



飲食文化 Food Culture

甚麼是「非物質文化遺產」(非遺)?

小朋友，你常常聽到非遺，這到底是甚麼呢？
原來平日吃的食物、穿的衣服、說的語言、看的表演，
都包含了非遺的元素。

2014年政府公布香港首份非物質文化遺產清單，涵蓋480個項目。

就讓我們從日常的飲食中，認識我們的非遺吧！

What is Intangible Cultural Heritage (ICH)?

Hey kids, we have so often heard of ICH. What exactly does it mean? The things we eat, clothes we wear, languages we speak and performances we see, all encompass elements of ICH.

In 2014, the Government of the Hong Kong SAR published the first Intangible Cultural Heritage Inventory of Hong Kong. On the list there are 480 ICH items.

Let's start by learning more about ICH from our daily food and drinks!

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港式奶茶製作技藝

港式奶茶是從以錫蘭（現稱斯里蘭卡）細葉紅茶和鮮奶泡製的英式奶茶演變而成。港式奶茶以多種紅茶混合泡製，茶味更濃，更符合大眾的口味，成為深受港人歡迎的飲品。由於用來沖製奶茶的茶袋經重複使用後染上茶漬，看起來有點像女士用的絲襪，港式奶茶又稱為「絲襪奶茶」。



Hong Kong-style Milk Tea Making Technique

Hong Kong-style milk tea originated from English milk tea and is prepared with Ceylon (now Sri Lanka) tea to which milk is added. The Hong Kong version uses a mix of black tea varieties in the brew to give it a richer flavour, which is more appealing to popular taste. It is often called "silk stocking milk tea" because the long tea bag used to prepare the milk tea resembles a lady's silk stocking once it acquires a brownish tint after being used for some time.



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沖製港式奶茶的主要步驟，包括：
調配茶葉、煲水沖茶、煲茶和焗茶、撞茶、焗茶及撞奶。

Steps for preparing Hong Kong-style milk tea:
blending the tea leaves, boiling and infusing the tea, force-pouring the tea, brewing the tea and force-pouring the milk.



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菠蘿包製作技藝

菠蘿包是香港的特色食物。我們在居所附近的麵包店很容易便可以買到它。

菠蘿包的表面有一層用牛油、砂糖、麵粉、梳打粉、奶粉、雞蛋和豬油等材料焗製而成的脆皮。由於這層脆皮呈金黃色，而且很像菠蘿的表皮，因此，這種麵包叫菠蘿包。

Pineapple Bun Making Technique

The pineapple bun certainly tops the list of Hong Kong's specialty food. We can easily find pineapple buns at any neighbourhood bakery.

The top of the pineapple bun is made with butter, sugar, flour, baking powder, dried milk, egg and lard. The crust is golden yellow in colour, resembling the appearance of a pineapple, hence its name.



蒸籠製作技藝

中式點心大多由竹片做的蒸籠蒸製，由於竹有很強的保溫作用，而且透氣度高，易於疏導蒸氣，在蒸製食物時熱力分佈也較平均。

Steamer Making Technique

Chinese dim sum items are mostly cooked by steaming them inside bamboo steamers. As bamboo fibre is porous, it allows the steam to circulate, which helps with heating up the food evenly and keeping the dim sum items warm at the same time.





所以竹蒸籠很適合用來蒸製及盛載點心，也反映善用天然物料製作器具的傳統民間智慧。

The bamboo steamer is a great example of how traditional folk wisdom has put a natural material to its best use.

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蛋撻製作技藝

香港的蛋撻分為酥皮和牛油皮（又稱「曲奇皮」）兩種。你喜歡哪一種？

製作蛋撻，首先要製作蛋撻皮，其材料包括麵粉、水和油等，然後開蛋水（即蛋漿）、印模，最後經過烘焗，就可以完成香噴噴的蛋撻了。

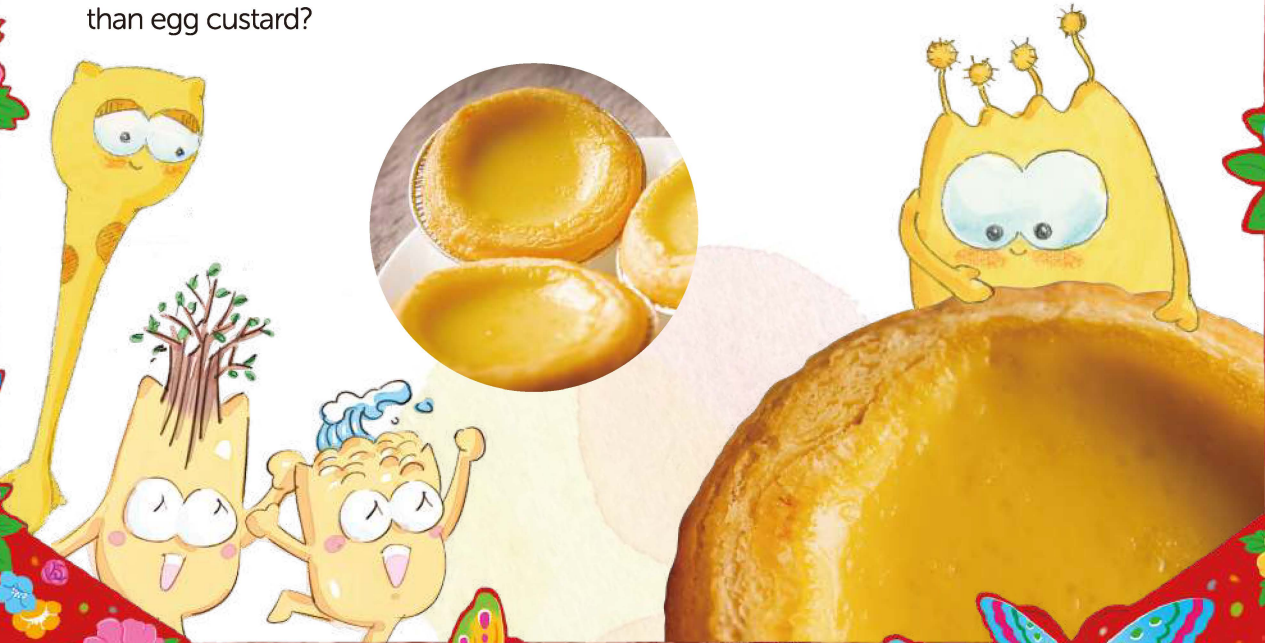
香港的飲食文化隨著潮流和環境不斷演變，我們平日除了可以在茶餐廳嘗到蛋撻外，有些中式茶樓，也會把蛋撻當作點心售賣。事實上，蛋撻的口味也在不斷創新。小朋友，你有沒有吃過不同口味的蛋撻呢？

Egg Tart Making Technique

Hong Kong-style egg tarts come either with puff pastry or shortcrust pastry (commonly known as "cookie" pastry). Which is your favourite?

To make egg tarts, first we have to prepare the tart crust, using the ingredients of flour, water and oil, etc., then the egg water (the custard). The dough is pressed into tart moulds, the filling poured in and the tarts baked. In no time at all, the mouth-watering egg tarts are ready!

As the food culture of Hong Kong has developed over time in line with trends, apart from Hong Kong-style tea cafes we can also find egg tarts in Chinese restaurants where they are sold as a delicate dim sum item. Moreover, the flavours of egg tarts are constantly evolving. Have you ever come across egg tarts made with a flavour other than egg custard?



茶樓點心製作技藝

我們常常聽到爺爺嬤嬤說「一盅兩件」，你知道是甚麼意思嗎？
原來「一盅」就是用來泡茶的蓋杯，稱「焗盅」；「兩件」是泛指點心。

Chinese Dim Sum Making Technique

We may have heard our grannies saying that they are going for "Yat Jung Leung Kin". What does that actually mean? In fact, "Yat Jung" is referring to a cup of tea, whereas "Leung Kin" are the dim sum dishes. Altogether, it means going to a Chinese restaurant to have tea!



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最常見的點心有蝦餃、燒賣、山竹牛肉、腸粉等等。製作點心的工序包括烹調餡料和準備食材，每個步驟都體現了師傅的經驗和廚藝。

Some common dim sum items are shrimp dumplings, shumai, steamed beef balls and rice rolls. The process of making dim sum involves a series of tedious steps, from preparing the ingredients to cooking the fillings, and each process demands a great deal of skill and experience from the dim sum chef.



總結

香港中西文化經過多年的融合，形成了獨特的飲食文化，有些更成為了香港的非遺，讓香港的文化更添姿彩。

小朋友，你們平日也可以從各種生活細節、遇見的人，甚至是經過的街道，留意有甚麼和非遺有關的東西。

要了解更多有關香港非遺的資料，歡迎你瀏覽香港非物質文化遺產資料庫，更可參觀位於三棟屋博物館的香港非物質文化遺產中心！

To Conclude

Hong Kong is an international city where Chinese and Western cultures converge. With decade upon decade of cultural exchanges, this has shaped the diverse and unique food culture of Hong Kong to create part of our ICH.

Why not start looking for ICH items in your daily life? You may observe the people you meet, streets you walk along or even any other tiny things that you come across. Perhaps this can lead you to things that are related to ICH!

If you would like to learn more about ICH, you are most welcome to browse the Hong Kong Intangible Cultural Heritage Database online or visit the Hong Kong Intangible Cultural Heritage Centre at the Sam Tung Uk Museum in person.

