



前言

環境保護運動委員會〈環保會〉於1990年成立，目的是提高大眾的環保意識。環保會一直為社會舉辦很多環保活動。

環保會特地製作這本低碳食譜，讓你可以為家人炮製美味可口又簡單的菜式。食譜有菲律賓賓語、印尼語及泰語版本，以方便外籍家庭傭工參考。食譜亦附有低碳生活及減廢小貼士，以及家居環保記錄卡。交回記錄卡的家庭傭工，將會獲得證書及精美紀念品，以表揚他們響應綠色生活。

特別鳴謝香港有機資源中心提供《有機有營菜式設計比賽2012》得獎食譜。

環境保護運動委員會

Foreword

The Environmental Campaign Committee (ECC) has been set up since 1990 to promote public awareness of environmental issues. It organizes many environmental events and activities for the community.

This cookbook presents low-carbon recipes for you to prepare simple and delicious dishes for your families. For foreign domestic helpers' easy reference, the cookbook also has Filipino, Indonesian and Thai versions. Low-carbon and waste reduction tips, as well as a record card for green practices at home are included. We will present certificates and souvenirs to those domestic helpers who have completed and returned the record card in recognition of their green efforts.

We would like to give special thanks to the Hong Kong Organic Resource Centre for providing the winning recipes of Organic Recipe Design Competition 2012.

Environmental Campaign Committee



專業組 - 冠軍: 李佩娟女士

Professional Section - Champion: Ms. Lee Pui Kuen

涼拌五彩有機雜菜

Organic Mixed Vegetables Salad

熱量: 281 千卡

Energy: 281 kcal

材料

芽菜	200 克
芽菜絲	100 克
甜黃椒絲	100 克
紅蘿蔔絲	100 克
芽菜	100 克
白背木耳絲 (熟)	50 克
海帶絲	50 克

涼拌汁

檸檬醋	80 毫升
薑汁	80 毫升
薑末	80 克
酒	1 茶匙
芝麻	適量
鹽	適量
胡椒粉	適量
辣椒	適量

Ingredients

Yam noodles	200 g
Shredded celery	100 g
Shredded sweet yellow pepper	100 g
Shredded carrot	100 g
Bean sprouts	100 g
Shredded hairy wood ear fungus (cooked)	50 g
Shredded kelp	50 g

Sauce

Lemon vinegar	80 ml
Ginger juice	80 ml
Minced ginger	80 g
Wine	1 tsp.
Sesame	a little
Salt	a little
Pepper	a little
Chili pepper	a little

做法

1. 芽菜去頭尾，雜菜絲洗淨連同芽菜焗30秒。
2. 過冰水冷卻，以保持青綠爽脆，瀝乾。
3. 除芝麻外，所有涼拌汁材料拌勻，淋上雜菜上拌勻，灑上芝麻即成。

Method

1. Remove tips and heads of bean sprouts and boil together with the shredded and washed vegetables and yam noodles for 30 seconds.
2. Refresh the boiled vegetables with iced water. Drain and set aside.
3. Mix the ingredients of the sauce excluding sesame. Add the sauce to the vegetables and mix well. Sprinkle with sesame.

家居綠色小貼士 Household Green Tips

購物篇 Going shopping

購買新鮮食物時，應自備環保袋、購物籃、環保食物盒或其他容器。

Bring your own reusable bags, shopping baskets, handy boxes or other types of containers to buy fresh food.

購買食物和食材時，選購適當的分量，避免造成浪費。
Buy suitable amount of food and ingredients to avoid wastage.

減少使用非必要的即棄物品，例如水果及凍肉用的平口膠袋、禮物包裝紙等等。
Use fewer disposable non-essentials, such as fruit and frozen meat plastic wrappings and gift wrapping paper.

公開組 - 冠軍: 黎耀麒先生

Open Section - Champion: Mr. Lai Yiu Ki

和風沙律

Japanese Vegetarian Salad



熱量: 97千卡

Energy: 97 kcal

材料

馬鈴薯(小)	1個
蘋果(小)	1個
小黃瓜	1條
美生菜(小)	1/4個
海藻	適量
檸檬(擠汁)	1/2個

Ingredients

Small potato	1
Small apple	1
Cucumber	1
Small lettuce	1/4
Seaweed	a little
Lemon (for juice)	1/2

醬汁(A)

橄欖油	3大匙
醋	2大匙
砂糖	1大匙
鹽	少許
胡椒粉	少許

Sauce(A)

Olive oil	3 tbsp.
Vinegar	2 tbsp.
Sugar	1 tbsp.
Salt	a little
Pepper	a little

醬汁(B)

出汁	3大匙
味噌	1大匙
黃芥末籽醬	1小匙
醬油	2小匙
蘋果(磨泥取汁)	1/2個

Sauce(B)

Dashi	3 tbsp.
Mirin	1 tbsp.
Mustard	1 tsp.
Soya sauce	2 tsp.
Apple (for juice)	1/2

做法

1. 馬鈴薯去皮切細條，泡冷水後氽燙20秒，撈起後再泡冷水備用。
2. 蘋果去籽後連皮切成細條狀，泡入檸檬汁中備用。
3. 小黃瓜去頭尾，用鹽搓揉後氽燙20秒，取出去籽切細條備用。
4. 美生菜切細絲，泡冷水備用；海藻泡水備用。
5. 醬汁材料A先拌勻，再加入醬汁材料B一起拌勻，即為和風沙拉醬。
6. 將(步驟1-4)食材混合擺盤，食用前淋上和風沙拉醬即可。

Method

1. Peel and cut potato into thin strips. Soak in cold water. Blanch in hot water for 20 seconds and soak in cold water again.
2. Core the apple and cut into thin strips. Soak in lemon juice.
3. Cut off both ends of the cucumber; knead with salt. Blanch in hot water for 20 seconds. Core and shred.
4. Shred lettuce and soak in cold water. Soak seaweed in cold water.
5. Mix sauce ingredients A. Add B and mix well to form the Japanese salad dressing.
6. Mix all ingredients (Step 1-4) and add the salad dressing.

家居綠色小貼士 Household Green Tips

節省資源篇 Saving resources

煮食及做家务時，應節省能源和食水。
Save energy and water when cooking and doing housework.

若沒有需要，避免長開水龍頭或煮食爐。
Avoid leaving the tap running and the stove fire on if it is not necessary.

家居綠色小貼士

Household Green Tips

節省資源篇 Saving resources

把非使用中的電器關掉。
Turn off unused home appliances.

把洗米、清洗蔬菜或水果的水用作灌溉植物。
Irrigate plants with water used for washing rice, vegetables or fruits.

減少廢物篇 Waste reduction

將剩餘的食物留待下一餐或第二天食用。
Save unfinished portions of food for the next meal or day.

盡量避免使用即棄餐具。外賣時用自攜餐具。
Avoid using disposable cutlery. Bring your own utensils for take away.

盡量使用充電電池。
Use rechargeable batteries whenever possible.

專業組 - 亞軍: 蕭洪先生

Professional Section - 1st Runner up: Mr. Siu Hung

鮮菇燒蕃茄

Fresh Mushroom with Roasted Tomato



熱量: 118 千卡
Energy: 118 kcal

材料

有機香菇 +
有機蘑菇 +
鮑魚菇 150 克
有機蕃茄 1 個
洋葱 1/2 個
羅勒 30 克

Ingredients

Organic black forest Mushrooms +
Organic button mushrooms +
King oyster mushrooms 150 g
Organic tomato 1
Onion 1/2
Basil 30 g

調味料

醬油 1 大匙
糖 1/2 大匙

Seasoning

Soya sauce 1 tbsp.
Sugar 1/2 tbsp.

做法

1. 將菇類切片；蕃茄切塊；洋葱切大塊；羅勒洗淨，備用。
2. 熱鍋，放入洋葱塊炒香，再將所有菇類炒至上色。
3. 加入調味料與蕃茄塊燒煮入味，加入羅勒拌勻即可。

Method

1. Cut the mushrooms into slices. Cut the tomato and onion into pieces. Wash the basil and set aside.
2. Heat the pan; fry the onion until fragrant. Add mushrooms and fry until golden.
3. Add seasoning and tomato. Stir-fry until thoroughly cooked. Add basil and mix well.



公開組 - 亞軍: 劉善文小姐
Open Section - 1st Runner up: Ms. Lau Sin Man

有機蔬菜卷

Vegetarian Roll

熱量: 68千卡
Energy: 68 kcal

材料

椰菜葉	5片	Cabbage leaves	5
紅蘿蔔(小)	50克	Small carrots	50 g
西芹	50克	Celery	50 g
小青瓜	50克	Mini cucumbers	50 g

調味料

千島醬	Thousand Island dressing
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做法

1. 椰菜葉洗淨、放入沸水中氽燙至軟，撈出泡冰水備用。
2. 紅蘿蔔、西芹去皮切條狀，放入沸水中氽燙約1分鐘，撈出泡冰水備用。
3. 小青瓜去頭尾、切條狀，加入少許鹽攪拌均勻，稍微腌漬待出水後，抓勻倒去水分，再以冰開水沖洗去鹽分備用。
4. 將(步驟1)的椰菜梗削薄，依序放上(步驟2)的紅蘿蔔條、西芹條、(步驟3)的小青瓜條，包好卷起呈春卷狀，每條切成三段擺盤即可。
5. 食用時可搭配千島醬沾食，以增添風味。

Method

1. Rinse and boil the cabbage leaves till soft. Soak in iced water.
2. Peel the carrots and celery and cut into strips. Boil for 1 minute. Soak in iced water.
3. Cut off both ends of mini cucumbers. Cut into strips. Slightly season and mix well with salt. Drain and wash with iced water.
4. Thin the cabbage leaves stalk (Step 1). Place carrot, celery strips (Step 2) and mini cucumber strips (Step 3) on cabbage leaves. Roll up into spring rolls and cut into 3 sections.
5. Add Thousand Island dressing to enrich the flavor.

家居綠色小貼士

Household Green Tips

廢物回收篇 Waste recycling

投放已分類的廢紙、金屬、塑膠及其他可回收物品於屋苑的三色回收桶內或其他指定位置。
Put the recyclables (waste paper, metal, plastics and other recyclables) at waste separation bins or other designated collection points of the estate/building.

把金屬廢物棄置於回收桶之前，請緊記：

- 清除金屬器皿內的任何液體、膠飲管、包裝紙等等
 - 將金屬器皿清洗乾淨並風乾或抹乾，以免蚊蟲滋生，保持衛生
 - 將金屬罐或器皿壓平，以減少體積
- When recycling metal waste, remember to:
- remove any liquid, plastic straws, wrapping paper, etc. in metal containers
 - clean metal containers for better hygiene
 - flatten cans / containers to reduce volume

把廢紙棄置於回收桶之前，請緊記：

- 保持廢紙乾爽清潔
 - 拆除釘在廢紙上面的釘書釘，並除去信封上的膠窗
- When recycling waste paper, remember to:
- keep the paper dry and clean
 - remove staples in waste paper and plastic windows of envelopes

家居綠色小貼士

Household Green Tips

購物篇 Going shopping

選購有補充裝供應的產品，例如洗潔精、洗衣粉、沐浴露等。
Purchase items with refills available, such as detergent, washing powder, shower gel, etc.

專業組 - 季軍：潘嘉豪先生

Professional Section - 2nd Runner up: Mr. Pun Ka Ho

薯蓉雜菜批

Potato-topped Vegetable Pie

熱量：491.1 千卡

Energy: 491.1 kcal

材料

有機薯仔	100 克
有機青椒	25 克
有機紅椒	25 克
有機西芹	20 克
有機甘筍	20 克
洋葱	15 克
濃縮低脂葡汁醬	117 克
清水	130 毫升
幼鹽	1/2 茶匙
橄欖油	3 茶匙

Ingredients

Organic potato	100 g
Organic green pepper	25 g
Organic red pepper	25 g
Organic celery	20 g
Organic carrot	20 g
Onion	15 g
Portuguese sauce	
(Concentrate and low-fat)	117 g
Water	130 ml
Table salt	1/2 tsp.
Olive oil	3 tsp.

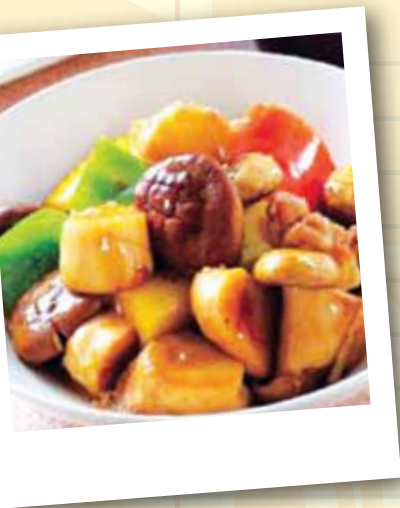


做法

1. 首先將薯仔削皮切成件塊，放入已煲滾的水內焗至軟身熟透(約二十分鐘)。
2. 把熟透的薯仔壓成蓉，並加入幼鹽混合作調味之用，完成後放置一旁備用。
3. 西芹及甘筍削皮後切粗粒，然後放入已煲滾的水內焗至八成熟(約十分鐘)。
4. 青椒及紅椒切去莖部及種子囊，再切成片狀。
5. 洋葱削皮後切成片狀。
6. 濃縮低脂葡汁醬加入清水混合，成為汁料。
7. 易潔塗層平底鑊用大火燒熱後放入橄欖油，炒香洋葱片，放入青椒片及紅椒片炒至八成熟後取起。
8. 把西芹粒及甘筍粒放入平底鑊炒香，然後倒入(步驟6)的汁料透煮，汁料出現稠身狀態後，關火並放回洋葱片、青椒片及紅椒片。
9. 把(步驟8)的所有材料放入梳乎厘杯內，並用布癢花袋把薯蓉擠花在上面，然後放入已預熱至150℃的焗爐內焗15分鐘。

Method

1. Peel and cut potatoes into pieces. Boil potatoes until soft (about 20 minutes).
2. Mash the potatoes, stir in table salt.
3. Dice carrots and celery; bring to boil for 10 minutes.
4. Seed and cut the green and red peppers into slices.
5. Cut the onion into slices.
6. Mix the concentrate Portuguese sauce with water. Set aside.
7. Heat olive oil in a non-sticky pan; fry the onion and then peppers until fragrant and take out.
8. Fry the diced carrots and celery, stir in the sauce (Step 6) and cook until the sauce becomes thick. Add the fried onion and pepper slices right after fire off.
9. Pour all the fillings (Step 8) into baking cup; squeeze the mashed potatoes on top using a piping bag. Bake at 150°C for 15 minutes or until golden.



公開組 - 季軍: 高曉婷小姐
Open Section - 2nd Runner up: Ms. Ko Hiu Ting

豉汁燒鮮菇

Stir Fried Mushroom
in Sweet Soy Sauce

熱量: 318 千卡
Energy: 318 kcal

材料

有機香菇 +
有機蘑菇
豬肉片
青椒
紅椒
黃椒
蒜片
熟白芝麻

250 克
100 克
1/4 個
1/4 個
1/4 個
5 克
適量

Ingredients

Organic black forest mushrooms +
Organic button mushrooms
Pork slices
Green pepper
Red pepper
Yellow pepper
Garlic slices
Toasted white sesame

250 g
100 g
1/4
1/4
1/4
5 g
a little

調味料

甜醬油
米酒
糖

1 大匙
1 大匙
1/2 小匙

Seasoning

Sweet soy sauce
Rice wine
Sugar

1 tbsp.
1 tbsp.
1/2 tsp.

家居綠色小貼士 Household Green Tips

廢物回收篇 Waste recycling

把塑膠廢物棄置於回收桶之前，請緊記：

- 清除塑膠廢物中的任何液體、包裝物料等等
- 將塑膠器皿清洗乾淨並風乾或抹乾，以免蚊蟲滋生，保持衛生

When recycling plastic waste, remember to:

- remove any liquid and packaging, etc. in the plastic items
- clean plastic containers for better hygiene



For enquiries, please contact the Environmental Campaign Committee

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