



作者簡介：

嘉璐

曾任傳媒工作，撰寫飲食專欄和食譜近十年。工作關係認識各國大廚，乘機偷師回家勤於練習。最愛到處搵食，提升對味道的觸角，探究各國烹煮方法，尋找靈感。相信只要用心，沒有煮不好的佳餚。愛吃愛煮愛鑽研，現在學習從飲食中頓悟人生。

Brief description of the author:

Carol

She worked in the media sector for nearly 10 years, focusing on food & beverage editorials and recipes. As a result of her job, she has met many chefs from all over the world. Thus, gave her the chance to learn from them. She loves to try out different cuisines for a few reasons. First, it allows her taste buds to sample different flavors. Second, it gives her the chance to explore the different cooking methods of various countries. Third, it inspires her to develop her own recipes.

遺傳自母親，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。最好的不一定是最貴的，而是最有營的食材，最簡易的做法。

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.

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

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營媽煮意之 Modern Mummy's Yummy Reciepes

楊天命、邵國華、G.E.M.、林曉峰夫婦誠意推薦!

兒童
滋優食譜

嘉璐 著

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！

— G.E.M.

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！看這本書，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！

— 邵國華

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。

— 楊天命