

HEALTHY
ITALIAN
DISHERS

健康意大利料理食谱



MENU

菜单

Soup 汤

Carabaccia (Traditional Onion Soup)
意大利传统洋葱汤

Pappa al Pomodoro (Tomato Soup)
番茄面包汤

Main Course 主菜

Barramundi (or Sea Bass) Isolana Style
海岛风味金目鲈 (或鲈鱼)

Basil Pesto Pasta
青酱意大利面

Italian Chicken Cacciatora
意大利猎人式炖鸡

Salmon Livornese Style
意大利利佛诺风味三文鱼

Dessert 甜品

Almond Milk Semolina
杏仁奶粗麦粉甜品

HEALTHY ITALIAN DISHES
健康意大利料理食谱



Carabaccia

Traditional Onion Soup

Serving Size:



Preparation Time:

15 mins

Cooking Time:

1 hr

Ingredients

500g red onion, sliced	5g rosemary leaves
60g celery, cubed	660 ml water
80g carrots, cubed	10g flour
2 tbsp olive oil	(all-purpose flour or corn starch)
2g cinnamon powder	500g crusty bread
2g ground nutmeg	1 clove garlic
2g black pepper	
1 tsp salt	

Directions:

1. In a heated pot, put red onion, celery and carrot together with olive oil, cinnamon powder, ground nutmeg and black pepper, salt and rosemary leaves.
2. Cook until the onion turns brown.
3. Add flour into the pot, stirring to mix well for one minute.
4. Add water and cook for 2 minutes over high heat.
5. Then, lower the heat and add the water, bringing the mixture to a boil.
6. Continue boiling over low heat until soup halves in quantity. Then remove from stove.
7. Serve carabaccia with sliced and lightly toasted crusty bread. If desired, halved raw garlic can be rubbed over the toasted bread to impart garlic flavour.



The carabaccia can also be served with grated cheese like Parmesan or Pecorino.



意大利 传统洋葱汤

份量:
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准备时间:
15 分钟

烹饪时间:
1 小时

材料:

红葱头 (切片), 500克
芹菜 (切丁), 60克
红萝卜 (切丁), 80克
橄榄油, 2汤匙
肉桂粉, 2克
肉豆蔻 (磨碎), 2克
黑胡椒, 2克
盐, 1茶匙
迷迭香叶, 5克
水, 660毫升
面粉 (通用面粉或玉米淀粉), 10克
硬皮面包, 500克
大蒜, 1瓣

做法:

1. 将红葱头、芹菜和红萝卜放入已加热的锅中, 同时加入橄榄油、肉桂粉、磨碎的肉豆蔻、黑胡椒、盐及迷迭香叶。
2. 烹煮直到红葱头呈焦糖色为止。
3. 将面粉加入锅中, 再搅拌均匀一分钟。
4. 加入水, 再用大火烹煮两分钟。
5. 然后, 把火调小并加水, 将已混合的材料煮沸。
6. 继续用小火焖煮, 直到汤汁减半为止。然后, 将锅子从火源移开。
7. 配上已切片及轻微烘烤的硬皮面包即可食用。如需要, 可将半瓣生蒜涂抹在已烘烤的面包表面上, 让面包带有蒜香味。



意大利传统洋葱汤也可以配上磨碎的帕马森芝士或羊奶芝士一起食用。





Pappa al Pomodoro

(Tomato Soup)

Serving Size:


Preparation Time:
10 mins

Cooking Time:
30 mins

Ingredients

1 kg cherry tomatoes
30 ml olive oil
1 tsp salt
10 g basil leaves
500 g crusty bread
1 clove garlic

Directions:

1. Wash the tomatoes and cut them into halves.
2. In a saucepan, put in the olive oil, tomatoes, salt and basil leaves, and simmer over low heat for about 45 minutes.
3. Then transfer the mixture to a blender.
4. Blend carefully, ensuring you are not scalded by the hot soup.
5. Slice the bread and toast lightly to serve with the pappa al pomodoro. If desired, rub a halved raw garlic over the surface of the toasted bread to impart a garlic flavour to the bread.



In Tuscany, where this soup originates, it is served topped with roughly torn garlic bread, a drizzle of good olive oil and freshly ground black pepper.



番茄 面包汤

份量:


准备时间:
10 分钟

烹饪时间:
30 分钟

材料:

樱桃番茄, 1公斤
橄榄油, 2汤匙
盐, 1茶匙
九层塔叶, 10克
硬皮面包, 500克
大蒜, 1瓣

做法:

1. 将樱桃番茄洗干净, 再切半。
2. 将橄榄油、番茄、盐和九层塔叶加入炖锅中, 用小火焖煮大约四十五分钟。
3. 然后, 将已混合的材料倒入搅拌机。
4. 搅拌时多加小心, 以免被热汤烫伤。
5. 将面包切片并轻微烘烤面包, 再与番茄汤一起食用。如需要, 可将半瓣生蒜涂抹在已烘烤的面包表面上, 让面包带有蒜香味。



在意大利的托斯卡纳, 也就是番茄面包汤的发源地, 这种汤会配上撕碎的大蒜面包、少许橄榄油及新鲜磨碎的黑胡椒。





Barramundi (or Sea Bass)

Isolana Style

Serving Size:
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Preparation Time:
10 mins

Cooking Time:
**30 mins for every
500 g of fish**

Ingredients

500 g whole barramundi, gutted, descaled, cleaned	2 tbsp olive oil
150 g cherry tomatoes, quartered	1 tsp salt
50 g red onion, sliced	200 g peeled potatoes, cubed
1 (150 g) green zucchini, cubed	1 lemon, juiced
3 cloves garlic, chopped	100 ml water
10 g Italian parsley (or dried parsley), chopped	

Directions:

1. Preheat the oven at 180 degrees.
2. In a large bowl, add cherry tomatoes, red onions, zucchini, garlic, parsley, olive oil and salt. Mix well.
3. Add cubed potatoes and lemon juice. Mix evenly.
4. Line a baking tray with grease paper or non-stick baking paper.
5. Spoon the vegetable mixture evenly onto the baking tray. Add 100 ml of water. Season the barramundi on both sides with a little salt. Place the barramundi over the vegetables.
6. Bake barramundi and vegetables in oven for approximately 30 mins or until done.



Check occasionally – If the water dries up, add a little more water. Use a toothpick or fork to check if the fish is cooked.



海岛风味

金目鲈(或鲈鱼)

份量:
●● - ●●●●

准备时间:
10 分钟

烹饪时间:
每500克鱼30分钟

材料:

金目鲈 (整条, 已去内脏、
去鳞及清理), 500克
樱桃番茄 (切成四分),
150克
红葱头 (切片), 50克
西葫芦 (切丁), 1条 (150克)
大蒜 (切碎), 3瓣
意大利香芹或干香芹 (切
碎), 10克
橄榄油, 2汤匙
盐, 1茶匙
马铃薯 (去皮、切丁),
200克
柠檬 (榨汁), 1颗
100毫升水

做法:

1. 将烤箱温度调至180度进行预热。
2. 将樱桃番茄、红葱头、西葫芦、大蒜、香芹、橄榄油和盐放入大碗中, 搅拌均匀。
3. 加入马铃薯丁及柠檬汁并搅拌均匀。
4. 将防油纸或不粘烘培纸铺在烤盘上。
5. 用汤匙将搅拌好的蔬菜均匀摆放在烤盘上, 并加入100毫升水。将金目鲈上下两边抹上少许的盐。然后将金目鲈放在蔬菜上。
6. 将金目鲈和蔬菜放入烤箱中烘烤大约30分钟或直到烤熟为止。



在烘烤过程中偶尔检查一下。如果水变干, 再加一点水。用牙签或叉子检查鱼肉是否已煮熟。





Basil Pesto

Pasta

Serving Size:



Preparation Time:

5 mins

Cooking Time:

**As per pasta
pack instruction**

Ingredients

50 g basil leaves (without stem)

90 g pine nuts

½ tsp salt

90 g parmigiano reggiano or
parmesan cheese

2 tbsp olive oil

2 ice cubes

400 g wholemeal pasta

Directions:

1. To prepare basil pesto sauce, put all the ingredients (except pasta) into a blender and blend until coarsely crumbed.
2. Boil the pasta as per packet instructions.
3. When the pasta is cooked, drain away the water.
4. Toss the pasta in the basil pesto sauce.



Do not cook the pesto as nutritional value and taste will be lost. Ice cubes are added when blending the sauce so as to prevent the basil from turning black.



青酱 意大利面

份量:
👤👤👤👤

准备时间:
5 分钟

烹饪时间:
根据面食包装说明

材料:

九层塔叶 (去茎), 50克
松子, 90克
盐, $\frac{1}{2}$ 茶匙
帕马森芝士, 90克
橄榄油, 2汤匙
冰块, 2颗
全麦意大利面, 400克

做法:

1. 将所有材料 (意大利面除外) 放入搅拌机搅至粗碎, 以准备青酱。
2. 按照包装指示将意大利面煮熟。
3. 意大利面煮熟后沥干水分。
4. 将青酱拌入意大利面。



请勿烹煮青酱, 以免失去营养价值及味道。
搅拌青酱时加入冰块, 以防止九层塔氧化黑。





Italian Chicken

Cacciatora

Serving Size:



Preparation Time:

20 mins

Cooking Time:

30 mins

Ingredients

2 tbsp olive oil	10 g rosemary leaves
1 kg chicken breast, cubed	5 g sage leaves
2 anchovy fillets in oil	½ tbsp flour (all-purpose flour or corn starch)
2 tsp salt	20 ml apple vinegar
5 g black pepper	150 ml water
3 cloves garlic, chopped	
200 g red onion, sliced	

Directions:

1. Heat the olive oil in a pan and add the diced chicken and anchovies. Sauté over high heat for about 5 minutes.
2. Season with salt and pepper. Continue to cook until the chicken pieces turn light brown.
3. Add chopped garlic, red onion, rosemary and sage leaves and cook for a few minutes.
4. Sprinkle with flour and mix well. Then add white wine vinegar and water.
5. Cover the pan and cook over low heat for another 20 minutes, checking occasionally to ensure the dish does not get too dry and burn. Add a few tablespoons of warm water if it becomes too dry.
6. Once the chicken is thoroughly cooked, the dish can be served.



意大利猎人式 炖鸡



准备时间:
20 分钟

烹饪时间:
30分钟

材料:

橄榄油, 2汤匙
鸡胸肉 (切丁), 1 公斤
油浸鳀鱼柳, 2 条
盐, 2茶匙
黑胡椒, 5克
大蒜 (切碎), 3瓣
红葱头 (切片), 200克
迷迭香叶, 10克
鼠尾草, 5克
面粉 (通用面粉或玉米淀粉), ½汤匙
苹果醋, 20毫升
水, 150毫升

做法:

1. 将橄榄油加入平底锅中加热, 并将已切丁的鸡肉及鳀鱼柳加入锅中。然后用大火煎上大约五分钟。
2. 加入盐及黑胡椒进行调味。继续烹煮, 直到鸡肉块呈浅金黄色为止。
3. 加入已切碎的大蒜、红葱头、迷迭香叶及鼠尾草叶, 然后烹煮几分钟。
4. 撒上面粉并搅拌均匀。之后, 加入白酒醋和水。
5. 盖上锅子, 再用小火烹煮至少二十分钟, 并偶尔检查一下, 以免菜肴变得太干而烧焦。如果变得太干, 可加入数汤匙的温水。
6. 鸡肉煮熟后即可食用。





Salmon

Livornese Style

Serving Size:



Preparation Time:

15 mins

Cooking Time:

20 mins

Ingredients

4 pieces salmon (600 g)
2 tbsp olive oil, divided
1 tsp salt
10 g fresh parsley leaves
(English/Italian), chopped
200 g cherry tomatoes

1 tbsp pine nuts
½ tbsp coarse
ground black pepper
2 cloves garlic
1 lemon, juiced

Directions:

1. Marinate salmon fillets with 1 tbsp of olive oil, salt and 5 g parsley.
2. In a non-stick skillet, heat 1 tbsp of olive oil on medium heat for about a minute.
3. Add the salmon to skillet and cook 8 to 10 minutes or just until salmon turns opaque throughout, turning over once. (Take note to not overcook salmon.)
4. Transfer cooked salmon to a serving plate.
5. In same skillet, heat the remaining 1 tbsp of oil on medium heat for about a minute.
6. Stir in tomatoes, pine nuts, black pepper, garlic and lemon juice.
7. Cook 6 to 8 minutes or just until tomatoes are heated through and the skins split.
8. Stir in remaining 5 g of parsley.
9. Add the salmon, cook for 2 more minutes. Serve hot.



意大利利佛诺风味 三文鱼

份量:


准备时间:
15 分钟

烹饪时间:
20分钟

材料:

三文鱼 (600克), 4片
橄榄油 (分开), 2汤匙
盐, 1茶匙
英国/意大利新鲜香芹叶
(切碎), 10克
樱桃番茄, 200克
松子, 1汤匙
粗磨黑胡椒, ½汤匙
大蒜, 2瓣
柠檬 (榨汁), 1粒

做法:

1. 将一汤匙的橄榄油、盐和五克的香芹叶加入三文鱼中腌制。
2. 在不粘锅中用中火加热一汤匙的橄榄油大约一分钟。
3. 将三文鱼放入锅中，再烹煮大约八至十分钟，或直到三文鱼变成不透明状态为止。然后将三文鱼翻面一次。（请注意，切勿过渡烹煮三文鱼。）
4. 将已煮熟的三文鱼放在餐盘上。
5. 在同一个锅中用中火加热剩余一汤匙的橄榄油大约一分钟。
6. 加入番茄、松子、黑胡椒、大蒜和柠檬汁翻炒。
7. 烹煮六至八分钟或直到番茄已熟透及番茄皮已分裂为止。
8. 加入剩余五克的香芹叶搅拌。
9. 加入三文鱼烹煮多两分钟。趁热食用。





Almond Milk

Semolina

Serving Size:



Preparation Time:

10 mins

Cooking Time:

8 mins

Ingredients

100 g semolina flour

1000 ml almond milk

1/2 lemon, grated to form lemon zest

50 g brown sugar

2 tsp vanilla powder/essence

Almond or macadamia for
decoration, chopped

Directions:

1. In a saucepan, dry fry the semolina flour for a minute on low heat. Turn off the heat after a minute.
2. In a bowl, mix almond milk, brown sugar, lemon zest and vanilla powder well.
3. Add the almond milk mixture a little at a time to the semolina flour. Whisk gently throughout to ensure that no lumps are formed and mixture is well incorporated.
4. Over a medium heat, cook the semolina mixture and stir constantly until it thickens. Turn off the heat when the mixture boils and bubbles form.
5. Portion out the almond milk semolina into serving cups. Garnish with almonds or macadamia.



Can be served hot or chilled.



杏仁奶 粗麦粉甜品

份量:



准备时间:
10 分钟

烹饪时间:
8 分钟

材料:

粗麦粉, 100克
杏仁奶, 1000毫升
柠檬 (将柠檬皮磨碎),
1/2粒
黑糖, 50克
香草粉/精, 2茶匙
香草粉
杏仁或澳洲坚果 (切碎),
作为点缀

做法:

1. 在炖锅中用小火干炒粗麦粉一分钟。一分钟后关火。
2. 将杏仁奶、黑糖、柠檬皮和香草粉放入碗中搅拌均匀。
3. 将杏仁奶混合物慢慢倒入粗麦粉中。同时用搅拌器轻轻搅拌, 确保不会结块并搅拌均匀。
4. 用中火烹煮粗麦粉混合物, 同时不断搅拌直到变稠。混合物煮沸及气泡形成时把火关上。
5. 将杏仁奶粗麦粉甜品倒入小型杯具中。再用杏仁或澳洲坚果点缀。



热食或冷食皆可。



SAFE FOOD PREP

Are You Refrigerating Foods Correctly?



Refrigerate



Whole Grains

Refrigerate whole grain foods such as brown rice once opened.



Eggs

Keep eggs in their carton on the shelf instead of the refrigerator door.



Milk

Store fresh milk deeper inside the refrigerator away from the door. Condensed, evaporated and UHT milk should also be refrigerated once opened.



Meat, Poultry & Fish

Store packages of raw meat in separate plastic bags or tight-fitting containers on the lowest shelf or the refrigerator's meat keeper to prevent contamination by dripping meat juices.



Do Not Refrigerate



Garlic, Onions, Shallots, Potatoes & Sweet Potatoes

Keep them in a cool, dark and dry place.



Do Not Wash Before Refrigerating



Fresh Fruits & Vegetables

This may cause bacteria growth and accelerate spoilage.

安全食品准备

如何正确冷藏食物？



要冷藏



全谷物类

糙米等全谷类食品在包装打开后须放入冰箱冷藏。



鸡蛋

将盒装鸡蛋存放在冰箱冷藏室内部的层架上，而非冰箱门的存储格中。



奶制品

鲜奶须存放在冰箱冷藏室内部，远离冰箱门。炼奶、淡奶或超高温瞬时消毒(UHT)牛奶的包装一旦打开，应放入冰箱冷藏。



生肉、禽类和鱼

生肉须用塑料袋或密封容器分装妥当，并放置在冰箱冷藏室最底部或专门的肉类存放格中，以避免生肉的血水渗液往下滴而污染其他食物。



不要冷藏



蒜头、洋葱、小葱头、马铃薯和番薯存放于阴凉干爽避光处即可。



冷藏前不要清洗



新鲜水果和蔬菜

清洗会导致细菌滋生，加速腐烂。

Do You Know How To Freeze Your Foods?



Ensure Proper Food Stock Rotation.
Follow the First Expired First Out (FEFO) rule.



Maintain Your Freezer Temperature between -12°C
to -18°C



Blanch fresh vegetables and quickly chill them to
lengthen their freezer life and stop enzymatic loss of
flavour, colour and texture.



Seal opened frozen yogurt or ice cream tightly with
a cling wrap to prevent crystals from forming.



You may freeze fresh milk and thaw in the
refrigerator, however this may change its texture
and flavour. To retain quality of the milk, drink it
fresh.



Freeze foods as fast as possible to minimize large
ice crystals formation. This maintains the juiciness
of meat when thawing.

如何正确冷冻食物？



确保适当的食物库存周转模式。
遵循先过期先出的原则。



为保证冷冻食品的最佳品质，将冷冻室温度维持在
零下12 – 零下18度。



新鲜蔬菜焯烫后迅速冷冻，可延长蔬菜的存放期限，
防止酶的流失以及味道、颜色和质地的变化。



开封后的酸奶冰淇淋或雪糕应用保鲜膜密封以防止
冰晶形成。



虽可将鲜奶放入冰箱冷冻并在解冻后饮用，但这个
过程可能会改变其质地和味道。要确保最佳口味，
应趁牛奶新鲜时饮用。



冷冻食物的速度越快越好，以减少大冰晶的形成，
确保肉质在解冻后依然软嫩多汁。

Our Vision | 我们的愿景

Be a Society serving the community to prevent and fight cancer through holistic health with loving care and a passion for life.

防癌抗癌，轻松预防，积极治疗；全人健康，以爱关怀，热爱生命。

Our Mission | 我们的使命

1. To create positive awareness in battling against cancer-related illness through educating the general public.
旨在通过教育灌输人们对抗与癌症有关的任何疾病的积极理念。
2. To assist cancer patients to adopt a positive lifestyle in a holistic approach to meet their needs which encompasses the mental, emotional and physical needs.
从癌症病人心理上，精神上及肢体上所需要给予协助，从而协助其建立积极的生活方式。
3. To encourage existing cancer patients to organize specific cancer support groups amongst themselves.
鼓励癌症病人组织癌症支援小组。
4. To provide financial assistance to needy cancer patients.
为经济上需要帮助的癌症病人提供协助。

The Tri-Fold Mission | 三大宗旨

Cancer Prevention
防癌

Cancer Fighting
抗癌

Cancer Education
防癌教育

Our Services | 我们的服务



Care and
Support Team
关怀小组



Counselling
心理辅导



Nutritional
Support
营养咨询



Physical
Exercise
体能活动



Health
Education
健康讲座



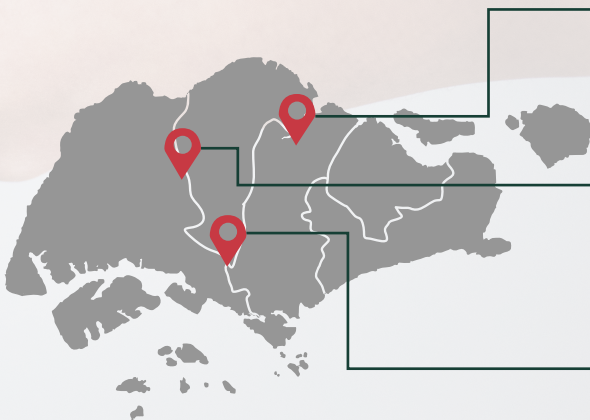
Financial
Assistance
经济援助

Day Activity Centre (DAC) | 日间活动中心

The Day Activity Centre (DAC) was created to provide a positive and encouraging environment, caregiving support and nutritious diet plans for cancer patients and their family members. We also offer aid to cancer fighters from low-income, single or self-supporting backgrounds.

日间活动中心旨在为癌症患者与其家庭成员创建一个积极和鼓励的环境、关怀支持以及营养膳食的全方位照顾。我们也还为低收入、单身或自立背景的抗癌战士提供援助。

DAC Locations | 我们的日间活动中心地点



Ang Mo Kio DAC

宏茂桥日间活动中心

Blk 621, Ang Mo Kio Ave 9,
#01-68, Singapore 560621

Bukit Panjang DAC

武吉班让日间活动中心

Blk 108, Ganga Road # 01- 171,
Singapore 670108

Commonwealth DAC

联邦日间活动中心

1 Commonwealth Lane,
One Commonwealth Building,
#03-25/26, Singapore 149544



365 Cancer Prevention Society

📍 1 Commonwealth Lane, #03-10
One Commonwealth Building
Singapore 149544

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Printed Date: October 2019