

父親女兒必勝組
Father-Daughter
Sure-Win Team

Annette Ma & Vincent Ma

Recipe 1:
Mini Apple
Cups

迷你蘋果杯



Mini Apple Cups

Ingredients (serves 3 people)

- 9 sheets shaomai wrappers
- 10g unsalted butter
- 1 apple (200g) (pre-diced, squeezed with lemon juice and kept in airtight box)

It has a lower sodium and sugar content than spring roll wrappers.

It has a lower sodium content than regular butter.

Choose fresh apple with no apparent cracks, cuts or softness on the surface.

To keep germs away.

Seasoning

- ¼ tsp cinnamon
- ¼ tsp lemon juice
- ½ tsp (=1.3g) icing sugar
- 8 blueberries (garnish)

It can be used to add flavor while having a low sodium and sugar content.

World Health Organization recommends daily sugar intake of 50g (10 sugar cubes) or less. Excessive sugar in the diet would cause dental caries, overweight and obesity. In here, each person consumes about 0.4g of sugar.

Mini Apple Cups- How to make

Steps

- ① Wash your hands. ←
 - ② Preheat the oven to 175 degrees Celsius.
 - ③ Butter the shaomai wrappers on both sides.
 - ④ Carefully fit the buttered wrappers in the cups.
 - ⑤ Put the wrappers in oven. Bake for about 5 mins or until slightly browned. ←
 - ⑥ Blend half of the apple.
 - ⑦ Cook both the blended and diced apple over a slow fire for about 5 minutes.
- Note: DON'T FORGET TO TAKE THE PASTRY OUT!**
- ⑧ Put the cinnamon and lemon juice into the apple mixture.
 - ⑨ Fill the pastry cases with apple mixture.
 - ⑩ Put a blueberry on each cup. Sprinkle with icing sugar.

Hygienic to use liquid soap to rub hands about 20 seconds till foam is formed to rinse off oil and germs. Make sure both sides of your hands, fingers and nails are thoroughly cleaned.

Thoroughly cook all foods.

Mini apple Cups- Reduce Salt and Sugar by Substitution of Ingredients

- Instead of using pre-made apple filling, we made our own, because the sugar content of the filling is too high at 18.2g/100g.

Let's see!
Apple filling

Nutrition Information		Per 100 g
Serving size		
Energy	87 kcal	0 g
Protein	0 g	0 g
Sodium	40 mg	0 g
Sugar	18.2 g	
Carb	21.3 g	

Net Content: 395g Origin: United Kingdom
Refrigerated after opening

- Instead of using puff pastry, we used shaomai wrappers, because the sodium content of the puff pastry is 9 times higher than that of the shaomai wrapper.

Let's see!
Puff pastry

Nutrition Information Typical Values (uncooked)			
	Per 100g	Per portion (50g)	%*
Energy	1577kJ	789kJ	
	378kcal	189kcal	9%
Fat	24.0g	12.0g	17%
of which saturates	12.0g	6.0g	30%
Carbohydrate	33.9g	17.0g	7%
of which sugars	0.7g	0.4g	<1%
Fibre	2.0g	1.0g	-
Protein	5.7g	2.9g	6%
Salt	0.88g	0.44g	7%

*Reference intake of an average adult (8400kJ/2000kcal).

- Instead of using sugar to season the apple, we used cinnamon to give the apples flavor as the sugar content of cinnamon is about one-tenth of that in regular sugar.

Let's see!
Sugar

Nutrition Information 營養資料		Per 100g
Energy / 熱量	400 kcal/千卡	每100克 (1700 kJ/千焦)
Protein / 蛋白質	0 g/克	
Fat, total / 脂肪總量	0 g/克	
- Saturated fat / 飽和脂肪	0 g/克	
- Trans fat / 反式脂肪	0 g/克	
Carbohydrate / 碳水化合物	99.8 g/克	
Sugars / 糖	99.8 g/克	
Sodium / 鈉	0 mg/毫克	

vs. Cinnamon

Nutrition Information		Per 100g
Energy	247kcal	
Protein	4.0g	
Total fat	1.2g	
- Saturated fat	0.3g	
- Trans fat	0g	
Carbohydrates	27.5g	
- Sugars	2.2g	
Sodium	10mg	

vs. Shaomai wrappers

NUTRITION INFORMATION		Per 100g
Energy		270.5kcal
Protein		7.6 g
Total Fat		0.9 g
Saturated Fat		0 g
Trans Fat		0 g
Carbohydrates		58.0 g
Sugars		0 g
Sodium		93.7 mg

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Recipe 2:
Egg-cado Rice
Crunch

炒蛋牛油果米餅



Egg-cado Rice Crunch

Ingredients (serves 3 people)

- 1 avocado
- 3 eggs
- 3 *Mi bing* (rice cakes)
- 1/8 cup pine nuts

Choose eggs with no apparent cracks or leaks.

Used as a bread substitute as bread has a high sodium and sugar content.

To add the slightest bit of taste into the bland avocado and egg.

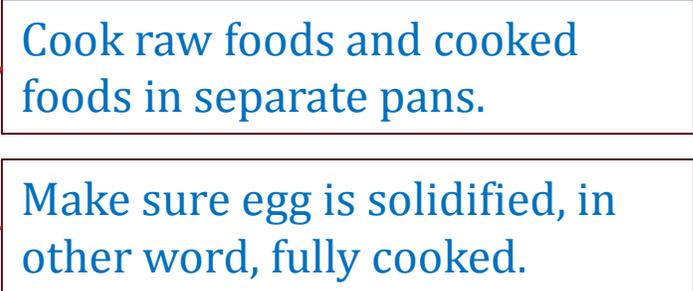
Seasoning

- 1/4 tsp garlic powder
- 1/16 tsp (=125mg) salt
- Oil, for frying

World Health Organization recommends daily sodium intake of 2000mg (one level teaspoon) or less. Excessive salt in the diet would cause hypertension, fatal stroke and coronary heart disease. In here, each person consumes about 42mg of salt.

Egg-cado Rice Crunch- How to make

Steps:

- ① Cut and de-seed the avocado.
- ② Mash the avocado.
- ③ Season avocado with salt.
- ④ Toast the rice cakes until warmed.
- ⑤ Pan-fry the pine nuts.
- ⑥ Scramble the egg and fry it in another pan.

- ⑦ Arrange the dish with the rice cake on the bottom, scoop some egg over it and spoon the avocado on top.
- ⑧ Sprinkle fried pine nuts on the avocado.

Egg-cado Rice Crunch- Reduce Salt and Sugar by Substitution of Ingredients

Nutrition Information	
	Per 100 g
Energy	375 kcal
Protein	9.0 g
Total fat	2.8 g
- Saturated fat	0.6 g
- Trans fat	0 g
Cholesterol	0 mg
Total Carbohydrate	83.4 g
- Dietary fibre	5.0 g
- Sugars	0 g
Sodium	0 mg
Calcium	11 mg
Gluten	0 mg
Potassium	290 mg

Ingredients: Brown Rice, Salt

Mi Bing:
0g sugar,
0mg
sodium



Bread:
1.5g
sugar,
369mg
sodium

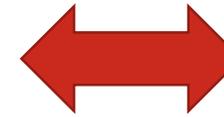
Nutrition Information 營養資料		
	Per Serving / 每食用分量	Per 100g / 每100克
Energy	74kcal / 千卡	247kcal / 千卡
Protein	3.2g / 克	10.5g / 克
Total fat	1.0g / 克	3.3g / 克
Saturated fat / 飽和脂肪	0.2g / 克	0.7g / 克
Trans fat / 反式脂肪	0g / 克	0g / 克
Total carbohydrate / 碳水化合物	12.9g / 克	43.0g / 克
Sugars	0.5g / 克	1.5g / 克
Sodium	111mg / 毫克	369mg / 毫克
Potassium	0mg / 毫克	0mg / 毫克

Instead of using bread (in this example we used wheat bread) as a base for the snack, we used *Mi Bing* (rice cakes) because the sodium level in bread is much too high, as shown in the comparison on the left.

Top: *Mi Bing* (rice cakes)

Bottom: Whole-wheat bread

Nutrition Information	
	Per 100g
Energy	368kcal
Protein	15.1g
Total fat	1.7g
- Saturated fat	0.3g
- Trans fat	0.4g
Carbohydrates	55.2g
- Sugars	2.5g
Sodium	32mg



Garlic powder:
2.5g sugar,
32mg
sodium
Salt: 0g
sugar,
39000mg
sodium

NUTRITION INFORMATION		
Servings per package: 350		Serving size: 2 g
Average quantity	Per serving	Per 100 g
Energy	0 kJ	0 kJ
Protein	0.0 g	0.0 g
Fat, total	0.0 g	0.0 g
- saturated	0.0 g	0.0 g
- trans	0.0 g	0.0 g
Carbohydrate	0.0 g	0.0 g
- sugars	0.0 g	0.0 g
Sodium	780 mg	39000 mg
Potassium	0.2 mg	10.0 mg

Instead of using salt to season the egg (I know, we used some for the avocado but it's just a teensy-weensy bit), we used garlic powder, which has a lower sodium content than the salt.

Please check out the **3-Step Guide To Use Nutrition Labels**:
http://www.cfs.gov.hk/tc_chi/multimedia/multimedia_pub/files/NL_3_steps_guide.pdf

Mini Apple Cups- Comments

- With a dash of icing sugar and this dessert is perfect! (From Michele)
- Apple and cinnamon go so well together! (From Lily)
- The size of the cups and the crispiness are just right! (From Novelita)

Egg-cado Rice Crunch- Comments

- Combination of texture, crunchy at bottom and silky at top, is put together very nicely! (From Michele)
- Egg flavour enhanced by the garlic powder, and avocado gives a creamy taste! (From Lily)
- The rice cake is an interesting ingredient with a Chinese flavour! (From Novelita)

Credits

- The recipes were created by Annette Ma and Vincent Ma.
- All the photos are taken by Annette Ma and Vincent Ma.
- This presentation was made in Microsoft PowerPoint 2013.
- The template was downloaded from Microsoft PowerPoint 2013.
- The videos were made in iMovie.

Thank You!

