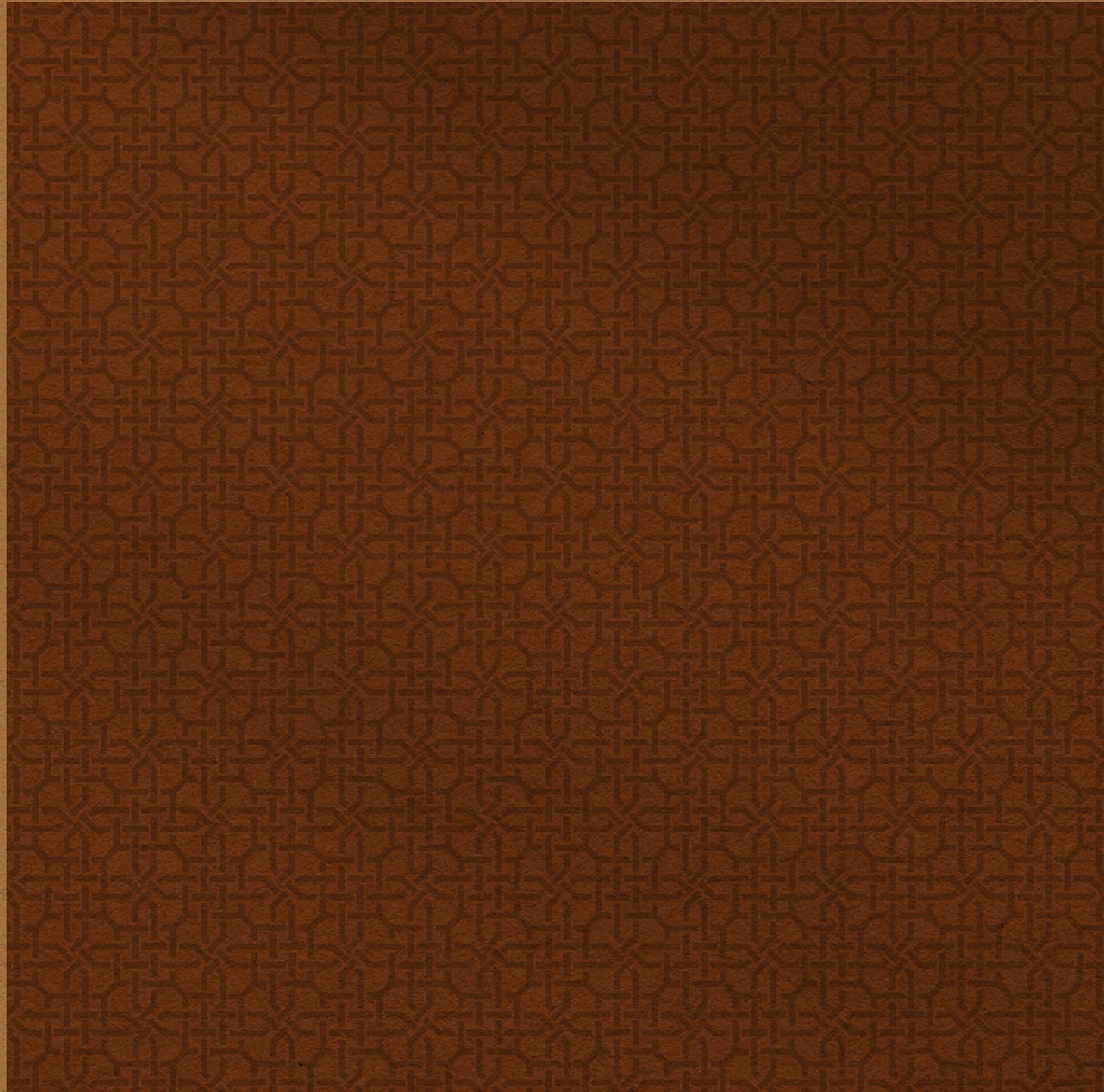




THE GALLOP



養生
藥膳



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.

覆盤五味子雞柳

水之宴

(補腎固澀、強化膀胱調控)

Sautéed Fresh Chicken Fillets • Raspberry • Schisandra Chinensis

Water Banquet

(Tonifies the kidney and secures essence, strengthening bladder control)

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牡丹寧神荷葉飯

木之宴

(養心益智、調整元氣)

Steamed Lotus Leaf Rice • Dried Shrimp • Yunnan Poria Ham • Cocos • White Atractylodes

Wood Banquet

(Calms the mind and sharpens cognition, regulates vital energy)

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南北杏雪梨卷

金之宴

(清熱化痰、養陰潤肺)

Snow Pear Roll • Apricot Kernel

Metal Banquet

(Removes heat-phlegm, eliminates dryness, and nourishes the lungs)

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