



# FADWU Kitchen 2018

## 姐妹廚房

香港亞洲家務工工會聯會

## 香港亞洲家務工工會聯會

Federation of Asian Domestic Workers Union

香港亞洲家務工工會聯會 (FADWU) 是由不同國籍的外籍家務工 (泰國、菲律賓、印尼、尼泊爾) 與本地家務助理組成的工會聯合會, 我們的目標是團結在港工作的家務工, 建立不分國籍與族群的集體力量, 爭取公平合理的就業環境, 維護工人的勞動權益。FADWU 現為香港職工會聯盟的屬會。

Federation of Asian Domestic Workers Unions (FADWU) is a federation of workers unions established by migrant domestic workers from different countries (Thailand, Philippines, Indonesia, Nepal) and local domestic helpers. Our goal is to unite all domestic workers who are working in Hong Kong, to build a collective power across nationalities and ethnicities, to fight for fair and reasonable working conditions, and defend the labour rights of the workers. FADWU is currently an affiliate member of Hong Kong Confederation of Trade Unions (HKCTU).

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- ◆ 加入工會: 成為我們的一份子, 壯大家務工的力量
- ◆ 義工外展隊: 一起認識其他家務工姐妹, 宣傳法律知識, 普及勞工權益
- ◆ 翻譯、排版、拍片: 讓社會認識移工姐妹的故事, 令我們的信念傳得更遠
- ◆ 求助: 如果你或你認識的家務工有什麼疑問、困難, 歡迎和我們聯繫
- ◆ Join the Union: Be part of us, to strengthen the power of domestic workers.
- ◆ Volunteer for the outreach team: together get to know other fellow domestic workers, promote legal knowledge, popularize labour rights
- ◆ Translation, layout, filming: Let the society know about the stories of fellow sisters of migrants, let our beliefs spread further
- ◆ Seeking help: If yourself or any domestic worker you know have any question or difficulty, feel free to contact us.

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# 餐桌 Dining table

—在香港和故鄉之間

— in between Hong Kong and hometown



她們離開土生土長的家鄉，到達一個陌生之地，有的一畢業便到海外工作，很少有機會為家人下廚煮飯，有的是一直照顧家庭的母親，為一家人張羅打點生活起居。如今她們來到新地方，與素未謀面的人一同生活，負責起一個陌生家庭裡的大小事務。

不管是語言、文字、生活方式、習慣、口味，一切都要由頭學起，從新適應。以往只用自己熟悉的語言溝通，人與人之間的交流毫無障礙，現在要以中文、英語跟僱主溝通。以往吃慣的家鄉食物和味道變得難尋，在適應本地飲食習慣的同時，還要學習為僱主煮出這裡的菜式。

這個周日，在「姐妹廚房」的活動裡，她們難得一聚，齊心合力煮出一道道家鄉菜式。無論菜式是甜、是酸、是辣，那種屬於家鄉的獨特味道，是一種移工在外，也能與家連結的媒介。

They left their home where they born and grown up, arrived at a strange place. Some of them travelled overseas to work immediate after their graduation; very few of them have the chance to cook for their family members; some are mothers who have been taking care of their families, managing daily life of the whole family. Now they have come to a new place, living together with people they have not met before, responsible for every housework in a stranger family.

Whether it is language, words, lifestyle, habit or taste, everything has to be learn from scratch, to adapt to the new environment. In the past, they only used the language they familiar with to communicate. The communication between people then has no obstacle, but now they have to use Chinese or English to communicate with their employers. Food and taste from hometown that they familiar with have become hard to find. While adapting to the local eating habits, they have to learn to cook local dishes here for their employers.

This Sunday, during the activities of FADWU "Sisters Kitchen", they gathered together to cook dishes from their hometown. Whether the dishes are sweet, sour or spicy, the unique taste belongs to the hometown, is the medium to connect the migrant workers abroad with their hometown.



## 姐妹廚房 FADWU Sisters Kitchen

由香港亞洲家務工工會聯會 (FADWU) 主辦的姐妹廚房活動中，有來自各國的家務工姐妹煮出他們的家鄉美食。她們會藉著食物，互相分享彼此的移工故事。語言和文化也許各有差異，但我們相信，只要願意，我們定會找到團結的可能。國際廚房的活動，就是以美食和味道，連結來自不同國家的姐妹，一起分享家務工生活裡的百般滋味。

就像菲律賓姐妹在準備著甜品bilo bilo時，在煮著的時候，來自香港本地的家務工姐妹被香味吸引過來，她們很驚訝，「你們的甜品和我們的芋頭西米露好似呀！」嘗一嘗，味道不一樣中帶有共通，就像本地的和來自海外的家務工一樣，處境不一樣，但也有共同處。香港家務工會阿歡所說的，「雖然我是零散工、我是本地人，你們是全職住在僱主家的家務工，但我們都是一樣的，工作是一樣的，都是在照顧著別人的家庭，我們面對的問題也是一樣的，所以我們要互相支持。」

In the activities of Sisters Kitchen organised by FADWU, domestic workers from different countries cook the food from their hometown. Through these food, they would share the stories of migrants to each other. Perhaps the languages and cultures have differences, but we believe that as long as we are willing to, we will definitely find the possibilities of solidarity. The activities of international kitchen, connect sisters from different countries with food and taste, sharing together the mixed feelings of the life of domestic workers.

Just like during the preparation of the dessert bilo bilo by Filipino sisters, when they were cooking, local domestic workers from Hong Kong were attracted by the fragrance. They were surprised, "your dessert is similar to our taro sago soup!" When tasted, the taste has commonalities in differences, just like the local and migrant domestic workers from overseas, though the situation are different, they are also things in common. Ah Foon from Hong Kong Domestic Workers Union says, "Although I am a casual worker, I am a local, while you all are full-time domestic workers live in the employer's house, we are the same, the work is the same, we all are taking care of family of others. The problems we faced are also the same. Hence we need to support each other."



# 芋頭西米露

## Taro Sago Soup

(Taro Coconut Milk with Tapioca Pearls)



本地的家務助理滿桌都是色彩繽紛的甜品：綠茶千層糕、芋頭西米露、煎薯餅等。「做甜品是我們強項！」她們自豪地道。

文露家住元朗，在休息日經遙遠的車程來參與活動。她從事家務工已有十年，看似非常「挨得」。不過，最初入行，因為密集的體力勞動，一年多後，她的身體漸漸出現毛病，開始肩膀痛，後來腰骨更出現根膜炎。經治療和休息後，文露懂得給自己安排適當的工作量，並且轉做寫字樓的鐘點清潔。

The table of local domestic helpers is full of colourful desserts: green tea layer cake, taro sago soup, fried potato cake etc. "Making dessert is our strength!" They say this proudly.

Man Lou lives in Yuen Long. She has to travel a very long distance to participate in the activities during rest days. She has worked as domestic worker for 10 years, and she seems to be very "endurable". However, when she first entered into the job, due to intensive physical labour, after over a year, her body was becoming ill, as she started to have shoulder pain, later on she was having fasciitis at her lower back. After treatment and rest, Man Lou has learnt to allocate suitable workload for herself, and shifted to do hourly cleaning work at offices.

## 材料 Ingredients

芋頭 300克  
西米 1/3杯  
椰汁 酌量  
冰糖 酌量  
水 約 1公升

Taro  
Sago (tapioca pearls)  
Coconut milk  
Crystal sugar  
Water

300 gram  
1/3 cup  
add accordingly  
add accordingly  
about 1 liter

## 做法 Instructions

要做芋頭西米露，難度其實不高，本地的姐妹說，這道甜品簡單易做，「一鑊熟」大人小孩都喜歡。

首先，把西米用清水浸透，等待放置最少一小時。同一時間，煮水，水滾後放入西米，轉用中火。姐妹提醒：「記得要不斷搞拌，不能懶，否則就會黏著煲底」。煮 20分鐘，熄火，蓋鍋蓋，讓西米浸在熱水中燜煮30分鐘。

開蓋，檢查西米是否熟透，如果全粒變透明，中間不見小白點，就代表西米已經準備好過冷河。用篩把西米撈起，放入冷水，瀝乾水份，西米就會軟身又彈牙，呈現出最好的狀態。

然後就是煮芋頭了，將芋頭去皮，切成塊，煮水，水滾後放入芋頭，直到軟身，但不要煮得太久，否則芋頭便會糊掉了。要說有什麼秘訣，最重要是的是掌握火候和時機。

然後，放冰糖和椰汁，放多少就視乎個人口味，非常自由，調至滿意的味道，加入西米略煮一會即成。熱食溫暖滋味，雪藏後冷食又是另一種享受。

Actually it is not so difficult to prepare taro sago soup. According to fellow local sisters, this dessert is simple and easy to prepare, "all ingredients cooked in the same pot", everyone likes it regardless young and old.

First, soak the sago with water, and wait for at least an hour. At the same time, boil the water, put in sago after the water is boiled, and turn to medium heat. Sisters remind that, "Remember to stir continuously, cannot be lazy, otherwise it will stick at the bottom of the pot." Cook for 20 minutes, turn off the fire, cover with the pot lid, let the sago immerse in hot water for 30 minutes.

Open up the pot lid, check if the sago has totally cooked. If the sago become transparent totally, and there is no white spot in the middle, it means the sago is ready to pass though cold water. Use a sieve to pick up the sago, put it in cold water, then drain the water, the sago will become soft and elastic, showing it best condition.

## 尼泊爾辣薯 Nepali aloo dum



尼泊爾人喜歡吃辣，尼泊爾工會的姊妹們也不例外。她們煮的菜式有辣有不辣，嘗嘗看，每道都有豐富的層次，各種香料混合來煮，豆蔻、茴香、丁香、肉桂大放異彩。菜吃完了，姊妹們把剩下的辣汁打包回家，食過返尋味！

原來很多香港人從未吃過尼泊爾菜，但只要嘗過，都會被她獨有的味道吸引，就像尼泊爾家務工工會的 S.Pema，她的僱主是一對韓國人和香港人夫妻，兩人之前都未吃過尼泊爾菜，但就十分欣賞Pema煮的尼泊爾菜，還叫她天天煮，直接把尼泊爾菜當成這跨國家庭的家常菜式！

尼泊爾的姊妹們在假日通常會在公園休息和逛街，佐敦是她們的主要聚腳地。但是，很多尼泊爾家務工沒有每周一天的假期，她們很多都是每兩周，甚至每個月才有一天的假期。

在2016年，FADWU便曾和尼泊爾家務工工會（Union of Nepalese Domestic Workers）合作進行調查，結果發現有一半的受訪者未能享有年假和法定假期，70%的工人不了解自己的法律權益，當中更有受訪者的工資遠低於法定的最低規定工資。因此，對於假期，尼泊爾姊妹尤其珍惜，工會的成員則把握機會，向會員宣傳法律的保障。

至於對大部分的尼泊爾工友來說，在難得的放假日，能和朋友聚在一起，無所事事也很快樂。

“

尼泊爾人的餐桌上必有薯仔，薯仔最隨和百搭，可炒香、可放肉燉、煮糖水，怎樣煮皆也能變成一道美味。

The Nepalese must have potatoes on their dining table. Potato is the most easily all-matching food, can be sautéed, can be stewed with meat, can be used to cook tong sui. It can be turned into a delicacy no matter how you cook it.

The Nepalese like to eat spicy food, there is no exception for sisters from the Nepalese Workers' Union. The dishes they cooked have spicy and non-spicy one. If you try them, each dish has rich layers. Cook by mixing together different kinds of spices, nutmeg, fennel, clove and cinnamon, yield an unusually brilliant result. After finished the dishes, sisters will pack and bring home the leftover spicy juice, to enjoy the endless aftertastes!

It turns out that many Hongkongers have not eaten Nepalese dishes before. But once they taste it, they would be attracted by its unique flavour. For instance, S. Prema from the Nepalese Domestic Workers' Union, her employer is a couple of a Korean married to a Hongkonger. Both of them never eaten Nepalese dishes before, but really appreciate the Nepalese dishes cooked by Prema, and ask her to cook everyday. They even regard the Nepalese cuisine as the daily dishes for this multinational family!

Fellow sisters from Nepal are usually enjoying leisure and hanging around in the parks during holidays. Jordan is their main gathering point. But many of the Nepalese domestic workers don't have weekly holiday. Many of them only have one day holiday for every two-week, or even only every month once.

In 2016, FADWU collaborated with the Union of Nepalese Domestic Workers to conduct a survey. The finding was that half of the interviewees were not enjoying annual leave and statutory holiday; 70% of the workers were not aware of their legal rights. Among them, even there were interviewees received wages far lower than the statutory minimum wage. Therefore, fellow sisters from Nepal are very much treasuring their holidays. Members of union hence seize the opportunity to promote legal protection to their members.

As for most of the Nepalese workers, during the rare holiday, they are very happy to be able to gather with friends, even they are doing nothing.

## 材料 Ingredients

半公斤小顆薯仔  
1湯匙 黑孜然、1湯匙姜黃、1湯匙紅椒粉、1湯匙姜蒜蓉  
半湯匙芫荽粉、半湯匙孜然粉  
少量鹽

1/2 kilogram of baby potatoes  
1 tablespoon of black cumin, 1 tablespoon of turmeric,  
1 tablespoon of red pepper powder, 1 tablespoon of  
ginger garlic paste, half tablespoon of coriander  
powder, 1/2 tablespoon of cumin powder  
Small amount of salt

# 做法

## Instructions

首先把薯仔用水煮熟，記得水要淹過所有的薯仔，這個過程簡單，秘訣就是要有耐性。煮得差不多，檢查一下薯仔是否已經軟身，可以用叉，看看是否能輕鬆的刺進薯仔。薯仔煮好了之後，將皮撕開，把薯仔切成小塊，放在一旁備用。

把繽紛的香料：姜黃、紅椒粉、姜蒜蓉、芫荽粉、孜然粉，全部和水混合。

燒熱兩湯匙的油，加入黑孜然炒一分鐘，之後，把香料混合物加進鍋裡，以慢火炒5-6分鐘，加水至覆蓋全部的薯仔。

加入切好的薯仔，加入鹽調味，讓薯仔在香料湯裡，以中火泡上5至10分鐘，菜式便完成了，上碟後，加入翠綠的新鮮芫荽葉，為濃郁加添一葉清香。尼泊爾姐妹說，薯仔看來平平無奇，但吃下去溫暖飽肚，有種淡淡的幸福感。沒有薯仔的一餐，總覺得缺少了什麼似的。

First, cook the potatoes with boiled water. Remember that the water have to flood all the potatoes. This process is simple, the secret is to have patience. After enough of boiling, check whether the potatoes are softened, can use the fork to see whether it can easily prick the potatoes. After the potatoes have boiled properly, peel the skin and cut the potatoes into small pieces, and keep them aside for later use.

Mix the turmeric powder, red chilli powder, ginger garlic paste, cumin powder and coriander power with water in a bowl.

Heat up 2 tablespoon of oil, add black cumin seeds and fry it for 1 minute. Then add the above mixture into the pan, and stir fry it for 5-6 minutes in low flame. Add enough water to the mixture to cover the potatoes.

Add in the pieces of potatoes, add in salt for flavour. Let the potatoes cooked in the spices soup for 5-10 minutes with medium heat, and the cooking of dish will be finished. After place the dish onto the plate, add some greenish fresh coriander leaves, which will provide a leaf fragrance for the rich taste. Fellow sisters from Nepal say, the potatoes seem to be nothing special, but when it feels warm and filling up the stomach when eaten, and have a little feelings of happiness. A meal without potatoes, will make us feel missing something.



菲律賓  
Philippines

# 菲律賓甜品 bilo bilo

## Bilo bilo (Sticky Rice Balls in Coconut Milk)



菲律賓的姊妹對糖和脂肪完全不在意，她們歡喜地煮了很多甜品。

一位菲律賓姐妹，來香港工作只有幾個月，她現時受僱於一個3人家庭，有一個一歲多的小孩要照顧。與剛相識的同鄉姊妹入廚一點兒也不困難，「我們煮的過程很順利，因為我們是一起合作而成事的。」

說起家鄉的飲食文化，她和旁邊的姊妹不約而同地笑說，不會在乎糖份和脂肪，她們無憂無慮的笑容，就像出自她們手的菲律賓甜品一樣，那麼甜美。

另一位菲律賓姑娘Beverly則說，在過去的一個月，她每逢假日都會四出組織工人，因為她希望讓更多同鄉知道自己的權益，例如改善工資、工時和食物不足。離開家鄉，到異地打工的姐妹們，面對著相近的難題：僱主的不理解、文化差異、缺乏保障、歸家無期.....但猶幸的是，在異鄉的寂寞中，能有一群互相支持的家務工姐妹，在分享美食中，找回和母國的連結。

Fellow sisters from the Philippines are not really bother about sugar and fat. They happily cook a lot of dessert.

A Filipino sister has been working in Hong Kong only for a few months. She is currently employed by a family of three, there is a child with just over one-year old to take care of. She has no difficulty to cook together with fellow sisters from hometown who she just acquainted. "Our cooking process was very smooth, because we did it by working together."

Talking about food culture in her hometown, she and her fellow sisters laugh at the same time and say, they would not bother about sugar and fat. Their happy-go-lucky smile, is just as sweet as the Filipino dessert they made,

Another Filipino girl Beberly says, for the last one month, she would go around to organise workers during holidays, because she hopes to help more of her fellow Filipinos to learn about their rights, like the improvement of wages, working hour and lack of food. Fellow sisters who left their hometown and gone to work in foreign country, are facing similar problems: uncaringness of the employer, cultural differences, lack of protection, uncertainty of the date to return home... But fortunately, in the loneliness at the foreign land, there is a group of domestic workers sisters supporting each other. They found the link with their home country through the sharing of food.

## 材料 Ingredients

2 杯糯米粉	1 杯黃糖
1 杯乾西米或珍珠 (已置在水中至少4小時)	4 條大蕉 (切片)
4 杯椰奶	1 大條番薯 (切成粒狀)
1 杯水	1 杯已切好的大樹菠蘿

2 cups of glutinous rice flour	1 cup of brown sugar
1 cup of dried tapioca pearls (soaked in water for at least 4 hours)	4 ripe plantains (sliced)
4 cups of coconut milk	1 large sweet potato (sliced into small cubes)
1 cup of water	1 cup of sliced jack fruit

## 做法 Instructions

將糯米粉和10 湯匙水混合，揉成粉團，並製作成一粒粒的湯圓。在滾水中煮湯圓煮6-8分鐘，直到湯圓浮在水面上，撈起湯圓，放置在一旁備用。

現在就來準備西米，先把西米放在剛才煮湯圓的熱水裡煮，以中火煮大約15-20分鐘，直至西米變軟和透明。煮好以後，把軟軟的西米放到在冷水裡，過一下冷河。

這時候，就可以來煮糖水了。把3杯椰奶和一杯水放進大鍋裡煮，直至煮滾，加入番薯，再以慢火煮15分鐘。加入西米，黃糖和湯圓，再慢煮10分鐘。然後，加入剩下的椰奶，Bilo bilo 便大功告成了！這道甜品可熱吃，也可冷食。菲律賓姐妹們說，不管是在暑熱的日間吃碗冰凍Bilo bilo，還是在下大雨的微涼午後吃熱甜湯，都是最幸福的味道。

Mix the rice glutinous flour with 10 tablespoon of water, rub it into dough, and make into small dumpling balls. Cook the dumpling balls in boiled water for 6-8 minutes, until the dumpling balls float to the top. Pick up the dumpling balls, and put them aside for later use.

Now it's time to prepare the sago (tapioca pearls). Firstly put the sago into the boiled water which being used to cook dumpling balls just now, cook with medium heat for about 15-20 minutes, until the sago become soften and transparent. After cooked, put the softened sago in cold water to soak for a while.

Then, it's time to make Ginataang Bilo Bilo (sweet soup). Mix 3 cups of coconut milk and 1 cup of water in a large pot and cook them. When the water boiled, add sweet potatoes and cook for about 15 minutes under low heat. Add sago, brown sugar and dumpling balls, and simmer for 10 minutes. Add plantains and sliced jack fruit, let it cook for 5 minutes or until tender. After that, add the remaining coconut milk, and Bilo Bilo is done! This dessert can be eaten hot or cold. The fellow Filipino sisters say, whether eating cold frozen Bilo Bilo during hot day or eating the hot dessert during cooling afternoon after heavy rain, it is the happiest taste ever.



# 青木瓜沙律

## Green Papaya Salad



泰國姊妹陣容鼎盛，加上一同穿上粉紅色T-shirt，十分醒目耀眼。她們煮的菜放滿一桌，有原隻炸魚配酸辣醬、燒肉、沙律拼盤，顏色繽紛。即使不餓，也被這道道美食呼喚出食慾來。

來港工作已有20年的Kosalee說，拼盤中的青木瓜沙律 (som tam ส้มตำ) 是泰國人心中的No.1，是最能呼喚泰國人味蕾的一道美食。青木瓜沙律酸中帶辣，十分開胃醒神，和她們鮮粉紅色的工會T-shirt一樣，同樣令人眼前一亮。

泰國菜味道以酸、甜和辣居多，味道充滿特色，也深受香港本地人喜愛。在假期時，泰國姐妹多聚集在九龍城，她們一起煮泰國菜、慶祝節慶，也一起跳舞，形成了穩定的泰國社群，把原本舊區的特色，也豐富和活化起來。在泰國傳統節日期間，在港的泰國人更會一起合力舉辦大型慶祝活動，充分展示泰國人團結的力量。

Fellow sisters from Thailand have a strong line-up, and wearing pink-coloured T-shirt together, making them very eye-catching. They filled the table with dishes they cooked. There are original fried fish with chutney, roasted meat, salad platter, very colourful. Even if you are not hungry, your appetite will surely be stimulated by these delicious cuisines.

Kosalee who has been working here in Hong Kong for 20 years says, the green papaya salad (som tam ส้มตำ) is the No. 1 food in the hearts of Thai people. It is the most delicious food that appeals to taste buds of Thai people. Green papaya salad is sour with spicy taste, very appetizing, it is exciting as their pink-coloured union's T-shirt.

Thai cuisines are mainly sour, sweet and spicy, full of unique flavours, and also very popular among local Hong Kong people. During holidays, fellow Thai sisters usually gather at Kowloon City. They cook Thai food together, celebrate festivals, also dance together, and form a stable Thai community. They have enriched and activated the uniqueness of the original old district. During Thai traditional festivals, Thai people in Hong Kong are working together to organise grand celebration events, fully demonstrate the power of Thai people's unity.

## 材料

### Ingredients

2瓣 蒜頭	1 - 2 粒青檸
5條泰國辣椒	1湯匙 蝦干
2湯匙 烤花生	1 - 2 隻番茄
1湯匙 魚露	1 大隻青木瓜
½ 至1湯匙 椰糖 (可以黃糖代替)	長豆、青椰菜、甜羅勒

2 cloves of garlic	1 - 2 limes
5 Thai chillies	1 tablespoon of dried shrimp
2 tablespoons of shelled roasted peanuts	1 - 2 tomatoes
1 tablespoon of fish sauce	1 big handful of slivered green papaya
½ - 1 tablespoon palm sugar (can also substitute with brown sugar)	Long-beans, green cabbage, sweet basil

## 做法

### Instructions

把青木瓜洗乾淨以後，削皮，然後一手拿著木瓜，一手拿著刀，向木瓜不斷切下，用盤接著掉下來的木瓜絲，這是傳統切木瓜的方式。泰國姐妹說，這樣切出來的木瓜，比用工具刨出來的會更美味。切了足夠多的木瓜絲，我們便可以開始準備醬料了。

首先，把2瓣蒜頭，和5條泰國辣椒，放在一個大盤子裡，搗成小塊，把香辣的味釋放出來。加入椰糖、魚露，把青檸榨汁，徹底的攪拌，直到椰糖完全融化。然後加入炒過的花生和蝦乾，再把番茄稍為撕開，放進盤子裡，和原本的材料輕力攪拌。

最後的步驟，也是重頭戲，就是把木瓜絲放到盤子裡，與所有醬料充分攪拌，確保每條木瓜絲都沾上香味濃郁的醬汁。

泰國姐妹們愛辣，辣椒放得毫不手軟，我好奇嘗了一下，確實是非一般的辣度。如果按著這食譜照做，請根據自己的口味著量調整，量力而為。和香港平常的吃法不一樣，泰國人吃青木瓜沙律時會配上糯米飯，她們習慣用手拿起一口分量的糯米飯，然後用飯沾上青木瓜沙律汁一起吃。

After washing the green papaya, peel off the skin. Then hold the papaya with one hand, and hold a knife with another hand, continuously cut the papaya, and use a plate to place the shredded papaya. This is a traditional method to shred papaya. Fellow Thai sisters say, papaya cut in this way would taste better than those shredded with tools. After cutting enough green papaya pieces, we can start to prepare the sauce.

First, put 2 cloves of peeled garlic and 5 chillies in a big plate, pound them into small pieces, and release the spicy flavour. Add in palm sugar and fish sauce. Squeeze the juice from the limes, mix and pound thoroughly, until the palm sugar fully dissolved. Then add roasted peanuts and dried shrimp, then slightly peel the tomato, put into the plate, and stir gently with the rest of ingredients.

The final step, which is also the main highlight, is to put the shredded papaya pieces into the plate, and mix thoroughly with all the sauce ingredients, to ensure every piece of papaya captured the rich-flavoured sauce.

Fellow Thai sisters love spicy food. They never hesitate to put in chillies. I try it out of curiosity, and the degree of the spicy taste is extraordinary. If you follow this recipe to make it, please adjust the amount according to your taste and do it according to your capacity. Unlike the usual way of eating in Hong Kong, Thai people will serve glutinous rice when eating green papaya salad. They use to pick up a portion of glutinous rice with hand, and dip the rice with green papaya salad juice to eat it.



# 任當牛肉

## Rendang Beef



任當牛肉是一道濃郁鬆軟的肉類菜式，「任當」是Rendang的音譯，意思是慢煮，菜式常見於印尼、馬來西亞和新加坡一帶，是喜慶場合的必備美食。來自印尼的家務工，都有自己的「任當」回憶：在自己的婚禮、在某一年的開齋節、在伊斯蘭新年，整個村子的人，用一個超大容量的鍋子，花上幾小時煮著任當，這親切的香氣傳遍四周，眾人一邊忙碌地籌備活動，一邊等著任當煮好。這股味道，連帶著家鄉節慶的回憶，即使現在離家在外，也會不時記掛著，想念的既是味道，也是遠方親人是否安好。

Rendang beef is a meat dish with rich flavour and light texture. “Rendang” means slow cook. This dish is commonly found in Indonesia, Malaysia and Singapore. It is a must-have dish for festive occasions. Domestic workers from Indonesia have their own “Rendang” memories: during their own wedding, during one of the Eid al-Fitr celebrations, during Islamic New Year, people in the whole village used a large pot to cook Rendang for hours. This familiar nice smell spread all over the place, people busy in preparing for the event, while waiting for the Rendang to be ready. This taste together with the memories of celebration in hometown, even though now far away from home, would still be missed from time to time. What is being missed is not only the taste, but also the relatives in the far away hometown.

## 材料

### Ingredients

1磅半 去骨牛肉  
5湯匙油  
1枝肉桂條  
丁香、八角、小荳蔻、香茅、檸檬葉  
一杯椰奶

一杯水  
兩茶匙羅望子醬  
6湯匙炸椰子醬  
1湯匙糖或椰糖  
鹽

1 ½ pounds of boneless beef  
5 tablespoons of cooking oil  
1 cinnamon stick  
Cloves, star anise, cardamom, lemongrass, lime leaves  
1 cup of coconut milk

1 cup of water  
2 teaspoons of tamarind sauce  
6 tablespoons of toasted coconut sauce  
1 tablespoon of sugar or palm sugar  
Salt

#### 香料醬：

5 顆紅蔥、1寸高良薑、3 份香茅（白色的部分）、5 瓣蒜頭、1寸薑、10-12顆乾辣椒

#### Spice paste:

5 red onions, 1 inch of galangal, 3 lemongrass (white part only), 5 cloves of garlic, 1 inch of ginger, 10-12 dried chillies

## 做法

### Instructions

把製作香料醬的材料切碎，然後放進食物處理器，打成幼細的醬料。加熱油進鍋裡，加入剛打好的醬料、肉桂條、丁香、八角和小荳蔻，炒至香味出來。加入已切成粒狀的牛肉和香茅，略為翻炒。加入椰奶、羅望子醬、水，以中火燜煮，當肉快熟的時候，要不時攪拌。之後，加入炸椰子醬、糖或椰糖，和肉一起充分攪勻。把火力調低，蓋上鍋蓋，燜煮一個到一個半小時，直到肉已經非常柔軟，汁已收乾，加入鹽和糖調味，一道任當牛肉便告完成。



Chop the spice paste ingredients, place them in a food processor, and blend until become fine sauce.

Heat the oil in a stew pot, add the spice paste, cinnamon, cloves, star anise, and cardamom. Stir-fry until able to smell the aroma. Add the beef which chopped into small cubes and lemongrass, and stir-fry a bit. Add the coconut milk, tamarind sauce, water, and simmer on medium heat. When the meat is almost cooked, stir frequently. After that, add the toasted coconut sauce, sugar or palm sugar, stir until blending well with the meat. Lower the heat, cover the lid, and simmer for 1 to 1 ½ hours or until the meat is really tender and the gravy has dried up. Add salt and sugar for flavouring, and finally the Rendang beef is ready to serve.

# 餐桌上的勞工權益

## Labour rights at the dining table

第一次來香港打工的印尼女生Aishah，在來香港前，對這個城市毫無認識，也想象不到她將會面對什麼。在畢業以後，她便在家裡附近的工廠上班，只是工資實在太低，她想趁著自己年輕，出來為家裡賺點錢，也看看外面的世界。

來到香港，她滿懷期待，這裡的工資要比在印尼多上一倍，只是住進陌生人家裡，對她來說是最難適應的一環。來到僱主家，太太只給她睡在客廳，雖然合約上寫明與小孩公用一間房間，但實際上她完全沒有私人空間。要符合嚴格的家務標準，又要照顧家裡的老人、小孩，Aishah每天只有4到5小時的睡眠。

刻苦的勞動，即使是法定的工資也難以補償她的辛勞。但是，這位僱主扣減Aishah的薪金，又不允許她每週一天的假期。

Aishah, an Indonesian girl who come to work in Hong Kong for the first time, she had no knowledge about the city before she came to Hong Kong, and could not imagine what she would face here. After she graduated from school, she worked in a factory near her house, but the wage was really low. She wanted to go out to earn some money since she is still young, and also to take a look of the outside world.

When she arrived in Hong Kong, she was full of hopes. The wages here is twice as much as in Indonesia. But live in a stranger's house, is the most difficult part for her to adapt. When she came to the employer's house, the wife only let her sleep in the living room. Although the contract stated that she would share a room with a child, in fact she has no private space at all. To meet the strict housekeeping standards, and to take care of the elderly and the child in the house, Aishah has only 4 to 5 hours of sleep everyday.

She has been working very hard, even the statutory wage will not be enough to compensate her hard work. Yet, the employer deducted Aishah's salary, and not permitting her a weekly rest day.

(\* 為保障工友的身份，Aishah為化名)

To protect the identity of the worker, Aishah is a pseudonym.)



至於食物，香港的食物能習慣嗎？Aishah低下頭，輕聲的說：「太太只給我一包米，有時會有些剩下的菜，有時沒有。」來了半年的Aishah，體重明顯下降，吃不飽、睡不足的她看來又弱又累，她一些印尼朋友看不過眼，於是大夥夾錢，買了一些麵包和乾糧給她，讓她能在平日充飢。「來香港的這半年，我都沒有機會吃過肉，唯一是有一次……」那一次，太太讓Aishah煮白切雞，除了把剩下的雞頭和雞頸留給Aishah以外，她再沒有其他的餸菜了。「我知道，我只能得到她們不要的。」

最後，Aishah實在撐不下去，決定終止合約，離開僱主家庭，並到勞工處追討欠薪和機票。在離開僱主的家後，Aishah住在由非政府組織營運的庇護中心，在中心裡，Aishah認識了一些和她同樣，被僱主剝削的印尼工人，她們正等待在勞資糾紛的案件完成，才能回家。在逗留中心期間，她們每天一起煮食，煮的都是家鄉菜。我們再和Aishah見面的時候，她的精神臉色都好多了。

離開了僱主以後，Aishah終於可以安心吃飯、放心的睡覺，未來的路她還未確定，目前她只想回家，回到親愛的家人身邊，和他們一起吃上一頓安樂茶飯。

As for the food, is she getting used to the Hong Kong food? Aishah lower her head, and speak softly, "Madam only gives me a pack of rice, sometime there are some leftover food, sometime not." Aishah who has been here for half a year, she has obviously suffered weight loss, for not having enough food and enough sleep. She looks weak and tired. Some of her Indonesian friends could not stand it, hence they collected some money to buy some bread and dry food for her, in order to allow her to appease her hunger on weekdays. "For half a year since I came to Hong Kong, I have never eaten meat, except once, only once..." That one time, the wife told Aishah to cook white sliced chicken, except the leftover chicken head and neck for Aishah, she had no other dish to eat. "I know, I only can get what they don't want."


Finally, Aishah could not stand anymore, and she decided to end the contract. She left her employer's family, and went to the Labour Department to demand for the unpaid wages and flight ticket to return home. After she left her employer's house, Aishah lives in a shelter run by a non-governmental organisation. In the centre, Aishah met some Indonesian workers who are also exploited by employers, just like her. They are waiting for the results of their labour dispute cases, only then they can go home. During their stay in the centre, they cook together everyday, and always cook their hometown food. When we met Aishah again, she looks much better.

After she left the employer, Aishah finally able to eat peacefully and sleep at ease. She is still uncertain about her path in the future. She only thinks of going home now, to return to her beloved family members, and have a peaceful meal with them.



## 挨餓的早上

### A starving morning



每個星期天，菲律賓工友們相聚在公園裡。這天，她們很早就起來，有的忙著準備著等下和同鄉分享的食物，有的記著出門，把握著假期難得自由的時間。


食物是聚會中的重要元素，和朋友分享美食，她們毫不吝惜，往往在聚會結束後，都剩下大量食物。「你不明白了，因為平常我們都不能這樣隨意地吃呀！」開始了食物的話題，姐妹們都說著她們的「挨餓」經歷：「我的老闆沒有提供早餐，早上又很多體力工作，我都要暈倒了。」、「不只是早餐呀，每次都是吃一些剩下的食物，有時有得吃，有時沒有什麼剩菜剩下，就只是菜汁拌飯。」

有的情況是，僱主不了解外籍家務工的飲食習慣，結果即使提供了食物，但分量不足，家務工還是要挨餓。「我們在家鄉裡習慣了吃飯做早餐，早餐是最豐富的，但在這裡，一個麵包一杯咖啡就是早餐了，吃完了還是餓。」在家鄉裡的農村，早餐是啟動勞動前，最重要的一餐，一家人圍在一起，吃飯吃菜，就像這裡的晚飯一樣，吃飽了，便各自到自己的崗位裡工作，午餐反而比較簡單。



Every Sunday, Filipino workers gather in the parks. On this day, they wake up early in the morning, some are busy with preparing food to share with their hometown mates, some are only think of going out, to seize such a rare free time.

Food is an important element in the gathering. They do not hesitate to share nice food with friends. Very often after the gathering, they left behind a lot of food. "You don't eat freely like this!" When the discussion on food started, the fellow sisters share their experiences of "starving", "My boss doesn't provide breakfast, but there are many physical demanding work in the morning. I almost fainted." "Not only breakfast. Every time I only eat the leftover food. Sometime I have something to eat, sometime there is no leftover food, only some leftover juice to mix with plain rice."



根據香港法例的規定，外傭僱主有責任提供足夠的食物，或每月提供不少於港幣1,053的食物津貼。可是，這些工友既沒有得到足夠的食物，也沒有獲得食物津貼，在現實的操作上，政府並沒有確保外籍家務工能有充足的食物，這也是不少工人最關心的問題之一。

說起食物，有一位姐妹突然說：「我最想念的食物就是Balut了，你知道嗎？真的很美味呀！」Balut是菲律賓的鴨仔蛋，營養豐富，蛋白質很高，聞說對於骨頭和關節特別好。菲律賓鴨仔蛋是受精孵化約15天的蛋，往蛋裡看，可以隱約看到鴨子的雛形，包括羽毛、爪、骨骼。烹調鴨仔蛋很簡單，就像平日煮水蛋一樣，只要把蛋放進滾水煮即可。吃之前，加一點鹽、辣椒、檸檬汁同吃，便是一道人間美味。

家務工姐妹們交流起吃Balut的心得，「加醋調味就是最美味的了」、「我喜歡配啤酒，一邊吃Balut、一邊喝啤酒，真享受呀！」、「我試過一次連續吃五顆」。

後來他們看著我，「你要不要試試看？」我有點猶豫：「Balut會比普通的雞蛋好吃嗎？」大家異口同聲：「當然啦！還用說嗎？」一下子，大家又興奮起來了。平日的的生活也許各有難關，但家鄉味道的回憶，原來能稍稍安撫在異地的厄困。

In some cases, the employers do not know about the eating habit of foreign domestic workers. Even though they provide food, but the amount is insufficient. The domestic workers are still have to starve. "We used to eat rice as breakfast in our hometown. Breakfast is the most abundant meal of the day. But here, a bread and a cup of coffee already consider as breakfast. We still hungry after eating." In the farming village back home, breakfast is the most important meal before they start to work. The whole family gather around, eating together, just like the dinner here. After eating, everyone goes to work. Instead, the lunch is simpler.

According to the regulations under Hong Kong laws, employers for foreign domestic workers are responsible to provide enough food, or provide HKD 1,053 food allowance every month. Yet, these workers are still not getting enough food, and not receiving food allowance. In reality, the government has failed to ensure adequate food for foreign domestic workers. This is one of the problems concerned by many workers.

Talking about food, a sister suddenly says, "The food I miss the most is Balut. You know? It's really delicious." Balut is duck embryo eggs from the Philippines. It is rich in nutrition, high in protein, it is said to be extremely good for bones and joints. Filipino duck embryo eggs are eggs that have been fertilize for about 15 days. When you look into the egg, you can see the embryonic form of the duck, including feathers, claws and bones. Cooking the duck embryo eggs is very simple, just like cooking the boiled eggs, put the eggs into the boiling water is enough. Before eating, add some salt, chilly and lemon sauce, it will become a delicious food.

Fellow sisters of domestic workers exchange their experiences of eating Balut. "Add vinegar as flavouring is the most delicious." "I like to eat together with beer. Drinking beer while eating Balut, is really enjoyable!" "I have eaten 5 eggs in one shot."

Later, they look at me. "Do you want to try it out?" I am a bit hesitate, "Is Balut better than the ordinary chicken eggs?" All of them say, "Of course! No question about that!" Suddenly, everyone becomes excited. Although there are many difficulties in their daily lives, the memories of the taste from hometown, in fact can gives a little comfort to the distress in the foreign land.





# 家鄉的味道

*Taste of Home*