

● 凉茶

◆ 在岭南地区地湿水温的气候环境 中,以特定的中草药烹煮而成的凉 茶成为大众祛湿降火、解燥消暑等 的饮食文化之一,现时仍是日常生 活中常见的饮品。凉茶于2006年列 入国家级非遗代表性项目名录。

The climate of South China is known for being "hot and damp". So herbal

tea made from Chinese medicinal herbs according to traditional Chinese medicine theories has been used to prevent the heat and damp symptom-complex and to cool the body, for instance. Today, herbal tea is still very much a part of everyday life. Herbal tea was inscribed onto the national list of ICH in 2006.



Egg Tart Making Technique

● 蛋挞是以面粉、水、油、蛋和糖作为原材料。 经过制作蛋挞皮、制作蛋水、印模及烘焗等 工序制成。

Egg tarts are made from flour, water, oil, egg and sugar. The procedure involves the preparation of pastry and egg water, molding and baking.



❸ 豆品制作技艺

Soybean Product Making Technique

◆ 黄豆经处理后,可以制成不同的豆品食物,包括 布包豆腐、豆干、豆卜、豆浆、炸豆腐、豆腐花、 豆腐乳(或称腐乳)、臭豆腐等。

Soybeans can be further processed to produce different soybean products which consist of wrapped bean curd, pressed bean curd, bean curd puff, soy milk, fried bean curd, tofu pudding, fermented tofu, stinky tofu, etc.

◆ 茶粿制作技艺

Cha Kwo (Steamed Sticky Rice Dumpling) Making Technique

◆ 茶粿是由糯米粉和馅料制成的食品,为传统民间食 品之一,例如是于农历新年制作的新春小食,亦是 祭祀的供品。

Cha Kwo, made from glutinous rice flour and fillings, is one of the traditional food of the local communities. It is served as a festive snack during the Chinese New Year and a food offering, for instance.



Noodles Making Technique

◆ 打面是以面粉、蛋和硷水为原材料,经过按「 捞粉」、揉面团和切面等工序而制成面线和 云吞皮。

The noodle strips and wonton skins are made from flour, egg and lye through the processes of dredging and compressing of the flour mix (or dough), cutting, etc.



6 传统乡村建筑修缮工艺

Traditional Architecture Preservation Technique

◆ 传统乡村建筑,如祠堂、书室、庙宇等,需要 特别的知识和技术来进行修缮,工艺主要分 为泥水、木工、灰塑和壁画四类。

Specific knowledge and skills are required to preserve traditional architecture, such as ancestral halls, study halls and temples. The techniques can be mainly categorised into four types: plastering, woodwork, plastered mouldings and mural painting.

大埔旧城天后诞

Tin Hau (Empress of Heaven) Festival of Tai Po Old Market

◆ 大埔旧墟天后宫社区活动管理委员会与大埔联益 乡公所于每年农历三月二十二及二十三日,举 办天后诞,有巡遊和乡公所村民拜神等 仪式活动。

The Tai Po Old Market Tin Hau Temple Communal Activity Committee and the Tai Po Luen Yick Rural Office hold the Tin Hau Festival on the 22nd and the 23rd days of the third lunar month every year. The festivities include a parade and worshipping conducted by villagers.



会 大埔元洲仔大王爷诞

Tai Wong Yeh (Great Lord) Festival of Yuen Chau Tsai, Tai Po

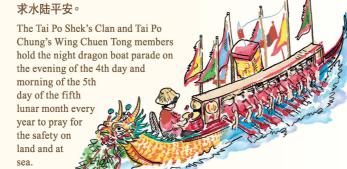
◆ 大埔区侨港惠阳苏徐李钟石宗亲联会于每 年农历五月初六至十五日,举办大王爷 诞,贺诞活动包括公演粤剧神功戏及有 花炮会前来庆祝。

The Clansman Association of Hong Kong Wei Yang So, Tsui, Lee, Chung and Shek of Tai Po holds the Tai Wong Yeh Festival from the 6th to the 15th day of the fifth lunar month every year. The festivities include thanksgiving Cantonese opera performance and the celebrations of paper floral tribute

② 大埔端午遊夜龙

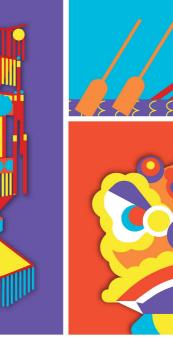
Tai Po Night Dragon Boat Parade

◆ 大埔石氏家族及大埔钟氏颖川堂成员于每年农历五月初 四日晚上及初五日清早举办遊夜龙活动,以初











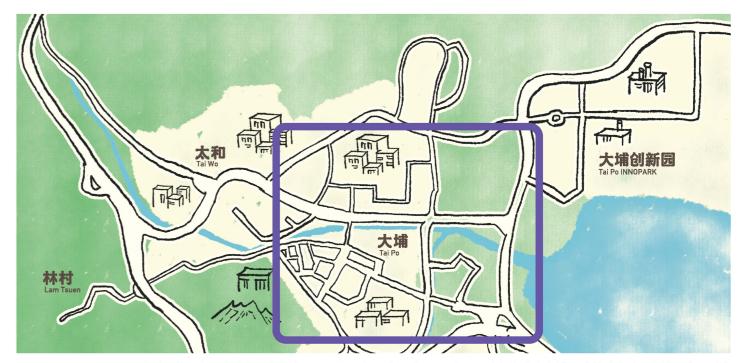
ICH 香港处处有非遗 Around Town

非遗精华遊踪 - 大埔区 ICH Highlight Tours - Tai Po District









大埔区位于新界东北部,由大埔及西贡北两个区域组成。1672年,邓氏家族成立大埔旧墟的墟市(现大埔旧墟天后宫 一带)。其后,泰亨文氏家族与附近村落成立「七约」,于1892年另建新墟市太和市(现大埔文武二帝庙一带)。是次遊 踪将集中介绍大埔两墟一带的非物质文化遗产(非遗)。



Tai Po District lies in the northeast of the New Territories and is made up of 2 geographical areas: Tai Po and Sai Kung North. In 1672, the Tang clan established a market place called the Tai Po Old Market (nowadays the surrounding area of Tin Hau Temple, Tai Po Kau Hui). Later, the Man clan of Tai Hang formed an alliance called "Tsat Yeuk" with nearby villages and built a new market called Tai Wo Market in 1892 (nowadays the surrounding Tai Po District area of Man Mo Temple). This highlight tour focuses on the intangible cultural heritage (ICH) in the surrounding areas of these two markets.

- ▶ 遊览须知 Notes for Visitors
- (1) 地图上所列地点的开放时间或延期各有不同,部分地点并不开放予遊人参观,敬请留意。 The opening hours or festive periods of the locations listed on the map may vary. Some of t
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