











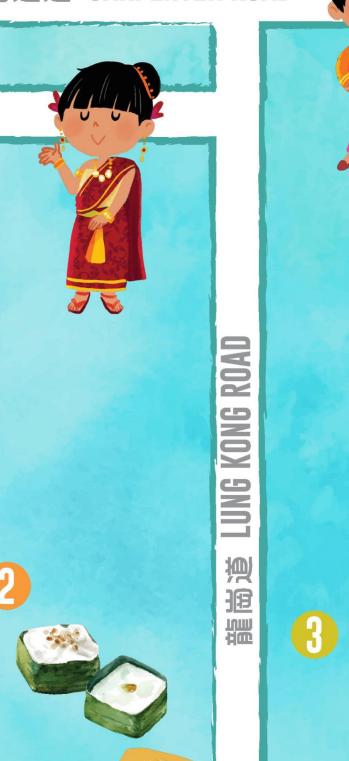
九龍城街市 **KOWLOON CITY WET MARKET**



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多元文化街頭小食之旅詳情

MULTICULTURAL STREET FOODS ROUTE INFORMATION

豆腐花 ToFu Fa

豆腐花是香港著名的甜點,由豆漿製成。由於豆漿含有豐富營養又便宜,所以香港人喜歡吃豆腐和喝豆漿。

To Fu Fa is a well-known dessert in Hong Kong which is made from soya milk. Since soya milk is nutritious and cheap, Hong Kong people love to eat To Fu Fa and drink soya milk.



椰汁西米糕 Khanom Tako (Thai Pudding with Coconut Topping)

椰汁西米糕是一道泰式甜品,把西米煮至透明後加入茉莉花香調味,然後放進用斑蘭葉製成的小兜, 淋上椰漿等待凝固即可。

This is a Thai sweet dessert made by filling in pandanus leaves made cups, which included a sweet jasmine flavoured mung bean flour jelly and topping it with rice flour-thickened coconut milk.



難蛋仔 Egg Waffle

雞蛋仔發源自五十年代的香港,當時雜貨店為免白白浪費破裂的雞蛋,於是把麵粉和牛油等食材加入蛋漿裡,然後倒進模具烘焗;後來有人設計出雞蛋狀的模具,於是被命名為「雞蛋仔」。

The egg waffle was originated from Hong Kong in the 1950s. Since the grocery stores do not want to waste cracked eggs, they added flour and butter into egg syrup to make egg waffle.

▲ 越南麵包 Vietnamese Bread

越南麵包是由法國麵包變化來的。而越南人則以越南麵包為參考,創造了越南式三明治,當中麵包的材料包含包括香菜、黃瓜以及腌製的胡蘿蔔和白蘿蔔等等。

The Vietnamese Bread is created from French bread. Based on the Vietnamese bread, Vietnamese also created the Vietnam-style sandwich, which various savoury ingredients are filed in the bread, not limited to the coriander leaf (cilantro), cucumber, pickled carrots, and pickled daikon.



中式草藥茶(涼茶) Chinese Herbal Tea (Leung Cha)

涼茶是一種被認為具藥用價值的飲品,它像是苦味的藥湯,有著消除體內過多熱氣和濕氣的功效。 Leung Cha is believed to contain medicinal properties. It is more like a bitter-tasting medicinal soup. Leung Cha for its cooling benefits is to rid the body of excessive internal heat and dampness.



老婆餅 Sweetheart Cake

老婆餅是傳統的粵式糕點,外皮酥脆,內餡則是由冬瓜、杏仁醬和芝麻加入五種香料粉製作而成。 「老婆餅」當中的「老婆」是從廣東話翻譯過來,意思是指「妻子」。

A sweetheart cake or wife cake is a traditional Cantonese pastry with a thin crust of flaky pastry. This is made with a filling of winter melon, almond paste, and sesame, and spiced with 5 different spice powder."Wife cake" is the translation of "Lou Po Beng" from Cantonese, which has the meaning of "wife".



芒果糯米飯 Mango Sticky Rice

傳統的泰國甜點,由糯米、新鮮的芒果和椰奶製成,當地人會用湯匙或直接用手進食。雖然它的起源是在泰國,但在印度以及東南亞地區(包括老撾,柬埔寨,越南,印度和孟加拉國)也可以找到它的蹤影。

A traditional Thai dessert made with glutinous rice, fresh mango and coconut milk, and eaten with a spoon or sometimes the hands. Although originating in Thailand, it is consumed throughout the Indochina region and the rest of Southeast Asia and South Asia, including Laos, Cambodia, Vietnam, India and Bangladesh.



↑ 泰式沙嗲 Thai Satay

泰式沙嗲醬則是一種調味品,成份與印尼沙嗲相類似,其中包括花生醬、椰奶、大蒜和辣椒等。但是,泰式沙嗲會加入更多花生醬和椰奶,因此味道會更甜。當地人會配上串燒和烤肉一起食用。

The ingredients of Thai satay are similar to Indonesian satay, which includes peanut butter, coconut milk, garlic and chili, etc. People prefer adding more peanut butter and coconut milk in Thai satay so the tasteis much sweeter. Thai satay is served as a sauce and people eat Thai satay with skewers and grilled meat.



● 玫瑰蜜汁球 Gulab Jamun

玫瑰蜜汁球是印度著名的甜點,它是用牛奶和麵粉製成的粉團,油炸很沾上玫瑰糖漿,是印度人在 宴會時必定會準備的食物。

Gulab jamun is a famous dessert from India, which is made from milk and flour, and then deep fried it. After that, the gulab jamun is put in the syrup. When Indian people serve the guest, or they hold any party, they would normally prepare the gulab jamun.



■ **M** 烤羊肉串 Lamb Seekh Kebab

烤羊肉串起源於印度,由印度香料製成,混合碎肉或已絞碎的肉,串在圓柱上烤製。

A type of kebab, originating from the Indian, made with Indian spices mixed with minced or ground meat, formed into cylinders on skewers and grilled. It is typically cooked on a mangal or barbecue, or in a tandoor.



缽仔糕是把白糖或紅糖,加入粘米粉和少許小麥澱粉、粟粉混合而成。有時候缽仔糕上還會加入紅豆,是香港著名的地道小吃之一。

This palm size pudding cake is one of the famous local snacks in Hong Kong, which is made from white or brown sugar, long-grain rice flour with a little wheat starch or cornstarch. Sometimes red beans are also added.



了 咖哩角 Samosa

咖哩角是印度、巴基斯址和尼泊爾著名的油炸點心,它的內餡材料豐富,大多加入五香馬鈴薯、洋蔥、豌豆、肉或小扁豆。並且會因應不同區域,造成不同的形狀包括三角形、圓錐形或半月形。 A famous fried or baked pastry spack in India, Pakistani, and Nepal, Samosa is always with

A famous fried or baked pastry snack in India, Pakistani, and Nepal. Samosa is always with a savoury filling, such as spiced potatoes, onions, peas, meat, or lentils. It may take different forms, including triangle, cone, or half-moon shapes, depending on the region.



香煎牛肉包(清真食品) Pan Fried Beef Bun (Halal Food)

這是由清真餐廳供應的香煎牛肉包,而凡是以伊斯蘭教方式宰殺的肉也會被視為清真食品。因此,穆斯林或清真食品食者可以在這裡享用香煎牛肉包子。牛肉餡餅充滿了濃郁的肉汁,讓人回味無窮。

The Pan Fried Beef Bun is served in halal restaurant. The meat slaughtered in the religious Islamic way is considered Halal. Therefore, Muslims or halal food eating people can enjoy Pan Fried Beef Bun here. The beef buns are full of flavorful gravy, which makes people have an endless aftertaste.

