

# 環保煮食貼士 Green Cooking Tips

煤氣公司一向致力保護環境，減少溫室氣體排放。我們特別介紹多項環保煮食貼士，讓客戶在使用煤氣時能提高能源效益，共同為環保出一分力，同時節省燃料開支。

Towngas is committed to protecting the environment, especially through the reduction of greenhouse gases. Here are some green cooking tips to help maximise energy efficiency while reducing energy costs.



## 一般煮食 GENERAL



選擇大小適中的煮食器具，並確保煮食器具的底部能夠完全把爐火覆蓋  
Use cookware that is the appropriate size for your stove top, so that the flame is completely covered

可節省能源之開支及減少碳排放高達30%。  
Your energy cost and carbon emission may be reduced by up to 30%.

## 定期清潔爐頭 Keep your cooking burner clean

佔有大量污垢的爐頭可能會增加能源開支及碳排放達7%，也會加長煮食時間高達30%。

An extremely dirty burner may lead to additional energy cost and carbon emission of up to 7%, and cooking times that are potentially 30% longer.



! +7%  
碳排放  
carbon emission  
若爐頭佔有大量污垢  
If a burner is extremely dirty

### 溫馨提示 Extra Tip:

火焰顏色變黃顯示  
顯頭有污垢

A yellow flame is usually a sign of a dirty burner





## 煎、炒、炸

### Frying, Stir-frying and Deep-frying

使用平底鍋煎炒較少量的食物時，把食物集中於鍋的中心與外圍之間的位置移動

**When pan-frying small amounts of food, try arranging the food in a circle around the centre of the pan, keeping away from the edges**

可減少能源開支、碳排放及煮食時間達10%。

Energy cost, carbon emission and cooking time may be reduced by up to 10%.



#### 溫馨提示 Extra Tip:

盡量於同一時間煎炒較多的食物，這可令更多的熱能從平底鍋傳送到食物中，從而增加煮食時的能源效益

Try cooking more food at one time so that heat from the pan is not wasted and the food is cooked more efficiently

炸食物時，盡量使用薄鑊代替平底鍋，可減少食油的用量

**When deep-frying, try a thin-walled wok instead of a frying pan so that less oil will be needed**

可減少在食油預熱時的能源開支、碳排放及煮食時間高達30%。

Energy cost, carbon emission and cooking time may be reduced by up to 30%.



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## 蒸、燉

### Steaming and Simmering

盡量減少煮食或蒸煮時所用的水  
Try reducing the amount of water used

例如·增加60%的用水量會增加能源開支·碳排放及煮食時間高達50%。

For example, a 60% increase in water could lead an increase of up to 50% in energy cost, carbon emission and cooking time.

**+50%**  
碳排放  
carbon emission

若增加60%的用水量  
If increase 60% water for preheating



**-25%**  
碳排放  
carbon emission



蒸煮食物時·當水溫到達沸點時調低火力  
When steaming, switch power to low as soon as the water boils

調低火力可節省能源支出及減少碳排放達25%。  
Energy cost and carbon emission may be reduced by up to 25%.





**-25%**  
碳排放  
carbon emission



**盡量使用金屬器皿來蒸煮食物**  
**Where possible, steam your food**  
**using a metallic container rather**  
**than a ceramic one**

與使用陶瓷器皿相比，可減少能源開支、碳排放及煮食時間達25%。

Energy cost, carbon emission and cooking time may be reduced by up to 25%.

**蒸煮食物時，盡量於開火前將食物**  
**放入煮食器具內**  
**Where possible, place food inside**  
**the cookware before turning on**  
**the power for steaming**

可節省能源支出及減少碳排放5%，也可減少煮食時間達10%。

Energy cost and carbon emission may be reduced by up to 5%, and cooking time shortened by up to 10%.

**溫馨提示 Extra Tip:**

這做法不適用於蒸煮生肉及新鮮魚，因可能會影響肉質

This is not recommended for steaming raw meat and fish, since it may affect the texture of the food

**-5%**  
碳排放  
carbon emission



如果你同時實行上述多項建議，將可達到更佳節能效果，也可節省更多能源開支。

Want to increase your savings even further? Try putting several of these tips into practice at the same time.



Remarks備註:

\*The results of the above tips were obtained from experiments conducted using gas cooker model TGC R-22. 上述貼士的節能數據經進行實驗而得出，而實驗中所使用的氣體爐具型號為TGC R-22。\*The savings that one can achieve could be affected by cooking conditions and environment. 節能效果會因實際煮食狀況及環境而受到影響。