



THE
GALLOP

養生
808
膳



THE
GALLOP

主廚林逢源師傅，受中醫師關富健博士及巧廚謝寧小姐合著的「藥膳潮食」一書啟蒙，借鑒中醫引藥入饌的智慧，現代生物學與營養學的認知，融合到家常菜式中。以「承五行之理，順四時之氣」為概念，構建出「木、火、土、金及水之宴」，藉此達致和調五臟，身心安和的功效。

Inspired by the book *Ancient Wisdom, Modern Kitchen*, co-authored Dr. Kwan Fu Kin and Ms. Charlene Tse, Chef Ken Lam blends Traditional Chinese Medicine with modern nutrition. His “Five Elements Banquets” – Wood, Fire, Earth, Metal, and Water – harmonise body and mind through seasonal balance, enhancing health and wellness.

巴金杜肉糖醋豬軟骨

水之宴

(補肝腎、強筋骨)

**Sautéed Pork Cartilage • Morinda Root •
Eucommia • Dark Vinegar • Yam**

Water Banquet

(Nourishes liver and kidney, strengthens tendons and bones)

268

淮山南瓜粉蒸滑雞

土之宴

(理氣健脾、行氣和胃)

Steamed Fresh Chicken • Yam • Pumpkin • Glutinous Rice

Earth Banquet

(Regulates qi-flow for strengthening the spleen,
regulates the stomach for lowering adverse qi)

288

威靈仙雞絲炒米粉

木之宴

(通絡祛風、消腫散結、降低尿酸)

**Sautéed Rice Vermicelli • Shredded Chicken •
Clematis Chinensis • Vegetables • Chives**

Wood Banquet

(Dredges channels and dispels wind, reduces swelling and
dissolves nodules, lowers uric acid levels)

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