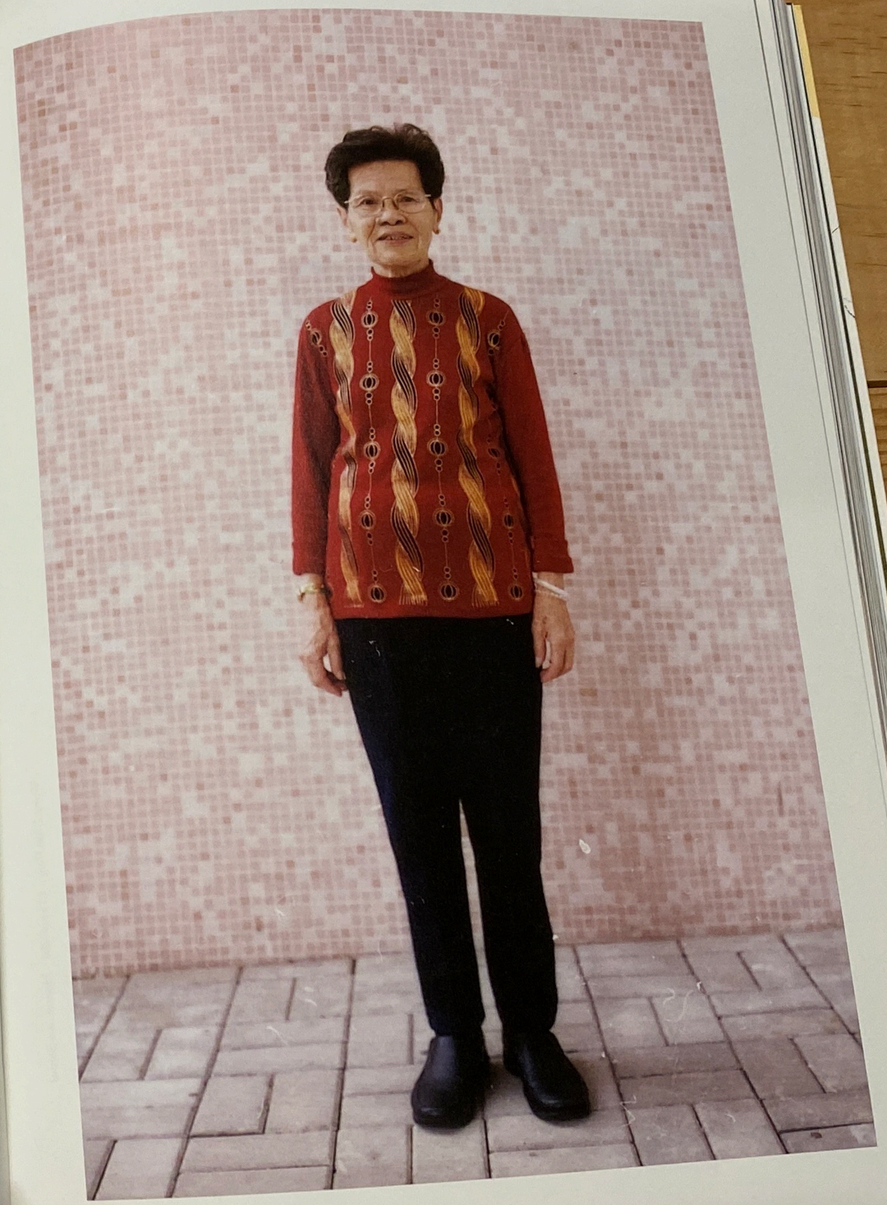
我今年八十二歲，有四個孩子六個孫了。哈哈！都是靠倒垃圾養大他們的。那時一日做五份工，哪裡管得孩子的吃喝。更慘的人都有，鄰家一整家人吃了竹樹花，就肚子撐脹死掉。打仗時，我們一家十一個兄弟姊妹齊齊從鄉下來香港。父親早就不在，母親的負擔可想而知。「三年零八個月」粥水也無得吃。怎辦？十多口擠在大角咀一間唐樓，餓了幾日，嫂嫂有了BB更慘，幸好母親從荃灣擔了些自己種植的花生與芝麻出來賣。一家人吃過花生醬，也吃過豆醬，那是磨了油剩下來的渣滓！我家日日都是食這兩味，有時會做【芝麻糊】或花生糊。我小時候已很頑皮，人家騎牛，我女仔人家就企在牛背上。如何發泄過盛的精力呢？家人就叫我這個野孩子幫手擂芝麻糊。幾十年前要吃芝麻糊殊不容易，非要用上「擂漿棍」，在有粗紋的沙盤上擂呀擂，攪上半天才磨出一頓美味的芝麻糊呢！儘管那些日子兵荒馬亂，默默攪動擂漿棍，聽著磨芝麻的聲音，竟令人平靜下來。若把黑芝麻先炒香，口感更佳，煮時加入片糖和薑慢慢攪拌。不要看它黑麻麻的，勝在心地挺好，點滴散發著對孩子的關愛。

黃翠萍　八十二歲　祖籍三水

1941年12月25日至1945年8月15日，日本佔領香港，期間，日軍在港殺人無數，民不聊生，直至美軍以原子彈轟炸長崎，日本宣布投降，第二次世界大戰結束，英國才重掌香港的主權。

I have four children and six grandchildren. When the children were young, we lived on scraps. I collected garbage and worked at five jobs a day to make ends meet. How could I have time to think about what they ate? But I knew people who fared even worse. I saw my neighbours eat flowers from bamboo trees. Their bellies swelled up and they died.





couldn't even afford one bowl of rice a month. I often had an empty stomach. Sometimes, people robbed me of food I'd worked for. It was so miserable. I decided to go to Hainan and managed to get onboard a ship, but there was nothing to eat. When the ship stopped in Guangzhou, I got off to get food. By chance, I ran into a friend. He told me not to go to Hainan because I didn't know the language and wouldn't survive. He said he would find work for me. I didn't even bother going back to the ship for my meagre belongings. Nine years later, a girlfriend in Hong Kong invited me to visit her, and I simply stayed on. Eventually, a friend introduced me to my future husband. We got married and I eventually gave birth to three sons. My husband is dead now, but I still cook for my grandchildren. My four-year-old granddaughter loves my cooking, especially Stewed Duck Tongues and Chicken Wings in Chinese Marinade. Much of my early life was spent alone and miserable. Now, I have a family of ten. For me, it's quite a blessing.

*After the Second World War, many people left China to come to Hong Kong. They became a labour force vital to the development of Hong Kong.*

## 滷水鴨舌雞翼

雞翼10隻
鴨舌250克
滷水汁半支（200毫升）
滷水料：黃糖1湯匙，水8杯，
生抽1杯半，老抽1/2杯
香料：草果2粒，甘草8-9片，八角
9-10粒，桂皮2片，沙薑1/3兩，陳皮
1/3個，紅米2湯匙，玫瑰露酒1/4杯

1 先將雞翼和鴨舌汆水，備用
2 將滷水汁*，連同雞翼和鴨舌一起放進鍋裡
3 滷水汁煲滾後，熄火
4 鍋蓋緊蓋，讓雞翼和鴨舌浸於汁內約20分鐘
5 以慢火煲滾滷水汁，再煮10分鐘

* 如不想使用市面上已製成之滷水汁，可按以上提供之滷水料及香料自製

## Stewed Duck Tongues and Chicken Wings in Chinese Marinade

10 chicken wings
250 g duck tongues
200 ml Chinese marinade*

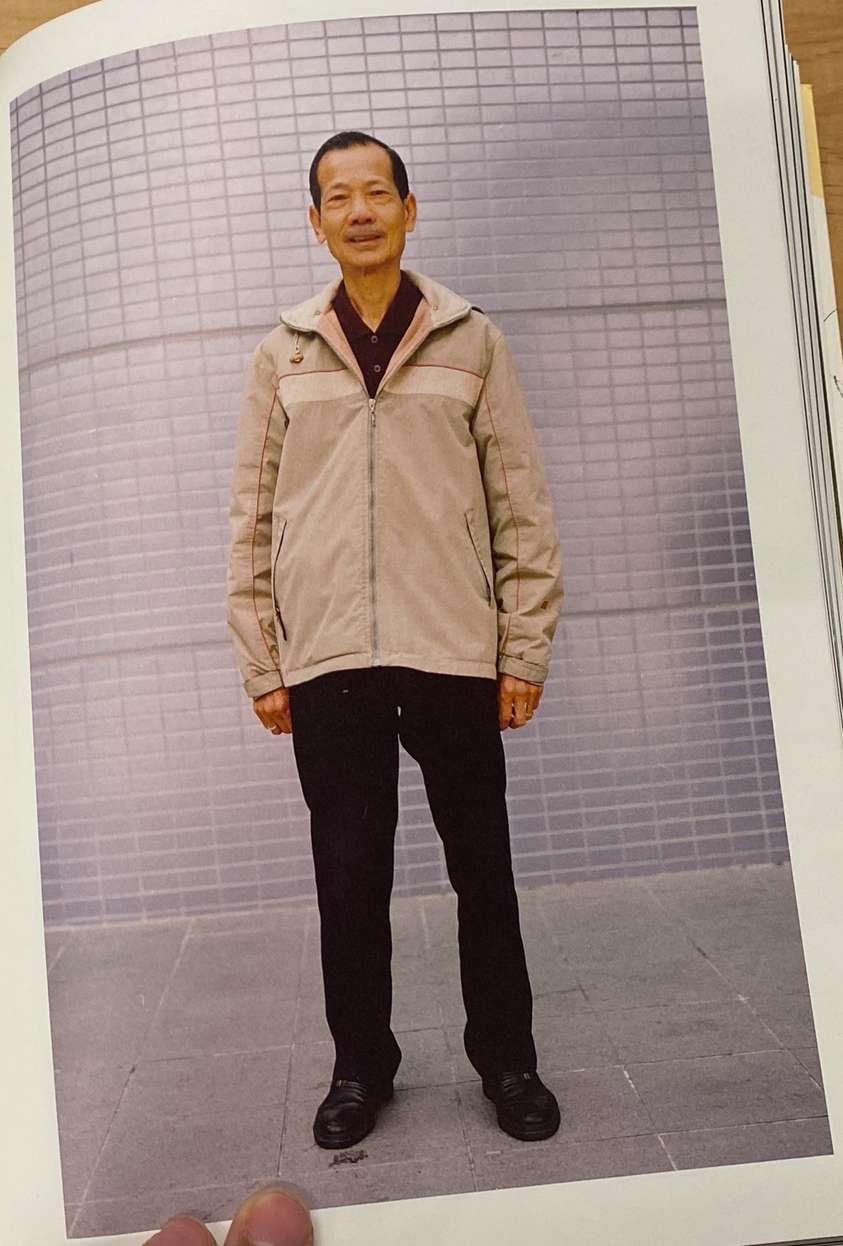
1 Rinse and blanch duck tongues and chicken wings. Rinse well and set aside.
2 Add Chinese marinade to duck tongues and chicken wings in casserole dish.
3 Bring to a boil. Turn off heat.
4 Let duck tongues and chicken wings soak in sauce for 20 minutes, tightly covered.
5 Simmer sauce on low heat for 10 minutes.

** Make your own Chinese marinade with ½ cup dark soy sauce, 1½ cup light soy sauce, 8 cups water and 1 tbsp brown sugar.*

韓國旋　八十一歲　祖籍番禺

隨兄長來港生活後，我便於親戚位於赤柱的食店當樓面。顧客來到海鮮餐館，總愛吃【一魚三味】，紅燒魚頭，上乾生粉炸，十分香脆可口；魚肉弄成斑球以菜或勝瓜炒，魚骨與豆腐仙菇煮湯。通常用兩至三斤的石斑，或用龍躉來做一魚三味，魚夠大才有肉弄斑球呀！煲粥當然用泥鯭，做湯底則用沙灘魚，熬出來白白的，很好看，小蝦頭則用來炒飯，燒賣上的蝦也是小蝦頭呢！後來朋友介紹我到太白海鮮舫工作。在那裡工作舒服又開心。一早起來與一班伙記坐車到元朗飲早茶，回來後就開始鬼佬茶市。當時外國旅行團是一車車的來到海鮮舫，旅客總喜愛上船坐一坐，飲飲啤酒。海鮮舫每天都有不少外國遊客來訪，我愛與他們攀談兩句，從中學到不少外語：鯛魚是Snapper，蔬菜是vegetables，還有Arigatou（日語）呢！晚上睡覺時陣陣海風，風涼水冷，多舒服！打風時就糟了，記得91年打風，連做廚房的那艘艇也被吹走，伙記都要上岸暫避。現時我已退休，但在艇上工作真是有趣！

太白海鮮舫及珍寶海鮮舫是香港仔深灣兩艘著名的海上畫舫，香港南區名勝。「海鮮舫」前身是「歌堂艇」。20年代起，水上人開設酒樓，受商賈歡迎，生意滔滔。50年代全盛時期，就有十多艘海鮮舫停泊在香港仔避風塘，規模最大就是珍寶和太白海鮮舫。珍寶海鮮舫亦有「世界最大海上食府」之稱，曾吸引不少中外名人光顧，如英女皇伊利沙伯二世、湯告魯斯等。1971年，珍寶海鮮舫發生大火，整艘焚毀，導致32人死亡，13人失蹤，及後重修。



I came to Hong Kong with my older brother. I worked as a waiter at a seafood restaurant owned by one of our relatives in Stanley. One of its specialities was One Fish, Three Styles. The fish head is braised, then coated with flour and deep-fried so it's crispy and spicy. The flesh of the fish is made into balls and fried with vegetables or squash. Finally,