

快 · 易 · 煮食譜

QUICK EASY COOK

Fresh Fruit · Sweet Corn · Tasty Sauce

Del Monte presents

by Fat Little

新鮮
FARM to
PLATE 直饊





地們120年經典品牌

地們，一個享譽百年、深入民心的優質品牌，不論蔬菜或水果，均在最佳的收成期新鮮採摘，並即時直送入罐，提供著如新鮮一樣的豐富營養價值，令大眾不受時間、天氣或地域限制，隨時輕鬆方便享用新鮮美味的蔬果、乾果小吃及果汁飲品。

綠色健康生活愈來愈多人重視，不論大人和小朋友，都希望擁有一個高質素的綠色生活，好讓自己和地球都更健康。而一向與時並進的地們，貫徹120年來的優良品質，以「We Grow Quality」為宗旨，嚴選優良種子種植，減少使用肥料及農藥，並於收割24小時內入罐，確保新鮮。而生產過程中更增添各種節能儀器，減少天然氣使用及耗電量。

地們一向高據市場佔有率，充滿健康活力的品牌形象，多年來不斷創新，舉辦與顧客互動的活動，致力宣揚健康飲食的重要。地們產品種類豐富，只需配合簡單材料，便可輕鬆做出各款繽紛沙律、主菜和甜品等多元化又健康的菜式。近年更推出健康果汁系列，加入不同營養元素，務求為大眾提供更均衡健康的營養色彩。



食譜創作－愛食愛煮 Fat Little

Sandy Hung筆名Fat Little，喜歡食，不怕肥，只怕不健康。擅長以方便健康食材，創作視覺、味覺驚喜的簡易菜式，同朋友分享Hehehaha！

2

「新鮮直鑊・Farm to Plate」

4

地們經典粟米

12

地們經典“辛”風味

18

地們忌廉醬汁

24

地們 X COOK1COOK「地們輕鬆新煮意・醬汁食譜大招募」得獎作品

29

地們繽紛水果



優質健康生活的承諾

由種植到生產過程，地們一直嚴選最高質的食材，堅持不使用基因改造的承諾，並引入不同環保元素，致力為大眾提供最優質的健康生活。地們不斷研發及改良種子質素，以減少使用肥料及農藥。在生產過程中，使用多種節能儀器及採用優質減排措施，減少天然氣使用及耗電量。而對運輸上所排放的廢氣、包裝用料及生產過程中的用水量、溫室氣體排放及廢物等均採取嚴格監控，達致理想環保成效。



Farm to Plate

新鮮直餵

24小時新鮮直送入罐

不論粟米、蔬菜或水果，地們均在最佳收成期採摘，並24小時內新鮮直送入罐，保存新鮮及豐富營養價值，不加防腐劑及人造色素，讓你不受時間、天氣或地域限制，隨時輕鬆方便享用新鮮食材，烹調各式營養食譜。

農場
最佳收成期
新鮮採摘

>24
Hrs

24小時內
新鮮直送
入罐

入罐後
即時運送

輕鬆烹調
粟米食譜

24小時簡易營養食譜

地們除了提供最優質的食材，亦致力推廣大眾要吃得健康。最近地們特意邀請了食譜及烹飪書創作人愛食愛煮Fat Little設計了一系列的「地們粟米早、午、晚健康食譜」。Fat Little表示：「坊間有少部分人誤解罐裝蔬果就代表『沒有營養、加入防腐劑、唔環保』。其實罐裝蔬果和新鮮蔬果一樣有豐富的營養價值，而且對繁忙的都市生活可說更方便更環保。由於新鮮蔬果較難存放及只有一兩天的保存期，在存放期間新鮮蔬果原有的營養價值往往受到破壞，或未及時進食而製造了更多的浪費。相反優質的罐裝蔬果，利用先進的技術把蔬果的新鮮和營養鎖住，延長其保鮮期，亦不需加入防腐劑及人造色素，令大眾隨時隨地享用世界各地的蔬果。因此只要識得揀選可靠優質的罐裝蔬果，便能夠吃得既輕鬆又健康。」如想瀏覽更多有「營」健康食譜，請參閱地們Facebook專頁。

早餐

9:00am



鮮奶粟米湯

忙碌的早晨，在短時間內享受簡易營養早餐，只需一盒鮮奶配上地們忌廉粟米蓉，簡易有營「鮮奶粟米湯」早餐即時完成。

午餐

1:00pm



粟米開心果鬆餅

要吃一頓健康有營養的午餐，才能好好整理思緒，投入下午的工作，以地們忌廉粟米蓉加入麵粉及泡打粉，最後放上開心果碎及粟米粒，簡單幾個步驟，外脆內軟的「粟米開心果鬆餅」即時完成。

晚餐

8:00pm



芝士忌廉粟米西蘭花

完成了整天繁忙的工作，下班後想享受輕鬆營養晚餐，只需以地們忌廉粟米蓉淋上已煮熟的西蘭花，放上香脆煙肉及巴馬臣芝士碎，放入焗爐數分鐘，滋味有營的「芝士忌廉粟米西蘭花」即時完成。

FARM
TO PLATE



Sweet Corn Greek Salad

黃金粟米希臘沙律

材料 地們甜脆粟米粒半罐，燈籠椒2個，青瓜1 1/2條，洋蔥1/4個，生菜1碗，車厘茄4粒，黑橄欖(水欖)數粒，Feta 芝士100克(半杯)

調味料 特級初榨橄欖油2湯匙，意大利黑醋1湯匙，鹽少許

做法

- 1 先將燈籠椒、青瓜、洋蔥、芝士及車厘茄切粒，水欖切片，放入大碗。
- 2 將粟米粒加入(1)拌勻。
- 3 混和橄欖油及意大利醋，加入(2)及鹽拌勻，即成。



地們甜脆粟米粒
Del Monte Whole Kernel Golden Sweet Corn

Ingredients

Del Monte Whole Kernel Golden Sweet Corn 1/2 can, Bell Peppers 2 pcs, Cucumber 1/2 pcs, Onion 1/4 pcs, Lettuce 1 bowl, Cherry Tomato 4 pcs, Black Olives some, Feta cheese 100g (1/2 bowl)

Seasoning

Extra Virgin Olive Oil 2 tbsp, Balsamic dressing 1 tbsp, Salt a pinch

Preparation

- 1 Dice bell pepper, cucumber, onion, cheese, cherry tomato. Slice black olives and put into a bowl.
- 2 Add sweet corn, toss with (1).
- 3 Put olive oil and balsamic dressing together, mix with (2), serve cold.



Sweet Corn Kimchi Pancake

韓式粟米泡菜煎餅

材料 地們粟米粒半罐，韓國泡菜(白菜泡菜)半碗，蔥2條，麵粉100克，蛋2隻，水半杯，鹽半茶匙，麻油1湯匙

做法

- 1 將泡菜及蔥切成細段備用。
- 2 混合蛋、麵粉、鹽和水，拌勻成麵糊，加入粟米粒、泡菜及蔥，加入麻油，拌勻。
- 3 用平底鍋加熱1湯匙油，倒入麵糊並攤平，以中細火煎至兩面熟透，即成。

Ingredients

Del Monte Whole Kernel Corn 1/2 can, Cabbage kimchi 1/2 bowl, Chives 2 pcs, Flour 100g, Egg 2 pcs, Water 1/2 cup, Salt 1/2 tsp, Sesame Oil 1 tbsp

Preparation

- 1 Finely chopped kimchi and chives into small pieces, set aside.
- 2 Mix egg, flour, salt and water until smooth. Add corn, kimchi, chives and toss with sesame oil.
- 3 Add 1 tbsp of oil to the pan, pour the mixture and pan-fry with medium low heat until two sides well done. Serve hot.



Sweet Corn Soup with Fresh Milk
鮮奶粟米湯

材料 地們忌廉黃粟蓉1盒，鮮奶250毫升，
麵包乾少許

調味料 鹽及黑椒少許

做法

- 1 先將忌廉黃粟蓉煮熟。
- 2 逐少加入鮮奶以慢火拌勻。
- 3 加入調味料，即成。

Ingredients

Del Monte Sweet Corn Cream Style 1 box, Milk 250ml, Croutons few

Seasoning

Salt and black pepper a pinch

Preparation

- 1 Boil the Sweet Cream Corn.
- 2 Lower the heat and pour in the milk, stir well.
- 3 Add the seasoning and top with croutons.

小貼士

以鮮奶烹調令粟米湯香濃幼滑，成份天然，
味道清新，更為健康。



地們紙盒裝忌廉黃粟蓉
Del Monte Tetra Pak Cream Style Corn



Crispy Fried Chicken with Cream Corn
忌廉粟米脆雞柳

材料 雞柳4塊，地們紙盒裝忌廉黃粟蓉1盒，
牛奶100毫升，生粉5湯匙，鹽半茶匙，
雞蛋1隻，香草碎1湯匙，胡椒粉少許

醃料 萬字燒烤醬汁3湯匙、萬字醬油1湯匙、
檸檬汁1茶匙

做法

- 1 將雞柳切塊，加入醃料醃20分鐘。
- 2 將(1)沾上蛋醬再鋪生粉，燒熱油鍋，用中火炸至金黃熟透，撈起，瀝乾。
- 3 取另一鍋，將忌廉黃粟蓉煮熟，加入牛奶以慢火攪拌，以鹽及胡椒粉調味，淋上炸雞柳面，即成。

Ingredients

Chicken Fillet 4 pcs, Del Monte Tetra Pak Cream Style Corn 1 box, Milk 100ml, Cornstarch 5 tbsp, Salt 1/2 tsp, Egg 1 pc, Herbs 1 tbsp, Pepper a pinch

Marinade

Kikkoman Teriyaki Marinade & Sauce 3 tbsp, Kikkoman Soy Sauce 1 tbsp, Lemon Juice 1 tsp

Preparation

- 1 Cut chicken fillet, marinade for 20 mins.
- 2 Egg pow to (1) and dust a layer of cornstarch. Heat up and deep fry over medium heat until well done. Dish up and drain.
- 3 Use another pan and boil cream style corn, stir with milk over low heat. Sprinkle and seasoning with salt and pepper. Pour above the cooked chicken fillet. Serve hot.



Cream Cheese Corn with Broccoli 芝士忌廉粟米西蘭花

材料 地捫紙盒裝忌廉黃粟蓉1盒，西蘭花2個，巴馬臣芝士碎1/3杯，煙肉2片，鹽1/2茶匙，橄欖油1湯匙

做法

- 1 將水煲熱，加入鹽及橄欖油，放入已切好的西蘭花，煮熟，隔水上碟。
- 2 煙肉切幼條煎至脆香，盛起。
- 3 將忌廉黃粟蓉煮熟，加入巴馬臣芝士碎及煙肉，淋上西蘭花上，即成。

Ingredients

Del Monte Tetra Pak Cream Style Corn 1 box, Broccoli 2 pcs, Shredded Parmesan Cheese 1/3 cup, Bacon 2 pcs, Salt 1/2 tsp, Olive Oil 1 tbsp

Preparation

- 1 Boil water, add salt and olive oil. Cook the chopped broccoli until well done. Drain and put on plate, reserve.
- 2 Cut bacon lengthwise, pan-fry until crispy and set aside.
- 3 Heat the cream style corn, add parmesan cheese and bacon. Pour over broccoli, serve hot.



地捫粟米粒 Del Monte Whole Kernel Corn

粟米含高膳食纖維，同時含葉黃素和玉米黃素，能吸收對眼睛有害的藍光，保護眼睛健康。



Baked Cream Corn with Rice 忌廉粟米飯煲焗飯

材料 地捫紙盒裝忌廉黃粟蓉1盒，珍珠米2杯，洋葱1/4個，沙樂美腸(或香腸)3湯匙，葱粒1湯匙，水1杯

調味料 萬字醬油1湯匙，鹽1茶匙，胡椒粉少許，橄欖油1湯匙

做法

- 1 先將珍珠米洗淨，加入忌廉黃粟蓉及水。
- 2 將洋葱及沙樂美腸切粒，放入(1)，加入全部調味料拌勻。
- 3 以電飯煲煮飯模式烹調，熟後翻鬆，焗10-15分鐘或以快煮模式再焗煮，最後灑上葱粒，即成。

Ingredients

Del Monte Tetra Pak Cream Style Corn 1 box, Pearl Rice 2 cups, Onion 1/4 pcs, Salami (or sausage) 3 tbsp, Chives 3 tbsp, Water 1 cup

Seasoning

Kikkoman Soy Sauce 1 tbsp, Salt 1 tsp, Pepper a pinch, Olive oil 1 tbsp

Preparation

- 1 Rinse pearl rice, added with cream style corn and water.
- 2 Dice Onion and Salami, add to (1) and mix with all seasoning.
- 3 Cook with "Rice Cooking Mode" in rice cooker until well done and fluff up. Cook for further 10-15 mins or use "Quick Cooking Mode" to re-cook. Sprinkle with finely chopped chives.



Sweet Corn Pistachio Muffin 粟米開心果鬆餅

材料 麵粉140克，泡打粉1/2茶匙，糖90克，鹽1/2茶匙，牛油90克，牛奶90毫升，蛋1隻，地們黃粟蓉3湯匙，地們粟米粒3湯匙，開心果(壓碎) 1湯匙

做法

- 1 牛油在室溫下放軟，麵粉及泡打粉同時篩勻，預熱焗爐。
- 2 將牛油置以打蛋器攪拌至鬆軟，逐少加入糖，續攪拌成乳白色，加入雞蛋攪拌，再逐少加入牛奶。
- 3 把已混好的麵粉分三次篩入(2)，以橡皮杓拌勻。
- 4 將黃粟蓉及粟米粒加入(3)拌勻後，倒入焗餅模至七成滿。
- 5 面上放上開心果碎及粟米粒，以200度焗25分鐘，即成。

小貼士

忌廉粟蓉令整個鬆餅充滿香甜粟米味，粟米粒令鬆餅更有口感。可選用一般麵粉(All purpose plain flour) 或低筋麵粉。



地們忌廉黃粟蓉
Del Monte Sweet Corn Cream Style

Ingredients

Flour 140g, Baking Powder 1/2 tsp, Sugar 90g, Salt 1/2 tsp, Butter 90g, Milk 90ml, Egg 1 pc, Del Monte Sweet Corn Cream Style 3 tbsp, Del Monte Whole Kernel Corn 3 tbsp, Pistachio (Grated) 1 tbsp

Preparation

- 1 Soften the butter at room temperature, seize flour and baking powder together, preheat oven.
- 2 Beat the butter with mixer until smooth, add sugar and stir gently until milky. Mixed with egg and milk.
- 3 Sieve the mixed flour for 3 times into (2) and stir with plastic spatula.
- 4 Add sweet cream corn and kernel corn, toss with (3). Pour into muffin mold around 70% full.
- 5 Sprinkle the pistachio bits and corn on it and bake for 25 mins at 200°C. Serve hot.



Pan-fried Shrimp Cakes with Corn and Potatoes 粟米薯仔蝦餅

材料 地們粟米粒100克，地們原粒馬鈴薯100克，蝦肉200克，生粉3湯匙
醃料 萬字醬油1湯匙，鹽1茶匙，砂糖1/2茶匙，胡椒粉適量
醬汁 地們泰式甜辣醬

做法

- 1 將蝦肉洗淨抹乾，蝦肉用刀身壓扁，並用刀背剁碎，加入醃料，用筷子向同一方向拌勻至起膠。
- 2 放入粟米粒及切細粒的馬鈴薯放入(1)拌勻，再放入雪櫃醃約15分鐘。
- 3 將(2)用湯匙分成圓形並輕輕按扁，兩面薄上生粉。
- 4 燒熱兩湯匙油，以中火將蝦餅兩邊煎至金黃色，上碟，配以地們泰式甜辣醬食用

Ingredients

Del Monte Whole Kernel Corn 100g, Del Monte Whole New Potatoes 100g, Shrimp 200g, Cornstarch 3 tbsp

Marinade

Kikkoman Soy Sauce 1 tbsp, Salt 1 tsp, Sugar 1/2 tsp, Pepper a pinch

Sauce

Del Monte Thai Sweet Chili Sauce

Preparation

- 1 Wash shrimp and wipe dry, mesh with knife back. Add marinade and stir the mixture in clockwise until paste.
- 2 Add corn and chopped potatoes, toss with (1) and put into fridge for 15 mins.
- 3 Use spoon to form (2) into oval patties, dust a thin layer of cornstarch on both side.
- 4 Heat up 2 tbsp oil, pan-fry the shrimp cake over medium heat until browned. Serve with Del Monte Thai Sweet Chili Sauce.



經典“辛”風味

全新登場



泰式甜辣醬

地們番茄汁

香辣番茄汁

「香辣番茄汁」以上等紅辣椒精製而成，輕辣且鮮甜，適合各式烹調或作蘸點醬汁；
「泰式甜辣醬」具地道泰式風味，果香中透着蒜香，輕辣且帶甜酸，開胃怡神，適合蘸點炸物。



Fried Prawn with Chilli Tomato Sauce

香辣茄汁煎蝦碌

材料 虎蝦400克，地們香辣番茄汁2湯匙，
蒜茸1茶匙，紹酒1湯匙，鹽1/4茶匙，
糖1/4茶匙，胡椒粉少許

醃料 鹽、胡椒粉各少許，生粉1湯匙

做法

- 1 蝦剪腳去鬚及除腸，洗淨瀝乾水份，加鹽及胡椒粉略醃。
- 2 燒熱油鑊，蝦撲上生粉，煎至兩面略呈金黃，加入蒜茸，瀆酒煎熟。
- 3 以香辣番茄汁、糖、鹽及胡椒粉調味，炒勻即成。

Ingredients

Tiger Prawn 400g, Del Monte Tomato Chilli Ketchup 2 tbsp, Minced Garlic 1 tsp, Shaoxing wine 1 tbsp, Salt 1/4 tsp, Sugar 1/4 tsp, Pepper a pinch

Marinade

Salt and Pepper a pinch, Cornstarch 1 tbsp

Preparation

- 1 Remove the vein of the prawn, wash and wipe dry. Marinade with salt and pepper, set aside.
- 2 Dust a layer of cornstarch on prawn and pan-fry until golden. Drizzle Shaoxing wine and garlic until finish.
- 3 Seasoning and fry well with Tomato Chilli Ketchup, sugar, salt and pepper.



地們香辣番茄汁
Del Monte Tomato Chilli Ketchup

以上等紅辣椒精製而成，輕辣且鮮甜，適合烹煮或作蘸點醬汁。



Sauteed Spaghetti with Clams in Hot and Spicy Sauce 香辣蜆肉炒意粉

材料 地們香辣番茄汁4湯匙，蜆200克，西班牙辣肉腸(切粒)50克，洋蔥(切粒)1湯匙，意大利粉200克，白酒100毫升，鹽1茶匙，蒜蓉1茶匙，香草(切碎)2片，巴馬臣芝士2茶匙

做法

- 1 煲滾水加入少許鹽及橄欖油，加入意粉煮熟後，瀝水再加入數滴橄欖油備用。
- 2 以橄欖油爆香蒜蓉，加入洋蔥粒，放入辣肉腸同炒，放入蜆，瀝酒，炒勻至大蜆熟透。
- 3 將意粉加入(2)同炒，倒入香辣番茄汁、香草碎及鹽，炒勻上碟，最後灑上芝士碎即成。



地們香辣番茄汁
Del Monte Tomato Chilli Ketchup

以上等紅辣椒精製而成，輕辣且鮮甜，適合烹煮或作蘸點醬汁。

Ingredients

Del Monte Tomato Chilli Ketchup 4 tbsp, Clams 200g, Chorizo (Diced) 50g, Onion (Diced) 1 tbsp, Spaghetti 200g, Dry White Wine 100ml, Salt 1 tsp, Garlic (Minced) 1 tsp, Finely Chopped Herbs 2pcs, Parmesan Cheese Powder 2 tbsp

Preparation

- 1 Bring a large pot of salted water to boil, add olive oil. Cook Spaghetti according to package instructions. Then drain with few drop of olive oil, set aside.
- 2 Stir-fry minced garlic with olive oil, diced onion and chorizo with clams. Drizzle white wine and cook clams until well done.
- 3 Add (2) and sautéed with spaghetti, pour tomato chilli ketchup, herbs and salt. Stir well and sprinkle with cheese.



Stuffed Peppers with Rice 香辣燈籠椒焗飯

材料 地們香辣番茄汁4湯匙，地們紙盒粟米粒半盒，煙肉50克，白飯1碗，燈籠椒2個，蒜蓉1茶匙，洋蔥(切粒)1湯匙，黑椒碎及鹽少許

做法

- 1 將煙肉切粒爆香，加入蒜蓉，洋蔥粒同炒。
- 2 將(1)加入白飯及香辣番茄汁炒勻，放入粟米粒，以鹽及黑椒碎調味，盛起備用。
- 3 將(2)放入已除籽的燈籠椒中，放入已預熱之焗爐，以200度焗20分鐘，即成。

Ingredients

Del Monte Tomato Chilli Ketchup 4 tbsp, Del Monte Tetra Pak Whole Kernel Corn 1/2 box, Bacon 50g, Rice 1bowl, Bell Pepper 2pcs, Garlic (Minced) 1sp, Onion (Diced) 1tbsp, Black Pepper and salt a pinch

Preparation

- 1 Stir-fry diced bacon, garlic and onion.
- 2 Add rice, tomato chilli ketchup and corn into (1). Seasoning with salt and black pepper.
- 3 Remove stems and seeds and fill (2) into bell pepper. Put into preheated oven at 200°C and bake for 20 mins.



Stir-fried Spicy Shrimps with Peach 香辣蜜桃炒蝦仁

材料 地們切片黃桃(細) 1罐，地們香辣番茄汁 4湯匙，蝦仁150克，青、紅椒各1個，蒜頭2粒，糖1茶匙，鹽半茶匙，紹酒1湯匙

調味料 鹽1茶匙，胡椒粉1茶匙，生粉半茶匙

做法

- 1 先將蜜桃隔水備用。
- 2 蝦仁洗淨瀝乾水份，加入醃料醃10分鐘。
- 3 以中大火爆香蒜頭，將蝦仁炒至半熟，瀝酒，加入青紅椒炒勻後，以香辣番茄汁、糖、鹽調味，最後加入蜜桃略炒，即成。



地們切片黃桃
Del Monte Sliced Peach

桃含豐富的抗氧化物如胡蘿蔔素和維他命C，有效增強抵抗力。含有高鉀質的桃亦有利尿消腫的作用。

Ingredients

Del Monte Sliced Peach (S) 1 can, Del Monte Tomato Chilli Ketchup 4 tbsp, Shrimp 150g, Green and Red Bell Peppers 1 pc each, Garlic 2pcs, Sugar 1 tsp, Salt 1/2 tsp, Shaoxing Wine 1 tbsp

Marinade

Salt 1tsp, Pepper 1tsp, Cornstarch 1/2 tsp

Preparation

- 1 Sieve peach and reserve.
- 2 Wash and drain shrimp, add marinade for 10 mins.
- 3 Fry garlic and shrimps. Drizzle Shaoxing wine and stir-fry with bell peppers. Seasoning with tomato chilli ketchup, sugar and salt. Add peach, stir well and serve.



Baked Pineapple Burger with Spicy Tomato Sauce 烤菠蘿漢堡伴香辣番茄汁

材料 地們菠蘿片(中)1片，番茄半個，生菜2片，洋蔥2片，蜜糖2茶匙，漢堡麵包2個

漢堡扒 免治牛肉300克，洋蔥(切碎)1/4個，
材料 麵包糠1杯

醃料 萬字醬油1湯匙，糖1茶匙，喼汁1茶匙，蛋1隻

醬汁 香辣番茄汁

做法

- 1 將免治牛肉加入洋蔥碎及醃料，拌勻醃15分鐘。
- 2 將(1)壓成圓形，灑上麵包糠，以中火煎至金黃及熟透。
- 3 麵包塗上牛油，放上生菜及番茄，再鋪上漢堡扒。
- 4 將烤盤以大火加熱，放上菠蘿片，煎至金黃，再塗上蜜糖，放在漢堡扒上，即成。

Ingredients

Del Monte Sliced Pineapple(M) 1 pc, Tomato 1/2 pc, Lettuce 2 pcs, Onion 2 pcs, Honey 2 tsp, Burger bun 2 pcs

Burger beef

Minced beef 300g, Onion (Diced) 1/4 pc, Bread Crumbs 1 cup

Seasoning

Kikkoman Soy Sauce 1 tbsp, Sugar 1 tsp, Worcestershire Sauce 1 tsp, Egg 1 pc

Sauce

Del Monte Tomato Chilli Ketchup

Preparation

- 1 Seasoning the minced beef, add finely chopped onion, mix well and marinade for 15 mins.
- 2 Form (1) into oval patties, dust with bread crumbs. Pan-fry until well done.
- 3 Butter the buns, put lettuce, tomato and burger beef on it.
- 4 Pan-fry sliced pineapple until browned, glaze honey and put on top of burger. Serve with Chilli Ketchup.



地捫忌廉醬汁

全新



香而不辣

忌廉咖喱醬

忌廉咖喱醬汁，咖喱溫和而不辣，加入香濃忌廉，與眾不同，老少咸宜。

奶味特濃

忌廉蘑菇醬

香濃忌廉蘑菇醬汁，奶味特別濃郁，讓你輕鬆配出各款美味食譜，健康又方便。



Creamy Curry Seafood Spaghetti in Soup 忌廉咖喱海鮮湯意粉

材料 地捫忌廉咖喱意粉醬1盒，青口8隻，蝦(去殼)6隻，魷魚1隻，意大利粉200克，蕃茜(切碎)2茶匙，白酒100毫升，蒜蓉1茶匙

做法

- 1 煲滾水加入少許鹽及橄欖油，加入意粉煮熟後，瀝水再加入數滴橄欖油備用。
- 2 以橄欖油爆香蒜蓉，加入蝦、魷魚及青口略炒，瀉酒，炒勻。
- 3 將(1)放入(2)及倒入忌廉咖喱醬同煮，上碟前加入蕃茜碎，拌勻即成。

Ingredients

Del Monte Creamy Curry Pasta Sauce 1 box, Mussels 8 pcs, Shrimps (Unshelled) 6 pcs, Squid 1 pc, Spaghetti 200g, Parsley (Finely chopped) 2 tsp, White Wine 100ml, Garlic 1tsp

Preparation

- 1 Bring a large pot of salted water to boil, add olive oil. Cook Spaghetti according to package instructions. Then drain with few drop of olive oil, set aside.
- 2 Heat garlic with olive oil, stir-fry shrimps, squid and mussels. Drizzle white wine and cook until well done.
- 3 Add (1) into (2) and cook with creamy curry pasta sauce, sprinkle with parsley. Serve hot.



Pan-fried Fish Fillet with Creamy Curry Sauce 香煎魚柳配忌廉咖喱汁

材料 地們忌廉咖喱醬半盒，魚柳2片，地們原粒去皮薯仔5粒，車厘茄4粒，黑水欖5粒，露筍4條，無鹽牛油10克，芫茜碎1茶匙，鹽及胡椒適量

做法

- 1 先將魚柳洗淨，印乾水份，以鹽及胡椒醃數分鐘。
- 2 用橄欖油以中火煎香已切碎的薯仔、露筍、車厘茄及黑水欖，盛起備用。
- 3 以中火煎香魚柳，半熟時加入牛油，再煎至兩面金黃，上碟並放上(2)。
- 4 將忌廉咖喱汁煮熱，淋於魚柳上，即成。



地們忌廉咖喱意粉醬
Del Monte Creamy Curry Pasta Sauce
忌廉咖喱粉汁醬，咖喱溫和而不辣，加入香濃忌廉，與眾不同，老少咸宜。

Ingredients

Del Monte Creamy Curry Pasta Sauce 1/2 box, Fish fillet 2 pcs, Del Monte Peeled Diced Potatoes 5 pcs, Cherry Tomato 4 pcs, Black Olive 5 pcs, Asparagus 4 pcs, Unsalted butter 10g, Finely chopped Parsley 1 tsp, Salt and Pepper a pinch

Preparation

- 1 Wash and drain fish fillet. Marinade with salt and pepper for few mins.
- 2 Fry dice potatoes, asparagus, cherry tomatoes and black olive over medium heat with olive oil, set aside.
- 3 Cook fish fillet with medium heat and add butter at medium well. Pan-fry until golden and pour with (2).
- 4 Boil cream curry pasta sauce and pour over fish fillet, serve hot.



Creamy Bacon Mushroom Pie 煙肉忌廉磨菇批

材料 地們忌廉磨菇意粉醬半盒，煙肉100克，蛋2隻，酥皮2片，無鹽牛油10克，洋葱(切碎)1湯匙，巴馬臣芝士2湯匙，豆1碗

做法

- 1 以200度預熱焗爐，批模塗上牛油，將酥皮壓於批模上，放滿豆，焗10分鐘令批底成型。
- 2 煙肉切碎，煎至金黃，加入洋葱碎同炒。倒入忌廉磨菇醬同煮，盛起備用。
- 3 將雞蛋撥勻，加入(2)拌勻。
- 4 酥皮焗好後，倒出黃豆，將(3)注入批內，面上灑上芝士，放入焗爐以200度焗15-20分鐘，即成。



地們忌廉磨菇意粉醬
Del Monte Creamy Mushroom Pasta Sauce
香濃忌廉磨菇醬汁，奶味特別濃郁，讓你輕鬆配出多款美味食譜，健康又方便。

Ingredients

Del Monte Creamy Mushroom Pasta Sauce 1/2 box, Bacon 100g, Egg 2 pcs, Puff Pastry 2 pcs, Unsalted Butter 10g, Onion (Diced) 1 tbsp, Parmesan Cheese 2 tbsp, Soy Bean 1 bowl

Preparation

- 1 Preheat oven at 200°C. Grease the mould with butter, lay out the puff pastry over the mould very thin. Full with bean and bake for 10 mins for shaping.
- 2 Dice bacon, pan-fry with onion until golden. Pour creamy mushroom pasta sauce and toss well. set aside.
- 3 Whisk egg and mix to (2).
- 4 Take out the pastry and pour out the bean. Fill (3) into mould and sprinkle with cheese. Bake for 15-20 mins at 200°C. Serve hot.



Sauteed Spaghetti with Scallop in Creamy Curry Sauce
咖喱忌廉焦糖洋蔥帶子意粉

材料 咖喱味忌廉醬200毫升、刺身用帶子4隻、洋蔥絲一個、砂糖半茶匙、幼鹽半茶匙、意粉 50克

做法

- 1 意粉焗至 7-8成熟，隔水備用。
- 2 洋蔥絲先加入砂糖用中火炒至焦糖啡色，備用。
- 3 帶子拌入少許橄欖油放於易潔鑊中以最大火每面煎30秒，備用。
- 4 咖喱味忌廉醬拌入30毫升熱水於鑊中煮至滾起。
- 5 倒入意粉和焦糖洋蔥後拌勻，加上帶子後即可上碟享用。

Ingredients

Del Monte Cream Curry Pasta Sauce 200ml, Scallop 4 pcs, Onion (Sliced) 1 pcs, Sugar 1/2 tsp, Salt 1/2 tsp, Spaghetti 50g

Preparation

- 1 Boil water and cook the spaghetti for 70% - 80% well.
- 2 Stir-fry sliced onion with sugar until browned and caramelized, set aside.
- 3 Add olive oil with scallop, pan-fry each sides for at least 30 sec, reserve.
- 4 Pour cream curry sauce with 30ml hot water to pan, cook until well done.
- 5 Mixture with spaghetti and caramel, place scallop on top and serve hot.



Baked Potatoes Slices with Cream Mushroom Pasta
忌廉蘑菇焗薯片

材料 美國焗薯1個、洋蔥絲1/4個、百里香半茶匙、鯷魚醬半茶匙、巴馬臣芝士碎20克、地們忌廉蘑菇醬100毫升

做法

- 1 薯仔去皮切片，大約2mm厚，浸水一會隔水備用。
- 2 所有材料拌勻後放入焗盤，於表面灑上少許巴馬臣芝士碎。
- 3 放入已預熱220度焗爐焗30分鐘即可。

Ingredients

Potato 1 pcs, Onion (Sliced) 1/4 pc, Thyme 1/2 tsp, Anchovy sauce 1/2 tsp, Parmesan Cheese 20g, Del Monte Creamy Mushroom Pasta Sauce 100ml

Preparation

- 1 Peel and slice potatoes to 2mm thick, soak in water for a while and drain well, reserve.
- 2 Mix all ingredients and put in baking dish, sprinkle with parmesan cheese.
- 3 Pre-heat oven at 220°C and bake for 30 mins.



《意粉料理 101》作者
人氣煮食 Blogger - “東主有喜”食譜



一個小小上班族，曾活躍於雅虎飲食部落格的「麻甩佬」，其後更於不同部落格分享各款煮食心得，務求在每一餐每一個派對都可以帶給食客有更多新鮮感和體驗。



★地們輕鬆新煮意★
★醬汁食譜大招募★



冠軍食譜



Crispy Shrimps Toast with Wasabi Sauce
Wasabi 脆脆蝦多士

材料 蝦仁20隻、厚方包 2片
調味料 鹽 1/4茶匙、糖 1/2茶匙、地們芥末蛋黃醬 2茶匙、魚露 1茶匙、蛋液 2湯匙、麵包糠 1.5茶匙、乾番茜碎 1.5茶匙

做法

- 1 蝦仁加入粟粉洗淨，印乾水份。
- 2 把蝦仁拍打及剝成膠狀，順次序加入醃料，順方向攪拌至起膠，冷藏1-2小時備用。
- 3 方包切成八塊，預熱焗爐後關掉，放入麵包用餘溫烘乾約1-2分鐘，取出蘸上蝦膠。
- 4 燒熱油鑊，放入蘸好的麵包炸1-2分鐘至金黃，隔油上碟。

「加左地們青芥辣蛋黃醬入蝦膠好夠味，少少辣，多多脆，令人食唔停口！」

COOK1COOK星級廚師
煮食Blogger JanJankitchen

由職業女性轉做全職媽媽，正式煮齡只有兩年。由不懂煮餸，至現在招呼親朋或宴客都難就連老公的胃口也被收服了，故希望與朋友開心分享一下煮食心得。
食譜網址 <http://cook1cook.com/user/janjanchoi> Facebook Jan Jan Kitchen (珍妮絲的廚房)



★地們輕鬆新煮意★
★醬汁食譜大招募★



亞軍食譜



Spicy Stuffed Portobello with Sweet Corn and Mash Potatoes
粟米薯蓉烤菇

材料 薯仔3個、扒菇5個、地們粟米粒190g、淡牛油15g、味椒鹽適量
調味料 地們香辣番茄汁4湯匙、淡忌廉25g、海鹽1/4茶匙、砂糖1茶匙

做法

- 1 薯仔去皮洗淨切片，用大火蒸12分鐘，隔水備用。
- 2 把牛油及調味料加入(1)拌勻，壓成薯蓉，再混入粟米粒備用。
- 3 扒菇洗淨，去除中間部份，灑上味椒鹽，並把(2)蘸入扒菇內。
- 4 預熱焗爐230度5分鐘，將薯蓉扒菇放上牛油紙上，放入焗爐最底的格，以180度焗15分鐘即成。

Ingredients

Potatoes 3 pcs, Portobello 5 pcs, Del Monte Kernel Corn 190g, Unsalted Butter 15g, Spice Pepper a pinch

Seasoning

Del Monte Tomato Chilli Ketchup 4 tbsp, Whipping Cream 25g, Sea Salt 1/4 tsp, Sugar 1 tsp

Preparation

- 1 Peel and slice potatoes, steam with medium heat for 12 mins. Drain well, set aside.
- 2 Add unsalted butter and seasoning into (1), stir well and mash, then add kernel corn, reserve.
- 3 Remove stems and sprinkle with spice pepper, fill (2) into portobello.
- 4 Pre-heat oven at 230°C for 5 mins. Place portobello on baking paper, bake at 180°C for 15 mins.

「今次試用了地們香辣番茄汁去做這款菜式，出奇地很美味！」

COOK1COOK星級廚師
煮食Blogger 高太廚房

最愛和朋友一起研究和討論煮食，為家人帶來健康美食！
食譜網址 <http://cook1cook.com/user/27054> Facebook 高太廚房



★地們輕鬆新煮意★
★醬汁食譜大招募★



季軍食譜



Hot and Spicy Oxtail with Tomatoes Sauce 香辣鮮茄燴牛尾

材料 急凍牛尾400g、番茄2個(切塊)、西芹3條(切段)、紅蘿蔔半條(切角)、紫洋葱1個(切小塊)
調味料 地們香辣番茄汁4湯匙、香葉3-4片、雞湯/水250ml、鹽少許

做法

- 1 先將牛尾汆水，抹乾備用。
- 2 燒熱鍋，放入牛尾煎至金黃，盛起。
- 3 熱鍋，放1茶匙油，先炒香洋葱，再加入西芹及牛尾炒一會。
- 4 再將番茄、雞湯及香葉加入，大火煮滾，轉中小火，煮45分鐘後，加入地們香辣番茄汁及鹽拌勻。
- 5 再煮30分鐘，關火，燴1小時，吃時加熱即可。

「用上簡單的香辣鮮茄醬汁，便能在家裡輕鬆烹煮出具有專業水準的燴牛尾，這餐時配上法國麵包蘸醬汁來吃，定能令你回味無窮。」

COOK1COOK星級廚師
煮飯Blogger 戀上味覺

Ingredients

Oxtail 400g, Tomatoes 2pcs (Sliced), Celery 3 pcs (Chopped), Carrot 1/2 pcs (Diced), Red onion 1 pcs (Diced)

Seasoning

Del Monte Tomato Chilli Ketchup 4 tbsp, Bay leaf 3-4 pcs, Chicken Stock/ Water 250ml, Salt a pinch

Preparation

- 1 Put oxtail in boil water, rinse and strain.
- 2 Pan-fried until brown, reserve.
- 3 Heat up pot and add 1 tsp of oil, stir-fry with onion, celery and (1) until medium.
- 4 Add tomatoes, chicken stock and bay leaf, bring to boil in high heat, then heat down to medium-low heat for 45mins. Pour Tomato Chilli Ketchup and stir constantly.
- 5 Switch off fire after 30mins and bake for 1hrs.



★地們輕鬆新煮意★
★醬汁食譜大招募★



人氣食譜



Baked Rice with Creamy Curry Sweden Meatball 瑞典肉丸咖喱焗飯

材料 白飯2碗、蛋1隻、地們咖喱意粉醬1盒、芝士碎隨意
肉丸料 免治豬、牛、雞肉各100克、牛奶及水各30毫升、蛋液3湯匙、洋葱1/4個、麵包糠2湯匙、乾蕃茜碎1湯匙
調味料 油、鹽、糖、胡椒粉各適量

做法

- 1 洋葱切粒，慢火炒香至軟身放涼。拌入肉類，加入蕃茜及調味料一起拌勻，逐次加入水、牛奶及蛋液拌勻，再下麵包糠，順一方拌至有黏性，冷藏1-2小時後搓成丸狀備用。
- 2 預熱焗爐，將(1)在已墊牛油紙的焗盤上，以200度焗10-15分鐘至熟。
- 3 燒熱油，將蛋液與白飯炒勻後盛入焗盤，放上肉丸及傾入咖喱意粉醬，灑上芝士碎及蕃茜碎。預熱焗爐，200度焗7-8分鐘即可。

「地們咖喱意粉醬味道香濃，creamy，甜鹹適中，別具風味。」

COOK1COOK星級廚師
煮飯Blogger JanJankitchen

Ingredients

Rice 2-3 bowl, Egg 1-2 pcs, Del Monte Creamy Curry Pasta Sauce 1 box, Shredded Cheese a pinch

Marinade

Pork, Beef and Chicken (Minced) 100g each, Milk & Water 30ml each, Egg liquid 3 tsp, Onion 1/4 pcs, Bread Crumbs 2 tsp, Parsley 1tsp

Seasoning

Oil, Salt, Sugar, Pepper a pinch

Preparation

- 1 Pan-fry diced onion until soft, reserve. Marinade meat and parsley, stir well. Pour water, milk, bread crumbs and egg liquid mixture clockwise until paste, refrigerate for 1-2 hrs, then form into oval patties.
- 2 Pre-heat oven and put (1) on baking dish with baking paper, bake at 200°C for 10-15 mins, set aside.
- 3 Heat up oil, pan-fry egg liquid and rice, stir well and place on baking dish. Place meatball on top of rice and pour with Creamy Curry Pasta Sauce. Sprinkle with parsley and cheese, bake at 200°C for 7-8 mins, serve hot.



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食譜網址 <http://cook1cook.com/user/janjanchoi> Facebook Jan Jan Kitchen (珍妮絲的廚房)

烹飪能帶給人無窮樂趣，藉著彼此分享烹調技巧，令每道菜式更美味更精彩。
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地 捫 蘆 薈

天然健康無添加

NEW



絕無防腐劑
及人造色素



Aloe Vera with Papaya and Pear Sweet Soup 滋潤蘆薈木瓜雪梨糖水

材料 地捫蘆薈半盒，木瓜半個，雪梨2個，
杞子數粒，冰糖100克，水4碗

做法

- 1 將木瓜及雪梨切粒，杞子洗淨備用。
- 2 煲滾水加入步驟1，以中大火煲滾後再轉細火煮15分鐘。
- 3 加入蘆薈連低糖糖水及冰糖煮約5分鐘即成。

Ingredients

Del Monte Aloe Vera in Lite Syrup 1/2 box, Papaya 1/2, Pear 2, Wolfberries few, Rock Sugar 100g, Water 4 bowl

Preparation

- 1 Dice papaya and pear, wash wolfberries, set aside.
- 2 Boil water and add (1), cook at medium heat, reduce to low heat for 15 mins.
- 3 Add Aloe Vera with lite syrup and rock sugar boil for 5 minutes.



地捫蘆薈 Del Monte Aloe Vera in Lite Syrup

天然健康無添加，蘆薈含大量膳食纖維，能增加飽感，有助清理腸道，補充體內水份，減少便秘發生。



Pineapple and Orange Cooler with Aloe Vera
香橙菠蘿蘆薈冰

材料 地 們 菠 蘿 粒 2-3 湯 匙，地 們 蘆 薈 3 湯 匙，地 們 菠 蘿 汁 (細) 1 罐，橙 汁 3 湯 匙，梳 打 水 半 罐，冰 塊 數 粒

做法

- 1 先將菠蘿粒及蘆薈隔水備用。
- 2 將冰塊放入杯中，加入菠蘿粒、蘆薈，倒入菠蘿汁、橙汁及梳打水拌勻即成。

Ingredients

Del Monte Pineapple Chunks 2-3tbsp, Del Monte Aloe Vera in Lite Syrup 3tbsp, Del Monte Pineapple Juice(S) 1 can, Orange Juice 3 tbsp, Soda Water 1/2 can, Ice Cubes some

Preparation

- 1 Sieve pineapple chunks and aloe vera from lite syrup, set aside.
- 2 Add ice cubes, pineapple chunks, aloe vera. Mixed with pineapple juice, orange juice and soda water. Serve cold.



地 們 菠 蘿 片
Del Monte Sliced Pineapple

菠蘿片含維他命B、C、E及β-胡蘿蔔素，可強化免疫系統。其鳳梨蛋白酶能促進腸道蠕動，有消腫利尿的作用。



Aloe Vera with Peach Salad
蘆薈蜜桃沙律

材料 地 們 切 邊 黃 桃 4 個，地 們 菠 蘿 片 (細) 1 罐，地 們 蘆 薈 半 盒，奇 異 果 2 個，藍 莓 10 粒，橙 汁 3 湯 匙

做法

- 1 將蜜桃及菠蘿隔水切粒，蘆薈瀝乾水，奇異果切粒，備用。
- 2 將[1]之材料混和，加入藍莓及橙汁，拌勻即成。

Ingredients

Del Monte Peach Slices 4pcs, Del Monte Sliced Pineapple (S) 1 can, Del Monte Aloe Vera in Lite syrup 1/2box, Kiwi 2pcs, Blueberry 10pcs, Orange Juice 3tbsp

Preparation

- 1 Drain and dice peach, pineapple and kiwi. Sieve aloe vera from lite syrup, set aside.
- 2 Add blueberry and orange juice, mixed with (1) and serve.



Acaito (Cocktail)

材料 地們巴西莓藍莓汁200毫升，烈酒20毫升，薄荷葉10片，青檸1個，冰塊數粒，砂糖半茶匙

- 做法**
- 1 將青檸切成8小角，加入薄荷葉壓碎後，放入杯中。
 - 2 加入砂糖及冰塊，再倒入巴西莓藍莓汁及烈酒，拌勻即成。

Ingredients

Del Monte Acai Blueberry Juice 200ml, Rum 20ml, Mint leaves 10 pcs, Lime 1pc, Ice cubes some, Sugar 1/2 tsp

Preparation

- 1 Chop lime into 8 pcs, grate mint leaves and add into glass.
- 2 Add sugar and ice cubes, pour with Acai Blueberry juice and rum, stir well. Serve cold.



地們巴西莓藍莓汁 Del Monte Acai Blueberry Juice

巴西莓含極高抗氧化成(前花青素)，抵銷人體所產生的自由基，促進皮膚健康。藍莓則含豐富花青素有效預防視力減退，眼睛疲勞或視網膜病變。



Pink Lady (Mocktail)

材料 地們巴西莓藍莓汁150毫升，梳打水50毫升，地們菠蘿片3片，士多啤梨4粒，冰塊數粒

- 做法**
- 1 將菠蘿片及士多啤梨切粒，放入攪拌器加冰拌勻至糊狀，倒入杯中。
 - 2 再注入巴西莓藍莓汁及梳打水，即成。

Ingredients

Del Monte Acai Blueberry Juice 150ml, Soda Water 50ml, Del Monte Pineapple Slices 3 pcs, Strawberry 4pcs, Ice Cubes some

Preparation

- 1 Diced pineapple slice and strawberry, then put to the blender with ice cubes, blend until smooth and pour into a glass.
- 2 Pour in Acai Blueberry Juice and soda water, serve cold.



Pan-fried Scallop with Peach and Pineapple Salsa 香煎帶子配蜜桃及菠蘿莎莎

材料 地們菠蘿粒80克，地們切片黃桃4片，地們紅菜頭片4片，帶子4粒，檸檬汁1茶匙，牛油1湯匙，橄欖油1湯匙，鹽半茶匙，胡椒粉半茶匙

- 做法**
- 1 先將帶子洗淨抹乾水份，加鹽及胡椒粉略醃。
 - 2 預熱平底鑊加入橄欖油，放入帶子煎至半熟，加入牛油再煎香，上碟備用。
 - 3 將菠蘿粒及蜜桃片瀝乾水及切幼粒，加入檸檬汁拌勻。
 - 4 碟上鋪上紅菜頭片，放上帶子，頂上放上菠蘿粒及蜜桃粒即成。

Ingredients

Del Monte Pineapple Chunks 80g, Del Monte Sliced Peaches 4 pcs, Del Monte Sliced Beets 4 pcs, Scallop 4 pcs, Lemon Juice 1 tsp, Butter 1 tbsp, Olive Oil 1 tbsp, Salt 1/2 tsp, Pepper 1/2 tsp

Preparation

- 1 Prepare scallop and drain well, marinade with salt and pepper, reserve.
- 2 Add olive oil to pre-heated pan, fried scallop to medium, add butter and cook to brown.
- 3 Drain and finely chopped pineapple and peaches. Stir with Lemon Juice.
- 4 Put sliced beets on plate, place scallop on top of beet and bedded scallop with pineapple and peaches salsa. Serve Hot.



地們紅菜頭片
Del Monte Sliced Beets
紅菜頭除了含高抗氧化力的花青素外，還含豐富的鐵質和葉酸能補血養顏，促進腸胃蠕動。



Beef Skewer with Pineapple 菠蘿牛柳串燒

材料 地們菠蘿片3片，牛柳300克，青、紅椒各1個，洋蔥半個，萬字蒜香燒肉汁3湯匙，黑椒、鹽適量

- 做法**
- 1 先將牛柳、青紅椒及洋蔥切成方塊備用。
 - 2 將菠蘿片瀝乾水，切成細片。
 - 3 用竹籤串起所有材料，以中火煎牛柳至半熟，再加入蒜香燒肉汁、黑椒及鹽調味，上碟。

Ingredients

Del Monte Pineapple Slices 3 pcs, Beef Fillet 300g, Green and Red Bell Pepper 1 pc each, Onion 1/2 pc, Kikkoman Yakiniku Sauce (Garlic) 3 tbsp, Pepper and Salt pinch

Preparation

- 1 Prepare beef fillet, green & red bell pepper and onion in pieces.
- 2 Sieve pineapple and cut into small pieces.
- 3 Skew all ingredients. Then pan-fry over medium heat to medium cooked. Add Kikkoman Yakiniku Sauce (Garlic) and seasoning. Serve hot.



Grilled Pineapple with Brown Sugar and Topped with Ice Cream
黑糖烤菠蘿片配雪糕

材料 地們菠蘿片(大)2片，地們紅莓乾10粒，黑糖2湯匙，雪糕1球，水半杯，朱古力漿適量

- 做法**
- 1 黑糖加水，放入菠蘿片浸約5分鐘。
 - 2 以中慢火煎熟菠蘿片，加入黑糖水，同煮至啡黃色，上碟待涼。
 - 3 頂上放上雪糕球及紅莓乾，啣上朱古力漿即成。
- Ingredients**
Del Monte Pineapple Slices(L) 2 pcs, Del Monte Cranberries 10 pcs, Brown Sugar 2 tbsp, Ice cream 1 scoop, Water 1/2 cup, Chocolate sauce
- Preparation**
- 1 Soak brown sugar and pineapple slices into water for 5 minutes.
 - 2 Pan-fry pineapple slices over medium heat, add brown sugar water and cook until brown. Serve on plate until cool down.
 - 3 Put the ice cream with cranberries on the top, serve with chocolate sauce.



地們紅莓乾
Del Monte Cranberries

紅莓乾含有豐富的維他命C、鐵質、單寧酸、與紅莓多酚等生物活性成分，有效預防或減低尿酸炎。



Pineapple Honey Cake
菠蘿蜂蜜蛋糕

材料 地們菠蘿片4片，低筋麵粉110克，牛油110克，砂糖90克，雞蛋2隻，蜜糖2湯匙，泡打粉半茶匙，鹽半茶匙

- 做法**
- 1 牛油在室溫下放軟，麵粉及泡打粉同時篩勻，預熱焗爐。
 - 2 將2片菠蘿以攪拌器打成茸備用。
 - 3 將牛油以打蛋器攪拌至鬆軟，加入糖，攪拌成乳白色，加蛋拌勻。
 - 4 分三次篩入混好之麵粉，再加入菠蘿茸拌勻。
 - 5 將少許牛油搽放長方模內，加入(4)，面上鋪上菠蘿片，以180℃焗25分鐘，取出搽上蜜糖，再焗5分鐘，重複兩次即成。

Ingredients
Del Monte Pineapple Slices 4 pcs, Cake Flour 110g, Butter 110g, Sugar 90g, Egg 2 pcs, Honey 2 tbsp, Baking Powder 1/2 tsp, Salt 1/2 tsp

- Preparation**
- 1 Soften the butter at room temperature, sift flour and baking powder together, preheat oven.
 - 2 Put 2 pieces of pineapple into blender and blend until smooth.
 - 3 Whisk the butter until soft. Add sugar and beat to milky, then mix with egg.
 - 4 Sift the mixed flour for 3 times and stir with pineapple mash.
 - 5 Grease butter on rectangle mould, add (4), put pineapple slices and bake for 25 minutes at 180°C. Then take out and glaze honey on top, bake for another 5 mins. Repeat process 2 times. Serve hot.

新鮮
FARM to
PLATE 直鏈



地們不論蔬菜或水果，均在最佳的收成期新鮮採摘，
並24小時內新鮮直送入罐，保存新鮮及豐富營養價值。

讓你不受時間、天氣或地域限制，隨時輕鬆方便享用

新鮮食材，烹調各式營養食譜。

