

Four-season Recipes of Local Agricultural and Fisheries Products

Spring



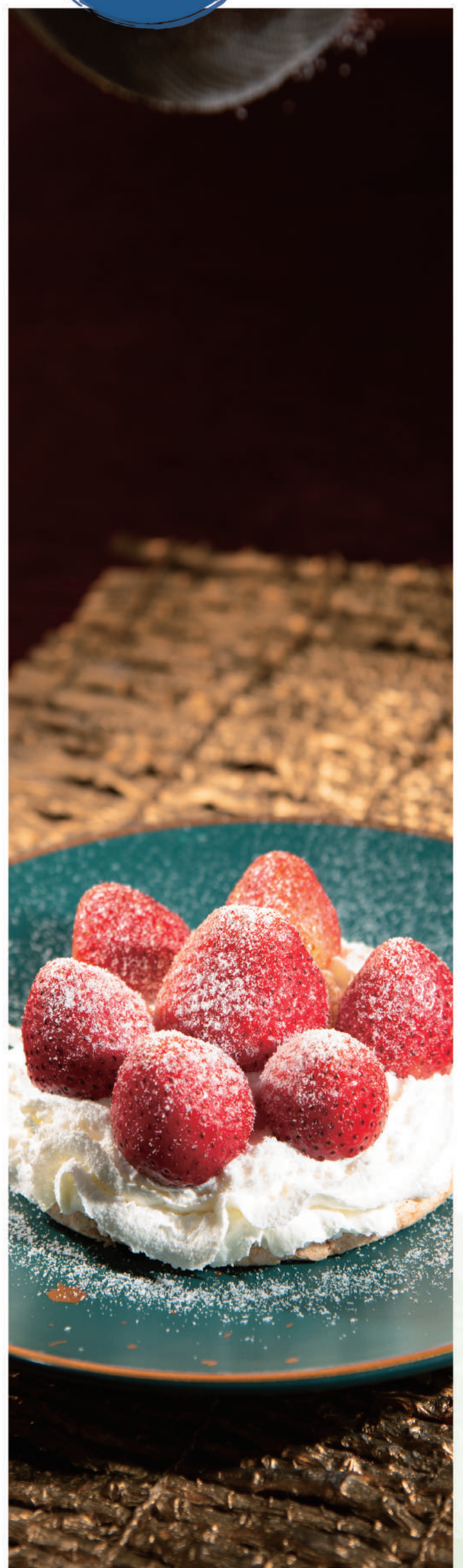
Summer



Autumn



Winter



漁農自然護理署
Agriculture, Fisheries and
Conservation Department



蔬菜統營處
Vegetable Marketing Organization
(Since 1946)



魚類統營處
Fish Marketing Organization
(Since 1945)



Foreword

Chinese people have developed the culture of “eating only what is in season”. Seasonal agricultural and fisheries products are selected to make delicious seasonal dishes.

Local agricultural and fisheries sectors produce a wide variety of agricultural and fisheries products with advanced technologies and environmentally friendly farming/culture methods. This cookbook serves as a useful reference for you to buy local food ingredients to make delicacies and support the local agricultural and fisheries sectors.

Recommendations on local agricultural and fisheries products			
	Spring and Summer	Autumn and Winter	Four seasons
Vegetables	Sweet potato leaves, water spinach, Chinese spinach, Ceylon spinach, Chinese parsley, bitter cucumber, angled loofah, wax gourd, hairy gourd, green cucumber, yellow cucumber, bottle gourd, okra, yard-long bean, yam bean, asparagus, onion	Flowering Chinese cabbage, Hok Tau Pak Choy, Chinese white cabbage, Chuen Lung watercress, celery, Chinese celery, lettuce, garland chrysanthemum, Indian lettuce, Chinese kale, cabbage, spinach, broccoli, cauliflower, kale, matrimony vine, tomato, cherry tomato, sweet pepper, chayote, zucchini, spaghetti squash, snow pea, green bean, radish, carrot, beetroot, potato, taro, sugar cane, ginger	Soybean sprout, Chinese chive, peanut, eggplant, corn, baby corn, chilli, pumpkin, sweet potato, spring onion
Fruits	Dragon fruit, lemon, banana, papaya, watermelon, longan, lychee, grape, wampi, passion fruit, jackfruit, pineapple, guava, Shine Muscat, strawberry, fig, tangerine, star fruit		
Seafood (cultured)	Pearl oyster meat, depurated oyster, HKAFFS hairy crab, HKAFFS scalloped spiny lobster, HKAFFS soft-shell scalloped spiny lobster, HKAFFS pacific white shrimp, HKAFFS giant tiger prawn, HKAFFS potato grouper, HKAFFS giant grouper, HKAFFS blackspotted croaker, HKAFFS cobia, HKAFFS Japanese seaperch, HKAFFS tilapia, HKAFFS pompano, HKAFFS red snapper, HKAFFS star snapper, HKAFFS Yuen Long grey mullet, HKAFFS hybrid grouper, HKAFFS white flower croaker, HKAFFS jade perch, HKAFFS orbicular batfish, HKAFFS grass carp		
Seafood (dried)	Dried shrimp meat, dried shrimp meat (small), dried mantis shrimp meat, dried flounder powder, red prawn powder, semi-dried depurated oyster		
Mushroom	Portobello mushroom, shiitake mushroom, white/brown button mushroom, blaze mushroom, black termite mushroom, lingzhi, white fungus, black fungus		
Poultry and meat	Local black pig, local pig, local chicken (e.g. Kamei Chicken, Tai On Chicken)		
Others	Rice, egg, honey, jam, paste, edible flower, herb, dried Chinese white cabbage		

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Pan-fried Rice Rolls with Giant Tiger Prawns in Soy Sauce

A favourite of many people, rice rolls are particularly tasty when flavoured with the chef's specially prepared homemade sweet soy sauce. The traditional street food can be transformed into a high-class dish servable on a dining table when fried with the oil that has been used for pan-frying the HKAFFS giant tiger prawns. Placed underneath the giant tiger prawns in soy sauce, the pan-fried rice rolls absorb the mouthwatering flavour of the giant tiger prawns, giving full play to the appealing freshness of the giant tiger prawn meat. The dish is also highlighted by the locally-produced black termite mushrooms, which are high-grade fungi containing rich nutrients. Juicy and crispy, the black termite mushrooms have a fragrance stronger than those of other fungi.

Ingredients: (for 4 servings)

4 HKAFFS giant tiger prawns
100 g local black termite mushrooms
150 g rice rolls
A small bunch of local spring onions
A few local hydroponic edible flowers

Homemade soy sauce:

40 ml seasoning sauce
160 ml light soy sauce
60 ml dark soy sauce
80 g rock sugar
160 ml water



Method:

1. Bring all the ingredients of homemade soy sauce to the boil and set aside.
2. Rinse black termite mushrooms thoroughly and tap dry with kitchen paper. Season and pan-fry until fragrant. Set aside.
3. Cut off legs of giant tiger prawns. Devein and rinse. Deep-fry with boiling oil until fragrant. Set aside.
4. Heat the wok, add some oil and stir-fry rice rolls on medium to low heat. Return the giant tiger prawns and black termite mushrooms to the wok, add homemade soy sauce and stir-fry on high heat. Mix well and plate.
5. Sprinkle with chopped spring onions and garnish with edible flowers. Ready to serve.



Papaya and Fish Curd in Japanese Seaperch Consommé

This is a delightful fine dining dish making use of the HKAFFS Japanese seaperch mainly cultured near Mai Po. Thanks to good water quality and nutritious feeds, our locally-bred Japanese seaperch grows well with thicker skin rich in collagen, giving a chewy texture. The local sweet papayas, one of the ingredients of the dish, not only contain multiple nutrients such as minerals and vitamins but also papain that helps enhance digestion.

Ingredients: (for 4 servings)

600 g HKAFFS Japanese seaperch
 350 g local papaya
 600 g spare ribs of local black pigs
 1 whole local chicken
 150 ml soybean milk
 4 local eggs
 60 g ginger
 A few ge xian mi (an edible species of Nostoc)
 A small sprig of local Chinese parsley
 A pinch of salt

For preparation of fish curd:

1. Scrape meat off the Japanese seaperch with a knife. Blend the fish meat with 150 ml of soybean milk and 150 g of papaya into a fish paste.
2. Sieve the paste thoroughly. Add in egg white and seasoning, and mix well softly. Pour the paste into a koi mould and steam for 10 minutes. Take it out and set aside.

Method:

1. Rinse spare ribs and chicken. Chop them up into pieces and blanch.
2. Simmer bones of the Japanese seaperch, spare ribs and chicken pieces with ginger slices in 1 litre of water over low heat for 4 hours.
3. Add in 200 g of sliced papaya and continue simmering over low heat for 1 more hour.
4. Remove the solids with a fine sieve and a soup bag. Season the fish consommé to taste.
5. Soak the ge xian mi in cold water for 8 hours and blanch. Drain and put them on the plate, imitating stones in a fish pond.
6. Place the fish curd in the plate and pour in the fish consommé slowly. Finally, garnish with Chinese parsley and serve.





Simmered Grey Mullet in Chiu Chow Style

Steamed Grey Mullet is a nostalgic Chiu Chow dish that was very popular in the 70s. The grey mullet is simmered on a stove over low heat. The longer it is cooked, the thicker the sauce and the more flavourful the fish will become. Grey mullet grows at estuaries where the seawater and fresh water meet. It has elongated cylindrical body and its meat is sweet and tender. There is a layer of tasty yellow fat on its belly and its back. Our chef chooses the HKAFFS Yuen Long grey mullets that are famous for their high fat content all year around.

Ingredients: (for 4 servings)

- 1 catty HKAFFS Yuen Long grey mullet
- 2 taels Chiu Chow salted plums
- 1 tael fresh garlic paste
- 1 tael Chinese celery
- 2 stalks local Chinese parsley
- 1 bowl stock
- 1 tael local spring onion
- A dash of lemon juice
- A pinch of salt
- A pinch of sugar



Method:

1. Scale, gut and clean the Yuen Long grey mullet. Steam for 18 minutes until done.
2. Put the steamed grey mullet on a serving dish over a portable stove and set aside.
3. Place fresh garlic paste, chopped Chinese parsley, shredded Chinese celery and spring onion evenly on the grey mullet and sprinkle with lemon juice.
4. Bring the stock to the boil with salted plums, salt and sugar. Pour the stock onto the grey mullet. Finally, light the portable stove and bring the stock to the boil again. Ready to serve.



Sesame Chicken in Gutong Style

As the old Cantonese saying goes, “there is no feast without a chicken”. Be it a feast for family gathering, ancestor worship or serving guests, chicken is always served as the main course. Quite a number of local farms have successfully raised breeds of chickens that are very healthy and delicious. Thanks to the stringent quality control carried out by chicken farmers during the breeding process, the chickens grow healthily with meat that is tender in texture and rich in taste. The appetising appearance, the crispy skin and the tender meat, together with the fresh fragrance of sesame, make it an unforgettable dish to diners.

Ingredients: (for 4 servings)

2½ catties local chicken
 2 local eggs
 60 g white sesame
 10 g star anises
 5 g cinnamon sticks
 5 bay leaves
 1 black cardamom (Caoguo in Chinese)
 A pinch of salt
 A pinch of sugar
 A few local hydroponic salad vegetables
 A few local hydroponic edible flowers

Method:

1. Remove the internal organs of the chicken and rinse the chicken thoroughly. Wipe dry with kitchen paper and set aside.
2. Put broth, star anises, cinnamon sticks, bay leaves, black cardamom, salt and sugar into the stockpot and bring them to the boil.
3. Put in the chicken. Turn off the heat when boiled. Cover the pot and steep the chicken in the broth for 40 minutes. Drain the chicken and immerse it in ice water.
4. Wipe the chicken dry with kitchen paper. Hang it up and dry it with a fan for 1 hour until it is dry to the touch.
5. Beat the egg white well and spread it all over the chicken (except the head). Coat the chicken with white sesame.
6. Hang up the sesame-coated chicken and dry it with a fan for 3 hours until it is dry to the touch.
7. Pour vegetable oil into the wok and heat it up to 180°C.
8. Hold the chicken with one hand and keep pouring oil on the chicken with a ladle in another hand until the skin of the chicken has turned golden brown and crispy.
9. Finally, garnish with salad vegetables and edible flowers. Ready to serve.





Steamed Bitter Cucumber and Papaya with Milk

Bitter cucumber, also called bitter gourd, has a cold property and bitter flavour. It can help soothe the nerves and brighten the eyes, and has a detoxifying effect. It should be beyond one's imagination that a dessert can be made by mixing bitter cucumber with papaya, which is a sweet, succulent fruit with rich nutrients. By selecting locally grown papayas and simmering them with creamy egg white from eggs produced by local farms and fresh milk, the chef is able to turn the bitterness of bitter cucumbers to sweetness. The creamy texture of the dessert brings to diners a pleasant and lingering aftertaste, fully displaying the exquisite culinary skills of a master chef.

Ingredients: (for 1 serving)

2 local papayas
50 g local bitter cucumber
95 g local egg white
76 g fresh milk
76 ml whipping cream
A few local hydroponic salad vegetables
A few local hydroponic edible flowers

Sweet soup:

600 g rock sugar
600 ml water

Method:

1. Rinse papayas thoroughly. Dice one papaya and set the other one aside.
2. Rinse the bitter cucumber thoroughly, remove pith and dice. Add 20 ml water. Mash them into a paste with a blender.
3. Add egg white and sweet soup.
4. Add milk and whipping cream and stir well. Pass the mixture through a fine sieve 4 times to remove any lumps.
5. Place the other papaya horizontally. Cut off its top and remove pith. Pour in the mixture of bitter cucumber and egg white and add in diced papaya. Cover the papaya with its top. Seal with cling film and steam for 25 minutes.
6. Add gold leaves onto the surface of the steamed bitter cucumber and egg white. Garnish the bottom part with salad vegetables and edible flowers.



Spring

Local Seasonal Fruits in Spring



**Local
Organic
Guava**



**Local
Papaya**



Scalloped Spiny Lobster in Chiu Chow Style

Chiu Chow style steamed “fish rice”, also called cold fish, is a popular home-style dish among Chiu Chow people. “Fish rice” actually contains no rice, but just a name implying that fish replaces rice as the staple food. Apart from fishes such as grey mullet and thread fin, shrimps, crabs and lobsters are also suitable ingredients for preparing this dish. Our chef has chosen for this dish a scalloped spiny lobster cultured in Sai Kung and accredited under the Accredited Fish Farm Scheme. The HKAFFS scalloped spiny lobsters have thin shell and firm meat texture, and their meat is bright white in colour with a very fresh and delicious flavour. The local hydroponic salad vegetables picked with confidence by our chef make a perfect match with the lobster as they are fresh, sweet and tasty.

Ingredients: (for 4 servings)

350 g HKAFFS scalloped spiny lobster
 500 g local papaya
 80 g local hydroponic cherry tomatoes
 80 g local hydroponic cucumber
 60 ml Chiu Chow plum sauce
 100 g local hydroponic salad vegetables
 A few local hydroponic edible flowers



Method:

1. Rinse cherry tomatoes and cucumber thoroughly. Cut each of the cherry tomatoes in half and slice the cucumber.
2. Add in salad vegetables and Chiu Chow plum sauce, and mix well to make the salad.
3. Steam lobster until done. Shell it and cut the lobster meat into domino-sized pieces. Set the lobster head aside.
4. Slice the papaya.
5. Arrange slices of lobster meat and papaya alternately.
6. Put salad in a glass bowl and transfer the slices into the bowl. Drizzle a dash of Chiu Chow plum sauce on them.
7. Finally, put in the lobster head and garnish with edible flowers. Ready to serve.



Stewed Chicken Soup with Blaze Mushrooms and Fish Maws

People get dehydrated easily in summer and intake of sufficient soup can help rehydrate and nourish our body. Blaze mushrooms are rich in nutrients such as polysaccharide and protein, which can help enhance immunity. Our locally cultured blaze mushrooms are popular in Hong Kong for having a crispy and tender texture, a strong aroma and high nutritional value. Moreover, thanks to the strict monitoring during the rearing process to ensure the quality of our local chickens, the chickens grow healthily with tender and flavourful meat. The stewed soup made with blaze mushrooms, local chicken and lean pork from black pigs is indeed a perfect combination.

Ingredients: (for 4 servings)

80 g local blaze mushrooms
 240 g local fish maws
 1 local chicken
 400 g lean pork from local black pig
 240 g local organic corn
 2 red dates
 A few pieces of tangerine peels
 A few Chinese wolfberries
 2 slices local ginger
 A pinch of salt
 1 500 ml water



Method:

1. Chop up the chicken into pieces and rinse the lean pork from black pig thoroughly. Blanch, drain and set aside.
2. Rinse blaze mushrooms. Blanch, drain and set aside.
3. Put chicken pieces, lean pork, tangerine peels and ginger slices in a ceramic stew pot, add 1 500ml of water and stew for 3 hours.
4. Add blaze mushrooms, corn and red dates. Stew for 30 minutes.
5. Add fish maws and stew for 30 more minutes.
6. Finally, add Chinese wolfberries and stew for 5 minutes. Ready to serve.



Sweet and Sour Black Pork with Dragon Fruit

Sweet and sour fruits can help stimulate our appetite in summer, and adding fruits into our dishes is a fresh and healthy choice. Sweet and sour pork is a common dish in Hong Kong. Our chef has chosen premium locally bred 9-month-old black pigs fed by quality natural feeds for making the dish because the meat is tender and rich in flavour. The sweet and sour pork made from these black pigs is crunchy on the outside but tender on the inside, and its match with the accompanying sweet and juicy local organic dragon fruits has produced the desirable effects. Red flesh dragon fruits are rich in betacyanins that can serve the purposes of anti-oxidation, anti-free radicals and anti-ageing.

Ingredients: (for 4 servings)

150 g local black pork cheek
 50 g local organic dragon fruit
 50 g local organic grapes
 50 g local hydroponic strawberries
 50 g local pineapple
 50 g local hydroponic cherry tomatoes
 30 g green and sweet peppers
 A little minced garlic
 A pinch of salt
 A pinch of sugar
 A pinch of cornflour



Method:

1. Rinse the black pork cheek and chop it into cubes. Marinate it with salt, sugar and cornflour for 30 minutes.
2. Heat up half wok of oil. Dip the marinated black pork cheek into batter and deep-fry until done. Remove from heat, drain and set aside.
3. Cut green and sweet peppers into wedges and fry briefly in oil. Remove from heat, drain and set aside.
4. Rinse and dice dragon fruit and pineapple. Rinse grapes, strawberries and cherry tomatoes.
5. Soak all fruits in salt water at 80°C for 1 minute. Drain and set aside.
6. Return sweet and sour pork to wok, and stir-fry with minced garlic, green and sweet pepper wedges, sweet and sour sauce on high heat. Thicken the sauce with cornflour and water mixture. Remove from heat. Add fruits and ready to serve.



Main dish

Summer

Wax Gourd and Lotus Seed Rolls

This is a skill-demanding vegetarian dish, presenting the portrait of pure and elegant lotus pods in a pond. By arranging fresh and sweet lotus seeds, each rolled in a thin slice of local organic wax gourd, on local hydroponic Hok Tau white cabbages complemented by local organic okras, Chinese celeries and shiitake mushrooms, this dish brings flavours of the fresh ingredients into full play. The locally grown organic wax gourds come in a wide varieties. They are all delicious and are good ingredients for relieving the summer heat. Moreover, Hok Tau Pak Choy can now be grown by employing the hydroponics technology. The clean and hygienic produce is very popular in the local market.

Ingredients: (for 6 servings)

5 catties local organic wax gourd
400 g lotus seeds
900 g local hydroponic Hok Tau Pak Choy
60 g local organic okras
60 g Chinese celeries
60 g local shiitake mushrooms
A pinch of salt
A pinch of sugar



Method:

1. Cut the wax gourd into thin slices. Roll up each slice with a lotus seed inside. Season with salt and sugar and steam until cooked. Line the bowls with the cooked lotus seeds.
2. Rinse Hok Tau Pak Choy thoroughly. Use the tenderest core only. Dry stir-fry and season. Put some of them on the lower part of the plate and put the rest into the bowls lined with lotus seeds.
3. Rinse and blanch okras and Chinese celeries. Put them in the middle of the plate to resemble the lotus stalks.
4. Rinse and slice shiitake mushrooms. Dry stir-fry and season. Put them next to the Hok Tau Pak Choy on the lower part of the plate to serve as stones.
5. Finally, turn the bowls containing lotus seeds and Hok Tau Pak Choy upside down on the upper part of the plate. Ready to serve.



Lychee Custard Balls

Encasing an abundance of local lychee flesh and custard fillings made from local eggs, the vividly crafted Lychee Custard Balls are one of the favourites of diners. Being sweet and juicy, the thirst-quenching lychees are not only among the most popular local fruits in summer, they can also be used to make various kinds of desserts. The local eggs are from chickens fed with quality natural feeds in local farms. Characterised by big and fragrant yolks, these eggs are rich in taste and nutrients.

Ingredients for custard ball wrapper: (20 pieces)

304 g glutinous rice flour
190 g wheat starch
133 g sugar
190 ml water
133 g lard
300 g crunchy granules

Ingredients for custard fillings:

10 local lychees
1 local egg
57 g sugar
38 g butter
76 ml water
4 g milk powder
38 g custard powder
38 ml coconut cream
152 ml evaporated milk

Method for preparing custard ball wrapper:

1. Pour hot water onto wheat starch and stir well until the paste thickened. Set aside.
2. Mix sugar and cold water with the glutinous rice flour and knead well.
3. Mix and knead well wheat starch. Let it cool down to about 20°C under room temperature.
4. Add lard and knead well. Keep it in the fridge for about 30 minutes.

Method for preparing custard fillings:

1. Mix custard powder, milk powder, sugar and egg well.
2. Add pre-mixed coconut cream and evaporated milk slowly while stirring. Add butter and mix well. Steam the mixture for 20 minutes.
3. Freeze the mixture in a fridge until it becomes elastic.

Method for preparing custard balls:

1. Divide the custard fillings and custard ball wrapper into small portions.
2. Wrap a portion of custard fillings and half of a lychee flesh in a wrapper, and roll it into a ball.
3. Moisten the outside of the custard balls with water and coat them with crunchy granules.
4. Deep fry the custard balls in a wok until they float to the surface.
5. Finally, fry the custard balls over high heat. Dish up and garnish with mint leaves. May be served with squid ink pasta.





Summer

Local Seasonal Fruits in Summer



Local
Organic
Watermelon

Local
Longan





Summer

Local Seasonal Fruits in Summer



Local
Lychee

Local
Organic
Dragon
Fruit





Baked Portobello Mushrooms with Pearl Oyster Meat and Cheese

There are many stuffing choices for baked Portobello mushrooms depends on one's taste. For this dish, the HKAFFS pearl oyster meat, HKAFFS giant tiger prawns and HKAFFS cobia are chosen for the stuffing. The spot light is of course on our local organic Portobello mushrooms. Our chef has picked this type of mushrooms because they are thick and fleshy, rich in vitamins and protein, contain dietary fibre, and they are stable in both supply and quality all year around, too. In addition, the rich flavour of the locally cultured pearl oysters, giant tiger prawn and cobia can spice up the dish in terms of mouthfeel and taste.

Ingredients: (for 4 servings)

4 local organic portobello mushrooms
 4 local pearl oyster meat
 4 HKAFFS giant tiger prawns
 100 g HKAFFS cobia
 120 ml lobster sauce
 30 ml whipping cream
 40 g mozzarella cheese
 20 g shallots
 40 g minced garlic
 A pinch of thyme
 A few local hydroponic edible flowers



Method:

1. Shell and devein giant tiger prawns and dice the meat. Shuck pearl oysters and keep the meat. Bone the cobia and dice the meat.
2. Add thyme, minced garlic and butter to Portobello mushrooms and bake at 160°C for 6 minutes. Set aside.
3. Heat a frying pan. Pan-fry shallots and minced garlic until fragrant. Add diced giant tiger prawns and cobia, lobster sauce and whipping cream and stir-fry until fragrant. Finally, add pearl oyster meat and stir-fry.
4. Fill Portobello mushrooms with the seafood stuffing, add mozzarella cheese on top and bake at 160°C for 6 minutes.
5. Dish the stuffed Portobello mushrooms up. Garnish with edible flowers and cream sauce. Ready to serve.



Slow Cooked Cobia Fillet with Bouillabaisse

Bouillabaisse is one of the signature dishes in South France. Various types of seafood, including the HKAFFS cobia, HKAFFS pacific white shrimp, HKAFFS rabbit fish and HKAFFS scalloped spiny lobster, are used in this dish. They are put together and stewed for 6 hours to produce rich and delicious soup. By turning off the heat and letting the cobia fillets sit in the boiled soup until cooked, layers of flavor in the bouillabaisse is further developed to an indescribably fine taste! The cobia, also called black bonito, has rich oil content and is fleshy and savoury while the local pacific white shrimps, which are characterised by their freshness and sweet flavour, are one of the favourable ingredients used by many chefs.

Ingredients: (for 4 servings)

400 g HKAFFS cobia
 400 g HKAFFS pacific white shrimps
 2 HKAFFS rabbit fish
 1 flower crab
 300 g HKAFFS scalloped spiny lobster head
 400 g local organic tomatoes
 150 g onion
 150 g local carrots
 150 g local celeries
 20 g shallots
 20 g garlic
 50 g tomato paste
 2 000 ml water
 A pinch of thyme
 A few bay leaves
 A bit of local hydroponic basil
 A few local hydroponic edible flowers



Method:

1. Rinse and bone the cobia. Set aside.
2. Rinse all vegetables and cut them into wedges. Pan-fry shallots and garlic until fragrant. Add vegetables and pan-fry briefly. Add tomato paste and stir-fry over high heat until fragrant. Set aside.
3. Rinse pacific white shrimps, rabbit fish, flower crab, scalloped spiny lobster head and cobia bones. Stir-fry them over high heat until fragrant. Set aside.
4. Put vegetables and seafood in a stockpot, add thyme, bay leaves and 2 000 ml of water and bring them to the boil over high heat. Turn to low heat and stew for 6 hours.
5. Strain the soup to remove the solids and bring the bouillabaisse to the boil again. Put in cobia fillets, cover the stockpot with a lid, turn off the heat and let the fillets sit in the soup for 20 minutes.
6. Season to taste and dish up. Sprinkle a dash of virgin olive oil and garnish with basil and edible flowers. Ready to serve.



Deep-fried Oysters in Chiu Chow Style

Situated in the western part of Yuen Long and close to Deep Bay, Lau Fau Shan is famous for producing oysters. The oysters from Lau Fau Shan are reputed to be sweet, tender and fleshy with rich oyster flavour. Being sensitive to the environment and climate, the oysters in autumn and winter are particularly meaty. The oysters in Hong Kong are one of the varieties commonly found in the Southern China region. By employing depuration technology including ultraviolet and ozone sterilisation, oyster farms in Lau Fau Shan have significantly raised the food safety coefficient of their produce. The chef has wrapped each local depurated fresh oyster with taro purée before deep-frying them and successfully given diners a crispy but not greasy mouthfeel while perfectly preserving the sweetness and tenderness of the plump oysters in the smooth and flavourful taro purée. This is the delicacy you can never afford to miss.

Ingredients: (for 3 servings)

3 local depurated oysters
 300 g local taros
 200 g local potatoes
 300 g wheat starch
 75 g butter
 150 g lard
 75 ml oil
 A dash of Chiu Chow citrus oil

Method:

1. Shuck the oysters and detach the meat from the shell. Rinse and boil the oyster shells. Set aside.
2. Blanch the oyster meat until it is 90% cooked.
3. Shred potatoes. Rinse with fresh water and drain. Deep fry the shredded potatoes in oil at a temperature of 180°C until light golden brown and remove from oil. Set aside.
4. Peel the taro and cut it into small pieces. Steam until fully cooked. Mash the taro and knead it with wheat starch into taro purée.
5. Add lard, butter and oil to the taro purée, knead and roll the mixture into wrappers.
6. Wrap each oyster with a piece of wrapper. Deep fry them in oil at a temperature of 160°C until they float up and start to turn golden brown. Fry over high heat until they turn golden brown so that they are crispy on the outside and remain juicy inside.
7. Finally garnish with deep-fried shredded potatoes and edible flowers.
8. May be served with Chiu Chow citrus oil.





Steamed Hairy Crabs

Autumn is the season when crabs are fat and their cavity filled with brown meat. All hairy crab lovers will be fascinated by the seasonal menus. The local crab season starts after the Mid-Autumn Festival, when sweet and fresh meat as well as succulent golden fat can be found in the HKAFFS hairy crabs. The HKAFFS hairy crabs are fully quality assured in that the aquaculture process meets the requirements of the Accredited Fish Farm Scheme and samples of water, soil and aquaculture products are taken regularly by the Agriculture, Fisheries and Conservation Department for testing. Each accredited hairy crab bears a unique tag printed with the logo of Accredited Fish Farm Scheme, and one can trace the information of the origin of the hairy crab and the report of the quality assurance tests by simply scanning the QR code on the tag.

Ingredients: (for 4 servings)

4 HKAFFS hairy crabs
12 perilla leaves
100 g local ginger
60 g local spring onions (sectioned)

Dipping sauce:

80 ml Zhenjiang black vinegar
20 g slab sugar
A bit of local ginger

Method:

1. Rinse hairy crabs.
2. Add perilla leaves, ginger slices and sectioned onions into water to remove the cold property and fishy taste of crabs.
3. Add in hairy crabs when the water is boiled. More ginger slices may be added. Sprinkle salt or Sichuan peppercorns if strong flavour is preferred.
4. Do not untie the hairy crabs to prevent their legs from falling off while struggling during the steaming process.
5. Place the hairy crabs in a steamer with their shells facing downward and their bellies facing upward to prevent outflow of the crab fat.
6. Steam over high heat for a suitable period of time depending on the number of crabs (20 minutes for 1 crab, 25 minutes for 2-3 crabs).
7. Open the crab shells. Consume after removing the inedible stomachs, gills, mouths, intestines and hearts.
8. Dipping sauce: Boil the Zhenjiang black vinegar over gentle heat. Add slab sugar and boil until melted. Add minced ginger. Done.





Giant Grouper Fillets with Crispy Rice

Currently, the HKAFFS giant groupers are cultured indoors or in fish rafts in Hong Kong, and those cultured indoor are accredited as sustainable seafood. Our chef has maximised the fresh and sweet flavours of local zucchinis and pumpkins and the tenderness of grouper fillets with precise timing and temperature of cooking. Complemented by the locally produced rice deep-fried to golden brown colour and the bisque made with the HKAFFS scalloped spiny lobsters simmered for 6 hours, this delicacy gives a rich depth of flavour and a pleasant aftertaste.

Ingredients: (for 4 servings)

1 HKAFFS giant grouper
150 g local rice
200 g local zucchini
200 g local pumpkin
2 local eggs
800 ml bisque made with the HKAFFS scalloped spiny lobsters

Method:

1. Scale and gut the giant grouper. Clean and tap it dry. Cut the head, tail and collar from the body and steam them until cooked. Put the head and collar on one side of a deep plate and the tail on the other side as garnish.
2. Bone the body and slice the fillets. Add seasonings and coat fillets with egg white. Fry briefly and set aside.
3. Rinse the zucchini and pumpkin and slice them into domino-sized pieces. Blanch and drain.
4. Place fillets alternately with slices of zucchini and pumpkin in the middle of the plate.
5. Deep-fry the rice that has been cooked and air-dried overnight in oil at 200°C until light golden brown.
6. After the rice is cooled down, deep-fry again at 240°C.
7. Place the deep-fried crispy rice in the middle of the plate and pour in hot scalloped spiny lobster bisque while the crispy rice is still hot.





Cheese Tart with Shine Muscat and Roselles

Our pastry chef has picked local organic Shine Muscat that are introduced in recent years and locally produced organic dried roselles for the dessert. These seasonal choices of fruits are the perfect match for enjoyment of the cool weather in the fall. Cultured in an organic way, the plumped grapes are sweet and juicy and rich in anti-oxidants. Organic roselles are rich in anthocyanin, flavonoids, carotene, etc. and with anti-oxidant, blood pressure lowering and beauty enhancement effects.

Ingredients: (for 2 servings)

250 g local Shine Muscat
200 g cream cheese
200 ml whipping cream
30 g sugar
50 ml milk
10 g gelatine

Ingredients for cheese tart shells:

120 g digestive biscuits
40 g unsalted butter

Ingredients for roselle jam:

600 g local dried organic roselles
300 g sugar
250 ml water

For roselle jam:

1. Rinse and drain dried roselles. Soak them in 250 ml of water for 30 minutes. Add sugar and mix them well. Keep them in the fridge overnight.
2. On the next day, take them out from the fridge and boil them. Let them cool down and keep them in the fridge again for 1 more day.
3. On the third day, take them out from the fridge and boil them again. Blend half of them into paste. Add the rest of them into the paste and mix well.
4. Bottle the jam while it is still hot. Turn the bottle upside down and store the jam in the fridge after it is cooled down.

Method:

1. Crush digestive biscuits. Add in melted butter and mix them well. Press the mixture evenly over the base and up the sides of a mould. Keep it in the fridge for at least 20 minutes.
2. Whisk the whipping cream up to 60%.
3. Soften the cream cheese at room temperature. Whip it with sugar until smooth. Add in milk at 3 intervals and continue whipping.
4. Add in whipped cream and roselle jam. Mix them well.
5. Soak gelatine in ice water until soft, and then squeeze out the water. Add in a bit of milk, and heat up with microwave for around 10 seconds until the gelatine is melted.
6. Mix all ingredients. Pour them into the tart mould and freeze them for at least 2 hours.
7. Finally, remove the stems from the Shine Muscat grapes and arrange them on top of the tart. Ready to serve.





Local
Organic
Shine
Muscat



Local
Star Fruit



Semi-dried Oysters and Dried Shrimps Potstickers

Hong Kong oysters are mainly cultured in Lau Fau Shan. By employing depuration technology including ultraviolet and ozone sterilisation, oyster farms have raised the food safety coefficient of their produce. Semi-dried oysters are plump and fleshy. After being semi-dehydrated under the natural sunlight for two to four days, the oysters become semi-dried with enhanced salty aroma, and are particularly delicious if pan-fried or candied. The semi-dried oysters stuffed in mashed cuttlefish are deep-fried and paired with the full-flavoured local dried shrimps on top while the bottom layer is made up of crunchy rice crusts pan-fried with salted egg yolk. This novel combination of ingredients offers a crunchy texture with tasty seafood flavour and gives a touch of warmth in the winter.

Ingredients: (for 4 servings)

4 local dried shrimp meat
4 local semi-dried depurated oysters
80 g mashed local cuttlefish
1 salted egg yolk
1 bean curd sheet
4 slices rice crusts
A few local hydroponic edible flowers



Method:

1. Cut the bean curd sheet into rectangular shape. Spread mashed cuttlefish on top and set aside.
2. Rinse and blanch semi-dried oysters. Drain and pat them dry with kitchen paper. Pan-fry them and stuff them onto the mashed cuttlefish. Dip them in batter and deep-fry until golden brown.
3. Deep-fry rice crusts until crunchy. Heat butter and mashed salted egg yolk in the wok over low heat until foamy. Put in rice crusts and pan-fry briefly. Plate the rice crusts, put the stuffed semi-dried oysters on top of them.
4. Soak dried shrimp meat until soft. Blanch and drain, and dry them with kitchen paper. Deep-fry them until golden brown. Place them on top of the semi-dried oysters. Garnish with edible flowers and serve.



Thick Vegetable Soup

Legend has it that the Thick Vegetable Soup is a patriotic soup. It has a prominent status in Chiu Chow cuisine and is a top-class soup made with mundane ingredients, yet refined cooking techniques. Resembling the yin-yang or Tai Chi symbol, this dish comprises a green soup made with local organic spinach and a white soup made with local organic white button mushrooms and local egg whites. Local organic spinach is tasty with a soft and smooth texture and rich nutritional value, including carbohydrates, vitamins, folate and iron. Local white button mushrooms are cultured in mushroom growing cold rooms with a stable supply and quality. They are fresher than the imported ones and hold their flavour when cooked.

Ingredients: (for 10 servings)

600 g local organic spinach
150 g local organic white button mushrooms
3 local eggs
1 local chicken
600 g local black pork spare ribs
2 400 ml water
A pinch of sugar
1 tsp fish sauce



Method:

1. Chop the chicken into pieces, rinse the black pork spare ribs and blanch them.
2. Simmer chicken pieces and black pork spare ribs with 2 400 ml fresh water in a stockpot for 4 hours.
3. Blanch and drain the spinach. Mash it with a blender and set aside.
4. Finely dice the white button mushrooms.
5. Add broth into the mashed spinach to make green soup. Season with sugar and fish sauce.
6. Then add broth into the white button mushrooms and bring them to the boil. Add egg whites to make white soup. Season with sugar and fish sauce.
7. Pour the soups onto the left and right sides of a deep plate respectively so that it resembles the yin-yang or Tai Chi symbol.



Sous Vide Black Pork Chop

The meat of locally bred black pigs is tender and rich in flavour. Sous vide cooking keeps the pork chop tender and juicy. Even the pork tendon can be cut easily. With a fresh and sweet flavour, the local beetroot picked for this dish is not only rich in vitamins and iron but also fresh and sweet, high in fibre and low in calories. It has anti-oxidation and anti-inflammatory effects, and also helps lower the level of cholesterol. The sweet and sour mashed beetroot served together with the pork chops can fully counteract the greasy mouthfeel.

Ingredients: (for 4 servings)

4 slices local bone-in black pork chops
 400 g local beetroot
 400 g local organic kale
 200 g hand-made noodles
 120 ml chicken broth
 A pinch of thyme
 20 g minced garlic
 A pinch of salt
 A pinch of pepper
 A few local hydroponic edible flowers



Method:

1. Put the bone-in pork chops, chicken broth, thyme, minced garlic, salt and pepper into a vacuum bag. Mix thoroughly and vacuum seal.
2. Put the bag into a sous vide cooker for slow-cooking at 60°C for 3 hours and set aside.
3. Boil the kale until soft. Drain and soak it in ice water for 1 minute. Drain and mash the kale with a blender. Set aside.
4. Boil the beetroot for 3 hours until soft. Peel the beetroot and mash it by hand. Set aside.
5. Boil the hand-made noodles until soft. Stir-fry the noodles with butter in a frying pan until fragrant, and then add in the blended kale, mix well and stir-fry.
6. Take out the bone-in pork chops and pat them dry with kitchen paper. Pan-fry both sides over high heat until fragrant. Bone and cut them into pieces before plating up.
7. Garnish with edible flowers. Serve with hand-made noodles in kale and mashed beetroot.



Deep-fried Jade Perch Fillets with Crispy Sweet Potato Wedges

This upgraded version of fish and chips is made with the HKAFFS jade perch. The Agriculture, Fisheries and Conservation Department (AFCD) introduced fish fry of jade perch originating from Queensland, Australia in 2002 and conducted culture trial in Au Tau Fisheries Substation. Since 2007, the AFCD has successfully induced spawning of local jade perch, and transferred this rearing and incubation technique to local aquaculturists. The HKAFFS jade perch with local organic sweet potatoes, complemented with a sauce made with dried roselles and garnished with local hydroponic edible flowers, is definitely a dish perfect in colour, aroma and taste!

Ingredients: (for 4 servings)

2 local premium jade perch
400 g local organic sweet potatoes
10 g local organic dried roselles
30 ml olive oil
A pinch of salt
A pinch of pepper
A few local hydroponic edible flowers
150 ml water

Ingredients for batter:

1 local egg
300 g flour
30 g cornflour
6 g baking powder
300 ml water
1 tsp vegetable oil



Method:

1. Rinse and drain the dried roselles. Boil with 150 ml of water over high heat. Then turn to low heat and stew for 20 minutes. Filter away the roselles, set the liquid aside to cool down. Mix it with olive oil and set aside.
2. Peel the sweet potatoes and cut them into wedges. Boil the sweet potato wedges for 15 minutes, then drain and set them aside to allow them to cool down and air dry. Deep-fry the wedges in oil at 180°C until golden brown and crispy.
3. Bone the jade perch and slice into fish fillets. Season with salt and pepper. Dip the fillets into the batter and deep-fry them in oil at 160°C until golden brown. Fry them in oil over high heat to keep them crispy.
4. Garnish with edible flowers. Serve with sweet potato wedges and roselle olive oil.



Strawberry Pavlova

Every October to March the next year is the harvesting season of local organic strawberries, which are bright red and juicy, moderately sweet and sour, and aromatic. They are rich in vitamins, anthocyanin, minerals and dietary fibre and contain more antioxidants than ordinary vegetables and fruits. The local organic strawberries are most suitable for making pavlova. Served with a sprinkle of icing sugar on a bunch of strawberries fully covering a thick layer of cream on the crispy meringue biscuit made with local eggs, the strawberry pavlova is indeed a delightful dessert to enjoy in winter days.

Ingredients: (for 2 servings)

150 g local organic strawberries
3 local egg whites
12 g cornflour
50 g sugar
100 g icing sugar
A dash of lemon juice

Ingredients for cream:

100 ml whipping cream
10 g sugar



Method:

1. Whisk egg whites and sugar thoroughly with an electric mixer.
2. Add icing sugar at different intervals and whisk until a stiff peak forms.
3. Add cornflour and lemon juice into meringue and whisk quickly until thoroughly mixed.
4. Spread the meringue into a round shape on a baking tray lined with baking paper.
5. Bake meringue at 120°C for 10 minutes, then lower the heat to 100°C and bake for a further 90 minutes. Leave it in the oven until it has completely cooled.
6. Whisk whipping cream with sugar, and spread the cream on the meringue biscuit.
7. Finally, add strawberries on top and sprinkle with icing sugar for a festive finish.



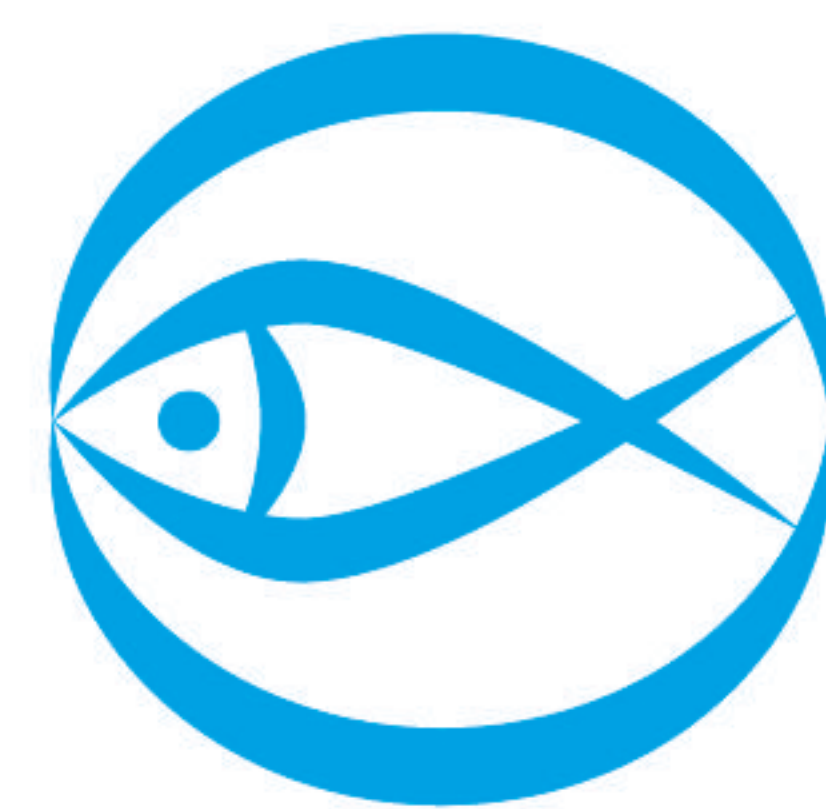
Local
Organic
Strawberries

Local
Organic
Figs



Accredited Fish Farm Scheme

The voluntary Accredited Fish Farm Scheme (AFFS) launched by the Agriculture, Fisheries and Conservation Department (AFCD) in 2005 aims to enhance the quality and highlight the food safety of local aquaculture products, so as to increase their competitiveness and attractiveness.



優質養魚場計劃
Accredited Fish Farm Scheme

The AFCD will conduct inspections on registered fish farms and visit aquaculturists regularly. It will collect water samples from fish farms and samples of aquaculture species to be sold for quality tests on items including *Escherichia coli*, malachite green, heavy metals, drug residues, etc. Qualified aquaculture products are issued with a certificate by the AFCD. When being sold, they will be given a traceable QR code and an AFFS fish tag for identification.

Recirculation aquaculture system

Seawater pumped into the recirculation system is first purified by a protein skimmer and a high efficiency filter and then sterilised by an ultraviolet steriliser to reduce the risk of bacterial infection of the cultured fishes as well as enhance the growth and survival rates of marine fishes. This technology has become increasingly common in Hong Kong and is adopted by the indoor giant grouper fish farm at Lau Fau Shan and the lobster farm on rafts at Yung Shue Au.

Steel truss mariculture

The demonstration farm, located at Tung Lung Chau in the southeastern waters of Hong Kong, adopts a steel truss cage farm design. It has the dimensions of about 91 m in length, 28 m in width and 7.5 m in depth, with a design draft of about 6.5 m and an effective aquaculture water volume of about 11 000 m³. The steel truss cage farm can withstand rough sea conditions under extreme weather and is equipped with systems for automated feeding, remote surveillance, real-time water quality monitoring, wind and solar power generation, desalination, etc., which can more effectively enhance its operation efficiency and production capacity.

Accredited Farm Scheme

The AFCD and the Vegetable Marketing Organization (VMO) jointly run the Accredited Farm Scheme with a view to promoting the adoption of good agricultural practices and environmental friendly production methods. Farmers are encouraged to adopt integrated pest management technology as well as proper and safe use of pesticides to ensure production of quality vegetables that are safe for consumption and thus safeguard the public health. Retailers selling accredited vegetables will display the “Good Farmer” logo for identification.



Organic farming

Organic farming is a crop production method which emphasises harmony with the environmental ecology and aims to conserve the nature and maintain ecological balance. Throughout the production cycle, no chemical fertilisers, chemical pesticides nor genetically modified materials are used, while pests are controlled and soil fertility are maintained through organic practices to preserve biodiversity.

Controlled environment hydroponic technology

By employing advanced controlled environment technology, the controlled environment hydroponic system provides the optimal growing environment for crops through stable control of various environmental factors including temperature, humidity, concentration of carbon dioxide, supply of nutrient solution and lighting in a clean and enclosed area. The indoor controlled environment system enables hydroponic farming free from geographical and climatic constraints and year-round crop production. The AFCD and the VMO jointly established the Controlled Environment Hydroponic Research and Development Centre in 2013 to demonstrate the advanced technology and equipment for producing crops hydroponically to the industry and investors.

How to purchase local agricultural and fisheries products

“Local Fresh” mobile application

In order to support the development of local agriculture and fisheries industries, and provide safe, quality and fresh agricultural and fisheries products to the public, the Vegetable Marketing Organization and the Fish Marketing Organization introduced the “Local Fresh” mobile application that allows consumers to order various premium local fishes and organic aquaculture product, as well as local accredited fresh and organic hydroponic vegetables.



iOS version



Android version

Consumers may also purchase various premium local agricultural and fisheries products in the following physical retail outlets:

Retail locations of Accredited Fish Farm Products:

<https://www.hkaffs.org/english/location.html>

Retail locations of Accredited Vegetables:

<https://www.vmo.org>

Regular local farmers’ markets:

Name of Farmers' Market	Location	Opening Hours	Type of Vegetables	Contact Number
Tai Po Farmers' Market	Tai Wo Road, Tai Po (Beside Ambulance Depot)	Every Sunday 9:00 – 17:00	Local organic vegetables	2387 4176
Star Ferry Farmers' Market	No.7 Central Star Ferry Pier	Every Wednesday 12:00 – 18:00	Local organic vegetables	2488 0602
Central Farmers' Market	No.7 Central Star Ferry Pier	Every Sunday 11:00 – 17:00	Local organic vegetables	2483 7138
Mei Foo Farm Fest	Kwai Chung Road under the highway bridge (Mei Foo Part)	Every Sunday 11:00 – 17:00	Local organic vegetables	3480 7883
Gold Coast Farmers' Market	G/F, Gold Coast Piazza, Tuen Mun	First Sunday of every month 11:00 – 16:00	Local organic vegetables	2526 0822
Lam Tei Farmers' Market	Lam Tei Vegetables Collection Depot, Castle Peak Road, Tuen Mun	Every Sunday 9:00 – 15:00	Local accredited vegetables	2387 4176

*As at 1 December 2022. Please contact the respective Farmers’ Markets for the latest information.