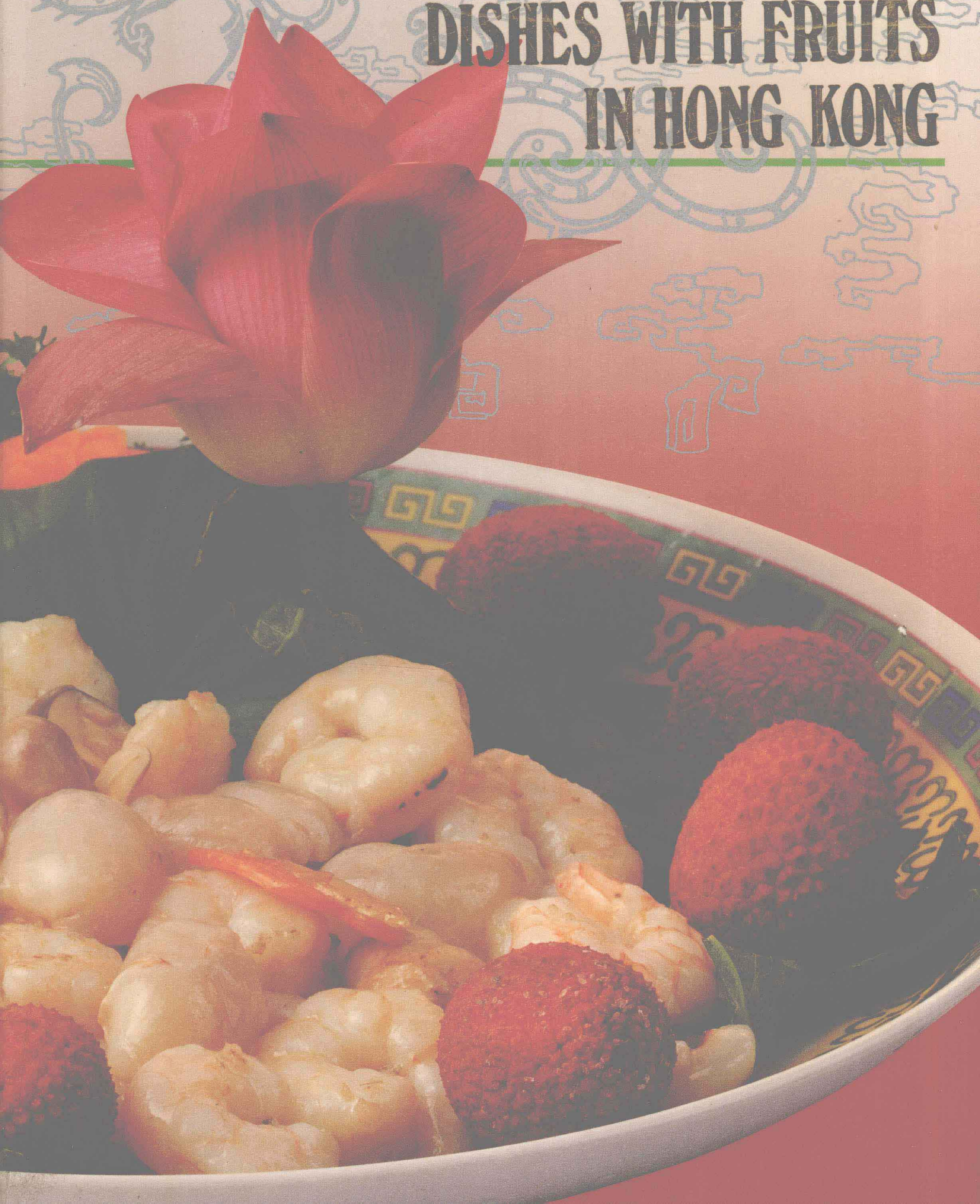


# DISHES WITH FRUITS IN HONG KONG





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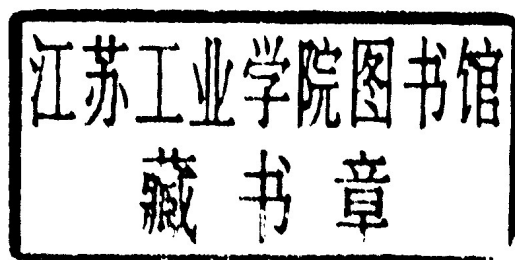
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# Dishes With Fruits in Hong Kong

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*The 6th Member of the Series*  
*"HONG KONG THE FOOD PARADISE"*



WAN LI BOOK CO., LTD

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# 香港蔬果入饌精華

Dishes With Fruits  
In Hong Kong





## PREFACE

Among the various nations, Chinese are the most critical at culinary skills. Situated at the southern tip of mainland China, it is the meeting place of east and west. Culinary skills and gastronomic experiences are brought from every corners of the world to enrich the traditional cuisine. International cuisines are found here and Hong Kong has long been regarded as the world's "Gastronomic Paradise".

To foster the development, our Company has published the series "Hong Kong The Food Paradise" since few years ago. These are collections of innovative recipes from reputed restaurants in town. Colour photographs of individual dish are included for reference. And books published in this series so far are: "Chinese delicacies in Hong Kong", "Chinese vegetarian delicacies in Hong Kong", "Seafood delicacies in Hong Kong", "New-style Chinese cookery from Hong Kong" and "Famous cuisine in Hong Kong". The main theme of this book is "cooking with vegetables and fruits", and is known as "Dishes with Fruits in Hong Kong".

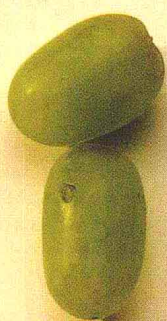
Fruits and vegetables have long been used for cooking, however, in terms of varieties, flavour and innovation, are incomparable with those nowadays.

"Cooking with vegetables and fruits" can improve health, but it is not simple at all. To achieve good colour, flavour and shapes, it has to rely on critical selection of ingredients, perfected cooking skills, correct processing methods and appropriate combination of ingredients. As a matter of fact, there are lots of knowledge and theories behind that. The 200 recipes collected, including banquet dishes and dim-sum are speciality dishes of renowned restaurants in town. The prime aim of the book is to foster the development of the local culinary culture. In addition, this is also an ideal culinary reference and for those who are interested in cooking Chinese dishes at home.

**"HONG KONG THE FOOD PARADISE" EDITORIAL COMMITTEE**









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## COOKING WITH VEGETABLES AND FRUITS

In our culinary culture, though there are still a lot of people insist "meat is indispensable in a meal", when comes to healthy eating, we still turn to "cooking with vegetables and fruits". Though meat, without doubt, provides a good deal of essential proteins and energy, people are advised to take more fruits and vegetables to maintain a balanced diet. With a rise in living standard, the amount of meats in our diet is further increased. People nowadays would like to appreciate the delicate flavour of fruits and vegetables instead of rich meat dishes. In reply to the trend of healthy eating, more fruits and vegetables are served in restaurants, hence, "cooking with vegetables and fruits" becomes increasingly popular.

"Cooking with vegetables and fruits" turns a new leaf in the new style Chinese Cuisine. The development is fascinating and becomes more sophisticated: not only more varieties of vegetables and fruits are used, but also they are cooked in much more innovative ways. What is more significant is that fruits are no longer treated as garnishes but among the major ingredients.

### ***"Cooking with Vegetables and Fruits": the Early Days***

In fact, vegetables and fruits were recognized as vital foods commodities by ancient Chinese herbalists. And the belief becomes even more widespread nowadays. According to medicinal references in the olden days, the following has been stated: cereals should be the major







food supplemented with fruits and meats with vegetables in order to maintain a balanced diet. From this, we can see that vegetables and fruits are as important in the past as today. All these further proof the important role of vegetables and fruits in our culinary culture.

Fruits and vegetables have long been regarded as essential food commodities. And most of them are grown wild in the past. Later, the number of variety was greatly increased due to commercial plantation and imports from other countries. From statistical evidences, it shows that, today, we can enjoy up to 666 kinds of fruits, vegetables and cereals, among this, a hundred originated from China, compared to 2000 years ago when there were only ten. As "healthy eating" becomes more and more popular, "cooking with vegetables and fruits" will become a prevailing trend in the local restaurants. In our daily diet, vegetables account for approximately 40% of the total food intake and usually follow by some fresh fruits to aid digestion. From these, one can see the importance of vegetables and fruits in our diet.

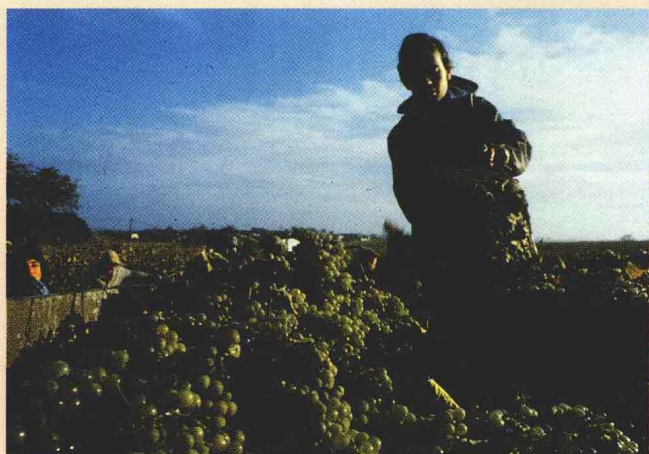
#### **Factors Fostering "Cooking with Vegetables and Fruits"**

"Cooking with vegetables and fruits" becomes more popular because people begin to realize the importance of "healthy eating". If not for the availability of a large number of vegetables and fruits on market, with no fear of supply shortage, the "concept" will never be so developed. According to a medical reference published

*In North Sung Dynasty, exotic fruits like lychee are only reserved for the imperial court.*







*In well managed orchards, both quality and output are drastically improved - provides a steady supply of fresh fruits.*

in Tang dynasty, there were only twenty-nine kinds of fruits and vegetables fifty-eight. Because of poor transportation facilities, fresh vegetables in the country cannot travel long distance without losing their qualities – not to mention those from overseas. As a matter of fact, “cooking with vegetables and fruits” is not very popular in these days. And for example, today we eat a lot of fresh asparagus but it was only available in the beginning of the 19th century. Only from then more varieties of vegetables and fruits are used in cooking. In view of the above, one can see why the “concept” is not well developed at that time.

Though fruits and vegetables like date, grape, walnut, dragon’s eye fruit, mushroom and tangerine have long been used in cooking in olden days, it is quite different from today’s concept of “cooking with vegetables and fruits”. In the past, cooking with these commodities is mainly concerned with their medicinal properties, however, they are nowadays taken as delicacies.

Even though the farmland in Hong Kong is limited, she has got an excellent harbour which provides a good means of transportation. In addition, because of the free trade system found in Hong Kong, there are no restriction on the import of fruits and vegetables from other countries, and in fact most of them found here are imported. They are brought to Hong Kong throughout the year, in perfect conditions and very reasonably priced to meet the need of the 6 millions people here. Also, it lays a sound foundation for the development of “cooking with vegetables and fruits” in Hong Kong. “Even though Thailand is renowned as ‘Fruits Paradise’, when comes to number of varieties, she is just a runner-up compared to Hong Kong. Also, Hong Kong is the ideal place to enjoy fresh fruits.” stated by a local connoisseur. From this, we can see that the varieties of fruits

available in Hong Kong is really amazing. However, the development of “cooking with vegetables and fruits” is so rapid that we have to rely on a continuous supply from other countries, as the amount produced here can never meet the ever-growing demand.

## **Fresh Vegetables and Fruits: Always within Easy Reach**

Hong Kong has the unique advantage of within easy reach of over thirty countries, including China, Taiwan, Thailand, the Philippines and Japan, also, as far as to America, Canada, Chile, South Africa, Australia and New Zealand. The supply of their fresh fruits and vegetables are so steady that they can be used to prepare various dishes throughout the year.

Not only these fresh commodities are brought to Hong Kong by various traffic means: lorries and containers, trains, ocean liners and aeroplanes, also, they are available even they are normally not in season here. For example, prime fruits and vegetables from Thailand can be found in Hong Kong during the typhoon season when local supplies and also those from mainland China are severely affected. Moreover, vegetables that normally found in winter are served in restaurants here during summer. It is because countries like Australia, which situated in the southern Hemisphere are having their winters, and their vegetables are flown to Hong Kong within hours.



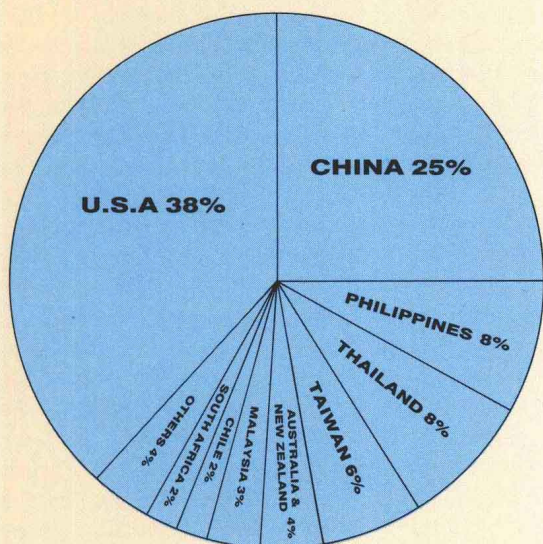
*Enormous quantities of fresh fruits are imported.*



*Retailers picking fruits in wholesale market.*



Amount of fresh fruits imported by country in 1988



The chef here are very innovative and they invent dishes with fruits that are rarely found in the local cuisine before. This completes the picture of “cooking with vegetables and fruits” since a lot more vegetables are used than fruits in the past. This also further enriches the Chinese cuisine and makes a bench mark in the local culinary culture.



Imported vegetables, e.g. artichoke and endive, are frequently served in top class Cantonese restaurants.

“Cooking with vegetables and fruits” is more and more important as new style Chinese cuisine are found in increasing number of restaurants. At the very beginning, fruits used are limited to lemon, grape, pineapple, mango, lychee, dragon’s eye fruit, honeydew melon, grape, Australian pear, starfruit, kiwi fruit, coconut, papaya, banana, strawberry, apple and pear. Recently, people also start to explore exotic fruits like durian, jack fruit and rambutan. The story does not end without mentioning the important role of vegetables. Not only increasing number of vegetables are used, but also those low cost, small yield and unpopular ones are frequently found in new style dishes. Prime vegetables like fresh asparagus, black mushroom, Shanghai cabbage, broccoli and green mustard plant are indispensable in top market restaurants, however, unpopular ones like eggplant and various gourds do start to take up dollar sales in these outlets. Without debate, “cooking with vegetables and fruits” really becomes more popular and sophisticated.

For sure your customer nowadays are no longer satisfied with just dishes like stirfried beef with pickled ginger and pineapple, and chicken supreme with fresh mangoes.

New style Chinese cuisine is renowned for its innovation, even commodities in western cuisine are extensively used in new style Chinese dishes. Belgian endive,

Cold Meat Combination with Fresh Fruits  
 Scallop and Squid with Pears  
 Crabmeat Roll Salad with Mangoes  
 Fillet of Fish with Pineapple  
 Doubleboil Papaya with Almond  
 Pomelo Peel with Superior Seafood  
 Baked Garoupa in Coconut  
 Grilled Chicken with Lemon  
 Fried Rice with Fresh Grapes  
 Spaghetti With Tomato and Beef

Speciality Banquet Menu with Summer Fruits



# DISHES WITH FRUITS

fresh artichoke and Australian fresh asparagus are now employed to prepare various kinds of soups, stirfried and stuff-steamed dishes. Thanks to the rapid development of new style Chinese cuisine, which makes "cooking with fruits and vegetables" take a big step forward.

## **Internal Factors that Foster "Cooking with Vegetables and Fruits"**

Apart from the above external factors, there are various internal factors that foster the development. First of all, most people concern about the excess intake of nutrients nowadays rather than having insufficient quantities of food and nutrients. This can be reviewed from the fact that there are increasing number of people on diet. And lightly seasoned dishes, natural and delicate flavour commodities are preferred to braised dishes and rich meat stews. Most vegetables and fruits are light and crisp, hence, they become increasingly popular to health conscious people in Hong Kong. It is also believed that meats contain excessive nutrients and will impose a heavy burden on the body. As a result, "cooking with vegetables and fruits" become more important in the development of new style Chinese cuisine. Some of the local restaurant chains also take this opportunity to introduce speciality banquet menu with summer fruits to meet customers' demand. One of these menu contains more than ten delicious dishes which employ over twelve kinds of fresh fruits in their preparation. Every dish, from appetizer to dessert, contain different kinds of fresh fruits and vegetables.

Referring to statistical records, a steady rise of individual average annual income has a close relationship with the general demand for fresh fruits. And a higher demand for quality fresh fruits here is observed. People under fifty accounts for 60% of the total population and without doubt, they tend to take more fruits. Demand for

fresh fruits is especially also high during Lunar New Year and other festivals since people like to offer their friends and relatives fresh fruits as gifts. Above all, the demand for health foods and natural cooking commodities is much higher than in the past, and today, fresh fruits are more frequently preferred to canned juice or processed cordials.

## **"Cooking with Vegetables and Fruits": Innovative Dishes**

At present, "cooking with vegetables and fruits" does not limit itself to the critical selection of ingredients or combination of commodities, also, a lot of time are spent on improving every aspects of cooking. Let take lemon as an example, it can be used nowadays to prepare more than fifty different dishes. Exotic fruits, like durian, is employed to make cold cut combination, fritters and also doubleboiled soups. Stirfried Australian pears or coated in crispy batter are as popular. Kiwi fruit is also a



*Main Dish: Pomelo Peel with Superior Vegetables*

*Starter: Lobster Medallions with baby Coconut*





very versatile fruit and can be found in cold appetizer, stirfried dishes and take the place of sapodilla in double-boiled soups. Last but not the least, starfruit adds colour to roast meat platter and can also be stirfried and stuff-baked. Above all, one will never feel tired with the innovative dishes under the heading “cooking with vegetables and fruits”.



*Dessert: Doubleboil Papaya with Almond*

However, there are still things to work through with “cooking with vegetables and fruits”. As stated by some of our chef: “Some fresh fruits are rather sweet and may not produce a perfect balanced flavour as in stirfried beef with pickled ginger and pineapple”. Hence, great care should be taken to adjust the quantities of fruits used in different occasions.

- \* Most fruits contain natural acids and are ideal taken raw, however, not everyone appreciates their flavour in cooked dishes.

- \* Water is a major constituent of fresh fruits, often as high as 80-90%, and may even up to 92% for water melon and honeydew melon. The large amount of juice released during cooking will affect the final presentation.

- \* The shape and texture of fruits are often affected to various extent after cooking.

- \* Dishes with fresh fruits should be served and taken immediately after cooking. Qualities of fruits in these dishes diminish rapidly with time.

- \* Due to seasonal changes of supply and unique fruit flavours, they are best served in summer.

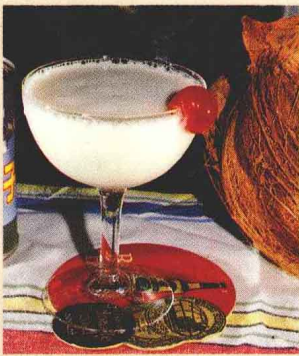
- \* Fresh fruits will only be at their best for a short period of storage time and it is very difficult to maintain quality standards.



*Dim-sum: Scallop in Mashed Taro*



To solve the above problems, people turn to include fresh fruits in cold meat platters, with the exception of soft and sweet fruits. The texture of these fruits is easily affected and render poor presentation. However, one of the recipes included in the book "Pigeon Supreme with Fresh Mangoes", not only it tastes good, but also its presentation is impressive. The secret lies in the selection of under ripen mangoes and soaked in light syrup to reduce its acid content. And mangoes treated in this way give a crisp texture and a more delicate flavour. On the other side, some fruits are not limited to the making of cold dishes: mangoes can be stirfried for a short while; apples can be baked and crispy fried banana is as popular. In view of the above, if one can master the characteristics of fruits, "cooking with fresh fruits" is definitely of unlimited potential.



*Cocktail with Coconut Juice*



*After Dinner Assorted Fruit Platter*



### ***Hong Kong's Catering Industry: Outstanding Achievements***

Hong Kong is a very small city, however, one would be surprised at the number of catering outlets in town – over 7000! This implies a considerable demand for fresh fruits and vegetables. The rapid growing local catering industry has fostered the development of “cooking with vegetables and fruits”. In return, it makes the catering industry even more refined, providing more choice of dishes and extending an innovative culinary trend. All these once again consolidated Hong Kong's leading role in culinary development.

People here have a strong demand for new varieties of vegetables and fruits. And there is no doubt why durian, baby coconut, kiwi fruit, plum, jack fruit and strawberry become so popular these days. In order to maintain the prosperity of the catering industry and its pace of development, people in the trade are encouraged to carry out critical studies on “cooking with vegetables and fruits”.

“Dishes with Fruits in Hong Kong” is a collection of related recipes from renowned restaurants for reference and exchange of culinary innovations. It is hoped that our effort put forth can foster the development of the local culinary culture.



*Enjoy a Meal in Chinese Restaurant is very Popular Nowadays*