



長者有「營」食譜

Healthy Recipes for Elderly

12款健康美味的 四季食譜

12 Healthy and Delicious
Seasonal Recipes



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Braised Beef Shank with Carrot and White Radish

This casserole contains spring vegetables and shrimp, which is refreshing and low in fat. It is a healthy dish, with high fibre and low fat content.

Spring



Shrimp and Mixed Spring Vegetables Casserole



Nutrient Analysis

(Per serving)

Energy (kcal)	60
Carbohydrate (g)	3
Protein (g)	6
Fat (g)	2.7
Dietary fibre (g)	1.4
Sodium (mg)	471



Method

1. Leave frozen shrimp in the refrigerator in advance to thaw, dry with kitchen paper and set aside.
2. Wash Chinese celery and asparagus and cut into short sections. Wash Chinese cabbage, fresh mushrooms, and Chinese lettuce and set aside.
3. Bring a pot of water to boil, and add Chinese celery, fresh mushrooms, oil and ginger slices. Cook over high heat for about 5 minutes until the vegetables begin to soften.
4. Add shrimp and cook for 2 minutes, then add asparagus and Chinese lettuce and cook for another 1-2 minutes. Finally, add the seasoning to serve.



Ingredients (Serves 4)

- Chinese celery 2 tael (80g)
- Chinese cabbage 2 tael (80g)
- Fresh mushroom 4 pc. (approx. 76g)
- Asparagus 2 pc. (approx. 72g)
- Chinese lettuce 2 tael (80g)
- Frozen shrimp, medium 2 tael (80g)
- Ginger 3 slices
- Vegetable oil 2 tsp
- Water 3 bowls



Seasoning

- Salt $\frac{3}{4}$ tsp
- White pepper $\frac{1}{4}$ tsp



Nutrition / Preparation Tips



Chinese celery, asparagus, Chinese cabbage and Chinese lettuce are seasonal vegetables in spring and are rich in dietary fiber.



If the listed vegetables are not available, other leafy greens could be used instead.



Notes for Special Diets:

Low-salt diet: Reduce the amount of salt to $\frac{1}{4}$ teaspoon.

Tomatoes are rich in dietary fibre. By having easy to chew ingredients, like minced pork and dried tofu, this dish is suitable for the elderly.



Tomatoes with Dried Tofu and Minced Pork



Nutrient Analysis

(Per serving)

Energy (kcal)	230
Carbohydrate (g)	13
Protein (g)	25
Fat (g)	9
Dietary fibre (g)	2
Sodium (mg)	665



Method

1. Rinse the minced pork and mix well with marinade.
2. Rinse and cut the tomatoes into wedges.
3. Rinse and shred the dried white tofu. Peel and mince the garlic.
4. Heat $\frac{1}{2}$ tbsp oil in a non-stick pan. Fry the minced pork until cooked. Set aside.
5. Fry the garlic, tomatoes and dried white tofu with $\frac{1}{2}$ tbsp oil. Stir well. Add water and bring to a boil. Switch to low heat, cover and simmer for 5 minutes.
6. When the tomatoes soften, add minced pork and seasoning. Stir well. Then stir in the thickening mixture and bring to a boil.



Ingredients (Serves 4)

- Tomatoes, small 4 pc. (approx. 444g)
- Minced lean pork 5 taels (200g)
- Dried white tofu 1 pc. (approx. 200g)
- Water 2 cups
- Corn oil 1 tbsp
- Garlic 2 cloves



Marinade (For Pork)

- Salt $\frac{1}{2}$ tsp
- White sugar $\frac{1}{2}$ tsp
- White pepper a pinch



Seasoning

- Salt $\frac{1}{2}$ tsp
- White sugar 2 tsp



Thickening

- Cornstarch 1 tsp
- Water $\frac{1}{2}$ tsp



Nutrition / Preparation Tips



There are different kinds of dried tofu available on the market, including Puning dried tofu, Fujian dried tofu and five spices dried tofu. Dried tofu is rich in protein and can replace some of the meat in a balanced diet.



Notes for Special Diets:

Diabetic Diet: Use artificial sweeteners to replace sugar in the seasoning. Add the sweetener after the heat is turned off, as some of its sweetness may be lost under high heat.

Low-salt Diet: Omit salt from the seasoning.

Chinese chive, goji and eggs are used for this simple and nutritious soup.



Chinese Chive, Goji and Egg Drop Soup



Nutrient Analysis

(Per serving, including soup ingredients)

Energy (kcal)	94
Carbohydrate (g)	8
Protein (g)	5
Fat (g)	5
Dietary fibre (g)	2
Sodium (mg)	230



Ingredients (Serves 4)

- Chinese chives 2 taels (80g)
- Eggs 2
- Dried goji berries 1 tael (40g)
- Water 6 bowls



Seasoning:

- Salt ¼ tsp
- Sesame oil 2 tsp
- White pepper trace



Method

1. Rinse goji berries and soak them in water for later use.
2. Rinse Chinese chives and cut them into 3 cm pieces.
3. Beat eggs in a big bowl.
4. Boil water in a saucepan and add in chives. When water starts to boil again, turn down the heat and stir in beaten eggs slowly.
5. After the strands of cooked egg take shape, add in goji berries, salt, sesame oil and pepper as seasoning. Mix thoroughly before serving.



Nutrition / Preparation Tips



Soak goji berries in water before cooking to soften its texture. Add goji berries to the soup 3 minutes before turning off the heat, to avoid overcooking them.



Notes for Special Diets:

Diabetic Diet: Exchange 1 serving of goji berries in the soup for ½ tablespoon of rice (½ carbohydrate exchange).

Sweating increases during hot summer months and this soup can help to replenish fluids.

Summer



Winter Melon, Corn and Lean Pork Soup



Nutrient Analysis

(Per serving, include soup ingredients)

Energy (kcal)	182
Carbohydrate (g)	15
Protein (g)	18
Fat (g)	6
Dietary fibre (g)	3.4
Sodium (mg)	195



Method

1. Rinse, core and deseed winter melon. Keep the peel on and cut into slices. Skin and rinse corn cob and cut into sections. Rinse and blanch lean pork.
2. Add 6 bowls of water to the pot and bring to a boil, then add in all the ingredients. Bring to a boil again, then turn to low heat to simmer for 2 hours. Season with salt to finish.



Ingredients (Serves 4)

• Winter melon	1 catty (640g)
• Corn cob	1 pc. (approx. 197g)
• Lean pork	8 taels (320g)
• Candied date	1 pc. (approx. 24g)
• Ginger slices	4 slices
• Water	6 bowls
• Salt	¼ tsp



Nutrition / Preparation Tips



Lean pork is rich in protein. Besides lean pork, pork shin (with fat trimmed off) can also be used as it is low in fat and tender in texture.



Consume the winter melon and corn to increase intake of dietary fibre.



Notes for Special Diets:

Diabetic Diet: Do not add candied date.

Exchange 1 serving of corn in the soup ingredients for ½ tablespoon of rice (½ carbohydrate exchange).

This healthy, low-fat dish uses zucchini, a seasonal summer vegetable, to add crispness to the dumplings. The oats makes the lean meat more tender and increases dietary fibre.



Dumplings with Zucchini, Lean Meat and Oats



Nutrient Analysis

(Per serving, include soup ingredients)

Energy (kcal)	180
Carbohydrate (g)	23
Protein (g)	12
Fat (g)	5
Dietary fibre (g)	2
Sodium (mg)	217



Ingredients (Serves 4)

- Zucchini, small 1 pc. (approx. 118g)
- Minced lean pork 4 taels (160g)
- Dumpling skin 16 pc. (approx. 128g)
- Instant oats 2 tbsp (approx. 10g)



Seasoning

- Light soy sauce 2 tsp
- Sugar $\frac{1}{2}$ tsp
- White pepper $\frac{1}{2}$ tsp
- Sesame oil 1 tsp
- Cornstarch 2 tsp



Method

1. Rinse, peel, shred and cut zucchini into small pieces.
2. Add instant oats and seasoning to minced pork and mix well. Stir in one direction until they form into a thick paste. Then add shredded zucchini.
3. Put the filling in the centre of the dumpling skin. Wet the sides of dumpling skin with water, fold and stick well. Press lightly to make sure that there is no air between the dumpling skin and the filling, and wrap it into a dumpling shape.
4. The wrapped dumplings can be placed on a plate sprinkled with corn starch to avoid sticking to the dumplings.
5. Cook over medium-high heat for about 10 minutes until cooked.



Nutrition / Preparation Tips



Oatmeal becomes translucent when soaked in water and cooked. Adding oatmeal to lean meat makes the meat softer – use this instead of fatty meat to reduce fat intake.



The dumplings can be served with poached vegetables such as Choy Sum to increase dietary fibre intake.



Notes for Special Diets:

Diabetic Diet: Exchange 1 serving with 2½ tablespoons of rice (2½ carbohydrate exchanges).

Stir-fry sweet and sour cherry tomatoes with fresh broccoli and chicken strips to create an appetizing dish that is rich in dietary fibre.



Stir-fried Chicken with Cherry Tomato and Broccoli



Nutrient Analysis

(Per serving, include soup ingredients)

Energy (kcal)	161
Carbohydrate (g)	7
Protein (g)	17
Fat (g)	7
Dietary fibre (g)	1.8
Sodium (mg)	530



Ingredients (Serves 4)

- Skinless chicken steak ½ catty (320g)
- Cherry tomato 12 pc. (approx. 225g)
- Broccoli 6 tael (240g)
- Ginger 3 pc.
- Vegetable oil 1 tbsp
- Water 3 tbsp



Marinade (For Chicken)

- Light soy sauce 1 tbsp
- Sugar ½ tsp
- White pepper trace
- Cornstarch ½ tsp



Seasoning

- Sugar ½ tsp
- Salt ¼ tsp



Method

1. Slice chicken steak into strips and marinate for at least 15 minutes. Set aside.
2. Wash and de-stem cherry tomatoes. Wash and cut the broccoli into small florets.
3. Heat up 1 tablespoon of vegetable oil in a non-stick frying pan and sauté the ginger. Add in chicken strips and stir-fry until the pieces are cooked. Set aside.
4. Add broccoli, water and seasoning into the same frying pan. Stir-fry the broccoli until cooked. Add in chicken strips and cherry tomatoes and stir well to serve.



Nutrition / Preparation Tips



Chicken is a source of protein. Skinless chicken steak contains less fat and has a soft texture, and is suitable for the elderly.



Chicken can be substituted with dace.



Cherry tomato and broccoli are sources of dietary fibre which help to prevent constipation.



Notes for Special Diets:

Low-salt Diet: Do not add salt as seasoning and replace by ¼ teaspoon of white pepper.

Pumpkin and chestnuts are great choices for autumn as they can add flavour to the soup. Using cashew nuts instead of meat can enrich the dietary fibre and protein content of the soup, and makes it suitable for vegans.

Autumn



Pumpkin, Chestnut, Cashew Nut and Corn Soup



Nutrient Analysis

(Per serving, include soup ingredients)

Energy (kcal)	203
Carbohydrate (g)	29
Protein (g)	6
Fat (g)	8
Dietary fibre (g)	3.4
Sodium (mg)	155



Ingredients (Serves 4)

- Pumpkin 1 catty 4 taels (800g)
- Corn, large 1 cob (approx. 232g)
- Chestnuts 8 (approx. 80g)
(Shelled and peeled)
- Cashew nuts 1½ taels (60g)
- Water 6 bowls
- Salt ¼ tsp



Method:

1. Peel, core and deseed the pumpkin. Cut into thick chunks, rinse and set aside.
2. Skin the corn cob, rinse and section into pieces.
3. Rinse the chestnuts and cashew nuts.
4. Add water to a pot and bring the water to boil over high heat. Add in all ingredients.
5. Bring to a boil again, then switch to medium heat and simmer for 1 ½ hours. Season with salt to finish.



Nutrition / Preparation Tips



Pumpkin and chestnuts are autumn vegetables. Pumpkin is rich in beta-carotene, a fat-soluble vitamin. When combined with cashew nuts, the fat content of cashew nuts can aid absorption of the vitamin.



Cashew nuts provide protein, vitamin E and fat, and should be consumed in moderation. The nuts will soften after being cooked, making them easier for elderly people to consume.



Notes for Special Diets:

Diabetic Diet: Pumpkin, corn and chestnuts are rich in carbohydrates. It is recommended to drink no more than 1 bowl of soup per meal. If drinking the clear soup, exchange one serving for ½ tablespoon of rice (½ carbohydrate exchange). If consuming soup ingredients, exchange 1 tablespoon of rice for every 2 egg-sized pieces of pumpkin, or 2 chestnuts, or ⅓ cob of corn ingested (1 carbohydrate exchange).

Low-fat, Low-cholesterol Diet: Reduce the amount of cashew nuts used by half.

The pear is softened after cooking and suitable for elderly with chewing difficulties. This dessert soup is great for hydrating dry throats and is high in dietary fibre.



Fig and Pear Dessert



Nutrient Analysis

(Per serving, include soup ingredients)

Energy (kcal)	86
Carbohydrate (g)	23
Protein (g)	0
Fat (g)	0
Dietary fibre (g)	1.7
Sodium (mg)	0



Method

1. Wash, core and cut the pear into pieces and set aside. Wash the dried fig.
2. Put the ingredients in a saucepan, add water, and bring to a boil over high heat.
3. Turn to low heat and cook for about 15 minutes, then add rock sugar and cook to dissolve.



Ingredients (Serves 4)

- Pears, medium 2 pc. (approx. 394 g)
- Dried fig 1 pc.
- Candied date 1 pc.
- Rock sugar $\frac{3}{4}$ tael (30 g)
- Water 5 bowls



Nutrition / Preparation Tips



Pears can be replaced with other fruits, such as apples.



Pears soften after cooking and is suitable for the elderly.



Notes for Special Diets:

Diabetic Diet: Do not add candied date. Use artificial sweetener to replace rock sugar. Add sweetener to the soup after turning off the heat, as its sweetness may be lost over high heat. Exchange 1 serving with 1 serving of fruit (1 carbohydrate exchange).

The dish provides ample protein and iron, suitable for providing nutrition to elderly, while also being low in fat.



Braised Pork with Carrot and Lotus Root



Nutrient Analysis

(Per serving)

Energy (kcal)	217
Carbohydrate (g)	19
Protein (g)	19
Fat (g)	7
Dietary fibre (g)	4.5
Sodium (mg)	400



Ingredients (Serves 4)

- Lean pork ½ catty (320g)
- Lotus root 6 taels (240g)
- Carrot 6 taels (240g)
- Onion, medium 1 pc. (approx. 130g)
- Water 2 cups
- Vegetable oil 2 tsp



Marinade

- Japanese soy sauce 2 tsp
- Sesame oil ½ tsp



Seasoning

- Japanese soy sauce 2 tsp
- Mirin 1 tsp



Method

1. Rinse and cut the lean pork into chunks. Mix with the marinade for 15 minutes.
2. Peel and wash the lotus roots. Slice into 1cm thick pieces. Soak in water for later use.
3. Peel, wash the carrots and slice into pieces. Peel, wash and shred the onion.
4. Stir-fry onion with vegetable oil until softened. Add in carrots and lotus roots and stir-fry slightly.
5. Add in the pork and seasoning, and add water until covering 70-80% of ingredients. Stir slightly.
6. Bring to a boil over medium heat and then turn to low heat. Cover with the lid and simmer for 30 minutes or until the meat is soft.



Nutrition / Preparation Tips

- ✓ Carrot and lotus root are seasonal vegetables for autumn. Lotus root is a source of potassium, iron, carbohydrates and dietary fibre. Carrot is a source of beta-carotene, carbohydrates and dietary fibre. Both vegetables are nutritious.
- ✓ Carrot and lotus root will become soft from braising, making these vegetables suitable for elderly consumption.
- ✓ Soaking sliced lotus roots in water can prevent them from being oxidized/darkened.
- ✓ Japanese soy sauce can be substituted with light soy sauce.



Notes for Special Diets:

Diabetic Diet: Carrot and lotus root are rich in carbohydrates. Exchange one serving of carrot and lotus root for 1½ tablespoon of rice (1½ carbohydrate exchange). The seasoning mirin has a high sugar content, consider replacement with ½ teaspoon of sugar.

Low-salt Diet: Halve the amount of Japanese soy sauce used in the marinade and seasoning.

Ingredients lower in fat (such as seafood and fish) and a variety of vegetables and fungi are used, making it a high-fibre and low-fat dish.

Winter



Healthy "Poon Choi"



Nutrient Analysis (Per serving)

Energy (kcal)	188
Carbohydrate (g)	11
Protein (g)	27
Fat (g)	5
Dietary fibre (g)	10.5
Sodium (mg)	347



Ingredients (Serves 4)

- Dried shitake mushrooms 4 pc. (approx. 8g)
- Minced dace (unseasoned) 4 tael (160g)
- Spring onion, chopped 1 tsp
- Coriander, chopped 1 tsp
- White radish 8 taels (320g)
- Broccoli 1 stalk (approx. 140g)
- Shrimps, frozen 4 taels (160g)
- Spring onion, sectioned 1 stalk
- Ginger 2 slices
- Firm tofu 1 pc. (approx. 324g)
- Chinese yellow 8 taels (320g)
- Stock, homemade 600ml

Ingredients (For homemade stock)

- Dried flat fish 1 pc. (approx. 20g flesh)
- Soybean sprouts 4 taels (160g)
- Water 6 cups

Marinade (For shitake mushrooms)

- Dark soy sauce ¼ tsp
- Oyster sauce 1 tsp

Marinade (For minced dace)

- Salt ¼ tsp
- Corn starch 2 tsp



Nutrition / Preparation Tips

- ✓ Replace pig skin and belly in traditional "Poon Choi" with shrimps, dace and tofu to reduce saturated fat intake.
- ✓ Use homemade stock to reduce high-sodium condiment used.
- ✓ Replace tofu and dace with abalone and scallops for a more festive version of this healthy dish.
- ✓ If cooked food are not eaten immediately, keep them piping hot (above 60°C) prior to serving. Leftovers should not be stored in the refrigerator for longer than 3 days and should not be reheated more than once. Reheat leftovers thoroughly until it is steaming hot before consumption.



Method Homemade stock

1. Break dried flatfish into smaller pieces and roast it in a pan without oil. Set aside.
2. Rinse soybean sprouts. Wash white radish, peel and cut into pieces. Set aside.
3. Add water, dried flatfish and soybean sprouts into a pot. Turn on high heat, bring to a boil. Add white radish, simmer on low heat for 90 minutes. Let the stock cool down, drain it by using a filter. Reserve the stock and white radish. Set aside.

Big Bowl Feast

1. Soak shitake mushrooms until soft, remove the stem. Take out the mushroom, mix well with marinade. Add the mushroom water, mushrooms and appropriate amount of water to a pot, simmer on medium heat for 20 minutes. Set aside.
2. Wash firm tofu, broccoli and Chinese yellow cabbage, cut into pieces. Thaw frozen shrimps and devein. Set aside.
3. Mix chopped spring onion, coriander, minced dace and dace marinade in clockwise direction until a paste is formed. Divide into 8 portions and shape into balls. Set aside.
4. Add water, spring onion sections and ginger slices to a pot, bring to a boil. Blanch broccoli and shrimps. Set aside. Cook through dace balls in the pot. Set aside.
5. Put white radish and Chinese yellow cabbage at the bottom of the serving pot. Then, place mushrooms and dace balls in the middle, and cover with broccoli, firm tofu and shrimps on the top.
6. Add in 600ml homemade stock (or until the pot is half-full). Cook until all ingredients are cooked through and serve.



Notes for Special Diets:

Low-purine Diet: Shrimp, tofu and dace should be consumed in moderation and counted towards total daily servings of "Meat, fish, egg and alternatives" group. Avoid excessive intake.

Watercress, monkfruit and carrot can enhance the sweetness of the soup. Eating the ingredients along with drinking the soup can help to increase intake of dietary fibre.



Watercress, Carrot, Monkfruit and Lean Pork Soup



Nutrient Analysis

(Per serving, include soup ingredients)

Energy (kcal)	161
Carbohydrate (g)	6
Protein (g)	20
Fat (g)	7
Dietary fibre (g)	2.0
Sodium (mg)	274



Ingredients (Serves 4)

• Watercress	1 catty (640g)
• Carrot	6 taels (240g)
• Monkfruit	½ pc. (approx. 12g)
• Lean pork	½ catty (320g)
• Ginger	2-3 pc.
• Water	6 bowls
• Salt	¼ tsp



Method

1. Remove the roots of watercress and soak in salted water for 45 minutes. Rinse in running water and section the watercress. Set aside.
2. Rinse, peel and cut carrot into chunks. Set aside.
3. Rinse and cut monkfruit into small pieces. Set aside.
4. Rinse and blanch the pork. Set aside.
5. Fill the cooking pot with water and sliced ginger and bring to a boil over high heat. Add the remaining ingredients and bring to a boil.
6. Set to medium heat to simmer for 1 ½ hours. Season with salt to finish.



Nutrition / Preparation Tips



Watercress is a seasonal vegetable of winter. Soak watercress in salted water to get rid of hidden slugs. Rinse and cook thoroughly before consumption.



Lean pork is rich in protein, cooking in soup can help soften the texture and make it easier for the elderly to chew. Besides lean pork, pork shin can also be used.



Notes for Special Diets:

Diabetic Diet: Carrots are rich in carbohydrates; it is recommended to drink no more than 1 bowl of soup per meal. If the ingredients are consumed, exchange one serving for ½ tablespoon of rice (½ carbohydrate exchange).

White radish is a winter produce, beef shank is low in fat, and carrot enriches colour of the dish. Natural spices are used to enhance the flavour whilst lessen salt content.



Braised Beef Shank with Carrot and White Radish



Nutrient Analysis

(Per serving)

Energy (kcal)	157
Carbohydrate (g)	5
Protein (g)	22
Fat (g)	6
Dietary fibre (g)	1.8
Sodium (mg)	537



Ingredients (Serves 4)

- Beef shank 10 tael (400g)
- Spring onion 2 pc.
- Ginger 8 slices
- Bay leaf 3 pc.
- Star anise 2 pc.
- White radish 8 tael (320g)
- Carrot 3 tael (120g)
- Water 6 cups
- Vegetable oil 2 tsp



Seasoning

- Salt $\frac{3}{4}$ tsp
- White pepper a pinch



Method

1. Wash and peel white radish and carrot, cut them into pieces and set aside.
2. Wash beef shank and set aside.
3. Add water to the pot, add 4 slices of ginger and spring onion and bring to a boil, blanch beef shank for 5 minutes, cut into chunks and then set aside.
4. Heat 2 teaspoons of oil in a saucepan and add the remaining sliced ginger, stir-fry beef shank, and add an appropriate amount of water until the beef is covered.
5. Add bay leaves and star anise, bring to a boil, then cover with lid and simmer over low heat for about 1 hour.
6. Add in white radish and carrot, mix well, then cover and simmer for about 30 minutes. Finally, add seasoning and bring to a boil.



Nutrition / Preparation Tips



White radish is a winter vegetable. It contains many nutrients such as vitamin C, dietary fibre, potassium and magnesium.



Replacing beef brisket with beef shank can greatly reduce saturated fat intake. Beef is a good source of protein and iron.



Using natural seasonings such as star anise and bay leaf can help to reduce the use of other condiments that are high in sodium or sugar.



Notes for Special Diets:

Diabetic Diet: Exchange 1 serving with $\frac{1}{2}$ tablespoon of rice ($\frac{1}{2}$ carbohydrate exchange).

Low-salt Diet: Use less than $\frac{1}{2}$ teaspoon of salt for seasoning.