



Savoring life's moments, one recipe at a time

細味人生,一起成長

當人們聽到「永達農場」四個字,會想到什麼?你說對了,就是「雞」,通常聯想到的是「雞」。在過去二十五年中,永達每日致力於打造一個值得信賴的家禽品牌。顧客們購買永達家禽產品回家後,保證他們安心地準備營養又健康的一餐,讓他們的家庭享用。正如「深入民心」這句話,我們所建立的品牌已經讓很多家庭廣為認識及認同。

在過去二十五年中,永達家庭四代同堂也享受着永達的優質家禽產品。從小時候開始,永達家庭會使用走地雞蛋和走地雞肉來為小寶貝們準備健康的營養粥仔。小朋友長大後仍然喜歡食走地雞、飲各款永達產品烹調的靚湯。永達希望年輕一代會開始注意到和領會到為何祖母或婆婆輩和媽媽們仍堅持使用永達產品來烹調老火湯和蒸雞等菜式。

作為消費者,我們都有自己的偏好和獲得多樣化的選擇。永達想藉此喜氣洋洋慶祝25週年紀念的機會,感謝每一戶選用永達產品的家庭,謝謝閣下讓永達成為你們溫馨家庭晚膳和特別喜慶的一部分。當媽媽們指定永達產品作為她們女兒生育後的坐月食材來幫助調理身體,我們對此感到非常自豪和榮幸。更令人津津樂道的是,我們一些忠實的顧客們在返回香港後仍念念不忘我們永達農場的產品。現時人們不僅能在加拿大享受永達產品,亦同時在美國和香港購買得到。

除了感謝我們的顧客外,我們不可以不提及過去和現在與永達一起努力過的管理人員、工作人員、永達的長期客戶(餐館、超市、肉食公司)及眾多行業的合作夥伴們,幫助永達成為一間備受讚譽的公司和特選家禽品牌。從飼養、加工處理到包裝、行銷、配送至市場,每一步驟都需要不同流程和許多人士的努力,以確保每隻家禽產品都能滿足我們顧客的要求。如今回想起,建立公司剛開始時只有8人來營運,這聽起來真的很困難,但更困難的是要如何在不斷變化的市場中生存,在過程中面對挑戰並繼續保持業務蓬勃發展。 就像許多家庭一樣,永達農場也經歷了起起落落,嘗盡了人生中的酸甜苦辣。

有時可能不僅只是產品的品質、產品的味道和雞肉的口感,而更重要是永達多年來在消費者心目中建立起的感情和信賴。

我們很高興能和大家分享我們慶祝25週年的喜悅,並期待能繼續與你們細味人生,一起成長。

When people hear of the words, "Wing" "Tat", what comes to mind right away? You are correct, one usually thinks of "chicken". Over the past twenty five years, Wingtat has devoted our efforts to building a trustworthy poultry brand. With the assurance of product quality and taste, worry-free consumers bring our products home to prepare nutritious meals for their families to enjoy. Like the Chinese saying, "deeply rooted into the people's heart", our brand is one that many households know of and approve.

We are proud to share that four generations of the Wingtat Family are enjoying our very own fine quality poultry. Our children and now their own children eat the healthy dishes and drink the nourishing soups prepared with Wingtat products. It is our Company's hope that the younger generation would start observing and learning why Grandmas and Moms insist on using Wingtat's Free Run Chicken to make their double-boiled soup and classic dishes such as steamed chicken.

As consumers ourselves, we have preferences and are provided with many choices to select from. As we celebrate our 25th anniversary milestone, Wingtat would like to take this opportunity to thank every family who has chosen Wingtat as your brand of poultry. Thank you for allowing Wingtat to be a part of your family's daily meals and special celebrations around the table. We are greatly honored to be your family's preferred brand. We take great pride when mothers specifically request Wingtat poultry for their daughter's postnatal meals to help restore balance after childbirth. It is also rewarding when loyal consumers who have returned to Hong Kong share that they miss eating our Wingtat products. Fortunately, most of our Wingtat products are now available for purchase throughout Canada, United States and Hong Kong.

In addition to thanking the consumers for their support, our gratitude is not complete without the notable mention of Wingtat's past and present management and staff, our loyal customers and countless industry partners whom have helped Wingtat become a well-established company reputable for specialty poultry. From breeding to processing to packaging and finally distribution to the market, each step requires a collaboration of procedures and dedicated efforts of many people to ensure that each product meets our consumers' expectations. Thinking back, it is difficult to believe that Wingtat initially started and operated with as little as eight individuals. However, in comparison, what is even more difficult is to maintain and develop the business while thriving through the challenges of the changing marketplace. It is through experiencing both the sweet and the bitter times that Wingtat is fit to learn, adapt and grow.

In closing, Wingtat understands that it is not only our products' fine quality that keeps our consumers happy, but it can simply be the credibility and the genuine bond that Wingtat has established with our consumers since 1989. We are delighted to share the accomplishments and joy arising from twenty five years in business. Wingtat hopes to continue to savor life and learn together with everyone.



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恭賀永達農場25周年銀禧誌慶 細味真情 盡善盡美



Congratulations on your 25th Anniversary!



Congratulations for completing 25 years of success in business. You have achieved tremendous growth and have built eminent goodwill in the community. We wish you continued success and prosperity.

PAUL LEUNG



加拿大防癌協會 亞裔籌備委員會 恭賀永達農場 周年誌慶 鴻運昌隆 感謝永達農場 熱心公益 造福社會

## 烹飪導師 趙靜蘊

永遠可靠的服務承諾達標超優的品質保證



CIBC Congratulates WINGTAT on the occasion of your 25th Anniversary. Thank you for allowing us to be apart of your success.



永達服務多元化 傲視同羣溫哥華 25週年誌慶



祝賀永達農場 生意蒸蒸日上



25 years and counting! Thank you for contributing to the community over the years with your business leadership and philanthropic support. May you continue to grow and prosper for the next 100 years.



Congratulations on your 25th Anniversary



Congratulations for 25 years of business from all our staff to yours. We wish you the best in 2015!



Our sincere congratulations to Wingtat Game Bird Packers on the 25th anniversary of providing fine poultry and game products. Your commitment to quality is what sets you apart and has made this company a true success. Your commitment to generosity also sets you apart as you give back to the community out of that success. The staff and volunteers of International China Concern (ICC) are so grateful to have benefited from your generosity and to have created a partnership as strong as the one we have with you. We are so thankful for the opportunity we have had to work together over the past few years, and for the promise of many more great years to come. Rich blessings from ICC to everyone at Wingtat.



### IG MicroMed Environmental Inc.

190 - 12860 Clarke Place, Richmond, B.C. V6V 2H1 Tel: (604) 279-0666 Fax: (604) 279-0663

Congratulations on your 25th Anniversary and continued business success for the next 25 years and beyond.



On behalf of Media One Inc., we extend our heartiest congratulation to your company's 25th Anniversary.

You have achieved tremendous growth and have built eminent goodwill in the Chinese Community. You have always tried to provide the best products and services to customers. Your service is always marvelous and appreciated.

It has been our pleasure working with Wingtat Game Bird Packers in the past and in the future!

Congratulations from all of us for your wonderful journey of 25 years of success.

**CELIA MUK** 



賀永達農場25周年銀禧誌慶 優質保證 口碑載道



Congratulations on 25 Years of Outstanding Business!

## Congratulatory Messages



永遠前進常領先 銀星燦爛輝煌現 達至高峰仍改善 農業多元畜禽鳥

場廣整潔飼料鮮

禧年好景利潤添 誌銘員工齊共勉

慶賀宏業邁向前

譚壯凌夫婦



Congratulations to all the staff of Wingtat Game Bird Packers, on 25 years of growth and success in the Vancouver marketplace. It has been a privilege for Unisource to be a part of that success, and an honour to be a partner with your growth. We wish you many more prosperous years to come!



### UNITED LABEL COMPANY LTD.

Congratulations on 25 years of success! Cheers to many more years!



Unitrend Plastics congratulates WINGTAT on their 25th Anniversary of operation. We are pleased and honored to supply Wingtat with their printed poly packaging and contribute to their ongoing success.



Vancouver Cambie Lions Club

恭賀永達農場25週年慶 生意興隆 福澤社群



West Coast Reduction Ltd.

Congratulations on your 25th anniversary! From your friends at West Coast Reduction.



To our friends at WINGTAT,

Congratulations on 25 years! Wishing you more years of Success!

# 隐韵禮品贊即裔 Gift Sponsor Acknowledgement

特別鳴謝以下贊助商對永達2015年2月27日晚的25週年慶典晚宴中幸運大抽獎禮品的大力支持。

Wingtat would like to acknowledge the following sponsors for their gifts towards Wingtat's 25th Anniversary Celebration Dinner's Lucky Draw on the evening of Feb 27th, 2015. Thank you!











































百家店(香港仔)燒臘肉食公司 PARKER PLACE (ABERDEEN) MEAT & BBQ LTD.











# 福氣滿滿

Treasure of Blessings

25 周年銀禧誌慶 永達農場



材料 永達鵪鶉1隻,永達加美雞1隻 (3½1b),永達乳鴿1隻,西蘭花 200g(切朶,拖熟),甘笋8-10片, 薑6片,葱3棵,芫茜1棵

**醃料** 生抽2湯匙,老抽1湯匙, 蠔油2½湯匙,紹酒2湯匙,糖1½茶匙

## 做法

- 1. 洗凈加美雞、乳鴿、鵪鶉,拖水,吸乾,加入 醯料,內外塗匀鳥身,醯約30分鐘。
- 2. 熱鍋落油1湯匙,將乳鴿及鵪鶉煎至微黃色。
- 3. 將羌葱塞入乳鴿及鵪鶉腔內。
- 4. 把鵪鶉塞入乳鴿腔內,再把乳鴿塞入雞腔內, 用繩扎合雞腳。
- 5. 用深碟盛雞,蒸38分鐘至熟透,淋上雞汁,拌 以西蘭花、甘笋,食時各適其式。

「福氣滿滿」用料有永達加美雞、永達乳鴿及永達鵪鶉,寓意大、中、小三代同堂,福氣 滿載。祝大家及永達「福氣滿滿」。

# 美用台灣 Wingtat Recipes



鵪鶉是有益的禽類,可以配搭不同的材料煲湯,大家都試過了。原來用牠來做西菜式,可塑性也很高,先開邊取出胸骨,是使牠柔軟容易和其他食材配合,夾著一段爽口的露筍,再用煙肉綑住,慢火煎香,不但色澤鮮明,賣相精緻,配上意大利黑醋蜜糖汁,是開派對的好選擇。

## 鶴鶉烟肉 露筍卷



Pan-fried Quails with Bacon & Asparagus

材料 永達鵪鶉4隻,烟肉8條,露筍4安士,胡椒粒½茶匙 , 上湯½杯

**醯料** 鹽⅔茶匙,白酒2茶匙,檸檬汁1湯匙

調味 義大利黑醋¼杯,蜜糖1湯匙,水2湯匙

### 做法

- 鵪鶉每隻剪開兩邊,取去胸骨,抹乾用醃料醃10分鐘,熱 鑊,鵪鶉皮貼鑊煎至微黃,加入胡椒粒及上湯煮5分鐘,取 出待涼,汁留用。
- 2. 露筍切去底部,去硬皮,切約3吋長,飛水待用。
- 每邊鵪鶉放入一段露筍,用烟肉綑住放入煎鍋煎至烟肉香脆上碟。
- 4. 汁料加鵪鶉汁煮熱,與鵪鶉烟肉卷同上。



## 日式味噌汁 烤走地鴨

view recipe in



Japanese Miso Baked Duck

材料 永達走地鴨1隻,青蔥2條

汁料 糖1湯匙,芝麻醬2湯匙,味噌2湯匙,水3湯匙

#### 做法

- 1. 走地鴨洗淨,抹乾,用醃料醃匀鴨身2小時。
- 預熱焗爐350°F,約10分鐘,將醃好走地鴨放入焗1小時15分鐘。
- 3. 鴨稍涼斬件上碟,洒上青蔥絲。
- 4. 將蘸汁煮滾,與鴨同上。

走地鴨多運動,所以脂肪較少。肉質較厚,可以用不同方法烹調,效果都不錯! 今期採用日式汁烤焗,令鴨皮金黃爽脆。 啖啖肉香。汁料中的味噌,是由黃豆發酵而成,有豐富蛋白質和豆香,不同村落製法有異,所以有紅味噌、白味噌之分,加入芝麻醬調勻, 細緻中更有層次。



糖桂花是用桂花乾燥後蜜餞而成,通常用作甜品添香,例如桂花丸子、糖藕桂花等等,原來用量適當,作烹調走地雞,可以給你無限驚喜!薑片助胃液分泌,清除脹氣,更能促進血液循環,炒香之後,煮皮細肉嫩的走地雞,剩下汁液加入糖桂花煮滾淋下,便成一道清新好菜。

## 薑片桂花 走地雞

view recipe in • English

Braised Free-Run Chicken with Ginger & Sweet Osmanthus

材料 永達走地雞1隻, 薑1安士, 蔥2條, 糖桂花1/3杯

**醯料** 鹽2茶匙,薑汁酒2湯匙

調味 生抽1湯匙,冰糖1小角,水%杯

### 做法

- 1. 走地雞洗淨抹乾開邊,用醃料塗匀放20分鐘。
- 2. 薑去皮,切薄片。蔥去頭切段。
- 3. 熱油炒薑片,放入走地雞煎香雞皮,加蔥段及調味,慢火煮 20分鐘。
- 4. 雞取出稍涼,斬件,剩下汁料加糖桂花滾起,淋在雞件 上便可分享。



## 花香竹絲雞湯



Silkie Chicken Soup with Dried Rose Buds

材料 永達竹絲雞1隻,牛蒡約%磅,乾玫瑰花約10朵, 薑3-4片,清水約12杯

#### 做法

- 1. 竹絲雞開邊飛水去血脂,沖洗乾淨。
- 2. 牛蒡起皮,切大塊,飛水備用,乾玫瑰花沖洗瀝乾,薑拍鬆。
- 3. 煲滾清水,放入竹絲雞,牛蒡,薑片大火煲15鐘,轉中慢火 煲1½小時,放入乾玫瑰花煲15分鐘,便成清香養顏湯水。

永達農場飼養的竹絲雞是純種的,銀白的羽毛,烏黑光澤的肉質,具有很高的食療價值,它的營養份子幼細,容易被人體吸收。牛蒡是近年頗受注重健康人士歡迎的食材,含有寡糖及膳食纖維,幫助腸胃蠕動,有利消化。玫瑰花氣味清新,補氣養血,潤澤皮膚。多吃了油膩食物,這湯水更可解脂去滯哩!



◆ 最早時是在卑詩省楓葉嶺成立,由8人組成的小型

Began as a small processing plant of only 8 people in Maple Ridge, BC.

## 1991



建造及遷移至素里市較大的寫字樓及廠房。 Moved & Established bigger office and processing plant in Surrey, BC.

## 1992

 擁有聯邦生產處理牌照,永達擴展至加拿大東部及 美國等地。

Obtained federal processing license, Wingtat expanded across Canada & into United States.

## 1995



贏得卑詩省新加人企業家大獎「製造(加工)商業 管理傑出表現」的最高榮譽。

Won BC New-Canadian Entrepreneur Award with Highest Honours for "Business Management Excellence in Manufacturing (Processing)".

◆ 成立多倫多銷售辦事處。 Establishment of Toronto Sales Office.

## 1996



- ◆ 推出新產品:永達台灣土雞(走地雞)。 New Product: Wingtat Taiwanese Chicken (Free Run Chicken).
- ◆ 成立卡加利銷售辦事處。 Establishment of Calgary Sales Office.
- ◆ 最令人印象深刻的永達電視廣告:有雞先定有蛋先? TV viewer's most memorable Wingtat TV commercial: So is it chicken or the egg first?

## 1999



◆ 全卑詩省第一間及全加拿大第二間率先符合「重 點準則及重點控制系統」HACCP 標準的生產處理 公司。

Became the first poultry processing company in B.C. and the second in Canada to qualify for the HACCP standard.

## 2000

◆ 慶祝永達11週年紀念。 Wingtat 11th Anniversary Celebration.



◆ 在9月份. 美國重開邊境貿易予家 禽業入口。

In Sept. the U.S. borders re-opened for poultry imports.

◆ 在3月期間, 禽流感影響卑詩省的家禽業。出 □至美國被禁止。而永達一貫實施保證食品安全 的預防措施,令永達繼續保持信心去越過這嚴重影 響家禽業的危機。

In March, avian flu hit the BC poultry industry. Exports to United States were banned. As Wingtat always took preventative measures to ensure food safety, Wingtat remained confident to overcome the crisis that had severely impacted the industry.

## (15)



- ◆ 永達農場一美食篇烹飪節目VCD(第2輯) Wingtat's Cooking Show VCD (Vol.II)
- ▶ 永達農場一美食篇烹飪節目VCD(第1輯) Wingtat's Cooking Show VCD (Vol.I)
- ◆ 獲邀參與由香港貿易發展局主辦的「美食博覽 會」。為兩間參展的加拿大公司之其中一間。 One of two Canadian companies invited to exhibit in Hong Kong Food Expo at HK Trade Centre.



- ◆ 推出永達農場官方網站 www.wingtat.ca。 Launched Wingtat's official website: www.wingtat.ca.
- ◆ 推出新產品一永達走地鴨。 New Product: Wingtat Young Duck (Free Run Duck).
- ◆ 永達贊助農曆展銷嘉年華之「超級無敵獎門人」溫

Title Sponsor for Wingtat's Super Trio Charity Show at Chinese New Year Fair Festival.



永達農場一黃淑儀入廚樂VCD。 Wingtat's Joy of Cooking VCD.

◆ 播映另一輯由譚太(譚鄭瑛玲)主持的永達農場美食 篇烹飪節目。 Wingtat's Cooking Show hosted by Mrs.Bernice Taam.

## 2003

- ◆ 播映另一輯由譚太(譚鄭瑛玲)主持的永達農場美食 Wingtat's Cooking Show hosted by Mrs.Bernice Taam.
- ◆ 播映由黃淑儀主持的永達農場入廚樂烹飪節目。 Wingtat's Joy of Cooking Show hosted by Mrs.Gigi Wong.
- ◆ 提昇素里廠房的生產線。 Upgraded Surrey's production line.

## 2002

- ◆ 在列治文市成立新的永達辦事處。 Established new Wingtat Branch in Richmond.
- 播映由譚太(譚鄭瑛玲)主持的永達農場美食篇烹飪節目。 Wingtat's Cooking Show hosted by Mrs. Bernice Taam.

## 2004



- ◆ 慶祝永達農場成立15週年紀念! Celebration of 15th Anniversary!
- 加入卑詩禽鳥協會。 Joined the BC Specialty Birds Association.

## 2005



- ◆ 贊助加拿大防癌協會主辦的雞年籌款活動。 Supported the Canadian Cancer Society fundraising campaign by sponsoring the Charity Toy Roosters.
- ◆ 永達農場一美食篇烹飪節目VCD(第3輯) Wingtat's Cooking Show VCD (Vol.III)
- 永達第一次舉辦美食大賽。 Wingtat held their first Gourmet Cooking Contest.



- ◆ 推出新產品:永達走地雞蛋。 New Product: Wingtat Organic Eggs.
- 於香港元朗開辦第一間永達農場門市。門市主要 售賣永達 "新鮮" 雞。 Established our first Wingtat Retail Store in Yuen Long, N.T. Hong Kong. The store primarily sells Wingtat "Fresh" Chicken.

## 2006



◆ 永達農場一美食篇烹飪節目VCD(第4輯) Wingtat's Cooking Show VCD (Vol.IV)

- 推出新產品:永達加美雞。 New Product: Wingtat Canada Chicken.
- 實施引進低溫冷凍技術於生產程序。 Implemented cryogenic freezing into production.
- ◆ 拍攝了一系列,共8個由莫綺雯、譚太以及趙太 主持的永達廚房的電視廣告。

Produced a collection of 8 Wingtat's Kitchen television commercials hosted by Miss Virginia Mok, Mrs.Taam & Mrs.Chiu.

## 2009



慶祝永達農場20週年紀念。 Wingtat 20th Anniversary Celebration.

## 2010



◆ 推出了全新設計的永達網站。 Launched newly designed Wingtat Website.

與明報慶祝母親節活動,包括趙太(趙靜蘊) 烹飪示範及有獎遊戲等等。

Celebrated Mother's Day at a joint road show with Ming Pao Newspaper (Mrs. Chiu cooking demonstrations, games & prizes).

## Wingtat Milestones

永達農場繼續與大家「細味人生, 一起成長

## 2015



- ◆ 慶祝永達農場25銀週年紀念。 Wingtat's 25th Silver Anniversary Celebration.
- ◆ 禽流感爆發 10年後. 從2004年起,我們的廠房 和農場均實施了適當的生物安全措施. 永達對相關 的生物安全均提高警惕,將風險降至最低。 Avian Flu Outbreak - 10 years later. Proper biosecurity measures were implemented since the last outbreak in 2004. Wingtat has been vigilant on biosecurity to minimize the risk.
- ◆ 華僑之聲廣播電台與大家進行「永達農場25周年細 味人生,一起成長」有獎遊戲。 Wingtat 25th Anniversary Radio Game Segment on



- ◆ 推出永達農場官方臉書頁面 www.fb.com/wingtat.ca。 Launched Wingtat's Official Facebook Page.
- ◆ 永達農場25週年「濃情心意」大抽獎。 Wingtat 25th Anniversary Lucky Draw.
  - ◆ 永達贊助《溫哥華小煮角》。 Wingtat sponsors (Chef Corner Jr. Vancouver).
- ◆ 永達25週年會員民意調查。 Wingtat Members' Anniversary Survey.

## 2014



- 推出新產品:永達走地龍崗雞。 Wingtat Free-Run Loong Kong Chicken.
- ◆ 永達第一次主辦會員同樂日購物派對。 Wingtat hosts it very first Wingtat Members' Shopping Party.
- ◆ 永達"細味人生,一起成長"電視廣告。 Wingtat's "Life is Bitter & Sweet" TV Commercial.
- ◆ 永達母親節親子入廚樂烹飪比賽。 Wingtat Mother's Day Mom & Child Cooking Contest.
- ◆ 香港加拿大美食節永達農場特約贊助。 Wingtat proudly sponsors Hong Kong's Canada Food Fair.

## 2013

◆ 第一年永達贊助國際關心中國慈善協會 "走長城" 活動 First year to sponsor International China Concern's Walk the Wall event.

## 2012

◆ 推出新的永達會員VIP卡。 Launched \*new\* Wingtat Membership VIP Card.

發佈第一期永達官方電子報給永達會員。 Distributed first issue of Wingtat's official e-Newsletter to Wingtat Members.



# 美旗 Wingtat Recipes



南瓜是一種粗纖維的健康食材,近年甚受注重體態人仕追捧,可塑性高,可做甜品,菜餚或湯品。今期我們選用春雞和豆漿做一道蛋白質豐富的湯鍋,春雞先炒約八成,再放入稍稀釋的豆漿內滾起,可保持雞肉嫩滑,加入形如金粒的南瓜和花狀的鮮冬菇,很好味啊!

## 春雞南瓜 豆漿鍋

view recipe in English

Cornish Hen with Pumpkin & Soya Milk Soup

材料 永達春雞1隻,南瓜1磅,鮮冬菇4-5隻,淡豆漿4杯, 清水2杯,薑3片

醃料 鹽%茶匙,薑汁洒1湯匙

調味 鹽½茶匙,古月粉¼茶匙

### 做法

- 1. 春雞洗淨抹乾斬件,用醃料醃10分鐘。
- 2. 南瓜去籽去皮切方粒,蒸5分鐘,鮮冬菇去蒂開邊。
- 3. 熱油,放入醃好雞件炒約八成熟,取出。
- 淡豆漿及清水,薑片放鍋內煮滾,放入雞件,南瓜及鮮冬菇,滾起加調味享用。



## 冬蟲草燉鷓鴣

Chinese Caterpillar Fungus & Partridge Soup

材料 永達鷓鴣2隻,清水6杯,薑3片,冬蟲草約20條, 龍眼肉1湯匙,陳皮1角

#### 做法

- 1. 鷓鴣洗淨飛水去血脂。冬蟲草浸洗乾淨。陳皮浸軟,去瓤。
- 將洗好鷓鴣放入燉盅,加入冬蟲草、薑片、陳皮,注入滾水 6杯,隔水燉2小時。
- 3. 龍眼肉沖洗,放入湯內再燉1小時,加少許鹽調味便可飲用。

鷓鴣是最具食療作用的禽類,對肺部及氣管功能較弱的人士,最適宜用來燉湯調理身體,配以有「藥皇」稱號的冬蟲 夏草,功用更為顯著,因為冬蟲草性質溫和,益脾潤氣,幫助人體各器官運作均衡,適合不同年齡而體質虛耗者,皆 可使用。



## 魚露浸加美雞

# Canada Chicken with Fish Sauce

view recipe in English

材料 永達加美雞1隻,魚露1½杯,八角2粒,花椒1茶匙,白胡椒1茶匙,香葉4片,薑3片,水6杯

醃料 冰糖1小角,老抽2湯匙,酒2湯匙

### 做法

- 1. 加美雞去頭去腳洗淨抹乾,用鹽1茶匙塗匀雞身。
- 2. 煲滾6杯水,放入八角、花椒、白胡椒粒、香葉、薑片煮10 分鐘。
- 3. 放入加美雞、魚露、冰糖、老抽及酒。中火煮15分鐘,反轉 又煮15分鐘,焗10分鐘。
- 4. 取出熱雞,稍涼斬件,取汁%杯加粟粉埋薄芡,淋在雞件上。

加美雞烹調方法可謂千變萬化,可以烤焗、清蒸、炆煮、各適其式。原來用魚露加香料浸熟的加美雞,食法果然不同凡響, 因為魚露有獨特的鮮魚鹹香味,加上花椒、八角的霸氣,白胡椒粒的輕微辛辣及香葉薑片的清香,令加美雞的吃法,更上一 層樓。



## 乳鴿水瓜湯

Squab & Papaya Soup

view recipe in English

材料 永達乳鴿1隻,陳皮1角,南杏1湯匙,木瓜1個12安士, 水10杯

### 做法

- 1. 乳鴿開邊,飛水去脂,沖洗乾淨。
- 2. 木瓜去籽,去皮,切大件,南杏浸水沖洗,陳皮浸軟去瓤。
- 3. 煮煲10杯水放入乳鴿、木瓜、陳皮,大火煲30分鐘,轉中慢火煲1小時,加入南杏再煲30分鐘,加少許鹽調味。

鮮橙色的木瓜肉,不但色澤漂亮,陣陣香氣撲鼻而來,是一種好吃有益的水果,含豐富的維他命A和C,它的天然胡蘿蔔素,有強大的抗氧化作用,可以對抗破壞身體的細胞,所以又名「萬壽果」,和乳鴿一起煲湯,湯味鮮甜甘美。為哺乳的年青媽媽,更有增乳作用,所以有個貼切的別名 - 「乳果」,乳鴿加乳果,就是很匹配啦!

# 美旗 Wingtat Recipes



溫哥華是一個多元文化的城市,各族裔的特色食物都很容易嚐到,其中日式餐館捧場客也不少。日式食材中的味噌(Miso)、味醂(Mirin),青芥醬(Wasabi)成為烹調主醬。味噌帶鹹鮮,味醂有甜酒味,用來醃厚肉的龍崗雞,再用薑蔥蒸熟,斬件上碟,大方得體。另用原汁加青芥醬煮好,淋在雞件上,再灑紫菜絲,這款和風料理十分滋味哩!

## 青芥醬味醂 走地龍崗雞

view recipe in



## Free-Run Loong Kong Chicken with Wasabi & Mirin

材料 永達走地龍崗雞1隻,薑3片,蔥2條,烘香芝麻2湯匙,即食紫菜½杯

**醃料** 味噌1湯匙,味醂2湯匙

調味 蒜茸2湯匙,味醂1湯匙,麻油1茶匙,糖1茶匙,青芥醬 1½湯匙,蒸雞汁¼杯

#### 做法

- 1. 龍崗雞洗淨抹乾,用開勻醃料醃20分鐘。
- 薑拍鬆,蔥去頭切段,放入雞腔內,隔水蒸30分鐘,汁留用。雞稍涼 斬件上碟。
- 3. 熱油炒香蒜茸,倒下和匀其它汁料, 滾後淋在雞件上,灑 烘香芝麻,放即食紫菜絲便成。



## 雙菇花膠燉雞

Double Mushroom & Soup

材料 永達走地雞%隻,瘦肉%磅,冬菇5-6隻,猴頭菇5-6隻, 花膠4安士,薑3-4片,滾水6杯

#### 做法

- 1. 走地雞及瘦肉飛水去血脂,瀝乾。
- 冬菇浸軟去蒂,用少許粟粉拌匀。猴頭菇浸透瀝乾,花膠放 入滾水中焗至軟身,切厚件。
- 3. 燉盅抹乾,放入走地雞、瘦肉、冬菇、猴頭菇及薑片,注入 滾水加蓋,隔水燉2小時。
- 4. 花膠件放入燉湯,燉30分鐘,加少許鹽便可原盅上桌享用。

走地雞肉味鮮甜而脂肪少,是燉湯的上選材料。冬菇含有氨基酸及消化酵素。猴頭菇以前是貢品,有「山珍猴頭,海味蒸窝」之說,可見其珍貴,兩種菇類都是味道鮮美,清香可口,最後才放入骨膠原豐富的花膠。在歲晚團圓飯,和家人共享這美味靚湯,倍感溫馨,共渡歡樂時刻!



## 鮮橙班戟

## Orange Crepes



材料 永達有機走地雞蛋1隻,麵粉5湯匙,鮮奶5安士, 油1湯匙

汁液 橙汁%杯,橙皮絲1茶匙,橙酒1湯匙,糖1湯匙

### 做法

- 走地雞蛋拂匀,逐少加入麵粉和鮮奶,最後加油,拌至 幼滑。
- 2. 將粉漿分數次煎成圓形,取出後摺成扇形上碟。
- 3. 將汁液煮滾,放在班戟上便成。

一頓完美的晚餐,應該準備一些有心思的甜品作總結。永達走地雞蛋圓渾質厚,蛋香濃郁,做這個班戟最適宜。開粉漿時要逐少加進才不會起對,煎出來的班戟才如滑,橙皮要先浸熱水才去瓤切絲,這樣煮出來的汁才有橙香而不會苦澀。



## 鶴鶏蛋紅寨 雪耳露



## Quail Eggs in Red Dates & Snow Fungus Dessert

材料 永達鵪鶉蛋12隻,紅棗8-10粒,彰州雪耳1朵, 冰糖½杯,清水8杯

#### 做法

- 鵪鶉蛋放盛水碟中,隔水蒸7-8分鐘。取出沖凍水,去殼備用。
- 2. 紅棗浸軟身,去核。雪耳浸軟去蒂,飛水後瀝乾剪碎。
- 3. 煲滾清水,放入紅棗,雪耳煲約15分鐘,加冰糖煮溶。最後放鶴鶉蛋,便可分碗享用。

子女對父母的孝愛,並非只在節日中表現出來,應該在平常的日子,也要關注,要噓寒問暖,使雙親感到受重視,受專重。當然,父母也明白年青一輩,工作繁忙,如果能做個簡單有益的甜品給雙親品嚐,何樂而不為呢? 鵪鶉蛋清香,紅棗補血,雪耳潤肺強心,一家大小共享入虧樂,快去準備材料吧!

# **永達集體**回憶

## Wingtat Collective Memory

{a set of memories shared by a group of people}





細味人生,一起成長



細味人生,一起成長

















請到永達網站 www.wingtat.ca, 查看更多 創意健康食譜

















**(604) 278-4450** 

www.wingtat.ca

info@wingtat.ca

www.fb.com/wingtat.ca



# 永達會員中心 Wingtat Membership Center



↑ 地址 Unit 2125 - 8766 McKim Way, Richmond BC, V6X 4G4