

Recipes by Ms. Charmaine CHEUNG

Vegetable Soup

雜菜湯

Turn home vegetable leftovers into a tasty soup.

善用剩餘蔬菜製作美味雜菜湯。

Ingredients:

- Leftover pumpkin skin
- Leftover carrot skin
- Leftover onion skin
- Leftover pumpkin seeds
- Ginger and leeks (1 slice per bowl)
- Milk (1 cup)
- Cream (1 tablespoon)
- Sprouts of any kinds of green
- Corn
- Cheese (a small piece per bowl)
- Leftover salad

材料：

- 剩餘南瓜皮
- 剩餘紅蘿蔔皮
- 剩餘洋蔥皮
- 剩餘南瓜核
- 薑和大蔥（每碗湯 1 片）
- 奶（1 杯）
- 奶油（1 湯匙）
- 芽菜（任何種類皆可）
- 粟米粒
- 芝士（每碗湯 1 小塊）
- 剩餘沙律菜



Method:

1. Boil pumpkin skin with water and salt, and separate pumpkin skin to use later.
2. Add carrot and onion skin. Boil with medium heat to use later.
3. Fry pumpkin seeds, sliced ginger and leeks.

做法：

1. 將南瓜皮用水及少量鹽煮軟，然後隔開南瓜皮備用。
2. 放入紅蘿蔔皮及洋蔥皮，用中火煮滾，備用。
3. 將南瓜核、薑絲和乾蔥頭爆香。
4. 加入海鹽調味。
5. 加入南瓜皮、紅蘿蔔皮及洋蔥皮

4. Season with sea salt.
 5. Add pumpkin seed, carrot and onion skin soup and milk, and blend.
 6. After blending, boil with cream, sprouts and corn.
 7. Add cheese.
 8. Garnish with salad or any leftover herbs.
6. 攪拌後放入鍋，再加入奶油、芽菜和粟米加熱。
 7. 加入芝士。
 8. 以沙律菜或其他剩餘香草裝飾伴碟。



Food wise tips:

- Leftover lemon and jackfruit seeds can be used as utensil holder
- Almond milk or soy bean milk can also be used

咪嗰嘢貼士：

- 剩餘檸檬或大樹菠蘿果核可用作餐具座
- 奶亦可以用杏仁奶或甘荳奶代替

Spicy Korean Meat Stew

Using leftover meat for Korean Spicy Stew.

Soup leftovers match with Korean cuisine best as Korean food has quite intense flavors.

Ingredients:

- Leftover onions, carrots (or any other leftover vegetable)
- Rice wine 150 ml
- 2 tbsp Korean red chili paste
- 1 tbsp Korean bean sauce
- 1 tbsp soya sauce
- 1/2 tbsp sugar
- Flour
- 1kg leftover meat
- 750ml water
- Leftover Cabbage

韓式辣煮肉

用剩餘的肉製作韓式辣鍋。
因為韓國食物較濃味，湯渣最適合用以配搭韓國料理。

材料：

- 剩餘洋蔥、紅蘿蔔（或任何其他剩餘蔬菜）
- 米酒 150 ml
- 韓式辣椒醬 2 湯匙
- 韓式麵豉醬 1 湯匙
- 豉油 1 湯匙
- 糖 1/2 湯匙
- 麵粉
- 剩餘肉 1 公斤
- 水 750 毫升
- 剩餘椰菜



Method:

1. Sauté onions and carrots.
2. Sauce: add rice wine, Korean red chili paste, bean sauce, soy sauce and sugar. Mix well.
3. Add flour, sauce and water to onions and carrots.
4. Add leftover meat and boil.
5. Add cabbage. Serve hot

做法：

1. 炒香洋蔥和紅蘿蔔。
2. 調醬汁：加入米酒、韓式辣椒醬、麵豉醬、豉油和糖，攪拌。
3. 加入麵粉、醬汁和水至洋蔥和紅蘿蔔。
4. 加入肉煮滾。
5. 加入椰菜，即成。

