

「食得喜」樂齡美食烹飪大賽



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「明日之星」大賞

Winner of the “Rising Star” prize at the Care Food Competition 2021 Award Ceremony

憑藉用心及創意，本會康復中心廚師施德 (Billy) 早前參加由香港社會服務聯會 (社聯) 轄下社會企業商務中心舉辦的第三屆「食得喜」樂齡美食烹飪大賽，榮獲「明日之星」大賞。

Billy 以西式軟餐為主，採用法式烹調技巧，加上多國新鮮食材精心炮製比賽菜式：嫩煎去骨小牛腿肉配濃肉汁伴糖漬蜜桃、紫薯藜麥糕及黑松露油泡沫。

去年「食得喜」樂齡美食烹飪大賽以「開心照顧食」為主題，大會期望透過今次比賽，鼓勵職業廚師在照顧食菜式的選材配搭、烹調方法及擺盤技巧上創新嘗試，讓吞嚥困難人士有多元化的選擇。此外，大會亦希望藉是次比賽推動本地照顧食發展，把不同形態的照顧食 (如軟餐及碎餐等) 推廣給各界人士，助吞嚥困難患者提升生活質素。

With his dedication and creativity, Billy, the chef of FHS Rehabilitation Centre participated in The 3rd Care Food Competition 2021 held by the Hong Kong Council of Social

Service's (HKCSS) Social Enterprise Business Centre, and was awarded the “Rising Star” prize.

Billy concentrated on Western-style soft meals. Following French culinary techniques and selection of fresh ingredients from all over the world, his entries for the competition include a pan-fried boneless calf shank with candied apricot in rich meat sauce, purple sweet potato quinoa cake and foam made with black truffle oil.

The theme of Care Food Competition was “Joyful Care Food” last year. The organiser wished to make use of the competition to encourage chefs to bring new initiatives when it comes to the ingredient selection, cooking methods and plating of care food, so as to provide more meal choices for those with swallowing difficulties. Furthermore, the organiser would like to take this opportunity to promote the development of care food in Hong Kong, introduce different forms of care food (such as soft meals and minced meals) to different sections of the society, and help raise the quality of life of those with difficulties in swallowing.

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