

Immediate Release

Towngas Rice Dumplings For The Community

Low Carbon Rice Dumplings Workshop

Promotes low carbon diet to Hong Kong people through the introduction of two brand new low carbon rice dumpling flavours

(1 June 2013) Since 2009, The Hong Kong and China Gas Company Limited (Towngas) has launched the ‘Low Carbon Action!’ campaign to encourage Hong Kong people to join hands in reducing carbon emissions. This year, Towngas has specially organized “Towngas Rice Dumplings Wrapped With Love” event at Flame at Towngas Avenue, Tsim Sha Tsui to demonstrate how to live a low-carbon lifestyle during the traditional Dragon Boat Festival. Members of the Towngas Volunteer Team showed 20 single-parent families living in Tung Chung how to wrap low carbon rice dumplings, spreading love and care to these families while kicking off its annual charitable campaign “Towngas Rice Dumplings for The Community”. Through the campaign, Towngas will wrap and distribute 230,000 rice dumplings to the less fortunate in June.

Every year during the Dragon Boat Festival, Towngas has invited various organizations to organize and participate in the charitable campaign “Towngas Warmth & Care FAMly Food Assistance Program”, passing on love and care into the community, especially those in need. Towngas also organized the “Towngas Warmth and Care Fresh Food Aid Programme” at last year’s Towngas 150th anniversary, offering fresh, nutritious food packs to 150 single-parent families living in Tung Chung and Kwai Chung area twice a week. To extend further love and care to these families during the Dragon Boat Festival, Towngas has collaborated with CookEasy to make rice dumplings to the benefiting families. In addition, 30 single-parent families from Tung Chung are invited to join the “Towngas Rice Dumplings Wrapped With Love” event today. An impromptu wrapping demonstration by instructor from the Towngas Cooking Centre was presented on stage while Towngas volunteers assisted the families in wrapping the colorful low carbon red bean rice dumplings. Not only passing on the culinary tradition to younger generation, Towngas volunteers were able to instill awareness on environmental protection, enabling families to understand the importance of low carbon living which can be achieved through a low carbon diet. The event also gave the opportunity for parents and children to pre-celebrate the Dragon Boat Festival while enjoying the fun of cooking together.

Mr. Peter Wong Wai Yee, Executive Director and Chief Operating Officer – Utilities Business of Towngas said “This is the fourteenth year for Towngas in organizing “Towngas Rice Dumplings for The Community” charity campaign and we have mobilized volunteers from 18 districts to help wrap and distribute 230,000 low carbon rice dumplings to people in need throughout Hong Kong. This year, we have specially invited benefiting families from “Towngas Warmth & Care Family Food Assistance Program” to participate in the event where

they can experience warmth and care during this festive time through the hands-on wrapping led by the Towngas Volunteer team. This is also a great opportunity for Towngas to promote low carbon living by advocating a low carbon diet during Dragon Boat Festival.”

Wong Ching See said “It was my first time wrapping a rice dumpling and I find it very interesting and satisfying. With the help of the Towngas volunteers, I not only learn how to wrap a rice dumpling but also how to make a rice dumpling in a low carbon way. To encourage low carbon living, I plan to share the recipe and techniques I learnt today with my teachers and classmates at school, so that they can make their own low carbon rice dumplings for this year’s Dragon Boat Festival.”

Apart from the wrapping workshop and new low carbon rice dumpling flavours, Towngas will join hands with over 240 Legislative Councillors, District Councillors, members of over 20 local organizations and volunteers from all over Hong Kong to wrap 230,000 rice dumplings for the elderly living alone and those in need, showing much-needed care and support for the underprivileged during the Dragon Boat Festival.

In recent years, Towngas has actively promoted its “Low Carbon Action!” campaign to encourage everyone to join hands in reducing carbon emissions and to build a more environmentally friendly community. For this year’s Dragon Boat Festival, Towngas has specially developed two brand new low carbon rice dumpling flavours: Low Carbon Love Bird Rice Dumpling and Low Carbon Vegan Rice Dumpling. Both flavours contain carefully selected low carbon ingredients such as taro, mushrooms and chestnuts, which were selected based on the four low carbon dietary principles, namely: “use seasonal ingredients, locally produced ingredients, an adequate meal portion and more vegetables and less meat”. By substituting the traditional meat ingredient with healthier low carbon ingredients, Hong Kong families can advocate a low carbon diet while enjoying the delicious festive food, which ultimately help protect our environment.

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Low Carbon Love Bird Rice Dumpling (for 8 pieces)

Ingredients:

400g glutinous rice
150g black glutinous rice
16 pieces of bamboo leaves
8 pieces of straws

Marinade:

200g taro
3 pieces of red dates

Seasonings:

1 tablespoon salt
1 tablespoon oil

Method:

- 1) Rinse and soak glutinous rice for 1 hour and black glutinous rice for 2 hours. Drain well.
- 2) Soak bamboo leaves in hot water for 2 hours and drain. Soak straw in water too.
- 3) Diced the yam and red dates
- 4) Fold 2 leaves to form the top of the dumpling, fill with enough rice mixture, yam and red dates, then add another layer of rice mixture. Arrange leaves on both sides and tuck in both ends.
- 5) Cover and boil the dumplings with water for about 2 hours and 30 minutes until done, remove and drain.

Low Carbon Vegan Rice Dumpling (for 6 pieces)

Ingredients:

100g black-eyed beans
200 g glutinous rice
100 g health rice
24 pieces of bamboo leaves
8 pieces of straws

Marinade:

6 mushrooms, washed and soaked
6 chestnuts, washed and soaked
6 red dates

Seasonings:

1 tablespoon sesame oil
1 teaspoon salt

Method:

- 1) Rinse and soak glutinous rice, health rice and black-eyed beans for 1 hour. Drain well and season well
- 2) Soak bamboo leaves in hot water of 2 hours, drain well. Soak straw in water too.
- 3) Dice mushroom and chestnuts into cubes
- 4) Fold 2 leaves to form the top of the dumpling, fill with enough rice mixture, mushrooms, chestnuts and red dates, then add another layer of rice mixture. Arrange leaves on both sides and tuck in both ends.
- 5) Cover and boil the dumplings with water for about 2 hours and 30 minutes until done, remove and drain.

Press Photos



Photo 1: During “Towngas Rice Dumplings Wrapped With Love” event, Mr. Peter Wong Wai Yee, Executive Director and Chief Operating Officer – Utilities Business of Towngas expressed, this is the fourteenth year for Towngas in organizing “Towngas Rice Dumplings for The Community” charity program, an accumulated amount of 1,80,000 rice dumplings were distributed to the community throughout all these years. This year, we have mobilized near 240 members of the Legislative Council, district council members as well as volunteers from over 20 districts to help wrap and distribute 230,000 rice dumplings to people in need throughout Hong Kong.



Photo 2 : During Towngas Rice Dumplings Wrapped With Love” event, Karena shared that it is her first time wrapping a rice dumpling. These two low carbon rice dumplings were made of vegetables only which are very healthy and eco-friendly.



Photo 3: At “Towngas Rice Dumplings Wrapped With Love” event, Ms. Karena Ng made “Low Carbon Love Bird Rice Dumpling” and “ Low Carbon Vegan Rice Dumpling” with 4 families and kids.



Photo 4: At “Towngas Rice Dumplings Wrapped With Love” event, Ms Karena Ng and Mr. Peter Wong Wai Yee, Executive Director and Chief Operating Officer – Utilities Business of Towngas joined hand to make “Low Carbon Love Bird Rice Dumpling” and “ Low Carbon Vegan Rice Dumpling”



Photo 5: At “Towngas Rice Dumplings Wrapped With Love” event, Ms Karena Ng, Mr. Peter Wong Wai Yee, Executive Director and Chief Operating Officer – Utilities Business of Towngas and 4 participants showcased and took photos with their finished products.



Photo 6 : Towngas organized the “Towngas Rice Dumplings Wrapped With Love” event to advocate the

importance to carry out a low carbon lifestyle. Towngas invited Ms Karena Ng to demonstrate the making of two brand new low carbon rice dumplings including Low Carbon Love Bird Rice Dumpling and Low Carbon Vegan Rice Dumpling.