



THE
GALLOP

養生
樂市
膳



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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.

烏髮雲吞烏雞湯

木之宴

(補腎益氣、養血烏髮)

**Double-boiled Silkie Chicken Soup •
Shrimp & Pork Dumplings • Fo-Ti Root • Chinese Herbs**

Wood Banquet

(Nourishes the kidneys, boosts qi, and
enhances blood circulation for healthy hair)

298 每窩 (Per Tureen)

田七丹參蔥燒蝦籽海參

土之宴

(化瘀通脈、降脂補腎、通陽散結)

**Braised Sea Cucumber • Panax Notoginseng •
Salvia • Herbal Sauce • Shrimp Roe • Clay Pot**

Earth Banquet

(Dissolves Blood Stasis, unblocks meridians, reduces fat,
nourishes the kidneys, unblocks yang and dissipates masses)

438

懷牛膝牛骨湯炆牛尾

水之宴

(益腎平肝、調補衝任)

**Stewed Slow-braised Oxtail • Achyrantes Root •
Tomato • Herbal Sauce • Clay Pot**

Water Banquet

(Nourishes the kidneys, calms the liver,
coordinating Chong and Conception Vessels)

298

