



# ICONIC媽媽廚房： 跨文化香港滋味

The ICONIC Mums Kitchen:  
Tastes of Intercultural Hong Kong

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# 序

譚少薇、劉影翠、李穎彤

世界各地不同的飲食文化顯示了飲食不單是為了生存，也是為了傳達感情、關係和價值觀。在香港這個多元文化社會裡，各種民族食制造就了一個豐富又充滿活力的大都會環境。在日常生活中，女性在家庭烹飪中扮演核心角色，是身份認同和傳統的重要製造者；而這個過程創造了所有人都能享受的跨文化體驗。

這本食譜是一個文化共創的慶祝，作者是30位跨文化媽媽學堂ICONIC Mums\*的參加者。她們跨越三個世代，文化背景包括：孟加拉、華裔、菲律賓、印度、印尼、日本、尼泊爾、巴基斯坦、新加坡和斯里蘭卡。這些食譜和故事展示了香港豐富的民族食制，以及家庭烹飪中的共通性：家庭成員之間的感情、婦女的智慧、管理食物作為健康的來源、保存傳統，以及社群身份認同的建立。它們構成了本食譜的五個部分。每位參加者的貢獻包括個人敘述、傳統菜式和融合菜式，展示了跨文化主義就在港式生活中。

我們感謝平等機會委員會贊助食譜的製作經費，社創基金支持多元文化行動計劃（MIA），以及香港中文大學人類學系和未來城市研究所城市歷史、文化與媒體研究中心在行政上的協助。還要感謝MIA的導師、義工、學生、朋友，以及我們的插畫家和執行編輯，他們慷慨地投入了寶貴的時間與才華，讓這個項目得以順利完成。

期望這本食譜能搭建一個平台，讓大家在家庭和社區的日常生活裡都能體驗正面的跨文化關係。讓我們開始烹飪，享受跨文化的樂趣吧！

\* ICONIC Mums 是多元文化行動計劃發起的跨文化教育項目。它旨在將不同族裔背景的女性聚集在一起，打破少數與主流社群的文化障礙。請瀏覽以下鏈接獲取更多資訊：

<http://arts.cuhk.edu.hk/~ant/knowledge-transfer/multiculturalism-in-action/index.html>



# Introduction

*Siumi Maria Tam, Janice Ying Chui Lau, and Connie Wing Tung Lee*

The diversity of foodways around the world shows that eating is not just for survival, but also for communicating affection, relations, and values. In a multicultural society like Hong Kong, the variety of ethnic foodways has contributed to a rich and dynamic metropolitan environment. In daily life, women's essential role in home cooking plays a large part in the production of identities and traditions; in the process they help to create an intercultural experience for all to enjoy.

This cookbook is a celebration of culture co-production in Hong Kong, involving 30 participants of the ICONIC Mums Program\* who are from Bangladeshi, Chinese, Filipino, Indian, Indonesian, Japanese, Nepali, Pakistani, Singaporean, and Sri Lankan backgrounds, spanning three generations. The recipes and stories illustrate a wealth of cultural cuisines in Hong Kong, as well as what is common across cultures in home cooking: affection among family members, women's wisdom, managing food as a source of health, maintaining tradition, and producing community identity. These form the basis of the five sections of the cookbook. Each participant's contribution includes a personal narrative, a traditional dish, and a fusion dish that shows how interculturalism is a fact of life in Hong Kong.

We thank the Equal Opportunities Commission for sponsoring the production cost of the cookbook, the SIE Fund in supporting the Multiculturalism in Action (MIA) Project, and the administrative support of the Anthropology Department and the Centre for Urban History, Culture and Media of the Institute of Future Cities, the Chinese University of Hong Kong. Thanks also to MIA mentors, volunteers, students, friends, and our illustrator and executive editor, who generously gave of their time and talent to make this project possible.

It is our wish that this cookbook becomes a platform for positive intercultural experience in daily life on both family and community levels. Let's start cooking and enjoy the fun of interculturalism!

*\*ICONIC Mums is an intercultural education program launched by the Multiculturalism in Action Project. It aims to bring women of different ethnic backgrounds together to break down cultural barriers among minority and mainstream communities. For more information, please visit*

<http://arts.cuhk.edu.hk/~ant/knowledge-transfer/multiculturalism-in-action/index.html>

# 參加者 Participants

月亮官員

Chandrakala Adhikary

愛莉花·迪亞·安迪甄妮

Alif Tia Andiyani

亞施美亞圖恩

Asmiatun

陳娜芳

Anda Chan

陳慶霞

Komen Chan

陳蕾

Yoyo Chan

蔡影儀

Ella Choi

文斯·古拉達

Vince Culata

馮聰維

Convi Fung

安菊·古龍

Anju Gurung

雅密·美利達·哈邦

Ahmed Merlita Habon

詹凱盈

Vicky Jim

川上裕美

Hitomi Kawakami

劉影翠

Janice Ying Chui Lau

羅亦琳

Cherry Law







李穎彤

李敏婷

璞查·里娜

莎茲亞·莫殷

亞苳瑪恩·娜維

潘玫燕

蒲娃緹

萊達·拉古帕棣

達琳娜·撒瑪拉姬娃

紗蜜姆

蘇輻慧

施米達·塔路達

琺家娜·塔絲尼

黃喬輝

山下步

Connie Wing Tung Lee

Miriam Lee

Purja Lila

Shazia Moeen

Arjumand Naveed

Phua Mei Yen, Amy

Purwati

Radha Raghupathy

Daleena Samarajiwa

Shamim Ara Shahjahan

Winnie So

Simita Talukdar

Farjana Tasnim

Pamela Wong

Ayumi Yamashita



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