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.



溫馨提示 Extra Tip:

火焰顏色變黃顯示 顧頭有污垢

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

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

患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 者食時間高達50%。

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



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





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%.





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

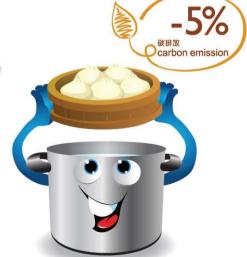
可節省能源支出及減少碳排放5%·也可減少 煮食時間達10%。

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



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. 上述貼土的節能數據經進行實驗而得出,而實驗中所使用的氣體鹽具型號為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● 25