

Taste of Home 家的味道

Home Dish With A Twist

玩轉「腦」菜式



Dry Mushroom Soup with Coriander

莞筭冬菇湯



Lemonade with Indian Spices

印度香草檸檬水



Nepali Salad - Hong Kong Style

港式尼泊爾蝴蝶沙律



Chapatti with Mix Vegetables

煎薄餅配雜菜



Veg Pulao Congee

港巴蔬菜粥



Hong Kong - Indian Rose Jelly

港印玫瑰果凍



Fried Spicy Flat Noodles with Basil

辣炒河粉拌羅勒



Chicken Chilly Rice Roll

雞肉辣椒飯卷



Fusion Roti Rolls

捲蛋薄餅



HK-Nepal Style Momo

港式尼泊爾餃子



芫荽冬菇湯

Dried Mushroom Soup with Coriander



45 分鐘 mins



4-6人份 persons



Dry Mushroom Soup with Coriander

芫荽冬菇湯

材料 INGREDIENTS *份量可根據個人口味調整 According to your preference

項目 Item	份量 Serving	項目 Item	份量 Serving
1. 乾冬菇 Dried mushroom	6-7 粒 pieces	10. 雞粉 Chicken powder	1 茶匙 teaspoon
2. 蘑菇 Button mushroom	3-4 粒 pieces	11. 胡椒粉 Pepper powder	1 茶匙 teaspoon
3. 椰菜花(細) Cauliflower	1 個 small bunch	12. 小茴香粉 Cumin powder	1 茶匙 teaspoon
4. 洋蔥 Onion	1 個 piece	13. 生抽 Soy sauce	2 茶匙 teaspoons
5. *薑(磨碎) Ginger (mashed)	1 茶匙 teaspoon	14. 醋 Vinegar	1 茶匙 teaspoon
6. 蒜頭(磨碎) Garlic (mashed)	1 茶匙 teaspoon	15. 麻油 Sesame oil	1 茶匙 teaspoon
7. 芫荽 Coriander leaves	1 束 bunch	16. 鹽 Salt	1/2 茶匙 teaspoon
8. 蔥 Spring onion	1 扎 bunch	17. 水 Water	1 公升 Litre
9. *粟粉 Corn flour	4 湯匙 tablespoons		

烹煮步驟 COOKING STEPS

- 製作前一晚，用水浸發冬菇至厚身，浸泡完將水倒掉，擠壓冬菇水份，切碎冬菇
Soak the dried mushroom the night before until soften. Drain the water, slice the dried mushroom, put aside
- 把水煮沸，加入已切碎的冬菇、蘑菇、洋蔥、薑、蒜頭、辣椒，滾20分鐘
Add cauliflower, sliced dried mushroom, onions, ginger, garlic, chillis to boiling water for 20 minutes
- 取一個小碗，加入水、粟粉，雞粉，混合均勻，不要結塊，製成糊狀，加入步驟2
Take a small bowl, add corn flour, chicken powder, mix well without lumps to make a paste, pour into the soup
- 加入生抽、醋、麻油、鹽、黑胡椒粉、小茴香粉和蔥拌勻，即可上桌
Add soy sauce, vinegar, sesame oil, salt, pepper powder, cumin powder, coriander and spring onion

在印度，他們通常使用白蘑菇，並且加入不同的印度調味料作調味。這道菜則嘗試用中式的冬菇和芫荽製作成多元風格的融合湯羹。

In India, mushroom is the main ingredient in this soup. In the fusion dish, dried Chinese mushroom is added to give a Hong Kong twist to the Indian soup.



印度香草檸檬水

Lemonade with Indian Spices



10 分鐘
mins



攪拌機
Blender



乾攪拌機
Dry spice grinder



石鉢和槌
Mortar and pestle



4-6人份 persons

材料 INGREDIENTS *份量可根據個人口味調整 According to your preference

項目 Item	份量 Serving
1. 檸檬 Lemon	5 個 pieces
2. 薄荷葉 Mint leaves	20 片 leaves
3. *薑 Ginger	1 塊 piece
4. 小茴香種子 Cumin seeds	2 湯匙 tablespoons
5. 岩鹽 Pink salt	2 湯匙 tablespoons
6. 黑胡椒 Black pepper	2 湯匙 tablespoons
7. 蔗糖 Cane sugar	1 湯匙 tablespoon
其他糖如白糖、黑糖亦可 Can use white, brown or other sugar	
8. 水 Water	1 升 Litre



烹煮步驟 COOKING STEPS

1. 把小茴香種子炒至變成啡色，用攪拌機/石鉢和槌磨成粉，放在一旁備用
Fry cumin seeds until brown, use dry spice grinder to blend it into powder, put aside
2. 把蔗糖和水倒入攪拌機中，加入薑、薄荷、和檸檬汁攪拌
In a mixer, add cane sugar into water, add ginger, mint, cumin seeds and lemon juice, then blend them together
3. 加入岩鹽，小茴香粉和黑胡椒拌勻，即可飲用
Add grinded cumin seed, pink salt, black pepper, mix well and serve
4. 凍飲可加入冰塊
For cold drink, add ice



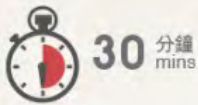
香料飲品在印度非常流行，而這杯印度香料檸檬水亦有著如涼茶般的功效，飲用後能使身體和暖，有著驅風、預防感冒的作用。
Spice drinks are very popular in India. Lemonade with Indian spices shares the same effect as Chinese herbal tea, to make your body warm and prevent flu after drinking.



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尼泊爾蝴蝶沙律

Nepali Pasta Salad -Hong Kong Style



30 分鐘
mins



4-6人份 persons



材料 INGREDIENTS *份量可根據個人口味調整 According to your preference

項目 Item	份量 Serving	項目 Item	份量 Serving
1. 蝴蝶粉 Farfalle	1 包 bag	8. 乳酪 Curd (yogurt)	1 杯 cup (150g)
2. 洋蔥 Onion	1 個 piece	9. 三色椒 Capsicum	3 個 pieces
3. 蒜頭 Garlic	2 瓣 cloves	10. *黑胡椒 Black pepper	1/2 茶匙 teaspoon
4. 辣椒 Chili	1 條 piece	11. 青瓜 Cucumber	1 條 piece
5. 蕃茄 Tomato	2 瓣 cloves	12. 紅蘿蔔 Carrot	1 條 piece
6. 芫荽 Coriander	1 束 brunch	13. 鹽 Salt	1 茶匙 teaspoon
7. 橄欖油 Olive oil	2 茶匙 teaspoons		

烹煮步驟 COOKING STEPS

1. 根據包裝上的指示，煮熟蝴蝶粉並瀝乾水份
Boil farfalle and drain the water according to the instruction on the packing
2. 切碎洋蔥、蒜頭、辣椒、番茄、三色椒、青瓜、紅蘿蔔，並加入蝴蝶粉中
Chop onion, garlic, chili, tomato, coriander, capsicum, cucumber and carrot. Add into the pasta
3. 加入鹽作調味
Add salt for seasoning
4. 加入橄欖油和乳酪，即可食用
Add olive oil and curd (yogurt), serve and ready to eat

在尼泊爾，他們會用不同的蔬菜做沙律，因為當地不流行麵食。但當他們來到香港時，發現許多本地人在會在沙律中加入意大利麵。因此，這食譜加入了蝴蝶粉製成香港式的尼泊爾沙律。

In Nepal, this salad is with different vegetables only. However, the pasta in Hong Kong is served with vegetables salad. In this fusion dish, farfalle is added to create a Nepali salad in Hong Kong style.



煎薄餅配雜菜

Chapatti with Paneer and Mix Vegetables



45 分鐘
mins



5-6人份 persons



材料 INGREDIENTS *份量可根據個人口味調整 According to your preference

項目 Item	份量 Serving	項目 Item	份量 Serving
1. 椰菜花 Cauliflower	1 個 piece	10. 洋蔥 Onion	1 個 piece
2. 豆 Bean	500 克 g	11. 蕃茄 Tomato	2 個 pieces
3. 馬鈴薯 Potato	3 個 pieces	12. 小麥麵粉 Wheat flour	1 公斤 KG
4. 青椒 Green pepper	1 個 piece	13. 紅辣椒粉 Red chili powder	1 茶匙 teaspoon
5. 紅椒 Red pepper	1 個 piece	14. 油 Oil	1 茶匙 teaspoon
6. 黃椒 Yellow pepper	1 個 piece	15. 水 Water	4 安士 oz
7. *薑(磨碎) Ginger (mashed)	1 茶匙 teaspoon	16. 芫荽 Coriander leaves	1 扎 bunch
8. 蒜頭 Garlic	2 瓣 cloves	17. 薑黃粉 Turmeric powder	1 捏 pinch
9. 青辣椒 Green chili	1 條 piece		

烹煮步驟 COOKING STEPS

預備雜菜 PREPARATION OF FILLINGS:

- 把所有蔬菜切粒備用
Cut all vegetables in small pieces, put aside
- 用油爆香洋蔥煮4分鐘
Add oil, fry with onions for 4 minutes
- 加入青辣椒、薑黃粉、薑、蒜頭、紅辣椒粉和蕃茄煮5分鐘
Add chili, turmeric, ginger, garlic, tomato and cook for 5 minutes
- 將所有蔬菜混合在一起，加半碗水蓋上蓋子煮15-20分鐘
Mix all vegetables together and add water. Cover with lid for 15-20 minutes
- 加入芫荽和青辣椒，把準備好的雜菜放在一旁備用
Add coriander leaf and green chili, put aside

預備薄餅 PREPARATION OF CHAPATTI:

- 放入麵粉和水揉成麵團
Put flour and water, and then mix it into dough
- 揉麵團5分鐘
Knead the dough for 5 minutes
- 將麵團揉成長條狀，切成10小塊
Knead the dough into long shape, cut dough into 10 small pieces
- 每塊搓成約8-12cm的圓形薄餅
Roll out each small dough into a 8-12cm round shape
- 將薄餅放入平底鍋，每邊烘烤40秒至金黃色
Pan fry each side of the circle dough for 40 seconds, until golden brown, the chapatti is ready
- 每份餐點放上兩片煎薄餅，及一碗雜菜，即可上桌
Every dish serve with 2 chapatti and a bowl of mix vegetables



在巴基斯坦，他們通常使用大量的油來炒蔬菜。而這道菜則是使用了中式炆菜的方法，融合了香港健康飲食習慣的煮食方法。

In Pakistan, vegetables are fried with a lot of oil. This dish would like to adopt a healthier eating style in Hong Kong, boil and half-fried vegetables, which is a Hong Kong and Pakistan style cooking method to serve with the chapatti.



港巴蔬菜粥

Veg Pulao (Congee)



60 分鐘 mins



4-6人份 persons



Veg Pulao Congee

港巴蔬菜粥

材料 INGREDIENTS

項目 item	份量 serving	項目 item	份量 serving
1. *珍珠米 Pearl rice	1 杯 cup	10. 鹽 Salt	1/2 茶匙 teaspoon
2. 酥油 Ghee	4 茶匙 teaspoons	11. 油 Oil	1 湯匙 tablespoon
3. 青豆 Green peas	1/2 杯 cup	12. 丁香 Cloves	5 條 pieces
4. 紅蘿蔔 Carrot	2 條 pieces	13. 青辣椒 Green chili	6-8 條 pieces
5. 三色椒 Capsicum	5 個 pieces	14. 薑黃粉 Turmeric powder	1 茶匙 teaspoon
6. 蕃茄 Tomato	1 個 piece	15. 胡椒 Pepper	5 茶匙 teaspoons
7. 馬鈴薯 Potato	2 個 pieces	16. 月桂葉 Bay leaves	1 片 leaf
8. 薑蒜醬 Ginger garlic paste	1/2 茶匙 teaspoon	17. *水 Water	4-6 杯 cups
9. 肉桂 Cinnamon	1 條 stick		

* 請在預先把米放在水中浸泡1.5小時 Soak the rice in water for 1.5 hours before use

可改用電飯煲煮飯，會更節省時間 Can use rice cooker to prepare the congee in shorter time

烹煮步驟 COOKING STEPS

- 在煎鍋中加熱油和酥油
Heat oil and ghee in frying pan
- 加入薑蒜醬、丁香、月桂葉、肉桂、蘿蔔和馬鈴薯炒熟
Add in bay leaf, cinnamon, ginger garlic paste, cloves, turmeric powder, pepper, carrots, potatoes
- 加入青豆和番茄拌勻，備用
Add in green peas, tomatoes and mix well. Put aside
- 把米加入4-6杯水
Boil the soaked rice with 4-6 cups of water
- 將炒蔬菜放入浸泡過的珍珠米中拌勻
Add the fried vegetables to the boiling rice and mix well
- 蓋上鍋蓋，慢火煮30-45分鐘
Cover the pot and simmer for 30-40 minutes

這食譜的特別之處，除了是用了珍珠米來代替一般煮粥的印度香米外，亦可因應不同人士的需要和喜好作出改變，例如可以在第三步的部份同時加入雞肉，煮成肉類版本的粥。這粥加入雞肉後非常的香而且美味，會是一道讓人對粥品擁有全新體驗的菜式。

This traditional rice dish was modified to Hong Kong's popular congee using pearl rice instead of Basmati rice. This dish can be served with meat and other vegetables according to one's taste. This is a congee with a twist of Pakistani flavour.



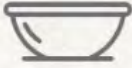
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港印玫瑰果凍

Hong Kong-Indian Rose Jelly



30 分鐘
mins



玻璃餐盤
Glass tray



4-6人份 persons



材料 INGREDIENTS

項目 Item	份量 Serving
1. 燕菜精 (大菜糕粉) Chinese grass jelly powder	1.5 包 bags
2. 牛奶 Milk	1 升 Litre
3. 糖 Sugar	1 杯 cup
4. 粉絲 (細包) Bean vermicelli (small bag)	1 包 bag
5. 雜果仁 Unsalted nuts 原味 Peanut/ cashew nuts etc.	100 克 g
6. 玫瑰糖漿 Rose syrup 南亞雜貨店有售 Could be found in Southeast Asia grocery stores	2 茶匙 teaspoons
7. 荳蔻粉 Cardamom powder	1 茶匙 teaspoon

烹煮步驟 COOKING STEPS

- 把粉絲煮熟，加一至兩茶匙糖，瀝乾水份，放在一旁備用
Boil bean vermicelli, add 2 teaspoons of sugar, drain water and keep aside
- 在鍋中加入牛奶、燕菜精、荳蔻粉和糖，拌勻，煮1-2分鐘，直至燕菜精完全溶解，再倒進玻璃盤中
Pour milk into the pot, add grass jelly powder, cardamom powder and sugar. Mix well and boil for 1 to 2 minutes, until the grass jelly is completely dissolved, pour the mixture into a glass tray
- 放進雪櫃冷藏一至兩小時直至凝固，把大菜糕切成小份，放在碟上
Put it in refrigerator for 1 to 2 hours. When set, cut into small pieces and put it on the plate
- 灑上切碎的堅果、杏仁和粉絲，以及玫瑰糖漿，即成
Sprinkle chopped nuts and vermicelli on top, serve with rose syrup

傳統的印度果凍經常會出現於派對宴會上。在印度，人們通常將牛奶與果凍粉混合凝固製成果凍。而這次則是用了燕菜精(中式大菜糕粉)製成印度風味的果凍。

Jelly is a popular Indian dessert, which is served at parties. In India, milk is mixed with jelly powder and gelatine to make jelly. In this fusion recipe, the agar agar power (Chinese grass jelly power) is used to make the Hong Kong-Indian style jelly.



辣炒河粉伴羅勒

Fried Spicy Flat Noodles with Basil



10 分鐘
mins



炒鍋
Wok



4-6人份 persons



Fried Spicy Flat Noodles with Basil

辣炒河粉拌羅勒



材料 INGREDIENTS

項目 Item	份量 Serving	項目 Item	份量 Serving
1. 中國河粉 Chinese flat rice noodles	2 磅 pounds	8. 羅勒(連莖) Basil (with stalks)	10 條 stalks
2. 硬豆腐 Hard tofu	4 塊 pieces	9. 生抽 Soy sauce	1 茶匙 teaspoon
3. 紅蘿蔔 Carrot	3 條 pieces	10. 魚露 Fish sauce	1 茶匙 teaspoon
4. 洋蔥 Onion	3 個 pieces	11. 糖 Sugar	1/2 茶匙 teaspoon
5. 豆角 Long bean	1 束 bunch	12. 老抽 Dark soy sauce	1/2 茶匙 teaspoon
6. 辣椒 Chili	5 隻 pieces	13. 油 Oil	2 湯匙 tablespoons
7. 蒜頭 Garlic	1 瓣 clove		

烹煮步驟 COOKING STEPS

1. 把紅蘿蔔、洋蔥切粒，硬豆腐切片，豆角切成段
Dice carrots, onion, cut long beans into segments, and slice the hard tofu
2. 把大蒜和辣椒一起剁碎
Chop garlic and chili together
3. 將油倒入鍋中，然後放入大蒜和辣椒，加入硬豆腐煎至金黃色
Add oil into the pan and put garlic and chili, add hard tofu to fry till golden brown
4. 放入河粉炒熟約5分鐘
Add noodle fry for 5 minutes until cooked
5. 加入羅勒、生抽、魚露、糖和老抽調味
Add basil, soy sauce, fish sauce, sugar and dark soy sauce

將泰式和中式風格融合，做出一道素食者也適合的菜式。在泰國他們會使用金邊粉，而這食譜則使用了河粉代替，並且加入中式食材，例如硬豆腐，以及豆角代替泰國芽菜。

In Thailand, pad Thai (fried noodles) is common. In this fusion dish, Chinese flat noodles (Ho Fan), hard tofu and long beans are used to replace the traditional Thai fried noodles, meat and bean sprouts to create a vegetarian dish.



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雞肉辣椒飯卷

Chicken Chili Rice Roll

 45~60 分鐘 mins

 4-5人份 persons



材料 INGREDIENTS *份量可根據個人口味調整 According to your preference

項目 Item	份量 Serving	項目 Item	份量 Serving
1. 雞胸肉 Chicken breast	1200 克 g	8. *薑(磨碎) Ginger (mashed)	1 茶匙 teaspoon
2. 燈籠椒 Capsicum	9 個 pieces	9. 鹽 Salt	2 茶匙 teaspoons
3. 洋蔥 Onion	2 個 pieces	10. 油 Oil	1 茶匙 teaspoon
4. 蕃茄 Tomato	3 個 pieces	11. 青辣椒 Green chili	2 條 pieces
5. 蒜頭 Garlic	4 瓣 cloves	12. 生抽 Soya sauce	3 茶匙 teaspoons
6. 薑黃 Turmeric powder	1 茶匙 teaspoon	13. 紫菜 Seaweed	10 片 pieces
7. 白飯 Boiled rice	4 碗 bowls	14. *麻油 Sesame oil	1-2 茶匙 teaspoons

烹煮步驟 COOKING STEPS

- 白飯以少許麻油調味
Season boiled rice with sesame oil
- 把雞肉切件後，加鹽、薑黃粉和雞肉放在鍋中一起汆水約1-2分鐘
Slice and blanch the chicken with salt and turmeric powder for 1-2 minutes
- 從水中取出雞肉瀝乾水份備用
Drain chicken and fry, put aside
- 把洋蔥、番茄、燈籠椒切成大塊
Chop onion, tomato, capsicum into big slices
- 把青辣椒、薑和大蒜切成小塊
Chop chili, ginger, and garlic into small slices
- 爆香薑和蒜頭，加入洋蔥、辣椒、番茄、青辣椒和生抽煮約兩分鐘
Fry ginger, garlic onion, capsicum, tomatoes, green chili in hot oil, add soy sauce. Cook for 2 minutes
- 最後加入雞肉和鹽煮熟
Finally, add chicken and salt until cooked
- 用約半碗飯由末端開始鋪平於2/3的紫菜，再放上餡料
Spread 1/2 bowl of rice on 2/3 of seaweed, add the fillings on top of the rice
- 然後捲飯卷，握實令餡料變實
Roll the seaweed and press tightly so the rice can stick to the seaweed
- 將飯卷捲至壽司席末端，用水沾濕紫菜，令紫菜黏實
Smear water on the end side of the seaweed and press to close to make a roll shape
- 把飯捲切成6-8份，即可上桌
Cut the roll into 6-8 small pieces and serve

飯卷在尼泊爾並不常見。飲食文化大使在烹飪訓練中學習了製作韓式飯卷的方法，她想念家鄉辣雞肉的味道，因此提出了這種融合的想法，用雞肉辣椒來製作飯卷。

Rice Roll is rare in Nepali. The participant learned to make Korean Rice Roll in the cooking training session. She missed the taste of chicken chili and she loved the rice roll. This is a fusion dish to bring the best of 2 foods to ease one's homesickness.



捲蛋薄餅

Fusion Roti Rolls



45 分鐘
mins



麵團棍
Rolling pin



4-6人份 persons



Fusion Roti Rolls
捲蛋薄餅

烹煮步驟 COOKING STEPS

薄餅 PREPARE THE ROTI:

1. 將小麥粉、加水和鹽拌勻，製成厚而柔軟的麵團，靜置15分鐘
Take a bowl of wheat flour, add water and bit salt, mix well to make a dough. Keep it aside for 15 mins
2. 將已發酵的小麥麵團切成8份，用麵棍將麵團壓成直徑約10-12cm薄餅，把薄餅放在平底鑊煎至金黃色，薄餅備用
Make 8 small balls with the marinated wheat dough, press balls with roller in round shape and pan fry them on two sides until golden brown. Roti is ready now

咖哩雜菜和其他餡料

PREPARE CURRY VEGETABLES AND STUFFING:

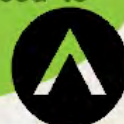
3. 將穿切好的三色椒、洋蔥、唐生菜、蘑菇、薑、蒜頭、辣椒加牛油炒熟，加入鹽、生抽、醋、小茴香粉、胡椒粉、切碎的芫荽和蔥
Fry sliced capsicum, onion, Chinese lettuce, mushrooms, grated ginger, garlic, chili with butter and add salt, soy sauce, vinegar, cumin and pepper powder. Add chopped coriander leaves and spring onion.
4. 取一隻碗，打發雞蛋，加入胡椒粉和鹽，把蛋漿分4次煎成薄蛋捲
Crack eggs in a bowl, add pepper powder and salt. Divide the beaten egg into 4 portion to make 4 omelets
5. 把薯仔焗熟並搗碎，放在一邊備用
Boil potatoes and mash them, keep them aside
6. 取一片薄餅，在薄餅的頂部放一個薄蛋捲，然後加入一湯匙薯仔泥、咖哩雜菜、蛋黃醬和辣椒醬，然後把他們捲起來上桌
Take one roti, put an omelet on roti, add one spoon of mashed potato, curry stuffing, mayonnaise, chilli paste, roll and serve

材料 INGREDIENTS *份量可根據個人口味調整 According to your preference

項目 Item	份量 Serving
1. 小麥粉 Wheat flour/maida	1 公斤 KG
2. 雞蛋 Egg	4 隻 pieces
3. 三色椒 Capsicum	2 個 pieces
4. 洋蔥(大) Onion (big)	1 個 piece
5. 蘑菇 Button mushroom	5-6 粒 pieces
6. 辣椒 Chili	1 隻 piece
7. 薯仔 Boiled Potato	2 個 pieces
8. 蒜頭(磨碎) Garlic (mashed)	1 茶匙 teaspoon
9. 唐生菜 Chinese lettuce	1 個 piece
10. 芫荽 Coriander leaves	1 扎 bunch
11. 油 (煎蛋捲用) Oil (for making omelette)	1 茶匙 teaspoon
12. 鹽 Salt	1 茶匙 teaspoon
13. 小茴香粉 Cumin powder	1/2 茶匙 teaspoon
14. 胡椒粉 Pepper powder	1 茶匙 teaspoon
15. 生抽 Soy sauce	2 茶匙 teaspoons
16. 蛋黃醬 Mayonnaise	1 支 bottle
17. 醋 Vinegar	1 茶匙 teaspoon
18. 蔥 Spring onion	1 扎 bunch
19. 麻油 Sesame oil	1 茶匙 teaspoon
20. 薑(磨碎) Ginger (mashed)	1 茶匙 teaspoon
21. 牛油 Butter	1 茶匙 teaspoon
22. 辣椒醬 Chilli Paste	1 樽 bottle

在印度，人們通常使用薯仔和韭菜製作雞蛋素食烤餅。這次，我們加入不同的蔬菜包括唐生菜，減少薯仔的份量，製成健康的薄餅卷。

In India, egg veggie roti is made with potatoes and leeks. In this fusion recipe, Chinese lettuce and smaller quantity of potato were used to create a healthier roti.



港式尼泊爾餃子 (Momo)

Hong Kong-Nepal Style Momo



45 分鐘
mins



攪拌機
Blender



蒸籠
Steamer



炒鍋
Wok



4-5人份 persons



烹煮步驟 COOKING STEPS

餃子餡 PREPARATION OF FILLINGS:

1. 將洋蔥、大蒜和薑切成小塊
Chop onion, garlic and ginger into small pieces
2. 切碎芫荽和椰菜
Chop coriander and cabbage
3. 混合免治雞肉
Mix with minced chicken
4. 加入鹽、黑胡椒和雞粉拌勻
Add salt, black pepper and chicken powder, mix well




材料 INGREDIENTS

項目 Item	份量 Serving
1. 免治雞肉 Chicken breast (minced)	1200 克g
2. 洋蔥 Onion	1 個 piece
3. 蒜頭 Garlic (minced)	2 湯匙 tablespoons
4. 薑 Ginger	2 湯匙 tablespoons
5. 生抽 Soya sauce	1/2 湯匙 tablespoon
6. 雞粉 Chicken powder	1/4 湯匙 tablespoon
7. 黑胡椒 Black pepper	1/2 湯匙 tablespoon
8. 蕃茄 Tomato	2 個 pieces
9. 芫荽 Coriander leaves	2 扎 bunches
10. 椰菜 Cabbage	1 個 piece
11. 辣椒 Chili	5 條 pieces
12. 白皮 White dumpling wrap (3.5")	50 塊 pieces
13. 鹽 Salt	1/2 茶匙 teaspoon
14. 薄荷葉 Mint leaves	2 片 leaves
15. 蒸籠紙 Steaming paper	6-8 張 sheets

包餃子 PREPARATION OF MOMO:

1. 餃子皮中央放上約1茶匙餡料，以中指或小匙沾一點水，沾到餃子皮四周，對摺，以大拇指及食指摺好，再以手指按實。
Put about 1 teaspoon of filling in the center of the dumpling wrap, and use the middle finger or a teaspoon to dip a little water, and smear around the dumpling wrap. After that, fold it in half and press the wrap with big finger and forefinger to close it
2. 在蒸鍋中墊上蒸籠紙，然後放入餃子
Place steaming paper and the momos in the steamer
3. 把餃子蒸熟，大約20分鐘
Steam the momos until cooked around 20 minutes

辣椒醬 CHILI SAUCE:

 切碎番茄和辣椒，煮5分鐘，加入生抽、鹽、切碎的薄荷葉和芫荽攪拌

Finely chop tomato chili, coriander and mint leaves. Boil the tomatoes for 1 minute, let them cool and keep aside. Blend the tomatoes with coriander, mint leaves, salt and soya sauce

由於尼泊爾傳統餃子和中國餃子相似，所以這次想使用較薄及滑身的白皮代替傳統的餃子皮，做出融合尼泊爾傳統和港式風格的點心。

As traditional Nepali Momo is similar to Chinese dumpling, in this dish white dumpling wraps were used instead of traditional momo wraps. The white dumpling wrap adds an extra shine of the dumpling, namely the Hong Kong- Nepali Momo.



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