

### 【菠菜雞蛋飯波】

#### 材料：

米	100 克
菠菜	2 棵
雞蛋	½ 隻

#### 做法：

- 1) 把米加入適量水煮成飯。
- 2) 菠菜灼熟後泡於冰水中，用廚房紙巾印去多餘水分後切碎備用。
- 3) 雞蛋炒香後弄碎備用。
- 4) 把菠菜和雞蛋加入米飯中拌勻，握成飯波。

### 【Spinach and Egg Rice Ball】

#### Ingredients:

Rice	100g
Spinach	2 stalks
Egg	½ pc

#### Instructions:

- 1) Add proper amount of water into the rice and cook until it's ready to serve.
- 2) Soak the cooked spinach in ice water, then remove excess water with kitchen towel and chop it into small pieces for later use.
- 3) Fry the egg until aromatic and smash for later use.
- 4) Mix the spinach, egg and rice, place in hand and form a ball-shaped and serve.



【五目飯糰】

材料：

米	100 克
紅蘿蔔	¼條 (切碎)
鮮冬菇	½個 (切碎)
牛蒡	少許 (切碎)

味醂	1 茶匙
醬油	½茶匙

做法：

- 1) 把所有材料加入適量水煮成飯。
- 2) 把飯拌勻後握成飯糰即成。

【Gomoku Rice Ball】

Ingredients:

Rice	100g
Carrots	¼ pc (minced)
Fresh mushrooms	½ pc (minced)
Burdock	pinch (minced)

Mirin source	1 tsp
Soy sauce	½ tsp

Instructions:

- 1) Add all the ingredients and proper amount of water into rice then cook it until it's ready to serve.
- 2) Stir well the mixture. Place in hand and form a ball-shaped and serve.



### 【生曬蝦皮紫菜飯糰】

**材料：**

米 100 克  
蝦皮 或 1 湯匙  
即食櫻花蝦

紫菜碎 1 湯匙

**做法：**

- 1) 把米加入適量水煮成飯。
- 2) 蝦皮加入鑊中以小火炒香或放入焗爐以 100°C 焗 5 分鐘 (即食櫻花蝦可免卻此步驟)，與紫菜及飯拌勻，握成飯糰即成。

### 【Dried Small Shrimp & Seaweed Rice Ball】

**Ingredients:**

Rice 100g  
Dried small shrimp or 1 tbsp  
ready-to-eat dried  
cherry shrimp  
Chopped seaweed 1 tbsp

**Instructions:**

- 1) Add proper amount of water into the rice and cook until it's ready to serve.
- 2) Stir fry the dried small shrimp in a pan low heat or bake it at 100°C for 5 minutes in the oven (may skip this step if using ready-to-eat dried cherry shrimp), mix well with chopped seaweed and rice, place in hand and form a ball-shaped and serve.



### 【小魚乾芝麻飯糰】

**材料：**

米	100 克
小魚乾	少許
芝麻粒	1 湯匙
紫菜	2 塊

**做法：**

- 1) 把米加入適量水煮成飯。
- 2) 小魚乾加入鑊中以小火炒香或放入焗爐以 100°C 焗 5 分鐘 (即食魚乾可免卻此步驟) , 與芝麻及飯拌勻, 握成飯糰, 最後以紫菜包裹即成。

### 【Dried Small Fish & Sesame Rice Ball】

**Ingredients:**

Rice	100g
Dried small fishes	pinch
Sesame seeds	1 tbsp
Seaweed	2 pcs

**Instructions:**

- 1) Add proper amount of water into the rice and cook until it's ready to serve.
- 2) Stir fry the dried small fish in a pan with low heat or bake it at 100°C for 5 minutes in the oven (may skip this step if using read-to-eat dried fish). Mix well with sesame and rice, place in hand and form a ball-shaped. Wrap it with seaweed to serve.



### 【橘子沙律配蜂蜜蘋果醋汁】

材料：

橙	½個 ( 去除外皮後，把果肉一瓣瓣取出 )
蘋果	½個 ( 切片 )
混合沙律菜	1 碗 ( 洗淨瀝乾 )
蘋果醋	1 湯匙
蜂蜜	1 茶匙
海鹽	少許
初榨橄欖油	2 湯匙

做法：

- 1) 將橙、蘋果和沙律菜稍稍拌勻。
- 2) 取一小玻璃瓶，加入蘋果醋、蜂蜜、海鹽及初榨橄欖油，蓋上瓶蓋，用力搖晃至油醋充分混合，再加進沙律菜中輕輕拌勻即成。

### 【Orange Salad with Honey & Apple Cider Vinegar】

Ingredients:

Orange	½ pc (after removing the peel, remove the pulp piece by piece)
Apple	½ pc (sliced)
Salad mixed	1 bowl (rinse and drain)
Apple cider vinegar	1 tbsp
Honey	1 tsp
Sea salt	dash
Virgin olive oil	2 tbsp

Instructions:

- 1) Slightly mix the orange, apple and salad in a bowl.
- 2) Add apple cider vinegar, honey, sea salt and virgin olive oil into a small glass bottle. Lock the bottle cap and shake vigorously until the oil and vinegar are fully mixed. Then add the dressing into the salad and mix gently for serve.





### 【薑麻海帶拌豆芽】

**材料：**

乾燥海帶 3 湯匙 ( 以水泡軟後  
瀝乾 )

豆芽 半碗 ( 煮熟後過冷河  
備用 )

薑泥 2 茶匙

醬油 1 茶匙

米醋或檸檬汁 ¼ 茶匙

麻油 適量

**做法：**

- 1) 將海帶和豆芽混合。
- 2) 把餘下薑泥、醬油、米醋或檸檬汁及麻油加入拌勻即可。

### 【Ginger, Kelp & Bean Sprout Salad with Sesame Oil】

**Ingredients:**

Dried kelp 3 tbsp (soak in  
water to soften  
and drain)

Bean sprouts ½ bowl (after  
being cooked, let  
cool and set aside)

Ginger puree 2 tsp

Soy sauce 1 tsp

Rice vinegar or  
lemon juice ¼ tsp

Sesame oil to taste

**Instructions:**

- 1) Mix kelp and bean sprouts.
- 2) Add ginger puree, soy sauce, rice vinegar or lemon juice and sesame oil and mix well.



### 【蝦肉芫荽牛油果三文治】

**材料：**

鮮蝦 ½斤  
牛油果 1個(切片·輕輕抹上檸檬汁預防變色)

芫荽 小量(洗淨後切小段)

蛋黃醬 2湯匙

黑胡椒 適量

方包 2片

**做法：**

1) 鮮蝦去殼挑腸，灼熟後過冷河，印乾水分後加入2湯匙蛋黃醬和黑胡椒拌勻。

2) 將方包塗上薄薄一層蛋黃醬，順序放上牛油果、芫荽和蝦肉，再蓋上一片塗上蛋黃醬的方包即成。

### 【Shrimp, Coriander & Avocado Sandwich】

**Ingredients:**

Fresh shrimp ½ catty  
Avocado 1 pc (sliced, lightly smear with lemon juice to prevent discoloration)

Coriander pinch (rinse and chop into small pieces)

Mayonnaise 2 tbsp

Black pepper to taste

Sandwich bread 2 slices

**Instructions:**

1) Devein the fresh shrimp and remove its digestive tract, boil it and rinse it under cold water, add 2 tbsp of mayonnaise and black pepper, then mix them well.

2) Spread a thin layer of mayonnaise on sandwich breads. Place avocado, coriander and shrimp in order, then top with final piece of bread.



### 【橙皮石頭鬆餅】

材料 (可製作 6 個) :

自發粉	100 克
糖	40 克
牛油	50 克 (切成小方塊)
橙皮	½ 個 (用削皮刀把橙色的表皮削下來使用，白色帶苦澀的部分不要。亦可以糖漬橙皮或橙醬代替，請酌量減少糖的份量)

提子乾 隨個人喜好

雞蛋 1 隻

做法：

- 1) 準備一個大碗，先把自發粉、砂糖混合。
- 2) 加入牛油，用手指頭捏成麵包糠狀。注意，手盡量不要直接碰到牛油，先以麵粉覆蓋著牛油粒再捏。在天氣熱的日子，可試用叉代勞。
- 3) 加入橙皮、提子乾，最後加雞蛋拌勻。
- 4) 把麵糰用湯匙分成 6 份。
- 5) 以攝氏 180-200°C 焗 15 分鐘，至底部呈金黃色及表面香脆。



### 【Orange Peel Rock Cakes】

Ingredients (6 servings):

Self-raising flour	100g
Sugar	40g
Butter	50g (cut into small cubes)
Orange peel	½ (use a peeler to peel off the orange peel, do not use the white part to remove bitterness. Can be substituted with candied orange peel or orange jam, please reduce the amount of sugar accordingly)

Dried raisins optional

Egg 1 pc

Instructions:

- 1) Prepare a large bowl and mix the self-raising flour and sugar.
- 2) Rub the butter into the flour to make a breadcrumb texture with your fingers. Cover the butter cubes with flour before rubbing it and avoid touching the butter directly with your hand. Try using a fork to rub it if the temperature is high.
- 3) Add orange peel, dried raisins, and egg and mix them well.
- 4) Divide the dough into 6 portions with a spoon.
- 5) Bake at 180-200°C for 15 minutes, until the bottom turn golden brown colour and get a crispy texture.