠水拌勻。
4. 淡忌廉打起至軟滑狀。
5. 加入芒果茸中攪勻。
6. 蛋白打起至泡沫狀加入芒果漿中拌勻。
7. 最後，將芒果漿下杯中，雪3小時即成。

貼士：

1. 魚膠片用凍水浸軟，切勿用熱水浸。
2. 魚膠片浸軟後，隔水座溶。



Steps:

1. Soften up the gelatine in cold water. Then, melt it in hot water.
2. Peel and squash the mango into a paste.
3. Add the sugar and mix. Then, add the gelatine water.
4. Beat the cream until it thickens.
5. Pour the mango paste into the cream and mix.
6. Beat the egg white until it bubbles, then, add it into the mango mixture and stir.
7. Finally, pour the mango mixture into small cups. Then, freeze it in the fridge for 3 hours.

Tips:

1. Soften the gelatine strip in cold water. Don't try to soften it in hot water.
2. After softening the gelatine strip, drain it before use.





營養顧問何偉滔有話說：

茶凍、咖啡凍和奶凍一般都被譽為是較健康的飯後甜品，因一般卡路里不會太高。經過加工的預先包裝類型卻不一樣，因製作過程時常添加進不少糖份，令食品卡路里增加。芒果奶凍的製作選用淡忌廉，減少脂肪含量，是不錯的選擇。論在營養價值，芒果堪稱為「熱帶水果之王」，含有豐富的β-胡蘿蔔素和維生素C，有益於視力、免疫力及心血管疾病的預防。

營養小TIPS——芒果

芒果雖然含有多種營養素，但過敏體質人士應慎吃，原因是芒果含有一種名為「組織胺」的物質，容易造成過敏現象。芒果不僅含有組織胺，更會促進身體釋放組織胺，導致過敏反應。因此，有些人進食芒果後口脣會發紅和痕癢，原因正與組織胺的釋放有關。

Nutrition Analysis:

Tea pudding, coffee pudding and milk pudding are generally considered to be relatively healthy desserts, since in general their calories are not high. However, if these are pre-packaged highly processed ones with added sugar in them, then they are not the best choices, since the calories are high due to the presence of sugar. During the preparation of "Mango Pudding Cup", unsweetened cream is being used to lower the total fat content. Nutritionally, mango is often called the "King of Fruits", and is a rich source of β-carotene and vitamin C, and these nutrients provide beneficial effects towards the development of vision and immune, as well as the prevention of cardiovascular diseases.

Nutrition Tips — Mangoes

Although mangoes contain a wide variety of nutrients, however, people who have allergies should eat mangoes with cautions, since mangoes contain a substance called "histamine", which may lead to allergic reactions. Not only do mangoes contain histamine, they also stimulate the immune system to release histamine upon consumption. Therefore, some people who are allergic to mangoes will develop rashes and redness around lips upon consumption, and this condition is caused by the release of histamine.







湯水篇

Soup Page



中國人深信湯水效用，一碗靚湯不止可以令小朋友開胃，甚至可以將男人俘虜。選擇給小朋友的湯水，盡量不要帶有濃濃的藥材味，這樣很易嚇怕了小朋友。不妨考慮用一些帶甜的材料，甚至嘗試選擇他偏食的食材。就如我女兒一直不喜歡吃南瓜，當她嘗過我炮製的南瓜湯後，慢慢南瓜就從她的偏食清單內移除了！

Chinese people believe in soups. Not only can soup increase the appetite of children, it can also captivate a man's stomach. In choosing soups for kids, avoid ones that have strong scents of Chinese herbs (medicine) because they tend to scare kids away. Why not consider using ingredients that have a sweet taste? You could even select ingredients that they regularly refuse to eat. Take my daughter as an example, she never liked pumpkin before but after she's tasted my pumpkin soup, she stopped rejecting pumpkins from her meals!





蘋果雪梨湯 Apple and Pear Soup

材料：

蘋果	2個
雪梨	2個
瘦肉	1斤
紅蘿蔔	1個
南北杏	少許
蜜棗	4粒

Ingredients:

Apples	2 pieces
Pears	2 pieces
Pork (lean meat)	1 catty
Carrot	1 piece
Sweet and bitter almond kernels	a little
Preserved red dates	4 pieces







步驟：

1. 瘦肉出水備用。
2. 先將蘋果和雪梨去皮去芯。
3. 紅蘿蔔去皮切件。
4. 南北杏和蜜棗清洗，將所有材料放煲中煲個半小時即成。

Steps:

1. Parboil the pork and drain for later use.
 2. Peel the apples and pears and remove the cores.
 3. Peel and cut the carrot.
 4. Wash the almond kernels and dates.
- Put all the ingredients into a pot and boil for 1 and half hour.
Then, it's ready to be served.





營養顧問何偉滔有話說：

不少兒童都不喜愛飲用湯水，我還記得小時候我媽媽會手執「藤條」在餐桌旁促使我飲完整碗湯！長大後才發現「阿媽靚湯」是全世界最好飲的湯！

其實要令兒童對湯水感興趣，可嘗試一些有甜味的湯，就有如蘋果雪梨湯，既滋潤，又具營養價值。蘋果、雪梨、瘦肉、紅蘿蔔含多種營養素，脂肪含量低，纖維含量高，實屬健康之選。另外，於飯前飲用可增加飽腹感，對需要控制體重的兒童效果顯著。蘋果、雪梨和紅蘿蔔能增進氣管和肺部健康，對時常咳嗽和哮喘的兒童幫助很大。

營養小TIPS——雪梨

雪梨水份含量極高，具有利尿作用，在改善痛風症效果不錯。另外，雪梨對氣管、肺部有保護效果，能強化呼吸道，減少上呼吸道感染風險。在營養價值方面，雪梨含有豐富的鉀質和纖維，在預防及改善高血壓和便秘效果顯著。

Nutrition Analysis:

Children usually dislike soup in general; while I remembered when I was young my mom has to watch me finish the soup during each meal, before I could leave the dining table! After I grew up, I realized that soups prepared by my mom were the most delicious and nutritious foods on earth. Some basic tips, in order to increase children's interest towards soups; you can often try by preparing soups that have a particular sweet taste, such as the ones made with apples and pears. Apples, pears, lean pork and carrots contain a wide variety of nutrients, while they are low in fat and rich in dietary fibre, making these ingredients wonderful choices when preparing a soup. On the other hand, a bowl of soup before meal can help stimulate satiety, to prevent over-eating, and is essential during weight management in children. Apples, pears and carrots contain nutrients which act to protect our bronchi and lungs, and are very useful for children with asthma or children who developed a persistent cough.

Nutrition Tips — Pears

Pears contain a tremendous amount of water, and they are often used as a diuretic, making them a beneficial fruit for patients with gout. Moreover, pears act to protect our bronchi and lungs, strengthening our respiratory tract, and thus minimizing the risk of common upper respiratory tract infections. With regards to their nutritional value, pears are rich in potassium and fibre, and these nutrients are essential during the prevention of hypertension and constipation, respectively.





菊花杞子豬潤肉片湯

Chrysanthemum, Wolfberry and Pork Liver Soup

材料：

白菊花	1兩
肉片	6兩
豬潤	6兩
薑	2片
杞子	1茶匙

肉片調味料：

生抽	2茶匙
鹽	1茶匙
糖	半茶匙
麻油	少許

豬潤調味料：

薑絲	1茶匙
生抽	2茶匙
蠔油	1茶匙
生粉	半茶匙

Ingredients:

White chrysanthemum	50 grams
Sliced pork (lean meat)	300 grams
Pork liver	300 grams
Ginger	2 slices
Wolfberry	1 tea spoon

Seasoning for marinating the sliced pork:

Soya sauce	2 tea spoon
Salt	1 tea spoon
Sugar	½ tea spoon
Sesame oil	a little

Seasoning for marinating the pork liver:

Ginger shreds	1 tea spoon
Soya sauce	2 tea spoon
Oyster sauce	1 tea spoon
Corn flour	½ tea spoon







步驟：

1. 先將白菊花瓣取出洗淨，用鹽水浸15分鐘。
2. 杞子洗淨，用水浸片刻。
3. 豬潤洗淨切片加入調味料醃香。
4. 瘦肉切片加調味料醃香，水滾後將所有材料滾20分鐘，最後加入菊花再滾10分鐘，加鹽調味即成。

Steps:

1. Remove the pedals of the white chrysanthemum and wash them. Then, soak them in salt water for 15 minutes.
2. Wash the wolfberry and then soak for a little while.
3. Clean the pork liver and then cut into thin slices. Then, marinate them with the seasoning.
4. Slice and marinate the pork. When the water boils, put in the pork, pork liver and wolfberry and let it boil for 20 minutes. At last, add in the chrysanthemum and boil for another 10 minutes. Salt can be added for more taste.





營養顧問何偉滔有話說：

這個湯水都可算是「極品中之極品」，各種營養素配搭非常全面，當中蘊含的維生素和礦物質能補充兒童在成長期所需之營養素，配以中草本菊花杞子來用作提高視力之用，實屬滋補湯水中的首選。豬潤所含有的維生素B12和鐵質是負責紅血球生成，對預防缺鐵性貧血及兒童智力發展極為重要。一般人都會認為從素食來源中吸收鐵質效果與動物來源相同，但論其在生物利用率上，動物來源的生物利用率較高。在另一方面，豬肉更富含多種營養素，當中包括蛋白質、維生素A，維生素B雜、鐵質和鋅等。

營養小TIPS——杞子

在中醫藥角度，杞子一向都被用作「明目」之用，但其實近代營養學亦有配合中醫理論，衍生出「中醫營養學」的學術研究。在營養學角度而言，杞子含有豐富的葉黃素和玉米黃素，這些植物性活性成份是天然存在於人類眼睛中黃斑部份，用作預防老年人黃斑病變。隨著年紀增長，黃斑中天然色素會減少，因此保護眼睛能力減弱。服用杞子能減低黃斑病變風險，增進眼睛健康。最後，西方人患上老年黃斑病變機會較東方人高，原因與眼睛顏色相關。大家有沒有發現西方人的眼睛通常都是藍綠色，而東方人的眼睛則多呈現深棕色，這個現象正代表西方人的眼睛黃斑部份含較少葉黃素和玉米黃素，因此患上老年人黃斑病變的風險較東方人高。

Nutrition Analysis:

This soup is what I believe as the “Best of the Best”, loaded with well-balanced nutrients, while the minerals and vitamins in it are essential for the growth of children. With the addition of the Chinese herbs white chrysanthemum and wolfberry, this soup can also assist vision development. On the other hand, pork liver contains vitamin B12 and iron, and these nutrients are responsible for the production of red blood cells, and thus are essential for the prevention of iron-deficient anemia and the brain development process in children. Many people think that it does not matter whether the iron comes from plant-source or animal-source, but actually, from a nutritional perspective, the bioavailability of iron from an animal source is higher than the ones from a plant source. At last, pork contains various nutrients, including protein, vitamin A, B-complex, iron and zinc.

Nutrition Tips — Wolfberries

From the Traditional Chinese Medicine (TCM) point of view, wolfberries are often used to improve eye-sight. Actually, this theory has been supported with scientific researches from a modern nutritional perspective as well. Nutritionally, wolfberries are rich in the phytochemicals lutein and zeaxanthin, and these natural pigments are concentrated in the macula of the human eyes, and are essential during the prevention of age-related macula degeneration (AMD) seen in elderly. As we age, the pigments in the macula decrease, and thus increase the risk of the development of AMD. Consuming wolfberries that are rich in these phytochemicals can replenish the pigments lost via aging, and may assist in the improvement of eye-sight and in prevention of AMD. Last but not least, for your own interest, the risk of developing AMD is higher in Westerners when compared to Asians, and this may be associated with the differences in color of the eyes. Have you ever noticed that the color of the eyes in Westerners is usually blue/greenish, while color of the eyes in Asians is often brownish? This may be due to the difference in phytochemical concentration in the macula, and thus explaining why Westerners may have a higher risk in developing AMD.





黃金湯 Golden Soup

材料：

南瓜	1斤
牛油	少許
上湯	1公斤
洋蔥	半個
忌廉	150克
番茜	少許

調味料：

胡椒粉	少許
鹽	少許

Ingredients:

Pumpkin	1 catty
Butter	a little
Broth	1 L
Onion	½ piece
Cream	150 grams
Parsley	a little

Seasoning:

Pepper	a pinch
Salt	a pinch







步驟：

1. 南瓜去皮切件，洋蔥切粒。
2. 用牛油起鑊，爆香洋蔥。
3. 南瓜炒香，加入上湯煮15分鐘。
4. 湯料放入攪拌機攪勻，再倒回煲中。
5. 煮滾後加入調味料，再拌入忌廉至勻熄火，加點番茜裝飾。

Steps:

1. Remove the skin of the pumpkin and then cut it into small pieces. Dice the onion.
2. Heat up the pan, add the butter and fry the onions.
3. Add the pumpkin and broth and let it cook for 15 minutes.
4. Pour the soup and pumpkin into a blender and blend it to a paste. Then, pour it back into the pot for more boiling.
5. When it comes to a boil, add the seasoning and cream. Turn off the stove and stir until everything is mixed thoroughly. Sprinkle the parsley on top and serve.





營養顧問何偉滔有話說：

黃金湯主要素材為南瓜和洋蔥，營養價值甚高，雖然在製作過程會用到忌廉和牛油，但偶爾飲用問題不大。當製作黃金湯那天，可以嘗試減少兒童攝取高脂食品，如全脂奶、香腸、午餐肉、雞皮、椰漿等，減少一天中攝取過多飽和脂肪的機會。另外，洋蔥屬高營養價值之素材，屬百合科草本植物，價廉物美。在營養價值分面而言，洋蔥含有豐富的維生素、礦物質以及大蒜素，其保健療效已經有不少研究去證實，當中包括降血脂、降血壓、降膽固醇、殺菌、抗氧化、提高免疫力、增加肝臟解毒功能等。

營養小TIPS——南瓜

南瓜的營養價值甚高，當中包括 β -胡蘿蔔素、鉀、鈷、鉻等營養素，而不少初步研究發現南瓜對改善糖尿病效果顯著，主要通過以下生物機制：

- * 增加細胞中葡萄糖運輸蛋白數量；
- * 增加胰臟分泌胰島素；
- * 增加胰島素敏感度；

雖然暫時尚未有充份證據去證實南瓜之保健療效，但即使坊間糖尿病處方藥物的作用原理都是以增加胰臟分泌胰島素和增加胰島素敏感度為主。當然，藥物始終是藥物，食療只可以作為輔助之用。

Nutrition Analysis:

The major ingredients used during the preparation of "Golden Soup" include pumpkins and onions. Although cream and butter are used during preparation, but occasional consumption is still acceptable. On the day in which children consume this soup, try to minimize their intake of other high fatty foods as well, examples include whole-fat milk, sausages, luncheon meat, chicken skin, coconut paste, etc. By reducing the intake of these foods, you can help lower the overall saturated fat intake of your children. With regards to onions, they contain a wide variety of nutrients. Nutritionally, they are rich sources of vitamins, minerals, and the phytochemical "Allicin". Numerous studies have demonstrated the healing powers of onions, and these health-promoting effects include plasma lipids and cholesterol-lowering, blood pressure-lowering, anti-microbial and anti-viral, antioxidative, immune-modulating, as well as stimulation of liver detoxification processes.

Nutrition Tips — Pumpkin

Pumpkin is loaded with nutrients, including β -carotene, potassium, cobalt, chromium, etc. In the past, there are some preliminary researches showing that pumpkin is useful in improving diabetic conditions, and usually via several mechanisms listed below:

- Increases cell's glucose transporters ;
- Stimulates the secretion of insulin from pancreas ;
- Increases insulin sensitivity ;

Although more researches are needed in order to prove the above statements; however, the mechanisms behind the drugs for diabetics are similar to the ones mentioned above, either by stimulating the secretion of insulin, or by increasing insulin's sensitivity. Nevertheless, for diabetics, conventional treatment remains to be the primary strategy to follow; nutrition therapy only serves as a complement.





羅宋湯

Russian Borsch

材料：

牛尾	1斤
薯仔	1個
椰菜	1個
西芹	半棵
紅蘿蔔	1個
番茄	3個
洋蔥	1個
蒜片	少許
薑片	少許
茄膏	1罐

Ingredients:

Ox tail	1 catty
Potato	1 piece
Cabbage	1 piece
Celery	4-5 stalks
Carrot	1 piece
Tomato	3 pieces
Onion	1 piece
Garlic slices	a little
Ginger slices	a little
Tomato paste	1 can







步驟：

1. 先將牛尾出水備用。
2. 薯仔、紅蘿蔔、洋蔥、番茄去皮切件，椰菜洗淨切件。
3. 用蒜片 and 薑片起鑊，加入茄膏將所有材料爆香。
4. 倒入湯煲內，再加牛尾和水煲1個半小時即成。

Steps:

1. Parboil the ox tail and drain for later use.
2. Peel the potato, carrot, onion and tomato and cut them into pieces.
Wash and cut the cabbage and celery.
3. Fry the garlic and ginger slices in a pan.
Add the tomato paste, potato and all the vegetables in and fry them for a bit.
4. Pour them into a pot, along with the ox tail and some water.
Boil it for an hour before serving.





營養顧問何偉滔有話說：

羅宋湯常見於一般餐廳，但自家製作的羅宋湯會較健康，主要原因是可以控制每種素材的份量，務求令這種湯變成一種既有營養價值又美味之湯水。製作技巧當然是以「少肉多菜」為主：薯仔、椰菜、大量番茄及茄膏、洋蔥、紅蘿蔔、西芹等，顏色鮮艷，營養豐富，酸酸甜甜的味道更能刺激食慾，增進兒童對進食正餐的興趣。一般健康飲食建議都提倡每星期進食7種顏色的蔬果，而單一攝取這個羅宋湯以經能獲得5種顏色的蔬菜！

營養小TIPS——西芹

西芹是對抗高血壓的良方，具有利尿作用，對患有高尿酸血症（即痛風）的患者而言，效果甚佳。西芹的鉀和纖維含量極高，在生物機制而言，通過影響血液中血管緊張素II的運作，鉀能降低血管收縮之效果，令血管舒張，從而降低血壓。在另一方面，西芹的特質是可以生食，能保留蔬菜原有的食物酵素，增進消化功能。

Nutrition Analysis:

The soup "Russian Borsch" is often served in restaurants, but home-made ones should be healthier. You can control the quantity of each ingredient being used, making this soup a delicious and nutritious one. The major strategy is to use more veggies and less ox tail during preparation. Preparing with nutritious colorful veggies such as potato, cabbage, tomato, onion, carrot and celery, with a little sweet and sour taste that could help stimulate children's appetite, increasing their interest towards main meals. In general, healthy eating recommends people to consume vegetables and fruits of 7 different colors each week, and a soup like "Russian Borsch" can provide 5 different colors already!

Nutrition Tips——Celery

Celery has a diuretic effect and is extremely beneficial towards people with hypertension or gout. Celery has a rich source of potassium and fibre. From the physiological perspective, potassium can affect the activity of serum angiotensin II, leading to a vasodilative effect, and thus, lowering blood pressure. On the other hand, celery can be eaten raw, and raw foods are packed with food enzymes, which can aid digestion.





白菜豆腐肉片鮮魚湯

Bok Choy, Tofu, Fresh Fish Soup

材料：

牛鰱魚	1條
豆腐	2磚
瘦肉	半斤
白菜	1斤
薑片	3片

醃料：

生抽	2茶匙
糖	半茶匙
胡椒粉	少許
酒	少許

Ingredients:

Flathead fish	1
Tofu	2 blocks
Pork (lean meat)	½ catty
Bok Choy	1 catty
Ginger	3 slices

Seasoning for marinating:

Soya sauce	2 tea spoons
Sugar	½ tea spoon
Pepper	a pinch
Cooking wine	a little







步驟：

1. 瘦肉洗淨切片，加醃料醃片刻。
2. 先將牛鰱魚洗淨，特別洗乾淨內臟。
3. 白菜洗淨，豆腐出水切件。
4. 燒熱鑊爆香薑片，以牛鰱魚略煎片刻。
5. 將滾水加入。
6. 待滾後放入肉片和豆腐，滾後再加入豆腐和白菜滾20分鐘即成。

Steps:

1. Wash and slice the pork. Marinate it with seasoning.
2. Clean the fish, especially the inner part.
3. Wash the Bok Choy. Parboil the tofu and cut it into slices.
4. Heat up the pan and fry the ginger slices.
Then, fry the flathead fish until it's half cooked.
5. Add boiling water into the pan.
6. When it comes to a boil, add in the pork slices.
Then, add in the tofu and Bok Choy and boil it for another 20 minutes before serving.





營養顧問何偉滔有話說：

魚湯一向都不會是兒童的至愛，但若果懂得利用醃料配合巧妙制法，相信兒童亦會喜愛。白菜豆腐肉片鮮魚湯既滋補，又營養豐富；白菜味道鮮甜，鮮魚、肉片不但蛋白質豐富，加上豆腐中的鈣質，可算是營養之最。再者，肉片採用瘦肉作素材能減少湯水中脂肪含量，因湯水中脂肪含量會隨著烹調時間而增加。因此，從營養學角度而言，中國人的「老火湯」營養價值會較低，而脂肪含量亦會較高。一般情況下，滾湯營養價值會較高，脂肪含量亦比較低，屬較佳選擇。

營養小TIPS——鮮魚

魚類的蛋白質含量約18-22%，而生物利用率一般都頗高。脂肪的種類與魚的類型有關，一般深海魚所含有的奧米加3脂肪酸較多，魚肉更含有豐富的維生素A、D、E、維生素B雜。選購時應選擇新鮮魚，因魚有「腥」味，即反映魚不新鮮，受到微生物污染所造成，而「魚腥」味與一種名為TMAO的化學物生成有關。因此，選擇魚類來製作這個湯水時必需確保新鮮，才能增進該湯水之營養價值。

Nutrition Analysis:

Although fish soup is often not one of children's favorite choices, but if parents know how to use various seasoning techniques along with superb cooking technique, children might love it. "Bok Choy, Tofu, Fresh Fish Soup" is a nutritious and rejuvenating one. The taste of bok choy is fresh and sweet, along with protein-rich fresh fish and lean meat, as well as calcium-rich tofu, making this soup a superb one. Moreover, choosing lean meat can minimize the fat content in soup, since the fat content in soup will increase as the boiling time increases. From a nutritional perspective, soups that are prepared with prolong cooking time such as the ones often seen in Chinese cuisines are lower in nutrients and higher in fat. In contrast, soups prepared with short boiling time are more nutritious, while lower in fat.

Nutrition Tips — Fresh fish

Fish contains approximately 18-22% protein, and the bioavailability of the protein is high as well. With regards to the types of fats, they vary between different types of fishes. In general, fishes such as salmon and tuna contain higher amount omega-3 fats when compared to others. On the other hand, the meat in fish contains vitamin A, D, E and B-complex. When buying fishes, choose the ones that are fresh, since a "fishy-smell" implies that the fish is not fresh, and may be contaminated with microorganisms. The fishy-smell is associated with the formation of a chemical called TMAO. Thus, choose fresh fish to prepare the soup, to make sure it will be a nutritious and delicious one.







家常篇

Home-made Dishes Page



家常菜住住是最平實又最令人感動的菜式。總希望女兒長大後，會懷念媽媽何時何日為她作過一頓簡單不過的菜式。就如我總是懷念媽媽的蒸水蛋和鹹魚蒸肉餅一樣。不過現在的小朋友比以我們那一代要求更多、聰慧百倍。或許我愛的家常菜已經過時，不夠Trendy。對的，飲食文化也有潮流。不想當一個Out的媽媽，除了識得揀選合時經濟的食材，兼顧賣相、色澤和營養之外。還要多試食多觀察多看去感受食物，才能與時並進，創出令人回味的家常菜。

Home made dishes are always the most practical and touching dishes. I always have a wish that when my daughter grows up, she'd remember that her mother had once made her some very simple dishes – Just like when I miss my mum's steam eggs and steamed salted fish with minced pork. However, children nowadays are much more demanding and intelligent. Maybe these home made dishes that I loved are not trendy enough anymore. And it's true, food culture has a trend as well. If you don't want to be an outdated mother, on top of being able to select seasonal and affordable ingredients, plus making them appealing and nutritional, you must also taste more and observe more to get the feel of food. That way, you are advancing with the times and may even find yourself capable of creating your own home made dishes.





牛肉 菰子 生菜 包

Beef, Basil Pine Nuts in Lettuce Pockets

材料：

生菜	1個
牛肉	1斤
菰子仁	2茶匙
雜豆	半杯

醃料：

豉油	2茶匙
蠔油	半茶匙
糖	半茶匙
麻油	少許
生粉	少許

調味料：

蠔油	1茶匙
生抽	1茶匙
鹽	少許
胡椒粉	少許
糖	半茶匙
麻油	少許
水	2茶匙
生粉	1茶匙

Ingredients:

Lettuce	1 piece
Beef	1 catty
Basil Pine Nuts	2 tea spoons
Mixed Bean	½ Cup

Seasoning for marinating:

Soya sauce	2 tea spoons
Oyster sauce	½ tea spoon
Sugar	½ tea spoon
Sesame oil	a little
Corn flour	a little

Seasoning:

Oyster sauce	1 tea spoon
Soya sauce	1 tea spoon
Salt	a pinch
Pepper	a pinch
Sugar	½ tea spoon
Sesame oil	a little
Water	2 tea spoon
Corn flour	1 tea spoon







步驟：

1. 先將牛肉攪碎。
2. 加入醃料略醃。
3. 松子用白鑊炒至金黃色，雜豆洗淨抹乾水份。
4. 生菜洗淨撕開一片片盛碟上。
5. 將牛肉粒下鑊炒香，加入雜豆和松子，最後加入調味料炒勻即可上碟。

Steps:

1. Mince the beef.
2. Add the seasoning to marinate the minced beef.
3. Fry the basil pine nuts in a heated pan (without oil) until they turn golden.
Parboil the mixed beans, drain and dry them.
4. Wash the lettuce and remove each leaf and stack them on a plate.
5. Fry the beef in a pan, add the basil pine nuts and mixed bean.
At last, add the seasoning and stir fry until the beef is fully cooked.

Tips:

1. When you eat, you scoop the stir-fried ingredients onto a leaf of lettuce, then wrap and eat it.





營養顧問何偉滔有話說：

在營養價值方面，這道菜營養均衡，顏色鮮艷，更可增加蔬菜攝取量，減低兒童過量進食之風險。另外，要有效增加蔬菜攝取可嘗試每個生菜包利用兩片生菜來製作，既能增加營養，又能增進爽脆口感。松子屬於堅果的一種，所含有的單元不飽和脂肪酸能維持心血管健康，另外維生素E、鎂和磷更能增進兒童腦部健康，實屬健康的配料。未經加工的堅果類如核桃、腰果、巴西堅果、栗子、杏仁等一向都被廣泛用作維持血管健康以及補腦之用！

營養小TIPS——牛肉

牛肉的營養價值頗高，但含有高飽和脂肪，多食對心血管不佳。很多家庭主婦都誤以為只有膳食中膽固醇才會導致心血管疾病，其實膳食中飽和脂肪過多亦會增加血液中膽固醇水平。在另一方面，牛肉屬「紅肉」的一種，研究發現紅肉攝取太多會增加患上大腸癌之風險。有見及此，飽和脂肪的每天建議攝取量是不可多於總卡路里攝取量的10%！比如說，一個每天進食2,000kcal的人士飽和脂肪攝取量每天不可以超過22克。

話雖如此，但牛肉含有豐富的蛋白質、脂肪、維生素A、維生素B雜、鐵和鋅等營養素，對維持身體正常發展相當重要。況且，有些近代研究更發現牛肉含有一種名為CLA的脂肪酸，這種脂肪酸有助控制體重，因此，外國曾出現「食肉減肥法」，但實際上長遠攝取牛肉來達到減肥效果對身體會造成極大影響，所以牛肉攝取真的適可而止。

Nutrition Analysis:

Nutritionally, this colorful dish is filled with balanced nutrients, while rich in vegetable sources, thus may help minimize the risk of over-eating by children. Meanwhile, if you want your children to consume more vegetables, you can try to use two slices of large lettuce to make one lettuce pocket. This makes the pocket to be more nutritious and fibre-rich. Basil pine nuts contain monounsaturated fats that can help maintain healthy cardiovascular system. Moreover, they also contain vitamin E, manganese and phosphorous, which are essential for the health of children's brains, and thus are considered a healthy ingredient. As always, unprocessed nuts such as walnuts, cashew nuts, Brazil nuts, hazelnuts and almonds are often used to maintain overall health of cardiovascular system and nervous system!

Nutrition Tips — Beef

Although the overall nutritional value of beef is high, it contains high saturated fat content, therefore frequent consumption will affect heart health. Many housewives believe that only dietary cholesterol would lead to an increased risk of heart diseases, but actually high consumption of saturated fat would also increase serum cholesterol level. Beef is a type of "red meat", and researches have suggested that high red meat intake would lead to an increased risk of colon cancer. As a result, daily saturated fat consumption should not exceed 10% of total calories! For example, if a person consumes 2,000kcal that day, this person's saturated fat intake of that day should not exceed 22 grams.

Nevertheless, beef is still rich in nutrients such as proteins, fats, vitamin A, B-complex, iron and zinc, and these nutrients are essential for maintaining normal growth in children. In addition, some preliminary researches have identified a special type of fat in beef called "CLA", and this fatty acid may assist weight loss. Due to the fact that CLA is present in beef, some scientists believed that Atkins Diet may actually work in weight management programs. However, long term high consumption of beef to help weight loss may affect overall health and is still very controversial, so make sure you control the intake of beef.





小漢堡 Mini Burgers

材料：

蓮藕	半個
豬肉	半斤
蒜茸	2茶匙
薑粒	1茶匙

醃料：

蠔油	1茶匙
生抽	1茶匙
鹽	少許
胡椒粉	少許
糖	半茶匙
麻油	少許
水	2茶匙
雞蛋	半隻
生粉	2茶匙

Ingredients:

Lotus root	½ piece
Pork	½ catty
Garlic (smashed)	2 tea spoons
Ginger (diced)	1 tea spoon

Seasoning for marinating:

Oyster sauce	1 tea spoon
Soya sauce	1 tea spoon
Salt	a pinch
Pepper	a pinch
Sugar	½ tea spoon
Sesame oil	a little
Water	2 tea spoons
Egg	½ piece
Corn flour	2 tea spoons







步驟：

1. 豬肉洗淨抹乾水份，用攪拌機攪成碎，加入薑茸、調味料醃香。
2. 先將蓮藕去皮切粒。
3. 豬肉碎加入蓮藕拌勻。
4. 將豬肉料搓成圓餅型。
5. 燒熱鑊煎至金黃色便成。

貼士：

1. 豬肉想快煮熟，可於煎時下少許水，蓋蓋焗3分鐘。

Steps:

1. Wash and dry the pork. Mince the pork with a blender.
Marinate the meat with the smashed garlic and seasoning.
2. Clean and peel the lotus root. Then cut it into small cubes.
3. Mix the lotus root cubes with the minced pork.
4. Mould the mixture into a round-flat biscuit.
5. Fry the biscuit in a pan. When both sides are golden, it can be served.

Tips:

1. If you want the pork to be cooked up faster, add some water into the frying pan, cover it with a lid and let it steam for 3 minutes.





營養顧問何偉滔有話說：

漢堡包相信是不少兒童的至愛，但家長都應該知道快餐店中的漢堡以碎牛肉作為主要材料，配以大量油份作烹調，造成脂肪和卡路里極高的漢堡，多食定必增加兒童肥胖風險。相反，自家製作的漢堡可以控制烹調時油份用量，亦能加入根莖類食物如蓮藕等纖維高的素材，增加兒童攝取根莖類食物的機會。相信蓮藕本身若單一食用不會吸引太多兒童進食，但若果混入在漢堡中的話，營養價值一般高，更能吸引兒童進食。

營養小TIPS——蓮藕

蓮藕屬水生蔬菜，它們的澱粉質較一般蔬菜高，亦富含纖維、維生素C、鉀、鐵等營養素。要注意的是蓮藕的澱粉質含量高，因此進食時應相對地減少主食類的攝取，避免能量過剩和澱粉質過多。外國有研究表明攝取過多精制澱粉質（如白飯、白麵包等）會增加血液中三酸甘油脂的水平，大大地提升血液黏度，增加患上動脈硬化和腦中風之風險。

Nutrition Analysis:

Hamburgers are one of the children's favorites, but most parents do know that in most fast-food restaurants the burgers are made using beef, since the fat content and the calories are really high, which may lead to an increased risk of overweight and obesity in children. In contrast, parents can limit the amount of oil being used during preparation of home-made hamburgers. Furthermore, parents can choose to add ingredient such as lotus root to increase the overall fibre content of the burger. Personally, I think lotus root alone would not attract children, but if mixed into the hamburger; it will be another story, while making the burger a more nutritious one.

Nutrition Tips — Lotus root

Lotus root grows in water, and its starch content is comparatively higher than other vegetables, and is rich in dietary fibre, vitamin C, potassium and iron. Due to the high starch content of lotus root, make sure to cut down other starchy foods when consuming lotus root to prevent over-consumption of carbohydrates. Some researches have demonstrated that high intake of refined starches (ie. White rice, white bread, etc) may increase serum triglyceride content, making the blood viscous, and results in a greater risk of the development of atherosclerosis and stroke.





脆香茄子 Crispy Eggplant

材料：

茄子	1斤
雞脾肉	1件
花生	2茶匙
蔥粒	少許
芝麻	少許

醃料：

生抽	1茶匙
鹽	半茶匙
糖	半茶匙
麻油	少許
胡椒粉	少許
生粉	1茶匙

調味料：

蠔油	1茶匙
水	2茶匙

Ingredients:

Eggplant	1 catty
Chicken Thigh	1 piece
Peanuts	2 tea spoons
Green onion bits	a little
Sesame	a little

Seasoning for marinating:

Soya sauce	1 tea spoon
Salt	½ tea spoon
Sugar	½ tea spoon
Sesame oil	a little
Pepper	a pinch
Corn flour	1 tea spoon

Seasoning:

Oyster sauce	1 tea spoon
Water	2 tea spoons







步驟：

1. 雞脾肉洗淨抹乾水份，放攪拌機攪碎，加入醃料醃片刻。
2. 茄子去蒂洗淨，開邊蒸10分鐘。
3. 取出切件備用，雞肉下熱鑊炒至七成熟。
4. 再將茄子件回鑊同炒，加入調味料炒至全熟上碟。
花生打碎，與芝麻、蔥粒灑在茄子上即成。

Steps:

1. Wash and dry the chicken thigh. Place it into a blender for mincing.
Marinate the minced meat with the seasoning.
2. Remove the stalk of the eggplant. Cut into half and steam it for 10 minutes.
3. Cut the eggplant into small pieces for later use.
Fry the minced chicken in a pan until it's 70% cooked.
4. Add the eggplant pieces along with the seasoning and stir-fry until the chicken is fully cooked.
5. Crush the peanuts and then sprinkle it on top along with the sesame and green onion bits.





營養顧問何偉滔有話說：

脆香茄子的主要素材為茄子，而花生、芝麻、蔥粒主要是負責增進整道菜的口感。這道菜的營養價值與茄子的利用扯上直接關係，但更重要的是其烹調方法！茄子本身的最大問題便是它的吸油特質，就像海綿形把餸菜中的油脂吸掉，原屬低脂食物的茄子則變成高脂食物。大家可以幻想一下「魚香茄子煲」即可！脆香茄子這道菜採用「蒸」的烹調方法去令茄子變半熟，對茄子而言，這個是最健康的烹調手法之一。

營養小TIPS——茄子

茄子一般呈現紫色，與其高「花青素」含量有關。花青素的常見來源包括藍莓、西梅、葡萄、車厘子、山竹等，具有非常顯著的保健療效，尤其在預防心臟病、癌症和糖尿病。花青素通過不同機制來達到疾病預防之效果，如抑制血管生成、抗血小板凝聚、刺激細胞自我滅亡、提升胰島素敏感度、提高免疫力、強力抗氧化作用等。在另一方面，茄子本身的升糖指數較低，纖維和鉀含量高，因此適合患有高血糖、高血壓人士食用。

Nutrition Analysis:

The main ingredients for making "Crispy Eggplant" include eggplant, peanuts, sesames and green onions, and they are responsible for the sense of "crunchiness" of the dish. The most nutritious ingredient of this dish is eggplant, but the most important thing to keep in mind is the cooking method! The main problem of eggplant is its unique "oil-absorbing" capacity, just like a sponge, absorbing the fats from the whole dish, turning the original low-fat eggplant into a high-fat eggplant. You can imagine the enormous amount of fat within the dish "Eggplant in Clay Pot", often found in Chinese restaurants! Using methods such as "steam" to make eggplants should be one of the best cooking methods.

Nutrition Tips — Eggplant

In general, the purple color seen in eggplant is associated with the high "Anthocyanin" content. The most common sources of the phytochemical anthocyanin include blueberry, plums, grapes, cherries, mangosteen, etc. These fruits are apparent in their health-promoting effects, especially in the prevention of heart diseases, cancer and diabetes mellitus. Through different mechanisms, anthocyanin helps prevent many chronic diseases, and these mechanisms include anti-angiogenesis, anti-platelet aggregation, stimulating apoptosis, improving insulin sensitivity, enhancing immune system, and potent antioxidative effect, etc. In addition, eggplant is a low glycemic index (GI) food, with high fibre and potassium content, thus suitable for people with hyperglycemia and hypertension.





粒粒金盞 Golden Cups

材料：

春卷皮	5片
冬菇	4隻
豬肉	半斤
粟米	1個
西芹	兩條
黃椒	1個
紅椒	1個

醃料：

生抽	2茶匙
糖	半茶匙
生粉	1茶匙
蒜茸	1茶匙
薑茸	半茶匙

Ingredients:

Spring roll sheets	5 pieces
Chinese dried mushroom	4 pieces
Pork	½ catty
Corn	1 cob
Celery	2 stalks
Yellow Pepper	1 piece
Red Pepper	1 piece

Seasoning for marinating the pork:

Soya sauce	2 tea spoons
Sugar	½ tea spoon
Corn flour	1 tea spoon
Garlic (smashed)	1 tea spoon
Ginger (smashed)	½ tea spoon

Seasoning for marinating the dried mushrooms:

Oyster sauce	a little
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步驟：

1. 先將春卷皮依模裁剪好，疊起下油鑊炸至金黃色備用。
2. 冬菇浸軟去蒂切粒，加入少許蠔油略醃。豬肉放攪拌機攪碎，下調味料略醃。
3. 粟米煲熟切出粟米粒，西芹洗淨切粒。
4. 將冬菇和豬肉炒至七成熟。
5. 加入粟米、西芹粒、黃椒粒和紅椒粒炒勻，再加2茶匙水炒至乾身。
6. 最後將粒粒放入金盞內便成。

Steps:

1. Place the spring roll sheets into the moulding cups. Cut the extra bits off.
Stack up the moulding cups and deep fry them in boiling oil. Then, let it sit for later use.
2. Soak the dried mushrooms until they soften. Remove the stalk and dice them.
Add in a little bit of oyster sauce for marinating. Mince the pork in the blender.
Marinate it with the seasoning.
3. Boil the corn until it's cooked. Remove the corn bits for later use.
Wash and dice the celery, yellow pepper and red pepper.
4. Stir-fry the mushrooms and minced pork until they're 70% cooked.
5. Add the corn, celery, yellow pepper, red pepper and 2 tea spoon of water and stir-fry until the water is dried up.
6. At last, fill the cups with the stir-fried ingredients and serve.





營養顧問何偉滔有話說：

粒粒金盞所含有的植物來源極為多樣化，如西芹、黃椒、紅椒和冬菇，顏色鮮艷且營養價值高。春卷皮亦可增加這道菜的脆口感，偶爾讓兒童進食問題不大。站在營養角度而言，冬菇含有豐富的植物性蛋白質，研究發現內含香菇多醣—— β -葡聚糖：能增強免疫力、降血壓、降膽固醇、刺激細胞自我滅亡等作用，達到預防心血管疾病和癌症的效果。

營養小TIPS——黃椒

黃椒、紅椒和青椒等植物營養價值差別不大，而黃椒辣味較淡甚至根本不辣，因而適合作為兒童食譜素材之用。黃椒含有豐富的 β -胡蘿蔔素、維生素C、鉀、鈣、磷和鐵。另外，黃椒的卡路里非常低，相當適合需要控制體重的兒童。除了可作不同餸菜的配料之外，更可作為製作沙律的素材，鮮甜可口！

Nutrition Analysis:

"Golden Cup" contains a wide variety of plant-based sources, including celery, yellow and red pepper, as well as mushrooms. For children, occasional consumption of foods prepared with spring roll sheets is acceptable. Nutritionally, Chinese dried mushrooms contain plant proteins, and researches have shown that there is a type of polysaccharide present in mushrooms — β -glucans. Various studies have demonstrated that β -glucans can assist immune modulation, lower blood pressure and serum cholesterol, stimulate apoptosis, and thus are useful in the prevention of cardiovascular diseases and some types cancer.

Nutrition Tips — Yellow Pepper

Nutritionally, yellow, red or green peppers are relatively the same. Yellow pepper is actually not spicy at all, therefore it is an ideal ingredient for children's dishes. Yellow pepper is rich in β -carotene, vitamin C, potassium, calcium, phosphorous and iron. Besides, yellow pepper is a low calorie food, especially useful for children that are overweight or obese. Not only used during preparation of hot dishes, yellow pepper can also be a superb ingredient when making salad.





雞翼波波

Wild Mushroom with Cheese Fermented in Chicken Wings

材料：

雞翼	1磅
雜菌	半斤
車打芝士	少許

醃料：

生抽	2茶匙
糖	半茶匙
蠔油	1茶匙
胡椒粉	少許
麻油	少許
蒜茸	1茶匙
薑茸	半茶匙

Ingredients:

Chicken Wings	1 lb
Wild mushrooms	½ catty
Cheddar Cheese	a little

Seasoning for marinating:

Soya sauce	2 tea spoons
Sugar	½ tea spoon
Oyster sauce	1 tea spoon
Pepper	a pinch
Sesame oil	a little
Garlic (smashed)	1 tea spoon
Ginger (smashed)	½ tea spoon







步驟：

1. 先將雞翼洗淨抹乾水份拆骨，加入醃料醃半小時。
2. 雜菌炒香，加入鹽和胡椒粉調味。
3. 雜菌放攪拌機攪碎。
4. 芝士先釀入雞翼。
5. 再將雜菌釀入雞翼中，用牙籤縫口。焗爐預熱180度，焗15分鐘，取出後除去牙籤便成。

貼士：

1. 可選用任何菌類作餡料。
2. 牙籤縫口要無缺口，要不然便會流出餡料和肉汁。

Steps:

1. Wash and dry the chicken wings. Then, remove the bones and marinate it with seasoning for 30 minutes.
2. Fry the wild mushrooms and season it with a little bit of salt and pepper.
3. Blend the wild mushrooms in a blender.
4. Put some cheese into the chicken wing.
5. Add the chopped mushrooms into the chicken wing and use a toothpick to close up the opening.
6. Preheat the oven at 180 degrees. Place the chicken wings in the oven and bake for 15 minutes.
7. Remove the toothpick before serving.

Tips:

1. You can choose any types of mushrooms as the filling.
2. Don't leave any openings when you close the chicken wing up with the toothpick. Otherwise, the filling will spill out.





營養顧問何偉滔有話說：

這道菜以蛋白質為主，不論芝士、菌類或雞翼都含有豐富的蛋白質，對處於生長期的兒童相當重要。不喜歡飲牛奶的兒童亦可以通過進食這道菜來增加乳製品的攝取，從而提高優質蛋白質、維生素A、維生素B2和鈣質的攝取量。若果兒童患有乳糖不耐症而不能飲用牛奶的話，可以嘗試芝士作為代替品，因製作芝士時絕大部份的乳糖都會隨乳清排出。雜菌作為素材亦可增加這道菜的纖維，減低兒童因進食太多肉類而遺忘了纖維的機會。

營養小TIPS——芝士

芝士其實是牛奶濃縮後、發酵而成的乳製品。亦因芝士屬濃縮物，其蛋白質、鈣質、維生素A、維生素B2是牛奶的7-8倍！當然，芝士亦屬高脂高熱量食品，攝取過量會增加兒童肥胖風險，更會提高血液中LDL水平，從而增加患上心血管疾病風險。最後，外國某些研究顯示，飯後攝取芝士能降低蛀牙風險高達50%，對兒童而言，實屬一個好消息。

Nutrition Analysis:

This dish is filled with proteins, from cheese, mushrooms and chicken wings. Protein-rich foods are essential during children's growth. For children that dislike drinking milk, this dish is rich in dairy products as well. Dairy products are rich in complete proteins, vitamin A, B2 and calcium. For children that developed a condition called "Lactose Intolerance", parents can consider substituting cheese for milk, since during the production of cheese most of the lactose will be excreted via whey, thus may be suitable for people who are lactose intolerant. Wild mushrooms can increase the fibre content of the dish, making sure children will not forget about the importance of fibre.

Nutrition Tips——Cheese

Cheese is prepared using milk concentrates that undergoes fermentation. Due to the fact that cheese is considered as a concentrate form, its protein, calcium, vitamin A and B2 content is 7-8 times higher when compared to milk! Nonetheless, cheese is still a high fat high calorie food, and excess intake may increase obesity risk in children, while also increases serum LDL level, leading to an increased risk of cardiovascular diseases. On the other hand, some preliminary researches have suggested that consumption of cheese upon meal may reduce risk of developing oral cavity by up to 50% in children.





謝謝！
Thank You!







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