

公告欄

廚房部消息— 得閒飲茶啦

飲茶文化源遠流長，早在秦漢時期飲茶及種茶技術由四川一帶傳入中原，到唐宋時期，茶在中國的地位日益顯赫。茶道文化也逐漸發展完善，飲茶風氣遍及全國。唐詩集杜甫曾寫到「落日平台上，春風啜茗時」。反影當代人對飲茶的愛好。四千多年前唐代陸羽著作一部「茶經」表述飲茶藝術。

飲茶由廣州的粵式飲食及至後來傳到香港甚至世界各地，成為廣州文化的一大特色。在香港飲茶開始時叫「上茶室」，是高檔的生活文化（有錢人去的地方）及後漸漸普及至一般平民百姓，繼而叫「上茶樓」，而現在叫「去飲茶」，慢慢「Yum Cha」就變成上茶樓飲茶食點心的代名詞。

一盅兩件

咸豐年間飲茶的地方叫茶居，茶居叫 2 厘館。

一盅是焗茶的瓦盅，而茶價為 2 厘錢，後來演變成一盅兩件的口頭禪。

兩件

古時是指 2 條麵條疊在一起（油條），後來演變為兩款點心。現代的點琳瑯滿目，富創意之餘也不忘屹立不倒的點心。

斟茶的禮儀

叩茶禮又名叩手禮（叩首禮）

話說乾隆皇帝微服出巡時，在茶館給臣子斟茶，有位大臣靈機一觸用手指在桌面叩謝，不失禮之餘又不洩露皇帝的身分。

上司倒茶時行五指禮

長輩倒茶時行拳頭禮

平輩倒茶時行 2 指禮

後輩倒茶時行 1 指禮

叉燒包

清朝有位著名的點心師傅，憑著他的經驗、技巧，把叉燒調入略咸帶甜的味道，包入傳統的蒸包，想不到這個創作的蒸點流傳至今。

豉汁鳳爪

有位學徒在廚房打貓（偷偷地吃）雞腳，巧遇師傅經過，連忙將雞腳掉進大鑊裏及後將雞腳氽水，加入豉汁蒸淋，猜想不到當時不值文錢的食料，大行其道至現在。

飲茶是一種雅緻的生活習慣，你可否領略其中的滋味？

各位幾時飲番杯茶啊！

大廚琛哥上



NOTICE BOARD

News from Catering Team — Let's drink tea sometime.

The tea-drinking culture has a long history. Tea-drinking and tea-growing technology were introduced from Sichuan to the Central Plains as early as the Qin and Han Dynasties. During the Tang and Song dynasties, tea's status in China became increasingly prominent. The tea ceremony culture also gradually developed and improved, and the custom of drinking tea spread throughout the country. Du Fu, an anthology of Tang poems, once wrote, "On the sunset platform, when the spring breeze sips tea." It reflects contemporary people's love for drinking tea. More than 4,000 years ago, Luk Yu of the Tang Dynasty wrote a "Tea Classic" describing the art of tea drinking.



Tea drinking originated from Cantonese cuisine in Guangzhou and later spread to Hong Kong and even around the world, becoming a major feature of Guangzhou culture. In the beginning, drinking tea in Hong Kong was called "going to the teahouse." It was a high-end living culture (a place where rich people went). Later, it gradually spread to ordinary people. Then it was called "going to the teahouse," and now it is called "going to drink tea." Gradually, "Yum Cha" became synonymous with going to teahouses to have tea and dim sim.

One Cup Two Pieces

During the Xianfeng period, the place where tea was drunk was called the Tea House, and the Tea House was called Erliguan.

One cup is an earthenware cup for baking tea, and the price of tea is 2 cents. Later, it evolved into the mantra of two pieces per cup.

Two Pieces

In ancient times, it referred to two pastries stacked together (fried dough sticks) and later evolved into two types of dim sim. There is a dazzling array of modern snacks, and while being creative, they also do not forget the timeless dim sim.

The etiquette of serving tea

Kowtow tea ceremony is also called hand kowtow ceremony (kowtow ceremony)

It is said that when Emperor Qianlong was out on tour in disguise, he was serving tea to his ministers in a teahouse. One of the ministers had the idea to thank him with his fingers on the table, which was not rude and did not reveal the emperor's identity.

Give a five-finger salute when your boss pours tea

Give a fist salute when seniors pour tea

Give a two-finger salute when peers pour tea

Give a one-finger salute when juniors pour tea

Barbecued Pork Buns

There was a famous dim sim chef in the Qing Dynasty. With his experience and skills, he gave the barbecued pork a slightly salty and sweet flavor and wrapped it in traditional steamed buns. Unexpectedly, this creative steamed bun has been passed down to this day.

Chicken feet with black bean sauce

An apprentice was eating chicken feet secretly in the kitchen, and his master suddenly passed by. He quickly dropped the chicken feet into a large wok, boiled them in water, and added drum juice to steam them. Surprisingly, the worthless chicken feet by then became very popular in recent days.

Can you appreciate the elegant lifestyle in Yum Cha?

Everyone, when can we have cup of tea?

Melvin, Chef

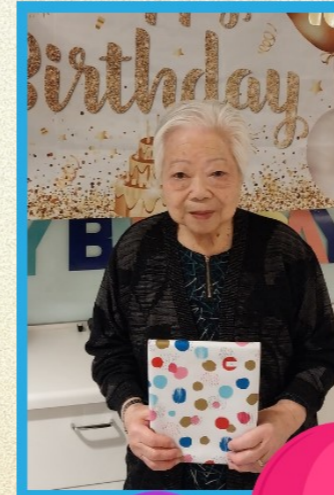


On Luck Chinese Nursing Home 安樂華人護理院

AUGUST 2024 八月份

NEWSLETTER 簡訊

周年 18 院慶



歡迎以下眾位新院友

WELCOME OUR NEW CONSUMERS

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我院於七月份舉行18周年慶祝活動

七月活動回顧 JULY ACTIVITIES REVIEW

Daily Activities 日常活動: 遊戲, 唱歌, 烹飪, 手工, 日光浴



Cooking activities benefit seniors by stimulating cognitive function and sensory engagement, providing opportunities for social interaction, and giving residents a sense of accomplishment. Additionally, cooking can promote physical activity, raise awareness of healthy eating, and contribute to a comforting routine, all of which enhance overall well-being.

烹飪活動可以刺激認知功能和感官參與, 提供社交互動的機會, 並帶給院友成就感, 從而使長者受益。此外, 烹飪可以促進身體活動, 提高健康飲食意識, 並有助於舒適的日常生活, 所有這些都可以增強整體健康。

Doll therapy involves offering dolls to consumers who are living with dementia conditions with the goal of improving their comfort, engagement, and quality of life.

娃娃療法包括向患失智症的院友提供娃娃, 目的是提高他們的舒適度、參與度和生活品質。



On Luck 18th Anniversary - 安樂十八週年慶祝: 飲茶, 派禮物



We are thrilled to celebrate our **18th anniversary** with diverse events. Which includes our consumers' favourite Yum Cha activity, watching performances, and receiving gifts from our nursing home. We extend our deepest gratitude to our dedicated staff, residents, and families for your support and trust. Here's to many more years of making a difference in the lives we touch!



我們很高興透過各種活動慶祝我們的 **18週年紀念日**。其中包括我們消費者最喜歡的飲茶活動、觀看表演以及收到安樂提供的紀念禮物。我們對我們敬業的員工、院友和其家人的支持和信任表示最深切的感謝。祝福您在未來的歲月裡為我們所接觸的生活帶來改變!



八月活動回顧 AUGUST ACTIVITIES REVIEW

Bus Trip 巴士遊

On August 21st, we organized a **bus trip**, taking the residents to Westfield Shopping Centre Doncaster. They enjoyed shopping, having tea, and even buying lottery tickets!

我們在 21/8 舉辦了**巴士遊**活動, 帶院友們到 Westfield Shopping Centre Doncaster, 他們喜歡購物、喝茶, 甚至買彩券!



Daily Activities 日常活動: 運動, 遊戲, 烹飪, 日光浴

Mahjong originated in China; it sharpens cognitive skills and improves memory through strategic gameplay, offering both mental stimulation and social interaction. *Social Science & Medicine* journal shows that frequent participation in strategy-based board games, such as Mahjong, is associated with a lower prevalence of depression among Chinese elderly people and enrich their social life.

麻將起源於中國; 它透過策略性遊戲玩法來提高認知及記憶力, 提供精神刺激和社交互動。*Social Science & Medicine* 期刊研究顯示經常玩麻將等策略類棋牌遊戲可以降低中國老年人抑鬱並充實他們的社交生活。

