

乐活冬季

FIELDS LIFESTYLE

莆田乐活指南

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乐活冬季
Winter in Shanghai
热力无惧冰寒
莆田教您玩转上海，乐活冬季！

厨房里的人类学家庄祖宜
Anthropologist in the Kitchen: Tzu-I Mullinax

www.fieldschina.com



卷首语 Editor's Letter

生活总是匆忙，我们常常忘了照顾好自己。我们总是在快节奏的生活模式下疲于奔波，但是尽管匆忙，也要拨停您的时钟，静下来好好享受一顿美味。我们应该关注自己的饮食，注重营养丰富，时令新鲜的食材，这是获取有机和美味最好的方式。

冬季将至，并不意味着万籁俱寂，新鲜的食材依然可以在本季度品尝到。那么，就让莆田为您支招，提供这个冬季最健康，最有机的乐活指南吧！

It's easy to skip taking care of yourself when you live in today's fast-paced society. Maybe you are like me, always on the go with barely a moment to rest between activities. But there's one thing I don't skip, I always make time in my busy schedule to have delicious and healthy meals. I always try to plan my dishes around nutritious, seasonal foods. It's a great way to stay organic and have great tasting meals.

Now it's getting closer and closer to winter, it doesn't mean that fresh produce is obsolete. In fact, the opposite is quite true. So, to help you get through this cold China winter, FIELD S has assembled this great winter guide for healthful foods and activities.

热力无惧冰寒

甫田教您玩转上海

乐活冬季!

乐活冬季

Winter in Shanghai

冬日来临，人们披上厚厚的冬衣，活动频率也随着气温的下降而变少。但寒冬并不意味着万籁俱寂，在这个美丽的季节里，敞开心怀，和甫田一起寻找冬日专属的乐活方式!

Winter is well on its way to Shanghai. It is now time to hunker down with lots of blankets, warm food and family. Along with colder weather, winter ushers in a wide array of great seasonal winter foods and activities.





▪ 火锅

火锅，热腾腾的口感和简单易做的烹调方式，让它成为冬季餐桌上的绝对主角。火锅不拒荤腥，不嫌寒素，用料不分南北，调味不拒东西。它不仅是一种烹饪方式，也是一种用餐方式；不仅是一种饮食方式，也是一种文化模式。不少人也爱吃芝士火锅，这种火锅用的是陶制的锅子，锅里放奶油、大蒜、白葡萄酒等调好的蘸料。吃的时候，只要把面包、蔬菜或海鲜放入锅中蘸一蘸就可以了。

Hot Pot

Friends and family gather around for this traditional Chinese meal and cook an assortment of foods in a hot pot of light broth. Hot pot is the Chinese version of western fondue, which for most involves dipping bread or cooked meats in melted cheese. Both are great ways to get friends and family together to have a warm meal as winter comes knocking at our doors.

▪ 烤红薯

大街上随处可见莫过于烤红薯的小摊，摊贩们常常推着一辆放着土制烤炉的三轮车在大街的拐角处高声吆喝着。那从烤炉里取出的红薯，粉红色的表皮被烤得干黄，甚至有几处被烤焦的痕迹。

在中国，它被视作一种独特的粮食，而现在人们常把它当做甜点小食。在西方，烤红薯更是花样百出，人们会在红薯上撒上一层棉花糖然后入烤箱烤，吃起来甜滋滋的。

Sweet Potatoes

This super nutritious root vegetable can be prepared in a variety of ways. In China the typical preparation is wrapping the sweet potato in foil and roasting or baking. A more curious preparation can be found in the US during the holidays, where sweet potatoes are mashed, topped with marshmallows and baked.



▪ 蜜橘

随着气温的降低，这种果色金黄、皮薄肉嫩、风味浓甜的水果伴随着整个冬季和春季的到来。橘子富含维生素C和柠檬酸具有开胃理气，止渴润肺的功效。在美国，产自中国的这种小蜜橘常常出现在学校筹款活动中，美国的小学生们会挨家挨户的敲开邻居家的门问他们是否要买一些小蜜橘来帮助他们学校的未来建设。

Clementine Oranges

If you walk through the streets of China during the winter you are bound to see many stores, stands and bicycle carts selling these tiny oranges. Native to the Jiangxi province, these tasty treats were historically reserved for the emperor only. In America, you can find schools doing fundraisers where the students sell boxes of these oranges to their neighbors and families.



▪ 钓鱼

寒冷的冬天，也能钓到鱼！

冬季的鱼有两个明显的特点：一是呆在水温比较高的地方不喜欢游动；二是喜欢聚集在一起，特别是鲫鱼。所以你会看见冬天也有人静坐在水边等待着鱼儿上钩来。你不妨带上鱼竿和放松的心情，一起到河边去捕获新鲜。

Fishing

Despite lowering temperatures a popular activity of many Chinese people during the winter is fishing. In fact, the colder temperatures make fish much less active making them easier to snag on a hook. The most popular fish caught during the winter time is the Crucian Carp which can be found in most bodies of water in Shanghai.

▪ 温泉

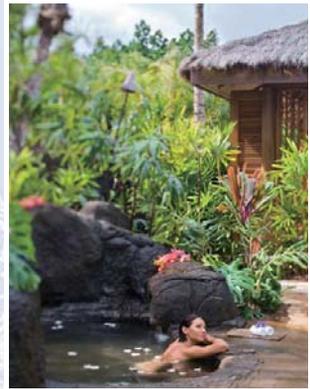
在西方，传说是意大利半岛的伊特鲁利亚人最早提倡用温泉泥浆治病的。温泉水的普及则要归功于罗马人，但罗马人远远不会想到，经过数千年发展，泡温泉早已从他们的独门养生之道演变为风靡世界的休闲度假方式。

在冬季，出去泡泡温泉，呼吸一下新鲜的空气，当属最惬意的乐活方式了！

Hot Springs

How about taking a soothing dip into a hot spring this winter?

Many Chinese people will head out of major cities to more remote areas with beautiful scenery and amazing hot springs and spas. Most spas will also have a large assortment of traditional Chinese treatments available for your enjoyment.



▪ 节日派对

冬季同样是个西方的节日季节，刚刚度过了万圣节，感恩节、圣诞节又接踵而至。虽然节日是属于西方人，但节日的欢乐却属于每一个人。

加入庆祝的队伍，尝试一下火鸡，参加外国人的派对。在这个国际化的都市，一切文化在这里融合，你也赶紧融入这股节日派对浪潮吧！

Dinner Parties

Not that you really need an excuse to get your friends and family together but the winter holiday season is the perfect time to do just that.

Invite the people that mean the most to you over for some good conversation, good company and of course great food.



厨房里的人类学家 庄祖宜

Anthropologist in the Kitchen

Tzu-I Mullinax

她热爱烹饪
她在厨房里进行田野调查
她是个会写作会弹吉他的厨师
她是厨房里的人类学家庄祖宜

She's a mom...
She's a writer...
She's a chef...
She's Tzu-I Mullinax!

❖ 厨房里的人类学家---庄祖宜 Anthropologist in the Kitchen Tzu-I Mullinax



庄祖宜，台湾师大英语系毕业，哥伦比亚大学人类学硕士、西雅图华盛顿大学人类学博士候选人。2006年，她毅然决然放下博士论文，进入美国麻州剑桥厨艺学校研习烹饪。毕业后跟随丈夫一同前往香港，在大饭店里从厨房学徒做起，工作之余经营其个人博客“厨房里的人类学家”，与众多读者分享烹饪心得和专业厨房内的所见所闻。2010年再随夫搬到上海，相夫教子的同时经营着自己的烹饪视频和微博，也与甫田网产生了美妙的缘分。今天，我们带您了解这位厨房里的人类学家。

Tzu-I Mullinax began her adult life entering college as an anthropology student. She attended Columbia University where she received a master's degree in anthropology and was working on her doctorate when she decided to suddenly switch careers and become a chef. Mullinax attended Cambridge School of Culinary Arts before moving to Hong Kong with her husband and beginning to

cook professionally at several well respected restaurants. During her time in Hong Kong she began writing her blog, Anthropologist in the Kitchen, which was eventually rewritten into a book. Today Mullinax continues to cook and write and has even begun creating short cooking videos from the comfort of her own home. She does all of this while taking care of her two young sons. FIELDS was lucky enough to steal her away from her busy life for a short interview where she talks about switching careers, winter cooking and grocery shopping in Shanghai.

Q&A

1 How did you switch from Anthropology into cooking?



I started doing a lot of cooking when I went to the states for grad school. Before then I hardly ever cooked. In 2006 when [my husband and I] walked by a culinary school called Cambridge Culinary. I looked in and saw all these chef instructors and students in chef white and chef hats.

That was a time when I was feeling particularly frustrated with my studies. I described to my friends that when looking into the school it felt like I was looking into a tunnel and in front of me was this beautiful light full of possibilities. And at that moment it became clear that I could become a chef. Basically within two weeks I made the decision to ditch my graduate school career and go to culinary school.



您是如何从学习人类学转而投向烹饪的呢?

我是去美国读研究生时才开始自己尝试做很多的菜，在这之前，我几乎没有做过菜。2006年有一次我和丈夫路过了著名的剑桥厨艺学校，当时我正在为完成我的博士论文而感到苦恼。

后来我和我的朋友回忆起当时，我向学校里面看去的时候，仿佛看到一束束充满无限可能的光芒从一个隧道射出。在那时我清楚地意识到我应该成为一名厨师。就在之后的两个星期里，我决定放弃我的研究生学位去烹饪学校学习。



2 How did you think to start making cooking videos?

I started seeing that so many of my friends, people who are very accomplished, somehow can't cook at all. I thought why would they not be able to cook when they are so smart and so capable. And I realized people read my blog and think 'oh that's interesting!' but still don't know how to execute certain steps. So I thought if I could have video it would be much easier.

您是怎么想到开始做烹饪视频的?

一开始，我发现我的很多朋友虽然多才多艺但大多不会做菜。我在想为什么他们如此聪明如此能干，却不会做菜呢？并且我还发现很多人看到我的博客都会说：“哦！做菜真有趣！”但他们仍然不会操作食谱上的步骤。所以，我思索着如果我可以制作烹饪视频，那就会使学习做菜更加简单了！

Q&A

3 Where do you get your inspiration for your recipes?

“Everywhere. I think mostly from what ingredients I can find. It's very seasonal. Now these days with FIELDS I go online and say oh well that looks really good, what can I do with that. So usually it starts out with an ingredient.”

在做菜的过程中，您从哪里获得灵感？

我想，灵感无处不在！很大一部分来自于我所获得的食材，它具有很强的季节性。我在网上逛莆田网的时候，常常看到一些很好的食材，我就会想我可以这食材做什么菜。所以我认为灵感就出自每一种食材。

4 What is your favorite healthy winter dish to cook? And how do you stay healthy in the winter?

“When I cook it's mostly how to make things taste good. I think when you use good ingredients; in the end it's healthier. In the winter time I like to do a lot of braised and stewed dishes. Because it just feels so warm, its comfort food. It takes a long time for the dish to cook on the stove but the active preparation time is not that long.

您在冬季最喜爱做什么样的菜？您是如何在冬季保持健康的？

当我烹饪时我会更在意如何使食物更加好吃，在我看来只要你用好的食材，你就会获得健康。在冬天，我喜欢做一些红烧和炖的菜。因为它会让人感觉温暖和舒服。做这种菜需要在炉子上文火慢炖，但准备材料的时间却不会很长。



5 What are your top 3 cooking tips in the winter?

In the winter time I like to use darker spices. Make good use of spices with a darker flavor profile like ginger, cinnamon and cloves or vanilla. Dark flavors feel very appropriate for colder weather. And root vegetables, I love root vegetables. In the wintertime there are wonderful root vegetables like taro and parsnips. I also love to add some citrus flavors, if you always have that stew and potatoes it feels heavy, that's when a little bit of citrus can brighten up that deep flavor.

在冬季，您独门的烹饪技巧是什么？

在冬天的时候，我喜欢用口味偏重的调味料。常常使用的浓重口味的调味料有：生姜肉桂，丁香和香草。浓重口味的调味料非常适合在寒冷的天气食用。我也很爱根茎类蔬菜，在冬季，有很多很棒的根茎类蔬菜，如芋头，欧洲萝卜。如果你总是用土豆炖会感觉味道很重，这时需要加一些橘子提味。



6 How do you get your kids to eat healthy foods?

“Well my son Theo, who is two now, started out being the ideal eater. But now he says “bu yao” just on principle. If you just let children know this is good for you, this is nutritious, but you yourself don't really like it, then the children can sense it. But when we kept saying oh this is so good this is so good then he would want to try something.

您如何让您的孩子吃的更健康？

我的大儿子述海，他现在两岁了。一开始，他是个不挑剔的食客。但现在，他常说“不要”来表达他的原则。如果你一直告诉你的孩子这个是好东西，这个很有营养，而你却不喜欢吃的话，孩子是可以感受到的。但当我们真心认为这是好的东西并告诉他的话，他最后会想要尝试一下的。





Q&A



7 You have been living in Shanghai for a few years, what are the biggest difficulties you find while shopping for groceries. What is the biggest difference in FIELDS products and grocery store products?

I am really concerned with food safety so I started looking for organic farms and in the process I found FIELDS. With meat, it's hard to find western cuts of meat, even if I went to the Halal butcher where they have a whole cow. I felt that they have a whole cow so they should have the cuts I want, but they don't! Finally I found FIELDS and because you guys have a western butcher, you get most of the cuts that I need. So that has been very very helpful. I also haven't been able to get very fresh sea food and the variety isn't very good. And if you go to the supermarket and buy frozen ones, I have often experienced where you defrost it and it's all watery and the meat is like mushy. And for that reason again I am very grateful for having FIELDS around because I've never experienced that from the frozen products I've ordered from you guys.

上海生活的这两年，您在购买食材的过程中遇到的最大的困难是什么？您认为莆田网的产品与一般市场上的产品最大的区别在于哪里？

我真的很关心食品安全，所以我就开始寻找有机农场，在这个过程中我发现了莆田网。在上海，真的很难找到西式切法的肉，即使我去清真肉店。他们有一个整头的牛，所以我觉得我可以在他们那里找到我想要的牛肉，但是并没有。最后我发现了莆田网，因为那里有我想要的所以西式切法的牛肉。这真的非常非常地方便。另外，在上海也很难找到非常新鲜的海鲜，品种也不是很齐全。如果去超市买速冻的，我经常遇到已经被解冻的海鲜，那些海鲜变得水汪汪，有的肉甚至成了糊状。正是因为这个原因，我非常感谢莆田网，因为我从来没有在上海体验过从下单到配送到家都保持着冷冻状态的海鲜产品。



时令食材
Seasonal Food



推荐食法：番茄土豆烩牛眼肉

澳大利亚冰鲜草饲牛眼肉

牛眼肉是牛背上两侧前面的部位肉。属于高档部位肉，其一端与上脑肉（牛后颈部位的肉）相连，另一端与外脊（背部最长肌）相连，此肉形如眼状，也称为眼肉，眼肉肉质细嫩，脂肪含量较高，吃起来口感比较香甜多汁，不干涩。除了煎食外，牛眼肉也可以用来涮火锅，是美味高档的火锅食材。

Grass-Fed Ribeye (Australia)

Imported from Australia, this ribeye is cut from cattle that was raised on a grass diet. This diet provides beef with less marbling than is seen in grain-fed cattle, but yields the same delicious flavor. Grass-fed beef is typically lower in calories and higher in healthy omega-3 and vitamins A & E. Quickly sear this ribeye to preserve its naturally savory taste.

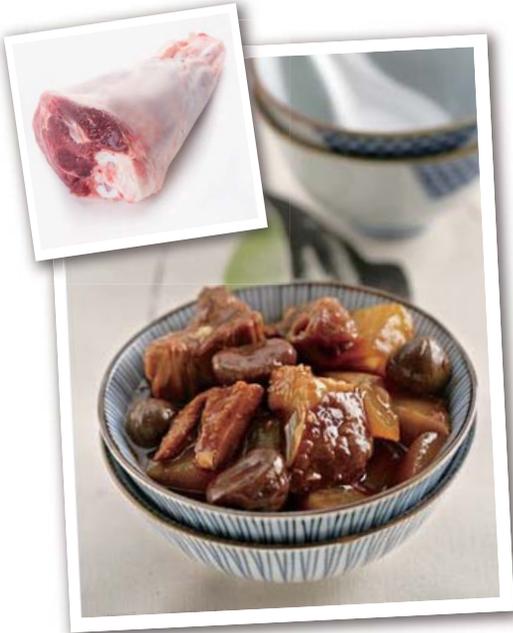
推荐食法：排骨萝卜汤

有机黑毛猪-排骨

莆田有机黑毛猪来自皖西的养殖基地，延续了古老的黑毛猪基因，纯种保证。肉质柔嫩，弹性十足，浓浓的肉香勾起旧时的香猪肉回忆。用有机黑毛猪排骨来炖汤，驱走冬日的严寒，带来美味与健康。

Organic Black Pig - Ribs

Black pigs are known for their delectable well marbled, tender, and extremely flavorful cuts of pork. Our chopped Organic Black Pig Pork Ribs come from free-range pigs raised in the mountainous region of Anhui that are fed a natural diet and never given hormones or antibiotics. You can be assured our chopped Organic Black Pig Pork Ribs will be safe, nutritious, and delicious. These chopped organic pork ribs are great for slow cooking or stews.



推荐食法：板栗焖羊腱

澳大利亚羊腱

羊腱，羊羔的小腿部位，澳洲小羔羊的羊腱仅有薄薄的一层脂肪，能保持鲜嫩，多汁的羊肉和美味的烘焙。您可以尝试着用它与迷迭香和马铃薯烘焙，香味浓郁，绝对令你唇齿留香！

Lamb Shank (Australia)

This Australian lamb leg shank contains the lower half of the lamb leg with the round leg included but with the sirloin half removed. With a thin covering of fat, this cut of lamb remains tender, juicy and delicious after roasting. Try roasting with rosemary and potatoes for a delicious and filling meal!



有机西兰花

菜花又叫花椰菜，有白、绿两种。白菜花和绿菜花的营养价值基本相同，绿菜花比白菜花的胡萝卜素含量要高一些。

菜花富含蛋白质、脂肪、碳水化合物、食物纤维、维生素及矿物质而且还含有一般蔬菜所没有的丰富的维生素K。同时，还是含有类黄酮最多的食物之一，而其钙含量还可与牛奶相媲美。

Broccoli (Organic)

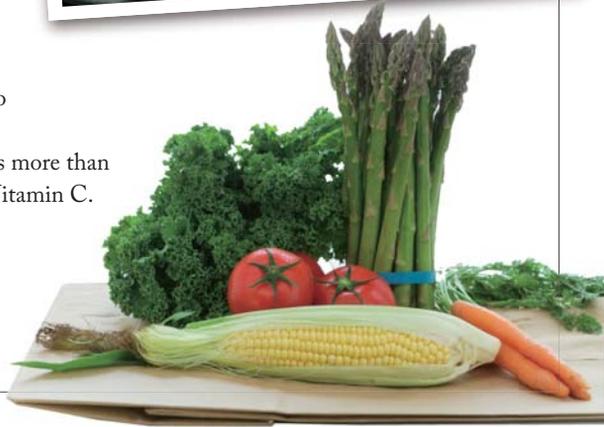
Broccoli contains twice the vitamin C content of an orange, almost as much calcium as whole milk, selenium (a mineral found to have anti-cancer and anti-viral properties), incredible antioxidant properties, beta-carotene, and potassium. Try using this vitamin packed vegetable in a simple stir fry seasoned with a touch of oyster sauce and garlic.

有机大白萝卜

白萝卜含有丰富的维生素C和微量元素锌，有助于增强机体的免疫功能，提高抗病能力。白萝卜还含有芥子油能促进胃肠蠕动，增加食欲，帮助消化。

Large Daikon (Organic)

Also known as Chinese or Japanese Radish, this large mild tasting radish lends well to absorbing flavors in soups and stews. The leaves can also be eaten by either boiling or adding to a stir fry. One serving of daikon is extremely low in calories, but contains more than a third of your daily requirement of Vitamin C.





有机油冬菜

有机油冬菜，产自上海崇明有机农庄，又名崇明肉菜。有机油冬菜富含维生素C，并且富含钙、铁、磷、镁等矿物质，被称为“维他菜”。这种菜只在寒冷的季节出产是只有在秋冬季才能品尝到的健康美味。

Bok Choy (Organic)

Organic Bok Choy is fresh and delicious. Bok Choy is one of the most popular vegetables in China and for good reason! High in vitamin C and A, this veggie helps keep the body's immune system in check and tastes great in a stir-fry and light, brothy soups.

有机红南瓜

南瓜营养丰富且全面，果实中含有糖类、维生素、蛋白质以及人体所需的17种氨基酸。此外，南瓜还含有较丰富的钾、钙、镁、硒、铁、锌等。虽然南瓜中所含的胡萝卜素比胡萝卜稍逊一筹，但南瓜仍旧是含有胡萝卜素的明星，其胡萝卜素含量为西瓜的8-20倍，是维生素A的优质来源。

Red Pumpkin (Organic)

The Asian Red Pumpkin is smaller than America's famous Halloween-style gourds, but its inner flesh is a savory and delicious treat. Chinese cuisine and traditional medicine favor pumpkin soup as a nourishing tonic for relieving dampness.

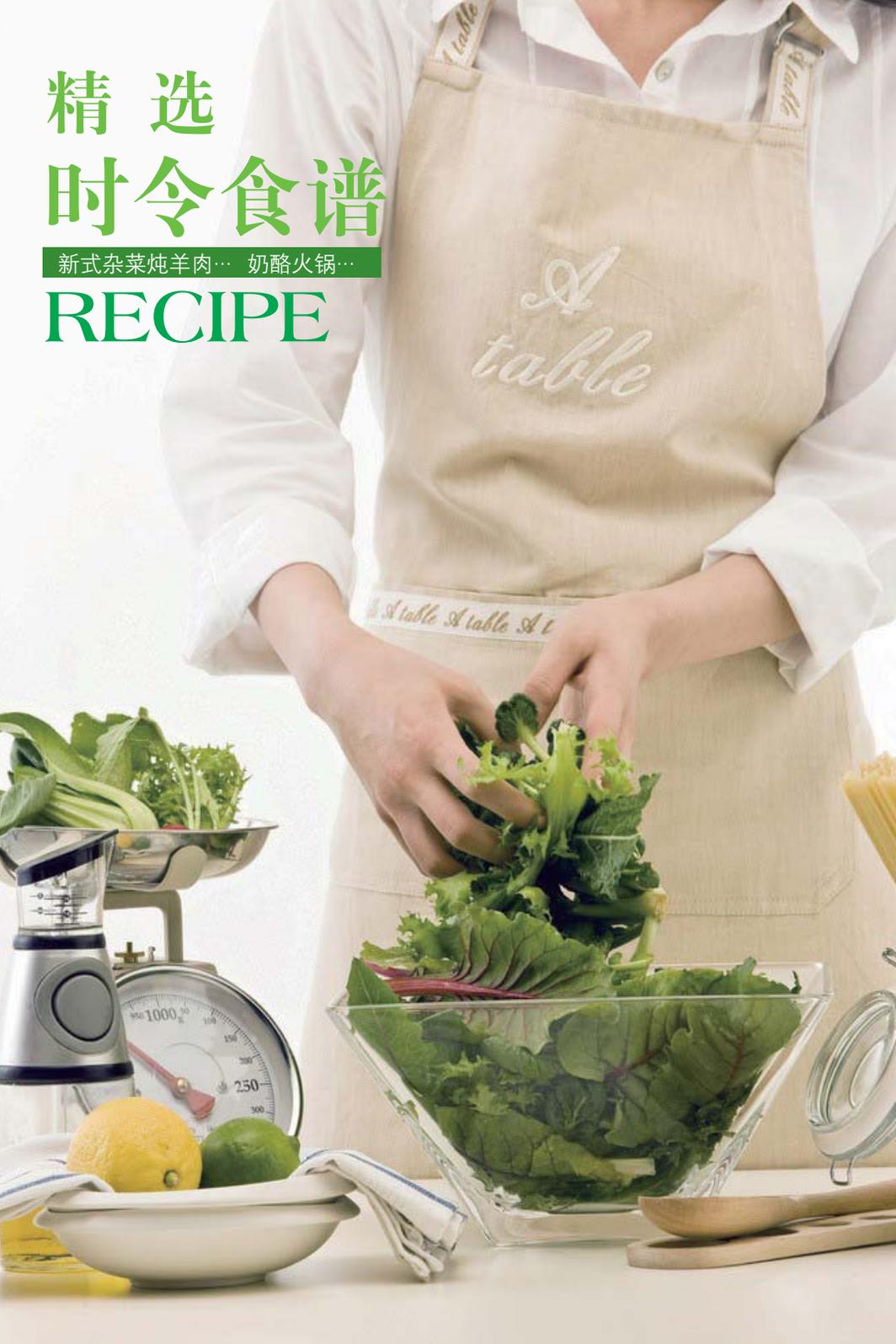
FIELDS' organic Red Pumpkin makes a wonderful soup. Try halving and hollowing one out, roasting it for 30 minutes, then blending with stock and a stir-fried onion.



精选 时令食谱

新式杂菜炖羊肉… 奶酪火锅…

RECIPE



✦ 精选时令食谱 Recipe

奶酪火锅

奶酪火锅（又名起司火锅，西方名称：Fondue au fromage, Fondue源自法文，意为“融化”），源自瑞士，是把芝士用温火煮溶，将面包、香肠、蔬菜蘸来吃的一种欧式火锅。在寒冷的深秋及冬季，围着一顿芝士火锅，特别温暖有气氛。

原料/配料

Gruyere Cheese（葛瑞尔乳酪）200g

Gouda Cheese（高达乳酪）200g

牛乳300cc

玉米粉适量

大蒜1片

柠檬汁、黑胡椒、白葡萄酒、白兰地、

面包适量（建议用法式长棍、法式香蒜面包）

蔬菜适量（建议用胡萝卜、青椒、西兰花）

水果（建议用苹果、香蕉）

火腿、香肠。

作法

- ① 先使用大蒜涂在锅内涂层，再将鲜奶倒入，加热到70~80度C。
- ② 另将两种奶酪先用刨丝工具刨成丝状，再倒入玉米粉搅拌均匀。
- ③ 干酪采用渐进式少量倒入，边倒入锅中边搅拌，不要一下子倒完，要搅拌均匀，避免结块。
- ④ 此时边融化干酪，边加入调味酒白兰地。然后将柠檬汁、黑胡椒粉、葡萄酒等逐加入，调至个人喜爱风味。
- ⑤ 食用时，可将所有食材、面包、蔬菜、水果切成丁状，直接沾黏食用即可。



✕ Recipe

Fondue

Although Fondue is originally from Switzerland, the word itself is French meaning “melt.” First cheese is melted over warm heat and left simmering while bread, sausage and vegetables are dipped in the melted cheese. Fondue is essentially a European-style hot pot and is perfect for the cold seasons of late autumn and winter. It creates a warm atmosphere where people can gather and have a lively meal together.

Ingredients

Gruyere Cheese 200g

Gouda Cheese 200g

Milk 300cc

Cornstarch

Garlic

Lemon juice, black pepper

White wine, brandy

(amounts are according to personal preference)

Bread

(recommended: garlic bread)

Vegetables

(recommended: carrots, green peppers, broccoli)

Fruit (apples, bananas)

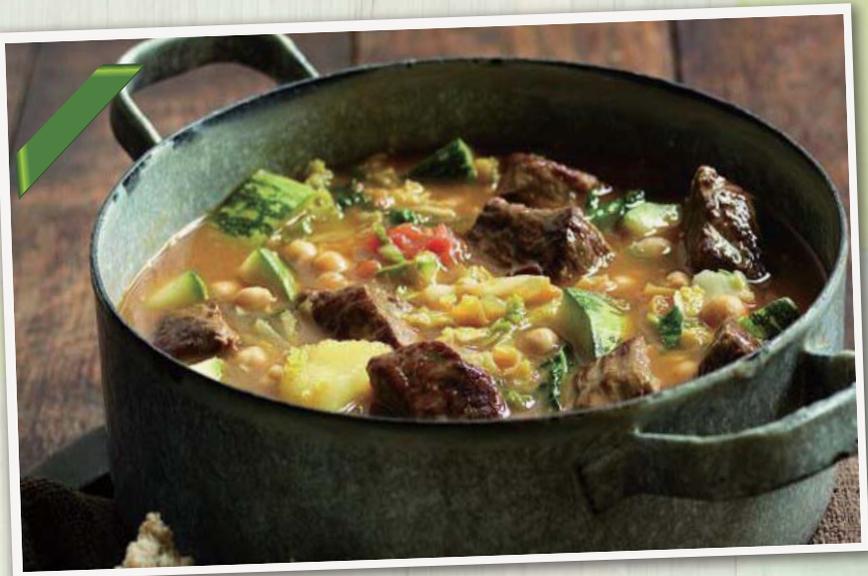
Ham and sausage

Preparation

- 1 Heat the milk and garlic to 70 to 80 degrees C.
- 2 Grate both cheeses into a separate bowl, mixing with the cornstarch.
- 3 Slowly add the grated cheese to the heated milk. Be sure to continually stir to avoid clumping.
- 4 Flavor to taste using wine, brandy, lemon juice, and black pepper.
- 5 Dice all dipping ingredients (bread, vegetables, meats, and fruits) and serve along side melted cheese.



✿ 精选时令食谱



新式杂菜炖羊肉

这道菜来源于传统的爱尔兰节庆炖菜，经过改良加大了蔬菜的比例，混合了各式蔬菜的营养，色泽也更加丰富，不仅营养没问而且非常养眼。

原料/配料

无骨羊肩肉450克，切块（2.5厘米见方）

马铃薯4个（不削皮，切块）

胡萝卜3根（削皮切块）

蔬菜油2茶匙、洋葱2个（切块）

青蒜2根（洗净，葱白和浅绿色葱叶部分切段）

大芜菁1个（削皮后切块），中筋面粉2汤匙

月桂叶1片，干迷迭香1/2茶匙，盐1茶匙，黑胡椒粉1/4茶匙

豌豆（青豆）450克，新鲜或冷冻皆可

作法

- ① 锅中下油，以中大火加热。放入肉块（可分几次完成），每次嫩煎5分钟，至表面呈金黄色，盛起备用。
- ② 放入马铃薯、胡萝卜、洋葱、韭葱和芜菁，煮10分钟，偶尔搅拌一下。加入面粉，和蔬菜拌匀。
- ③ 加入720克水、月桂叶、迷迭香、盐和胡椒，沸后转成小火。
- ④ 放入羊肉，不盖锅盖炖煮50至60分钟，至肉熟软，偶尔搅拌一下。
- ⑤ 最后放入豌豆，煮5分钟，起锅上桌。

✿ Recipe

The New Mixed Vegetable Lamb Stew

This dish is inspired by traditional Irish festival stews. This hearty stew contains a beautiful mixture of vegetables, tender lamb and rich flavor and color.

Ingredients

450g boneless lamb shoulder cut into pieces (2.5 cm square)

potato (peeled, diced)

3 carrots (peeled and diced)

2 teaspoons vegetable oil

2 onions (cut into pieces)

one whole leek (sliced)

turnip (peeled, diced)

2 tablespoons all purpose flour

1 bay leaf

1/2 teaspoon dried rosemary

1 teaspoon salt

1/4 teaspoon black pepper

450 g green peas (fresh or frozen)

Preparation

- ➊ Heat oil in a large pot. Add lamb and seer quickly to give the outside a golden brown color. Do not cook the meat all the way through. Set aside.
- ➋ Sautee potatoes, carrots, onions, leeks and turnips for about 10 minutes, stirring occasionally. Add flour and mix well.
- ➌ Add 720 grams of water, bay leaves, rosemary, salt and pepper. Let come to a boil and turn down heat to low.
- ➍ Add lamb, do not cover the lid and let simmer for 50-60 minutes stirring occasionally or until the meat is cooked and tender.
- ➎ Finally, add peas and cook for 5 minutes. Remove from heat and serve.



甫田故事 FIELDS STORY

甫田的愿景不仅仅是提供最健康，最新鲜，最高品质的食材，更多的是想把健康的饮食理念及生活态度带给大家。因此，我们热衷于开设美食课堂，传播健康文化，参与公益活动。于是，你会看到甫田丰富多彩的另一面。

FIELDS is not only dedicated to providing fresh, healthy and high-quality foods, we also strive to inspire our customers to live truly healthy lifestyles. With this goal in mind, FIELDS is enthusiastically engaged in arranging cooking classes, educating people about healthy living and participating in charity events.



莆田媒体品鉴会

近日，莆田隆重举办了莆田媒体品鉴会，来自各领域的媒体记者悉数到场，共同参与到这场纯粹的盛宴之中。莆田CEO梁耀祖先生讲述了莆田创立的故事，以及莆田食材是如何通过甄选从田间到餐桌的。经过精心烹制的莆田食材，完美地呈现着莆田一贯的理念，“高品质，安全，美味”！

FIELDS' Media Luncheon

FIELDS hosted a media luncheon at Madison restaurant on October 23rd, FIELDS' CEO Steve Liang spoke about starting FIELDS and the drive behind the company. Using FIELDS products, Madison's chef, Austin, created an amazing meal which left everyone craving just one more bite.

宝贝基金会苏州慈善市集

近日，莆田参与宝贝基金会主办的苏州慈善市集，当天的活动吸引了社会各界人士前往。在这场市集上，宝贝基金会资助的儿童带来了精彩的表演。作为宝贝基金会的长期合作伙伴，莆田关注公益，希望更多的人可以加入我们的行列一起关心可爱的孩子们。

Baobei Suzhou Charity Bazaar

At the end of October, Baobei was at the center of a fundraising bazaar in Suzhou, the day's events featured local and expat musicians, dancers, artists, families and businesses. Not only did the event raise a significant sum of money towards medical costs for our babies, it also brought the local Suzhou community together around greater awareness of orphan needs and Baobei's work.



黑毛猪肉包体验课

2012年10月30日，莆田网携手美厨课堂，共同举办了首次合作厨艺课程。首次课程主题为——黑毛猪肉包。来自莆田网和美厨课堂的共计15位受邀者参加了美食烹饪课程。

课程的烹饪主材选用了来自莆田网的有机黑毛猪肉糜，学员们在老师的带领下制作并且享用了自己亲手做的黑毛猪肉包！

Fields Cooking Class with Kitchen M

FIELDS and Kitchen M joined together on October 30th 2012 for a cooking class, which 15 invitees attended. The theme of the first joint FIELDS and Kitchen M cooking class was organic black pig pork buns. Everyone had a great time during the class and loved the pork buns they made themselves.





EF英语美食课堂

近日，莆田与英孚教育(EF)合作推出英语美食课堂。美食课堂包括：牛肉课堂，烘焙课堂，雕南瓜灯教学，火鸡课堂等。妙趣横生的课程以及标准的美式英语让英孚教育的学员们在学习英语的同时感受到最真实的外国文化。未来，莆田将联合英孚教育推出更多美食课堂。

EF Cooking Lessons

Recently, FIELDS began partnering with English First (EF) to put on cooking lessons for the students of EF. These cooking classes provided students with an exciting, hands-on way of learning English and about foreign cultures. FIELDS plans to continue to sponsor cooking classes at EF far into the future.

宝贝，妈妈，在行动！

莆田网携手“宝贝基金会”，“米饭妈妈”两家慈善机构，共同为需要帮助的孩子们献出爱心。在十月、十一月，莆田将参与活动的客人订单额的5%捐给最可爱的孩子们！拥有爱心的您，请继续关注莆田网的公益行动！

Baobei Mama Program

FIELDS is committed to working with local charities and is proud to launch the Baobei Mama Program. This is a charitable program for which FIELDS has partnered with two amazing foundations that help improve the lives of underprivileged children all over China. We donate 5% of purchases that noted a special code to Mifan Mama and Baobei Foundation.



在未来…

我们将参与上海德威国际学校，上海西华国际学校，上海英国学校等举办的学校市集。将更多的健康安全饮食资讯传递到这些国际学校。我们还将携手美厨课堂(Kitchen M)推出更多厨艺课堂，让更多的人从美食中发现乐趣。同时，莆田将参与更多公益行动，为更多需要帮助的孩子们贡献自己的力量，也希望更多爱心人士加入。在未来，莆田将会做的更多、更好，为您带来高品质，安全，健康的食材而努力。

In The Future

This November FIELDS will be appearing all over Shanghai, we will be at several international schools including Concorida, Dulwich and British International School. FIELDS will also continue working with Kitchen M to put on more cooking classes like our black pig pork bun class. FIELDS strives to stay involved within our community through sponsorships and charity and hopes that you will join with us to help try to make our world a better place.



F I E L D S

A Taste of Quality

节日火鸡盛宴 Holiday Turkey Dinner

FIELDS诚挚为您的节日掌厨。高级餐厅的品质享受，外加有甜点的供给。美味的胡萝卜，入味的烤火鸡，烤鸡汁，土豆泥，迷你甘蓝菜，嫩炒青豆，南瓜浓汤，烘焙蘑菇，小红莓果酱，和最不能少的诱香南瓜派！可供10-12人享用。

甫田的烤鸡全部采用花生油烤制、炸制。为迎接节日到来，即日起开始接受预定（配送日期不受限制，可选择，但至少提前一天预定），提前预定享受更多折扣。

The FIELDS Holiday Dinner is the complete solution to all of your holiday needs. Our restaurant quality dinner comes with all the fixings plus dessert: Deep fried turkey, brussels sprouts, mashed potatoes and gravy, classic stuffing, French beans, glazed carrots, pumpkins soups, auted mushrooms, homemade cranberry sauce, and of course, a pumpkin pie! Serves 10-12. Turkey is fried in peanut oil.

*Please note that this product is not available for same day deliver and must be pre-ordered.
Cost depends on pre-order date.

Delivery Informations

Shanghai (Excluding Chongming)

Delivery Everyday

Same-day delivery for orders placed before 4pm

Free delivery for orders over 200RMB

For orders 100RMB - 200RMB: 20RMB delivery fee

For orders less than 100RMB: 50RMB delivery fee

Changzhou

Delivery only on Wednesdays

Free delivery for orders over 500RMB,

For orders less than 500RMB: 50RMB delivery fee

Suzhou (including Wujiang, Kunshan)

Delivery on Mondays, Wednesdays, Thursdays and Sundays

Free delivery for orders over 200RMB

For orders less than 200RMB: 50RMB delivery fee

Ningbo

Delivery only on Thursdays

Free delivery for orders over 500RMB

For orders less than 500RMB: 50RMB delivery fee

Hangzhou

Delivery only on Tuesdays

Free delivery for orders over 500RMB

For orders less than 500RMB: 50RMB delivery fee

Nanjing

Delivery on Tuesdays, Wednesdays and Saturdays

Free delivery for orders over 500RMB

For orders less than 500RMB: 50RMB delivery fee

Changshu & Wuxi

Delivery on Thursdays and Sundays

Free delivery for orders over 500RMB,

For orders less than 500RMB: 50RMB delivery fee

In the case that an item is out of stock, we will inform you and give an option of redelivery of the requested item.

If you have any additional questions about FIELDS, how delivery works, or about any of our products, please do not hesitate to contact us at

orders@fieldschina.com ; 13816958551 OR

13918024283). We are here to help!

All of our bakery items are made to order and may not be available for same day delivery.

Due to the long, slow-cooking process, Braised Beef

Dinner must be ordered one day in advance.

All sale items are final.

配送信息

上海地区（不包括崇明区）每日配送（含节假日）
16点前下单，当日新鲜送达。

200元以上：免运费。100至200元：20元运费。

100元以下：50元运费。

常州

每周三配送，满500元免运费

500元以下50元运费

苏州（包含吴江、昆山）

每周一、周三、周四、周日配送，满200元免运费

200元以下50元运费

宁波

每周四配送，满500元免运费

500元以下50元运费

杭州

每周二配送，满500元免运费，500元以下50元运费

南京

每周二、周三、周六配送，满500元免运费

常熟、无锡

每周四、周日配送，满500元免运费

500元以下50元运费

在结账过程中，请在递送时间的选项表中选择您期望送达的时间段。

如果您有任何额外要求，或是对配送和产品的建议，
欢迎随时联系：

customer_service@fieldschina.com;

客服热线：400-021-0339

烘焙类食物都可接收订购但不提供当天配送服务。

由于烹制时间长，烤牛肉等套餐需提前一天预订

所有折扣促销的商品一经售出，恕不退换。

所有大厨熟食产品需在15:30之前下单。



F I E L D S

A Taste of Quality

Shanghai's premier online grocery store
for safe, high quality, delicious food
delivered to your door.
www.fieldschina.com