

# 2016年小營廚減鹽減糖好煮意比賽得獎作品

Award-winning Recipes of the 2016 Junior Chefs' Culinary Ideas of Salt and Sugar Reduction Competition



## 比賽目的 Objectives of the Competition

比賽是「全城減鹽減糖」宣傳活動之一，目的是推廣和發掘在煮食時少用鹽糖的實用小主意。  
To promote awareness and practical ways to reduce salt and sugar when preparing food as part of Hong Kong's Action on Salt and Sugar Reduction.

### 主辦/合辦機構 Organisers / Co-organisers

- 食物及環境衛生署食物安全中心  
The Centre for Food Safety of the Food and Environmental Hygiene Department
- 教育局  
Education Bureau
- 降低食物中鹽和糖委員會  
The Committee on Reduction of Salt and Sugar in Food
- 中華廚藝學院  
The Chinese Culinary Institute
- 家庭與學校合作事宜委員會  
The Committee on Home-School Co-operation

### 參加者 Participants

- 高小學生及其家長  
Senior primary school students and their parents
- 初中學生  
Junior secondary school students



如欲閱覽比賽的得獎食譜及名單，請瀏覽食物安全中心網頁：  
<https://goo.gl/yhRoP7>



To browse the recipes and the list of awardees of the Competition, please visit the website of the Centre for Food Safety: <https://goo.gl/UBzdMt>



## 高小組 (親子隊) Senior Primary Category (Parent-child Team)

**冠軍**  
Champion

聖方濟各英文小學  
St Francis of Assisi's English Primary School  
周卓朗(學生)·羅錦儀(家長)  
Chow Cheuk Long (Student), Law Kam Yee (Parent)

小食名稱 Names of Snacks



多菜吞拿魚撻  
Tuna Tarts with Multi-veggie



玉桂蘋果批併紫薯卷  
Cinnamon Apple Pies and  
Purple Sweet Potato Rolls

特色：以全麥麵包做皮及蔬果代替糖造出健康小食。  
Feature : Use whole wheat bread as a casing and vegetable/fruit as a substitute for sugar.



## 初中組 Junior Secondary Category

**冠軍**  
Champion

聖公會林護紀念中學  
SKH Lam Woo Memorial Secondary School  
李嘉穎·詹芷晴·丘雅雯  
Li Ka Wing, Jim Tsz Ching, Yau Nga Man

主菜名稱 Names of Main Dishes



窩心黃金餅  
Pan-fried Minced Chicken Cakes  
Stuffed with Veggie



三色蒸釀牛排菇  
Shrimp Stuffed Mushrooms  
with Bell Peppers

特色：這兩款菜式用新鮮粟米粒·杞子及番茄做芡汁以代替糖，並使用雜香草和胡椒粉調味，減少用鹽。  
Feature : Fresh corn kernels, Chinese wolfberries and tomato are used for replacing sugar in sauces, and mixed herbs (including pepper), instead of salt, are used for seasoning.



## 高小組 (親子隊) Senior Primary Category (Parent-child Team)

**亞軍**  
First runner-up

英華小學  
Ying Wa Primary School  
余承熹(學生)·余秉洪(家長)  
Hermes Iu (Student), Simon Yu (Parent)

小食名稱 Names of Snacks



蕃茄蟹肉凍  
Crab Cake with Tomato



粟薯花十穀米粥  
Mixed Grains and Veggie Congee

特色：採用新鮮材料如栗子、十穀米、小南瓜、番薯和紫菜烹煮粟薯花十穀米粥，減少使用鹽糖，並以白醋加入米調味。  
Feature : Replace salt and sugar by combining different fresh ingredients such as chestnut, mixed cereal grains, pumpkin, sweet potato and seaweed as well as rice seasoned with vinegar to make the congee.



## 初中組 Junior Secondary Category

**亞軍**  
First runner-up

瑪利諾神父教會學校  
Maryknoll Fathers' School  
盧董慧·莫家敏·陳琛宜  
Lo Tung Wai, Mok Ka Man, Chan Sum Yi

主菜名稱 Names of Main Dishes



黃金意大利燴飯  
Golden Risotto



檸檬香煎魚柳配田園沙律  
Pan-fried Fish Fillet with Salad

特色：黃金意大利燴飯中以南瓜、洋蔥替代糖，並用鮮蝦殼配合鮮蔬成湯汁取代罐頭上湯以減少攝取鈉(鹽)。  
Feature : The natural sweetness of pumpkin and onion makes an delicious alternative to sugar. To lower sodium (salt) intake, a stock for the risotto is made using shrimp shells and fresh vegetables instead of canned soup.



## 高小組 (親子隊) Senior Primary Category (Parent-child Team)

**季軍**  
Second runner-up

拔萃女小學  
Diocesan Girls' Junior School  
馬妍惠(學生)·馬偉雄(家長)  
Annette Ma (Student), Vincent Ma (Parent)

小食名稱 Names of Snacks



迷你蘋果  
Mini Apple Cups



炒蛋牛油果米餅  
Egg-cade Rice Crunch

特色：以米餅代替麵包，並用大蒜粉調味，減少炒蛋牛油果米餅的鹽含量。  
Feature : To reduce salt, rice crunch instead of bread is used in the egg-cado rice crunch and the snack is seasoned with garlic powder.



## 初中組 Junior Secondary Category

**季軍**  
Second runner-up

聖公會林護紀念中學  
SKH Lam Woo Memorial Secondary School  
楊善雯·梁靖悅·黃曉彤  
Yeung Sin Man, Leung Ching Yuet, Wong Hiu Tong

主菜名稱 Names of Main Dishes



南瓜藜麥釀蝦球  
Shrimp Ball Stuffed with  
Pumpkin and Quinoa



牛蒡雞肉卷  
Chicken Roll with  
Shredded Burdock Root

特色：清新的南瓜汁和菠菜汁為菜式帶來獨特風味。自製芡汁可以自己控制鹽和糖的分量。  
Feature : The homemade pumpkin sauce and spinach vegetable sauce give a unique flavour to the dishes. Making your own sauce allows you more control of the salt and sugar contents.