

探索花花純素世界

Exploring Jennifer's Vegan World

Kayla Hill



花花 Jennifer



布魯潔 Bluesmeone



想知道花花怎麼會轉為純素主義者嗎？

Want to know why Jennifer became a vegan?

花花帶您純素遊香港、台灣、日本、馬來西亞、泰國、澳洲及紐西蘭。

Jennifer takes you on a vegan dietary trip around Hong Kong, Taiwan, Japan, Malaysia, Thailand, Australia, and New Zealand.

各式純素、無蛋、無奶、無麩質、無糖及生機的私房甜品食譜。

She shares a variety of original vegan dessert recipes: without eggs, dairy, and gluten; without added sugar; and with many uncooked ingredients.

中文(繁體)
及英文版本
Traditional Chinese
and English Version

目錄

Contents

推薦序 • 8

Foreword

封面人物傳記 • 13

Biographies from Friends Who Appear on the Cover of this Book

Kayla Hill • 14

布魯桑 • 16

Bluesomeone

花花 • 17

Jennifer



第 1 章 Chapter 1

我的純素生活方式 My Vegan Lifestyle

01 | 關於純素「Vegan」的定義 • 28

About the Definition of Vegan

02 | 邁向我的純素生活 • 29

Moving To My Vegan Life

03 | 分享我一天的純素食 • 34

Sharing My Daily Vegan Meals

04 | 多做運動有益身心 • 36

Exercise for Physical and Mental Health

05 | 吃一些經過加工的素肉製品如何影響我的身體？ • 37

How Does Eating Some Processed Mock Meat Products Affect My Body?

06 | 如果你問我，是不是所有素肉都不能吃？ • 38

Should All Mock Meat Be Avoided?

07 | 純素飲食如何吃到均衡有營養？ • 42

How to Have a Nutritional and Balanced Vegan Diet?

08 | 純素寶寶 • 45

Vegan Baby

09 | 推廣純素主義 • 47

Promoting Veganism



第 2 章 Chapter 2

純素餐廳 Vegan Restaurants

- 01 | 純素食者 (Vegan) 在外用餐及選購食物需知 • 50
Things to Know as a Vegan—When Eating Out or Buying Food Outside
- 02 | 推廣純素餐廳小錦囊 • 54
Tips for Promoting Your Vegan Restaurant
- 03 | 我已經寫給小朋友——去幫助他們考慮第一次做生意 • 56
I Have Written for Young Children – to Help Them to Think About Businesses for the First Time.
- 04 | 香港純素餐廳推介 • 58
Recommended Vegan Restaurants in Hong Kong
- 05 | 台灣純素餐廳推介 • 72
Recommended Vegan Restaurants in Taiwan
- 06 | 泰國純素餐廳推介 • 96
Recommended Vegan Restaurants in Thailand
- 07 | 日本純素餐廳推介 • 99
Recommended Vegan Restaurants in Japan
- 08 | 馬來西亞純素餐廳推介 • 103
Recommended Vegan Restaurants in Malaysia
- 09 | 澳洲純素餐廳推介 • 105
Recommended Vegan Restaurants in Australia
- 10 | 紐西蘭純素餐廳推介 • 112
Recommended Vegan Restaurants in New Zealand
- 11 | 花花的素遊口袋名單 • 115
Jennifer's Vegan Travel List



第 3 章 Chapter 3

純素食譜 Vegan Recipes

- 01 | 純素食材牌子 • 118
Vegan Ingredient Brands
- 02 | 如何將一般菜式轉為純素菜式呢？ • 119
Turning 'Regular' Dishes into Vegan Ones?
- 03 | 如何製作純素中菜 • 121
Instructions for Making Vegan Chinese Cuisine
- 04 | 材料篇 • 127
Cooking Ingredients
- 05 | 製作純素甜品的材料替代品 • 128
Alternative Ingredients for Making Vegan Desserts
- 06 | 食譜篇 • 129
Cooking Recipes



第 4 章 Chapter 4

純素消費資訊懶人包 Information Kit for Vegan Consumers

- 01 | 女性用品 • 152
Feminine Products
- 02 | 日常護膚品牌 • 153
Daily Skincare Brands
- 03 | 化妝品牌 • 154
Cosmetics Brands
- 04 | 純素服裝品牌 • 155
Vegan Clothing Brands
- 05 | 純素服務 • 157
Vegan Services
- 06 | 純素旅行團 • 158
Vegan Tours
- 07 | 純素婚禮及活動 • 159
Vegan Weddings and Events
- 08 | 健康好書推薦 • 160
Health Book Recommendations
- 09 | 純素雜誌 • 161
Vegan Magazines



第 5 章 Chapter 5

純素理念：友善地球 Vegan Vision: Earth-friendly

- 01 | 純素產品 • 166
Vegan Products
- 02 | 純素環保資訊 • 168
Information on Environmental Preservation and Vegan
- 03 | 純素環保行動 • 169
Vegan and Eco-friendly Actions



附錄 Appendix

關於花花最喜愛的 About Jennifer's Favourites

致以下各行業 • 192
To the Following Industries

我的話 • 193
From Me

純素生活筆記 • 194
Your Vegan Life Notes

免責聲明 • 198
Disclaimer

★★★
推薦序
Foreword

1

自從我們在幾年前認識，花花就成為我在香港的終極純素吃貨友。我從未遇過像她對純素飲食那麼有熱情，而且那麼積極嘗試新餐廳的人。

Since we became friends a few years ago, Jennifer has become my ultimate vegan food buddy in Hong Kong. I've never met anyone so passionate about vegan food, and interested in trying new restaurants, as her.

我們在一起的時間大部分都在聊純素飲食、拍照和遊走各種有純植物選項的新地點。因此當她跟我說要編寫一本烹飪書的時候，我真的非常興奮。

Whenever we meet each other, we spend most of our time talking about vegan food, taking photos, and trying new restaurants. We also enjoy travelling together to new destinations, for example Thailand, where we can experience many different vegan restaurants. When she told me she was putting together a cookbook, I was beyond excited.

花花是那種會把愛、關懷與熱情放進她所有創作當中的人。我在她的烘培教室學會做巧克力心太軟和港式蛋撻，和她探索了清邁的純素世界，還邀請她外送客製甜點給我任教的中學生們（他們很愛吃！）。

Jennifer is one of those people who puts love, care, and passion into everything she creates. I learned how to make Molten Lava Cakes and Hong Kong Style Egg Tarts in her baking studio, explored the vegan

scene in Chiang Mai with her. Here in Hong Kong, I invited her to the school where I teach, to share some of her custom-made desserts with my secondary school students; they absolutely loved them!

如果您正在尋找高品質材料、超健康且完全零殘忍的食譜，那您就找對地方了。我希望您不只享受到自己製作的美食，也享受把這一切彙整在本書中那背後所付出的努力。

If you're looking for recipes that feature quality ingredients, are super healthy, and are completely cruelty-free, you've come to the right place. I hope you enjoy not only the delicious food you will create, but also all the effort that was made into putting this collection together.

正因為有像花花這樣的人在邁出精彩的步伐，才能建造出純素的世界。

It's people like Jennifer who are making amazing strides in building a vegan world.

— Kayla Hill —
好友兼頻繁試吃者
Friend and Frequent Taste-tester

★★★
推薦序
Foreword

2

素心茹素已經差不多有20年，嗜甜的素心，一直希望可以製作及品嚐到純素甜品，尤其「蛋」糕更加是素心的至愛。

I am So Sum and have been on an almost vegan diet for about 20 years. Since I have a sweet tooth, I have always wished to be able to make and taste vegan sweets. Cakes are my favourite food.

20年前坊間素食人口少，更遑論是純素蛋糕和甜品。有幸在機緣巧合下認識到花花，立刻封為偶像，每一次生日與 party，必定會請求花花為我製作純素蛋糕，素心最愛就是黑朱古力龍舌蘭蜜蛋糕。因為家人有糖尿病患者，而媽媽又十分喜愛苦澀的黑朱古力，感激花花願意為我設計糖尿病人都可以進食的純素蛋糕食譜。

Twenty years ago, the vegan population in Asian countries was very small. So, finding vegan cakes and desserts was difficult! I was so lucky to meet Jennifer, who immediately became my idol! Since then, it has become a must to request Jennifer to make me vegan cakes for every birthday and party. Her Dark Chocolate Agave Nectar Cake is my favourite. Since we have a diabetic family member, and my mother loves bitter chocolate, I am very grateful that Jennifer is willing to design a vegan cake recipe that is also suitable for people with diabetes.

素心最欣賞花花的就是她對推廣純素甜品及素食的熱忱，她每每都在 Facebook 上

分享世界不同地方的素食，為食物攝影並寫下評論，令素心大開眼界之餘還可以吸收很多有關素食的新知識。素食路上遇上妳，是素心的福氣。

What I admire most about Jennifer, is her enthusiasm in promoting vegan desserts and veganism itself. I always see her sharing vegan food from around the world on Facebook, as she travels to different places. She writes comments on the food photos, which not only broaden my horizons, but also give me lots of new knowledge about new vegan places and new vegan dishes. It is truly my blessing to have met her on my path of veganism.

— 素心 So Sum —
素心·純素護膚品
So Sum Vegan Skincare

● ● ● 布魯桑 ● ● ●

● ● ● *Bluesomeone* ● ● ●



我是台灣人，亞洲知名的蔬食部落客，也是一名創業家。純素食生活多年，目前在台中擁有純素餐廳，「植耀日」。

I am a Taiwanese veggie blogger and an entrepreneur who is famous in Asia. I have been vegan for many years and own Veganday Cuisine, a vegan restaurant in Taichung.

我也是第一屆台灣純素小姐的當選者，致力於推廣純素飲食生活文化，更是「愛」的追隨者，我相信每個動物都有靈性，並擁有和人類相同的愛與感覺，語言之外我們都一樣珍貴。

I even won the first Taiwan Miss Vegan. I am committed to promoting the culture of a vegan lifestyle, and is also the advocate of "love." I believe every animal has a soul with love and feelings just like humans, and that they are as precious as us despite not having a verbal language we can understand.

我經常發文介紹台灣各地的美味蔬食，以及品嚐世界各地美味純素食，我的蔬食旅遊蹤跡更到了日本、韓國、泰國、新加坡及英國。

I often publishes posts on delicious veggie foods around Taiwan, and tries out tasty vegan foods all over the world, such as in Japan, Korea, Thailand, Singapore, and the UK.

有興趣的朋友歡迎追蹤我專門在經營的粉絲專頁及網頁！

For those who are interested, please follow my official fan page and website!



● ● ● 花花 ● ● ●

● ● ● *Jennifer* ● ● ●



我從小就喜歡吃，尤其各式各樣的甜品、零食。讀初中時，體重已經有 150 磅，健康檢查評估過重，我與班上的同學相處融洽，但總有些同學看見我肥胖，會在其他同學面前，大聲叫我減肥，嘲笑我肥胖的身形，令我感到無助。這些難聽的言語，改變了我。我開始嘗試各種不同的減肥方法，減肥茶、減肥藥、節食、運動，在一個月內減了 30 磅，變得很瘦，樣子也變漂亮了，突然很受同學們的歡迎。

I liked to eat from a young age, especially all kinds of desserts and snacks. When I was in junior high school, I already weighed 150 pounds, and my health-check results were always overweight. Although I got along well with my classmates, some students always noticed that I was obese, and teased me. I was called-out to lose weight in front of my classmates. They were laughing at my fat body. I felt helpless. These horrible words later changed me. I started to try different weight-loss methods; drinking weight-loss tea, taking diet pills, dieting, and exercising. After losing 30 pounds in one month, I became very thin, and looked beautiful. I was suddenly very popular with my classmates.

我想在短時間內快速瘦下來，一開始像厭食症一樣，試過一次吞下 16 粒減肥藥，會感到心跳加速，經過一段時間，恢復了食慾，然後開始不停吃東西，控制不了自己，不到

兩個星期，體重便迅速回升，恢復了原來的體重。從網路報導得知，有些女性因為不正確減肥而導致死亡，所以我現在絕對不會再嘗試這些不正確的減肥方法。過去的減肥經歷，讓我深深體會到，如果您想健康地減肥，就必須要定期做運動及飲食均衡，才能健康的瘦下去。現在不管別人說什麼，當我想吃東西便去吃，偶爾會去游泳及遠足。我已經做回真實的自己，不再受別人影響。

I wanted to lose weight too quickly. I became like an anorexic. I tried taking 16 weight-loss pills at a time, and felt my heart was beating faster. Soon, my normal appetite returned, and I started to eat constantly. I couldn't control myself. However, after less than two weeks, my weight quickly came back, and I returned to being how I was before I lost the weight. I later learned, from online reports, that women sometimes died as a result of incorrect weight loss. So, I will never try these incorrect weight-loss methods again. My past weight-loss experiences made me realize deeply, that if you want to lose weight healthily, you must exercise regularly, and eat a balanced diet. Now, no matter what others people say, whenever I want to eat, I eat. I also occasionally go swimming and hiking. I have become my true self — unaffected by others.

15 歲那年，我去了澳洲悉尼留學。我對佛教開始有了更多的了解。2005 年開始素食。2008 年，我從車士活高中



(Chatswood Hight School) 畢業。那年開始吃素，周末時，我的朋友們會去酒吧和夜總會，去喝酒和交友。我不想加入他們，因此，開始定期去澳大利亞國際佛教協會 (IBAA) 佛光山北雪梨佛光緣的素食餐廳，在那裡幫忙打掃廚房、洗碗和清潔地板等工作。我從小就喜歡參與各式各樣的慈善活動，慈善捐款、捐錢給乞丐，買魚、小鳥放生、捐款幫助動物、探訪老人院、提供食物給有需要的人。我意識到，幫助別人等於幫助自己。

When I was 15 years old, I went to study in Sydney, Australia. I was learning more about Buddhism. I started to be a vegetarian in 2005. I graduated from Chatswood High School in 2008. At the weekends, my friends would go to bars and night clubs to drink and socialize. I did not want to join them. So, I started to regularly visit the vegetarian restaurant in the International Buddhist Association of Australia (IBAA) Chatswood Buddhist Centre. I helped to clean up the kitchen. I did jobs such as washing dishes and cleaning the floor. I have enjoyed participating in various charitable activities since childhood. I bought flags, donated money to beggars by the roadside, bought fish and birds for release, donated to help animals, visited elderly homes, and gave food to people in need. I realized that helping others was equal to helping myself.

仍然記得，第一次成為素食者時，我體重下降了。和家人出去時，我是吃蔬菜而不是肉邊菜。後來，我發現了各種類型的加工素食食品，例如素肉，很快又變胖了。有人說素食食品不含足夠的蛋白質！您可以找到各種純素菜式，並且可以準備所有這些食物，使其包含一定百分比的蛋白質：純素麵包，純素漢堡，純素意大利麵，純素零食和純素甜品。它們很好吃，讓我口水直流，我吃了許多，看我白白胖胖就知道。

I still remember that, when I first became a vegetarian, I lost weight. When going out with my family, I would eat the vegetables but not the meat side dishes. Later, I discovered many types of processed vegetarian food, such as mock meats. I soon became fat again. Some people say vegetarian and vegan food doesn't contain enough protein! You can find all kinds of vegan dishes, and all of them can be prepared so that they contain a percentage of protein: vegan buns, vegan burgers, vegan spaghetti, vegan snacks, and vegan desserts. They are very delicious. I eat so much. It makes me fat.

如果每天吃果菜露、水果、蔬菜、糙米飯及堅果的全植物性食物，再配合適量的運動，假以時日必定會瘦身，會感覺很有精神，樣子變得更漂亮，這也是我的親身經驗。轉吃素後，很多朋友會問我吃素的原因，我總會答，因為健康及愛動物。亦有人對我說吃素沒有營養，建議我回去吃肉，我一點也沒有動搖，仍然堅持著吃素。因為我確實感覺到吃素後身體的變化，變得更少病痛。堅持吃素是因為，茹素後我的身體確實發生變化，沒有發燒過，雖然有時仍會感冒，但是症狀變得很輕微、也很快痊愈。

If you eat a wholefood plant diet, a variety of fruits, vegetables, brown rice and nuts, every day, then, with the right amount of exercise, you will very likely lose weight over time, feel very spiritual, and look more beautiful. This is also my personal experience. After switching to vegetarian food, many friends would ask me why I had become a vegetarian. I would always answer, that it was because I wanted to be healthy, and that I loved animals. Some people also told me, that by being vegetarian I would lack nutrition. They advised me to go back to eating meat. However, I didn't waiver at all, and I still insisted on being a vegetarian. This was because I did feel positive changes in my body after becoming vegetarian. My body was less sick, and I no longer had so many

fevers. Sometimes I still caught colds, but the symptoms were mild and soon ended.

2007年當我還在澳洲留學時，經常去各超市購買食材。蔬菜和水果很新鮮，又大又好吃。有一次，當我在選購調味料時，看到了一個罐子食材成分的標示，該產品包含魚成分。之後每當我購買醬料時，都會檢查其成分，更喜歡選擇購買有標示素食的醬油。

When I was still studying in Australia, in 2007, I often went to various supermarkets to buy ingredients. Vegetables and fruits were fresh, and they were big, and delicious. Once, when I was shopping for seasonings, I saw the ingredients on the back a jar. The product contained fish ingredients. So, whenever I look at, for example, soy sauce bottles, I check the ingredients. I prefer to buy soy sauce labeled as vegetarian or vegan.

我從小就喜歡零食，尤其是甜食。有一天，我看到一個網站，該網站解釋了很多類型

的糖果是用動物明膠製成的。該網站解釋說，明膠是由動物的骨頭和皮熬煮成的。知道這一點後，感到十分震驚。我以為自己是素食者，但是每天都在吃動物的骨頭和皮膚。我感到可怕和噁心。從那天起，我再也沒有吃過任何含明膠的糖果。後來，我在香港元朗的一素店裡看到了許多不同的純素糖果。我很高興地看了成分，並了解它們完全由植物成分製成的。我立即購買了幾種不同種類的糖果。

I have enjoyed snacks, especially sweets, since I was a kid. One day, I saw a website which explained how many types of candy are made from animal gelatin. The website explained that, gelatin was made from the bones and skins of animals. After knowing this, I was completely shocked. I was thinking I was living as a vegetarian, while eating animals bones and skin every single day. I felt horrible and disgusted. I haven't eaten any gelatin-containing sweets since that day. Later, I saw many different vegan sweets being sold in One Vegan Shop in Yuen Long, Hong Kong. I was very excited to read the ingredient lists, and to understand that they were completely made



第1章

Chapter 1

我的純素生活方式

My Vegan Lifestyle

想知道花花吃純素的經歷嗎？
Want to know about Jennifer's life as a Vegan?



01

About the Definition of Vegan

關於純素「Vegan」的定義

純素主義就是一種人們堅持不傷害動物的飲食及生活方式。純素食者吃各種水果，蔬菜，穀物，及由香料和辛香料製成的食物。他們不吃或喝所有含動物的食物或飲料，包括肉類、海鮮及含有其成分的副產品；除此以外，純素食者也不食用含有乳製品，雞蛋、蜂蜜或蜂花粉的產品。

Veganism is a lifestyle in which people insist on not harming animals. Vegans eat food made from all varieties of fruits, vegetables, grains, herbs, and spices. They don't eat or drink any food or beverages that contain animal ingredients, including meat, seafood, and the by-products of such ingredients. Besides that, vegans don't consume products containing dairy products, eggs, honey, or bee pollen.

純素主義者穿著並使用由棉，麻和其他合成纖維等織物製成的產品。他們還穿著和使用由非動物材料製成的人造皮革。純素主義者不使用任何含有動物成分或動物副產品的產品，例如化妝品，常規皮革製品或衣物，或其他由動物毛皮製成的產品。此外，純素主義者不參加任何剝削動物的娛樂活動，也不支持利用動物謀利的行業。

Vegans wear and use products made from fabrics such as cotton, hemp, and other synthetic fibres. They also wear and use faux leathers, made from non-animal materials. Vegans don't use any products that contain animal ingredients or animal by-products, for example, cosmetics, conventional leather items, or clothing, or other products made with animal fur. Also, vegans do not attend any entertainment events or join activities where animals are exploited, or support industries that earn profits from exploiting animals.

對於純素食者來說，我深切了解到，並不是每一位都能百分之百完全轉變成純素飲食生活，因為每個人的歷練及進度不同，所以理應互相包容及幫助，在我自己的人生旅途中，我也仍然在努力及學習當中，因此，讓我們大家共同努力！

I fully understand that not every vegan can transform their diets, and their lifestyles, to being 100% purely vegan, as everyone has different challenges, backgrounds, and paces. This is why we must be all-embracing, and really help each other. In my own life journey, I am also always trying my best to learn. So, let us all work hard on this together!

02

Moving To My Vegan Life

邁向我的純素生活

我在 16 歲時決定成為素食者，剛開始對於素食的知識懵懵懂懂，所以請教了吃素的人，才知道有些素食者可以吃奶和沒有受精的蛋。然後，我得知一些素食者也有吃乳製品和雞蛋。因此，我以一個蛋奶素食者生活了八年。

I decided to become a vegetarian when I was 16. At the beginning, I didn't know much about the vegetarian diet. So, I asked people who were already vegetarian about it. Then, I learned that some vegetarians also ate dairy products and eggs. Because of this, I lived as an ovo-lacto-vegetarian for eight years.

直到有一天，我在網絡上看到一段有關生產蛋奶的影片，看見小雞被放入攪拌機攪碎，覺得很難過，也看見坊間業者為了生產奶，令牛媽媽們相當痛苦，十分可憐。那一刻開始，我決心以我的動物友善飲食走得更遠：不再讓我的飲食對任何動物造成任何傷害。

One day, I came across a video on the Internet, about the production of eggs and milk, and saw the baby chicks being thrown into a blending machine, and being shredded. That broke my heart. I also saw how milk manufacturers made poor mother cows suffer on dairy farms. It was then that I was determined to go further with my animal-friendly diet: to no longer cause any harm to any animals through my diet.

我在 24 歲開始學習吃純素的時候，先到香港的灣仔愛家純素餐廳工作，主要負責飲料吧兼外場收銀。餐廳老闆郭小姐與員工都很友善，工作氛圍很舒服愉快，工作之餘的小確幸是能優先品嚐廚師的新菜式並參與改良。

When I started to learn how to go vegan, at the age of 24, I first worked in the Loving Hut vegan restaurant in Wan Chai, Hong Kong, as a bar waitress and cashier. The owner, Ms Kwok, and the staff there, were very friendly. The working atmosphere was happy and quite relaxed. My pleasurable duty, during quiet times, was to participate in the creation of new menu items with the chef. In other words, my happiness came from when I got to taste the new menu items from the chef first-hand.

我覺得去灣仔愛家吃午餐就像是每場比賽的中場休息時間，因為時間不長更需要有舒適的空間座位，及態度友善的服務。這家餐廳販售的餐點是商業套



04

Recommended Vegan Restaurants in Hong Kong

香港純素餐廳推介



維多利亞港 Victoria Harbour



天壇大佛 Tian Tan Buddha



山頂 The Peak



香港島
Hong Kong Island



Veggie SF

電話 Phone: (852) 3902 3902 網頁 Website: <http://www.veggiesf.com/>
營業時間 Opening Hours: 週一至週六 Monday to Saturday · 11:45-14:30, 17:45-21:00 (週一公休 Sunday Closed)
食物 Food: 非常好吃 super delicious ★★★★★ 價格 Price: 中上 moderate to high ★★★★★

中環士丹利街 11 號 10 樓 (地鐵站: 中環 D2 出口) 10/F, 11 Stanley Street, Hong Kong Central, Hong Kong (Central MTR Exit D2)

位於中環中心地帶，交通十分便利，餐廳有著舊金山的美式風格，有許多懷舊擺設。燈光微暗很有氣氛，無論約會，朋友聚餐，家族聚會都很適合。每一道菜式皆是廚師的精心傑作，多國素菜，而且餐點種類多，總有幾款你會喜歡的。

Located in the heart of Central and easily accessible, this restaurant has San Francisco-style decor with lots of retro decorations and dim lighting. It is great for both dates and family gatherings. All dishes are carefully crafted by the chef into multinational cuisines and lots of varieties. So, you are guaranteed to find something that you like.

花花特別推薦以下菜式 Jennifer's recommendations

01



紅菜頭腰果蘑菇扁豆漿漢堡，包伴自家製羅勒豆奶醬、苜蓿芽、洋蔥、南瓜薯角及田園沙律；

Beetroot Cashew Nut Lentil Mushroom Pate Glamburger with home made soy basil mayo, alfalfa, onion, potato pumpkin wedges & mixed salad;

02



炸豆腐伴蒜香酸辣汁；
Deep Fried Tofu with Spicy Garlic Sauce;

03



印尼加多加多沙律、炸豆腐、腰果、大豆炸物伴椰漿飯；
Indonesian Gado-Gado Salad, Tofu, Cashew Nut, Fried Soy Goodies Served with Coconut Rice;

05

Recommended Vegan Restaurants in Taiwan

台灣純素餐廳推介



台灣是我最常去的城市。平均來說，我每年去那裡兩次。台灣是十大素食友善城市之一。大概有十分之一的人口是素食者。這是一個真正的純素天堂。幾乎每一區都有純素餐廳，這使我們很容易去用餐。我在台灣有很多密友。我喜歡吃在地的蔬菜與水果。每一次在台灣的旅程時間短暫，結束時也不捨得離開。

Taiwan is the city I travel to most frequently. On average, I travel there twice a year. Taiwan has is one of the top ten vegan-friendly cities in the World. Perhaps 10% of the population are vegetarian and vegan. It is a true vegan heaven. Almost every district has vegan restaurants, making it very easy for us to dine out. I have many close friends in Taiwan. I love having their local produce. Although my trips to Taiwan are usually short, I always end up not wanting to leave.

廚君蔬食餡餅 Chu Chun

網頁 Website :
www.facebook.com/chuchun8899/



台北
Taipei

他們全使用台灣在地有機蔬菜來製作各種菜式，有主菜、小菜，及招牌菜的五色蔬菜盤。您可以選擇單點或套餐。他們還免費提供內用消費者無限量的海帶芽味噌湯、手作烏梅汁。每次我來用餐時，看到從收銀到出餐，都是老闆親力親為，我總是非常感動。食在地台灣素是花花來台北必會報到的愛店之一。



食在地台灣素

TaiwanSu Vegan Restaurant

☎ 電話 Phone: (886) 2 2541 0799 🌐 網頁 Website: <http://www.pcstore.com.tw/Taiwansu/> 📘 臉書專頁 FB Page: 食在地 台灣素
🕒 營業時間: 週一至週五·週六 Monday to Friday, Sunday 11:00-14:00 · 17:00-20:30 (週六公休 Saturday Closed)
🍴 食物 Food: 很好吃 very delicious ★★★★★ 💰 價格 Price: 經濟 affordable ★★★★★

台北市中山區錦州街 183 號 (捷運: 行天宮四號出口) No. 183, Jinzhou Street, Zhongshan District, Taipei City (MRT: Xingtian Temple Station Exit 4)



They use 100% locally grown organic vegetables, for everything from their main dishes, their sides, to their signature Five-Colour Vegetable Plate. You may choose from their à la carte, or their set menus. They even offer an unlimited supply of free Wakame Miso Soup and Homemade Plum Juice for customers dining in the restaurant. Every time when I come here, and see the owner taking care of everything himself, from being the cashier, to serving the food, I always feel very touched. TaiwanSu has become one of my must-visit favourites in Taipei.



芽米日子

Yummy Vegan Home

☎ 電話 Phone: (886) 2 2891 9394 📘 臉書專頁 FB Page: 芽米日子 yummy vegan home 🌐 網頁 Website: www.pcstore.com.tw/Taiwansu/
🕒 營業時間: 週三至週日 Wednesday to Sunday 12:00-15:00 · 17:30-20:45 (週一、週二休息 Monday & Tuesday Closed)
🍴 食物 Food: 很好吃 very delicious ★★★★★ 💰 價格 Price: 經濟 affordable ★★★★★

台北市北投區大業路 735 號 (捷運: 新北投站) No. 735, Daye Road, Beitou District, Taipei City (MRT: XinBeitou Station)

芽米日子位於新北投。他們的菜單包括他們有多款選擇的自製漢堡、湯、沙拉和飲料。他們還提供一些三明治，我最喜歡的食品是我愛動物漢堡和手工地瓜可樂餅，它們新鮮又優質，並使用有機在地食材。您也可以到北投地熱谷散步，那裡附近還有泡溫泉的場所供您享受。我喜歡他們的所有餐點，也推薦以下招牌菜式，只看圖片都令人已經口水直流。

Yummy Vegan Home is located in XinBeitou. Their menu includes their selection of in-house burgers, with soups, salads, and drinks. They also offer several sandwiches, my favourite item are I Love Animals Burger, and the Fried Sweet Potato Croquette, they are fresh and high-quality. And uses locally grown organic ingredients. You may also take a walk to the Beitou Thermal Valley, where there are also many hot springs nearby for you to enjoy. I love their entire menu. I recommend the following items - which make you drool just by looking at the pictures.

06

Recommended Vegan Restaurants in Thailand

泰國純素餐廳推介

清邁 Chiang Mai



我和 Kayla 在清邁旅行了 10 天，在 2018 年 12 月份到達那裡，我喜歡這個地方。我們乘嘟嘟車在城市中旅行。我們最常做的活動是按摩，我非常喜歡。上午，我們參觀了許多寺廟，例如舊城寺。我們還嘗試了許多純素餐廳，食物很棒。

I travelled around Chiang Mai with Kayla for 10 days. I love this place. We navigated through the city by tuk tuks. The activity we did the most was massage, which I enjoyed it a lot. We visited lots of temples in the mornings, such as Old City Temple. We also tried many vegan restaurants and the food was amazing.



Free bird cafe

☎ 電話 Phone: (+66) 99 351 4404 🌐 網頁 Website: thaifreedomhouse.org/
📘 臉書專頁 FB Page: Free bird cafe
🕒 營業時間: 週二至週日 Tuesday to Sunday 09:00-21:00 (週一公休 Monday Closed)
食物 Food: 很好吃 very delicious ★★★★★ 價格 Price: 經濟 affordable ★★★★★

14 Sirimankalajarn Soi 9, Chiang Mai, Thailand 50200

我最喜歡吃的菜式是經典泰北咖哩湯麵，這是泰國北部的一種奶油椰子咖哩，由土豆，胡蘿蔔，鷹嘴豆和自製豆腐製成的。這是人們在清



邁觀光時必嘗的一道菜。我也喜歡喝他們的泰式杏仁奶茶，很特別的味道。

My favourite dish was Classic Khao Soi, it's a creamy Northern Thai coconut mylk curry, made with potatoes, carrots, chickpeas, and homemade tofu. It's a must-try dish when people are visiting Chiang Mai. I also love to drink Thai Almond Milk Tea, which has a special taste.



Vegan Heaven

☎ 電話 Phone: (+66) 87 577 5444 🌐 網頁 Website: veganheavencm.com/
🕒 營業時間: 週一至週日 Monday to Sunday 09:00-22:00
食物 Food: 很好吃 very delicious ★★★★★ 價格 Price: 經濟 affordable ★★★★★

44/6 Loi Kroh Road, Chiang Mai, Thailand, 50100

我最喜歡 Vegan Heaven 的菜式是椰青熱炒咖哩，這是泰式風味，是用新鮮椰子和紅咖哩醬烹製而成，加上豆腐，生菜和蘑菇，味道很香濃。我也吃了一生中味道最好的泰式炒粿條。

My favourite dish in Vegan Heaven was Hor Mok in Coconut. It is a Thai dish cooked in a fresh coconut with red curry paste, tofu, vegetables, and mushrooms. I also had the best Pad Thai Noodles in my life here.



Goodsouls Kitchen

☎ 電話 Phone: (+66) 88 819 9669 📘 臉書專頁 FB Page: Goodsouls Kitchen Chiang Mai
🕒 營業時間: 週一至週日 Monday to Sunday 07:00-22:00
食物 Food: 非常好吃 super delicious ★★★★★ 價格 Price: 中等 moderate ★★★★★

52/2 Singharat Road, Chiang Mai, Thailand 50200

Goodsouls Kitchen 可以說是我其中一家在清邁最喜歡的純素餐廳，因為食物品質、服務、環境水平很高。我去了這裡用餐兩次，餐廳供應泰國和西式菜式。我吃了瑪莎曼咖哩和泰式金邊粉，都很好吃。我們於 2019 年 12 月底在那裡，吃了除夕純素自助餐，我吃了很多新鮮水果，例如木瓜和西瓜。這裡除了有可愛的氣氛，工作人員都非常友善！



Goodsouls Kitchen is one of my favourite restaurants in Chiang Mai. I visited this place twice. The menu was a mix of Thai and Western dishes. I tried the Gaeng Massaman Curry and Pad Thai Fried Noodles, which were both nice. We were there at the end of December 2018, so I had the New Year Eve's vegan buffet. I ate a lots of fresh fruits, such as papaya and watermelon as part of the buffet. There was a lovely atmosphere here and the staff were very friendly!



Reform Kafe

☎ 電話 Phone: (+66) 93 182 8299 🌐 網頁 Website: www.facebook.com/reformkafe/
🕒 營業時間: 週一至週六 Monday to Saturday 11:00-20:00 週日 Sunday 11:00-16:00
🍴 食物 Food: 很好吃 very delicious ★★★★★ 價格 Price: 中等 moderate ★★★★★

1/4 Sripnum Road Lane 7, Tambon Sripoom, Amphur Muang, Chiang Mai, 50000

Reform Kafe 是我另一家在清邁最喜歡的純素餐廳。餐廳四周種植了植物，讓空氣變得很清新，感覺就像在一個美麗的花園裡吃飯。我吃了緬甸茶葉沙拉，很新鮮。我也喜歡吃椰子糙米飯。他們的甜點：香蕉鬆餅冰淇淋，真好吃。



Reform Kafe is another one of my favourite vegan restaurants in Chiang Mai. You can find gorgeous plants around the restaurant, which makes it feel as if you are eating in a lovely garden. I had the Burmese Tea Leaf Salad and it was very fresh. I also liked the Coconut with Brown Rice. Their desserts, such as the Banana Pancake with Ice Cream, were so delicious.



07

日本純素餐廳推介

Recommended Vegan Restaurants in Japan

東京 Tokyo



T's Tan Tan Ramen Restaurant 目前在東京有 5 家分店，而我去過位於成田機場 1 號航站樓 3 樓的一家分店。我推薦金芝麻擔擔麵，特別是湯底的味道非常香濃。推薦大家去吃喔！



T's Tan Tan Ramen Restaurant currently has five branches in Tokyo, and I visited the one inside of Narita Airport Terminal 1 on the third floor. The Golden-Sesame Tan Tan Noodles is very fragrant, especially the taste of the soup base, which I highly recommend.



東京車站 JP Tokyo Station Keiyo Street

☎ 電話 Phone: (03) 3218-8040 🕒 營業時間: 週一至日 Monday to Sunday 07:00-23:00

東京都千代田區之內 1-9-1 東京車站 剪票口內 京葉
1F JR Tokyo Station, Marunouchi1-9-1, Chiyoda (at eCute shopping area), Tokyo

我去 8abliish 吃純素早餐。吃了三明治盤，非常新鮮的蔬菜，是高品質又美味的早餐。

I went to 8abliish for vegan breakfast. I had the Sandwich Plate, made with very fresh vegetables, which was so delicious. What a nice, high quality breakfast.

京都
Kyoto

我在午餐時吃了套餐，裡面有很多不同種類的蔬菜和大豆製品。他們晚上有現場樂隊。我也買了他們的抹茶餅乾。

I had the set meal for lunch. It had a lots of different kind of vegetables and soy items. They have a live band at night too. I also bought their matcha cookies.



Natural Food Village

- ☎ 電話 Phone: (+81) 75-712-3372
- 🌐 網頁 Website: s.ameblo.jp/naturalfoodvillage/
- 🕒 營業時間: 週二至週日 Tuesday to Sunday 12:00-23:00 (週一公休 Monday Closed)
- 🍴 食物 Food: **很好吃 very delicious** ★★★★★
- 💰 價格 Price: **經濟 affordable** ★★★★★

京都市左京區一乘寺藥田町 95 第一大廈白川 202
95 Ichijoji Tsukidacho, Sakyo, Kyoto, Kyoto Prefecture

日本素食餐廳攻略 Veggie Dining in Japan:

* 臉書專頁 FB Page: Japanese Vegetarian Restaurant



08

馬來西亞純素餐廳推介
Recommended Vegan Restaurants in Malaysia

吉隆坡
Kuala Lumpur



幸福咖啡
LN Fortunate Coffee

- ☎ 電話 Phone: (+60) 3-6206 3349
- 🕒 營業時間: 週一至週日 Monday to Sunday 10:00-22:00
- 🍴 食物 Food: **非常好吃 super delicious** ★★★★★
- 💰 價格 Price: **經濟 affordable** ★★★★★

16 Jalan Solaries 4, Solaris Mont Kiara,
50480 Kuala Lumpur, Malaysia



我於 2019 年與家人一起去了 LN Fortunate，我吃了意大利青醬披薩，天貝豆腐漢堡，卡邦尼意麵和咖哩炒米粉。這些都是優質的食物。工作人員很友善，他幫助我們拍照片，值得再來光顧的。

I went to LN Fortunate with my family in 2019, I had the Pesto Pizza, Tempeh Tofu Burger, Carbonara Pasta and Curry Bihun. These were tasty and memorable dishes. The staff was very friendly and they helped us take pictures. It is worth visiting here again.



Sunway

☎ 電話 Phone: (+60) 3-5611 8286 📘 臉書專頁 FB Page: www.facebook.com/LNfortunateCoffee/
🕒 營業時間: 週一至週日 Monday to Sunday 10:30 — 20:30
🍴 食物 Food: 很好吃 very delicious ★★★★★ 💰 價格 Price: 經濟 affordable ★★★★★

A-03-08, Level 3, Block A, Sunway Geo Avenue, Jalan Lagoon Selatan, Sunway South Quay, Bandar Sunday 47500 Subang Jaya Selangor Malaysia



怡保 Ipoh



Loving Hut Ipoh

☎ 電話 Phone: (+60) 5-281 080 🌐 網頁 Website: lovinghutmalaysia.com/
🕒 營業時間: 週一至週四, 週六 Monday to Thursday, Saturday 11:00-14:30 · 17:30-21:30 週日 Sunday 17:30-21:30 (週五公休 Friday Closed)
🍴 食物 Food: 非常好吃 super delicious ★★★★★ 💰 價格 Price: 經濟 affordable ★★★★★

135 Persiaran Raja Perempuan Mazwin Desa Rishah, 30200 Ipoh, Perak, Malaysia



吃了炒飯及用越南米紙捲新鮮包裹蔬菜和豆腐皮，很新鮮。我也喜歡他們自製的新鮮芒果冰淇淋，還買了純素壽司外帶，真好吃。

I had the fried rice and Vietnamese rice paper roll freshly wrapped with vegetables and bean curd, which was very fresh. I also love their homemade fresh mango ice-cream, I also bought the vegan sushi for take away. It was so delicious.



09

澳洲純素餐廳推介

Recommended Vegan Restaurants in Australia



雪梨 Sydney



雪梨大橋 Sydney Harbour Bridge



雪梨歌劇院 Sydney Opera House



邦代海灘 Bondi Beach

雪梨是一個純素友善的城市，我在那裡吃到各式各樣的純素餐點，菜式種類非常的多樣化，我最喜歡去 New Town 吃純素食，早上到邦代海灘閒逛。

Sydney is another vegan-friendly city. I had a variety of vegan meals there. The variety of dishes is very diverse. I like to eat vegan food in New Town and walk around Bondi Beach in the morning.

位於 Bondi Junction，供應印度街頭小吃，他們提供整全植物性的菜式。我喜歡阿育吠陀品嚐拼盤 (Ayurvedic tasting platter) 和印度薄餅 (Dosa dilla)，一種發酵麵包上的益生菌調味料，裡面充滿了季節性的蔬菜，非常酥脆。



Located in Bondi Junction, you'll find Indian street food. They offer whole food plant-based meals. I love the Ayurvedic tasting platter & Dosa dilla, with probiotic sauces on a fermented bread stuffed with seasoned vegetables. These were so crispy.

10

紐西蘭純素餐廳推介
Recommended Vegan Restaurants in New Zealand

奧克蘭
Auckland



Little Bird Kitchen

☎ 電話 Phone: (+64) 9-555 3278 🌐 網頁 Website: littlebirdorganics.co.nz/
🕒 營業時間: 週日至週四 Sunday to Tuesday 07:00-16:00 週三至週六 Wednesday to Saturday 07:00-21:30
🍴 食物 Food: 很好吃 very delicious ★★★★★ 價格 Price: 中等 moderate ★★★★★

1A Summer Street, Auckland 1021

我吃過帕科拉斯 (Pakorras), 墨西哥玉米餅 (Quesadilla), 泡菜漢堡 (Kimchi Burger) 和西西里海帶面沙拉, 這些食物也很美味, 它們也有供應一系列的裸食 (生機) 素糕, 我推薦大家去吃。

I had the Pakoras, Quesadilla, Kimchi Burger & Raw Sicilian Kelp Noodles Salad, which were all delicious. They also serve a range of raw cakes, which I highly recommended.



The Raw Kitchen

☎ 電話 Phone: (+64) 9 358 0274 🌐 網頁 Website: therawkitchen.co.nz
🕒 營業時間: 週一至週五 Monday to Friday 07:30-16:00 週六 Saturday 08:00-15:00 週日 Sunday 11:00-15:00
🍴 食物 Food: 很好吃 very delicious ★★★★★ 價格 Price: 中等 moderate ★★★★★

90 Wellesley Street West, Auckland 1011

The Raw Kitchen 是一家裸食 (生機) 純素餐廳, 在短短五天的旅程中, 我幾乎每一天在這裡吃充滿能量的沙拉早餐, 加一杯抹茶奶昔, 我也喜歡吃三明治, 還有它們的裸食 (生機) 純素甜點也非常不錯。

The Raw Kitchen is a raw vegan restaurant. During my short five day journey, I ate an energy-filled salad and breakfast almost every day, plus a matcha milkshake. I also like their sandwiches and their raw vegan desserts are also very good.



Gorilla Kitchen

☎ 電話 Phone: 0226048857 🌐 網頁 Website: http://www.gorillakitchen.nz/
🕒 營業時間: 週一至週四 Monday to Thursday 07:30-16:00 週五 Friday 07:15- late quiz night 週六至週日 Saturday to Sunday 09:00-16:00
🍴 食物 Food: 很好吃 very delicious ★★★★★ 價格 Price: 中等 moderate ★★★★★

159 Symonds Street, Eden Terrace Auckland

Gorilla Kitchen 是一家很可愛的咖啡館, 我吃了 Gorilla Filla 及意麵沙拉, 好吃。我看到餐廳門口那窗戶上有一個巨型的猩猩貼紙, 太酷了。

Gorilla Kitchen is a very cute cafe. I had the Gorilla Filla with a pasta salad. It was delicious. I saw a giant gorilla sticker on the window of the restaurant door, which was so cool.



朗伊托托島
Rangitoto Island

參考資料 Reference: * 英國全素飯店: Vegan hotel in England
臉書專頁 FB Page: Saorsa 1875 網頁 Website: www.saorsahotel.com/

第3章

Chapter 3

純素食譜

Vegan Recipes

各式純素、無蛋、無奶、無麩質、
無糖及生機的私房甜品食譜。

Jennifer shares a variety of original vegan dessert recipes:
without eggs, dairy, and gluten; without added sugar;
and with many uncooked ingredients.



花花 Jennifer，唐貝詩 Lydia Tong

演員唐貝詩跟我學做無糖香蕉素糕。

Actress Lydia Tong was taught how to make my Sugar Free Banana
Vegan Cake.

01

Vegan Ingredient Brands

純素食材牌子



純素起司 Vegan Cheese :

Sheese、Moon Cheese 純素乳酪坊、Bio cheese、Follow Your Heart、Miyoko's Creamery、VioLife、潔暘 Vegan Taipei、Super Born ;

純素牛油 Vegan Butter :

Nuttelex、Earth Balance、Miyoko's Creamery、Melt Organic、I Can't Believe It's Not Butter ;

植物奶 Plant-Based Milk :

So Good、Oatly、SOdelicious、Alpro、Bonsoy ;

豆製品 Soy Products :

壹品豆漿、精進荳制品公司 Virya Food Company、愛家食華 Loving Hut ;

純素乳酪 Vegan Yogurt :

Alpro、SOdelicious、The Wise Bunny、Cocobella、Nakula Organic、Coyo、Nakula ;

純素冰淇淋 Vegan ice-cream :

Alpro、So Good、SOdelicious、Happycow、PANA、HALO TOP ;

純素奶油 Vegan Whipped Cream :

Schlagfix、Nature's Charm、Trader Joe's、Reddi Wip ;

純素醬油 Vegan Soy Sauce :

BRAGG (Aminos)、丸莊醬油 Wuan Chuang Soy Sauce、Red Lotus Australia ;

純素巧克力 Vegan Chocolate :

Chocolate and Love、Raw Integrity Chocolates、Pana Chocolate、Moo Free Chocolates、Pico Chocolate、RAWR ;

參考資料 Reference : *英國網路商店 Online Shop in the U.K: www.alternativestores.com



02

Turning 'Regular' Dishes into Vegan Ones?

如何將一般菜式轉為純素菜式呢?

近年來，純素主義風潮襲遍全球。從網路上得知市面上已經有不少餐廳，新增了多款純素食的菜式，設計了一個純素食餐牌，甚至有些餐廳將所有餐點百分百轉為純素食，不少素食者聞風而至，所以接下來想分享一下如何將葷食餐點轉為純素餐點。

In recent years, veganism has been spreading around the World. We can know from the Internet that many restaurants have added many vegan items on their menus, designed a separate vegan menu, or some of them have even turned the entire menu vegan, which attracts many vegan eaters to visit and try them out. So, I am going to share how to turn dishes with animal ingredients into vegan dishes.

根據本人茹素 15 年及多年在純素食餐廳工作的經驗得出代替方式如下：

Based on my 15 years of vegetarian & vegan life, and my experiences gained and built-up from working in vegan restaurants, I have summarised the following alternatives:

材料 Ingredients

牛奶可以用椰奶、豆奶等植物奶代替。

Cow's milk can be replaced with coconut milk, soy milk, and other plant-based milks.

奶油可以用純素奶油、全植物性奶油代替。

Dairy whipped-cream can be replaced with vegan whipped-creams, and pure plant-based whipped-creams.

煎蛋可以用素荷包蛋或用腐皮（鮮豆皮）代替。

Fried eggs can be replaced with vegan egg substitutes, or tofu skin.

魚可以用我的純素魚食譜（第 122 頁）——用紫菜包腐皮（鮮豆皮）製作成的素魚代替。

Fish can be replaced with my vegan fish recipe P.122 - made with tofu skin wrapped in seaweed.

肉可以用豆類製品代替。

Red meat can be replaced with soy bean products.

雞肉可以用猴頭菇、秀珍菇代替。

Chicken can be replaced with monkey head mushrooms or oyster mushrooms.

動物油可以用葡萄籽油、橄欖油、米糠油、芝麻油等純植物油代替。

Lard can be replaced with grapeseed oil, olive oil, rice bran oil, sesame oil, or other pure plant-based oils.



腐皮素魚 Vegan Fish with Bean Curd



材料：壽司紫菜 1 塊、鮮竹（豆皮）200 克、豉汁 2 湯匙、香茜 1 扎、生抽 1 湯匙、鮮菇粉 1 茶匙

Ingredients: 1 large sheet of roasted seaweed, 200g bean curd sheet, 2 tbsps black bean sauce, 1 coriander, 1 tbsp soy sauce, 1 tsp mushroom powder

做法

- 1 加上一塊紫菜一起包着 200 克鮮竹（豆皮），卷上，加豉汁及鮮菇粉。
- 2 淋上生抽，再加香茜。
- 3 蒸 8 分鐘即可。

Method

- 1 Add the bean curd sheet together with seaweed, roll it, add black bean sauce and mushroom powder.
- 2 Add the soy sauce and coriander.
- 3 Steam for 8 minutes.



純素燒賣 Vegan Shumai

材料：切碎黑木耳 20 克、切碎馬蹄 20 克、切碎豆乾 20 克、切碎淮山 20 克、馬蹄粉或中筋麵粉 1 湯匙、糯米粉 1 湯匙、無蛋燒賣皮 1 包、鮮菇粉 1 茶匙

Ingredients: 20g black fungus finely chopped, 20g Chinese water chestnut finely chopped, 20g dried tofu finely chopped, 20g yam finely chopped, 1 tbsp water chestnut flour or plain flour, 1 tablespoon of glutinous rice flour, 1 packet of eggless shumai wrapper, 1 tsp mushroom powder



做法

- 1 將黑木耳、馬蹄、豆乾及淮山炒香，再加入馬蹄粉或中筋麵粉，糯米粉及鮮菇粉成為餡料，放涼。
- 2 用無蛋燒賣皮包住餡料。
- 3 蒸 8 分鐘即可。

Method

- 1 Stir-fry the black fungus, Chinese water chestnut, dried tofu and yam. Then add the chestnut powder or plain flour, glutinous rice flour and mushroom powder. Stir it to become the consistency of a filling, and let it cool.
- 2 Wrap the filling with eggless shumai wrapper.
- 3 Steam for 8 minutes.



純素荷葉飯 Vegan Glutinous Rice in Lotus Leaf

材料：榆耳 10 克、黃耳 10 克、黑虎掌 10 克、冬菇 10 克、南瓜 10 克、生抽 1 湯匙、鹽 ¼ 茶匙、三色米兩杯、鮮荷葉 1 塊、鮮菇粉 1 茶匙

Ingredients: 10 grams elm ears, 10 grams yellow ears, 10 grams black tiger palm, 10 grams mushrooms, 10 grams pumpkin, 1 tbsp soy sauce, ¼ tsp salt, 2 cups three-colour rice, 1 lotus leaf, 1 tsp mushroom powder

做法

- 1 先將三色米加水，用飯煲煲熟，再用鑊炒榆耳、黃耳、黑虎掌、冬菇及南瓜，加入生抽、鮮菇粉及鹽一起。
- 2 放荷葉包入點心籠裏，加入三色飯及其他材料，紮起荷葉，再蒸多 10 分鐘即可。

Method

- 1 Add water to the three-colour rice and cook it in a rice cooker, then fry the elm ears, yellow ears, black tiger palms, mushrooms, mushroom powder and pumpkin with wok and add soy sauce and salt.
- 2 Put the lotus leaf in the Dim Sum Bamboo Steamer, add the three-colour rice and other materials, tie up the lotus leaf, and steam for another 10 minutes.

05

Alternative Ingredients for Making Vegan Desserts
製作純素甜品的材料替代品

有漂白麵粉可以用無漂白麵粉、有機麵粉、無麩質麵粉或糙米麵粉代替。

White and bleached flours can be replaced with non-bleached flour, organic flour, gluten-free flour, or brown rice flour.

油可以用橄欖油、椰子油、亞麻籽油、芝麻油、米糠油、葡萄籽油等，取自蔬果、種子或堅果製作成的純植物油代替。

Oils can be replaced with olive oil, coconut oil, flaxseed oil, sesame oil, rice bran oil, grapeseed oil, pure vegetable oil extracted from vegetables, seeds or nuts.

糖可以用蔗糖（二砂、特砂、細砂）、黃糖、甜菊糖、椰糖或黑糖等較天然的糖類代替。

Sugar can be replaced with cane sugar, brown sugar, stevia, coconut sugar, black sugar, or natural sugar.

植脂鮮奶油可以用純素鮮奶油代替。

Dairy creamer can be replaced with vegan creamer.

明膠及吉利丁可以用洋菜粉、寒天粉、Agar Agar 等有凝固作用的素食果凍粉代替。

Gelatine can be replaced with agar, or plant-based coagulating jelly powder.

牛奶及花奶可以用椰奶、豆奶、杏仁奶等植物奶代替。

Cow's milk and evaporated milk can be replaced with coconut milk, soy milk, almond milk, or other plant-based-milk.

色素可以用班蘭汁、紅菜頭汁等來自製植物的天然色素代替。

Food colouring can be replaced with pandan juice, beetroot juice, or homemade natural plant-based colouring.

打發 2 顆蛋可以用一隻中型香蕉壓成溶液，2 湯匙亞麻籽粉加上 6 湯匙水的混合，2 湯匙奇異籽加上 3/4 杯水的混合，2 湯匙植物蛋白粉加上 6 湯匙水的混合，2 湯匙 Agar 加上 2 湯匙水的混合，6 湯匙有機花生醬或半杯無糖的蘋果醬代替。

Two whipped eggs can be replaced with one mashed medium banana, 2 tbsps flaxseed powder mixed in 6 tbsps water, 2 tbsps chia seed mixed in 3/4 cup water, 2 tbsps plant protein powder mixed in 6 tbsps water, 2 tbsps agar mixed in 2 tbsps water, 6 tbsps organic peanut butter or a half cup of no sugar-added apple sauce.

06

Cooking Recipes
食譜篇
純素甜品
Vegan Desserts

蘋果玉桂素杯糕 Apple Cinnamon Cupcakes

這個食譜可以製作一個個的杯糕，或者您可以製作一個 8 吋的糕底。

The recipe can be used to make individual cupcakes. Alternatively, you can make an 8 inch cake base.



8 個杯糕
8 cup cakes

材料：低筋麵粉 2 杯每 220 克，蘇打粉 1 茶匙，泡打粉 1/2 茶匙，玉桂粉 1 茶匙，椰漿 2 杯 / 300 克，植物油 1 杯 / 90 克，砂糖 1 杯 / 90 克，蘋果醋 2 湯匙 / 20 克，海鹽 1/4 茶匙，蘋果 1 個（去皮、切小粒）；

Ingredients: 2 cups/220g cake flour, 1tsp baking soda, 1/2 tsp baking powder, 1 tsp cinnamon powder; 2 1/2 cups/300g coconut milk, 1 cup/90g olive oil, 1 cup/90g brown sugar, 2 tbsps/20g apple cider vinegar, 1/4 tsp sea salt, 1 apple (peeled and cut into small pieces);

做法

- 1 秤重低筋麵粉，蘇打粉，泡打粉及玉桂粉在一個碗裡，攪拌均勻，然後秤重椰漿，植物油，砂糖，蘋果醋及海鹽在另一個碗裡，攪拌均勻，再一起攪拌均勻。
- 2 加入蘋果粒攪拌均勻，然後倒入中型甜品模具，每個八分滿。
- 3 預熱烤箱至攝氏 180 度焗 10 分鐘左右，杯糕先烤 10 分鐘，再用隔熱手套將杯糕前後調轉。然後溫度調低到攝氏 170 度，再烤約 10 至 15 分鐘（用牙籤插入糕內，如糕沒貼著牙籤即完成）。

Method

- 1 First mix the cake flour, baking soda, baking powder and cinnamon powder together in a bowl. Then mix the coconut milk, olive oil, brown sugar, apple cider vinegar, and sea salt in another bowl. Next combine both mixtures and mix again.
- 2 Add in the apple pieces. Then pour the mixture into 8 medium-sized cupcake trays. To allow space for the cupcakes to raise, only fill the mould to 80%.
- 3 Preheat an oven to 180°C for 10 min. Bake the cupcakes for 10 min. Then reduce the temperature to 170°C. Bake for another 10-15 min. Check that they are fully baked by inserting a toothpick into one of the cupcakes. If the mixture does not stick to the toothpick, they are done.

純素萬用樹蠟布 Wrappa Reusable Food Wraps



澳洲 WRAPPA 採用 100% 有機棉布、純素植物蠟、樹脂和荷荷芭油製成樹蠟布，用途廣泛，塗層天然安全抗菌，可為廚房蔬果食物保鮮，也適合包裹早餐及小食放入手袋外出享用。

WRAPPA from Australia uses 100% organic cotton, vegan plant wax, damar resin, and jojoba oil to make their food wrap which is very versatile. It has a natural antibacterial coating to keep your kitchen produce fresh, and also suitable for wrapping breakfast and snacks to put in your purse for enjoying outside.

網頁 Website: www.wrappa.com.au/

樹枝牙刷 MISWAK Tree Twig Toothbrush

Arak 樹枝，本身柔軟的韌皮部（樹皮）可以輕易咬下及能作為天然刷毛細緻的木質部纖維（內部維管束），具備了牙刷該有的基本要素！成分部分，Arak 樹本身含有許多促進健康的活性化合物，最常被使用的是小樹枝和根作為咀嚼的牙刷，可以減少蛀牙，牙菌斑形或和牙齦疾病。



The branches of an arak tree have soft bark which can be easily bitten into, and also have natural wooden fine fibres (internal vascular bundle) and are equipped with the basic features of a toothbrush! In terms of composition, arak tree has many active compounds that are good for health. The most commonly used parts are its small twigs and roots as chewing toothbrush; are for reducing tooth decay, formation of dental plaques, and gum diseases.

竹纖維抹布 Bamboo Fibre Towels

一般用作洗碗碟、抹檯、清潔家具等，由於竹纖維擁有天然多孔結構，其獨特的排列方式，可以將油污緊緊扣住，配合熱水便可以有效地沖走油份子，而不需要洗潔精。

Usually used for washing dishes, wiping tables, cleaning furniture, etc. Due to the naturally porous structure and its unique fibre pattern, it can lock the grease to be rinsed away by hot water without needing any detergent.

布尿布材質有棉布、麻布及竹纖維，手洗的力道跟時間絕對是沒有洗衣機這麼多，清潔可以用正確的洗劑及洗衣機的使用方式，好處有透氣、省錢。平均每個寶寶一生會用到 24 件布尿布。

Materials for cloth diaper include organic cotton, linen, and bamboo fibre. The strength and time for handwashing is definitely less that that needed for machine-washing. It can be washed with the proper detergent and mode of washing machine. It is breathable and it saves money. On average, every baby will use 24 cloth diapers.

臉書專頁 FB Page :

台灣布尿布育兒推廣協會

Taiwan Cloth Diaper Association

網頁 Website : allaboutclothdiapers.com/ (英國 UK)



環保牙刷
Eco-friendly Tooth Brush



天然成分牙膏
Natural Toothpaste



竹纖維抹布
Bamboo Fibre Towels



布尿布
Cloth Diaper



02

純素環保資訊

Information on Environmental Preservation and Vegan

環保組織
Environmental Organizations



Big Bite Eco (澳洲 Australia)

www.bigbiteeco.com/

Eco-Friendly / Free Worldwide Shipping

Peluchin-Archie.com/



Stojo Hong Kong

stojo.co/

The metal straw co

www.themetalstraw.co.uk/

自然友善 Natural Friendly

Naturalfriendly.mo/

No More Plastic Australia

nomoreplastic.com.au/

Life Shop HK

www.lifeshophk.com/

Avani

www.avanieco.com/



03

純素環保行動
Vegan and Eco-friendly Actions

善用環保餐具
Using Eco-Friendly Cutlery



自備合適的容器及環保袋去裸買

Bring your own containers and bags for eco shopping



使用可重用水樽或杯

Use reusable water bottles or cups



外吃可以使用食物盒

Use reusable food containers for takeout food



使用可再用吸管

Use reusable drinking straws



使用循環再用咖啡杯

Use reusable coffee cups

致以下各行業 To the Following Industries

餐飲業：請製作更多純素食及餐點，減少使用一次性餐具，給顧客一些有自備餐盒的優惠。

Food & beverage industry: Please create more vegan dishes and menu items, reduce the usage of single-use cutlery, and offer discounts to customers who use their own containers.

航空業：請製作更多純素飛機餐，提供非一次性餐具。

Aviation industry: Please provide more vegan inflight meals and offer reusable cutlery.

美容業：請用有機植物性，無動物測試的產品。

Cosmetic industry: Please use organic plant-based products do not have animal testing.

教育產業：請教育大眾關於純素健康及環保的知識，開設更多純素營養及環保學科。

Educational industry: Please educate the public on knowledge about vegan health and environmental protection, and open more academic subjects on vegan nutrition and the science of environmental protection.

美髮業：請使用無動物測試及植物性的產品。

Hair styling industry: Please use non-animal-tested and plant-based products.

傳媒：請報導更多有關健康純素飲食知識。

Mass media: Please report more on the knowledge about healthy a vegan diet.

旅遊業：請舉辦更多純素食的旅行團。

Tourism industry: Please organise more vegan tours.

零售業：台灣有袋袋相傳的方式（鼓勵民眾將家中乾淨的塑膠袋或紙袋捐出放賣場，讓需要的消費者使用），或鼓勵消費者可以自備購物袋。

Retail industry: Taiwan has a pass-on bags method that encourages the public to donate clean plastic or paper bags at home and put them in the supermarket for any customers in need, or simply encourage consumers to bring their own bags.



我的話

From Me

感謝家人、親戚、朋友、王小姐、悠子、陳盈璇、Tracy、Janet、Kayla Hill、布魯桑、專頁粉絲及紅出版。

I would like to thank my family, relatives, friends, Miss Wang, You-Zi, Ying-Xuan Chen, Tracy, Janet, Kayla Hill, Bluesomeone, my Facebook fans and Red Publish.

感謝 Liza Fung & Louis Yuen 贊助 HKD\$200、善心人贊助 HKD\$500、敬一素食贊助 HKD\$1000。

Thank you Liza Fung & Louis Yuen for sponsoring \$200, a kind anonymous donor for sponsoring HKD\$500, Jingyi Vegetarian for sponsoring HKD\$1000.

這本書是我自資出版，希望藉此能夠推廣健康純素飲食及環保生活，但願將來能夠繼續從事推廣純素飲食或環保的工作。如果你已看完這本書，歡迎轉讓他人閱讀，讓更多人認識健康純素飲食及環保生活。

This is my self-financed publication in hopes of promoting a healthy vegan diet and eco-lifestyle. I am hoping to be able to continue my career on promoting a vegan diet or environmental protection. If you have finished reading this book, please give it to others for reading, and let more people know about a healthy vegan diet and eco-living.

在漫長的人生裏，我還是有無窮無盡的知識需要探索，所以我會繼續努力學習，以回饋社會，謝謝！

In the long course of life, there is still an infinite amount of knowledge waiting for me to explore, so I will pay much effort to learn, and repay society with what I have learnt. Thank you!

本書上的內容乃本人吃素 15 年期間所見所聞，獲得的知識與人生經歷，毫無保留的分享。書中內容如有任何錯誤或遺漏的地方，請多多包涵及見諒。

This book is to share, without any withholding, my 15 years of vegetarian and vegan diet experience and all the knowledge and life experience I have gained from it. If there is anything that is mistaken or inadequate, I would ask for your kind understanding and forgiveness.

探索花花純素世界
Exploring Jennifer's
Vegan World

作者 黎智文（花花）Jennifer
編輯 Margaret Miao
封面設計 VN Chan
內文設計 VN Chan

出版 紅出版（青森文化）
地址 香港灣仔道 133 號卓凌中心 11 樓
出版計劃查詢電話 (852) 2540 7517
電郵 editor@red-publish.com
網址 www.red-publish.com

香港總經銷 香港聯合書刊物流有限公司

台灣總經銷 貿騰發賣股份有限公司
地址 新北市中和區立德街 136 號 6 樓
出版計劃查詢電話 (886) 2-8227-5988
網址 www.namode.com

出版日期 2021 年 2 月
圖書分類 生活風格 / 純素 / 食譜
ISBN 978-988-8664-67-2
定價 港幣 98 元正 / 新台幣 390 圓正



想知道花花純素食的一天嗎？

Want to know Jennifer's daily vegan meals?



營養均衡的純素飲食怎麼吃？

How to have a nutritionally balanced vegan diet?



如何將一般菜式轉為純素菜式呢？

Turning 'regular' dishes into vegan ones!

吃純素要吃新鮮及食物的原型
才是最健康。

A vegan diet should contain fresh and unprocessed food to be most healthy.

推廣純素理念與資訊，
共同親身踐行友善地球、友善動物的行動。

Promote vegan ideas and information,
and work together to implement earth-friendly and animal-friendly actions.

純素生活知多少

Tips about a vegan lifestyle

各種友善動物的
方法及做法

Ways to be friendly to animals

友善地球的
生活小知識

Earth-friendly life tips



專業出版 國際銷售

紅出版文化平台

加入我們：www.red-publish.com

上架建議：

生活風格/純素/食譜

定價：港幣98元正 / 新台幣390圓正

ISBN 978-988-8884-67-2



9 789888 664672