

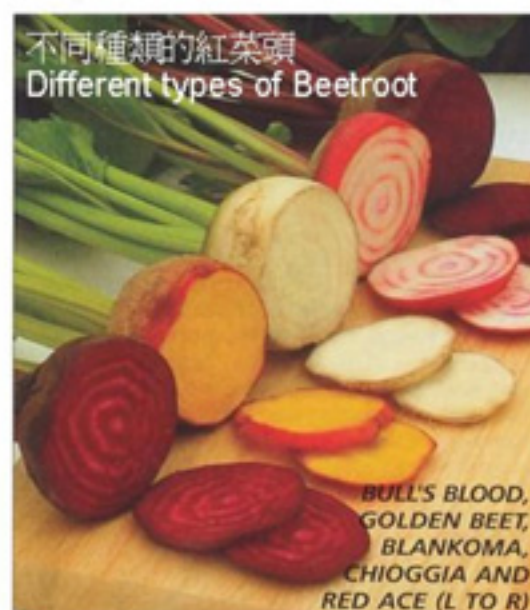
# 紅菜頭 及 莧菜



紅菜頭 *Beta vulgaris*

**紅菜頭**，又名甜菜、紅甜菜、根莖菜。屬藜科的寒帶地區植物，原產於地球上緯度較高的地方，如俄羅斯及一些北歐國家。而上述地區多以紅菜頭代替甘蔗造糖。市面上所購買到的紅菜頭，外形多是葉片深綠略帶紅色，根部紅色膨大成圓球形。事實上，亦有根部長成條型或球根呈粉紅色、黃色、白色或二色相間的紅菜頭。葉及根部均可食用。

Beetroot, also named sugar-beet or red sugar-beet, belongs to Chenopodiaceae and native to regions of higher latitude, such as Russia and Scandinavia. Beetroot instead of sugar cane is used to produce sugar in these areas. The colour of leaves and stalk of beetroot we bought in market conditions is often green with a little dark red, their roots bulk up in round shape. Actually, the roots of beetroot also may be in bar shape or their color may comes to pink, yellow or white.



**收成期：**廣東地區大約每年秋季及冬季。  
Harvest: Autumn and Winter in Guangdong region.

## 營養價值及益處

Nutritional value and health benefit

紅菜頭及莧菜均含有極豐富的維他命 A、C 及礦物質，尤其鐵質及鈣質的含量遠超過一般蔬菜，對素食者來說是一種理想的營養補充食材。豐富之葉酸令兩者對孕婦及授乳母親皆甚有益處。

Both Beetroot and Swiss Chard are rich in vitamins A and C as well as minerals, especially iron and calcium which are outstandingly high. They are therefore a desirable nutrient supplement for vegetarians. High level of folic acid also means their suitability for pregnant and women in feeding.



莧菜 *Beta vulgaris* var. *cicla*



莧菜（入藥叫出莧蓬兒，譯自波斯文 Chugurdan）、莖菜，以往常用作豬隻的飼料，因此又名豬鬃菜。莧菜是紅菜頭的 *cicla* 變種，但主要以葉部作食用。葉長達30公分以上，葉柄肥厚多肉，嫩脆多汁，葉片微皺。原產於地中海沿岸、南歐等地。莧菜以色彩豐富見稱，常見的有葉柄為紅色、黃色、橙色或白色的。本地傳統種植的莧菜為全青綠色，葉片較寬，柄也較粗。莧菜生性強健，病蟲害很少發生，是有機蔬菜最理想的菜種。

Swiss Chard, a variety of beetroot, has been used as a kind of fodder. The crunchy leaf instead of the root is consumed usually. Native to the Mediterranean, there are many cultivars with attractive stem colours - red, yellow, orange, white, etc. The traditional Swiss Chard grown in Hong Kong has boarder leaves and is green for the whole plant. Swiss Chard is less susceptible to pests. Making it a desirable crop for organic farm.



本地傳統種植的莧菜  
Swiss Chard traditionally grown in Hong Kong





# 紅菜頭 Beet Root 莧蓬菜 Swiss Chard

## 烹調法 Cooking instruction

紅菜頭及莧蓬菜味道甜美而且易於咀嚼，簡單處理便可造成菜式。莧蓬菜一般以熱盆食用；而紅菜頭則可造出不同的冷熱菜式—炒菜、配菜及涼拌之用，更可作湯或煮粥。唯一需注意的是紅菜頭的深紅色素，避免弄污衣物。

Easy to chew and freshly sweet are the properties of beetroot and Swiss chard. These make any dish to be prepared simple. Fire, cool, soup or congee can be derived from beetroot. Protect your clothing from the red pigment.

### 紅菜頭炒肉片

Fire pork with beetroot

#### 方法 Procedures

- 1.(雲耳清洗後浸水至軟身)紅菜頭去皮與西芹切絲後瀝乾水待用。  
(Soak the Jew's ear to soft) Shed the beetroot and slice thin with the celery.

- 2.肉絲加入油、糖、胡椒粉、攪勻醃15分鐘。  
Mix and preserve pork slice with oil, sugar and pepper for 15min.

- 3.炒鍋燒熱，下兩匙油，將醃好的肉絲倒入，快速炒至轉色。

Add 2 spoons oil into heated pan. Add in pork slice and fire to light in color.

- 4.(加入雲耳及西芹炒若一分鐘)肉絲近全熟後加入紅菜頭絲，炒勻上碟。  
(Add in Jew's ear and celery and fire for ~1min) Add in the beetroot. Mix well and serve.



材料 (供四人用)

#### Ingredients (Makes 4 Servings)

紅菜頭 Beetroot	250 克 g
肉絲 Pork slice	250 克 g
可選擇加入之配料 Optional ingredients :	
雲耳 Jew's ear (chopped)	2 片 slices
西芹 Celery	1 段 stick

### 蒜頭豆豉炒莧蓬菜

Swiss chard in garlic and salted black soybean

#### 方法 Procedures

- 1.豆豉稍稍磨碎

Mash the black bean slightly.

- 2.先用熱水把莧蓬菜稍微煮一下，去除菜青味。

Fast cook the Swiss chard in hot water to remove the soil smell.

- 3.重新起鑊，用油把蒜蓉、豆豉爆香，放莧蓬菜炒軟，需要時蓋上。

Fire hot the garlic and the black bean with oil in a clean pan, then add the Swiss chard. Fire to soft and cover where necessary

- 4.鑊熱冒煙時下少許紹酒，煮一會上桌。  
Add the wine in full-heat. Mix well and serve.

\*可以罐頭豆豉鯪魚代替豆豉。Black bean can be replaced by canned Fired Dace w/ Salted Black Bean.



材料 (供四人用)

#### Ingredients (Makes 4 Servings)

莧蓬菜 Swiss chard	1 斤 catty
豆豉 Salted black bean	2茶匙 t.p.
蒜蓉 Mashed garlic	4茶匙 t.p.
紹酒 Chinese cooking wine	適量 as suffice

### 焗/蒸紅菜頭

Boiled / Streamed beetroot

要品嚐紅菜頭原來的鮮甜味道，只需把洗淨的紅菜頭連皮放入注滿水的鍋中燒（或隔水蒸）大約半小時；泡冷水後除去外皮切片，冷食熱食均可。

Try the original taste by boil or stream the beetroot. Heat for 30mins. Remove the skin and slice. Serve hot or cool.







作物介紹  
Crop info



# 紅菜頭 Beet Root 莧蓬菜 Swiss Chard

## 烹調法 Cooking instruction

紅菜頭由葉至球根部份皆可食用。  
The bulb as well as the leaves of beetroot is edible.

### 南瓜紅菜頭湯

Pumpkin and Beetroot Soup



### 方法 Procedures

- 1.將洗淨之紅菜頭（可連葉）、小南瓜、甘筍及粟米切件。  
Cut all materials into pieces (may also include beetroot leaves).
- 2.加水，燒至大滾然後調低火力，燒大約兩小時。  
Add water and heat to boil. Then use a lower temperature and heat for about 2 hrs.
- 3.視乎喜好，可加糖或鹽作甜食或鹹食。  
Serve by adding sugar or salt according to one's favour.

材料（供四人用） Ingredients (Makes 4 Servings)	
紅菜頭 Beetroot	1 克 g
小南瓜 Small Pumpkin	0.5 個 piece
粟米(黑/黃) Corn (black/sweet)	1 條 piece
甘筍 Carrot	1 條 piece

### 五花腩炆莧蓬菜

Deep-cooked Slaughtered Pork Belly Meat with Swiss Chard

### 方法 Procedures

- 1.莧蓬菜切段；五花腩肉切件；蒜頭去衣，剉成茸。  
Swiss chard and belly meat cut into pieces; garlic mashed.
- 2.鑊燒紅下油，先爆香蒜茸，然後收慢火放入腩肉，文火爆至香脆，加半杯水慢火煮15分鐘。  
Fire the mashed garlic in a fully hot pan, then add the belly meat and fire to crunchy at low fire. Add water and heat for 15mins.
- 3.加麵鼓炒香，然後加入莧蓬菜莖炒，加點湯炒透。再用慢火炆5分鐘，然後加入菜葉炒透。  
Fire the salted yellow bean to hot and then fire with the Swiss chard stem. Add a little bit chicken broth and heat for 5mins covered. Add also the leaves and fire together.
- 4.將餘下的湯都加入，開猛火滾起，再收回文火炆至肉和菜都足夠軟滑，再加鹽糖調味即成。  
Pour in all the broth and boil. Use low fire to heat until both the Swiss chard and meat get soft. Season with salt and sugar.

材料（供四人用） Ingredients (Makes 4 Servings)	
莧蓬菜 Swiss chard	2 斤 catties
五花腩肉 Slaughtered pork belly meat	8 兩 tael
蒜頭 Garlic	6 粒 pieces
麵鼓 Salted yellow bean	2 湯匙 t.p.
清雞湯 Clear chicken broth	1.5 碗 bowl



更多資料 More info: <http://www.market.fedvmcs.org/>