

Cook With Ease:

Tips and Recipes for Small Families

- Serving 1-2







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Foreword

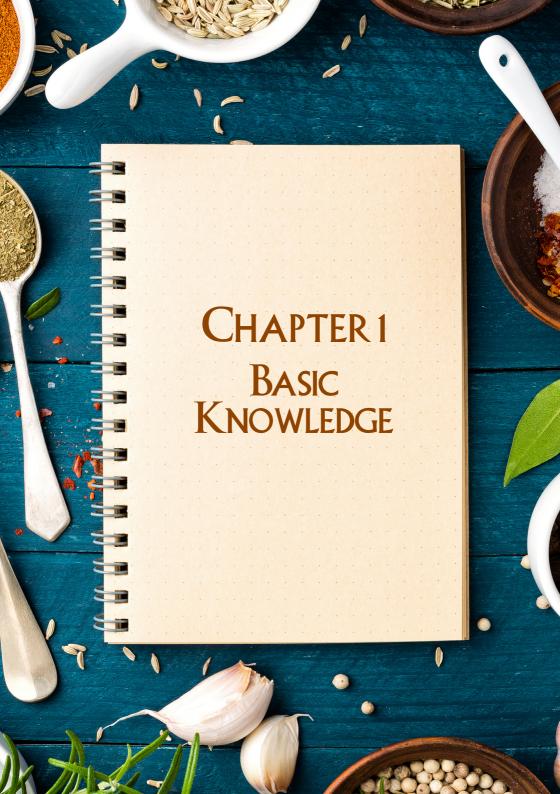
Notwithstanding the promising health indices of its people, Hong Kong is facing challenges from an ageing population and threats from non-communicable diseases (NCD). Many of these diseases stem from our lifestyles, such as unhealthy eating patterns, physical inactivity, alcoholism and smoking.

Since 2008, the Government has launched a strategic framework to prevent and control NCD and has set up a high-level Steering Committee (SC), chaired by the Secretary for Food and Health and comprising representatives from the Government, public and private sectors, academia, professional bodies, industry representatives and other key partners, to deliberate on and oversee the overall roadmap for implementation. To combat the threat posed by NCD and in line with the World Health Organization (WHO)'s "Global Action Plan for the Prevention and Control of NCD 2013-2020" (Global NCD Action Plan), the SC, in 2018, formulated and endorsed a strategy and action plan for prevention and control of NCD by 2025 which defines a set of 9 local NCD targets to be achieved by the same year. This resulted in the publication of the document, "Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Diseases in Hong Kong" (SAP). Aligning with the WHO's Global NCD Action Plan, the SAP focuses on four NCD (namely cardiovascular diseases, cancers, chronic respiratory diseases and diabetes) and four shared behavioural risk factors (namely unhealthy diet, physical inactivity, tobacco use and harmful use of alcohol) that are potentially preventable or modifiable and have significant impact on population health.

Changes in household structures have led to an increase of families with a household size of 1 to 2 people, prompting changes in eating patterns as a result. Small families usually prefer simple cooking, settling for 1 or 2 dishes with little variety. Or they will resort to eating out or takeaways, making eating less enjoyable due to limited healthier choices. Whatever the reasons behind this, whether spouses are too busy or the elderly care too little to cook, a balanced and nutritious diet with appropriate food portions is essential for health maintenance. In view of this, dietitians of the Elderly Health Service of the Department of Health have published this book, entitled 'Cook with Ease: Tips and Recipes for Small Families - Serving 1-2)', so as to provide simple and practical advice from a professional perspective. It aims at helping families of 1 to 2 people with grocery shopping and cooking so that meals are made easier, yummier, and more nutritious.

The book consisting of 5 chapters, illustrates the health impact of unhealthy eating patterns and the '9 steps for preparing meals for 1 to 2 people'. It also sets out simple but delicious recipes and a 1-week healthy menu for reference. It further explains culinary jargons and provides eating tips for people with chronic diseases.







Basic Knowledge



1. Difficulties in Preparing Meals for 1 to 2 People

Miss Chan - Single

I have got so much to do on weekdays and have to work over-time more often than not. By the time I get off work, most of the stalls in the market are closed. As I don't want to spend time on cooking after a long day of work, I often eat out to save time and effort.

I know that eating out may be less healthy and more expensive, but it is hard to strike a balance between health, convenience and food variety.

I can only occasionally cook at home during holidays and try to stay home for meals more often

Mr. and Mrs. Lee - Retired couple

My wife and I have both retired. My wife has osteoarthritis and she finds it hard to go grocery shopping and cook. We usually cook once a day and eat the same food over several meals. Sometimes, we go to a restaurant in the morning to have 'steamed rice in bowl' and meet up with friends. Sometimes, we go out in the afternoon to

have special price tea sets. When we don't feel



like cooking dinner, we will eat some grains such as bread and oats or cook some rice to serve with canned food.

Chapter 1 Basic Knowledge

Cooking for family is a headache for those who need to go to work. The most common difficulties they encounter include:

- Busy life and limited time to prepare meals;
- Lack of food variety resulting from small food portions;
- Difficulty with preparing and cooking due to small food portions;
- Monotonous dishes because of limited food variety; and
- Reduced freshness of ingredients or cooked food owing to prolonged storage.

That said, if you can spend some thought on planning food combination, it may not be as difficult as it seems to prepare a healthy, simple, quick and diversified meal for 1 to 2 people. The following chapters will give you lots of tips to prepare balanced and tasty meals galore.

2. Health Impacts of Poor Eating Habits

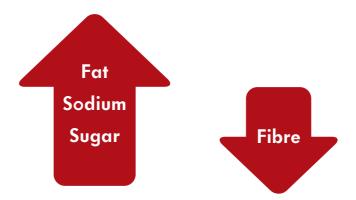
Poor eating habits common to families of 1 to 2 people include:

- Eating out frequently. It could be unhealthy if dishes chosen are high in fat content and with insufficient vegetables provided;
- Irregular mealtimes and portions (e.g. skipping breakfast, replacing dinner with afternoon tea or snacking instead of having proper meals).
 Some afternoon tea sets contain little or no vegetables and some snacks contain higher fat, sugar and sodium content (e.g. French toast, BBQ wings, roasted duck vermincelli, salted nuts); and
- Monotonous meals or frequent consumption of preserved and processed food (e.g. canned food, Chinese sausages).

These eating habits are commonly referred to as '3 High and 1 Low'- high in fat, sodium, sugar and low in fibre.



Unhealthy Eating Pattern: 3 High and 1 Low



High in Fat

- Easy on the greens, restaurant dishes often come with lots of meat and fatty gravies (e.g. chicken rice in Portuguese sauce, rice with deepfried fish fillets in cream corn sauce, spaghetti bolognese, curry rice with deep-fried pork chops).
- Restaurants use much oil for cooking or add "boiled oil" as a finishing touch to enhance food flavour, which will further increase the fat content.
- Many people will unknowingly choose crispy food and other dishes that are not often prepared at home when eating out. For example, they may choose dishes prepared by deep-frying, braising, pan-frying and stirfrying, which are all high-fat cooking methods.
- Frequent and excessive intake of high-fat food can lead to weight gain and increased risks of cardiovascular diseases and cancers.

High in Sodium

- People with hypertension are advised to reduce the intake of sodium, a mineral in salt that affects blood pressure.
- Some restaurants serve dishes with processed meat (e.g. sausages, luncheon meat) and preserved food (e.g. pickled mustard greens, salted fish) or food rich in sauce and monosodium glutamate ("MSG") (e.g. instant noodles, stirred noodles), which are all high in sodium.
- Some chefs cook with lots of high-sodium condiments or high-sodium ingredients (e.g. MSG, shrimp paste, preserved vegetables, fermented red bean curd).
- Prolonged and excessive intake of sodium will increase blood pressure level and the burden on the kidneys.

High in Sugar

- Some restaurants use high-sugar condiments to enhance the flavor of dishes (e.g. barbecued pork with honey, sweet and sour pork ribs, pork ribs in ZhenJiang style).
- Restaurants often serve desserts, which will increase sugar intake. Some
 pastries available in tea restaurants (e.g. coconut tarts, egg tarts) are not
 just high in sugar but also high in fat.
- Prolonged and excesive intake of sugar can lead to weight gain. People
 with chronic diseases (e.g. diabetes mellitus) should be mindful of their
 food choices to maintain their blood glucose level.



Low in Fibre

- Vegetable dishes (e.g. vegetables in soup, mixed vegetable casseroles, stir-fried vegetables with garlic), which are set at similar price as meat dishes in some restaurants, look appearingly pricey. If only 1 to 2 people eat out, they tend to order less of those.
- Prolonged insufficient intake of fibre can cause constipation, increased risks of stomach cancer, colon cancer, cardiovascular diseases and weight gain.

Chapter 1 Basic Knowledge

The following table shows the caloric, fat and sodium content of some restaurant food choices:

Food:	Unit Weight (g)	Calories (kcal)	Fat (g)	Sodium* (mg)
Flat noodles (Ho Fan) in soup with wontons (1 bowl)	720	<i>57</i> 0	13	1900
Wheat noodles (thick) in soup with stewed beef brisket (1 bowl)	620	520	15	3000
Fried rice vermicelli in Singapore-style (1 dish)	610	1100	51	2100
Fried noodles with vegetables and spare rib (1 dish)	650	1200	68	2300
Braised E-Fu noodles (1 dish)	650	1300	72	2700
Fried rice in Yangzhou-style (1 dish)	620	1200	49	1900
Steamed rice with beancurd sheet and roasted pork (1 dish)	770	1400	62	2000
Steamed minced pork and dried squid with rice (1 bowl)	570	1200	54	1400
Steamed rice with curry beef brisket (1 dish)	800	1300	50	2300

Reference: FEHD Risk Assessment Studies 2006 Annex V

Cooking at home helps people, whether they are suffering from chronic illnesses or not, to achieve a healthy diet more easily.

The following chapter outlines 9 steps for preparing meals for 1 to 2 people, embracing simplicity and health while remaining pleasing to the palate. As a matter of fact, cooking can bring joy and delight to small families and retirees with just a little bit of thought.

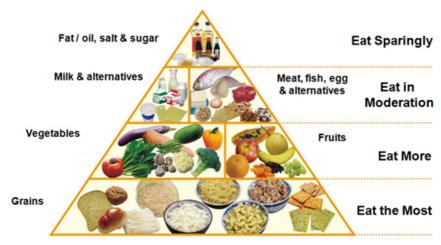
^{*}According to the World Health Organization ("WHO"), the recommended daily sodium limit for adults, which includes all the sodium in fresh food and processed food, is less than 1 teaspoon (tsp) salt (2000 mg sodium).



3. 9 Steps for Preparing Meals for 1 to 2 People Step 1: Planning for a Balanced Diet with Variety

To prepare simple, healthy and delicious meals for small families, the first thing one should know is the Healthy Eating Food Pyramid, which defines the recommended portions and food variety, as well as the importance of a balanced diet.

Overview of the Healthy Eating Food Pyramid



^{*}Drink 6 to 8 cups of fluid daily (e.g. water, tea and clear soup etc.)

^{*}For the recommended portion, please refer p.162 for details.

Functions of Different Food Groups:

- Grains are rich in starch, being the main source of energy and carbohydrates. They also contain small amounts of vitamin B1 and B6 as well as plantbased protein. Brown rice, red rice and whole grains (e.g. oatmeal, whole wheat bread) are rich in dietary fibre too.
- Fruits and vegetables are rich in vitamins A and C, minerals, anti-oxidants and dietary fibre. Vitamin A and C protect body cells against free radicals, decreasing the risks of illnesses (e.g. cardiovascular diseases, cancers). Dietary fibre can prevent constipation and help maintain a normal blood cholesterol level.



• Meat, fish, egg and alternatives are rich in protein and vitamin B12. Red meat, pork livers and eggs are rich in iron. Meat alternatives include legumes, nuts, seeds and soy products (e.g. tofu, dried tofu, bean curd sheets). Legumes are high in protein, unsaturated fatty acids, calcium, iron, vitamin B and dietary fibre. Nuts and seeds are high in protein, unsaturated fatty acids, vitamin E and dietary fibre. Protein helps produce and repair body cells.



 Milk and alternatives are rich in calcium, protein and vitamin B2. Milk alternatives (e.g. calcium fortified soy milk, dried tofu, bean curd sheets) are high in protein, unsaturated fatty acids and calcium. Calcium helps maintain bone health, thus decreasing the risk of osteoporosis.





The Principles of Meal Planning

1. Increase Food Varieties and Avoid Picky Eating

- For vegetables, choices include leafy greens (e.g. Chinese flowering cabbages, Chinese amaranths), gourds (e.g. hairy gourds, winter melons) or root vegetables (e.g. carrots, lotus roots).
- For fruits, choices include the all-year-round species (e.g. oranges, apples, bananas) or the seasonal ones (e.g. papayas, pears).
- For meat, fish, egg and alternatives, you can choose pork, chicken, fish, beef, eggs or their alternatives (e.g. soybeans, black beans, black-eyed peas), tofu and dried tofu.
- For milk and alternatives, low-fat or skimmed products (e.g. milk, cheese, calcium fortified soy milk) are some of the choices.

2. Go for Low-Fat Ingredients and Cooking Methods

The dietary principle for preventing high blood cholesterol is mainly by having a balanced diet, avoiding the intake of food high in saturated fats and trans fats, and consuming high-cholesterol food as little as possible.

- Cholesterol only exists in foods of animal origins. Cholesterol-rich food includes eggs, seafood and offal.
- High-saturated-fat-containing foods include animal fats and skin, whole milk and all kinds of products made with animal fats like butter and lard.
- Avoid those foods high in both cholesterol and saturated fats, for example, pork neck meat, bacon and some offal (e.g. pig intestines) and ox tongue.
- Cut down on foods that are high in trans fats, such as French fries, puff pastries, croissants, cocktail bun, butter pound cake and cookies.

• Use low-fat cooking methods (e.g. steaming, blanching, stewing, braising).

3. Choose High-Fibre Foods

High-fibre foods include vegetables, fruits, whole grains, mushrooms and legumes. Consuming high-fibre foods helps relieve constipation, control blood cholesterol level and maintain health.

- Choose more vegetables as ingredients, such as tomato, carrot, celery, dried lily flowers, black fungi and shitake mushrooms, to increase the fibre content of dishes.
- Eat more fresh fruits as snacks and use more of them to make dessert or soup.

4. Cut Down on High-Sodium and High-Sugar Ingredients and Condiments

Decreasing sodium intake can help maintain optimal blood pressure level and thus cardiovascular health.

- Reduce high-sodium ingredients and condiments (e.g. preserved mustard greens, pickled mustard tubers and high-sodium seasonings, like seafood sauce, fish sauce, oyster sauce, fermented soybean paste, bean paste).
- Easy on high-sugar condiments (e.g. sweet and sour sauce, seafood sauce, Ketchup) or else one's caloric intake will increase unintentionally.
- Use more natural seasonings (e.g. ginger, spring onion, garlic, coriander, cayenne, aniseed).



5. Use More Ingredients of Different Colours

Adding to dishes colourful vegetables (e.g. carrot, bell peppers, tomato, corn) helps arouse appetite as well as prevent cancers and maintain cardiovascular health as they are rich in anti-oxidants.

Step 2: Make a List before Shopping

Grocery shopping for 1 to 2 people is quite a headache for many people as the food portions needed are small. Some solutions include:

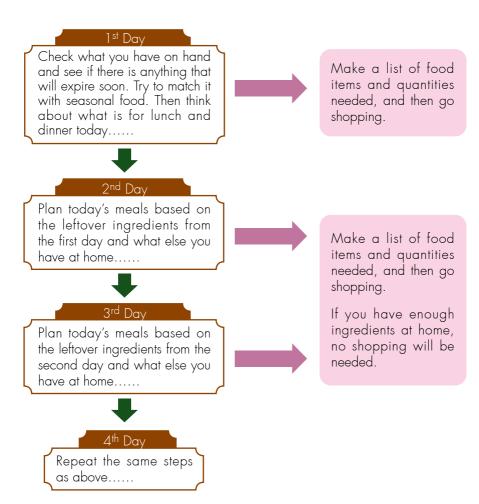
- Buy food that can be stored for a longer period of time (e.g. frozen fish fillets, frozen mixed vegetables, black fungi, mushrooms);
- Prepare a shopping list by writing down the items and portions you need;
- Make group purchases with colleagues or neighbours to save yourself the trouble of buying too much for too few.

Well-planned grocery shopping can minimise the number of visits and make preparation of meals for 1 to 2 people an easy task.

Stocktake your food storage and draw up a list to remind yourself of the food you have. This can help you plan your meals with more variety and avoid spoilage due to prolonged storage.

Below are steps for preparing a 3-day menu with a shopping list. This will help minimise the frequency of grocery shopping, which is especially important to busy working people or elderly people with impaired mobility.

Chapter 1 Basic Knowledge



Make non-perishable food items available at home to increase food varieties and make fewer shopping trips. (For details, please refer to "Step 4: Set up a healthy food storage at home")



Low-Carbon Diet Tips

A low-carbon diet refers to a diet that emits less carbon dioxide. Our urban lifestyle contributes to the increasing level of carbon dioxide in the atmosphere and thus causing the greenhouse effect. Carbon dioxide mainly comes from the use of energy in livestock farming, transportation and logistics of farm products, etc.

The principles of a low-carbon diet include wastage reduction, having a fibre-rich diet with less meat, consumption of seasonal and local produce and use of energy-efficient cooking methods.

Therefore, "planning before shopping" is not only a good way to achieve a balanced and diversified diet, but also helps reduce food wastage and put into practice a low-carbon eating lifestyle.

Shopping Tips



Advantages of planning ahead:

- Spend less time on shopping.
- Increase food varieties as you have more detailed planning for food combinations and portions needed.
- Avoid buying too many discounted and perishable items which may lead to overstock and hence food wastage.
- It is hard to shop for meals of the following days without planning. More shopping trips may be required.
- Be flexible about food choices and buy more seasonal produce. You can easily find alternatives if you plan ahead (e.g. Chinese flowering cabbages vs. Chinese kales, onions and carrots vs. bell peppers).







Example on How to Plan a 3-day Menu (Serve 1)

Staple Food at Home

- In the Refrigerator: Eggs and Frozen Fish Fillets
- Dried Food: Shitake Mushrooms, White Fungi, Dried Lily Flowers and Black Fungi



First Day: I would like to eat.....

Lunch: Braised Tofu with Broccoli, Black fungi and Dried Lily Flowers

Dinner: Stir-fried Pork with White Fungi + Boiled Chinese Flowering Cabbages



Second Day: There are Tofu, Chinese Flowering Cabbages, Eggplant, Pork, Broccoli and Shitake Mushrooms left

With these food items, we can prepare.....

Lunch: Steamed Tofu with Minced Pork and Shitake Mushrooms + Stir-fried Broccoli

Dinner: Stewed Eggplants with Minced Pork + Boiled Chinese Flowering Cabbages



Third Day: There are Broccoli, Chinese Flowering Cabbages, Eggs, Pork and Frozen Fish Fillet left.....

With these food items, we can prepare.....

Lunch: Steamed Eggs with Minced Pork + Boiled Chinese Flowering Cabbages

Dinner: Fish Fillet with Wine Sauce and Stirfried Broccoli



Shopping List:

Chinese Flowering Cabbage: 1 catty (for 3 meals) Broccoli 1 catty (for 3 meals) Pre-packaged tofu (2 boxes) (for 2 meals) Lean Pork (6 taels for 3 meals)

Eggplant 1 piece



No Need to go Shopping Today



No Need to go Shopping Today



5. Only Shop Once a Week?

If you can only shop once a week or do not have enough time to prepare your dinner, you can consider the following:

- Plan ahead for meals for a couple of days. Consider different combinations of meat, side ingredients and vegetables.
- Marinate and cook the meat you bought.
- Cut the same kind of meat into same shape for easy cooking (e.g. slice/dice the pork, shred chicken).
- Divide the cooked meat into one-meal portions and put them in sealed, clean containers with the cooking date labelled. Then, put them in the freezer compartment.
- Defrost the frozen meat in the refrigerator one day before cooking.
- Cook the meat with vegetables to save time. For safe consumption, the meat must be re-heated thoroughly until the core temperature reaches 75 °C or above.

Shopping Tips

Some supermarkets provide peeled and pre-cut vegetables (e.g. pumpkin cubes, winter melon cubes, hairy gourd sticks, zucchini slices) for 1 to 2 people. Pre-cut meat (e.g. shredded chickens, meat cubes) and soup packs with pre-cut vegetables included are also available.

Although ready-to-use ingredients are more expensive, you can save a lot of time on meal preparation. Nevertheless, be aware of their expiry date and freshness.



1. Plan a 6-Day Menu Ahead...

	•
1 st Day	Stir-fried Bell Peppers with Onions and Chicken Fillet + Stir-fried Chinese Flowering Cabbages
2 nd Day	Broccoli, Green Bean Thread and Pork Casserole
3 rd Day	Chicken Fillet with Mushrooms and Corn + Boiled Chinese Flowering Cabbages
4 th Day	Stir-fried Zucchinis with Black Fungi and Pork + Stir-fried Broccoli
5 th Day	Mushrooms with Chicken Fillet in Curry Sauce + Stir-fried Chinese Flowering Cabbages
6 th Day	Stir-fried Tomato, Onions with Pork + Boiled Broccoli

2. Make a Shopping List



Staple Food:

- Green Bean Thread
- Black Fungi



Plan ahead the portion you need.

Cut the same kind of meat into the same shape for quick cooking (e.g. sliced pork) Divide the cooked meat into one-meal portions and store them in clean and sealed containers labelled with respective cooking dates. Store them in the freezer compartment.



Step 3: Choose Ingredients that are Cheap and Tasty

Seasonal Ingredients as First Choice

Home cooking is healthier and cheaper than eating out. Seasonal fruits and vegetables are not just cheaper, but also tastier.

Season	Seasonal Vegetables	Seasonal Fruits
Spring	Asparagus, Pea Shoots, Chinese Celery, Chinese Chives, Bamboo Shoots, Chinese White Cabbages, Chinese Lettuces, Chinese Kales	Strawberries, Grapefruits, Guavas, Papayas
Summer	Chinese Amaranth, Water Spinach, Leaf Mustard, String Beans, Bitter Melons, Winter Melons, Cucumbers, Zucchini, Young Ginger	Mangoes, Pineapples, Peaches, Papayas, Honeydews, Water melons, Raspberries, Cherries, Lychees, Dragon Eyes
Autumn	Watercress, Carrots, Pumpkins, Water Chestnuts, Taro, Lotus Roots, Chestnuts	Bretschneider Pears, Chinese Royal Pears, Starfruits, Cranberries
Winter	Watercress, Spinach, White Radish, Cabbages, Chinese Wolfberries, Tomatoes, Bell Peppers, Indian Lettuces, Chayotes, Broccoli, Cauliflowers	Grapefruits, Guavas, Oranges, Tangerines

Consider choosing more fruits and vegetables that can be stored for a longer period of time for routine use (e.g. carrots, cabbages, pumpkins, Chinese celery, onions). For details, please see "Step 5: Techniques for storing food ingredients".

Chapter 1 Basic Knowledge

Low-Carbon Diet Tips

Go Green - Choose Local or Regional Seasonal Produce

If the produce is transported by air, a lot of carbon dioxide will be released by the plane and pollute the environment. Therefore, choosing more local or regional produce can help reduce pollution caused by transportation.

Dietitian's Reminder

Is Organic Food More Nutritious?

Organic food is non-genetically modified food grown without the use of pesticides and chemicals. However, the nutritional values of organic food are similar to those of non-organic food.



Poor Appetite when Weather is Hot?

Hot weather may spoil your appetite. You may use colourful ingredients and food with a higher moisture content or of a softer texture to boost your appetite (e.g. gourds, tofu, fish).

On the other hand, there are lots of seasonal fruits in summer. As they all taste fresh and have a unique aroma, you may use them more as side ingredients to boost your appetite. However, not all fruits are suitable for cooking with meat because of their texture and taste (e.g. persimmons, bananas, guavas).

Dietitian's Reminder

Are Fruits and Vegetables Interchangeable?

Fruits and vegetables are not interchangeable as they contain different nutrients.

Vegetables, when cooked, will lose some water-soluble and non-heat resistant vitamins (e.g. vitamin C and folate) but fruits can preserve more of these nutrients as they are usually served uncooked.







Cooking Tips

- When cooking with fruits, they should be added at the very end to avoid turning mushy, sour
 or bitter due to overcooking.
- If the fruits added taste sweet, less sugar should be used during cooking.
- Some fruits such as apples and pineapples can be used more often as they are a good match for vegetables including bell peppers, onions, celery and carrots in terms of colours, aroma and taste.

Looking for Alternatives in Recipes?

Fruits that have similar texture and taste can substitute each other:

- Apples and Pears;
- Strawberries and Blueberries;
- Oranges, Tangerines and Calamondins;
- lemons and limes.

How to Prevent the Enzymatic Browning of Fruits and Vegetables?

Some peeled fruits and root vegetables turn brown when exposed to air as they are oxidised, (e.g. apples, pears, potato and taro). The following methods could be used to prevent oxidation:

- Soak in water after washing and peeling (e.g. water chestnuts);
- Rinse with salt water after peeling;
- Blanch peeled root vegetables (e.g. potato);
- Sprinkle lemon juice over apple or pear pieces.





Step 4: Set up a Healthy Food Storage at Home

You may not want to do grocery shopping daily whether you are a busy worker or a relaxed retiree. Actually, you may consider setting up a healthy food storage at home, keeping some dried and frozen food. In this way, you can have healthy ingredients on hand regardless of weather, time or other factors.

Dried Food

Quite many dried food items are high in fibre (e.g. black fungi, shitake mushrooms, white fungi, wood ears). They are good alternatives to vegetables to help you get enough fibre if you have no time to shop or when the price of vegetables goes up due to typhoon or rainy weather.

Dried beans (e.g. soybeans, black-eyed peas, rice beans) are rich in soluble fibre. They help lower blood cholesterol level and increase satiety as well as food combinations.

Cooking Tips for Dried Beans:

- Dried beans are rather hard. Soaking overnight makes it easier to cook them soft. The proportion of dried beans to water is 1:3.
- If you are short on time, boil them for at least 2 minutes. Turn off the heat, keep the lid covered and soak for 1 hour. Drain and set aside.
- Dried beans will get 1 to 1.5 folds bigger after cooking. Therefore, don't add too much to avoid wastage.

Chapter 1 Basic Knowledge

 Ingredients with a sour taste (e.g. tomato, vinegar, lemon juice) should be added at the last step of cooking as they will make it harder to cook the beans soft.



Frozen Food

The nutritional value of frozen food is the same as fresh food. Therefore, you may consider storing some frozen food at home (e.g. frozen fish fillets, pork chops). However, attention must be paid to the expiry date. If you buy non-prepackaged frozen food, you can request the shopkeeper to divide it into one-meal portions or you can do it yourself at home and put them in food bags or small plastic boxes. Each time you cook, just defrost the portions you need to avoid spoilage due to repeated defrosting. Besides frozen meat, frozen mixed vegetables as side ingredients are good choices. They make dishes more colourful, which in turn increase your appetite and fibre intake, helping you to eat more healthily.



Canned Food

Despite the long storage period of canned foods, they should not be consumed frequently as they are usually high in sodium, sugar or fat. Before consumption, check the expiry date and see if there is any broken seal or bulging. Upon opening of the can, drain the salt water, syrup or oil inside to decrease the sodium, sugar and fat content of the food. Then transfer the food to a container as the interior coating of the can, which serves to reduce the chemical reaction between the can and the food inside, will be oxidised upon contact with air and lead to food spoilage.

Cooking Tips

How to Make Frozen Food Taste Better?

- Add ginger juice;
- Add wine (about 1 tsp)(e.g. Shaoxing wine or rice wine);
- Add pepper;
- Add lemon juice;
- Blanch for around 1 minute.







Frozen/Refrigerated Food

Meat	Vegetables and Fruits	Grains	Eggs	Milk and its products
Fish filletsScallopsShrimpsPork tenderloinChicken fillets	Frozen mixed vegetables Berries	UdonNoodles	• Egg	Low-fat cheese Low-fat yogurt High-calcium low-sugar soy milk Low-fat or skimmed milk

Dried Food

Dried Food	V I M	Dela I Fordia de I Norta	
Fish, Meat, Egg and Legumes	Vegetables and Mushrooms	Dried Fruits and Nuts	
Legumes (e.g. soy beans	• Seaweed	Dried wolfberries	
and black-eyed peas)	• Kelp	Dried longans	
Bean curd sheets	Shitake mushrooms	Red dates	
Dried scallops	Black fungi	Dried fruits (e.g.	
Dried shrimps	White fungi	apricots, cranberries	
Dried green bean	Wood ears	and raisins)	
threads	Dried lily flowers	• Walnuts	
		• Cashews	
		 Peanuts 	
Milk	Herbs / Seasoning	Grains	
Low-fat or skimmed milk	Herbs (e.g. Basil,	White rice / red rice	
powder	thyme and rosemary)	• Oats	
	• Pepper	 Noodles 	
	Garlic powder	• Pasta	
	Chili powder	• Macaroni	
		Saltines / Crackers	



Healthy Staple Food List

Cannned Food

Meat	Vegetables
Water-packed tuna	Red kidney beansStraw mushroomsCorn

Store Less......

		High in Sodium	High in Fat
Canned Food	Fried dace with salted black beans Luncheon meat	√ √	√ √
Preserved Food	Chinese sausageSalted fish	1	√







Food should be properly handled and stored to prevent spoilage. The following are some techniques for storing wet and dried food to ensure food hygiene and safety:

Dried Food

- Dried food (e.g. black fungi, shitake mushrooms, white fungi) can be put in
 a plastic container and stored in a cool dry place, such as a cupboard to
 prevent the exposure to direct sunlight and moisture. If stored properly, they
 can usually stay good for a couple of months. Some dried food with a high
 protein content (e.g. dried mussels, dried shrimp) should be kept in a
 sealed plastic bag and kept in the refrigerator to reduce the risk of spoilage.
- Do not consume the dried food if it is damp, looks different or gives a weird smell.

Fresh Food

If the fresh food you bought cannot be used up at once, it should be stored properly in the refrigerator. However, it should be consumed as soon as possible because chilling cannot kill the bacteria. Some basic chilling tips are as follows:

- Cut and divide the food into small portions. Lay flat to enlarge their contact surface with the cold air.
- Pat dry the food surface to avoid frosting, which will damage the food cells and lead to nutrient loss.
- Use clean chopsticks instead of bare hands to handle the food to prevent contamination



- Store the food in small plastic boxes before freezing for easy storage and labelling as well as for hygiene.
- Do not overcrowd the refrigerator. Make sure there is sufficient space for the cold air to circulate.
- Fresh tofu should be cooked and consumed as soon as possible. Soaking and refrigerating may not slow down its spoilage.

Meat

- Fresh meat and seafood bought from the wet market should be consumed as soon as possible instead of keeping in the freezer for later use. It is because we have no idea of how long they have been kept at room temperature and their hygiene condition.
- Do not re-freeze the thawed food as the bacterial count will increase after thawing. Wash and consume it as soon as possible.

Vegetables

- For fresh leafy greens, wrap them with a piece of clean paper (e.g. kitchen paper) and keep them in the crisper compartment of the refrigerator. They should remain good for two days or so.
- Leafty greens should not be washed before putting in the refrigerator to avoid spoilage.
- Vegetables should be cooked soon after they have been washed to prevent nutrient loss. Oxidation and enzymatic reaction will also change their colour and texture, affecting their quality.

Chapter 1 Basic Knowledge

- Vegetables are more vulnerable to bacterial contamination when they are cut. Therefore, avoid cutting too soon before cooking.
- Consume vegetables with shorter storage period first (e.g. turnips, tomatoes, bell peppers). Vegetables with a longer storage period (e.g. cabbages, celery, carrots) could be consumed later and stored in the crisper compartment. However, if vegetable becomes rotten, it should be discarded regardless how long it has been stored.
- To avoid wastage, plan before you buy. Buy half of the vegetables with a longer storage period and the other half with a shorter storage period. Cook those that are more easily spoiled first.

Dietitian's Reminder

Sprouted potatoes or those with green tubers should be discarded as they contain glycoalkaloids, toxic substance that cannot be removed by cooking.

Cooking Tips

Storage of Vegetables:

Harvested vegetables continue to respire and transpire, producing gas and water molecules. Therefore, they should not be stored in plastic bags or they will turn mushy. To handle vegetables properly, remove the plastic bags or foam containers first. Then wrap the vegetables in a clean kitchen towel to absorb moisture and keep them dry.



Fruits

- For fruits with a shorter storage period (e.g. guavas, kiwi fruits, grapes, papayas), store them in the crisper compartment and consume them as soon as possible. For fruits that have been cut, wrap them with cling film or put them in a covered container and consume them as soon as possible.
- For fruits with a longer storage period (e.g. oranges, apples, grapefruits, pomeloes), keep them at room temperature and away from direct sunlight or store them in the crisper compartment.
- Do not store fruits in the freezer compartment (below -18°C) because the juice inside will turn into ice and damage the cell walls. During thawing, the juice will leak out and the cells will turn brown because of deformation and oxidation, causing nutrient loss. The fruit will also turn mushy.

Kitchen's Trivia

Why should we wash fruits just before use?

Fruits will rot if washed too early as the water left on their surface will encourage the growth of mould.



Frozen Food

- Frozen food should be kept at 18°C or below (i.e. in the freezer compartment).
- Consume the food before the expiry date as indicated on the package.
- Don't buy frozen food with a lot of crushed ice in the package because it implies that the food has been defrosted and re-frozen.
- Store frozen food properly to maintain its taste and nutrition value as well as to ensure food hygiene.

Cooking Tips -

Safe Defrosting Method

Method	Defrosting by Refrigerator (4°C)	Defrosting under Running Water (18°C)	Defrosting by Microwave Oven
Time Required	More than 10 hours	Around 2 hours	Around half an hour
Points to Note	 Cook or consume the defrosted food within 2 days. To avoid contamination, put the frozen food in a clean tray and place it on the bottom shelf of the refrigerator. 	• If the defrosted food is not used immediately, it should be wrapped and put in the lower compartment of the refrigerator (4°C or below). Consume it as soon as possible.	Cook or consume the defrosted food immediately.



Step 6: Prepare Healthy Quick Meals at Home

Five Easy and Healthy Cooking Methods:

1. Steaming

- Put some water and a steam rack in the wok. The amount of water should be just enough to cover the rack. Put the plate of food on the rack when the water starts boiling. Cover the wok until the food is done
- Steaming is an easy, healthy and low-fat cooking method. It preserves the moisture and taste of the food. However, it can be unhealthy too much oil or condiments (e.g. soy sauce, oyster sauce) are added to the dish as the fat and sodium content will be increased



Steamed Dace Fish with Tofu and Mixed Vegetables. (Refer to page 82)

• If cooking for one person, the food can be steamed in a rice cooker by using a stainless steel dish and a steam rack. It will save time and trouble as the food can be cooked with the rice at the same time.

Dietitian's Reminder

Some supermarkets offer marinated meat (e.g. minced pork) for cooking right away. However, you don't know how much condiments have been added to it and its fat content is usually higher. Therefore, make your choice carefully.

Actually, there is a healthier way out. You can marinate the meat, wrap it with cling film and put it in the refrigerator before going to work in the morning. It will save you a lot of time on dinner preparation.



- Blanching is a low-fat cooking method. It is mainly used for cooking vegetables and some easily cooked meat (e.g. sliced meat, sliced fish, shrimp). Simply put the food into the boiling water until it is done.
- Pay attention to the amount of water put in. For blanching vegetables, it should be just enough to cover them so as to avoid loss of watersoluble vitamins, such as vitamins B and C.
- Add some meat along with the vegetables so that it can be served as a soup dish as well.



Sample Dish: Angled Luffa and Grass Carp in Rice Vermicelli soup (Refer to page 98)

3. Baking

 Baking is a healthy cooking method as it can make the food crispy without using as much oil as deep-frying does. It can even draw some oil from the food and thus reduce its fat content.



Sample Dish: Tomato Beef Macaroni Casserole (Refer to page 118)

Fat Content in Different Foods

Deep-fried Chicken 100g	2½ tsp oil	Baked Chicken 100g	1 ½ tsp oil
(272 ideis)		(272 idels)	



Cooking Tips

Different ovens may vary slightly in functions. Besides following the recommended temperature and cooking time on recipes, it is better to check the food regularly to avoid overcooking.

To test cakes or meat for doneness, a clean toothpick can be inserted into their/its centre. If it comes out clean or dry, this means that the food is done.

As for bone-in meat, if you can separate the bones from the meat easily with a clean knife, this means that the meat is done too.

4. Quick stir-frying using a non-stick pan with a little bit of oil

Cooking with a non-stick pan takes less oil. However, it is better to blanch than to stir-fry leafy greens (e.g. Chinese lettuces) as they tend to absorb much oil



Sample Dish: French Beans with Minced Pork and Basil (Refer to page 70)

5. Microwave Cooking

Microwave ovens can be used for defrosting, reheating and cooking (e.g. steaming fish, stir-frying vegetables, cooking rice). Microwave cooking is quicker and more convenient than traditional cooking. Because of the shorter cooking time, it can preserve more non-heat resistant vitamins (e.g. vitamin C). However, attention must be paid when using the microwave oven (e.g. using suitable cookware such as glass or ceramic containers, never microwaving an egg in shell).

Chapter 1 Basic Knowledge

Dietitian's Reminder

Animal fats (e.g. butter) and vegetable fats (e.g. olive oil) contain same amounts of calories. Excessive intake can lead to weight gain and hence obesity. Therefore, overuse of any kinds of oil, be it monounsaturated fatty acid (MUFA)-rich (e.g. olive oil and canola oil) or not, should be avoided

Cooking Tips

Butter to Olive Oil Conversion

When making bread or desserts, you can consider substituting cholesterol-free olive oil for butter to reduce oil consumption and thus promoting cardiovascular health. The butter to olive oil conversion is shown on the right chart:

Some olive oil sold in the market is only suitable for pan-frying and stir-frying, but not for deep-frying. When exposed to high heat, olive oil degrades and releases smoke containing acrolein which causes irritation of the respiratory tract.



Butter	Olive oil
1 tsp	3/4 tsp
1 Tbsp	2 ¼ tsp
1/2 cup	6 Tbsp
1 cup	3/4 cup



Kitchen's Trivia

Is Microwave Cooking Safe?

Rumour had it that microwave cooking would increase the risk of cancer. In fact, there is still no scientific evidence to prove this claim. Having said that, research reveals that cooking meat at a high temperature can increase the production of carcinogens such as heterocyclic amines (HCAs) and polyaromatic hydrocarbons (PAHs). Because of shorter cooking time and a lower temperature, cooking meat in a microwave oven produces less carcinogens and is therefore a healthier option when compared to traditional cooking methods such as pan-frying, deep-frying, baking and barbecuing.

Microwave Cooking and Food Safety, 2010 Food Safety Focus (43rd Issue, February 2010). Centre for Food Safety.

Safety Precautions When Using Microwave Ovens

 Microwave ovens generate heat from the rotation and collision of food molecules (e.g. water, fat) induced by microwave energy. However, the uneven heating process may result in hot and cold spots in microwaved food. To avoid this problem, turn over or stir the food from time to ensure even heat distribution. Do not overfill the container when heating liquids (e.g. water, milk and soup) so as to avoid burns from eruptions.

 As microwave ovens heat food from the inside out, you may find the food hot but the container cool. To prevent scalds, let the food rest before consumption.

 Never microwave shelled eggs or anything in air-tight containers as steam will build up and burst through the eggs or containers, resulting in burns.

6. Vacuum Cooker

A vacuum cooker consists of two pots, one within the other. The vacuum between the outer insulated pot and the inner stainless steel pot helps slow down heat loss. In this way, food can still be cooked and kept warm without continued heating.

To cook with a vacuum cooker, put the food into the inner pot and bring it to a boil. Then, put it inside the outer pot and cover the lid. The vacuum between the two pots can keep the temperature of the inner pot. Before mealtime, take out the inner pot, bring to a boil again and add some seasonings to the food. This cooking method is suitable for preparing food with a longer cooking time (e.g. soup, congee, braised meat). Vacuum cooking is easy and environmentally friendly as neither continuous flame cooking nor electricity is needed. Families of 1 to 2 people can consider this cooking method.

Cooking Tips

Since vacuum cooking or pressure cooking can preserve more water in food, water should be added modestly to dishes so as not to affect their taste. To braise food, add just enough water to cover the ingredients.

If a vacuum cooker is loaded with soup or oil-rich food, a layer of fat will be formed over the food surface which often blocks the release of steam. Before taking out the inner pot for reheating over a low heat, slowly open the lid first and gently stir the food inside to let the steam out. Otherwise, there may be oil splashing which can cause burns.



7. Pressure Cooking

A pressure cooker is a sealed chamber which has a rubber sealing ring on its lid. The steam trapped inside increases the internal pressure and allows the temperature to rise, cooking up the food quickly. Pressure cooking can save cooking time by more than 50% as compared to flame cooking. For example, it takes 45 minutes to make braised brisket using a traditional cooking method but just 20 minutes with a pressure cooker.

A pressure cooker comes with a pressure gauge and a safety device to avoid explosion caused by over-pressure. However, accidents happened due to misuse. Therefore, be vigilant and always keep an eye to check if the pressure gauge is functioning properly and if there is any blockage.

The new electronic pressure cookers available in recent years are safer as the power supply will be cut off automatically when the pre-set pressure limit is reached. In this way, the lid will not blow off due to over-pressure. To further ensure safety, buy electrical appliances that meet international safety standards from reputable suppliers.

Although the volume of a pressure cooker is relatively large, it still brings families of 1 to 2 people convenience if they can make good use of it. For example, they can use it for braising and divide the food into 2-meal portions, saving half for the next day.



Chapter 1 Basic Knowledge

Example

1st Day

Beef shin with white radish in clear broth Ingredients: Beef shin: 12 taels White radish:

1 piece (cut into wedges)

Take out half of the beef shin and refrigerate it

2nd Day

Stir-fried beef shin with bell peppers Ingredients:
Leftover beef shin: 6 taels (sliced)
Bell peppers (red and yellow):
1 piece each (cut into wedges)

Kitchen's Trivia

Safety Precautions when Using Pressure Cookers

- Always make sure there is enough water for cooking. If the pressure cooker is cooking without water, it can cause serious damage.
- Do not overload the pressure cooker, as it can cause over-flowing and blockage of the steam outlet.
- The rubber sealing ring of the lid may become rigid or even deformed as it ages. Regular replacement is thus needed.
- To avoid steam burn, do not open the lid until the pressure is totally released

Pressure Cooker vs. Vacuum Cooker

	Pressure Cooker	Vacuum Cooker	
Time Required	Shorter	Longer	
Energy Required	More	Less	
Price More expensive		Cheaper	
Safety Precautions	Follow user manual instructions	Follow user manual instructions	
Salely Hecabilons	Check for any malfunctioning	Check for any malfunctioning	



Step 7: Make Use of Side Dishes and Natural Seasonings

Cooking for one to two is not just to be simple and quick. It can also be appealing, aromatic, scrumptious and nutritious by using side ingredients wisely.

Wonderful Combination of Natural Colours

Vegetables and fruits of different colours contain various types of phytochemicals which are anti-oxidative. They can help reduce the chance of cell mutation, boost the immune system, protect against certain cancers and heart diseases, and delay ageing. Also, adding colourful vegetables and fruits to meat or bean dishes can make them look more attractive and appetizing.



Sample dish: Broccoli and Carrot Omelette (refer to page 86)

Most phytochemicals are fat-soluble. They are more readily absorbed by quick stir-frying the food with just a little bit of oil.

Examples of Food with Phytochemicals

Phytochemical	Food
eta-carotene	Carrots, pumpkins, spinach, mangoes, cantaloupes, papayas
Lycopene	Tomatoes, watermelons, papayas, red grapefruits
Lutein	Spinach, corn
Isoflavones	Soybeans, soymilk, beancurd, beancurd sticks, dried beancurd
Indoles	Cruciferous vegetables, e.g. choy-sum, bok-choy, broccoli
Allylic sulfides	Garlic, onions

Aroma of Natural Seasonings

Use ingredients with a natural aroma more often to freshen up a dish and reduce the use of high-sodium seasonings.

Vegetables: Chinese celery, mushrooms, onions or white radishes.

Natural seasonings: Coriander, garlic, shallots, ginger, dried tangerine peel, Sichuan pepper, aniseeds, herbs (e.g. rosemary, basil).

Fruits: Citrus fruits (oranges, lemons, limes), peaches or apples.



Sample dish: Pan-fried fish fillet with orange sauce (refer to page 78)

Dietitian's Reminder

Allylic sulfides found in garlic and onions can enhance the absorption of vitamin B1.

Magnify the effect by cutting or chopping and exposing them for a while before use.

Kitchen Trivia

How to remove the strong smell of onions from your hands or a cooking pot?

- Rub your hands with salt, vinegar or lemon juice.
- Wet the pot, sprinkle a pinch of salt and leave it to stand for a few minutes. Then, wash it with boiling water.

Cooking Tips

Storage of carrots

Put carrots in food storage bags and keep them in the crisper compartment. Families of 1 to 2 people can make good use of this storage method and keep some carrots in the refrigerator, using them as side ingredients more often. However, if the vegetables was found rotten, it should be discarded regardless of the storage period.

Purchase of broccoli

Choose broccoli with a dark green colour. If the broccoli heads start to turn yellow, the plant is not fresh.



High Dietary Fibre Intake for Better Health

Cooking meat or beans with vegetables as side ingredients not only makes the dishes more appetizing and attractive but also increase the fibre intake. The following table shows the fibre content of some food:

Food	Weight	Dietary fibre content (g)	
Soybeans (dry)	100g	9.3	
Mixed vegetables (frozen)	100g	2.6	
Straw mushrooms	100g	2.5	
Celery	100g	1.6	
Onions (medium size)	1 piece (about 100g)	1.2	

Cooking Tips

Buying and storing ginger

- Choose ginger that is heavy and firm.
- Ginger can be kept by sealing it in a food storage bag and putting it in the refrigerator.

Enhancing the flavour of dishes

Besides using herbs, "pouring wine" (refer to the appendix "Culinary Jargons" for details) during cooking can also enhance the flavour of dishes. The wine commonly used in cooking is made from grapes or rice.

Cooking wine on the market is usually high in sodium and therefore not recommended. You may consider using drinking wine (e.g. red or white wine) instead. It can still be used 1 to 2 days after opening.

On the other hand, due to the high alcohol content of Chinese spirits (e.g. Shaoxing wine or rice wine), no salt is added for preservation. If you use these spirits for cooking, you don't have to worry about the sodium issue.

Step 8: Make Healthy Homemade Sauces

Commercial ready-to-use sauces (e.g. curry paste, black pepper sauce, satay sauce) are usually high in sodium, sugar and fat. Monosodium glutamate (MSG) also contains sodium. More frequent use of natural seasonings is recommended. You can prepare some simple sauces at home during holidays for daily use.

Recommended Sodium Intake

The World Health Organization (WHO) recommended that an adult should consume no more than 1 tsp of salt (i.e. 2000 mg of sodium) per day. This includes sodium from food, seasonings, processed food and additives. Food ingredients, especially meat, naturally contain sodium.



Marinating or cooking with high-sodium seasonings (e.g. soy sauce, shrimp paste, seafood or fish sauce) will further raise sodium intake, which in the long run, will increase the risk of hypertension.

Dietitian's Reminder

Some seasonings that claim to be a healthier choice than salt actually contain sodium and other additives (e.g. MSG, colourings, preservatives). Read the nutrition labels carefully and compare similar products during grocery shopping in order not to be misled. Serving size should also be taken into account.



Sodium Content of some Food and Seasonings

Food	Sodium Content (mg)	
Fresh meat (2 taels)	Fresh meat (2 taels) Lean meat	
	Chicken leg	91
Dried beans and	Kidney beans (1 cup cooked)	4
soybean products	Preserved beancurd (1 cube)	316
	Firm tofu (½ block)	13
Fresh vegetables	French beans	7
(3 taels)	Carrot	83
Seasonings	Ground black pepper	0
(1 tsp)	White pepper powder	0
	Basil (dry, ground)	1
	Rosemary (dry)	1
	Ketchup	51
	Oyster sauce	164
	Soy sauce	335
	Fish sauce	471
	Chicken powder	800

Common herbs and their use

Herb	Use
Basil	For dishes with tomatoes, fish or lamb
Rosemary	For lamb, pork and duck
Thyme	For lean meat
Dill	For fish, chicken and lamb
Fennel	For pork and seafood



Fresh herbs



Ground and dried herbs

Cooking Tips

Difference and Quantity Conversion Between Fresh and Dried Herbs

Fresh herbs (e.g. basil) contain water, and therefore the amount needed will be more than that of dried ones.

Quantity Conversion:

1 Tbsp of fresh herbs = 1 tsp of ground dried herbs

= $\frac{1}{3}$ tsp of dried herb powder

Fresh herbs will easily get burnt or turn bitter if overcooked. It should be added at the last step of cooking.

Homemade Tasty Sauces

Here are 5 different homemade sauces for cooking various dishes:

Curry Sauce (4 servin	gs)	Steps:
Ingredients:		1. Heat up oil in a non-stick frying
Curry powder	1 Tbsp	pan. Sauté the onion and garlic
Onion (small) (ground)	1 piece (about 80g)	for about 3 minutes. Add curry
Garlic (minced)	5 cloves	powder and slowly stir-fry for about
Sugar	1 Tbsp	3 minutes.
Salt	1/4 tsp	2. Put in other ingredients and bring to
Low-fat milk	½ cup	a boil at low heat. Cook until the
Water	³ / ₄ cup	sauce thickens up as desired.
Cornflour	2 tsp	(Adding a chopped apple can
Vegetable oil	1 tsp	enrich the flavour of the sauce.)



Sweet and Sour Sauce (4 servings) Ingredients:

Salt ¼ tsp
Sugar 1 Tbsp
Soy sauce 1 Tbsp
Water ½ cup
Vinegar 2 Tbsp

Thickener:

Cornflour 2 tsp Water 4 Tbsp

Steps:

- Mix all ingredients, put them in a heated pot and bring to a slight boil at low heat.
- 2. Add in the thickener and cook until the sauce thickens up as desired.

Portuguese Sauce (4 servings) Ingredients:

Curry powder ½ Tbsp
Low-fat evaporated milk ¼ cup
Salt ½ tsp
Vegetable oil ½ tsp
Sugar ½ Tbsp
Water ¼ cup
Skimmed milk ¼ cup

Thickener:

Cornflour 2 tsp Water 4 Tbsp

Steps:

- Mix all ingredients, put them in a heated pot and bring to a slight boil at low heat.
- 2. Add in the thickener and cook until the sauce thickens up as desired.

Chapter 1 Basic Knowledge

Yummy Dipping Sauces

Thai Hot and Sour Dipping Sauce Ingredients:

Lime1 pieceFresh chilli (chopped)1 TbspLemon2 piecesGarlic (minced)1 TbspSoy sauce1 TbspVegetable oil1 tsp

Steps:

- 1. Squeeze the lime and lemon.
- 2. Peel and dice the garlic.
- 3. Chop the seeded chilli.
- 4. Heat up oil in a hot frying pan. Sauté garlic and chilli until flavours come out. Set aside.
- 5. Mix the garlic and chilli with soy sauce, lime and lemon juices.

Satay Sauce Ingredients:

Coarse peanut butter ½ cup
Skimmed milk ¼ cup
Sugar ½ Tbsp
Chilli powder ½ tsp
Low-fat evaporated milk ¼ cup

Steps:

- Mix all ingredients in a pot and cook at low heat.
- Stir until all ingredients mix up well. Add water to adjust the thickness when necessary.

Cooking Tips

Storage of homemade sauces

- Pour sweet and sour sauce into an ice cube mold and place it in the freezer. Once solidified, the sauce cubes can then be sealed in a food storage bag. However, the sauce cubes must be reheated thoroughly before use.
- If the sauce contains perishable ingredients, such as egg, cream or dairy products, it must be consumed as soon as possible even being stored in the refrigerator.



Step 9: Store Cooked Food Properly

For convenience, some families cook once a day for two meals. The food must be stored properly to avoid spoilage. Here are some basic storage principles:

- Take away the portions intended for storage before serving.
- Cooked food must be completely cooled down before putting into the refrigerator to avoid affecting the refrigerator's temperature.
- Divide the food into smaller portions and spread them apart to increase their surface area for contacting the cold air to achieve more efficient cooling.
- Wrap food with cling film or keep food in a clean storage box before refrigerating.
- Cooked food and raw food must be placed at the upper and lower compartment respectively to avoid cross contamination.
- Chilled cooked food must be reheated thoroughly (with central temperature reaching 75° C or above) before serving.

Dietitian's Reminder

Cooked food should not be left at room temperature for more than 2 hours.

"One Dish for Two Meals"

Having the same dish for two meals greatly spoils the appetite. The dish also becomes less attractive and tasty after chilling. By wisely adding some fresh side ingredients, it can easily be turned into a new dish without spending much time.

- Adding colourful vegetables (e.g. tomatoes, corn kernels, bell peppers).
- Adding food ingredients of different textures. If the leftover dish is soft
 in texture (e.g. tofu pot), add some ingredients with a hard texture (e.g.
 carrots, chopped celery). The contrasting textures can make the dish
 more refreshing.

Example 1

Steamed minced pork patty with water chestnut



Add luffa and cloud ears

Minced pork with luffa and cloud ears



Stir-fry the luffa and cloud ears first. Add in and crush the minced pork patty with spatula. Cook all the ingredients together.

Example 2

Steamed chicken with Chinese mushroom and cloud ears Add in other ingredients (e.g. mixed vegetables) for noodle preparation

Chicken soup noodles with mixed vegetables

Gravy contains a large amount of fat and sodium. Discard the gravy and reheat the food separately before adding to the noodles.



Example 3

Beef shin casserole (retain the sauce) Add chopped onions, garlic, minced beef and kidney beans (can serve with rice, pasta or bread)

Mexican Chilli con carne

Mexican chilli con carne is usually prepared with various herbs, including chilli, cumin or chilli powder. The types and amounts of herbs to be used can be varied according to individual preferences.

Example 4

Baked chicken thigh

Cut chicken meat into pieces and add in other ingredients (e.g. cheese).

Serve with bread or tortilla.

Tortilla with grilled chicken and cheese

Soften the tortilla in a pan with dry heat. Then add low-fat cheese, chicken meat and other ingredients (e.g. lettuce or baby spinach). Fold the tortilla when the cheese melts and pan-fry the other side.

Cooking Tips

Bread refreshment

Keeping bread in the freezer can preserve its freshness. The shelf-life of bread with stuffing is usually shorter. Defrosting bread at room temperature is not recommended to avoid bacterial breeding.

Apart from a microwave oven, food steamer or toaster, bread can also be reheated with a rice cooker. Steaming with the lid of the rice cooker slightly open to avoid condensed water dripping onto and dampening the bread.



Chapter 1 Basic Knowledge







Chapter 2: Healthy Meal Plan in Action

1. Tips for Menu Planning

- 1. Plan for a balanced and diversified diet based on the recommendations of the Healthy Eating Food Pyramid.
- 2. Prepare dishes that are more complex (e.g. wontons, hamburger patties) during holidays so as to save preparation work during weekdays.
- 3. Plan the menu wisely to minimise the frequency of grocery shopping.
- 4. Plan before grocery shopping. The proportion of perishable to durable vegetables and fruits can be half and half. Cook and consume the perishable ones first to prevent food wastage.
- 5. Make good use of dried foods on non-grocery shopping days.

To use the tips in practice, a series of healthy recipes for 1 to 2 people with nutrition analysis is introduced as follows:

Readers can make good use of a grocery shopping list to turn the following recipes into an individualised and diversified menu. Grocery shopping and cooking can be made easy while healthy eating is achieved at the same time.

Method 1: Consider meat choice first, then side ingredients and vegetables.

Method 2: Always keep some frozen food (e.g. fish fillet, chicken steaks) for various dish combinations.

Chapter 2 Healthy Meal Plan in Action

Method 3: Always have some eggs. They are nutritious and easy to cook (e.g. steamed egg, omelette, or as part of a main dish).

Method 4: Start by making some simple meals, such as:



Noodles in Soup

e.g. Angled luffa and grass carp in rice noodle soup (refer to page 98)



Vegetable rice

e.g. Steamed rice with minced beef, egg and vegetable (refer to page 112)





Advanced preparation of fast food items

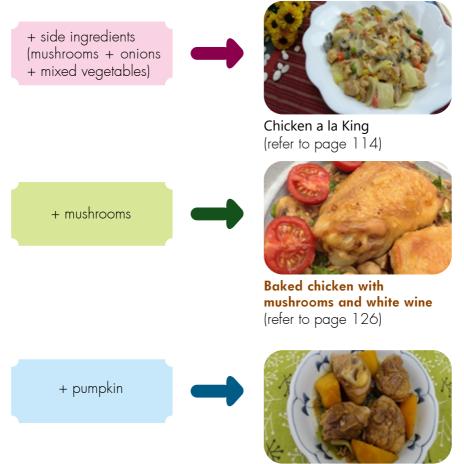
e.g. wonton (refer to page 136), hamburger patties (refer to page 138)



Demonstration 1:

Choose meat choice first, then vegetables and side ingredients.

Frozen Chicken Thigh



Braised chicken with pumpkin

(refer to page 84)

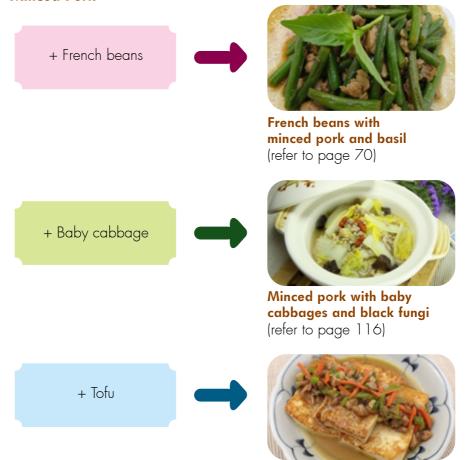


Chapter 2 Healthy Meal Plan in Action

Demonstration 2:

Consider meat first, then vegetables and side ingredients.

Minced Pork



Pan-fried tofu with minced pork (refer to page 76)



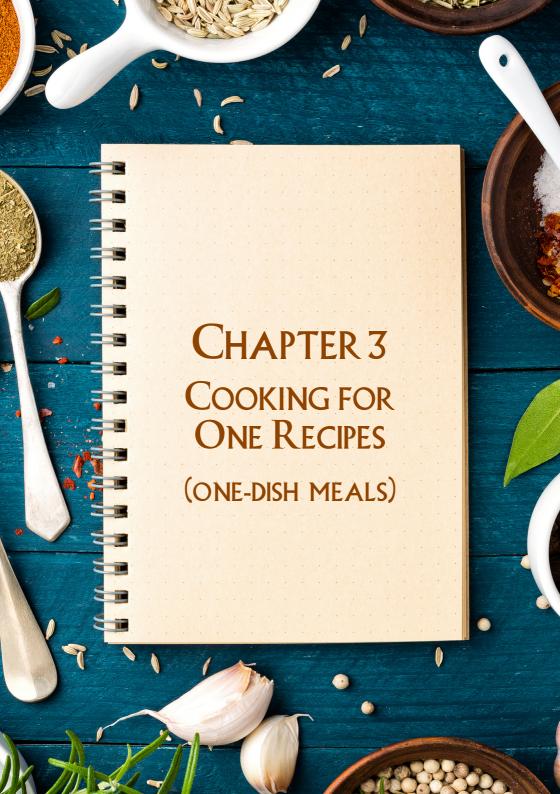
2. Sample of One-Week Menu

	Breakfast	Lunch	Snack	Dinner
Monday	Noodles in soup with Chinese mushrooms Calcium-fortified soymilk	French beans with minced pork and basil (refer to page 70) Apple	Skimmed milk	Rainbow tofu (refer to page 82) Choy-sum sautéed with ginger Orange
Tuesday	Oatmeal with skimmed milk Wholemeal walnut bread	Thai fish cakes (refer to page 134) Choy-sum sautéed with ginger Grapes	Bean curd dessert	Pan-fried tofu with minced pork (refer to page 76) French beans sautéed with minced garlic Orange
Wednesday	Bread with jam Skimmed milk	Steamed rice with minced beef, eggs and vegetables (refer to page 112) Orange	Calcium-fortified soymilk	Dried tofu in pumpkin sauce (refer to page 72) Kiwi fruit
Thursday	Oatmeal with skimmed milk Bread with peanut butter	Pan-fried fish fillet with orange sauce (refer to page 78) Broccoli sautéed with minced garlic Banana	Bean curd dessert	Braised Chicken with pumpkin (refer to page 84) Bok-choy sautéed with ginger Grapes
Friday	Tuna sandwich Skimmed milk	Broccoli and carrot omelette (refer to page 86) Shanghainese cabbages sautéed with minced garlic Orange	Calcium-fortified soymilk	Stir-fried fish fillet with baby asparagus, fresh lily bulb, and carrot (refer to page 88) Lettuce sautéed with ginger Banana
Saturday	Oatmeal with skimmed milk Wholemeal raisin bread	Baked chicken thigh (refer to page 102) Lettuce sautéed with ginger Banana	Bean curd dessert	Pork and asparagus wrap (refer to page 80) Snap peas sautéed with minced garlic Grapes
Sunday	Calcium-fortified soymilk Red bean paste bread	Pork udon in tomato soup (refer to page 96) Shanghainese cabbages sautéed with minced garlic Orange	Skimmed milk	Braised chicken with chestnuts and Chinese mushrooms (refer to page 108) Apple



Chapter 2 Healthy Meal Plan in Action







French Beans with Minced Pork and Basil

(Serves 1)



NUTRIENT ANALYSIS (per serving)

Energy: 285 kcal
Carbohydrate: 23 g
Protein: 21 g
Fat: 10 g
Cholesterol: 47 mg
Dietary fibre: 4.1 g
Sodium: 678 mg

INGREDIENTS:

Lean pork, minced
French beans
Basil
Garlic, minced
Shaoxing wine
Vegetable oil
2 taels (~80g)
4 taels (~160g)
5 leaves
1 Tbsp
2 Tbsp
1½ tsp

MARINADE (for pork):

Light soy sauce ½ tsp
Sugar ½ tsp
Cornstarch ½ tsp
White pepper a pinch

THICKENER:

Light soy sauce
Sugar
Cornstarch
Water
1 tsp
1 tsp
4 Tbsp

METHOD

- Mix minced pork with the marinade and set aside for about 30 minutes.
- Rinse, trim, and section the French beans. Rinse and finely shred the basil leaves and add to the minced pork.
- Heat up ½ tsp oil in a non-stick pan and stir-fry the minced pork until golden. Set aside.
- Prepare the thickener by mixing the cornstarch and seasoning with water.
- 5. Use the remaining oil to sauté the garlic and then stir-fry the French beans until they become tender. Add the pork and pour wine along the side of the pan. Pour in the thickener and cook until it comes to the boil and the pork is thoroughly cooked.

Cooking for One Recipes (one-dish meals)

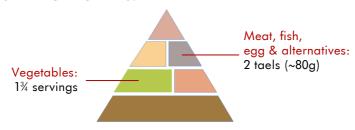
NOTES FOR SPECIAL DIETS

- Diabetic Diet: Exclude thickener from the recipe. Exchange 1½ servings of carbohydrates for each serving of this dish.
- Low-Salt Diet: Reduce the amount of light soy sauce in the thickener to ½ tsp.
- Low-Fat / Low-Cholesterol Diet: Reduce the amount of vegetable oil to ¾ tsp.

NUTRITION / PREPARATION TIPS

- Use more natural low-sodium seasonings (e.g. garlic,coriander, basil) to reduce the consumption of salt and soy sauce.
- 2. Substitute coriander for basil leaves if the latter are not available.
- Choose lean pork for mincing over pre-prepared minced pork as the latter is often higher in fat content.

EACH SERVING PROVIDES:





Dried Tofu in Pumpkin Sauce

(Serves 1)



NUTRIENT ANALYSIS (per serving)

Energy: 249 kcal
Carbohydrate: 29 g
Protein: 20 g
Fat: 7 g
Cholesterol: 0 mg
Dietary fibre: 3.6 g
Sodium: 687 mg

INGREDIENTS:

Dried white tofu
Pumpkin, medium
Broccoli, small
Salt
Water
Vegetable oil
½ piece (~100g)
½ piece (~160g)
½ tree (~140g)
½ cup
¾ tsp

THICKENER:

CornstarchWater2 tsp2 Tbsp

METHOD

- 1. Rinse and cut the dried white tofu length-wise into strips.
- Remove the skin and seeds, and dice the pumpkin. Boil pumpkin in water until softened and then drain it. Use a blender or a fork to mash the pumpkin.
- Rinse and cut the broccoli into small pieces and blanch in boiling water until cooked.
- Boil up ½ cup water and mix in the mashed pumpkin and salt to make a sauce. Bring to the boil again and set aside.
- 5. Prepare the thickener by mixing cornstarch with water.
- Heat up oil in a non-stick pan. Stir-fry the dried white tofu and broccoli. Add in the pumpkin sauce, followed by the thickener. Ready to serve once the sauce simmered.

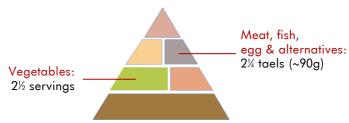
Cooking for One Recipes (one-dish meals)

NOTES FOR SPECIAL DIETS

- Diabetic Diet: Exclude thickener from the recipe. Exchange 2½ servings of carbohydrates for each serving of this dish.
- Low-Salt Diet: Reduce the amount of salt in the ingredient list to ½ tsp.
- Low-Fat / Low-Cholesterol Diet: Reduce the amount of vegetable oil used to ½ tsp.
- Low-Purine Diet: Exclude this dish from the menu or reduce the portion size, depending on individual conditions

NUTRITION / PREPARATION TIPS

- Skip blanching the broccoli, if crispy texture is preferred.
- 2. Put steamed pumpkin into a zip lock bag and mash it with hands.





Omelette with Onion, Tuna and Mixed Vegetables (Serves 1)



NUTRIENT ANALYSIS (per serving)

Energy: 126 kcal
Carbohydrate: 3 g
Protein: 9 g
Fat: 8 g
Cholesterol: 189 mg
Dietary fibre: 0.6 g
Sodium: 226 mg

INGREDIENTS:

Egg, large 1 piece
Onion, diced 1 Tbsp (~10g)
Canned tuna (in brine) 1 Tbsp (~10g)
Frozen mixed 1 Tbsp (~10g)
vegetables
Vegetable oil 3/4 tsp

SEASONING:

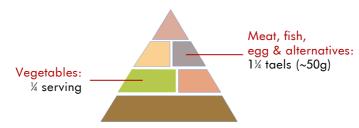
Salt ½16 tsp
Sugar ½8 tsp

- 1. Defrost, rinse and boil the mixed vegetables. Drain it.
- Heat up ¼ tsp oil, and stirfry the onion, tuna and mixed vegetables. Set aside.
- 3. Beat the egg and mix with seasoning.
- Heat up the remaining oil in a non-stick pan. Turn to low heat and pour the egg mixture in. Tilt the pan to allow the mixture to run evenly.
- Fill one side of the egg with onion, mixed vegetables and tuna when the egg begins to set.
- Use chopsticks or a spatula to fold the egg in half. Pan-fry both sides of the omelette until golden.

NUTRITION / PREPARATION TIPS

- Serve with a slice of bread and other vegetables, (e.g. cherry tomatoes, sliced cucumbers) as a nutritious breakfast.
- Use different seasonings (e.g. black and chilli pepper) and fillings (e.g. minced meat, tomatoes) to make different omelettes.
- 3. Once opened, drain the canned tuna and put it into another container.







Pan-fried Tofu with Minced Pork

(Serves 1)



NUTRIENT ANALYSIS (per serving)

Energy: 266 kcal
Carbohydrate: 13 g
Protein: 23 g
Fat: 13 g
Cholesterol: 24 mg
Dietary fibre: 1 g
Sodium: 537 mg

INGREDIENTS:

Lean pork, minced
Firm tofu
1 tael (~40g)
½ block (~175g)

Ginger 1 sliceSpring onion, 1 stalk

finely chopped

Shaoxing wineVegetable oil1 Tbsp1 tsp

MARINADE (for pork):

Light soy sauce ¼ tsp
Sugar ¼ tsp
Cornstarch ¼ tsp

SEASONING:

Salt

Light soy sauce
Sugar
Cornstarch
White pepper
Water

½ tsp

a pinch
Tbsp

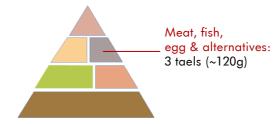
- Mix the minced pork with the marinade and set aside for about 15 minutes.
- 2. Rinse the tofu and cut into pieces.
- Heat up ½ tsp oil in a non-stick pan. Sauté ginger and then stir-fry with the minced pork. Set aside.
- 4. Wash the pan, heat up the remaining oil and pan-fry the tofu pieces on one side until golden. Then flip them over to pan-fry the other side for about 3 minutes. Put them on a plate.
- 5. Add back the minced pork to the pan. Pour wine along the side of the pan and add in the seasoning. Bring it to a boil. Add the spring onion. Pour the pork and spring onion on top of the tofu.

NOTES FOR SPECIAL DIETS

- Diabetic Diet: Exclude sugar and cornstarch from the seasoning. Exchange 1 serving of carbohydrates for each serving of this dish.
- Low-Fat / Low-Cholesterol Diet: Exclude or reduce the use of vegetable oil by steamming instead of pan-fry.
- Low-Salt Diet: Reduce the amount of salt in the seasoning list to ½6 tsp.
- Low-Purine Diet: Exclude this dish from the menu or reduce the portion size, depending on individual conditions.

NUTRITION / PREPARATION TIPS

- Firm tofu is a good source of protein and calcium, is easy to chew.
- To make it a vegetarian dish, replace minced meat with carrot strips and spring onion.
- 3. Prepare another vegetable dish for the same meal as this dish contains insufficient vegetables.





Pan-fried Fish Fillets with Orange Sauce (Serves 1)



NUTRIENT ANALYSIS (per serving)

Energy: 235 kcal
Carbohydrate: 36 g
Protein: 16 g
Fat: 4 g
Cholesterol: 39 mg
Dietary fibre: 2.4 g
Sodium: 347 mg

INGREDIENTS:

Fish fillets

• Raisins ½ small box (~14g)

80a

Ginger 1 slice
Vegetable oil ½ tsp
Cornstarch 1 tsp

MARINADE (for fish):

Salt ½ tsp
 Sugar ½ tsp
 White pepper a pinch

ORANGE SAUCE:

• Orange pulp ½ orange (~70g)

• Orange juice from ½ orange (~43g)

SugarCornstarchWater1½ tsp1 tsp2 Tbsp

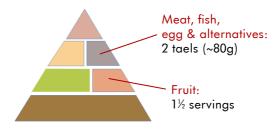
- 1. Rinse and pat dry the fish fillets. Marinate for a while.
- 2. Pat the fillets with cornstarch evenly. Set aside.
- Cut the orange in half. Use half of it for making juice, and then mix it with sugar, cornstarch and water. Take out pulp from the other half of orange.
- 4. Heat up oil in a non-stick pan. Sauté the ginger. Pan-fry each side of the fillets until golden. Put the fillets on a plate.
- Using the same pan, pour in the orange sauce. Let it simmer lightly and then add in orange pulp and raisins. Serve over the fillets.

NOTES FOR SPECIAL DIETS

• Diabetic Diet: (1) Do not add raisins; (2) Exclude sugar from the marinade; (3) Exclude the orange sauce and use orange pulp only. Season with sweeteners after turning off the heat; (4) Exchange 1 serving of carbohydrates for each serving of this dish.

NUTRITION / PREPARATION TIPS

Adding some lemon zest can enhance the flavour of the dish.





Pork and Asparagus Wraps

(Serves 1)















NUTRIENT ANALYSIS (per serving)

Energy: 177 kcal
Carbohydrate: 8 g
Protein: 18 g
Fat: 7 g
Cholesterol: 47 mg
Dietary fibre: 1.7 g
Sodium: 522 mg

INGREDIENTS:

Pork, thinly sliced
Baby asparagus
Carrot
Garlic
Vegetable oil
Shaoxing wine
2 taels (~ 6 slices)
6 stalks (~30g)
1 tael (~40 g)
1 clove
½ tsp
½ Tbsp

 $\frac{1}{2}$ tsp

MARINADE (for pork):

Salt ½ tsp
Sugar ½ tsp
White pepper a pinch

THICKENER:

• Cornstarch

Oyster sauce 1 tsp
Cornstarch ½ tsp
Water 2 Tbsp

Cooking for One Recipes (one-dish meals)

METHOD

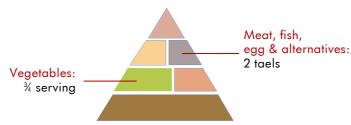
- 1. Rinse and cut the baby asparagus in half.
- 2. Rinse, peel and cut the carrots into lengthwise sticks.
- 3. Marinate the sliced pork. Wrap 2 baby asparagus and 2 carrot sticks in each slice of pork. Seal the wrap with cornstarch.
- 4. Heat up oil in a non-stick pan. Sauté the garlic clove. Put in the wraps and pour wine over. Pan-fry the wraps until cooked. Set aside.
- 5. Mix the thickener ingredients well and let them simmer in a pan. Turn off heat once the sauce thickens. Serve over the wraps.

NOTES FOR SPECIAL DIETS

- Diabetic Diet: If the sauce and cornstarch are not added, carbohydrate exchange is not necessary.
- Low-Salt Diet: Reduce the amount of salt used in the marinade to 1/16 tsp.
- Low-Purine Diet: Exclude this dish from the menu or reduce the portion size, depending on individual conditions.

NUTRITION / PREPARATION TIPS

Thinly sliced pork is easier for rolling into wraps and saves the cooking time.





Rainbow Tofu

(Serves 1)



NUTRIENT ANALYSIS (per serving)

Energy: 178 kcal
Carbohydrate: 10 g
Protein: 23 g
Fat: 6 g
Cholesterol: 45 mg
Dietary fibre: 1.7 g
Sodium: 536 mg

INGREDIENTS:

Dace fish meat (~80g) (fish paste)
Firm tofu ½ block (~95g)

1 stalk

• Frozen mixed 2 Tbsp vegetables

• Ginger, diced 1 Tbsp

Spring onion, diced

SEASONING:

Light soy sauce
Salt
Sesame oil
White pepper
Sugar
Cornstarch
1/2 tsp
1/8 tsp
a pinch
1/8 tsp
4 tsp

- 1. Put dace fish meat in a large bowl, and stir in one direction until it turns into fish paste.
- 2. Rinse tofu and pat dry it.
- 3. Defrost, rinse, and drain the mixed vegetables.
- Mash tofu and mix it well with mixed vegetables, ginger, spring onion, dace fish paste and seasoning.
- 5. Lay the above mixture evenly into a plate, and steam for 10 minutes until cooked.

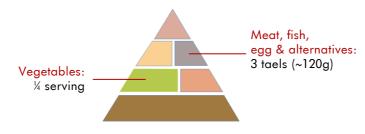
Cooking for One Recipes (one-dish meals)

NOTES FOR SPECIAL DIETS

- Diabetic Diet: Exchange 1 serving of carbohydrates for each serving of this dish.
- Low-Salt Diet: Reduce the amount of salt in marinade to ½6 tsp.
- Low-Purine Diet: Exclude this dish from the menu or reduce the portion size, depending on individual conditions.

NUTRITION / PREPARATION TIPS

- Buy unseasoned dace fish meat, which contains less sodium, or fresh dace to make fish paste at home.
- Can prepare a bigger portion of dace fish paste for other dishes as well, such as stuffed bell peppers and Thai fish cakes (refer to page 94 and 134).
- 3. Can steam this dish in a rice cooker.
- Prepare other vegetables for the same meal as the intake of vegetables from this dish is insufficient.





Braised Chicken with Pumpkin

(Serves 1)



NUTRIENT ANALYSIS (per serving)

Energy: 246 kcal
Carbohydrate: 14 g
Protein: 23 g
Fat: 9 g
Cholesterol: 100 mg
Dietary fibre: 0.8 g
Sodium: 627 mg

INGREDIENTS:

 Chicken drumsticks, 1 piece (~160g) chopped

• Pumpkin, medium ½ piece (~160g)

• Ginger 1 slice

Spring onion, 1 stalk sectioned

Shaoxing wineVegetable oil1½ Tbsp1 tsp

MARINADE (for chicken):

Light soy sauce
Sugar
Cornstarch
½ tsp

SEASONING:

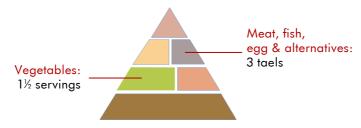
- 1. Rinse the chicken pieces, and remove the fat and skin. Marinate for about 30 minutes.
- Rinse and peel the pumpkin. Cut into chunks and boil in water until soft. Retain ¼ cup of the pumpkin water for later use.
- Heat up oil in a non-stick pan.
 Sauté the ginger and stir-fry with the chicken. Pour wine along the side of the pan.
- 4. Add in the pumpkin, pumpkin water and seasoning and stirfry well. Cover and braise until the chicken is cooked. Lastly, add the spring onion and stirfry for a minute.

NOTES FOR SPECIAL DIETS

- Diabetic Diet: Exchange 1½ servings of carbohydrates for each serving of this dish.
- Low-fat / Low-Cholesterol Diet: Remove the fat and skin of the chicken prior to cooking. Reduce the amount of vegetable oil used to ¾ tsp.
- Low-Salt Diet: Exclude salt from the seasoning.

NUTRITION / PREPARATION TIPS

Pumpkins are rich in vitamin A, which helps maintain normal vision. They are also rich in anti-oxidants, which can boost the immunity.





Broccoli and Carrot Omelette

(Serves 1)



NUTRIENT ANALYSIS (per serving)

Energy: 136 kcal
Carbohydrate: 7 g
Protein: 8 g
Fat: 9 g
Cholesterol: 187 mg
Dietary fibre: 1.3 g
Sodium: 385 mg

INGREDIENTS:

• Egg, large 1 piece

• Broccoli ½tael (~20g or

¼ cup chopped)

• Carrot, small ½tael (~20g or

½ cup shredded)1 Tbsp

Garlic, minced
Milk
Vegetable oil
1 Tbsp
½ Tbsp
½ tsp

SEASONING:

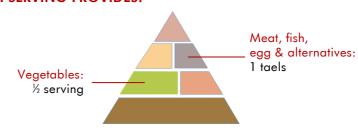
• Salt ½ tsp

• White pepper a pinch

- 1. Rinse and chop the broccoli. Peel, rinse and shred the carrot.
- 2. Beat the egg in a big bowl and mix with milk and seasoning.
- 3. Heat up oil in a large nonstick pan (about 10-12 inches) and sauté the garlic. Add the broccoli and carrot, and stir-fry until they become tender. Pour the egg mixture in and tilt the pan to allow the mixture to run evenly.
- 4. When the mixture begins to set, use chopsticks or a spatula to fold the omelette in half. Panfry both sides of the omelette for about half a minute or until the omelette is well done.

NUTRITION / PREPARATION TIPS

- 1. Eggs are rich in nutrients (e.g. protein, iron, vitamin B12).
- 2. Use other fillings (e.g. mushrooms, onions, bell peppers) to make different omelettes.
- 3. Substitute water for milk if the latter is not preferred or not available.





Stir-fried Fish Fillets with Asparagus, Fresh Lily Bulb and Carrot

(Serves 1)



NUTRIENT ANALYSIS (per serving)

200 kcal Energy: Carbohydrate: 19 g Protein: 17 a Fat: 6 g Cholesterol: 39 mg Dietary fibre: 2.3 g Sodium: 471 mg

INGREDIENTS:

• Fish fillets 2 taels (~80 g) 1 tael (~40 g) Asparaaus • Carrot 1½ taels (~60 g) • Fresh lily bulb ½ bulb Ginger 1 slice • Vegetable oil 1 tsp

MARINADE (for fish):

• Light soy sauce ⅓ tsp • Sesame oil 1/8 tsp Sugar 1/8 tsp • White pepper a pinch Shaoxing wine $\frac{1}{2}$ tsp Cornstarch $\frac{1}{2}$ tsp

THICKENER:

• Dark soy sauce 1 tsp Cornstarch 1 tsp • Water 2 Tbsp

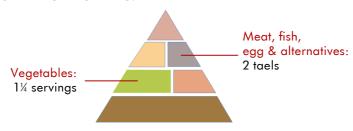
- 1. Rinse and pat dry the fish fillets, and cut into pieces. Marinate for 10 minutes.
- 2. Rinse and cut the asparagus in sections. Peel, rinse and cut the carrots into thin slices.
- 3. Rinse and soak the fresh lily bulb, and tear it into small pieces. Drain and set aside.
- 4. Prepare the thickener by mixing cornstarch with dark soy sauce and
- 5. Blanch the asparagus and carrot slices in boiling water. Drain and set aside.
- 6. Heat up oil in a non-stick pan. Sauté the ginger and pan-fry the fish fillets lightly. Add in asparagus and carrot slices, cover and simmer for a while.
- 7. Stir in the lily bulb. Cover and simmer for a while. Pour in the thickener and cook until the lily bulb is done.

NOTES FOR SPECIAL DIETS

- Diabetic Diet: Exclude the thickener. Exchange 1½ servings of carbohydrates for each serving of this dish.
- Low-Salt Diet: Reduce the amount of dark soy sauce in the thickener to ½ tsp.

NUTRITION / PREPARATION TIPS

Skip blanching the vegetables if crispy texture is preferred.





Vegetable and Wonton Soup

(Serves 1)



NUTRIENT ANALYSIS (per serving)

Energy: 344 kcal
Carbohydrate: 43 g
Protein: 22 g
Fat: 9 g
Cholesterol: 92 mg
Dietary fibre: 4.1 g
Sodium: 772 mg



INGREDIENTS:

- Bok choy 3 taels (~120 g)
- Homemade Wontons 4 pieces (refer to page 136)
- Dried flatfish stock 1½ cups

(refer to page 146)

Water ½ cupGinger 1 slice

- 1. Rinse and drain the bok choy.
- Heat up some water in a pot at high heat. Once boiled, turn it down to medium heat, and put in the wontons. Cook until the wontons float to the surface. Drain and set aside.
- 3. Use the same pot to boil the fish stock with $\frac{1}{2}$ cup water. Add in ginger and bok choy.
- 4. When the bok choy is half-cooked, add in the cooked wontons. Bring them to the boil, and serve.

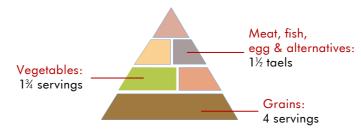
Cooking for One Recipes (one-dish meals)

NOTES FOR SPECIAL DIETS

- Diabetic Diet: Each serve of this dish is equivalent to 4 Tbsp of rice (i.e. 4 carbohydrate exchanges).
 Make carbohydrate exchanges based on individual conditions.
- Low-Salt Diet: Refer to the notes for special diets of "Homemade Wontons". Also, replace fish stock with water.

NUTRITION / PREPARATION TIPS

Can be served with noodles or udon.





Carrot and Turnip Pancakes

(Serves 1)



NUTRIENT ANALYSIS (per serving)

Energy: 205 kcal
Carbohydrate: 18 g
Protein: 8 g
Fat: 11 g
Cholesterol: 186 mg
Dietary fibre: 1.6 g
Sodium: 392 mg

INGREDIENTS:

 Turnip, medium 	½ piece (~30 g)
 Carrot, small 	¼ piece (~20 g)
• Egg, large	1 piece
• Flour	2 Tbsp
 Spring onion 	1 stalk
 Vegetable oil 	1 tsp
• Water	½ cup

SEASONING:

• Salt	⅓ tsp
• Sugar	½ tsp
 Sesame Oil 	¼ tsp
 White pepper 	a pinch

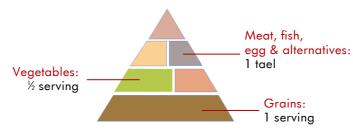
- Peel, rinse and shred the carrot and turnip. Rinse the spring onion and dice.
- Beat the egg well in a large bowl. Mix in the flour, water and seasoning, and beat well until combined. Add in the turnip, carrot and spring onion, and mix well.
- 3. Heat up 1 tsp oil in a non-stick pan and pour in half of the mixture from step 2. Pan-fry at low heat and flip the pancake over when the mixture begins to set. Pan-fry for 3 more minutes or until the mixture has completely set.
- 4. Repeat step 3 to prepare the second pancake.

NOTES FOR SPECIAL DIETS

 Diabetic Diet: Each serve of this dish should be exchanged for 2 serves of carbohydrates.

NUTRITION / PREPARATION TIPS

- 1. Unsweetened soy milk or lowfat milk can substitute for water to enhance the flavour and increase nutrition values of the pancake.
- Other vegetables, such as bell peppers and onion, can be used to prepare different varieties of pancakes.





Stuffed Bell Peppers

(Serves 1)



NUTRIENT ANALYSIS (per serving)

Energy: 216 kcal
Carbohydrate: 13 g
Protein: 22 g
Fat: 7 g
Cholesterol: 67 mg
Dietary fibre: 2.4 g
Sodium: 533 mg

INGREDIENTS:

• Dace fish meat 3 taels (~120 g) (fish paste)

Red bell pepper, 1 piece (~120g)
 medium

• Coriander, 1 Tbsp finely chopped

Garlic, minced
Shaoxing wine
Cornstarch
Vegetable oil
Clove
1½ Tbsp
½ tsp

MARINADE (for fish):

Salt ½ tsp
Sugar ¼ tsp
Cornstarch ¼ tsp

SEASONING:

Light soy sauce ½ tsp
Sugar ½ tsp
Sesame oil ¼ tsp
Cornstarch ½ tsp
White pepper a pinch
Water 1½ Tbsp

- Mix the fish meat well with coriander and marinade, and stir in one direction until it thickens. Set aside for about 30 minutes.
- Rinse, core, and cut the bell pepper into wedges. Dust the inner surface with cornstarch and stuff it with the fish paste.
- Heat up oil in a non-stick pan. Sauté the garlic. Pan-fry the stuffed bell peppers (with fish meat facing down) at low heat for about 5 minutes. Flip them over and pan-fry the other side for a while
- Pour wine along the side of the pan and add the seasoning. Cover and simmer for about 3 minutes or until the fish is thoroughly cooked.

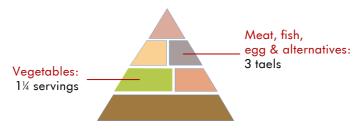
Cooking for One Recipes (one-dish meals)

NOTES FOR SPECIAL DIETS

- Diabetic Diet: Exclude sugar and cornstarch from the seasoning. Each serve of the dish should be exchanged for 1 serve of carbohydrates.
- Low-Fat / Low-Cholesterol Diet: Reduce the amount of vegetable oil used to ½ tsp.
- Low-Salt Diet: Reduce the amount of light soy sauce used to ¼ tsp.

NUTRITION / PREPARATION TIPS

- Buy unseasoned dace fish meat, which contains less sodium, or fresh dace to make fish paste at home.
- Can prepare a bigger portion of dace fish paste for other dishes as well, such as Rainbow Tofu and Thai Fish Cake (refer to page 82 and 134).
- Bell peppers are rich in vitamin C and antioxidants, which can help boost the immune system.
- Can substitute other ingredients (e.g. eggplants, firm tofu) for bell peppers.





Pork Udon in Tomato Soup

(Serves 1)



NUTRIENT ANALYSIS (per serving)

Energy: 515 kcal
Carbohydrate: 78 g
Protein: 31 g
Fat: 10 g
Cholesterol: 63 mg
Dietary fibre: 7.5 g
Sodium: 600 mg

INGREDIENTS:

Pork slices
 Tomatoes
 Onion, large
 Udon
 Water
 Vegetable oil
 2 pieces (~260g)
 4 piece (~50g)
 1 pack (~200g)
 2 cups
 ½ tsp

MARINADE (for pork):

Light soy sauce ¼ tsp
Sugar ¼ tsp
White pepper a pinch

SEASONING:

Ketchup
 Sugar
 Salt
 1 Tbsp
 1 tsp
 ½6 tsp

OPTIONAL SEASONING:

• Bay leaf 1 piece

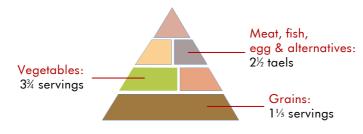
- 1. Peel onion, and rinse tomatoes. Dice both.
- 2. Marinate pork slices well.
- Cook udon in a pot of boiling water for a while. Then rinse the udon well in a colander using cold water. Drain when the udon has been cooled down.
- Heat up ¼ tsp oil in a pan and slightly pan-fry the pork slices. Set aside.
- Heat up the remaining oil and sauté onion until it turns golden and soft. Then stir-fry with tomatoes.
- Add water and seasoning. Cover and let it simmer at low heat until the tomatoes are cooked. Then add the pork slices and udon and bring them to the boil. Ready to serve.

NOTES FOR SPECIAL DIETS

- Diabetic Diet: This tomato soup equals 2 servings of carbohydrates while the udon itself equals 6 carbohydrate servings. Make carbohydrate exchanges based on individual conditions, or replace udon with other noodles.
- Low-Salt Diet: Exclude salt from the seasoning.

NUTRITION / PREPARATION TIPS

- Serve with a dish of boiled vegetables or salad to increase the intake of dietary fibre.
- 2. Can substitute beef or chicken for pork.
- May use an electric blender to blend tomatoes into a thick soup base.
- Can replace water with dried flatfish soup or other broth, but the amount of salt in the seasoning should be reduced accordingly.





Angled Luffa and Grass Carp in Rice Vermicelli Soup

(Serves 1)



NUTRIENT ANALYSIS (per serving)

Energy: 348 kcal
Carbohydrate: 46 g
Protein: 25 g
Fat: 7 g
Cholesterol: 103 mg
Dietary fibre: 2.4 g
Sodium: 442 mg

INGREDIENTS:

Grass carp
Angled luffa
Rice vermicelli
Ginger
Water
3 taels (~120 g)
4 taels (~160 g)
1 block (~50 g)
2 slices
2 cups

MARINADE (for fish):

SEASONING:

Salt ½16 Tbsp
White pepper a pinch

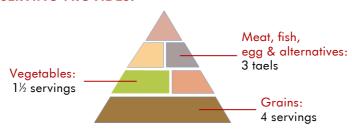
- 1. Rinse and pat dry the fish. Slice it in pairs and marinate.
- 2. Rinse, peel and section the angled luffa.
- 3. Cook rice vermicelli in boiling water until soft and tender.
- 4. Boil up 2 cups water in another pot and add in ginger and salt. When it boils again, add angled luffa and boil for about 10 minutes at medium heat.
- 5. Add fish slices and cook for 2 to 3 minutes. Add rice vermicelli and bring to the boil again. Add white pepper to taste.

NOTES FOR SPECIAL DIETS

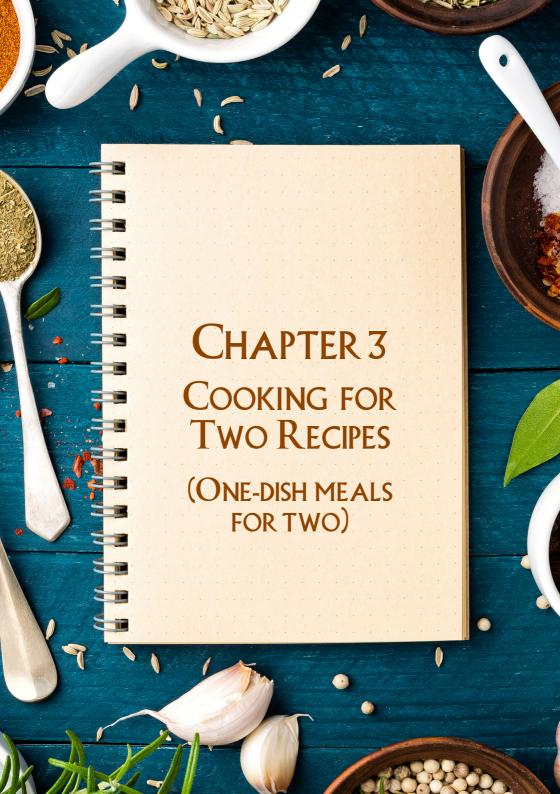
 Diabetic Diet: The carbohydrate content in this dish equals that in 4½ Tbsps of rice. Make carbohydrate exchanges based on individual conditions.

NUTRITION / PREPARATION TIPS

- 1. Grass carp, which is rich in protein, is tender and easy to digest.
- Rinse rice vermicelli under cold water after boiling to make it crisper.









Baked Chicken Thigh

(Serves 2)



NUTRIENT ANALYSIS (per serving)

Energy: 172 kcal
Carbohydrate: 8 g
Protein: 20 g
Fat: 6 g
Cholesterol: 90 mg
Dietary fibre: 1.4 g
Sodium: 242 mg

INGREDIENTS:

• Chicken thighs 2 pieces (~320g)

SEASONING:

Salt
//s tsp
Ground black pepper
// K tsp
Rosemary
// K tsp
Thyme
// K tsp
Utsp
Utsp
Ttsp

BAKE WITH:

Garlic slicesShallot slices4 cloves4 shallots

OTHERS:

• Aluminum foil 1 piece

- Rinse and trim off any visible fat of the chicken thighs. Pat dry.
- Rub the seasoning on the chicken skin in the order of the seasoning list. Marinate with olive oil at the last step and let it sit for 10 minutes.
- 3. Pre-heat the oven at 180°C.
- 4. Line the baking pan with aluminum foil, and brush with a little oil. Place the chicken thighs on the baking pan. Sprinkle garlic and shallot slices over. Bake in the oven for 30-40 minutes or until done
- Take out the pan from the oven, drain the oil from the chicken thighs and remove the chicken skin before serve.

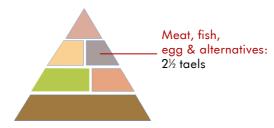
Cooking for Two Recipes (One-dish meals for two)

NOTES FOR SPECIAL DIETS

- Diabetic Diet: Carbohydrate exchange will not be necessary if garlic and shallots are not consumed.
- Low-Fat / Low-Cholesterol Diet: To reduce fat intake, skim fat and oil off the chicken juice resulted from baking, and remove the chicken skin prior to serving.

NUTRITION / PREPARATION TIPS

- To enhance the flavour, rub some of the seasoning under the chicken skin as well.
- To reduce the fat content of the dish, bake the chicken thighs on a baking rack set over a baking pan to drain off oil.
- Skim fat off the chicken juice resulted from baking, and remove the skin of the chicken thighs prior to eating.
- 4. Serve with a green salad and potato as a balanced meal for two.





Baked Fish Fillets

(Serves 2)



NUTRIENT ANALYSIS (per serving)

Energy: 162 kcal
Carbohydrate: 7 g
Protein: 20 g
Fat: 6 g
Cholesterol: 49 mg
Dietary fibre: 2.3 g
Sodium: 413 mg

INGREDIENTS:

Fish fillets
Celery
Carrot
Dried wood ears
Ginger strips
Vegetable oil
5 taels (~200g)
2 taels (~80g)
2 ears (~5g)
1 Tbsp
2 tsp

SEASONING:

Salt ½ tsp
White pepper a pinch
Shaoxing wine ½ tsp

BAKE WITH:

Salt ½ tsp
 Sugar ½ tsp
 White pepper a pinch

OTHERS:

• Aluminum foil 1 piece

Chapter 3 Cooking for Two Recipes (One-dish meals for two)

METHOD

- Rinse and pat dry the fish fillets, and toss well with the marinade. Soak the wood ears until soft. Rinse and trim the celery. Rinse and peel the carrots and ginger. Cut all the vegetables into thin strips.
- 2. Put all the stripped vegetables into a bowl, and toss well with the marinade and 1 tsp of vegetable oil.
- 3. Lay the aluminium foil flat on table, and thinly brush the rest of the vegetable oil over the middle of the foil. Place the fillet on it, followed with the mixed vegetables on top.
- 4. Fold the foil over the fish from four sides, leaving some space between the foil and the ingredients. And then fold the edges of the foil tightly to prevent the juices from leaking out. (See photo demonstration)
- 5. Bake in a pre-heated oven at 160°C for 20 minutes, and ready to serve.



NUTRITION / PREPARATION TIPS

- 1. Add some lemon zest or herbs to enhance the flavour of the dish.
- 2. Handle the aluminium foil with caution as it turns very hot after baking.





Beef Shin Casserole

(Serves 2)



NUTRIENT ANALYSIS (per serving)

Energy: 335 kcal
Carbohydrate: 32 g
Protein: 30 g
Fat: 10 g
Cholesterol: 47 mg
Dietary fibre: 5.4 g
Sodium: 464 mg

INGREDIENTS:

• Beef shin 6 taels (~240g)
• Potato, small 1 piece (~200g)
• Carrot, small 1 piece (~150g)
• Tomato, small 2 pieces (~250g)
• Water 1½ cup
• Vegetable oil 2 tsp
• Garlic 2 cloves

MARINADE (for beef):

Light soy sauce ½ tspSugar ¼ tsp

SEASONING:

Dark soy sauce ½ tsp
Ketchup 1 Tbsp
Sugar 2 tsp
Salt ½ tsp

- Cut the beef shin into chunks, and toss well with the marinade. Peel, rinse and cut the potato and carrot into small pieces. Rinse and cut the tomatoes into wedges.
- Heat up 1 tsp oil in a pot, and sauté the garlic cloves. Then stirfry with the potato, carrot and tomato. Set aside.
- Heat up 1 tsp oil in the same pot. Add in the beef shin, and briefly stir-fry until seared. Cover and simmer for 3 minutes.
- Add back the potato, carrot and tomato, and stir-fry all the ingredients.
- 5. Add in the seasoning and water, and bring to a boil. Turn to low heat and let it simmer until the beef chunks become tender (about 45 minutes).

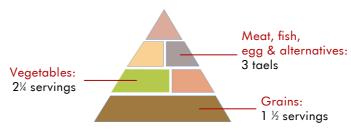
Cooking for Two Recipes (One-dish meals for two)

NOTES FOR SPECIAL DIETS

- Diabetic Diet: Exclude sugar and ketchup from the seasoning. Exchange 3 servings of carbohydrates for each serving of this dish. Replace sugar with artificial sweeteners, which should be added after turning off the heat as their sweetness may be lost at a high temperature.
- Low-Salt Diet: Exclude salt from the seasoning.

NUTRITION / PREPARATION TIPS

- Can use various lean meats which are fit for stewing besides beef shin.
- 2. Substitute beer or red wine for some of the water.
- Boil the potato and carrot until partially cooked before stewing, or use pressure cookers to reduce the cooking time. Halve the amount of water or thicken the sauce using cornflour if a pressure cooker is used
- 4. Can serve this dish as the sauce for rice and pasta.





Braised Chicken with Sugar Snap Peas

½ piece (~470g)

(Serves 2)



NUTRIENT ANALYSIS (per serving)

Energy: 309 kcal
Carbohydrate: 23 g
Protein: 29 g
Fat: 11 g
Cholesterol: 75 mg
Dietary fibre: 2.3 g
Sodium: 640 mg

INGREDIENTS:

• Whole chicken, small

Dried Chinese black mushrooms
Chestnuts 6 pieces (~70g)
Sugar snap peas 2 taels (~80g)
Ginger 2 slices
Vegetable oil 1 tsp
Water 100ml

MARINADE (for chicken):

Light soy sauce
Sesame oil
Sugar
Salt
1 tsp
2 tsp
3 tsp
4 tsp
5 tsp
6 tsp
7 tsp
8 tsp
9 tsp
1 tsp
1 tsp
1 tsp
2 tsp
3 tsp
4 tsp
6 tsp
7 tsp
8 tsp
9 tsp
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MARINADE

(for Chinese mushrooms):

Light soy sauce ½ tsp
Sugar ¼ tsp
Shaoxing wine ½ tsp

THICKENER:

Dark soy sauce
Cornstarch
Water
1 tsp
½ tsp
3 Tbsp

- Soak and trim the dried Chinese black mushrooms. Cut into thin slices, and mix well with the marinade. Rinse and trim the sugar snap peas. Chop the chicken into pieces, and toss well with the marinade. Unshell the chestnuts, and soak them in boiling water. Then scrape away the skin with a knife. Split the chestnuts in half.
- 2. Prepare the thickener by mixing cornstarch with water and dark soy sauce.

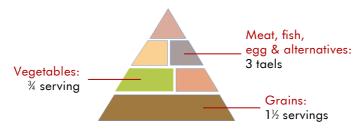
- Heat up oil in a non-stick pan and sauté the ginger. Turn to medium heat, add chicken pieces and stir-fry briefly, followed with the Chinese black mushrooms and chestnuts.
- 4. Add in water, then cover and let it simmer for 10 minutes or until the chicken pieces are thoroughly cooked. Add in the sugar snap peas and stir-fry together.
- 5. When the sugar snap peas are cooked, add in the thickener and bring it to the boil.
- 6. Skim off the fat and oil, and remove the chicken skin before serving.

NOTES FOR SPECIAL DIETS

- Diabetic Diet: Exclude sugar from the marinades and skip the thickener. Exchange 2 servings of carbohydrates for each serving of this dish.
- Low-Fat / Low-Cholesterol Diet: Remove the chicken fat and skin prior to cooking. Reduce the amount of vegetable oil to ¾ tsp.
- Low-Salt Diet: Exclude salt from the marinades and thickener, and halve the amount of dark soy sauce.

NUTRITION / PREPARATION TIPS

- 1. Remove the skin prior to eating.
- Can cook all ingredients together with rice in a rice cooker instead of a non-stick pan. Simply skin the chicken before cooking, and skip the thickener, vegetable oil and water.
- 3. Prepare a serving of boiled vegetables for a balanced meal as this dish mainly contains meat.





Mixed Vegetable Curry Casserole (Serves 2)



NUTRIENT ANALYSIS (per serving)

Energy: 183 kcal
Carbohydrate: 19 g
Protein: 10 g
Fat: 9 g
Cholesterol: 3 mg
Dietary fibre: 3.2 g
Sodium: 482 mg

INGREDIENTS:

CURRY SAUCE:

 Curry powder ½ Tbsp • Onion, small, ½ piece (~40g) finely chopped • Garlic, minced 2 cloves Sugar ½ Tbsp Salt ⅓ tsp • Low-fat Milk $\frac{1}{4}$ cup Water $\frac{1}{2}$ cup Cornstarch 1 tsp Vegetable oil $\frac{1}{2}$ tsp

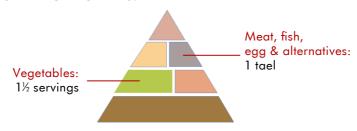
- Remove the skin and seeds of the pumpkin, and cut it into chunks. Rinse and slice the soy chicken into strips. Rinse and cut the broccoli and cauliflower into bite-size pieces.
- Blanch the broccoli and cauliflower in boiling water, and then set aside. Boil the pumpkin in the same pot of boiling water until soft. Drain and set aside.
- 3. Prepare the curry sauce. (Refer to page 53 for the recipe.)
- Heat up ²/₃ tsp oil in a non-stick pan. Stir-fry the broccoli and cauliflower followed by adding in the soy chicken, pumpkin and water.
- When the ingredients are cooked, add in salt and the curry sauce. Cover and bring to the boil. Ready to serve.

NOTES FOR SPECIAL DIETS

- Diabetic Diet: Reduce the amounts of both sugar and cornflour in the curry sauce to ½ tsp. Exchange 1½ servings of carbohydrates for each serving of this dish.
- Low-Fat / Low-Cholesterol Diet: Reduce the amount of vegetable oil in the curry sauce to ¼ tsp, and use skimmed milk instead of lowfat milk.
- Low-Purine Diet: Exclude this dish from the menu or reduce the portion size, depending on individual conditions.
- Low-Salt Diet: Reduce the amounts of salt in both the ingredient list and the curry sauce to ½6 tsp.

NUTRITION / PREPARATION TIPS

May skip blanching broccoli and cauliflowers for a crispy texture.





Steamed Minced Beef and Egg over Vegetable Rice

(Serves 2)



NUTRIENT ANALYSIS (per serving)

Energy: 449 kcal
Carbohydrate: 63 g
Protein: 27 g
Fat: 10 g
Cholesterol: 144 mg
Dietary fibre: 1.2 g
Sodium: 624 mg

INGREDIENTS:

Minced beef 4 taels (~160g)

Egg, smallWhite riceJ piecey cup

• Ginger 3 slices

• Water 11/8 cup

• Bok choy 6 taels (~240g)

• Salt ½ tsp

• Vegetable oil 1 tsp

MARINADE (for beef):

• Light soy sauce ½ Tbsp

• Vegetable oil ¼ tsp

• Sugar ¼ tsp

White pepper a pinch

- Marinate the minced beef. Beat the egg. Rinse the white rice, and put it into the rice cooker.
- 2. Heat up oil in a non-stick pan. Stirfry the bok choy and season with salt. Then put into the rice cooker.
- 3. Place the minced beef on top of the rice. Pour in water. Cover and switch on the rice cooker.
- 4. While bubbles are forming at the surface of the cooking rice (around the last 5 minutes of cooking), open the lid of the rice cooker and mix in the egg.
- 5. Cover and let the rice continue cooking until done.

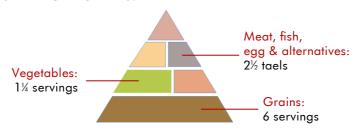


NOTES FOR SPECIAL DIETS

- Diabetic Diet: The carbohydrate content in this dish equals that in 6 Tbsps of rice (i.e. 6 servings of carbohydrates).
 Make carbohydrate exchanges based on individual conditions.
- Low-Fat / Low-Cholesterol Diet: Exclude oil from the marinade.
- Low-Salt Diet: Skip salt when stir-frying bok choy, and halve the amount of light soy sauce in the marinade.

NUTRITION / PREPARATION TIPS

- Can serve this dish without rice as steamed minced beef patty.
- 2. Can substitue other meats, such as pork and chicken, for beef.





Chicken a la King

(Serves 2)



NUTRIENT ANALYSIS (per serving)

Energy: 193 kcal
Carbohydrate: 9 g
Protein: 23 g
Fat: 7 g
Cholesterol: 99 mg
Dietary fibre: 1.1 g
Sodium: 386 mg

INGREDIENTS:

• Chicken thigh 5 taels (~200g) meat, skinned

White mushrooms 4 pieces (~60g)
Onion, large 4 pieces (~50g)

• Frozen mixed ½ cup

Frozen mixed ½ cup vegetables

• Low-fat ¼ cup evaporated milk

• Vegetable oil ½ tsp

MARINADE (for chicken):

Light soy sauce ½ tsp
Sesame oil ¼ tsp
Sugar ¼ tsp

• Cornstarch ¼ tsp

SEASONING:

• Salt 1/8 tsp

THICKENER:

Cornstarch 1 tspWater 3 Tbsp

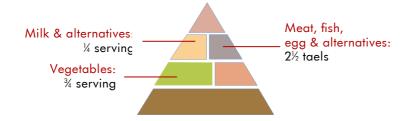
- Rinse and slice the white mushrooms. Peel, rinse and cut the onion into small pieces. Defrost and rinse the frozen mixed vegetables under running water.
- 2. Cut the chicken meat into strips, and mix well with the marinade.
- 3. Prepare the thickener by adding water to the cornstarch.
- 4. Heat up ¼ tsp oil in a non-stick pan. Turn to medium heat, and add in the white mushrooms, onion and mixed vegetables. Stir-fry briefly, and season with salt. Set aside.
- Stir-fry the chicken meat with ¼ tsp oil, and return the vegetables to the pan and stir-fry well.
- Turn to low heat, pour in the lowfat evaporated milk and let it simmer. Add in the thickener. Cover and bring it to a boil. Ready to serve.

NOTES FOR SPECIAL DIETS

- Diabetic Diet: Each serving of this dish should be exchanged for 1 serving of carbohydrates.
- Low-Fat /Low-Cholesterol Diet: Use skinless chicken fillet instead of skinned chicken thigh meat.

NUTRITION / PREPARATION TIPS

Can serve this dish with rice or pasta.





Baby Cabbages in Soup with Wood Ears, Dried Wolfberries and Minced Pork

(Serves 2)



NUTRIENT ANALYSIS (per serving)

Energy: 189 kcal
Carbohydrate: 10 g
Protein: 23 g
Fat: 7 g
Cholesterol: 61 mg
Dietary fibre: 4.5 g
Sodium: 586 mg

INGREDIENTS:

• Lean pork, minced 4 taels (~160g) Baby cabbage 2 stalks (~300a) • Dried scallops 2 pieces (~10g) • Dried wood ears 2 ears (~5g) • Dried wolfberries 20 pieces Ginger 1 slice Garlic 2 cloves Shaoxing wine 2 tsp Veaetable oil 1 tsp

3 cups

MARINADE (for pork):

Light soy sauce
Salt
White pepper
Sugar
Cornstarch
Water
1 tsp
a pinch
½ tsp
1 Tbsp

SEASONING:

Water

Salt ½8 tsp
Sugar ½4 tsp

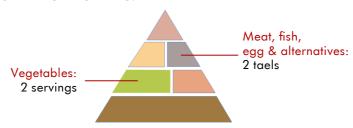
- Rinse and soak the dried scallops until soft (~½hour), tear into small pieces, and drain. Retain the soaking water for use.
- Soak the wood ears until soft and then shred. Marinate the minced pork. Rinse and cut the baby cabbage into small pieces.
- 3. Heat up ½ tsp oil in a pot and sauté the ginger slices. Turn to medium heat and sauté the dried scallop, followed by the scallop water and 1½ cups water. Bring to a boil at high heat, add salt and sugar to season, and then add the baby cabbage.
- 4. Stir-fry the minced pork with ½ tsp oil in a saucepan, and then add the wood ears, wolfberries and Shaoxing wine. Cook thoroughly and then transfer to the pot with baby cabbage. Bring to a boil and then serve.

NOTES FOR SPECIAL DIETS

- Diabetic Diet: Each serving of this dish should be exchanged for 1 serving of carbohydrates.
- Low-Salt Diet: Halve the amounts of both light soy sauce and salt.

NUTRITION / PREPARATION TIPS

- 1. Can substitute other meats, such as chicken and beef, for minced pork.
- 2. Can serve this dish with rice or rice vermicelli.





Tomato and Beef Macaroni Casserole (Serves 2)

4 taels (~160a)



NUTRIENT ANALYSIS (per serving)

Energy: 516 kcal
Carbohydrate: 74 g
Protein: 35 g
Fat: 10 g
Cholesterol: 59 mg
Dietary fibre: 4.4 g
Sodium: 639 mg

INGREDIENTS:Minced beef

 Onion, large ½ piece (~100g) Tomatoes 2 pieces (~260g) Macaroni 1 cup 2 cloves Garlic • Vegetable oil 1 tsp Water 5 Tbsp • Low-fat cheese 2 slices Broccoli 1 tael (~40g)

MARINADE (for beef):

Light soy sauce ½ tspSugar 1 tsp

TOMATO-BASED SAUCE:

Ketchup
Sugar
Cornstarch
Water
Low-fat yogurt
3 Tbsp
2 Tbsp
4 cup
3 Tbsp

- Mix the minced beef with the marinade. Skin and dice the onion. Rinse and section the tomatoes and broccoli.
- 2. Cook the macaroni in boiling water. Drain it into a colander, and rinse under running water until it cools down. Drain and set aside.
- 3. Blanch the broccoli. Drain and set aside.
- 4. Pre-heat oven at 200°C.
- 5. Mix well the ingredients for the tomato-based sauce.
- 6. Heat up $\frac{1}{2}$ tsp oil in a pan and sauté the garlic. Then add in onion and minced beef, and stir-fry briefly. Set aside

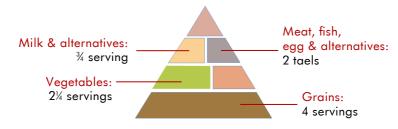
- 7. Use ½ tsp oil to sauté the tomato, add water and cook until simmering. Add minced beef and onion. Let it simmer again, and then stir in the sauce. Turn off heat when the sauce thickens.
- 8. Brush oil over the inner surface of a casserole dish. Pour macaroni evenly into the dish, followed with the minced meat sauce and then broccoli. Bake in the pre-heated oven for 15 minutes or until the surface dries up.
- Tear the low-fat cheese into small pieces, and sprinkle on top of the dish. Bake for another 5 minutes or until the cheese melted and turned golden. Ready to serve.

NOTES FOR SPECIAL DIETS

- Diabetic Diet: The carbohydrate content in this dish equals that in 7 Tbsps of rice (i.e. 7 servings of carbohydrates). Make carbohydrate exchanges based on individual conditions.
- Low-Salt Diet: Exclude ketchup from the tomato-based sauce.

NUTRITION / PREPARATION TIPS

- Can serve with a green salad, or substitute macaroni with rice.
- 2. Skip blanching the broccoli for a crispy texture.





Braised Pork Meatballs with Chestnuts

(Serves 2)



NUTRIENT ANALYSIS (per serving)

Energy: 208 kcal
Carbohydrate: 14 g
Protein: 20 g
Fat: 7 g
Cholesterol: 47 mg
Dietary fibre: 0.7 g
Sodium: 417 mg

INGREDIENTS:

Lean pork, minced
 Dried white tofu
 Carrot, small
 Chestnuts, shelled and skinned
 4 taels (~160g)
 piece (~25g)
 piece (~40 g)
 4 pieces (~35 g)

• Ginger 1 slice • Spring onion, 1 Tbsp

Spring onion, 1 Tbsp finely choppedGarlic, minced 1 Tbsp

Shaoxing wineVegetable oil1½ Tbsp1 tsp

MARINADE (for pork):

Light soy sauce ½ tsp
Sugar ¼ tsp
Cornstarch ½ tsp

SEASONING:

Salt ½ tsp
Light soy sauce ½ tsp
Sugar ¼ tsp
Cornstarch ½ tsp
Water 1½ Tbsp

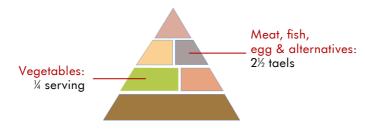
- Mix the minced pork with the marinade and set aside for about 30 minutes.
- Rinse the dried tofu and chop finely.
 Rinse the chestnuts. Peel, rinse and slice the carrot
- Boil the chestnuts and carrot until they are softened. Drain and set aside.
- 4. Mix the dried tofu, garlic and pork, and stir in one direction until they form a thick paste. Shape into balls and cook in boiling water until they are done. (About 8 meatballs can be made.)
- 5. Heat up oil in a non-stick pan. Sauté the ginger and then add the carrot, chestnuts and meatballs. Pour wine along the side of the pan and stirfry. Add in seasoning and cover to let it simmer for about 3 minutes. Add in spring onion and stir-fry well.

NOTES FOR SPECIAL DIETS

- Diabetic Diet: Each serving of this dish should be exchanged for 1½ servings of carbohydrates.
- Low-Purine Diet: Dried tofu can be replaced with a small egg in this recipe.

NUTRITION / PREPARATION TIPS

- This dish is nutritious and healthy as low-fat cooking methods (i.e. boiling and braising) are used to prepare high-protein (i.e. dried tofu and pork) and low-fat (i.e. chestnuts) food.
- The meatballs can be boiled, braised or served with noodles in soup.





Steamed Egg Custard with Shitake Mushrooms and Shrimps

(Serves 2)



NUTRIENT ANALYSIS (per serving)

Energy: 87 kcal
Carbohydrate: 2 g
Protein: 8 g
Fat: 5 g
Cholesterol: 201 mg
Dietary fibre: 0.6 g
Sodium: 285 mg

INGREDIENTS:

• Eggs 2 pieces

Frozen shrimps
Dried Chinese
4 pieces (~25g)
2 pieces (~5g)

black mushrooms

Mushroom water ¼ cupWater ¼ cup

MARINADE (for shitake mushrooms and shrimps:

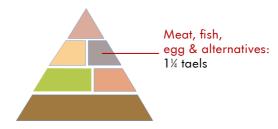
Salt ½ tspSugar ¼ tsp

• Shaoxing wine ½ tsp

- Soak mushrooms in ½ cup of water until soft. Trim the mushrooms and press out the excessive water with a kitchen paper towel and cut the mushrooms into slices.
- Retain ¼ cup of the mushroom water, and filter out the sediments and impurities.
- 3. Thaw, rinse, and de-vein the shrimps. Pat dry with a kitchen paper towel.
- 4. Mix the mushrooms and shrimps with the marinade.
- Beat the eggs and mix with both mushroom water and water. Place all the ingredients and the egg mixture into a bowl.
- Boil up some water using a wok. When the water comes to a boil, turn to low heat. Steam the egg mixture until the centre solidified, or the mushrooms turned tender (about 10-15 minutes).

NUTRITION / PREPARATION TIPS

- 1. Can replace frozen shrimps with fresh shrimps or frozen scallops.
- 2. Remove bubbles from the egg mixture before steaming over low heat to keep the steamed egg surface smooth.
- 3. Use a flat dish, a stainless steel dish, or a thin ceramic plate so that the egg mixture can be evenly heated.





Stir-fried Dried Tofu with Bell Pepper and Pineapple

(Serves 2)



NUTRIENT ANALYSIS (per serving)

Energy: 235 kcal
Carbohydrate: 23 g
Protein: 18 g
Fat: 8 g
Cholesterol: 0 mg
Dietary fibre: 3 g
Sodium: 607 mg

INGREDIENTS:

Dried white tofu
 Red bell pepper
 Celery
 Fresh pineapple
 1 piece (~200g)
 1 piece (~120g)
 2 stalks (~90g)
 1/3 cup

Ginger 2 slicesVegetable oil 2 tsp

SEASONING:

Salt ¼ tsp
Light soy sauce 1 tsp
Sugar 1 tsp
Cornstarch 1 tsp
White pepper a pinch
Water 3 Tbsp

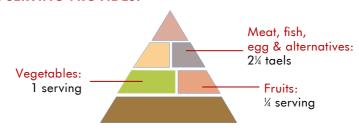
- 1. Rinse and dice the dried white tofu. Rinse, trim and dice the celery.
- 2. Rinse, core and dice the bell pepper. Rinse and dice the pineapple.
- 3. Use 2 tsp oil to sauté the ginger, and then add in celery, dried white tofu and seasoning. Stir-fry until the sauce comes to a boil.
- 4. Finally, add the bell pepper and pineapple, and stir-fry for about 3 minutes. Ready to serve.

NOTES FOR SPECIAL DIETS

- Diabetic Diet: Exclude sugar and cornflour from the seasoning. Each serving of the dish should be exchanged for 2 servings of carbohydrates.
- Low-Salt Diet: Halve the amounts of both light soy sauce and salt.
- Low-Purine Diet: Exclude this dish from the menu or reduce the portion size, depending on individual conditions.

NUTRITION / PREPARATION TIPS

- Dried tofu is rich in protein, calcium and iron while pineapples and bell peppers are rich in vitamin C, which helps with iron absorption.
- Other kinds of fruits, such as mangoes and strawberries, can be used.





Baked Chicken with Mushrooms and White Wine (Serves 2)



NUTRIENT ANALYSIS (per serving)

Energy: 239 kcal
Carbohydrate: 8 g
Protein: 21 g
Fat: 5 g
Cholesterol: 90 mg
Dietary fibre: 0.8 g
Sodium: 393 mg

INGREDIENTS:

Chicken thighs 2 pieces (~320g)
White mushrooms, 10 pieces (~100g)

medium

Garlic, mincedParsley,Tbsp2 Tbsp

finely chopped

White wine 1 cup
Vegetable oil ½ tsp

MARINADE (for chicken):

Salt ¼ tsp
Cornstarch 1 tsp
White pepper a pinch

- Rinse the chicken thighs, remove the fat and then mix well with the marinade.
 Set aside for about 30 minutes.
- 2. Pre-heat the oven at 200°C.
- 3. Rinse and slice the mushrooms. Lay them with minced garlic on the baking pan and add in white wine. Place the chicken thighs on top of the mushrooms and brush the thighs with some oil.
- 4. Bake the thighs until they turn golden. Make sure there is always enough liquid in the pan. Add some more water or wine when necessary.

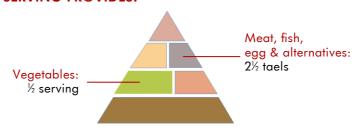
- 5. Remove the pan from the oven, and turn the thighs over. More water or wine can be added if needed. Resume baking until the thighs are thoroughly cooked. Then sprinkle the parsley over and bake for another minute.
- 6. Remove the pan from the oven and skim the fat off the chicken juice. Put the mushrooms on the plate, place the skinned and chopped thighs on top of the mushrooms, and top with the juice.

NOTES FOR SPECIAL DIETS

- Diabetic Diet: Get rid of the sauce prior to eating.
- Low-fat / Low-Cholesterol Diet: Remove the skin of chicken thighs and the sauce prior to eating.

NUTRITION / PREPARATION TIPS

- 1. Remove the skin of chicken prior to eating to reduce the fat intake.
- Can replace white wine with red wine to deliver the same rich flavour.





Winter Melon Soup

(Serves 2)



NUTRIENT ANALYSIS (per serving)

100 kcal Energy: Carbohydrate: 7 a Protein: 13 a Fat: 3 a Cholesterol: 45 mg Dietary fibre: 1.6 g Sodium: 379 mg

INGREDIENTS:

• Winter melon ½ catty (~320g) • Straw mushrooms 1 ½ taels (~60g) • Dried scallop 1 piece (~5a) • Frozen shrimps 4 pieces (~25g) Lean pork, minced 2 taels (~80g) Water

2 cups

MARINADE (for pork):

Salt ast % Sugar $\frac{1}{2}$ tsp • White pepper a pinch

SEASONING:

 Salt 1/8 tsp

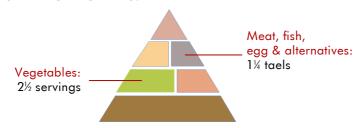
- 1. Rinse and dice the winter melon.
- 2. Rinse and cut the straw mushrooms in half
- 3. Rinse and soak the dried scallop until soft. Drain and retain the soaking water for use.
- 4. Thaw, rinse and de-vein the shrimps.
- 5. Marinate the minced pork.
- 6. Boil up 2 cups of water together with the dried scallop soaking water, and then add the winter melon and dried scallop. Bring to a boil and then keep cooking at medium heat until the winter melon is thoroughly cooked (about 45 minutes).
- 7. Add straw mushrooms, then shrimps and minced pork, and cook for another 10-15 minutes.

NOTES FOR SPECIAL DIETS

 Low-Purine Diet: Exclude this dish from the menu or reduce the portion size, depending on individual conditions.

NUTRITION / PREPARATION TIPS

- 1. Can serve with rice as a Chinesestyle rice in soup.
- Can use the dried scallop soaking water in other dishes to enhance the flavour.





Egg Drop Tofu Soup

(Serves 2)



NUTRIENT ANALYSIS (per serving)

Energy: 208 kcal
Carbohydrate: 16 g
Protein: 21 g
Fat: 6 g
Cholesterol: 123 mg
Dietary fibre: 2.1 g
Sodium: 393 mg

INGREDIENTS:

Soft tofu ½ piece
Egg 1 piece
Frozen mixed ½ cup

vegetables
• Fish fillet 3 taels

3 cups

MARINADE (for fish):

Salt ½ tsp
White pepper a pinch
Shaoxing wine ½ tsp

SEASONING:

Water

White pepper a pinch
Salt ½ tsp

THICKENER:

CornstarchWater2 Tbsp3 Tbsp

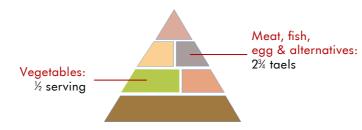
- 1. Thaw and rinse the frozen mixed vegetables. Rinse and dice the tofu.
- 2. Beat the egg.
- 3. Rinse, pat dry and dice the fish fillet. Mix well with the marinade.
- 4. Prepare the thickener by mixing water with cornstarch.
- 5. Boil up the water. Add in the mixed vegetables, bring to a boil, and then turn to low heat. Add in tofu and fish. Simmer until the fish is done, and then add in the beaten egg slowly. Mix them well.
- 6. Bring the soup to a boil, and add in thickener. Season with salt and white pepper. Ready to serve.

NOTES FOR SPECIAL DIETS

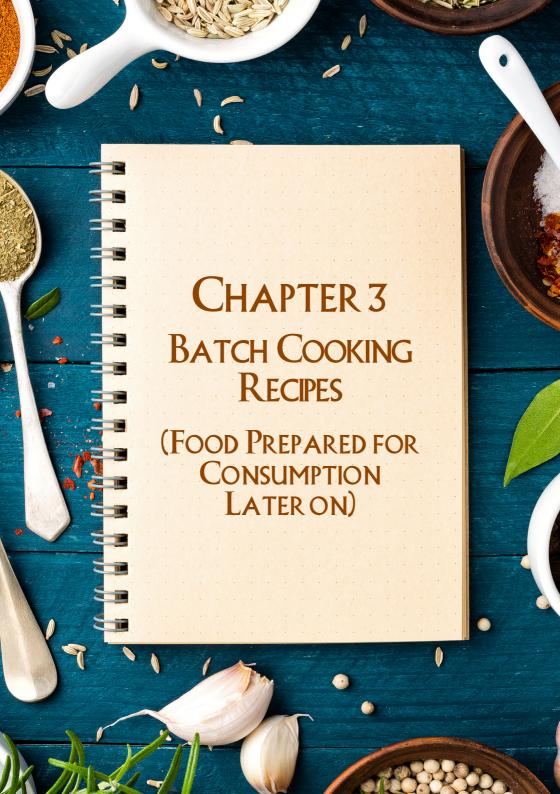
- Diabetic Diet: Exchange 1½ servings of carbohydrates for each serving of this dish.
- Low-Purine Diet: Exclude this dish from the menu or reduce the portion size, depending on individual conditions.

NUTRITION / PREPARATION TIPS

- 1. Can replace fish fillets with fresh or frozen shrimps.
- Skip thickening the soup if it is served with rice as Chinese-style rice in soup.









Thai Fish Cakes

(Serves 4, 2 pieces each)



NUTRIENT ANALYSIS (per serving)

Energy: 126 kcal
Carbohydrate: 7 g
Protein: 13 g
Fat: 5 g
Cholesterol: 53 mg
Dietary fibre: 1.4 g
Sodium: 444 mg

INGREDIENTS:

Fish fillet, skinned
Egg, large
½ piece

• French beans or ½ taels (~20g) Chinese long beans

• Basil, finely 5 leaves chapped

Red chilli, 1 piece finely chopped

GarlicVegetable oil2 cloves3 tsp

• Lime, small 1 piece

SEASONING:

Salt ½ tsp
Light soy sauce 1 tsp
Sugar ½ tsp

• Cornstarch 1 Tbsp

- 1. Rinse, trim and dice the beans.
- 2. Mince the fish fillet and put into a bowl. Add the egg and seasoning, and then mix and slap to form fish paste. Mix in the beans, basil and chilli, and shape the paste into 8 round cakes about 2 inches (~5 cm) in diameter. (If dace fish paste is used instead, mix the fish paste, egg, French beans, basil, chilli and the seasoning all together at one time.)
- Heat up oil in a non-stick pan. Sauté the garlic and then pan-fry the fish cakes at low heat until both sides turn golden or are thoroughly cooked. Serve with lime juice over the fish cakes.

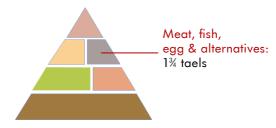
Chapter 3 Batch Cooking Recipes (Food prep for meals later on)

NOTES FOR SPECIAL DIETS

• Low-Salt Diet: Reduce the amount of light soy sauce to ½ tsp.

NUTRITION / PREPARATION TIPS

- Adding vegetables or beans to fish cakes can increase the intake of dietary fibre.
- If a hot and spicy flavour is not preferred, red bell peppers can substitute for red chillies, if basil is not available, coriander can be used instead
- Mixing and slapping minced fish alternately in one direction can make bouncy fish cakes.
- Making more fish cakes at a time is possible. The unused ones, when cooked and cooled down, can be stored in food bags in the freezer at -18°C or below.





Homemade Wontons

(Serves 6, 4 pieces each)

















NUTRIENT ANALYSIS (per serving)

290 kcal Energy: 39 g Carbohydrate: Protein: 19 g Fat: 6 g Cholesterol: 68 mg Dietary fibre: 1.6 g 589 mg Sodium:



WONTON FILLING:

• Lean pork, 8 taels (~320g) minced

• Chinese white 4 taels (~160g) cabbage

1 piece • Egg yolk

MARINADE (for wonton filling):

• Light soy sauce ½ Tbsp Salt ⅓ tsp • Sesame oil 1 tsp • Sugar 2 tsp

OTHER INGREDIENTS:

• Fresh wonton 24 pieces wrappers

• Egg white 1 piece

Chapter 3 Batch Cooking Recipes (Food prep for meals later on)

METHOD

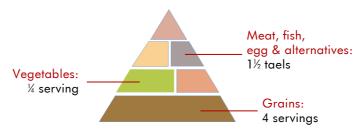
- 1. Separate the egg white and yolk, and beat separately. Soak, trim and rinse the Chinese white cabbage.
- 2. Blanch the Chinese white cabbage. Drain it when cooked. Let it cool down and press out the excess water.
- 3. Finely chop the white cabbage, and mix well with the minced pork, egg yolk and the marinade. The wonton filling is ready.
- 4. Place 1 tablespoon of the wonton filling in the middle of a piece of wonton wrapper and coat the edges with egg white before sealing the wrappers into a triangle shape. Make sure to press the air bubbles out from within the wontons. Coat the left corner with egg white, and then fold the right corner over it to stick.
- 5. Place the wontons over a flat dish sprinkled with cornstarch and leave some space between the wontons to prevent them from clumping together.
- 6. Boil up some water in a pot. Turn to medium heat, and put in the wontons. Once the wontons float to the surface, they are ready to serve.

NOTES FOR SPECIAL DIETS

- Diabetic Diet: Exchange 4 servings of carbohydrates for each 4 pieces of wontons.
- Low-Salt Diet: Exclude salt from the marinade for wonton filling and reduce the amount of light soy sauce to ¾ tsp.

NUTRITION / PREPARATION TIPS

Making more wontons at a time is possible. The unused ones can be sprinkled with cornflour, divided into individual servings, wrapped in cling film or kept in food containers, and stored in the freezer at -18°C or below. No thawing is needed before cooking.





Mini Hamburger Patties

(Serves 3, 2 pieces each)



NUTRIENT ANALYSIS (per serving)

Energy: 181 kcal
Carbohydrate: 7 g
Protein: 19 g
Fat: 8 g
Cholesterol: 108 mg
Dietary fibre: 0.9 g
Sodium: 462 mg

INGREDIENTS:

Minced beef
Onion, large
Egg, large
Oatmeal (dry)
Vegetable oil
½ lb. (~220g)
¼ piece (~50g)
1 piece
¼ cup (~20g)
½ Tbsp

• Water ½ cup

MARINADE (for beef):

Salt ½ tsp
White pepper a pinch
Sugar ½ tsp

- Remove the skin, rinse and dice the onion. Use ½ tsp oil to sauté the onion, and then let it cool down.
- 2. Marinate the minced beef in a large bowl.
- Mix in the oatmeal, egg, water and onion one by one to the minced beef
- Divide the mixture into 6 portions, and shape them into hamburger patties.
- 5. Heat up the remaining oil in a nonstick pan. Pan-fry the patties until both sides turn golden. Then, add 2 tablespoons water, cover and simmer until the liquid dries up. Ready to serve.

Chapter 3 Batch Cooking Recipes (Food prep for meals later on)

NOTES FOR SPECIAL DIETS

 Low-Salt Diet: Reduce the amount of salt in the marinade to ¼ tsp.

NUTRITION / PREPARATION TIPS

- Serve the hamburger patties with vegetables, along with steamed rice or bread to turn it into a simple and healthy meal.
- Oatmeal is used to replace breadcrumbs to increase the dietary fibre content.
- Different natural herbs and spices could be used other than white pepper, such as five-spice powder and paprika.
- 4. The hamburger patties can be mass produced and stored in serving-size batches in the freezer (-18°C or below), by putting them in food storage bags after being cooked and cooled down.





Vegetarian Lettuce Wraps

(Serves 4, 2 pieces each)



NUTRIENT ANALYSIS (per serving)

Energy: 208 kcal
Carbohydrate: 24 g
Protein: 10 g
Fat: 9 g
Cholesterol: 0 mg
Dietary fibre: 4.6 g
Sodium: 487 mg

INGREDIENTS:

Vegetarian chicken
Frozen mixed
2 pieces (~220g)
1 cup (~180g)

vegetables
• Shitake mushrooms 8 pieces (~20g)

• Water chestnuts, 8 pieces (~140g) peeled

Lettuce leaves 8 leaves (~60g)
Vegetable oil 1 Tbsp

SEASONING:

Salt ¼ tsp
Sugar ½ tsp
Dark soy sauce 2 tsp
White pepper a pinch
Shaoxing wine ½ tsp

THICKENER:

• Cornstarch 2½ Tbsp • Water ½ cup

- Soak, trim and dice the Shitake mushrooms. Rinse and finely chop the peeled water chestnuts. Rinse and dice the vegetarian chicken.
- Defrost and rinse the mixed vegetables under running water.
- 3. Rinse the lettuce leaves, and set aside.
- 4. Prepare the thickener by adding water to cornstarch.
- 5. Heat up oil in a non-stick pan. Besides the lettuce leaves, stir-fry all the ingredients together with the seasoning until thoroughly cooked, and add in the thickener. Serve with the lettuce leaves.

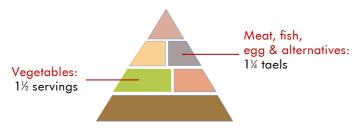
Chapter 3 Batch Cooking Recipes (Food prep for meals later on)

NOTES FOR SPECIAL DIETS

- Diabetic Diet: Exclude thickener from the recipe. Exchange 2 servings of carbohydrates for each serving of this dish.
- Low Salt Diet: Reduce the amount of salt to 1/8 tsp.
- Low Purine Diet: Exclude this dish from the menu or reduce the portion size, depending on individual conditions.

NUTRITION / PREPARATION TIPS

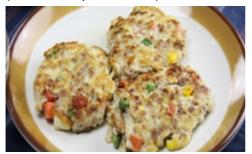
- Retain the soaking water of Shitake mushrooms for use in other dishes to enhance flavour.
- 2. May store the filling in the refrigerator for up to 2-3 days.
- 3. Can serve this dish with pita bread instead of lettuce.
- Can serve this dish as a main course or as ingredients in fried rice.





Pan-Fried Tofu Patties

(Serves 3, 2 pieces each)



NUTRIENT ANALYSIS (per serving)

Energy: 145 kcal
Carbohydrate: 5 g
Protein: 16 g
Fat: 7 g
Cholesterol: 62 mg
Dietary fibre: 0.7 g
Sodium: 243 mg

INGREDIENTS:

Pork, minced
Firm tofu
Egg
4 taels (~160g)
½ piece (~95g)
½ piece

• Frozen mixed ¼ cup

vegetables

Ginger 1 slice Vegetable oil 1 tsp

MARINADE (for pork):

Salt ¼ tsp
Sugar ½ tsp
Sesame oil ⅓ tsp
Cornstarch 1 tsp
Water ½ Tbsp

- 1. Mix the minced pork with the marinade. Set aside.
- 2. Rinse and pat dry the tofu. Beat the egg well.
- Rinse and defrost the mixed vegetables under running water.
 Drain and pat dry.
- Mash the tofu and mix it with the mixed vegetables, beaten egg and minced pork. Divide the mixture into 6 portions.
- Heat up oil in a non-stick pan. Sauté the ginger slice. Place in the tofu patties and pan-fry both sides until golden.

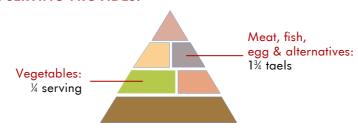
Chapter 3 Batch Cooking Recipes (Food prep for meals later on)

NOTES FOR SPECIAL DIETS

 Low-Purine Diet: Exclude this dish from the menu or reduce the portion size, depending on individual conditions.

NUTRITION / PREPARATION TIPS

- May substitute other meats, such as minced beef and dace fish meat, for minced pork.
- Freeze tofu overnight to press out water more easily during thawing, making pan-frying of tofu patties easier.





Congee with Fresh Lily Bulbs and Beancurd Sheets (Serves 4, 1 large bowl each)



NUTRIENT ANALYSIS (per serving)

Energy: 184 kcal
Carbohydrate: 38 g
Protein: 5 g
Fat: 1 g
Cholesterol: 0 mg
Dietary fibre: 0.6 g
Sodium: 151 mg

INGREDIENTS:

Fresh lily bulbs

 Dried beancurd sheet

White rice ½ cup
Red rice 4 Tbsp
Water 10 cups

SEASONING:

Salt

 $\frac{1}{4}$ tsp

2 pieces (~100a)

1 piece (~20g,

28cm x 15cm)



- Rinse and soak the fresh lily bulbs until soft. Tear into small pieces. Drain and set aside.
- 2. Soak the beancurd sheet until soft. Tear into small pieces, and set aside.
- 3. Rinse the white rice and red rice.
- 4. Boil up the red rice, white rice and beancurd sheet in a pot of water at high heat. Cover the pot, leaving a small gap for the steam to escape. Once it boils, turn to medium-low heat and cook for 30 minutes. Put in a tablespoon to prevent ingredients from sticking to the bottom of the pot and burnt.
- Add in the fresh lily bulbs and let them simmer for another 10-15 minutes. Season with salt.

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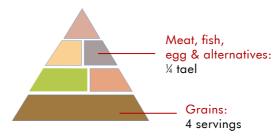
NOTES FOR SPECIAL DIETS

- Diabetic Diet: The carbohydrate content in this dish equals that in 4 Tbsps of rice (i.e. 4 servings of carbohydrates). Make carbohydrate exchanges based on individual conditions.
- Low-Purine Diet: Exclude this dish from the menu or reduce the portion size, depending on individual conditions.

NUTRITION / PREPARATION TIPS

- Can eat dishes with meat and vegetables (e.g. stir-fried pork with mungbean sprouts) in the same meal to increase the intake of protein and dietary fibre.
- 2. May use leftover rice to make congee to save cooking time.
- 3. Skip salt to enhance the natural sweetness of fresh lily bulbs.

EACH SERVING PROVIDES:





Dried Flatfish and Bean Sprouts Soup (4 bowls)



INGREDIENTS:

- Dried flatfish
- Soybean sprouts
- Lean pork
- Water

- 1 piece (~20g meat)
- 4 taels (~160g)
- 4 taels (~160g)
- 6 cups

METHOD

- 1. Pre-heat the oven at 160°C and bake the flatfish for 10 minutes.
- 2. Debone the flatfish and retain the fish meat.
- 3. Rinse and then drain the soybean sprouts.
- 4. Combine all the ingredients and water in a large pot. Use high heat to bring it to a boil, and then allow it to simmer at low heat for 1½ hours.
- Let the fish stock cool down and use a strainer to separate the stock from the ingredients. Use small boxes or ice cube moulds to keep the stock. Store in the freezer or refrigerator until use.

Chapter 3 Batch Cooking Recipes (Food prep for meals later on)

NUTRITION / PREPARATION TIPS

- If an oven is not available, the flatfish can be heated in an oil-free wok instead.
- Deboned flatfish, which can save time in bone removal, is available in the market. About 18g of fish fillet can be made out of 66g of flatfish with bones.
- 3. The dried flatfish and bean sprout soup can be served with noodles, dumplings or Chinese-style rice in soup. Various vegetables can be added to enhance the flavour and reduce the use of seasoning.



Glutinous Rice Dumplings with Osmanthus

(Serves 8, 3 pieces x 3 flavours each)



NUTRIENT ANALYSIS (per serving)

Energy: 140 kcal
Carbohydrate: 32 g
Protein: 2 g
Fat: 1 g
Cholesterol: 0 mg
Dietary fibre: 0.3 g
Sodium: 1 mg

INGREDIENTS:

Green tea bag
Pumpkin
Black sesame powder
1 piece
40g
10g

Glutinous rice flour
 Sugar
 150g (50g per batch)
 3 Tbsp (1 Tbsp per batch)

Rock sugar
Osmanthus sugar
Hot water
Water
4 cups



METHOD

- 1. Prepare green tea by soaking the tea bag in 60ml hot water.
- 2. Peel and dice the pumpkin. Steam and drain off the liquid. Mash the pumpkin with a fork.
- 3. Mix 50g glutinous rice flour with mashed pumpkin. Add 1 tablespoon sugar, and knead until the sugar melted. Then shape into mini rice dumplings.
- 4. Dissolve 1 tablespoon sugar in the 60ml green tea. Add 50g glutinous rice flour into the green tea slowly, and repeat step 3 to make mini rice dumplings.

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- 5. Dissolve the black sesame powder and 1 tablespoon sugar in 60ml hot water. Add 50g glutinous rice flour into the black sesame mixture slowly, and repeat step 3 to make mini rice dumplings.
- 6. Boil up 4 cups of water and put in the rice dumplings. Once the rice dumplings float on the surface, add rock sugar and osmanthus sugar, and cook until the sugar melted. Turn off the heat and ready to serve.

NOTES FOR SPECIAL DIETS

• Diabetic Diet: Exclude sugar from the flour mixture. Replace rock sugar with artificial sweeteners, which should be added after turning off the heat as their sweetness will be lost over high heat. Exchange 1½ servings of carbohydrates for each serving of this dessert.

NUTRITION / PREPARATION TIPS

- Glutinous rice dumplings contain antioxidants, vitamins and dietary fibre, and are free of cholesterol. Also, colourful dumplings with the note of osmanthus help stimulate appetite.
- Purées of spinach, corn or carrots can also be used to prepare glutinous rice dumplings of different colours.
- 3. Toss glutinous rice dumplings in glutinous rice flour, and pack them into single-serving food containers prior to storage in the freezer. No thawing is needed before cooking.

EACH SERVING PROVIDES:





Pumpkin Seed Sponge Cake

(Serves 10, 1 piece each)



NUTRIENT ANALYSIS (per serving)

Energy: 117 kcal
Carbohydrate: 20 g
Protein: 4 g
Fat: 3 g
Cholesterol: 37 mg
Dietary fibre: 0.6 g
Sodium: 91 mg

INGREDIENTS:

• Pumpkin, medium 1/8 piece (~160a)

• Egg, large 2 pieces

 Pumpkin seeds, baked

• Sugar 100g

Flour 60gSelf-raising flour 60a

Self-raising flour 60g
 Vegetable oil Small 6

Vegetable oil Small amount (for greasing cake pan)

30g

METHOD

- Peel and dice the pumpkin. Steam and drain the liquid. Mash 2/3 of the pumpkin with a fork.
- 2. Whisk the egg with sugar until a yellowish cream texture formed.
- Sift the flour and self-raising flour together and slowly fold into the egg mixture to form batter.
- Mix the pumpkin cubes and mashed pumpkin into the flour batter slowly, and then add the pumpkin seeds. Mix well and let it stand for 20 minutes.
- Pour the batter into a lightly greased rice cooker, and cook until done. Let the cake cool down and then evenly cut into 10 pieces.

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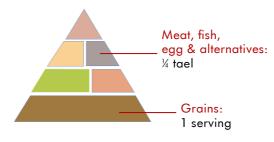
NOTES FOR SPECIAL DIETS

 Diabetic Diet: Exchange 2 servings of carbohydrates for each piece of cake.

NUTRITION / PREPARATION TIPS

- 1. This cake is rich in carbohydrates and vitamins.
- Steaming is also possible by pouring the batter into a lightly greased cake pan and steaming it over high heat for about 25 to 30 minutes.
- Greasing is not needed if a computerised rice cooker is used.
- 4. Cooking time may vary with different models of rice cookers. If a toothpick comes out clean after being inserted into the centre of a cake, this means that the cake is done.

EACH SERVING PROVIDES:





Raisin and Oatmeal Cookie

(Serves 20, 1 piece each)



NUTRIENT ANALYSIS (per serving)

Energy: 82 kcal
Carbohydrate: 13 g
Protein: 2 g
Fat: 3 g
Cholesterol: 9 mg
Dietary fibre: 0.7 g
Sodium: 52 mg

INGREDIENTS:

• Soft margarine 4 Tbsp (~60g) Sugar 5 Tbsp (~65g) • Egg, large 1 piece • Oatmeal (dry) 11/8 cup (~90g) • Flour 1 cup (~125g) • Baking powder 1 tsp Cinnamon powder ¼ tsp Raisins ½ cup (~40g)

OTHERS:

• Aluminium foil ½ tsp a pinch ½ tsp

METHOD

- 1. Whisk the egg with sugar until it turns light yellow. Stir in margarine.
- 2. Mix flour, baking powder and cinnamon powder together. Sieve into the margarine mixture and mix well lightly. Add in oatmeal slowly and knead gently to form a soft dough. Add raisins to the dough.
- 3. Divide the dough into 20 portions, and mould each into a ball and press to form a thin round slice.
- 4. Pre-heat the oven at 180°C.
- Line a baking tray with an aluminium foil and place the dough slices onto the tray. Bake for about 15-20 minutes or until golden.

Chapter 3 Batch Cooking Recipes (Food prep for meals later on)

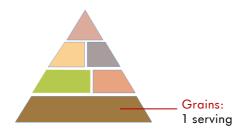
NOTES FOR SPECIAL DIETS

 Diabetic Diet: Exchange 1½ servings of carbohydrates for each piece of cookie.

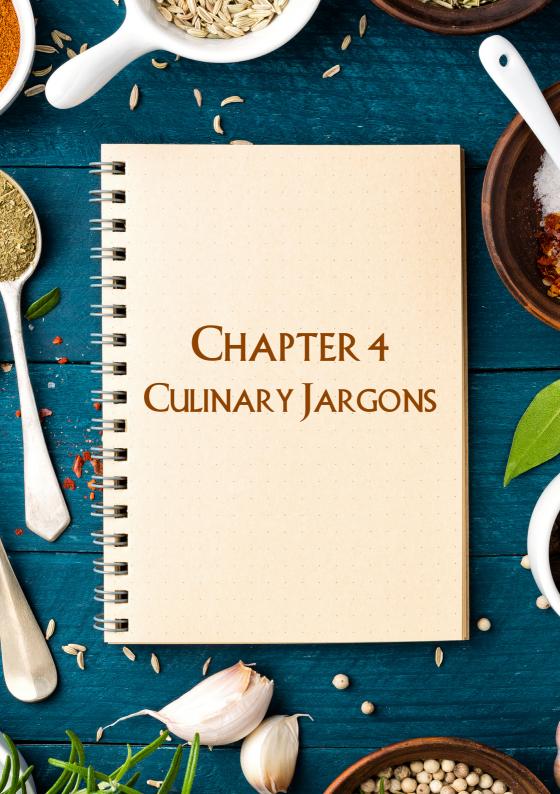
NUTRITION / PREPARATION TIPS

- Oatmeal is rich in soluble fibre which helps regulate blood glucose and cholesterol levels. Whole wheat flour can be substituted for plain flour to increase the dietary fibre content of cookies.
- If an oven is unavailable, cookies can be prepared by pre-heating a non-stick pan over medium heat and then pan-frying each side of the cookies for 5 to 8 minutes until golden. Cookies dry-heated in a pan are chewier.
- 3. More cookies can be made at a time by placing cookie dough pieces on a plate and freezing them until hardened. Then, wrap them in cling film or put them in food containers for storage. Thawing is needed prior to cooking.

EACH SERVING PROVIDES:









Chapter 4: Culinary Jargons



Have you ever been puzzled by the culinary jargons found in cookbooks or in the recipes on newspapers or magazines? The meaning of some commonly used jargons is explained below:

Cooking Term	Explanation	
Blanching	Quickly plunge the food into boiling water and remove after a brief interval.	
	For meat: To remove the bloody water and trim fat.	
	For vegetables: To half-cook those vegetables taking longer time to soften. For example, blanching broccoli in advance can reduce the time for stir-frying.	
Swift deep frying	Quickly plunge the food into boiling oil and remove it after a brief interval to retain the juice and crispness of meat (e.g. shrimps). This method increases the fat content of dishes and is not recommended for frequent use.	
Thickening	Mix cornstarch in a small amount of cold water and add the mixture to the dish at the end of cooking to thicken the sauce.	
Shocking or refreshing	Remove the food from heat and quickly plunge it into cold or iced water to halt the cooking process. This rapidly cools down the food (e.g. pasta, noodles) to avoid over-cooking and keeps it crispy.	

Chapter 4 Culinary Jargons

Cooking Term	Explanation	
Soaking in running water	Defrost frozen food (e.g. sea cucumbers) under running water or let it absorb water and swell up.	
Pouring wine	Add wine to a dish towards the end of cooking to enhance its flavour. Wine could also be used in marinades to remove the undesirably strong smell or stinky flavour of meat or fish, or the unpleasant smell of frozen food.	
Reducing juice	Thicken the sauce or juice and intensify its flavour after evaporation of water upon cooking at low temperature.	
Dry heating in pan	Heat or cook food in a pan without adding any oil or water.	
Frying up	Heat oil in a hot pan and stir in ingredients like ginger or garlic to enhance the flavour.	
Low/Gentle heat	Cook at low temperature.	
High/Strong heat	Cook at high temperature.	
Open fire cooking	Use fuels with visible flames (e.g. liquefied petroleum gas (LPG), town gas) for cooking instead of induction cookers or microwave ovens.	
Stir-frying	The amount of oil used is less than that in pan-frying or deep-frying. Add in food after heating oil in a pan and keep flipping it with a spatula until done. It is commonly used for easily cooked food (e.g. vegetables) and shredded, sliced or diced ingredients.	
Sautéing	Quickly stir-fry at high temperature.	
Steaming**	Put a steaming rack into a pot of water where the water level just covers the rack. Place a dish (usually a stainless steel dish for better heat conduction) onto the rack when the water boils, and cover the pot with a lid until the food is cooked. The steaming rack can also be placed in a rice cooker to make use of the hot steam from cooking rice to cook the dish.	



Cooking Term	Explanation
Pan-frying	The amount of oil used is less than that in deep-frying. Heat oil in a pan and cook food on one side first. Then turn over the food to cook the other side.
Double steaming or double boiling**	Place food in a covered ceramic jar filled with water. Then put the jar into a pot of boiling water where the water level should not be too high (usually half the height of the jar) in order to avoid overflow of water into the jar. Add water into the pot when necessary to avoid drying up, but there is no need to add extra water to the jar. The cooking temperature and time vary between different types of food.
Braising or stewing	Sear or brown food at a high temperature and then cook it in a covered pot at a lower temperature with water added. This method is commonly used for food taking longer time to get softened or flavoured (e.g. shitake mushrooms, lotus roots, thicker or tougher cuts of meat).
Boiling or simmering**	Cook the food in a pot of boiling water. When cooking vegetables, the water added should be just enough to cover their surface to reduce the loss of water-soluble vitamins (e.g. vitamin C).
Deep-frying	Submerge and cook food in hot fat/oil at a high temperature. This is an extremely high-fat cooking method as the food will absorb a large amount of oil. The food is usually coated with batter such as beaten eggs, flour or bread crumbs before deep-frying to give a crispy or crunchy shell to fried food. Keep the food dry to avoid oil splashing during deep-frying.
Twice cooking	Briefly cook an ingredient and set aside. Then cook the others and return the briefly cooked ingredient to the pan where all ingredients are cooked together.

^{**} Low-fat cooking methods



Chapter 4 Culinary Jargons







Chapter 5: Appendices

1. Healthy Eating - Portion Size Reference

Food Groups	Recommended Daily Intakes*	Food Exchanges
Grains	3-5 bowls	1 level bowl of cooked rice = 5 full tablespoons of cooked rice = 1 level bowl of rice noodles (exclude soup) = 1 full bowl of noodles (exclude soup)
Vegetables	At least 3 servings	1 serving of vegetables# = 1 bowl of raw leafy vegetables = 1/2 bowl of cooked vegetables, sprouts gourds or mushrooms (such as Chinese flowering cabbage, spinach, bok choy, bear sprouts and eggplants) = 1/2 bowl of cooked beans (such as snow peas)
Fruits	At least 2 servings	1 serving of fruit# = 1/2 piece of banana = 1/2 piece of orange (large) = 1/2 bowl of cut-up fruits (such as dragonfrui and cantaloupe) = 1/2 bowl of other fruits (such as grapes and cherries)
Meat, fish, egg and alternatives	5-6 taels	1 tael (approximately 40g) = 1 egg = 1 piece of tofu (~90g) = 4 tablespoons of cooked soybeans
Milk and alternatives	1-2 cups	1 cup = 1 cup of milk = 1 cup of calcium-fortified soy milk

^{*} This is the reference for a healthy elderly. Readers may refer to the website: https://www.elderly.gov.hk/tc_chi/healthy_ageing/healthy_diet/healthyeating.html for more details.

[#] Details on portions of fruits and vegetables can be found in the website: https://www.chp.gov.hk/tc/resources/e_health_topics/12579.html



Dietary interventions are important for people with Diabetes Mellitus (DM) for glycemic control and the prevention or delay of the onset of complications. Some people may have mistaken dietary management as dieting. Instead, the diet for people with DM is based on a balanced diet, which if coupled with proper modifications, can be full of variety in food selections.

Key to Healthy Eating for Individuals with DM

1. Eat regular meals and consistent portions

Eating regular meals and consistent portions at each meal can help people with DM to maintain their blood glucose at more desirable levels. Excessive food intake should be avoided as they can lead to hyperglycemia (high blood glucose). On the other hand, eating too little can lead to hypoglycemia (low blood glucose) and cause harmful effects on health.

2. Follow a balanced and diversified diet

Eating a balanced diet means selecting a variety of foods from different food groups, namely grains, vegetables, fruits, meat, fish, egg and alternatives, and milk and its alternatives every day in appropriate portions, and reducing the intake of fat, sugar and sodium (salt), as recommended by the Healthy Eating Food Pyramid.



3. Eat more fibre-rich foods

People with DM should select more fibre-rich foods according to the principle of healthy eating. There are two types of dietary fibre: soluble and insoluble fibre. Foods which are rich in soluble fibre include oatmeal, fruits and dried beans; foods rich in insoluble fibre include whole wheat bread, vegetables and fruits.

4. Use healthy cooking methods

- •Use low-fat cooking methods including blanching, steaming, stewing, baking and quick stir-frying with a little oil. Avoid using high-fat cooking methods, such as pan-frying, deep-frying and stir-frying with plenty of oil. Use vegetable oil, such as peanut oil and canola oil. Avoid using animal fat, such as lard and butter.
- •Remove the fat and skin of meat and poultry prior to cooking to reduce the intake of fat
- •Use more natural seasonings, such as ginger, spring onions, garlic, pepper powder and preserved tangerine peel. Limit the use of high-sugar seasonings, such as seafood sauce and ketchup.
- Avoid using a lot of cornstarch, which are high in carbohydrates, in preparing sauce or gravy.

5. Adopt an appropriate meal plan

People with DM should not follow others' meal plans as different people have different nutritional needs. They should consult their doctor or dietitian concerning their own meal plan. Obese people with DM should follow the advice of healthcare professionals on portion control and physical activities for weight management.



All kinds of carbohydrates, including starch, fructose and lactose, can affect blood glucose levels and should be evenly distributed in meals and snacks for blood glucose control. The common meal planning approaches are as follows:

1. Carbohydrate Exchange Method

People with DM can incorporate different kinds of carbohydrate-rich foods into their meal plan using the "Carbohydrate Exchange Method", combined with the advice from healthcare professionals on portion control. This means that they need to consider their overall intake of carbohydrates (including rice and noodles) in meal planning. For example, the carbohydrate content in 2 chestnuts equals that in 1 Tbsp of rice. For every 2 chestnuts eaten, carbohydrate-containing foods in the same meal need to be exchanged, which means 1 less Tbsp of rice should be eaten. People with DM should learn to make carbohydrate exchanges in meal planning. The following examples show how different foods of similar carbohydrate content can be exchanged:

Example 1

If 10 grams of carbohydrates is assigned as a snack portion, choose 1 serving from the following items which contains 10 grams of carbohydrates each:

- = 1 slice of small white bread (without bread crust)
- = 4 square soda crackers
- = 1 small fruit (e.g. 1 small orange or kiwi fruit)



Example 2

If 50 grams of carbohydrates is assigned as a meal portion, choose 1 serving from the following items which contains 50 grams of carbohydrates each:

- = 1 level bowl of rice* (about 5 heaped Tbsp)
- = 1 level bowl of cooked rice noodles (soup excluded)
- = 2 ½ slices of large white bread (without bread crust)
- * 1 bowl=300 ml

The following foods are high in carbohydates and may require the use of carbohydrate exchanges to prevent excessive intakes:

• Carbohydrate-rich vegetables/dried beans

- Root vegetables (e.g. potato, sweet potato, taro) and dried beans (e.g. green beans, blacked-eyed peas, black beans) are rich in carbohydrates. It is important not to lose sight of their carbohydrate value in keeping the intake of carbohydrates consistent.

Fruits

- Some people with DM avoid eating fruits as they worry that the fructose in fruits can affect their blood glucose levels. In fact, fruits are rich in vitamins, minerals, anti-oxidants and dietary fibre, which are essential for a balanced diet.
- People with DM can enjoy 2 fruit exchanges of their own choice daily. One fruit exchange equals a small orange or a kiwi fruit.

Desserts

- Using the "Carbohydrate Exchange Methods" and artificial sweeteners when preparing desserts can help satisfy the sweet tooth of people with DM.

Chapter 5 Appendices

- The "Carbodydrate Exchange Methods" can also be used when eating desserts that contain starchy ingredients (e.g. sweet potato, taro, black glutinous rice, red beans) to avoid upsetting blood glucose levels.

Carbohydrate Exchange Method

It is important for people with DM to maintain a stable blood glucose level, which can be directly affected by the carbohydrate content in food, such as starch, fructose and lactose. Therefore, carbohydrate-rich foods should be properly incorporated into daily meals and snacks. People with DM can make good use of the "Carbohydrate Exchange Method" to diversify and modify their diet according to their lifestyle and social life while maintaining blood glucose at desirable levels. The following table shows examples of one carbohydrate exchange in different foods:



1 carbohydrate exchange = 1 heaped Tbsp of cooked rice

Food Groups	One Carbohydrate Exchange		
Grains	 1 heaped Tbsp of cooked rice 1 slice of small white bread (crust trimmed) 1/2 slice of large white bread (crust trimmed) 1/3 plain roll 2 Tbsp of dried oatmeal 4 square of soda crackers 2 crackers 3 small tea biscuits 		
Root vegetables / starchy vegetables / nuts	 1 potato, taro, sweet potato (size of an egg) 2 carrots, lotus roots (size of 2 eggs) 1/3 corn cob 3 level Tbsp of corn kernels 2 chestnuts 		
Dried beans and bean product	 4 heaped Tbsp of red beans/black-eyed peas/black beans (cooked) 1/3 bowl of soaked vermicelli (mung bean threads) 		
Fruits	 1 small orange 1 kiwi fruit 1/2 medium apple/pear 1/2 small star fruit (carambola) 2 slices of pomelo 1/2 banana 1 finger banana 1/3 medium mango 1/2 piece of durian (size of an egg) 10 small grapes 1/2 pound watermelon (with skin on) 		

2. Carbohydrate Counting Method

The "Carbohydrate Counting Method" is another way of incorporating different kinds of carbohydrate-rich foods into the meal plan. To use this system, people with DM need to be familiar with the carbohydrate content of foods. The total carbohydrate allotment for the day must also be known. It is important not to lose sight of the overall nutritional quality of food when counting the carbohydrates in foods, otherwise the diet may end up being high in fat or sodium (salt).

No matter whether the "Carbohydrate Exchange Method" or the "Carbohydrate Counting Method" is applied, people with DM should follow a healthy diet which is low in fat, sugar and sodium (salt), and high in dietary fibre. The advice of dietitians or other healthcare professionals can be sought on further details.



3. Heart Healthy Diet

Having a healthy lifestyle, which involves eating a healthy diet, can help maintain the health of the heart. A healthy eating habit includes following a balanced diet and reducing the intake of foods that can affect the health of the heart.

A Balanced Diet

A balanced diet means eating grains, vegetables, fruits, meat, fish, egg and alteratives, and milk and its alternatives in appropriate portions as recommended by the Healthy Eating Food Pyramid. Eat more fruits, vegetables and whole grains. Choose lean meat, skinless poultry, fish, dried beans and skimmed or low-fat milk from the meat and milk food groups.

1. Eat more vegetables and fruits

Vegetables and fruits are rich in vitamins, minerals, antioxidants and fibre. Select a variety of vegetables (e.g. Chinese flowering cabbages, carrots, eggplants) and fruits (e.g. oranges, kiwi fruits, bananas).

2. Choose more high fibre foods

Eating a diet that is rich in soluble fibre may help to reduce the low-density lipoprotein cholesterol (commonly known as "bad cholesterol") and reduce the risk of heart diseases. Good sources of soluble fibre include fruits, vegetables, whole grains (e.g. oatmeal) and dried beans (e.g. soybeans, red beans). Fruit juice is low in dietary fibre and should not be regarded as a major source of fibre.



Choose lean meats, poultry with skin and fat removed and bean products that have not been deep-fried. As for fish, select fish that is rich in omega-3 fatty acids (e.g. salmon, tuna, sardines). Avoid using high-fat cooking methods (e.g. pan-frying, deep-frying) and high-fat sauce (e.g. cream sauce, mayonnaise) to prepare fish.

4. Use low-fat cooking methods

- Use more low-fat cooking methods (e.g. steaming, stewing, blanching, baking). Quick pan-frying or stir-frying in just a little oil or using a non-stick pan can reduce the amount of oil used.
- Use vegetable oil (e.g. peanut oil, canola oil) for cooking. Avoid using oil that is high in saturated fat (e.g. lard, butter, coconut oil). Use a measuring spoon to reduce the amount of oil used.

Reducing the Intake of Foods that Can Affect the Heart

Foods that are high in saturated fats, trans fats, cholesterol or sodium (salt) can affect the health of the heart. Eating too much of them will increase the risk of cardiovascular disease.

1. Avoid foods that are high in saturated fats

Saturated fat is mainly found in foods from animals, (e.g. chicken skin, Chinese sausages, belly meat, chicken feet). Besides butter, some vegetable oils (e.g. coconut oil) is high in saturated fat and should be avoided.



2. Avoid foods that contain trans fats

Most trans fats are formed when liquid plant oils are turned into solid fats during a process called hydrogenation. Many processed foods contain trans fats, such as French fries, potato chips, doughnuts, pastries, croissants, cakes, cream-filled biscuits and cookies. In order to limit the intake of trans fats, read the nutrition labels on prepackaged foods (e.g. bread, biscuits) and choose the products lower in total fats and trans fats.

3. Consume high-cholesterol foods as little as possible

Avoid foods that are high in both cholesterol and saturated fats, such as

- Pork neck meat and bacon; and
- Some offal (e.g. pig's intestine and ox tongue)

Under normal circumstances, foods high in cholesterol but low in saturated fats, such as egg, squid and prawn flesh, should be counted under the "Meat, fish, egg and alternatives" category of a balanced diet and consumed in moderation. People with cardiovascular diseases or those with high risk of developing cardiovascular diseases are recommended to limit the intake of dietary cholesterol.

4. Limit foods that are high in sodium

Eating a lot of foods that are high in sodium increases the risk of having high blood pressure. Consume more fresh foods instead of preserved or processed foods (e.g. mustard tubers, fermented black soybeans, sausages, luncheon meat). Natural seasonings (e.g.

ginger, spring onions, garlic, pepper) can also be used to reduce the intake of salt.

5. Limit foods and drinks that are high in sugar

Sugar yields calories. Excessive intake of sugary foods and beverages coupled with insufficient physical activity can lead to obesity and increase the risk of coronary heart disease. Reducing the intake of foods and beverages with added sugar (e.g. cakes, packaged drinks, soft drinks) can help maintain a healthy body weight.

Low-fat and Low-cholesterol Diet - Food Choices

Grains, vegetables and fruits are lower in fat and free of cholesterol. However, if they are cooked or processed with plenty of oil, they become high-fat foods and should be limited. Meat and dairy products, which contain fat and saturated fats, should be eaten in moderation. Excessive intake of nuts, though cholesterol-free, should be avoided because of their high fat content.



Food Groups	Avoid Eating	Eat Moderate Amount
Grains	 instant noodles, oil noodles, e-fu noodles, fried rice, fried noodles pineapple buns, cakes 	white rice, red rice, rice vermicelli, macaroni, oatmeal plain rolls, tea biscuits, wheat crackers, crackers
Vegetables and fruits	vegetables cooked with a lot of oil fried starchy vegetables, such as French fries and fried sweet potato coconut and its products, such as coconut cream and coconut milk	melons/gourds, leafy vegetables and starchy vegetables, such as potato, taro and sweet potato, which are cooked with little oil fresh fruits
Milk & alternatives	whole milk, whole evaporated milk, condensed milk, chocolate drinks ice-cream, whole-fat cheese	skimmed milk or low-fat milk low-fat cheese calcium-fortified soy milk
Meat, fish, egg & alternatives	 roasted meat, barbecued pork, chicken wings, chicken feet luncheon meat, sausages, preserved Chinese sausages, offal fish heads, squids, cuttlefish, roe, shrimp paste salted eggs, lime-preserved eggs 	 various kinds of lean meat poultry with skin and fat trimmed off fish, shrimps chicken eggs
Dried beans, nuts	fried bean products, such as bean curd puff, fried tofu (bean curd) and fried bean curd sticks deep-fried peanuts, deep-fried walnuts	 red beans, black-eyed peas, soybeans and its products, such as tofu (bean curd) and dried tofu unsalted baked peanuts and walnuts with no added oil
Fats	lard, chicken fat, coconut oil, salad dressing, margarine stick, etc.	canola oil, peanut oil, corn oil, olive oil, soft margarine, etc.
Soups/drinks	• fatty bone soup, chicken feet soup, fish head soup, chicken with coconut soup	• tea, clear soup with fat skimmed off



People with hypertension are advised to reduce the intake of sodium, a mineral in salt, which affects blood pressure. All fresh foods, including grains, vegetables, fruits, meats and milk, contain sodium of varying amounts. As for preserved foods (e.g. mustard greens, salted fish, canned meat) and seasonings (e.g. soy sauce, oyster sauce, fermented soybean paste), their sodium content can be dozens of times higher than that in fresh foods. Therefore, people with hypertension should opt for fresh foods as far as possible.

Dietary Principles

- Avoid excessive use of seasonings, such as soy sauce, oyster sauce and fermented soybean paste.
- Choose fresh foods over preserved or processed foods.
- Avoid high-fat foods.
- Eat more potassium-rich foods, such as vegetables and fruits.
- Eat more high-calcium foods, such as low-fat / skimmed milk and calcium-fortified soymilk.

Use of seasonings in cooking often increases the salt content in foods. The following cooking tips enable people with hypertension to flexibly use various natural seasonings and cooking methods for preparing a great variety of appetizing foods.

Cooking Tips

Despite the irreplaceable savoury taste, people with hypertension can adjust their taste preferences little by little to cut down on sodium intake. Having a light diet can be a good start.



- Select more fresh foods and non-preserved or non-processed foods.
- Use shitake mushrooms, parsley, onions and garlic to enhance the flavour and smell of foods.
- Widely use natural spices and seasonings with suggestions as follows:

Seasoning: Use more ginger, spring onion, shallots, garlic and

chilies as flavour enhancers.

Marinade: Use more ginger juice, garlic, lemon juice, pepper

powder, five-spice powder and wine to bring out the

natural taste of foods.

Spices: Cook with Sichuan pepper, aniseed, dried tangerine

peel and curry powder.

- Use a measuring spoon to control the amount of seasonings used.
- Avoid putting extra seasonings (e.g. salt, soy sauce or other dressings) on the dining table.

Food Selections

Food Groups	Avoid Eating	Eat Moderate Amount
Grains	instant noodles, shrimp roe noodles, saltines, salty meat pies	rice, rice vermicelli, macaroni, oatmeal. white bread, wheat bread
Vegetables	preserved vegetables: pickled mustard-greens and roots, pickled cabbages, sweet and sour pickled vegetables.	• fresh vegetables
Fruits	 preserved dried fruits: salted plums, preserved tangerine peel, preserved plums 	fresh fruits, fresh fruit juices unpreserved dried fruits, like dried raisins, dried prunes, etc.
Milk & alternatives	• large amount of milk, cheese	low-fat milk or skimmed milk calcium-fortified low-sugar soy milk
Meat, fish, egg & alternatives	processed meat: sausages, ham, preserved pork, Chinese preserved sausages, marinated meat, canned meat poultry: salt-baked chicken, marinated poultry siu-mei: barbecued pork, roasted goose. eggs: lime-preserved eggs, salted eggs. seafood: salted fish, canned fish in brine salted, deep-fried nuts	fresh or frozen meat fresh or frozen poultry, seafood and eggs tofu baked/roasted nuts with no salt and oil added
Soups/drinks	Beef bouillon, canned soup, instant soup canned vegetable juice, tomato juice	fresh vegetables soup or meat soup with a little added salt tea
Seasoning	soy sauce, oyster sauce, ketchup, monosodium glutamate (MSG), fermented bean curd, fermented red bean curd, fish sauce, shrimp paste, marinades, fermented black beans, fermented soybean paste	• ginger, spring onion, garlic, parsley, cayenne, aniseed, black pepper, white pepper, curry powder, five-spice powder, vinegar



5. Diet for People with Gout

Gout is caused by the disorder of purine metabolism, leading to an excessive deposition of uric acid in the joint area, resulting in inflammation, swelling and pain. Depending on the patient's condition, doctors may prescribe medication to lower the blood uric acid level. At the same time, patients should also avoid foods that are high in purine content. When the condition is under control, patients with gout still need to control their diet by limiting the intake of foods that may trigger gouty arthritis attack.

The dietary principles and cooking tips for preventing the recurrence of gout are outlined below. Readers can learn how to choose ingredients and build their cooking skills for a diversified diet.

Dietary principles for preventing the recurrence of gout

- Maintain an optimal body weight.
- Select foods from different food groups in appropriate portions, as recommended by the Healthy Eating Food Pyramid.
- Eat regular meals and consistent portions. Do not skip meals or overeat
- Avoid purine-rich foods, such as offal (including liver, intestines and gizzards), sardines, eels, dried fish and dried scallops.
- Opt for lean meats over high-fat canned meats, meat gravy and concentrated meat stock. Select proper portion sizes of meats and seafood, as recommended by the Healthy Eating Food Pyramid (5 to 6 taels daily).
- Soybeans and their products (e.g. bean curd, dried bean curd), and some vegetables (e.g. spinach, asparagus, cauliflowers, green

peas, shitake mushrooms) are high in purine. However, researches suggest that the purine in vegetables is different from that in meats. People with gout can incorporate these beans and vegetables into their diet according to their own conditions.

- Choose low-fat/skimmed milk over high-fat products (e.g. full-fat evaporated milk, non-dairy creamer).
- Drink at least 9 cups of fluid per day, such as water and tea.
- Avoid sugary beverages (e.g. carbonated drinks, juice).
- Avoid alcoholic drinks.

Cooking Tips

- Use low-fat cooking methods, including steaming, stewing, blanching, double-steaming and baking/roasting. Quick pan-frying or stir-frying in just a little oil or using a non-stick pan can reduce the amount of oil used.
- Remove the fat and skin of meat and poultry prior to cooking.
- Use a measuring spoon to control the amount of oil used.



6. Food Measurements

Volume/Capacity

1 teaspoon (tsp) = $\frac{1}{3}$ tablespoon (Tbsp) = 5 milliliters (ml)

3 teaspoons (tsp) = 1 tablespoon (Tbsp) = 15 milliliters (ml)

2 tablespoons (Tbsp) = 1/8 cup = 30 milliliters (ml)

16 tablespoons (Tbsp) = 1 cup = 240 milliliters (ml)

1 medium-sized bowl = 250 - 300 milliliters (ml)

Weight

1 tael = \sim 40 grams (g)

1 ounce (oz) = \sim 30 grams (g)

1 pound (lb) = 16 ounces (oz)

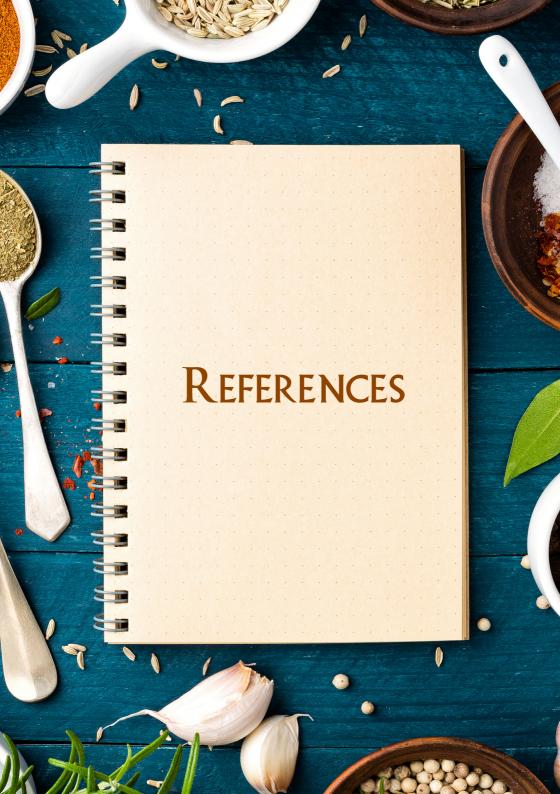
1 catty = 16 taels

1 kilogram (kg) = 2.2 pounds (lb)



Chapter 5 Appendices







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Families - Serving 1-2

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