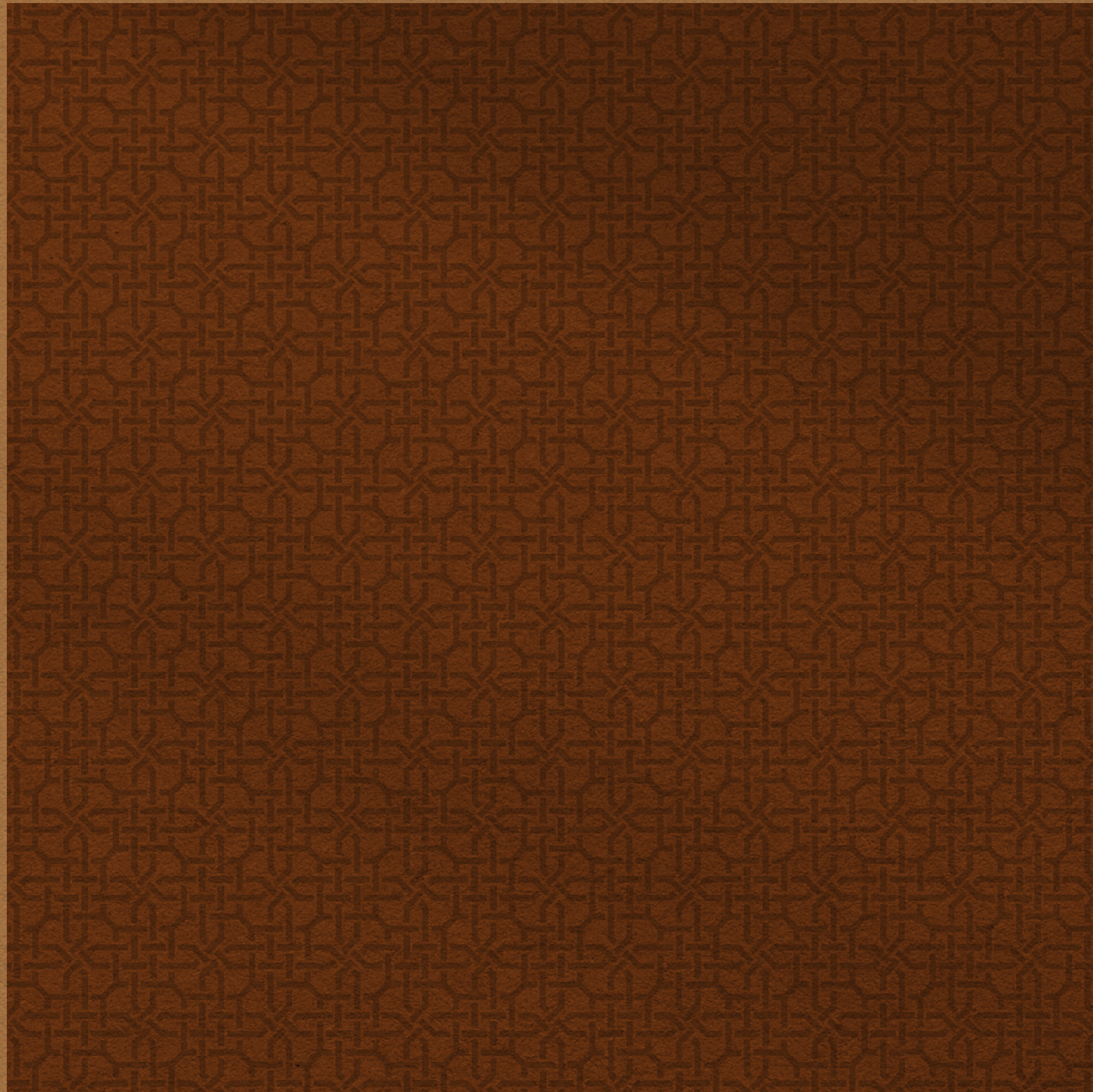




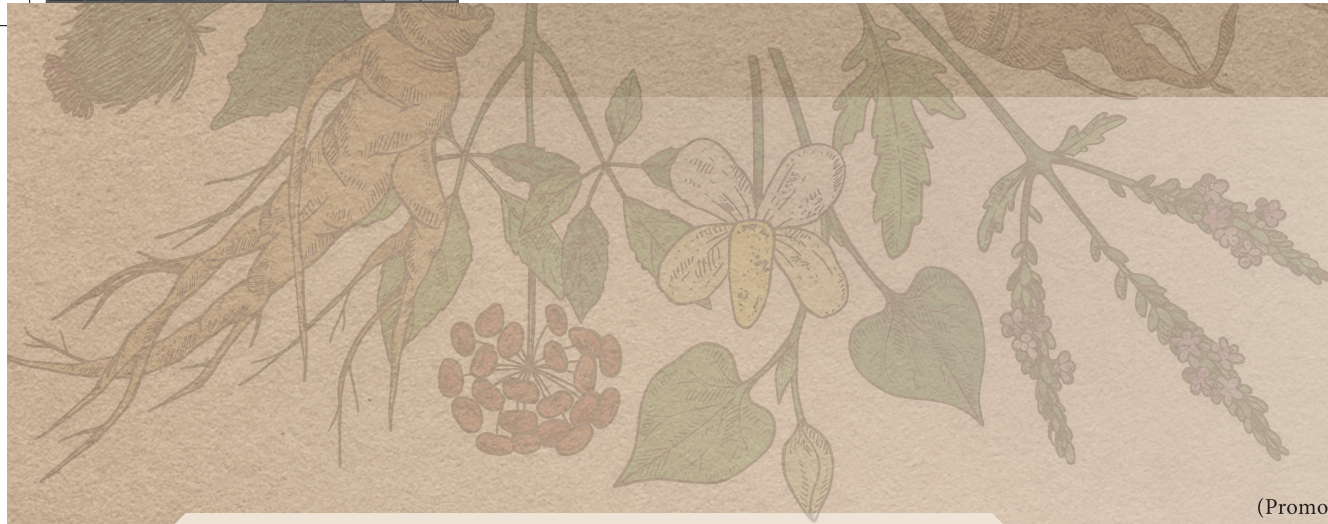
THE GALLOP



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.

半夏佛手陳皮蒸筍殼

土之宴

(行氣止痛、燥濕化痰)

Steamed Marble Goby • Pinellia • Buddha's Hand Citron • Tangerine Peel

Earth Banquet

(Promotes the flow of Qi to relieve stomach pain, and dries dampness to resolve phlegm)

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疏肝寧心花膠栗子炆烏雞

火之宴

(補腎益精、滋養筋脈)

Braised Silkie Chicken • Fish Maw • Chestnut • Dong Quai • Chinese Herbs • Clay Pot

Fire Banquet

(Replenishes kidney essence and nourishes tendons and veins)

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智好友黃薑炒飯

水之宴

(溫陽補腎、益智養血)

Fried Rice • Sakura Shrimp • Alpinia • Turmeric • Pine Nuts • Chinese Herbs

Water Banquet

(Warms yang and tonifies the kidney, enhances cognition and nourishes the blood)

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