



# 香港

## 街頭飲食文化

(插圖：4D 彭紫悅)

梅校長認為香港人最喜愛嘗試新食品，為求嚐到美食，亦不計勞苦大排長龍去買，一窩蜂地追地道美食及拍照，顯現出對香港飲食文化的有趣熱度。

(記者：4C施芳盈 4C李育芯 4D伍希淳)

**梅**校長說自己在學生時期，亦十分喜愛光顧香港街頭美食。普遍一般香港的街頭小食均品嚐過並十分喜愛，包括香港地道燒賣、魚蛋、雞蛋仔、格仔餅、煎釀三寶、生菜魚肉等等。現在回味，對於以前香港街頭小食卻存著一種濃濃的情懷。校長對於以前香港街頭飲食文化印象深刻並與我們分享，憶述以往街頭情景津津樂道！述說出以前年代的小販多是推車仔的，形形色色，食品也很多元化，為學生及市民提供快速小食。小販們一買一賣貨如輪轉效率很快、效益很高，同時充份表現出香港人的拼搏精神。

但隨著社會的進步，市民對衛生及安全意識提高，以往在街上的推車仔小檔已漸漸被地舖小店取替。小店讓部份街頭美食得以保留及傳承下去，為市民繼續提供美食，香港街頭美食得以留存至今，甚至創出新品。

校長認為街頭小食存著兒時香港人的懷舊風味，回憶及情懷，同時亦蘊含著香港人的拼搏及堅毅精神，充滿濃厚香港情，是香港的原味道。

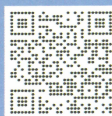


梅志業校長(右)及負責同學

# 生韻

李翁叔

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主題：  
香港街頭飲食文化

顧問：梅志業校長

中文：蘇曉麗老師

英文：譚詠嫻助理校長、陳琛瑜老師

編輯小組：

- (中) 4C施芳盈 4C洪錦霖 4C劉可悠  
4C李育芯 4D莊皓鈞 4D蔡雅銘  
4D洪逸 4D梁曉恩 4D伍希淳  
4D彭紫悅 4D王浩晴
- (英) 2C陳昊駿 2C張兆添 2C梁珀瑜  
3D吳光耀 3D張芯喬 3D羅向恩  
3D李珈玥 3D杜彥晴 4C林欣泉  
4C羅浩龍 4D畢晉寧 4D鄭樹鑫  
4D李凱賢 4D葉宏成 4D劉緯嘉

溫度：25度  
濕度：60%  
大致天晴

CNECLWSSS



## 黃佩雯老師 香港街頭美食 中西合璧多元化

黃佩雯老師認為香港的街頭美食是中西合璧、多元化的，非常好吃。

黃老師認為葵涌廣場是香港街頭美食的聚集地。她表示近年有一些旅遊團會帶香港人去體驗地道的生活文化，葵涌廣場便是其一的體驗景點。裏面有很多美食，例如專門做雞蛋仔的店舖，賣牛雜、串燒、燒賣、魚蛋的，種類繁多。她開玩笑地說，若是商場售賣臭豆腐，那些炸物的味道應該會弄得整個地方都是「香味」。總而言之，她認為這個商場是一個品嚐街頭美食的好去處。

對於傳統街頭美食的發展，黃老師覺得仍然有不少「捧場客」，因為現代人工作忙碌，對於食物的要求，最重要是一個「快」字。他們沒有多餘的時間去下單、排隊、等待送餐。所以快捷的街頭小吃是一個理想的選擇。學生亦是如此，經歷完一天的學習，

放學後饑腸轆轆的，往街邊一走，就可以賣一串魚蛋，一排雞蛋仔整個肚子，簡單又方便。因此黃老師認為街頭小吃是適合香港人快節奏的美食。

另外，黃老師也認為街頭小吃有著香港的獨特文化——邊走邊吃。有些國家並不流行邊走邊吃，例如日本。在日本邊走邊吃被視為一種不雅的行為。但是香港不同，在香港隨處可見人們手裏拿著一杯珍珠奶茶，或者是一串魚蛋，這種隨性的文化與香港的快節奏生活融合便有一番風味。

除此之外，黃老師表示很懷念龍鬚糖這個街頭美食。龍鬚糖帶給她很多的回憶，除了喜歡它特別的味道外，她也覺得龍鬚糖的做法十分有趣。中學時代，她甚至會模仿賣糖師傅，反覆拉扯百寶貼，以此達到龍鬚糖的那種一絲絲的感覺。

(記者：4C施芳盈 4C李育芯)



## 陳美惠老師 街頭飲食文化 反映港人高效率特性

陳美惠老師推介雞蛋仔、炸蘿蔔絲餅和炸蕃薯，炸蘿蔔絲餅和炸蕃薯都是現在較為少見的香港懷舊美食，這些食物都是和陳老師的兒時回憶有關。從前，每逢過年過節，街上會有許多小販擺賣。當遇上賣小食的攤檔，她都會買上一大塊炸蘿蔔絲餅和炸蕃薯，可惜現在已經較為少見這些獨特美食，因為每當她吃到一些街頭小食，都會勾起這些回憶，亦特別推介這些小食。她談及現時的香港已沒有小販在街頭售賣小食，大多都是以店舖形式營運，並多了不少創新意念來吸引人購買，例如在雞蛋仔加上雪糕，夾朱古力在當中。

陳老師以「多元化」形容香港街頭美食，因香港街頭美食種類頗多，有碗仔翅、魚蛋、燒賣等。然而，受到租金和工資趨向更高的影響，店舖要出奇制勝吸引客人，才能負擔得起日益昂貴的租金，但這反而令這些街頭美食有了新的活力，形成了香港現今獨有的街頭飲食文化。

陳老師認為香港街頭飲食文化亦反映了香港人效率高的特性。香港街頭美食大多都有著「快」的特點，要夠快才會有人願意購買。香港和其他地區的不同之處，在於香港售賣街頭美食的地方都比較分散，不會特別集中於某一區。同時，香港街頭美食的演變亦比較快，不同於其他地區一直保持原有特色。

(記者：4C 李育芯 4D王浩晴)

## 黃孝恩老師 印象深刻的回憶 跟母親嘗街頭小食

縱橫香港大街小巷多年，黃老師對於香港街頭美食有著深厚的感情。被問到最喜愛的美食，黃老師笑稱魚蛋、生菜魚肉、瀨水豬雜都是最愛。黃老師對街頭小食最印象深刻的回憶，便是和媽媽一起到街市「掃街」。



黃老師認為香港的美食十分多元化。除了常見的魚蛋腸粉外，亦有車仔麵、炒栗子、煨蕃薯等美食。便宜的食材加上精湛的烹飪技巧，煮出獨特的香港風味。豬皮、內臟等下欄食品也物盡其用，通通都能在小販手中化腐朽為神奇，成為一道道散發著熱氣的街頭美食。黃老師回憶起炸魚餅、炒栗子也是昔日街頭一景，可惜因安全問題而逐漸式微。低成本、高製作的特色美食在香港比比皆是，黃老師認為這反映出香港基層市民的謀生智慧。

香港現今的街頭美食文化多多少少受到過去的影響，才會形成現在的文化。黃老師認為最主要的原因是基於時而世易，安全和衛生的管理越來越妥善。過往小販大多以攤檔、木頭車的形式售賣小食，然而小食的品質沒有受到保障。但隨著食品的检测和安全越發嚴謹，取代小販的是獲得食環署認證更安全衛生的小店。

與其他國家的街頭小食對比，黃老師認為最為不同的地方是食物的類型和口味。例如韓國有著鯛魚燒、糯米餅等甜食，並不會吃一些內臟等。相反，香港卻有較多內臟類的街頭小食如牛雜、豬大腸等。

(記者：4C 劉可悠 4D伍希淳)



**3D 蔡深怡** 蔡深怡同學推介的美食有咖喱魚蛋、格仔餅以及雞蛋仔，她形容這些美食為「價廉物美」，做到美味同時價錢便宜，而且它們都是「新鮮滾熱辣」的美食，令她感受到美食的人情味，使她感溫暖又溫馨。



蔡同學亦認為現時仍有許多人喜歡吃這些街頭美食。她觀察到旺角的街邊小店，往往有許多來自五湖四海的遊客和本地人排隊，為的就是品嚐香港的特色美食。

街頭美食能夠反映到香港人節奏快的生活習慣，從排隊到叫號再到取餐，不用花費許多時間就能吃到，甚至都不用坐下，大多都能一邊走一邊吃。

除此之外，蔡同學認為香港美食的獨特之處在於其多元化的風味，因著香港特殊的歷史背景，香港的美食呈現出中國文化、西方文化甚至日本文化融合的「中西合璧」。香港飲食文化從過去到現在亦有不少轉變，從前不少年輕人都會選擇購買具有煙火味的街頭小食，但現在，年輕一代似乎更傾向於在店鋪中坐下品嚐食物，缺少了在街邊的煙火人情味。

(文：4C 李育芯)

## 港式飲食

**5D 陳穎桐** 陳穎桐同學覺得旺角必定是集合香港街頭美食聚集地，你可以在那裏找到各種街頭美食：燒賣、魚蛋、炒麵、中式糖水、甜品等等，種類繁多，價格實惠，因此吸引許多市民和遊客光顧。

此外，陳同學認為雞蛋仔可以吸引不同的群眾。對於部分香港居民，雞蛋仔具有香港街頭美食的獨有文化，亦是一種集體回憶，因此令對雞蛋仔情有獨鍾。相對於遊客而言，雞蛋仔作為最具香港特色的街頭美食，售賣雞蛋仔的店鋪隨處可見，遊客可以在香港街頭攤檔或傳統市場上品嚐到正宗雞蛋仔，這是一種獨特的體驗。再者，年輕人也對雞蛋仔感興趣。因為現時很多小店都會把雞蛋仔改良，加入各種特色口味，例如珍珠奶茶、麻薯等等。有些商家也會在每粒雞蛋仔上印上笑臉，以吸引年輕一代去品嚐。

陳同學覺得香港街頭美食蘊藏了很多香港獨特的歷史文化，她認為這些優良的文化與街頭美食都應該被流傳下去，令下一代的香港市民或者遊客都可以體驗到香港的特色。

(文：4C 施芳盈)

**4C 陳敏鑿** 陳敏鑿同學認為街邊有不少小食店仍售賣傳統的香港街頭美食，特別是油尖旺一帶，在假日時候能見到旺角、尖沙咀等地區有不少人在小店前排隊。當中陳同學認為香港的街頭美食十分多樣化，既有燒賣、煎釀三寶、牛雜等口感豐富的鹹食，亦有雞蛋仔、格仔餅這些酥脆可口的甜食，可說是富有選擇。

若用香港的街頭美食與其他國家對比，陳同學認為兩者存在相異之處。如曼谷的雞肉飯，東京的烤魚，都是一人一碟的，相反，香港的雞蛋仔可以「搵一粒」、魚蛋又可以「拈一粒」來和朋友分享。相比之下，香港的街頭美食更方便與人分享。

陳同學認為香港的街頭美食文化能突顯出香港的人情味。不只是與朋友分享，老闆有時候亦會給多一粒魚蛋，十分親切。而且這些小食店鋪很多時都是住附近的街坊經營，經過長時間的相處，有時候閒談幾句就會變得熟落，令人與人之間的關係變得更親密。



(文：4C 劉可悠)

**4C 張瑩** 香港有很多街頭美食，據張瑩同學所知，有煎釀三寶、雞蛋仔、糯米糍、燒賣、魚蛋、炸魷魚鬚、砵仔糕、混醬腸粉、炒栗子等等，這都是她最喜歡的食物。小時候放學後，總會與朋友一起買雞蛋仔，然後邊食邊回家。因此，香港的街頭美食摻雜著她兒時與同伴的集體回憶。

張同學認為香港的街頭美食文化從過去到現在的發展，很大程度受以前的生活習慣與環境所影響。張同學表示，香港的街頭小食最早起源於1880年，常見於中環士丹利街與嘉咸街交界，當時有大量難民來港，他們為了謀生，開始推着改裝過的木頭車到街頭販賣各種小食。而五、六十年代的香港還未進入高速發展階段，大部分家庭並不富裕，都負擔不起去餐廳用膳，所以街頭小食的出現便成了大家解決三餐溫飽的歸宿，加上小食種類繁多，價格便宜，因而廣受歡迎，街頭美食從而興起。

此外，香港街頭美食亦都融合了不同國家的特色菜，例如咖喱魚蛋就是將中國潮州常見食材與印度咖喱融合而成。可惜後來香港政府因為考慮到城市規劃與環境衛生規格，開始停止向流動熟食小販發牌。而近年受疫情影響的關係，街頭美食文化又再次受到打擊，幸好疫情結束後，見到不少街邊小店重新營業，令人感到高興！張同學覺得香港飲食文化亦不斷演變，從冰室到街邊手推車小食，再到兩餸飯，形成現今的飲食文化，實在別具意義性。

再者，張同學也覺得香港街頭飲食文化可以反映出本地的風俗習慣，例如香港生活節奏急速，香港街頭美食的特色就是即買即食，食物亦都是即時可以烹調好。為了迎合講求快捷方便、節省時間的香港人，普遍都係用紙袋盛載或竹筴串起食用，可以吃完後即棄，可見有其獨特性。相信隨着時代的變遷，香港街頭飲食文化亦會有不同的特色和歷史價值。張同學真的很喜歡香港街頭美食，亦希望這種特色文化可以繼續被傳承下去。



(文：4C 施芳盈)

**1D 文卓譽** 文卓譽同學覺得在種類眾多的香港街頭美食之中，比較廣為人知的是魚蛋、燒賣和格仔餅。而旺角作為街頭美食聚集地，那裏有更多經濟實惠、價廉物美的街頭美食。

他認為香港過去作為轉口港，時常有來自不同國家的人到訪。正因如此，香港結合了許多不同文化和飲食傳統，著名的有咖喱魚蛋。這種中西混合的風格使香港的街頭美食多了一份獨特性。

文同學亦認為相較於其他國家，香港的街頭美食種類較多，有中式、西式和東南亞等等多種口味，選擇性多樣，能滿足不同顧客的需求。

再者，因為香港的節奏快，人們生活繁忙，於是為了吸引更多顧客，香港街頭小食比較注重快捷和方便，點單、購買、品嚐，一氣呵成，簡單俐落。不過，正因為生活繁忙，越來越少人去購買街頭美食，少了顧客的支持，很多小販失去了經濟收益，無法經營下去，因此逐漸被餐廳外賣取代。

文同學亦對街頭美食有著一段特別的回憶。他表示曾經有一次放學的時候，因為肚子餓，就隨意到一間小店買了些街頭小食填肚子。他記得老闆娘很熱情，食物也很好吃，但奇怪的是沒有什麼顧客。文同學問她為什麼會這樣，老闆娘給了他一個意味深長的微笑，並回答道：「現在的年輕人越來越少出門了，老人家也因為年紀大而不能隨時出門。我呀，這間鋪也快關了。」文同學聽完後覺得十分可惜，他希望大家能讓香港街頭美食文化繼續傳承下去。

(文：4D 洪逸 4D 梁曉恩)

**2D 曾尚熙** 曾尚熙同學最鍾愛的街頭美食就是燒烤串。燒烤串是一種以烤製豬肉、鴨肉和雞肉為主的美食。每次路過燒烤串攤檔時，曾同學都會被燒烤的香味所吸引。他認為香港的燒烤串攤檔都別具特色，每一家都有自己獨特的秘方和烹飪風格，使得每一份燒烤串都有其獨特風味。

曾同學觀察到現在越來越少人品嘗傳統的香港街頭美食。隨著快餐和外國美食的興起，年輕人更傾向選擇快捷、方便的飲食方式；相反，砵仔糕、雞蛋仔等傳統小吃逐漸被遺忘，這些傳統美食都是香港文化的一部分，因此他感到十分遺憾。

對他而言，街頭美食亦帶有許多珍貴的回憶。放學後，他常常和朋友一起品嚐美食，例如腸粉，他們會圍坐在小店前，在嘻笑中品味美食，分享彼此生活，以美食連繫友情。

(文：4C 李育芯)



# 書籍分享

文：4D 伍希淳  
圖：網絡圖片

作為香港人的你對於香港地道街頭美食又有多少認識？菠蘿包、魚蛋、燒賣相信各位都吃過不少，然而對它背後的歷史，蘊藏著的故事你又知道多少呢？本書收錄了十二款特色香港地道小吃，其中或者會有你的心頭好。

對我而言，最愛莫過於鬆脆可口  
的菠蘿包。金黃香脆的外皮一口

咬下去——只餘滿足。正如老婆餅沒有老婆，鳳梨酥沒有鳳梨，菠蘿包也沒有菠蘿。因包上脆皮形似菠蘿，故此得名。這一層外皮可謂包之精華所在，有些經驗老到的食客會選擇壓扁整個包再送入口，以避免脆皮掉落。

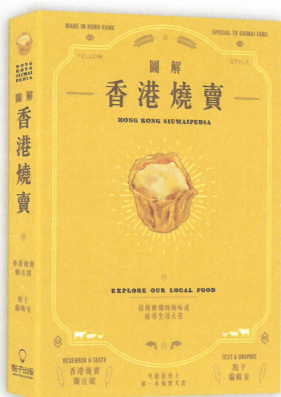
我對香港地道飲食文化的認識，  
對這個美食之都亦更加熱愛。除

## 《香港風味小吃》



文：4C 施芳盈  
圖：網絡圖片

## 《圖解香港燒賣》



有幸從書中看世界，看過了《圖解香港燒賣》才發現「燒賣的餡料」亦可以五花八門，各色各樣。原來燒賣不只是由豬肉、魚肉去組成，更能鮮蝦、鵪鶉蛋、豬潤、墨肉等材料，又與高級食材如鮑魚、海膽，甚至乎有的燒賣用紫米去代替糯米，又或是用墨魚汁、菠菜汁、醬油等。讓人們原來習而為常的黃色燒賣也可以「換上不同的衣衫」。

原來平日常吃的燒賣只不過是它的冰山一角，自以為經驗豐富的我亦算是才疏學淺了。燒賣也能如此多變化，怪不得能稱得上既合乎平民的口味，又能榮獲米芝蓮的評級。今時今日的燒賣店，很多不再是昔日的行走車仔檔，而不少燒賣店為求方便，又如同便利店大量製作的「叮叮」的燒賣，讓燒賣這蘊藏著「多彩多姿」的一面被掩蓋。以至於傳統

手藝製作的燒賣不少都被忘記，可是那承傳的香港文化和堅毅精神，必定是那些流水作業式的商業生產所未能企及的，到底應該如何是好？或許我們都應該去了解多些這些昔日的香港街頭美食，不要讓這些蘊藏著香港文化與精神的美食就此被忘記。了解、銘記、支持，也是一種讓這些文化能夠傳承下去的動力和意念。



# 歌曲欣賞

## 雲吞 鄧小巧



文：4C 洪錦霖

《雲吞》記錄了鄧小巧憶起小時候外婆親手包的雲吞，因外婆現已年邁入院，即將離她而去，故藉此抒發自己複雜而沈重的心情。「雲吞她算會做而不算是擅長」，炸芋角、沙翁這些香港傳統食物未必特別好吃，但這些屬於老一代人的童年回憶已經逐漸消失。不知你又有沒有一種食物能勾起你對某人或某地的回憶呢？轉角處的那間茶餐廳或許再過五年、十年就被這新時代淘汰。「珍惜眼前人」這句道理雖然老生常談，但希望大家在追隨新時代的腳步下，都要珍惜當下的人和事。



## 怪物 YOASOBI



文：4D 莊鈞鈞



「怪物」一詞能令你聯想到什麼，是被人忽視、誤解、嫌棄的人？還是令人恐懼的事？《怪物》的故事背景是一個肉食和草食動物共和的世界，某天卻出現了草食動物被人吃掉的慘案，導致一連串對肉食動物的猜疑，令身為肉食動物的主角受到別人質疑，而自己也開始迷惘。在我們成長的過程是否也曾質疑自己的定位、質疑自己的能力？我們好像都在等，等別人來告訴自己應該做什麼、應該成為甚麼。如歌中一句「我究竟是誰？請告訴我請告訴我」一味迎合世界、迎合別人，希望幫到人，亦不想成為他人眼中的怪物？但我們其實改

變不了世俗的看法，也管不了別人的想法，又或者，我們根本不需要在意。「我要堅強堅強，這樣我就可以做我自己」我們每人心裏都有一隻怪物，不受眾人接待，但我們不必隨波逐流，我們只管成為自己。

縱使世界再多繁文縟節、坑坑窪窪，但也請你接納世界；縱使別人不懂你好言相勸、不懂你一片苦心，但也請你接納別人；縱使我們心裏都藏了一頭「怪物」，不為人所接受，但也請你接納自己。到最後，請自在地走下去吧。



## 文字天地

### 香港街頭飲食文化

4D 莊皓鈞



「十元一串魚蛋，絕對新鮮」「菠蘿包、蛋撻新鮮出爐，早買早享受」叫賣聲夾雜雪糕車的音樂，我茫然地屹立其中，手上緊緊攥着媽媽拿給我的五十元，仔細掃過一排排的食物車，不急不慢地走著。試過高舉手中的五十元，卻又不知要在哪一個攤位放下。雞蛋仔的酥脆、香甜引領着我的思考，腳踝卻又被車仔麵濃郁的湯汁以及謎菜的多樣性緊緊束縛，掙扎著，彷彿作出選擇就是損失。我的童年就是被這一道街頭美食所填滿。

如果你，你能講得出多少道香港街頭美食？香港作為美食之都，以其豐富多樣的美食而聞名於世。除了高檔餐廳和美食集中地，這座城市還擁有令人垂涎欲滴且獨特的街頭美食文化，而作為香港人，雖談笑之間能數算出十多道常見的美食，卻依然會忽略了一些隱藏了的「香港味道」，就

例如糖蔥餅，一種香脆的糕點，和龍鬚糖做法相似，卻是以糖和蔥末作為主要調味料。它們通常在鐵板上烘烤至金黃色，然後切成小塊。這種鹹甜結合、香脆兼備的小吃絕對值得一試。又或者是煎釀三寶，舊時經常聽見「七蚊三件、十蚊四件」說的就是它。從炸物的海洋選出七八件，有茄子，又有紅腸，淋上豉油、辣椒油，撲鼻而來豬油的香氣，油而不膩，就又是童年的味道。

只是隨著衛生問題，街邊小販的數目已寥寥無幾，幸好街頭美食卻沒有因此而消失，由店舖經營的「街頭美食」依然為香港保留下這份獨特的味道。



4D Isla Lau

### HK Street Food

Have you ever tried any Hong Kong street food? Have you ever wondered where they were originated? During the Tang dynasty hawkers sold cold food on the streets to get relief during summer heat. Then, during Qing dynasty, the street-side snack stalls gradually developed into street markets. These days, Hong Kong's street food culture has already turned into a lively blend of flavours, aromas and culinary traditions that is passed down from generation to generation. Hong Kong is a gourmet paradise that tempts the taste buds of locals and tourists. Once you stepped into the bustling streets of Hong Kong, you will be immediately attracted by numerous food stalls. Hong Kong's street food culture not only satisfies our taste buds but also enhances the sense of community, which creates a vibrant atmosphere where visitors can experience.

Although there are countless street cuisines, egg waffle will always be my first choice. This beloved snack is always an iconic symbol of Hong Kong's street food culture. This delectable treat is a perfect mix of crispy and fluffy textures, with a sweet, eggy flavor that can truly delight your taste buds. One of the joys of eating the egg waffle is the variety of flavors and toppings that can be added. Although some enjoy the waffle on its own, tasting its flavor thoroughly, nowadays, many sellers offer a range of creative options that can be added on the egg waffles to enhance the layering e.g. chocolate sauce, fresh fruits, whipped cream, ice cream, or even cheese or sausage!

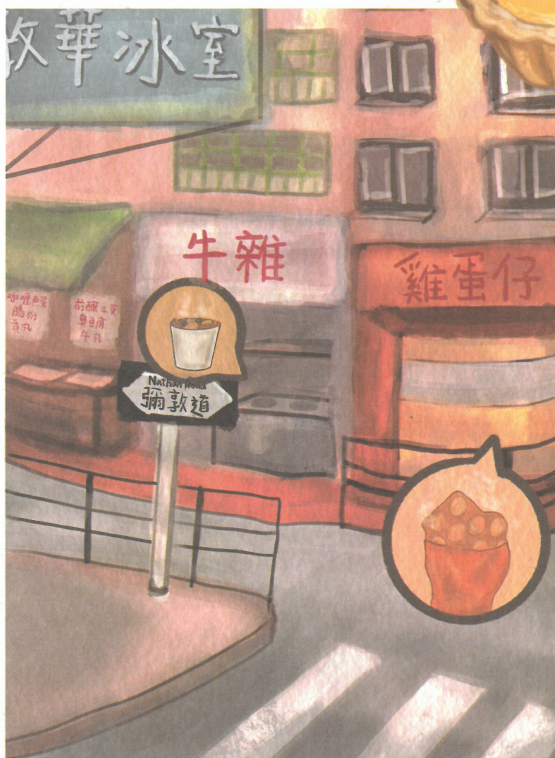


糖蔥餅原出於潮汕，但經傳入香港後，也成為香港經典小食。名字雖有蔥，卻沒有蔥的成分，只是因為由麥芽糖做的糖蔥長得像蔥白而得名。

小時候逛年宵，我都會纏著媽媽給我買。糖蔥餅雖甜膩，但當時的我十分愛吃甜，每次都自己把它吃光，不願跟爸媽分享。然而，現在想吃也很難找到了。

4D 梁曉恩

## 藝術世界



4C 洪錦霖

# - Nostalgic Foodie Map around LWS -

How is the taste of nostalgia? Is there a childhood food that you can hardly forget about? How does food connect culture and history? Hop into our neighbourhood and re-stimulate your taste buds with retro flavours!

## EGG WAFFLES

RIGHT NOW, put down your news-letter and head to Lok Hin Terrace. You will see BB Egg Waffle, a shop which sells egg waffles and Hong Kong grid cakes. It is famous for its flavorful ice-cream egg waffles and ice-cream waffles. Why is the food here worth trying? In my opinion, it is absolutely because of the distinctive texture created by special additions like ice-cream scoops. They definitely elevate the snack to a new level. You must try this local street food from there if you need the munchies.

## YANGZHI MANNA

Located across the road from the school, at No. 345 Chai Wan Road, there is a dessert shop called Kim Sheung Tim which specialises in Hong Kong-style desserts. What I recommend most is Yangzhi Manna. It has a sweet taste and rich texture, and you can smell the fragrance of mango.

## TEA EGGS

Characterised by their tea fragrance and marble look, tea eggs in Yue Man Liang Fong are the best. Let me share with you my top secret for tasting tea eggs.

First, appreciate the beautiful patterns on the egg. Then, peel off the shell and it will whet your appetite. Take a light bite and the taste of tea eggs will ex-

plode on your taste buds. You will be surprised to find that tea eggs are not the same as ordinary hard-boiled eggs. They are more delicious and have a more layered flavour than hard-boiled eggs.

Taking one more bite, you will feel as if you are floating in the essence of tea eggs. For someone like me, who doesn't usually enjoy eating hard-boiled eggs, this is indeed a treat.

## GUILINGGAO

There is a Chinese dessert shop in Chai Wan called Sunity Herbal Jelly. I highly recommend it if you like eating Guilinggao, which contains various Chinese medicinal ingredients. The shop offers a variety of Chinese desserts but I find the texture of Guilinggao the best. It is gelatinous and slightly viscous, with a smooth, soft and creamy mouthfeel. Although it is slightly bitter due to the medicinal taste, adding some syrup can balance the taste. The shop has been there for many years and has a long history. As such, Guilinggao is the highlight of the shop.

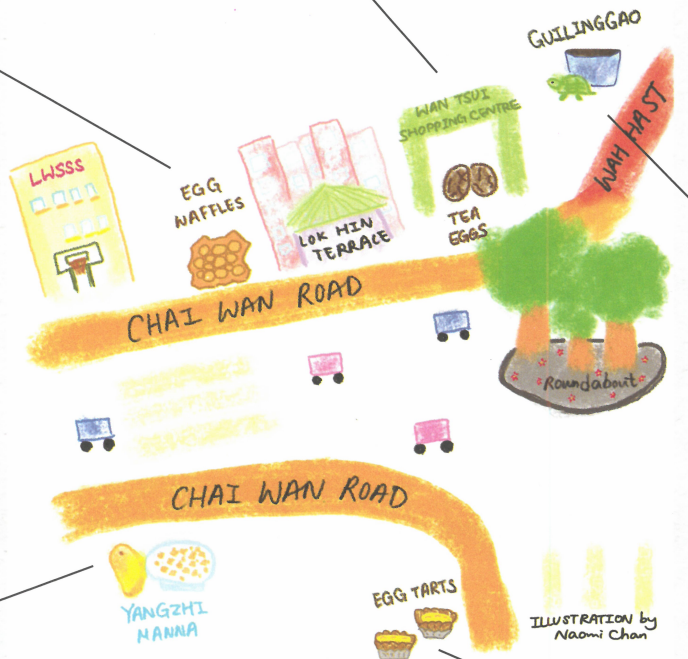
## EGG TARTS

Infused with silky smooth custard, this savoury pastry dessert was first introduced to Guangzhou by the British. Then, Chinese chefs transformed the English custard tart recipe using their dim sum

skills, inventing the Cantonese egg tarts as a result. Tastes like crème brulee with an additional flaky pastry crust, egg tarts are hardly resistible when they are fresh out of the oven.

Can you recall walking past a Hong Kong-style bakery in your childhood? Or remember the great joy you felt when receiving an egg tart as a reward for your good grades? Delicious and affordable,

egg tarts have preserved the memories of many families, transcending their socio-economic status in the old days.



## • DING DING TONG / DEUK DEUK TONG •

We also recommend this nostalgic candy with its name associated with the sounds of Hong Kong trams...

**HISTORY** Ding Ding Tong, as an all-time children's favourite, was introduced from Guangdong Province and became popular in Hong Kong in the 1960s. It is a hard traditional candy made of maltose and comes in two flavours — sesame and ginger.

The preparation of Ding Ding Tong involves more than melting the maltose and stirring the ingredients. Watch the time and RIGHT BEFORE the mixture solidifies, PULL it into a line shape and coil it into the shape of a plate. When someone orders a pack, the vendor

cuts it and produces the distinctive 'ding ding' sound.

**RECOMMENDED EATERIES** It is uncommon to see vendors cutting Ding Ding Tong on the spot nowadays. However, you may still find pre-packed Ding Ding Tong in old districts such as Sham Shui Po. Drop by a traditional snack shop and discover these hidden gems.

Scan the QR code to learn the history of each nostalgic food introduced here!



ENGLISH.FUN.LWS



TEACHERS' INTERVIEW

# ALL TIME FAVOURITE- EGG WAFFLES

Interviewing Miss Leung Wai Ching



Miss Leung Wai Ching, "There is a vast variety of HK street foods, such as egg waffles, red bean pudding, curry fishballs, siu mai and stinky tofu, as well as pineapple buns."

Miss Leung included, so basically there are a lot of options in terms of street food, she said, "Personal favourite: egg waffle. It has three 'goods': Looks good, Smells good, and Tastes good. Moreover, it resembles a honeycomb, as it is made in a honeycomb metal mould." She is particularly attracted to the rich aroma of eggs and cake flour, as well as a tiny bit of charcoal flavour.

"Egg waffle is not only nostalgic to me, but it is also reminiscent of my years in secondary school because, in the past, I usually grabbed an egg waffle with my friends when we were dashing to the tutorial centre after class." "In terms of street food, Mong Kok would be the best place, as you can tell by how stinky the stinky tofu is, and also you can

find other local street foods in Sai Yeung Choi Street."

Miss Leung's grandparents once told her that there was a limited number of options for food due to the economic downturn in the fifties. Therefore, the ingredients available were simple; only eggs, butter, flour, sugar, salt and oil. As many locals were unemployed at that time, a number of them became hawkers who sold street food with their cooking carts. So this is how egg waffle is born.

Street foods are still evolving despite the rise of fast food and other food options, to attract customers. For instance, there were only sweet egg waffles provided in the past, but now there are alternative versions such as seaweed meat floss egg waffles.

4C Jason Lo 4D Isla Lau

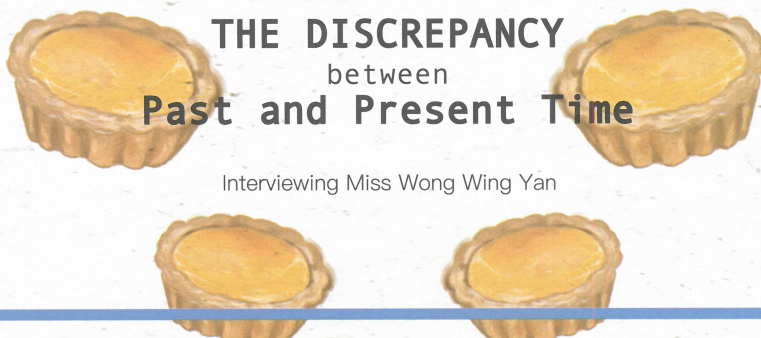
"Curry fish balls, egg and baked waffles, three stuffed treasures, and the personal favorite: Stinky tofu, are the common street food in HK." Miss Wong claimed, however, a local combination of ice cream with egg waffles, a delicacy she recommended, is only to be seen in HK.

Hong Kong's street food is renowned thanks to its tremendous variety, which can be provided to different age groups. For instance, curry fish balls, three stuffed treasures and fried squid tentacles are popular among teenagers, while the elderly prefer Chinese desserts and Put chai ko more. The humongous diversification even attracts foreigners to take a bite of Stinky tofu, roasted sweet potatoes or fried chestnuts.



TEACHERS' INTERVIEW

# HONG KONG STREET FOOD THE DISCREPANCY between Past and Present Time



Interviewing Miss Wong Wing Yan

"There's a discrepancy between the past and the present time of the culture of HK's street food. A few decades ago, some citizens had been struggling to make a living, so they constructed little street food carts and started selling tasty goods. Due to the fast-paced lifestyle, these street foods are considered a better alternative to ordinary meals because of their convenience and great taste."

"However, along with the popularization of convenience stores and the decline in number of these illegal vendors, it seems that the fall of street food has arrived." Miss Wong said, but she won't stop looking for the old times' memories.

4C Jason Lo 4D Isla Lau  
4D Matthew Chong



STELLAR ALUMNI SERIES:

# RAYMOND YU — Finding Success in Indo-Hong Kong Savoury



On the 27th of May, we had the pleasure to interview Raymond Yu, a former LWS student and the vibrant force behind his popular food shop “POST 90’s”. We delved into the secret of his success. Here’s a taste of our conversation:

## A PROACTIVE LEAP INTO THE FOOD INDUSTRY

Out of curiosity, we began by asking why Mr. Yu decided to start a business in the food industry. With a smile, he replied, ‘Well, that’s because I’m a very proactive person who likes to try

new things. Moreover, having family and friends in the food industry played a significant role in influencing my decision.” It was clear that his adventurous spirit and strong support network were the catalysts for his entrepreneurial journey.

## BATTLING THE EARLY STORMS

Starting a business is never easy, and Mr. Yu’s journey was no exception. At the time he established the business two years ago, it was the peak period of the epidemic. The income was severely affected by the decreased number of customers. Nevertheless, he didn’t change his mind about operating the food shop. ‘A successful person should not give up easily,’ he asserted. Therefore, he kept gaining experience and experimenting with new dishes to attract more people. Today, POST 90’s has gradually built a loyal customer base, affirming Mr. Yu’s hard work. Furthermore, Mr. Yu even proudly shared his plans about expanding his business.

## VIVID MEMORIES IN LAU WING SANG

Recounting his school days, we asked Mr. Yu about his most memorable teacher at LWS. Without hesitation, he named Mr Vincent Lo. ‘Anyone taught by him would know that although he is very serious on the outside, he can be funny at times. And I think that he would still remember me after all these years,’ Mr. Yu recalled fondly. It’s evident that impactful teachers leave lasting impressions even long after

students have left the classroom.

## WHAT MAKES POST 90’S STAND OUT?

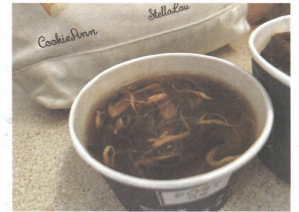
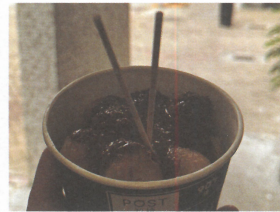
POST 90’s stands out with its unique offerings. The shop does not only sell ordinary street food like fish balls or siu mai, but also brings a taste of Indonesia to its customers. Dishes like Indonesian Rendang beef rice and Indonesian shrimp crackers are on the menu.

‘Growing up in a Chinese Indonesian family enabled me to speak and understand Indonesian. More importantly, I learned to cook various Indonesian cuisines, which I am now offering in the shop,’ he explained. In the pursuit of culinary excellence, Raymond Yu’s story is a compelling narrative of passion and perseverance. It proves that with dedication and innovativeness, one can create something truly remarkable.



# FOOD RECOMMENDATION

At Post 90s, you can try a wide variety of wallet-friendly dishes and we strongly suggest the following lip-smacking items.



Hong Kong-style French toast		Rendang Rice 印尼巴東牛肉飯		Satay Fish ball and Siumai		Imitation Shark Fin Soup/Wun Jai Chi	
PRICE:	\$15	PRICE:	\$42	PRICE:	\$12/ 6 pieces	PRICE:	\$22
RATING:	★★★★☆	RATING:	★★★★★	RATING:	★★★★☆	RATING:	★★★★★
REVIEW:		REVIEW:		REVIEW:		REVIEW:	
Why not conclude your culinary adventure with something sweet? The Hong Kong-style French toast in Post-90s is perfectly crafted to be savoured in a single, delightful bite. The peanut butter and syrup blend so nicely together, creating a symphony on your taste buds — creamy, nutty and sweet. What a memorable finale!		Infused with family love, Mr. Yu upholds the mission to promote Indonesian culinary traditions. In order to maximise the tasting experience for his customers, Mr. Yu uses only beef navel. Thickly diced, soaked and seasoned with Indonesian spices, the meat was rich and tender in texture. Believe it or not! Once tried, you will never forget about its luscious taste.		Not as ordinary as the name suggests. When Hong Kong street food meets Indonesian seasoning formulas, the result can be exceptionally divine.  Mr. Yu homemade a unique satay sauce in Indonesian style. The fusion of sweetness and spiciness pairs surprisingly well with the fish balls and siumai. It is tasty and zesty, which everyone should give it a try.		Looking for something to ease your thirst? Experience the irresistible allure of traditional Hong Kong street ‘soup’. This delightful dish features tender shredded chicken and mushrooms. The harmonious blend of the ingredients will definitely excite your taste buds. If you are a spice enthusiast, do this simple step to elevate your experience: sprinkle pepper or add vinegar into the soup. Truly the icing on the cake! This addition will enrich the flavours, transforming this mouthwatering food into an unforgettable culinary journey.	

Scan the QR code if you are interested in POST 90’s



@POST90S\_HK

