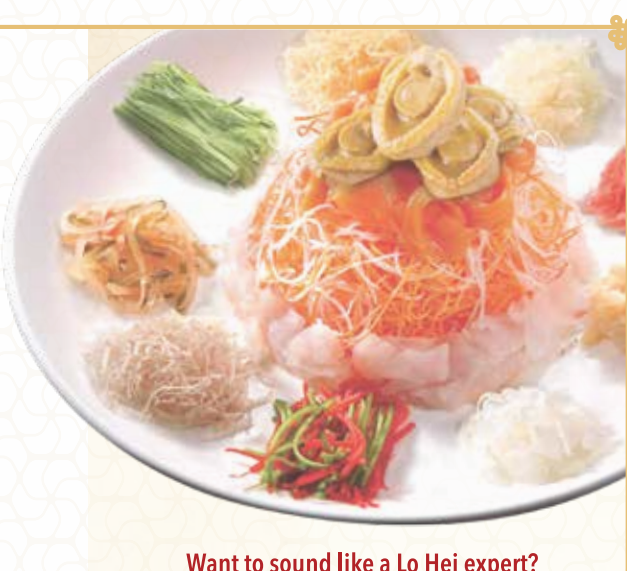




LO HEI

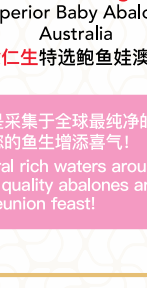
年年有余仁生 年年捞个风生水起

Ingredients 材料:

Carrot 红萝卜	Raisin 葡萄干	Yam 炸芋头丝
Turnip 沙葛	Crackers 薄脆	Cordyceps Flower 炸虫草花
Purple Cabbage 紫包菜	Pumpkin Seed 南瓜籽	Lime 桔仔
Pomelo 柚子肉	Almond Flakes 杏仁片	Iceberg Lettuce 冰菜
Ginger 白姜	Peanut 花生碎	Lotus Root 炸莲藕丝
Red Ginger 红姜	Sesame 芝麻	



Sliced **Eu Yan Sang** Superior Abalone Australia
切片余仁生特选鲍鱼澳洲



Eu Yan Sang Superior Baby Abalone Australia
余仁生特选鲍鱼娃娃澳洲

选择信誉卓越的余仁生鲍鱼，是采集于全球最纯净的水源，以最新鲜及最高品质为您的鱼生增添喜气！
Harvested from pristine mineral rich waters around the world, Eu Yan Sang's top quality abalones are the perfect addition to your reunion feast!

Want to sound like a Lo Hei expert?
Here are some auspicious phrases you can use:
使用这些吉利贺词让您做一位“鱼生”大师:

STEP 1 鲍你年年有余 <i>Bao Ni Nian Nian You Yu</i>  Sliced Abalones 鲍鱼片	STEP 2 大吉大利 <i>Da Ji Da Li</i>  Lime Juice 酸柑	STEP 3 五福临门 <i>Wu Fu Lin Men</i>  Five-spice Powder 五香粉
STEP 4 招财进宝 <i>Zhao Cai Jin Bao</i>  Pepper 胡椒粉	STEP 5 财源广进 <i>Cai Yuan Guang Jin</i>  Olive Oil 橄榄油	STEP 6 甜甜密密 <i>Tian Tian Mi Mi</i>  Plum Sauce 梅子酱
STEP 7 金银满屋 <i>Jin Yin Man Wu</i>  Peanuts 花生碎	STEP 8 生意兴隆 <i>Sheng Yi Xing Long</i>  Sesame Seeds 芝麻	STEP 9 遍地黄金 <i>Pan Di Huang Jin</i>  Crispy Golden Pillows 金饼脆片



PAN-SEARED HOKKAIDO SCALLOP WITH EU YAN SANG PURE CORDYCEPS

年年有余仁生 年年代代平安(带子)

Ingredients 材料:

Hokkaido Scallop 北海道带子	350g - 500g
Bell Peppers (3 colours) 灯笼椒 (3色)	150g
Oil for cooking 油	少许
Salt & Pepper to taste 盐, 胡椒	少许



Eu Yan Sang Essence of Chicken with American Ginseng, Cordyceps & Huaishan
余仁生泡参虫草淮山鸡精
4 bottles



Eu Yan Sang Pure Cordyceps Capsules
余仁生纯冬虫夏草胶囊
20 capsules

采用余仁生纯冬虫夏草胶囊及余仁生泡参虫草淮山鸡精为食材让您与家人新的一年身体力充沛，健康生活及事事繁荣！
Use Pure Cordyceps and Essence of Chicken as your cooking ingredients to boost and maintain your family's good health and wellness as you usher in the New Year.

Method 做法:

- Dust the scallop with Eu Yan Sang Pure Cordyceps Powder (remove capsules). Sear it in a non-stick pan and set aside. 将余仁生纯冬虫夏草胶囊打开后倒出粉末，带子洗净抹干后沾上粉末，放在不粘平底锅慢火煎香。
- Deglaze the pan with Eu Yan Sang Essence of Chicken with American Ginseng, Cordyceps & Huaishan and season to taste. 倒入余仁生泡参虫草淮山鸡精后调味，稍等片刻让带子吸收鸡精香味。
- Sauté the bell peppers for garnishing. 煎锅烧热后加入油，加热后放入灯笼椒快炒后盛起放在带子上桌。
- Dress up the scallop with the bell peppers and Eu Yan Sang Essence of Chicken with American Ginseng, Cordyceps & Huaishan sauce drizzled around it or even have the sauce with rice. Bon Appétit! 剩余的酱汁可用碗盛起，随时加入带子中配以米饭享用。

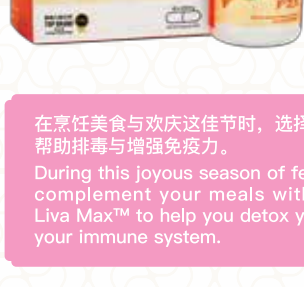


PAN-FRIED FISH FILLET WITH EU YAN SANG LIVAX MAX™ CAPSULES

余仁生护芝宝煎鱼片

Ingredients 材料:

Red Snapper Fillet (Thinly sliced) 红鲷鱼 (鱼片)	500g
Coriander Leaves for garnish 芫荽/香菜叶	20g
Oil for cooking 油	少许
Salt & Pepper to taste 盐, 胡椒	少许



Eu Yan Sang Liva Max™ Capsules
余仁生护芝宝™胶囊
8 capsules

在烹饪美食与欢庆佳节时，选择加入余仁生护芝宝帮助排毒与增强免疫力。
During this joyous season of feast and festivities, complement your meals with Eu Yan Sang Liva Max™ to help you detox your liver and boost your immune system.

Method 做法:

- Dust some Eu Yan Sang Liva Max™ Powder over the snapper and lightly season with salt and pepper. 将余仁生护芝宝™胶囊打开后，将粉末与少许盐和胡椒粉在鱼片上腌味片刻。
- Heat a dash of oil in a frying pan. Place the snapper in the pan. 以少许热油将鱼片煎熟。
- Add lemon juice over the fish and serve it with seasonal vegetables. 用余烫或热炒的蔬菜垫底摆上鱼片，加上几滴柠檬汁。
- Garnish with the Coriander leaves. Enjoy! 加上芫荽、香菜叶即可上桌！

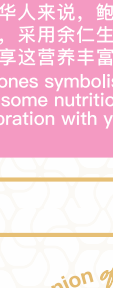


EU YAN SANG BRAISED ABALONE WITH BROCCOLI

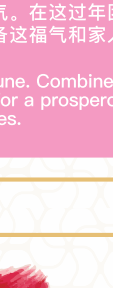
余仁生极品禾麻 红烧鲍鱼西兰花

Ingredients 材料:

Broccoli 西兰花	1 cup
Garlic, diced 蒜头, 去皮切茸	4 cloves
Oil for cooking 油	少许
Salt & Pepper to taste 盐, 胡椒	少许
Eu Yan Sang Honey Red Dates 哈密枣	40g



1 can **Eu Yan Sang** Imperial Abalone with Ginseng & Cordyceps Flower
余仁生御品人参虫草花鲍鱼1罐



5 pieces **Eu Yan Sang** Dried Mushrooms
余仁生吉品香菇5片

对于华人来说，鲍鱼象征好福气。在这过年团圆饭桌上，采用余仁生顶级鲍鱼准备这福气和家人开开心心分享这营养丰富的美食。
Abalones symbolise good fortune. Combine them with some nutritious broccoli for a prosperous celebration with your loved ones.

Method 做法:

- Cut the broccoli into bite-sized pieces and soak them in salted cold water for 10 minutes. 将西兰花切成块状，并浸泡于冷盐水中 10 分钟。
- Cook the broccoli pieces in boiling water for 5 minutes, drain and plate with the abalone. 将西兰花放入滚水里 5 分钟，并将西兰花与鲍鱼一同搁置于盘中。
- Soak the mushrooms until soft. 浸泡香菇于水中直至微软。
- Drain the mushrooms. Heat some oil in a wok. Stir fry the garlic until fragrant. Add the mushrooms and abalone sauce. Simmer the mushrooms over low heat for 30 minutes. 沥干蘑菇。加少许的油，将蒜头爆香。然后，将鲍鱼罐头里的酱汁倒入锅中，并加入香菇于小火慢煮 30 分钟。
- Pour the cooked sauce over the plated ingredients and serve. 将煮熟的酱汁淋在盘中的食材即可享用。



EU YAN SANG BIRD'S NEST WITH BLACK GOJI, RED DATES AND CHINESE ALMONDS

余仁生黑枸杞冰糖燕窝

Ingredients 材料:

Eu Yan Sang Chinese Almonds 余仁生南杏和北杏	25g
Eu Yan Sang Red Dates 余仁生红枣	25g



Eu Yan Sang Premium Black Wolfberries (Black Goji)
余仁生上等黑枸杞
20g



Eu Yan Sang Superior Bird's Nest with Rock Sugar
余仁生上等冰糖燕窝
7 bottles (70g)

选择余仁生上等燕窝做为甜品，让这个团圆饭画上甜蜜句点！
Try out this dessert recipe with Bird's Nest to end your reunion dinner on a sweet note!

Method 做法:

- Pour Eu Yan Sang Bird's Nest with Rock Sugar in a double pot boiler. 把余仁生上等冰糖燕窝倒进炖锅。
- Add in Eu Yan Sang Red Dates and Chinese Almonds. 加入余仁生红枣、南杏和北杏。
- Simmer for 30 minutes and allow it to cool for 5-10 minutes. 使用小火炖上 30 分钟，然后冷却 5 至 10 分钟。
- When the Bird's Nest is slightly cooled down, add in Eu Yan Sang Black Wolfberries. (Note: Do not add in the Black Wolfberries when the dessert is steaming hot.) 当燕窝以冷却，将加入余仁生黑枸杞。(切记：在甜品滚烫时，不能加入黑枸杞。)
- Allow the colour and flavour of the Black Wolfberries to seep into the dessert. 以让黑枸杞的颜色与味道融入燕窝里。
- Pour it out and serve it warm or cold. Enjoy your dessert! 之后，可将把这冷或热甜品端上桌！



EU YAN SANG ABALONE PENG CAI

金玉满堂发财盆菜

Ingredients 材料:

Shrimp 虾	200 g	White Radish 白萝卜	300 g
Chinese Cabbage 大白菜	300 g	Broccoli 西兰花	200 g



Eu Yan Sang Royal Supreme Abalone Treasure Pot (Peng Cai)
余仁生御品鲍鱼盆菜



Eu Yan Sang Superior Braised Oma Abalone
余仁生红烧极品鲍鱼



Eu Yan Sang Superior Braised Giant Shellfish
余仁生红烧深海螺



Eu Yan Sang Abalone Sauce
余仁生鲍汁珍螺



Eu Yan Sang Organic Barbary Wolfberry Fruit
余仁生有机宁夏杞子王 (少许)

Method 做法:

- Add Eu Yan Sang Superior Scallops, Superior Fish Maw and Premium Mushrooms into the soup, and slow boil for 2 hours. 将余仁生上等干贝、花胶筒和香菇加入上汤，慢火熬上 2 小时。
- Place the boiled white radish and chinese cabbage at the bottom of the pot. 将过水后的白萝卜与大白菜垫底。
- Next, add the various Eu Yan Sang seafood products like: Superior Abalone, Superior Braised Oma Abalone, Braised Giant Shellfish and Pearl Topshells into the pot. 然后再把余仁生上等鲍鱼系列的海味，如：特选鲍鱼、红烧极品鲍鱼、深海螺，和鲍汁珍螺加入填满锅。
- Add in the mushrooms and shrimp for embellishment/decoration. Next, pour in the prepared soup into the pot and boil for 15 minutes at a high temperature. Serve it up! 加入西兰花和虾来点缀。然后再把熬好的汤底倒入锅中，大火熬 15 分钟。准备上桌！

于余仁生御品鲍鱼盆菜，和家人享受这团圆盛宴。
Come together with your family and friends to celebrate an auspicious reunion with Eu Yan Sang Abalone Peng Cai.

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