

轻松

加热享用
EASY HEAT & EAT

- 新鲜制作
Freshly prepared
- 无防腐剂
No preservatives

- 真空包装
Vacuum packaging
- 冷冻保存至3个月
Frozen storage up to 3 months



FP1 文冬姜芽鸭
braised duck with bentong ginger

RM38nett
每包/ per pack



FP2 原只家乡一桶鸡
kampung style whole herbal chicken

RM38nett
每包/ per pack



FP3 原只香港豉油鸡
hong kong style soy sauce whole chicken

RM38nett
每包/ per pack



FP4 外婆红烧东坡肉
braised pork belly traditional style
'dong po rou'

RM48nett
每包/ per pack



FP5 陈皮牛肋骨
braised beef ribs with old orange peel

RM88nett
每包/ per pack



烹调方法 cooking method:



锅中加入适量的水(水量盖过冷冻包即可)
add water into a pot (enough to cover the frozen product)



水煮沸后,把火关掉或转小火
turn off or turn to low heat once water is boiling



去掉外层的铝箔包装
remove outer aluminium bag



将冷冻包放入锅中
add the frozen vacuumed pack into the pot



冷冻包无需解冻,直接放入锅中,煮30分钟
如果已经提前解冻,则煮20分钟即可
soak the frozen pack in the pot of hot water for 30 minutes if the pack is already defrosted prior, just reheat for 20 minutes in hot water



即可食用
ready to serve

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FP6 咖喱薯仔素鸡 
vegetarian chicken curry with potato

RM28nett
每包/ per pack



FP7 双冬素羊肉 
braised vegetarian lamb
with bamboo shoot & mushroom

RM28nett
每包/ per pack



FP8 南乳蚝豉上素
braised assorted vegetables & dried oyster
with preserved beancurd

RM28nett
每包/ per pack



FP9 竹枝马蹄狗仔鸭
braised duck with beancurd skin
& water chestnut

RM38nett
每包/ per pack



FP10 锦江扣羊弯
braised lamb shank with chef's special sauce

RM48nett
每枝/ per pack



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vegetarian

T&C applies, prices are nett

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FP11 椰糖猪脚醋
braised pork trotter
with gula melaka, ginger & vinegar

RM48nett
每包 / per pack



FP12 梅菜扣元蹄
braised pork trotter with 'mui choy'

RM48nett
每包 / per pack



FP13 梅子金沙骨
pork ribs with plum & spicy sauce

RM58nett
每包 / per pack



FP14 花生枝竹焖羊腩
braised lamb belly
with beancurd skin & peanut

RM58nett
每包 / per pack



FP15 宫廷京烤骨
stewed pork ribs emperor style

RM58nett
每包 / per pack



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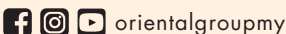


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FP16 药膳沙田鸡
herbal shatin chicken

RM28nett
2只 / 2 pcs

FP16



FP17 滋补牛筋腩
herbal braised beef tendon & brisket

RM58nett
每包 / per pack

FP17



FP18 沙参玉竹原只鸡腿炖汤
double-boiled
whole herbal chicken drumstick soup

RM38nett
每包 / per pack

FP18



加热方式 heating method:

先将沙参玉竹原只鸡腿炖汤解冻。解冻后，剪开袋子倒入汤煲中，大火煲滚即可。
defrost whole herbal chicken drumstick soup, after defrost, cut the bag and put the soup into the pot and boil it over high heat.

FP19 胡椒猪肚猪蹄老火汤
double-boiled pork shank
& pig stomach in pepper soup

RM58nett
每包 / per pack

FP19



加热方式 heating method:

先将胡椒猪肚猪蹄老火汤解冻。解冻后，剪开袋子倒入汤煲中，大火煲滚即可。
defrost pork shank & pig stomach in pepper soup, after defrost, cut the bag and put the soup into the pot and boil it over high heat.

FP20 潮州炸虾枣
teochew style crispy prawn dumpling

RM48nett
10粒 / 10 pieces

FP20



气炸锅 air fryer:

先将虾枣解冻。预热气炸锅，喷点清油在虾枣表面，用180°C焗7分钟。
defrost prawn dumpling. preheat air fryer and spray some oil on the prawn dumpling, bake 7 minutes at 180 degree celsius.

油炸 deep-fried:

先将虾枣解冻。预热油锅，放入虾枣炸至金黄色，捞起用吸油纸吸干油。
defrost prawn dumpling. preheat wok, deep fry prawn dumpling until golden brown and pat dry with kitchen towel.

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FP21 原只冰镇话梅鸡
chilled whole chicken with plum sauce

RM45sett
每只/ each

FP21



FP22 咸蛋蜜汁叉烧
BBQ 'char siew' stuffed with salted egg yolk

RM58nett
每包/ per pack

FP22



FP23 麻辣原粒鲜鲍鱼
fresh whole 'mala' abalone

RM118nett
6块/ 6 pcs

FP23



FP24 怀旧纸包鸡
traditional style paper wrapped chicken

RM48nett
6块/ 6 pcs

加热方式 heating method:

先将怀旧纸包鸡解冻，剪开袋子放入蒸锅，大火蒸20分钟即可。
defrost traditional style paper wrapped chicken. cut the plastic bag and place into the steam pot to steam around 20 minutes.

FP24



FP25 台式糯米饭
steamed glutinous rice with chicken cubes, mushroom & salted egg yolk

RM38nett
6个/ 6 pcs

加热方式 heating method:

先将台式糯米饭解冻，剪开袋子放入蒸锅，大火蒸20分钟即可。
defrost steamed glutinous rice with chicken cubes, mushroom & salted egg yolk. cut the plastic bag and place into steam pot to steam around 20 minutes.

FP25



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