



莫爸爸 莫妈妈合著

给  
莫文蔚的  
健美食谱



Selected Recipes for *My Karen*

中国轻工业出版社

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给

莫文蔚的

健美食谱

Selected Recipes for *My Karen*

莫爸爸、莫妈妈◎合著



摯友莫天賜不僅對道家學說有獨特的見解，對道家養生健美湯飲亦頗有研究。其女兒莫文蔚和夫人莫何敏儀乃健康美人之表表者耶。

朱鶴亭  
玄鶴子



京華

題於



来自国宝级方术大师玄鹤子朱鹤亭真人荐文

My close friend Mak Tin Chi, not only has a profound knowledge of the Taoist, but also has a good understanding of the Taoist life - nourishing soup recipes.

Regular in-take of these nutritious soups have resulted in making his famous daughter and wife shining examples of beauty and health.

- by Zhu He Ting

## 来自中国茶艺专家刘心灵女士荐文



记得童年时的某一天，我放学回家看到父亲正在厨房边哼着小曲边烹调着从海边钓回来的海鲜，锅里的鲜汤如白浪在翻腾，香气四溢，令我垂涎。那情景、香味，一直停驻在我的记忆里。

莫家祖传的每一煲爱心汤，养育了一代又一代的子孙。观看过莫文蔚在舞台上精湛的演出，令我深感她的气质与文化底蕴，实非一般歌星能与之相比，她在艺术上的卓越成就，来自莫爸爸每天的靓汤与佳肴。

清代大才子李渔曾赞美汤是食物之船，人之不可缺。岭南人重视喝汤，用来抵御自然环境与人的不利因素，让人们能健康地繁衍生息。一碗看似家常的汤水，却蕴藏着中华民族优良的传统和地区习俗文化：蕴藏着祖辈对后人的关怀，且让家训、家规和家教得以薪火相传。

莫爸爸就是这样用他的爱心汤水作画，彩绘人生，绘出和谐的家庭，绘出朋友的健康与快乐，更描绘出幸福的花朵。

衷心祝愿莫爸爸的汤水和爱心如雨露遍洒，洒向世间，愿世人多多纳福。

珠海心灵茶园园主  
刘心灵

When I was young, my dad brought home some live fishes right off the hook one day. He used them to make a fragrant soup while humming a little tune. The white soup bubbles like the roiling waves. The smell of fish was so intense that I felt my mouth drooling. That flavourful white soup leaves an irascible mark on my childhood memory.

Generations of the Mok's family were raised by their family hearty soups. Of course, Karen Mok grew up with these great recipes too. Her stage performance struck me with her insightful interpretation straight from her heart. Her talent and stage presence are way beyond what other so-called singers could deliver these days. Thanks to Daddy Mok's good food and nourishing soups, Karen gets the energy and ability to carry on her performance dress with much appreciation from the audience.

Li Yu, a famous scholar in Qing Dynasty once said, Soup is the ship of food that people can't live without. People in Southern China drink soups to resist different adverse conditions in the environment and among the people. Soups truly become key to their survival and perpetuation. Although it looks just like another bowl of soup, it has the various wisdom of the whole Chinese civilization behind it. It also represents the customary culture of the Guangdong province, the kespokes from the ancestors, the fatherly love, the rules and doctrines of the Mok's family.

Daddy Mok paints his life with his soups. He paints his happy family, his sincere friendship, and the blossoms of happiness.

I wish Daddy Mok's soups and love would bring more happiness and care to the world.

By Liu Xin Ling,  
The owner of Xin Ling Tea Garden, Zhuhai

## 来自乐亭堡伯爵荐文

本人十分荣幸能再次为这本营养食谱题辞。书中不少菜式及汤饮均加入了传统中国草药作配料，对不同年纪的读者均有裨益。

近日，我和内子尝试了多个由我师傅——国际咏春会宗师梁挺教授介绍，莫爸爸提供的食谱，发现它们不但美味，而且有益健康。故此我决定向我的弟子及功夫学员推介这些食谱。

乐亭堡伯爵



梁挺教授与乐亭堡伯爵

Professor Leung Ting  
(The Grandmaster of Wing Tsun)

Once again I have great pleasure to endorse this book of nutritious soups and cuisine, most of which contain traditional Chinese herbs beneficial to all ages.

My Si-Fu, Professor Leung Ting, the Great Grandmaster of The International Wing Tsun Association, presented these uncommon recipes (provided by Daddy Mok) to me recently. Having tried them, my wife and I were delighted to find the soups and dishes most delicious and healthy. Hence, I have recommended them to my disciple and Kung-fu students as well.

Dr. R. Imperial Court of Bruehl and Lord of Winsley, Senator and Professor of Plavdiv State University, 10th Level Wing Tsun Chief Instructor of the EWTO, Landenzell Castle, Germany



## 自序

自从《给莫文蔚的健美汤饮》出版以来，不断有读者邀请我和内子将更多的祖传汤饮和食谱出版续集，以飨同好。一年前余开始撰写此书，但是由于先人纪录零星散置，整理需时，至月前才能把原稿交挚友方亦周兄和简咏怡小姐进行编辑校对，安排付梓。

余在此要向多位旧雨新知鸣谢，对方术大师朱鹤亭真人、何文汇教授、梁挺宗师、刘心灵庄主及乐亭堡伯爵（The Count of Rathenburg）等人的指教感激万分；对丁训士先生、陈日新太平绅士、何新荣先生、黎筱筠女士、王英伟伉俪、王嘉恩伉俪、陈春燕女士及李珍华女士等人的鼓励和支持永志不忘；最后还需向所有幕后工作人员致意，特别是杜绍鹏女士为余示范各种汤饮和菜肴的正宗烹调之道。

还有一点是我需要重申的，这里的汤饮食谱并非药方，但全属健康有益的食物，我家世代相传，适当地服用对身体有益，我家属各人乃最好的证明。

2006年6月于香港

Ever since the publication of my book "Nutritious Soups for My Dearest Karen", my wife and I have received endless requests from readers to come out with a sequel and share more of our ancestral recipes with the public. A year ago, I began putting together this book from miscellaneous records originally written by my forebears, and it was not until a month or so ago before I was able to arrange the mass of material into manageable shape, to enable my good friend Mr. Fong Yik-chow and my editor Miss Karen Kan to embark upon the arduous process of editing and proof-reading.

I would like to take this opportunity to thank my many dear friends new and old: Taoist Grandmaster Zhu He-ting, Professor Richard M.W. Ho, J.P., Wing Tsun Grandmaster Leung Ting, Madam Liu Xin-ling, proprietor of the Xin Ling Tea Garden, as well as His Lordship the Count of Rathenburg, for their invaluable advice; Mr. Ding Fun-si, Mr. Chan Yat-sun, J.P., Mr. Ho Sun-wing, Ms. Terry Lai Siu-Ping, Mr. and Mrs. Wong Ying-wai, Mr. and Mrs. Wong Ka-yan, Ms. Chan Chun-yin, and Ms. Lee Zhen-wah for their encouragement and support; and last but not least, everyone involved in the publication of this book, especially Head Chef To Siu-pang who demonstrated to me the most authentic preparation methods for various dishes and soups.

Finally, I would like to stress once more that the recipes contained herein are not medical in nature, but represent food and drink purely for the purpose of promoting good health. Passed down from generation to generation by my ancestors, when followed appropriately these health recipes have the effect of enhancing one's physical well-being. My family is living proof of this.

Alan Mok  
June, 2006, Hong Kong  
(Translated by Dr. Trevor Morris)

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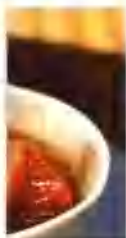
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编者撰与  
The source of "Tips for Health  
& Beauty of the Mok's" is from  
outline and Uncle Mok, and is  
written by editor



# Preface

莫文蔚能文能武，才华横溢，在演艺界的斐然成就，有目共睹；而事实上，她更创造了历史，她不只是第一个成为百老汇歌剧女主角的华人，更是首名获此殊荣的亚洲人。莫文蔚亦是首位夺得台湾金曲歌后的香港人。

过去一年，是莫文蔚十分忙碌的一年，她不仅要兼顾香港和内地的巡回演出，还有著名的百老汇歌剧亚洲巡回演出，更要拍电影、广告和灌录新唱片，但她脸上不但毫无倦容，反而愈见神采飞扬、容光焕发。

究竟她的健美秘密是什么？人的美貌和体魄，一半靠先天，另一半则靠后天调补。莫文蔚拥有得天独厚的条件，她继承了父母的健美基因，又得到了祖传健康汤膳的滋补，故此她虽然工作繁忙，但仍可每天保持身体健康、美丽、身心愉快。

这里再提一下莫文蔚取名的经过，饶有趣味，余曾经写了一篇短文记述此事：

Karen Mok Man-wai's tremendous talent, versatility and success in the entertainment field is a matter of public record. In truth, she has even made history as the first Chinese star – and indeed the first Asian one – to take the leading role in a major Broadway musical, and she is also the first and as yet only Hongkonger to receive Taiwan's Golden Melody Award for best female singer.

In the past year, Karen has been extraordinarily busy with concerts in Hong Kong and mainland China, as well as the Asian tour of the aforementioned Broadway musical, not to mention movies, advertisements and a new album. And yet not only has she never displayed any sign of tiredness, her positively luminous energy has actually seemed to grow despite her workload.

What then is the secret to her health and beauty? A person's beauty and physical well-being comes half from nature and half from nurture. Karen is lucky twice over to have inherited good genes from her parents, as well as nutritious ancestral recipes passed down from our forebears with which to supplement her diet. That is why she is able to maintain her body and spirits in such top condition, despite the most grueling schedule.

Here, I would like to share with readers once again a short passage I wrote previously concerning the interesting origin of my daughter's Chinese name "Man-wai".

### 文丞武尉

文蔚、文蔚、文丞武尉，小女莫文蔚  
能文能武，才华横溢，有目共睹。

余受先母熏陶，幼时对黄老之学已有认识。及长，对《易经》方求更锲而不舍，潜心探索先人留下的秘学。家藏古诗之中，有以下一首，似为莫文蔚演艺方面的卓越成就预言存照，堪称神妙：

“秋水为神玉为骨  
百年一遇万人迷  
文不加点完全女  
蔚然成风半边天”

先母替孙女取名“文蔚”，系纪念为余启蒙的私塾。该私塾位于新界锦田，隶属当地一间邓姓的“光裕祠堂”。该祠堂系纪念其族人康熙年进士邓文蔚而建。当时取名之意尚有小孙女来日事业运程飞黄腾达，一如邓文蔚进士公焉。

余引经据典，“文蔚”两字可追溯到《易经》“革卦”：“君子豹变 其文蔚也。”莫文蔚人如其名，明白演艺艺人必须顺应潮流，不断革新自身的形象，一如花豹的斑纹，随着时间，愈变愈美。

莫文蔚有一股不屈不挠的精神，不断地努力和坚持，终于在演艺界大放异彩。

莫天赐

2006年6月于香港

### The Origin of the Name 'Man-wai'

The name "Man-wai" comes from the Cantonese "Man Shing" (Man Shing in Mandarin) and "Mei Wei" (Mei Wei in Mandarin), respectively the most devoted titles for civil and military officials in ancient China. The acronym of this as a name for my versatile and talented daughter Karen is only too evident.

Thanks to the influence of my late mother, even at an early age I already had some understanding of the teachings of Taoism. Upon retirement, I dedicated myself to the study of the I-Ching (i.e. Book of Changes) and unravelling the mysteries of the universe. Among mystical poems in my family collection, there is one which may be taken as an uncanny prediction of Karen Mei Man-wai's extraordinary achievements as a performer and artist, with the characters "man" (man) and "wai" (wei) appearing at the beginning of the last two lines of the original Chinese version:

"Her grace is as autumnal water; her figure as jade.  
Appearing once in a century to benefit millions.  
Beyond words, the perfect woman.  
Her influence spreads across half the sky."

My late mother's purpose in choosing the name "Man-wai" for her grand-daughter was to commemorate of the traditional Chinese private school where we first received tutelage. Situated at Kam Tin in the New Territories, the school was part of the "Kwong Yee" ancestral temple of the Tung clan which commemorates our Tong Man-Wai, who achieved the honour of being a successful candidate in the highest level of the imperial civil examinations during the reign of the Emperor Kangxi (A.D. 1661-1722). In naming her grand-daughter after this eminent scholar, my mother intended that Karen should one day have just as much success in her future career.

The conjunction of the characters "man" (man) and "wai" (wei) can be traced all the way back to the hexagram of Gi in the I-Ching, in which the two trigrams represent side by side in the original text translated as follows: "The white man changes as a leopard, dark is his pattern." Just like her Chinese name, Karen understood that in retail has to change with the times and consistently reinvent herself, just like the leopard's patterned coat, which becomes more intricate and beautiful over time.

Thanks to her indomitable will and relentless endeavour, Karen's light has shone forth in the entertainment field.

Man Shing

2006年6月于香港

Man Shing



## 靓汤显浓情

### A Long Distance "Soup" Affair

乖女儿 Karen 经常到外地工作，莫爸爸疼惜爱女，每次均会烹调一锅又一锅的美味靓汤。托人千里送到女儿手上，好让只身在外的 Karen 能得到汤水的滋润，但最重要的是那份随汤而至的浓浓亲情。

曾有一次，Karen 到北京工作，莫爸爸有感北京天气干燥，容易令人生病，易喉干舌燥，即熬制“冬虫夏草石斛花旗参饮”，托人送给 Karen 品尝，爱女之情由此可见。Karen 拥有甜美的声线、娇美的容颜及充满活力的体魄，莫家的爱心靓汤功劳实在不少。

Uncle Mok's daughter Karen travels a lot. Uncle Mok cares so much about her that he'd send pots and pots of delicious homemade soup all the way to Karen no matter where she is. The soup of course warms the body but it warms the heart even more.

One day, Karen was working in Beijing when Uncle Mok feared she would get dry throat in the extremely dry weather. He made a pot of "American Ginseng Tea with Shi Hu and Chinese cordyceps". He then asked someone to bring it over to Beijing so that Karen could get her share of health booster and fatherly love. Thanks to her family homemade soups, Karen has a sweet voice, beautiful skin and endless energy.





## 煮一锅爱心汤水 Make soups with your heart

“在烹调时加上你对家人的爱心，弄出来的菜肴汤水便会倍添美味。”别以为这只是卡通片或电视剧中的对白，试想想，在烹调时若非出自甘心乐意，又怎能制作出一顿令人齿颊留香、回味无穷的佳肴！要熬一壶色、香、味与营养兼备的靓汤更是非常费心神，以下的小秘诀盼能给你一些提示。

Someone once said, “Food always tastes best when it is made with love.” Don’t just dismiss it as a thoughtless line from TV drama or cartoons? In fact, it carries much truth to it — how can you make unforgettable and mouthwatering dishes without caring for the eaters and enjoying the process? A pot of soup with the best look, smell and taste would even demand more work. Here are a few tips for the best soups:





## 煲汤小秘诀

### Tips on the perfect soup

1. 肉类汤料，不论是鸡、鸭、羊肉，还是猪肉、牛肉，在煲汤前，必须先焯水，除可以去除血腥味外，还能减少肥肉上的油分，使喝汤时更清爽、更健康。
2. 选择老鸡或老鸭代替嫩鸡、嫩鸭煲汤，不但油分较小，煲出来的汤，味道更香浓。
3. 煲鸡脚汤时千万不要将鸡脚上的趾甲斩去，因为保留趾甲有助防止鸡油渗出，相反，如将趾甲斩去，会使鸡脚在熬煮时不断渗油。
4. 煲鱼汤时，先用姜片将鱼略煎，再将鱼放入鱼袋中，不但能去掉鱼腥味，更可防止鱼骨混在汤里。
5. 鸡、鸭宜整只熬汤，猪、牛肉宜整块熬汤，不宜切片后再熬，这样才能将其味道带出，使汤水更鲜美。
6. 汤水在熬煮过程中不能搅拌，必须关火后，待汤稍凉时，再用汤勺将汤面的油脂舀掉，重复几次便能减少汤中的油分。
7. 由于汤料中的养分在熬煮汤水时并不能完全释放，故此想完全将汤水中的营养吸收，需连汤料一起吃掉。

1. All types of meats (chicken, duck, lamb, pork or beef) should be blanched before you use for soup. Blanching removes the unpleasant smell and reduces the amount of fat on the meat, which will be more delicious and healthy.

2. Use old chicken or old duck instead of young chicken or young duck. Old ones provide more taste for the soup, and more nutrients.

3. Do not cut off the claws on chicken feet when you make soup with them. The claws help avoid releasing much fat when the soup is being cooked.

4. Before fry the fish with a little oil. After fry the fish, it is ready for being added to the soup. It helps remove the fishy smell and avoid mix up of oil when cooking.

5. Make soup with whole chicken or pork without chopping them up. Certainly, you can make soup of pork or beef with the meat without doing so. The soup will taste much more delicious that way.

6. If you are the soup in the cooking process, stop with you see the soup off and leave the soup to cool a little before removing all the fat with a spoon. Repeat several times to reduce the fat in the soup.

7. Don't forget to eat the ingredients from the soup because most of the nutrients from the ingredients will be released into the soup. If you are not eating the ingredients, the value of the soup will be much less than eating the soup.



## 煲汤方法

### 一般常见的煲汤方法 主要有三种：

#### 滚汤：

以猛火于短时间内（20～30分钟）将汤料烹煮成汤，味道较清淡，多以瓜菜作主料，因瓜菜烹调过久，营养会流失，滚汤则能保留瓜菜的养分，但要待水滚后再放入瓜菜。

#### 老火汤：

多以药材，如淮山、杞枸以及肉类，如鸡、猪、鸭等作汤料。熬煮时先以猛火煲滚材料，再转用慢火煲2.5～3小时，让材料出味，汤水味道亦较浓。

#### 炖汤：

以猛火烧滚水后，再放入盛有汤料的炖盅，转用中火炖三四个小时，使汤料的味道及养分充分挥发出来，原汁原味，汤味亦较清甜。此方法适宜烹调名贵药材，如人参、鹿茸、当归等。

### Three methods of making soups

#### Quick-boiled soup :

Boil the ingredients in soup over high heat within a short period of time (say 20 to 30 minutes). The soup is lighter in taste and this method is especially good for melons or vegetables. It's because overcooking vegetables would lead to the destruction of certain nutrients. Make sure you put in the melons or vegetables after bringing the soup to the boil.

#### Long-stewed soup :

Most soups with herbal ingredients (such as Huai Shan and Gou Qi) and meat (chicken, pork or duck) are cooked in the slow way. Bring the soup to the boil over high heat first. Then turn to low heat and boil for 2 1/2 or 3 hours. This cooking method allows the better infusion of flavours resulting in a stronger tasting soup.

#### Stewed soup :

Water is boiled over high heat first. Then it is poured into a double-steaming pot with the ingredients in. The pot would then be steamed over medium heat for 3 or 4 hours. This method allows the maximum infusion of flavours and nutrients. The soup tastes light but flavourful while the textures of the ingredients remain intact. Soups with luxurious ingredients such as ginseng, deer antlers or Dang Gui would be best cooked with this method.