

# 避免在進食帶子和扇貝時攝入有害物質

## Avoid Exposure to Harmful Contaminants When Eating Scallops



帶子及扇貝要徹底煮熟。

Cook scallops thoroughly before consumption.

帶子及扇貝是透過過濾海水的方法吸取養分，所以體內很大機會積聚了有害物質。進食受污染的貝類會有中毒的風險，但適當的烹調方法可減低攝入有害物質的風險。進食帶子和扇貝時，應留意以下要點：

Scallops feed by filtering seawater and tend to accumulate harmful contaminants in their bodies. Eating contaminated scallops can cause food poisoning, but having the scallops properly cooked could reduce the risk of contaminant exposure. Observe the following important points when eating scallops:



**貝類要徹底煮熟**  
**Cook scallops thoroughly before consumption**

徹底煮熟帶子及扇貝可殺死裏面的微生物。

Microorganism found in scallops can be destroyed by thorough cooking.



**棄掉烹煮的汁液**  
**Discard any cooking liquid before consumption**

烹煮會讓貝類的毒素轉移到烹煮的汁液。

The cooking process would transfer toxins to the cooking liquid.



**烹煮前要洗擦外殼及去除內臟**  
**Scrub and clean shells and remove organs before cooking**

有害物質比較集中積聚於貝類的內臟。  
Contaminants concentrate primarily in scallop's organs.



**每次只進食少量**  
**Eat a small amount in any one meal**

以均衡飲食為目標，避免進食過量帶子和扇貝。

Avoid over-indulgence in scallop consumption and maintain a balanced diet.



**向可靠的來源選購貝類**  
**Purchase scallops from reliable source**



# 帶子和扇貝 有什麼 食物風險？

## What are the Food Safety Risks of Scallops?



帶子及扇貝是濾食性動物，容易受貝類毒素、微生物及重金屬污染。

Scallops are filter-feeders; they are likely to be contaminated by shellfish toxins, microbiological organisms and heavy metals.



### 貝類毒素 Shellfish Toxins

帶子及扇貝是濾食性動物，容易攝取水中的毒藻。毒藻產生的毒素會積聚在帶子及扇貝的組織內，尤其是內臟部分，我們吃下這些含有毒素的貝類便會中毒。

Scallops are filter-feeders and naturally ingest the toxic algae in water. When the algae are toxin-producing, the toxin may accumulate in the scallop tissue, particularly in their organs. Eating these contaminated scallops may lead to poisoning.

你未必知...  
Something  
you may not  
know...

- 帶子及扇貝所含的貝類毒素都是耐熱的，不能通過烹煮去除。

*Shellfish toxins in scallops are heat-stable and cannot be destroyed by cooking.*

- 烹煮時，貝類毒素會轉移到烹煮的汁液，棄掉烹煮的汁液可減低攝入毒素的風險。

*Toxins may transfer to the cooking liquid during cooking. Discard the cooking liquid before consumption can reduce the exposure to shellfish toxin.*





## 微生物污染 Microbiological Contamination

在覓食時，帶子及扇貝有可能受副溶血性弧菌、諾如病毒及甲型肝炎病毒污染，進食受這類微生物污染的貝類可能會出現腹痛、肚瀉及嘔吐等病徵。

Scallops can be contaminated by *Vibrio parahaemolyticus*, norovirus and hepatitis A virus during feeding. Eating these contaminated scallops may cause symptoms such as abdominal pain, diarrhoea and vomiting.



## 重金屬 Heavy Metals

貝類如生長在受污染的環境會積聚重金屬，例如鎘。雖然從食物攝取鎘導致急性中毒的機會微乎其微，但長期攝取過量的鎘可能會損害腎臟。

Scallops will accumulate heavy metals, such as cadmium when grown in a contaminated environment. Acute toxicity of cadmium due to dietary exposure is very unlikely but prolonged excessive intake of cadmium may have adverse effects on the kidneys.

你未必知...  
Something  
you may not  
know...

- 高溫能消滅副溶血性弧菌、諾如病毒及甲型肝炎病毒。

*High temperature can destroy *Vibrio parahaemolyticus*, norovirus and hepatitis A virus.*

- 重金屬、貝類毒素和微生物比較集中積聚於受污染貝類的內臟，烹煮前宜先去除內臟。

*It is advised to remove the organs before cooking as the concentrations of heavy metals, shellfish toxins and microbes are generally higher in the organs of contaminated scallops.*

- 不吃帶子及扇貝內臟可減低中毒的風險。

*The risk of poisoning can be reduced by not eating the organs of scallops.*



# 桌安媽媽食譜推介

## 蒜茸粉絲蒸扇貝

### MamaSafood Recipe Steamed Scallop with Vermicelli



#### 材料 Ingredients

新鮮扇貝 Fresh Scallop	6隻/pieces
粉絲 Vermicelli	50克/g
蒜茸 Minced Garlic	80克/g
蔥 (切碎) Green Onion (Chopped)	25克/g

#### 調味料 Seasonings

食油 Cooking Oil	2茶匙/teaspoons
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蒸過扇貝的汁液很可能含有毒素，棄掉汁液，利用少量熱油和炸蒜作調味，一樣美味。

Cooking liquid from cooked scallops may contain toxins; discard the liquid, drizzle the scallops with hot oil and fried garlic would be equally palatable.

#### 做法 Directions

1. 刷洗外殼，洗淨扇貝，去除內臟，瀝乾水份。  
Rinse and scrub the scallop shells well. Remove the organs and drip dry.
2. 粉絲浸開水至軟，瀝乾備用。  
Soak vermicelli in boiled water until soft. Drip dry for later use.
3. 蔥洗淨後切碎粒，備用。  
Wash and chop green onion for later use.
4. 碟上排好扇貝，將粉絲及蒜茸放在扇貝上。  
Arrange the scallops nicely on a plate. Place vermicelli and minced garlic on top of each scallop.
5. 用大火蒸約 10 分鐘至熟 (扇貝不呈透明狀)。  
Steam on high heat for about 10 minutes until the scallops are opaque.
6. 棄掉扇貝烹煮汁液，然後放上蔥粒。  
Discard the cooking liquid. Place the chopped green onion on top.
7. 再淋上已加熱的食油即成。  
Pour the pre-heated cooking oil over the scallops and serve.





# 桌安媽媽食譜推介

## 牛油焗帶子

### MamaSafood Recipe Baked Butter Scallop



#### 材料 Ingredients

新鮮帶子 Fresh Scallop	6隻/pieces
白酒 White Wine	375毫升/ml
蒜頭 (切碎) Garlic (Chopped)	30克/g

新鮮芫荽 Coriander	30克/g
蔥 (切碎) Green Onion (Chopped)	30克/g
牛油 Butter	50克/g

#### 調味料 Seasonings

黑胡椒 Black Pepper	少許 a little
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不要覺得棄掉內臟是浪費，有害物質比較集中積聚於貝類的內臟，進食貝類內臟有可能危害健康。

It wasn't a waste to discard the organs, consuming the organs may harm your health as contaminants accumulate particularly in the organs of scallops.

#### 做法 Directions

1. 刷洗外殼，洗淨帶子，去除內臟及起出帶子肉，瀝乾水份。  
Rinse and scrub the scallop shells well. Remove the organs, shuck the scallop flesh and drip dry.
2. 焯帶子 1 分鐘後，盛起瀝乾。  
Blanch scallops in boiling water for 1 minute, and then take them out and drain up.
3. 放牛油熱鑊，加入蒜頭、蔥、芫荽和白酒炒香，轉慢火，放入帶子煮 2-3 分鐘，然後連汁放焗盤上。  
Heat the pan with butter, and sauté garlic, green onion, coriander and white wine until aromatic. Turn to low heat, add scallops and cook for 2-3 minutes. Put scallops with sauce on a baking tray.
4. 焗爐 180°C 預熱 5 分鐘，放入帶子焗 2 分鐘，撒上少許黑胡椒調味即成。  
Pre-heat the oven to 180°C for 5 minutes, bake the scallops for 2 minutes. Sprinkle a pinch of black pepper to bring out the flavour and serve.

