

食味缤纷, 人人可饪

料理是给家人最深沉的爱

新鲜健康乃家厨“终极使命”

爱是烟火之味

"粽"情端午



The "Ultimate Mission"
is to have Fresh and
Healthy Ingredients in Your Kitchen

Cooking Is Fun
And Something Everyone Can Do!

Love is the Key to Explosive Flavour!

食味缤纷，人人可饪

EVERYONE CAN COOK

食味缤纷，人人可饪

春末夏初，甫田和你分享清热生津、安神护心的饮食养生要诀。阳气盛极、生机旺盛的季节，带来比上一季更为丰富多样的食材选择：清心开胃的西葫芦，滋补味鲜的鸡肉，秀色可餐的各式时令水果……各路食材纷纷动员，推崇清淡为主调，融合以酸、甜、苦、辣、香等等味觉，穷尽振奋开胃之能，才能够让人静心坦对“苦夏”的暑气。

本期的“专题采访”，从创意菜达人、营养学专家、厨艺赛选手三个不同角度，阐述了他们在当季是如何悉心呵护家人健康的，材料、手段、菜式、风味等方面极尽仔细，这同时也正是夏季膳食的不变追求；俗话说“晚春马兰胜似药”，“视觉盛宴”不仅会告诉你一种马兰头的新鲜食法，还将隆重介绍一道香浓快意的炖菜，事实会向你证明做这样一锅踏踏实实的硬菜实在不难！接着“时令食材”要与你讨论当季蔬果生鲜那些不得不说的的事儿；“热卖推荐”将推出 Fields 甫田网 5-6 月的导购。

阅览完当季缤纷食味，为家人细烹一桌好菜应该不再是一件难事了把？也许你曾经畏惧烹饪、自认做不出可口的饭菜，但只要不惧约束、勇敢尝试，将所学灵活运用到烹饪当中，哪怕只是最平常的一道家常菜，只要全心投入了，就能打动你的食客——这就是《料理鼠王》中奥古斯汀古斯特对小雷米所说的“人人可饪”！

也许从不奢望自己有朝一日能成为名厨，但只要心中有梦想，人人皆可学烹饪！

Cooking is Fun and Something Everyone can do!

We are nearing the end of spring and will soon be settling into the summer season! Of course we love the sun shining on our faces but these Chinese summers can be brutal; fluids drain from our bodies, tempers can flare and we can be more prone to anxiety in the intense heat. What better way to settle those nerves with a delicious, light and healthy meal? As we change from one season to another it is important to remember your eating habits can be the source of your energy, your health, your mood and your happiness! Add light ingredients with a touch of sour, sweet, bitter, spicy and any fragrant flavours you desire to your meals, this will help satisfy your appetite and also help your body to cope with the summer heat.

In this month's issue we have three special interviews with a creator of delicious, must have recipes, a nutrition expert and a cooking contestant from Top Chef. FIELDS has discussed with these experts how to take good care of your family's health from three different points of view. From ingredients, cooking methods, cuisine, and flavour we were in pursuit for the perfect summer meal. Our Visual Party section will tell you how to cook Kalimeris Indica in a fresh, innovative way and will also introduce a tasty Mussel Potato Soup where we discovered preparing a good soup is not so difficult!!! We have concluded this edition by discussing seasonal ingredients, and everything you need to know about fresh fruits and vegetables.

Cooking is fun and everyone can do it! contains content on how to prepare a table of fine foods for your family, and now YOU can do it too! Sometimes we don't feel confident in our ability to prepare delicious meals, but be brave and give it a try; you can always adapt and be flexible in the kitchen! As long as you commit and put your heart into your cooking your diners will be impressed hands down! This beautiful piece of advice is from the "Ratatouille" movie, "everyone can cook"!



专题采访 Alvin

新鲜健康乃家厨“终极使命”

他是美食博客@ALVIN的美味厨房 之创办者、美术指导以及食物摄影师，热衷于传播来自世界各地的家庭美食文化，借以表达“温馨的好味道”作为烹制菜肴的终极目标。

Our first interview was with Alvin, whose “ultimate mission” is to cook fresh and healthy food at home for his family. He has his own food blog called “Alvin's delicious kitchen”, and he is also an art director and food photographer. He is keen to spread the culture of home-cooked food from around the world, in order to express that food cooked with love from the home kitchen is always going to be rich with flavour.



家厨 Alvin 的烹饪 Tips

在夏季要避免快速饮用大量过冰的果蔬汁，所以我认为使用冷藏水果榨汁、不加冰会是不错的选择！

Alvin's Summer Tips

Avoid rapid consumption of cold fruit and vegetable juice - you might end up with brain-freeze! Try fruit juice with no ice - you can cool the fruit and you'll be sure to slurp down a delicious drink full of all the goodies to keep you going throughout the day!



问：初夏一般会做什么菜式犒劳自己？能说说你心目中的应季必备菜式吗？

答：我们都更喜欢平易近人的食物，因为它们有着不必深刻体会就能感受到的好味道。在夏天我最喜欢做各式冷面，中式、日式、韩式换着口味来，还可以加入新鲜的时令生菜，搭配酸甜辣香的各种酱汁，就是我当季一定不会错过的简单美味！

Q: In the early summer what kind of dishes do you generally cook to treat yourself? Can you recommend one of your favourite seasonal dishes that you simply can't live without! We prefer to use ingredients that are generally and easily stocked in your fridge so you can cook it any time without a special order! We want to give our readers an everyday recipe that isn't intimidating but still tastes amazing! What do you have in mind?

A: In the summer I like to do all kinds of noodles, Chinese, Japanese, and Korean for the taste, you can also add fresh, seasonal lettuce with a sweet and sour, spicy and fragrant sauce, this is my seasonal recommendation for the early summer, you don't want to miss these simple, delicious flavours!

问：可否分享一些你的夏日餐桌营养贴士？如何才能让家人吃得美味又健康？

答：夏季食材品类非常丰富，家里餐桌上的菜肴有很多选择，如果是我的话唯一会特别注意到的就是果蔬汁的搭配，用适量配比的果蔬汁佐餐会让整个餐桌瞬间散发活力，而且最重要的是它能够在高温中及时为人体补充维生素、糖、纤维质和水分。

Q: Can you share some of your summer dining nutrition tips? How can your family eat delicious and healthy food this summer?

A: Generally summer food is full of rich dishes from the home kitchen so the choices are limitless! I suggest this summer we should all pay special attention to the fruit and vegetable juices and try to include these juices in every meal as they are filled with vital nutrients that boost your energy throughout the day. Most importantly, it is a time when the body needs to add vitamins, sugar, fiber, and water to sustain these hot temperatures.

问：煎炒烹炸、蒸煮焖炖，你最钟爱的烹饪手法是哪个？

答：烤，这是我最经常采取的烹饪手法，对于不同的食材调整烘烤的时间和温度，可快可慢，也可快慢结合，还可以连锅一起放进烤箱，制作成慢烤的炖菜，更棒的是可以不占用炉灶，同时烹饪更多菜肴，提高备餐效率。

Q: With limitless choices of cooking methods; frying, cooking up a stew and roasting, to name a few! Which is your favorite cooking method and why?

A: Roasting is my favourite type of cooking because you can use different ingredients and adjust the baking time and temperature to suit your tastes. You can put out a whole pot of ingredients into the oven so it can be slow-roasted into a stew. This free's up your stove so you are able to cook more dishes at the same time. Roasting can be incredibly efficient when you're preparing large meals.

问：一般从哪里获得做菜灵感？

答：当然是从冰箱里！“及时耗尽冰箱里的食材”是每个家庭都要面对的厨房小难题，所以无论怎样，利用手头的食材烹饪最新鲜健康的美味才是家厨的终极“使命”。

Q: Where do you get your cooking inspiration?

A: From the fridge of course! I love opening the fridge to find a random assortment of ingredients and it's a challenge to see how I can mix these ingredients together to make a delicious, healthy meal.

问：你的美食梦想是什么？迄今为止实现了多少？

答：我的美食梦想是去到不同的国家去学习 10 道当地最有特色的菜肴，迄今为止嘛……中国菜倒是学到了不少。（笑……）

Q: What are your culinary dreams? So far how many of your dreams have come into fruition?

A: My culinary dream is to go to different countries to learn the 10 most distinctive local dishes, so far I've learnt a lot from Chinese dishes. (Laughs ...)

问：你是如何看待越来越严峻的食品安全问题的？你认为 Fields 莆田网的产品与一般市场上的产品最大的区别在哪里？

答：这是一个对于消费者来说无法控制和辨别的问题，经销商是品控的中心，所以对于消费者来说选择一家值得信任和托付的经销商是最要紧的事。我选择莆田网的原因很简单——在任何品类的食材中我不需要花心思去甄别优劣，莆田网已经帮我完成了这个最为重要的步骤，同类商品莆田总会“择优录取”，配合高效的物流系统和贴心的服务，着实省下了我不少的精力，同时倍感安心。

Q: More and more people are beginning to show concern over food safety issues? What is the difference between Fields products and the local supermarkets? What makes Fields special?

A: Consumers need the suppliers to be sure of the quality of the food and to know that all quality controls, associated with the food, are of the highest standard. It is important for the customers to choose trustworthy and reliable suppliers so they know what they are getting, as they generally do not have access to this information. The reason I choose to purchase from Fields is very simple – when I am choosing ingredients I do not need to put in a lot of effort to weigh the pros and cons of each and every product. Fields has already done this for me! With Fields' efficient logistics system and friendly customer service they absolutely save me a lot of energy and their ethical sourcing methods give me peace of mind.

专题采访 糯米情书

爱是烟火之味

有女万事足的八零后上海妈咪 @ 糯米情书，爱下厨，爱败锅碗瓢盆，爱逛街爱打扮，爱记录生活和到处走走；东方卫视《顶级厨师》6强选手，比赛只是人生插曲，三餐茶饭才是主旋律。

Our second interview was with Mrs Yun Na Qian. She is local mother from Shanghai, who loves to cook and loves shopping for kitchenware, clothes and adores dressing up! She writes a detailed diary of her life and travels whenever she has the chance. She was the winner of Top Chef where several skilled and creative Chefs competed to be number one!

家厨糯米情书的烹饪 TIPS

我女儿平时偏爱肉类，为了让她多吃蔬菜，我经常包芹菜猪肉饺子，里面加上胡萝卜、香菇、芹菜丁，这是她很爱吃的，一次可以吃很多很多！

Mrs Yun Na Qian's Cooking Tips

My daughter usually prefers meat, so I like to 'trick' her into eating more vegetables by loading dumplings up with nutritious vegetables – a good combination is celery and pork dumplings with carrots and mushrooms; this is her favourite!



问：你是从什么时候开始做菜的？人生的第一道菜是什么？

答：很小的时候（大概是小时候吧）就学会做菜了，我人生第一道作品是青菜炒树菇，树菇是从家门口的树上现摘下来的，很新鲜！

Q: When did you start cooking? What is the first meal you ever cooked?

A: When I was young I cooked a stir-fry with mushrooms and I picked the mushrooms from my very own tree in our front yard, so it was super fresh!

问：一般准备一顿晚餐会花费你多少时间？

答：一般情况下会花 1 小时做饭吧，我很享受给家人准备晚餐的过程，非常温馨。

Q: Generally how long do you take to cook a meal?

A: It usually takes about an hour. I love the whole process of cooking, from the preparation to the sizzling, it makes me feel like a loving mother who is taking care of her family and I take pride in it.

问：老公的厨艺怎么样？女儿在这方面表现出天赋吗？他们分别喜欢你的哪道菜？

答：我老公不太会做饭，但他比较喜欢我做的炒螃蟹，海鲜是他的最爱！女儿很喜欢学我，她会围个小围裙说：“妈妈我做个甜品来你尝尝，给 YES 不？”

Q: Does your husband cook? Is your daughter as talented as you are? What are their favourite dishes?

A: My husband doesn't cook but he likes stir-fried crab and he is the biggest seafood lover! My daughter loved learning from watching her mummy! She was always hanging around the kitchen in a small apron and once said, "Mummy, I'll make a dessert and you can try it and be the judge!"

问：“吃货”总喜欢把自己形容成一道菜，你曾经说过“其实我是一碗红烧肉”，这句话有什么涵义吗？

答：因为我自己很爱吃红烧肉啊，记得小时候，我爸爸经常跟肉摊老板说：“我女儿是肉姑娘，一顿饭可以吃半碗肉！”现在想想好怀念那段时光啊，我在《顶级厨师》比赛中也做了红烧肉这道菜。

Q: You once described yourself as a bowl of braised pork – what did you mean by this?

A: Because I love to eat braised pork! Ah, I remember as a child, my father often told the butcher, "my daughter is a meat lover!" and I miss that childhood memory – this is why I made braised pork on the show.

问：《顶级厨师》的参赛对你来说有哪些意义和启发？

答：《顶级厨师》的参赛过程是一段难忘的经历，团队赛、神秘盒、创意菜，一步一步走来非常辛苦，但是同时也获益良多——从在家一个人默默下厨到刚开始参赛的一点点不习惯，曾经因为不适应节奏和规则想过放弃，后来在压力测试中慢慢找回了自己，内心也愈发强大。现如今回首那些过程，我能明显感觉到自己的成长和蜕变。

Q: Has your experience from Top Chef given you new meaning to life or new inspirations?

A: Joining the Top Chef competition was one of the best decisions I have ever made and is a very memorable experience. At every stage in the competition it was very tough but I gained a lot of valuable experience especially cooking in a team; it was a challenge for me as when I cook at home I'm my own boss! I even thought about leaving the TV show at one point because of all the rules and how fast-paced the show was. However, during all of this pressure I realized I was growing as a person and was also surprisingly ambitious.

问：能说说参加美厨美食课堂讲课的情况吗？

答：这是一个公益性的美食课堂，召集很多热爱和擅长烹饪的美食达人，教授大家做菜。课堂里的老师是完全义务的，学员缴纳的学费全部用于偏远地区孩子们购买学习或生活用品之用，我觉得这件事非常有意义。我也是一名母亲，只要能帮助到那些贫困的孩子，即使去课堂洗涮打杂，我也会觉得非常开心。

Q: You were a cooking lecturer for a charity event, tell us about it?

A: This was a charity cooking class, with a lot of people who love to cook and also food experts giving away their secrets for free! The donations went to children in rural areas, to help them buy stationary, clothes, bedding and anything they need in their day-to-day lives. As a mother I find these charities very meaningful and I want to do all I can to help them in any way I can, especially by doing something I love!



专题采访 雯婷茜子

家厨雯婷茜子的烹饪 TIPS

新鲜的食材一般不需要焯烫，以流动水持续冲泡就可以。我以前总是做不好牛腩菜，后来有一次偶然去到广式茶楼后厨，发现他们的处理方式是：用流动水将新鲜食材中的血水冲净，再浸泡30分钟，先后换三次水，这样烹饪出的肉菜要比用沸水焯烫过的口感好很多。

Leona's Cooking Tips

Firstly fresh ingredients generally do not need to blanch, running flowing water over them will be suffice. I used to always struggle to perfect a tenderloin dish, however I was lucky enough to get a very useful tip from the Cantonese-style restaurant kitchen. With the tenderloin meat, rinse under flowing water until it runs clear, then soak for 30 minutes, during this 30mins change the water 3 times. Soaking the meat in this way makes the meat more flavourful. This tip has changed my tenderloin dishes for the better!



料理是给家人最深沉的爱

从小被反锁在家练钢琴，谈恋爱时为了照顾比自己小的男朋友开始学厨艺，到如今成为技艺娴熟的厨神妈妈……回顾以往，@雯婷茜子发现能让自己用一辈子的精力、倾注所有去沉浸的唯有美食！

Fields' last interview was with Leona who comes from a strict family and she started to learn to cook because she had a boyfriend that was younger than her! She wanted to take care of her man! Now she is able to satisfy any man's stomach with a number of her must have recipes. Leona's dream is to spend the rest of her life and energy cooking and sharing delicious food.

问：首先说说你儿子吧？他对于美食这件事感兴趣吗？

答：我从产后起全职照顾儿子到两岁，两岁起边工作边带他，现在四岁的他已经可以充当我的摄助了！他经常要求我买一些儿童厨具给他，对于烹饪这件事他也非常感兴趣，当然最感兴趣的还有他的乐高玩具。他很少要求我买模型，因为他自己会拼，经常能一个人安静地玩上半个小时。

Q : Let's talk about your son? Does food interest him?

A: I looked after my son full time until he was two-years old. After this I began working full time and every day I took him along for the ride. When he turned four years old he became my little helper! He always asked me to buy him a play kitchen for him to 'cook' in; needless to say he is very interested in cooking, but even more so in his Lego which can keep him occupied for hours!

问：你的拿手菜是什么？

答：番茄牛腩汤！番茄里的番茄红素和胡萝卜素都具有抗衰老和抗辐射的功能，对女性也非常好，这道菜当中所含的蛋白质还能帮助孩子长身体，我经常会在爆香过的洋葱，到出锅前1小时还会加入去了皮的土豆块，这是我最经常炖制的一道家庭养生汤。

Q: What is your specialty dish?

A: Tomato Beef Soup! Tomatoes contain lycopene and carotene which have anti-aging and anti-radiation properties so they are very good for women! The high amount of protein contained in this dish aids in children's growth. I often add some sautéed onions and peeled potato chunks, to make a delicious homemade family soup!

问：印象里最怀念的妈妈菜是什么？

答：紫苏鱼片汤。我是湖南人，小时候妈妈就说紫苏可以去余毒和戒腥，对于烹制湖南常食的河鱼来说非常好。我妈妈煮鱼的手艺很娴熟，鱼皮煎到金黄时放入黄酒和葱姜末焖熟，汤的味道非常浓郁，口感非常好。我从家乡带了一株紫苏苗种在上海的家里，想家的时候也会给自己做一道这样的汤。

Q : Which of your mother's dishes is most memorable to you?

A: Perilla Leaf Fish Soup. In Hunan, as a child my mother always said that the herb Perilla can be used in fish dishes to help prevent food poisoning and add flavour. My mother was very good at cooking fish with the skin on and fried it until it was golden brown. She added yellow wine and spring onions and ginger to make the soup full of flavour and taste delicious. She loved the soup so much she would take Perilla seeds to Shanghai for whenever she wanted a taste from home.

问：能不能分享你的独门烹饪技巧？

答：我的烹饪技巧比较细碎，比如煲汤时为了保持风味，要一次性加足水；煮冰鲜排骨或牛肉汤时，在初滚时不停捞除浮沫，

西红柿炒蛋时鸡蛋液里加黄酒会让炒蛋更松软，另外加一小勺白糖能提味；玉米油、芥花籽油、葵花籽油，这三种油富含VE，同时脂肪含量比较低，对女性特别好。

Q : Can you share with us your cooking secrets?

A: When I'm cooking soups I want to retain the flavour as much as possible; to do this I add the correct amount of water – no more, no less. For example, when cooking pork ribs or beef soup, resist from scooping the froth of the top of the soup when it begins to boil, this froth contains so much flavour! Another one of my secret recipes is stir-fried tomatoes with scrambled eggs, I add yellow wine to make the scrambled eggs soft and fluffy and I also put a pinch of sugar into the mixture to enhance the flavour. The last secret I will share with you today is fabulous for us women! Use corn oil, canola oil and sunflower oil, as these three oils are rich in vitamin E but the fat content is relatively low.

问：听说你最近特地去外地进修摄影，能否说说这两者在你眼中的联系？是因为摄影爱上做菜，还是因为做菜需要才爱上摄影？

答：两者其实是有关联的，我个人从小就爱画画，对色彩特别敏感，我希望我的菜能够慢慢形成自己的风格，而不仅仅是个营养的宣传者，能展示出更美好的东西。爱上做菜之前，当我还在上学时就已经是个小小摄影爱好者了。来上海考了营养师之后，研究食谱时才发现，摄影其实也是一门艺术，和做菜一样，是另一种的视觉享受，是相得益彰的两门艺术。

Q : I heard you recently started taking classes to study Photography. For you, how is cooking and photography related?

A: Both photography and cooking are passions of mine from my childhood; I love painting, particularly with colours. I also love to use ingredients in a dish where the colours complement each other to form a piece of art in their own way. For me food isn't just about nutrition, a big part of food is also presentation, this is how painting and cooking are related to me. Before I fell in love with cooking, I was an amateur photographer and also a nutritionist. It was only after I began researching recipes that I discovered cooking is actually an art, like photography, it is for visual enjoyment. In this way they are both art and the two complement each other.







Light 时令 | 轻食 | 菜谱 Seasonal Recipes

马兰头肉粽 Kalimeris Indica Meat Rice Dumpling



原料：

马兰头……500 克
糯米……1000 克
带皮五花肉……600 克
老抽……50 克
白砂糖……27 克
盐……25 克
黄酒……少许
橄榄油……少许
新鲜粽叶……1 把
(捆绑棉绳适量)

Ingredients:

Kalimeris Indica- 500 grams
1000 grams glutinous rice
Pork Belly - 600 grams
Dark soy sauce - 50 grams
White sugar - 27 grams
25 grams of salt
A dash of Rice wine
A dash of Olive oil
Fresh bamboo leaves-1
(bundled with cotton rope)

步骤

1. 带皮五花肉切成适宜大小，放入大盆加 7 克白砂糖、10 克盐以及黄酒，反复搓擦使其入味；
2. 糯米淘净沥干后静置 15 分钟，加入 20 克白砂糖、15 克盐及 40 克老抽拌匀备用；
3. 马兰头择取最鲜嫩的叶端，洗净沥干后进开水锅里迅速捞烫，取出捏干后用厨房纸巾吸干水分，加橄榄油、10 克老抽调味后，与猪肉块一同混入糯米里搅拌均匀；
4. 粽叶冲洗净沥干，取 3 张叠成漏斗状，装入合适比例的内馅后包好，用棉绳捆绑至 8 成紧；
5. 将包好的粽子依次排放在高压锅内，摆得紧凑一些，水面最好没过粽子，烧开后以大火煮 15 分钟后改小火煮 5 分钟，关火后焖一会即可。

Steps

1. Cut the pork belly into appropriate sizes, put into a large bowl and mix with 7 grams of white sugar, 10 grams of salt, a dash of rice wine, and stir repeatedly until it looks nice and tasty;
2. Gently clean the rice and drain for 15 minutes, then add 20 grams of white sugar, 15 grams of salt and 40 grams of soy sauce and mix well;
3. Select the tender leaves from the end of the Kalimeris Indica, wash and drain the leaves then add to a pot of boiling water. When you remove the leaves use paper towels to soak up the water. Add olive oil and 10 grams of soy sauce with pork belly and glutinous rice mixture;
4. Rinse and drain the Bamboo leaves, fold three leaves into funnel-shape, stuff these funnels with an appropriate amount of filling, once wrapped tie with cotton rope tight.
5. Once dumplings are wrapped, put into a high-pressure cooker, cover with water and boil for 15 minutes. Stew for a further 5 minutes.



Light 时令 | 轻食 | 菜谱

Seasonal Recipes

乡村炖鸡 Country stewed chicken

腌渍料:

中等大小洋葱……1个(切碎)
西芹茎……1根(切碎)
胡萝卜……1根(切碎)
蒜……1瓣(切碎)
黑胡椒……6粒
红葡萄酒……1 2/3 杯
橄榄油……2匙

Sauce to marinate:

1 Medium-sized onion, chopped
1 Celery stem, chopped
1 Carrot, chopped
1 Garlic, chopped
6 Black pepper corns
Red wine 1 2/3 of a cup
2 spoons of olive oil

炖鸡料:

整鸡……1只(约2kg)
橄榄油……1匙
培根……100g(切碎)
黄油……1匙
珍珠洋葱……15个
小胡萝卜……10只
白蘑菇……250g(1/4分切)
面粉……3匙
鸡高汤……2杯
蒜……1瓣
百里香……1枝
欧芹……10朵(切碎)
盐和研磨黑胡椒……适量

Stewed chicken:

1 Whole chicken, about 2kg
1 spoon of olive oil
100g of Bacon, chopped
1 spoonful of butter
Pearl onions, 15
Baby carrots, 10
White mushrooms, 250 g (cut into quarters)
3 spoons of flour
2 cups of chicken soup stock
1 clove of garlic
Thyme 1 branch
Parsley 10 (chopped)
Salt and ground black pepper



步骤

1. 将鸡骨、洋葱、胡萝卜、西芹茎、意芹、姜片一同小火炖煮约 1.5 小时，制成鸡高汤后过滤待用。将洋葱、西芹、胡萝卜、蒜切碎，和红酒、黑胡椒一起放入小锅内炖煮 5 分钟后制成腌料，冷却待用；
2. 整鸡分切大块放入搅拌碗内，倒入腌料并搅拌，淋入 2 大勺橄榄油，覆膜入冰箱冷藏隔夜。将腌渍好的鸡肉取出并用厨房纸拭干表面，另过滤腌料备用；
3. 炖锅内热橄榄油和黄油，放入培根煎炒至脂肪融化并出现焦糖色，此时锅底应出现焦糖色粘着物，取出培根碎留下脂油，将鸡块皮面向下放入锅内煎，至各面金黄色，取出待用。另将蘑菇、胡萝卜、小洋葱条翻炒至略带焦糖色后盛出待用；
4. 将滤出的腌料、蒜碎和百里香放入锅中，撒入面粉翻炒出香，放入培根块、鸡肉，入高汤和剩余的腌料，盐和胡椒调味，炖煮 45 分钟至 1 小时后取出鸡块保温，滤出汤汁，回锅中大火收汁，放入炒好的蘑菇、胡萝卜和小洋葱炖煮至软嫩，盐和胡椒调味，码放蔬菜并将酱汁淋在鸡块上，撒上欧芹碎即可享用。

Steps

1. Add chicken, onion, carrots, celery stems, Italian celery and the chicken soup stock, into a pot and let it stew for about 1.5 hours. Then add chopped onion, celery, carrots, garlic, red wine and black pepper together into a small pot and simmer to make a marinade, after 5 minutes leave to cool for later use.
2. Cut the whole chicken into chunks and add to a mixing bowl, pour the marinade over the chicken and stir. Drizzle 2 tablespoons of olive oil over the mixture, cover and put it the refrigerator overnight.
3. Take the chicken out and dry the surface with kitchen paper, and keep the marinade ingredients for spare.
4. Heat the olive oil and butter, add bacon and fry till golden brown, the bottom of the pot should have a caramel colour, remove the bacon pieces, leave the oil from the bacon, and pan-fry the chicken skin face down until it is golden brown for both sides, remove from the pan.
5. Stir fry mushrooms, carrots, and onion strips until slightly golden brown in colour.
6. Drain the sauce of the marinade, and add chopped garlic and thyme into the pot, with the flour and stir fry. Add the bacon and chicken, into the mixture as well as the remaining marinade, add salt and pepper to taste. Simmer for 45 minutes. Remove the chicken, reheat the soup until there is only half of the soup remaining, add fried mushrooms, carrots and onions simmer until soft and tender. Drizzle the soup over the chicken, garnish with parsley, and serve.



营养测试

The Nutrition Test

你每天摄取的营养科学吗？你知道你每天都在吃些什么吗？你是否吃得既有营养又健康？本期我们为你安排了以下测试，希望从中你会发现一些新的营养启示！

Do you know what you are eating every day? Are you eating the right food? This issue of Fields Lifestyle has provided you with tests so you can examine yourself and how well you eat!!!

1. 成年女性每天至少应该摄入 1000 毫克的钙，你觉得怎么组合搭配才合理呢？

- A) 500 克鲜牛奶，加 250 克豆腐。
- B) 500 克鲜牛奶，加 50 克黑芝麻糊
- C) 200 克豆腐、250 克高钙豆奶、250 克高钙桔子汁、125 克煮熟的菠菜、60 克鸡蛋（1 只）、50 克罐装沙丁鱼（连骨）
- D) 250 克脱脂原味酸奶，250 克高钙桔子汁、100 克河虾

答案是 **D**

营养专家提示：

250 克脱脂原味酸奶含有 452 毫克钙，250 克牛奶、高钙桔子汁或高钙豆奶的含钙量为 300 毫克，125 克菠菜中含有 122 毫克钙，250 克豆腐含钙 300 毫克，100 克河虾含钙 325 克，50 克沙丁鱼 A 和 B 项不够 1000 毫克，C 项虽然也够，但是显然食物量过多，已造成肥胖的风险。E 项的食物量则更多。只有 D 项，含钙量达到 1000 毫克以上，而且摄取的食物不会过量。

营养专家建议：符合我国饮食习惯的富含钙的食物（每 100 克含钙 200 毫克以上），有河虾、黑豆、黄豆、紫菜、芥蓝菜、苋菜、高丽菜心、木耳、海蟹、黑芝麻、红茶等。

2. 如果你是一名素食主义者，该怎么做才正确？

- A) 定期检查体内的含铁量
- B) 定期做骨密度测试
- C) 每餐之余，应补充吃一些含有高蛋白的食品
- D) 最少要吃一些鸡肉和鱼，如果一点都不吃，是不能满足体内所需的营养成分

答案是 **A**

营养专家提示：素食者通过食用蔬菜可以获得足够的铁，但不一定全部被身体吸收。茶叶及蔬菜中的棉酸、菠菜中的草酸都可减低人体对铁的吸收。女性如果长期不吃肉，将导致体内含铁量降低，所以定期体查体内的含铁量非常重要。医生会建议你服用一些铁质营养补充剂，或吃一些含有高铁量的谷类食品。所以你每天应服用 15 毫克的铁质营养补充剂，分两次服用。如果服用铁质营养补充剂，应与牛奶分开。

1. Do you think it is reasonable that every woman should take at least 1000mg of calcium a day? Which one of the following do you think is more suitable for you?

- A) 500 grams of fresh milk, with 250 grams of tofu
- B) 500 grams of fresh milk, with 50 grams of black sesame paste
- C) 200 grams of tofu, 250 grams of soy milk, 250 grams orange juice, 125 grams of cooked spinach, 60 grams of eggs, 50 grams of canned sardines
- D) 250 grams yogurt, 250 grams orange juice, 100 grams of shrimps
- E) Combination with B and C

The correct answer is **D**

Nutrition Expert Tip: Nutrition Expert Tip: 250 g of yogurt contains 452 mg of calcium (250 grams of milk, orange juice or soy milk contains 300mg of calcium. 125 grams of spinach contains 122 mg of calcium, 250 grams of tofu contains 300 mg of calcium, 100 g shrimp contains 325 grams of calcium, 50 grams of sardines (soaked in soybean oil) contains 200 mg of calcium, 50 grams of black sesame paste contains 160 g of calcium, an egg contains about 20 mg calcium.)

2. If you are a vegetarian, how do you make sure your daily nutrition is balanced?

- A) Health check regularly of the iron content in the body
- B) Take bone density tests
- C) Eat foods that contain high protein in every meal
- D) Eat some chicken and fish, because it's necessary nutrients for the body
- E) A plus B plus C

The correct answer is **A**

The Nutrition Expert Tip: Vegetarians can get enough iron by eating vegetables, but not necessarily all are absorbed into the body. Cotton acid, oxalic acid in spinach tea and vegetables can reduce the body's absorption of the iron. If you do not eat meat for a while, women will result in lower iron levels so regular health checks to see the amount of iron in the body is very important. The doctor will recommend that you take some iron nutritional supplements or eat some cereal containing high iron content. You should be taking 15 mg of iron supplements twice a day. If you take iron supplements, you should take them separately from milk, because milk will affect the absorption of iron. Dark green vegetables and beans are all high in iron (125 grams of lentils contains 3 mg of iron), in addition, fresh tomatoes, celery, rape, citrus, strawberries, apricots, jujube and other fruits and vegetables with higher levels of vitamin C and iron can be eaten.

Nutrition experts state that those who a vegan for a long period of time will have a lack of vitamin B12, calcium, zinc and other trace elements. Vitamin B12 is only found in animal foods, so vegetarians should still be strive to eat more milk or eggs.

营养测试

The Nutrition Test

牛奶会影响铁质的利用，深绿色蔬菜、豆类的含铁量高（125 克小扁豆含有 3 毫克铁），此外，新鲜的西红柿、芹菜、油菜、柑橘、杨梅、杏、红枣等蔬菜水果中维生素 C 及铁的含量较高。

营养专家建议：长时间的纯素食者还会缺乏维生素 B12、钙、锌等微量元素。维生素 B12 只存在于动物性食物，因此，素食者还是应该适量补充摄取牛奶或鸡蛋。

3. 当你发胖后，你用什么办法减去增加的体重？

- A) 尽量少吃
- B) 将每日摄入的饱和脂肪量限制到 20 克
- C) 每天最多只摄入 40 克脂肪，最多包含 10 克饱和脂肪
- D) 每天最多只摄入 25 克脂肪，最多包含 10 克饱和脂肪
- E) 每天多喝水，少吃饭

答案是 **B**

营养专家提示：每天少吃食物是不正确的，我们的身体需要一些脂肪以吸收能溶化脂肪的维生素，维持身体的再生功能，使我们的皮肤保持柔软、光滑有弹性。

营养专家建议：瘦身的关键在于你每日所摄入的饱和脂肪占所需总热量的比例多少，如果你想减肥，应将每日所摄入的饱和脂肪量限制到每日所需总热量的 10%。例如，你计划每天从饮食中摄取 2000 千卡的热量，那么你每天摄入的饱和脂肪量应不多于 20 克，如果每天摄取 2200 卡路里的热量，那么每天摄入的饱和脂肪量应不多于 22 克。

4. 防止患上心脏病，每天至少摄入 1 克的 OMEGA-3 脂肪，你觉得哪种食物效果好？

- A) 每天吃 85 克的鲑鱼或青鱼
- B) 每天吃 80 克的金枪鱼
- C) 250 克豆奶或 125 克豆腐
- D) 每天吃 1 大汤匙菜籽油
- E) A 和 D

答案是 **E**

营养专家提示：研究显示，鲑鱼和青鱼含有的 OMEGA-3 脂肪比金枪鱼、大比目鱼、螃蟹或其他海鲜都要多；每汤匙菜籽油含有 1.4 克 OMEGA-3 脂肪，比腰果和美洲山核桃要多；花生酱中不含有 OMEGA-3 脂肪；1 杯豆奶有 0.2 克，125 克豆腐含有 0.3 克。

Nutrition experts suggest those who are vegans for long periods of time will lack in vitamin B12, calcium, zinc and other trace elements. Vitamin B12 is only found in animal foods.

3. How to lose weight?

- A) Try to eat less
- B) Limit your daily saturated fat to a maximum of 20 grams
- C) Eat a maximum of 40 grams of daily fat and up to 10 grams of saturated fat
- D) Eat a maximum of 25 grams of daily fat and up to 10 grams of saturated fat
- E) Drink plenty of water per day and eat less

The correct answer is **B**

Nutrition Expert Tip: eating less food every day is not the correct way to lose weight, as our body needs fat to absorb vitamins, to maintain the regeneration of the body, and to keep our skin smooth soft and elastic.

Nutrition experts state: weight-loss is about your daily in-take of saturated fat in relation to the proportion of total calories required; if you want to lose weight, the daily in-take in of saturated fat should be limited to the required daily total calories 10%. For example, you plan to do a diet of 2,000 kilocalories per day, and then the amount of your daily in-take of saturated fat should be no more than 20 grams, if the calories take in 2200 calories a day, the daily in-take of saturated fat should be no more than 22 grams.

4. To prevent the risk of heart disease, we should have at least 1 gram of omega-3 per day, which types of food do you think contain the most omega-3?

- A) Eat 85 grams of salmon or herring fish a day
- B) Eat 80 grams of tuna a day
- C) Eat 250 grams of soy milk or 125 grams of tofu
- D) Take 1 tablespoon canola oil per day
- E) combination of A and D

The correct answer is **E**

Nutrition experts say: Studies have shown that salmon and herring contain more omega-3 than tuna, halibut, crab and other seafood. A tablespoon of canola oil contains 1.4 grams of omega-3 fat, more than cashews and pecans.

粽情端午

农历五月初五，是中国民间的传统节日——端午节（英文为 Dragon Boat Festival 或 Double Fifth Festival），这是中国汉族人民纪念屈原的传统节日，又被称为端阳节、午日节、五月节等。

过端午节是中国人二千多年来的传统习惯，端午节的来历有很多说法，由于地域广大，民族众多，加上许多故事传说，于是不仅产生了众多相异的节名，而且各地也有着不尽相同的习俗。

The Chinese Dragon Boat Festival is a significant holiday celebrated in China, and the one with the longest history. The Dragon Boat Festival is celebrated by boat races in the shape of dragons. Competing teams row their boats forward to a drumbeat racing to reach the finish line first. The boat races during the Dragon Boat Festival are traditional customs to attempts to rescue the patriotic poet Chu Yuan. Chu Yuan drowned on the fifth day of the fifth lunar month in 277 B.C. Chinese citizens now throw bamboo leaves filled with cooked rice into the water, so now fish can eat the rice rather than the hero poet.

Chinese believe this day of prayer for mental and physical peace will keep them safe for the rest of the year. It is celebrated as the summer season approaches and is believed to be one of the best times of year to drive away evil in order to stay healthy and safe.

吃粽子

每年五月初，中国百姓家家都要浸糯米、洗粽叶、包粽子，其花色品种更为繁多。从馅料看，北方多包小枣的北京枣粽；南方则有豆沙、鲜肉、火腿、蛋黄等多种馅料，其中以浙江嘉兴粽子为代表。

Dragon Boat Festival Traditions

Zongzi is the special food eaten on this holiday, made with sticky rice, it has different shapes and various fillings. In the north part of China, people favor the jujube as a filling, while the south prefer sweetened bean paste, fresh meat, or egg yolk. Many families make zongzi by themselves. When making it, soaking the glutinous rice, washing the reed or bamboo leaves and wrapping zongzi with leaves are the most important parts.



赛龙舟

赛龙舟是端午节的一项重要活动，在我国南方很流行，它最早是古越族人祭水神或龙神的一种祭祀活动，其起源可追溯至原始社会末期。现已被列入国家级非物质文化遗产名录。

Dragon Boat Race

The Dragon Boat Race, a major convention in the Festival, first appeared in the Warring States Age. At that time, it was only a sacrificial activity. Among the rapid drum, the dragon-like canoes cross the river like hot cakes, not only entertaining the gods but also bringing pleasure for people. Later people held Dragon Boat Races to memorialize the poet Qu Yuan who drowned himself in a river. Now the Dragon Boat Race is a traditional entertainment for Chinese people.



佩香囊

端午节小孩佩香囊，传说有避邪驱瘟之意，实际是用于襟头点缀装饰。香囊内有朱砂、雄黄、香药，外包以丝布，清香四溢，再以五色丝线弦扣成索，作各种不同形状，结成一串，玲珑可爱。

Wearing Scented Sachets

On the Dragon Boat Festival, children normally wear scented sachets to ward off evil. A scented sachet is an ornament worn on the front of the dress. The sweet-smelling sachet contains cinnabar, realgar and aromatic herbs etc. It is usually wrapped in a silk cloth, sometimes embroidered with exquisite patterns. And multicolor silk threads are attached to the sachet as tassels, making the sachet more appealing. In some areas of China, a scented sachet is also used as a love token between young lovers.



2009 老钟楼酒庄 科利尤尔卡娜德尔 干白葡萄酒 2009 Domaine La Tour Vieille Les Canadells

老钟楼酒庄的葡萄酒采用有机生物农业种植酿造法酿造，称得上超级有机葡萄酒，具有雪莉酒般浓郁的香味，香草的气息同样回味无穷。这款酒非常适合与美食搭配，酒庄主人 Christine Campedieu 强烈建议您搭配石鱼、烤鱿鱼酱以及淋上奶酪（Comté, Camembert or Reblochon）的猪扒一同享用，风味更佳。

Domaine la Tour Vieille has bottled 'Les Canadells' - it is a complex blend of 30% Vermentino, 20% Grenache Gris, 20% Grenache Blanc, 20% Macabeau and 10% Roussanne. It is fermented on its lees in barrel and vat with regular battonage and the finished wine is highly distinctive with an oxidative (in a good way), sherry-like bouquet and rich, persistent, herb-infused flavour.



柠檬鸡 Lemon Chicken

鸡肉蛋白质的含量比例较高，而且消化率高，很容易被人体吸收利用，有增强体力、强壮身体的作用。此款酸甜味柠檬鸡风味独特，鸡肉肉汁细嫩，滋味鲜美，辅以天然美容佳品鲜柠檬，口感咸鲜、酸、甜兼备，质地外酥内嫩，诱惑难挡。有解暑和增进食欲之功效。

A Western-styled Chinese dish popular in the US and Europe. Sweet, sour and crispy chunks of premium grade chicken breast cooked with lemon juice. Delivered hot to the door.

西葫芦 Ishtar Zucchini

柔软的外壳以及奶油状的白色叶肉。新鲜的西葫芦呈淡绿色，味道跟它的颜色一样清香鲜美。在西葫芦里面放入面包屑和帕尔马干酪后深煎，或将他烘烤成面包或松饼，加入炖焖蔬菜中或用牛肉塞满。甫田小贴士：不要给西葫芦剥皮，因为这是营养价值最高的地方！

The Ishtar zucchini is a light green summer squash that can grow to massive sizes, although it is best when picked at about six to twelve inches long, when the seeds are still soft. Savory and buttery this zucchini adds a soft juicy texture to any meal and is delicious when baked with parmesan cheese sprinkled over it!



蓝莓 Blueberries

意为蓝色的浆果之意。神奇的小浆果，它甜美多汁，色彩诱人，营养健康。蓝莓可以鲜食、冰冻、还可以做成蓝莓汁等等，无论哪种食用方法，都会给您带来全天蔬菜水果的营养所需。相信您了解蓝莓越多，就会越喜欢它们！

Blueberries - Nature's Antioxidant Super-fruit. These are a fabulous source to boost your immune system and delicious in berry smoothies or juices.

庄祖宜



今晚燒了由一整支肋骨切成的戰斧牛排 (Tomahawk steak)，約五公分厚，一公斤重。我把抹了粗鹽和胡椒的牛排四面煎黃，加一把百里香、迷迭香放入 180 度的烤箱三十分鐘，直到內部約達 55°C。上桌搭配烤大蒜與芥末籽，還有我用麵包丁與奶蛋乳酪烤成的鹹麵包布丁 (savory bread pudding)。食材 @Fields 甫田网

查看大图 向左转 向右转



黛安的滋味人生



中午吃侧腹牛排，加上芝麻菜+红樱桃番茄+减脂 Fetta 乳酪，就这么一盘，其他的就吃不了了~我这是要减肥吗？ @ 黛安的扒分熊 @Fields 甫田网

查看大图 向左转 向右转



旖旎姐要改行



怎样的生活品质其实就是看你自己怎么来过。一个人的晚餐看起来很简单，其实也可以很幸福。@Fields 甫田网提供的米和有机蔬菜，广州皇上皇的八分香肠配上阿姨送的农家咸蛋。香喷喷，好吃看得见！我会告诉你们我一口气吃得下两碗么？

查看大图 向左转 向右转



@旖旎姐要改行
weibo.com/eliatyn

周末画报城市版



美食情报 - 上网寻找有机食物 # 对上班族而言，寻找靠谱有机食品网站是最可行的选择。FIELDS 甫田网由美籍有机农业种植专家创办，有着成熟的生鲜和干货产品供应链，并自建仓储和物流系统。3月25日至4月30日，为庆祝 FIELDS 甫田网四周年店庆，网站将推出多样精彩活动，不妨上网体验。@Fields 甫田网

查看大图 向左转 向右转



@周末画报城市版iMetro
weibo.com/imetrocity

De Dietrich 荣耀呈现“食”装艺术



2013年3月27日,在一个香槟芬芳与美食环绕的下午,源自百年法国皇室殿堂级家用电器奢侈品牌 De Dietrich,于上海新天地艺术展览馆举行了“食”装艺术活动。

De Dietrich 亚洲品牌厨师大使 André Chiang 与 De Dietrich 中国品牌厨师大使 Michael Wendling 倾情演绎了食物艺术与高科技的完美融合。André Chiang 用 De Dietrich 彩色点阵多功能烤箱烹饪了一道自创的鹅肝焦糖布丁,展示了他天才般的烹饪才华; Michael Wendling 则用他最喜欢的 Piano 100% 无边界感应电磁灶演绎了一道色香味俱全的培根卷虾配彩椒; 众来宾对大师级的艺术饗表示了极高的评价与兴致。

本次活动嘉宾答谢礼由高端食材网上商城 Fields 莆田网友情提供。

Premium household appliances brand De Dietrich rounded up "food" arty activities in Shanghai Xintiandi art galleries on the 27th of March 2013.

People walked the lanes in the afternoon surrounded by champagne and a various fabulous food fragrances. De Dietrich Chef Ambassador of Asia, André Chiang and De Dietrich Chef Ambassador of China, Michael Wendling, made the food a combination of art and technology. André Chiang showed his genius culinary talent by using the De Dietrich matrix multi-function oven, by preparing a homemade foie gras creme brulee. Michael Wendling used his Piano 100% boundary induction cookers and prepared a delicious and tasty bacon shrimp with bell peppers. It truly was something magical to witness!

Kitchen M 美厨体验

Kitchen M 不是学校,也不是培训专业厨师的地方,它一直致力于让生活在都市的人通过自己动手感受到世界美食的精髓,提倡下厨不再是劳动,而是一种提高自我生活品质的新时尚!

Kitchen M 实体教室严选 FIELDS 有机食材,提供优质健康安全便利的美厨体验,六次入门精选课程涵括 4 款烘焙美食(巧克力戚风蛋糕/松软辫子芝士面包/豆腐芝士蛋糕/美味果蔬披萨)和 2 款料理简餐(意大利面/手卷寿司)。

登录 Fields 莆田网,搜索“料理课程券食材礼包”,有惊喜哦!

Founded by Shanghainese former TV producer Lin Mei, Kitchen M is known as a popular cooking studio. Kitchen M has three studios, located in Hongqiao Lu, Shuicheng Nan Lu and Grand Gateway Plaza. Classes are straightforward and easy to understand. It is a well-organised curriculum good for Chinese or Japanese speakers.

Fields organic ingredients are available on Kitchen M's website.



庄祖宜《其实,大家都想做菜》新书上市 "Actually, everybody wants to learn how to cook"

出于一股“有如火花引燃油田,奔放流窜不可收拾”的澎湃热情,庄祖宜从学术殿堂奔向厨房,投笔从刀,放弃博士改当厨师,摇身变为“厨房里的人类学家”,风靡了饮食界和文化圈。做菜的最大乐趣在于“分享”,此书既有食材选购心得,又有独特的饮食体会;既有扎实有料的食谱,也有孕育美味、生儿育女的身体领悟;既有餐饮界趣闻轶事,也有潮流趋势的前沿报导,更不乏深刻的饮食文化观察与思索。

The Latest New Book Release by Celebrity Chef Tzu-I Chuang Mullinax

She is a professional cook at several well respected restaurants and is also well-known as a writer who has her own blog, called the "Anthropologist in the Kitchen". Her new book features her top purchasing experiences and shares her unique eating experiences with recipes. She also shares her ideas as a mother; it is a good book that contains food culture and interesting observations and thoughts.

关于儿童科技营 (建构知识堡垒，打造孩童的梦想天堂)

10年前，如果您提及没有键盘的手提电话，人们只会认为这是一个天马行空的想法，现在，没有键盘的手提电话与平板电脑已经随处可见。创意带来革新与进步，因此儿童科技营珍惜小朋友每一个别开生面，趣味横生的念头，并以专业的工程及设计知识，为孩子打造梦想的天堂。

我们鼓励孩子们在实践中不断摸索，通过实践探索未知，提出问题以及丰富眼界，从而引导他们进行正确的思维习惯。让孩子们通过不断的尝试以及在错误中吸取经验，是学会自我解决问题的捷径。这能有效地使学生们保持活跃的思维状态，为培养他们的创造力呈现出更大的舞台。

我们提供下列的课程，双语教学，适合3-14年龄的孩子：

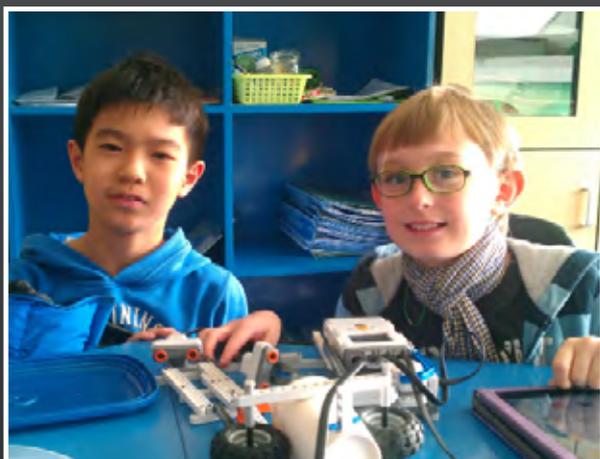
1. 机械概念坊
2. 建筑概念坊
3. 机器人概念坊
4. 电脑游戏设计坊
5. 动画创作工作坊
6. 夏令营和冬令营
7. 生日派对

About I-Workshop (Helping children build a fortress of knowledge and to create their dream paradise.)

10 years ago, no one would believe that a mobile phone could be operated without a keyboard. Nowadays, the breakthrough of touch screens can be seen everywhere. I-Workshop treasures this creative idea and uses these technologies to offer kids a paradise where they can use their own creativity.

At our workshop, we encourage our students to learn about mechanical concepts and technology through practice. We allow them to explore concepts, ask questions, explore themselves, and ultimately lead them to a better understanding. Students are guided through the process of trial and error and taught to make use of other problem solving methods. All this keeps our students active and allows them the freedom to foster their creativity.

We offer a variety of programs such as LEGO Engineering, Animation, Robotics, Game Maker, Summer & Winter I camp, Birthday Parties, After school workshops, etc. which is suitable for 3-14 years old kids.



我们有免费的试上课，欢迎与我们联系：

We offer free trial classes, pls feel free contact to us:

虹桥

闵行区虹梅路 3211 号泰豪大厦 504 室 (城市超市楼上)
T (86-21) 6446 676

Hongqiao

Unit 504, 5th Floor, 3211 Hongmei Road (above City Shop)
T (86-21) 6446 6766

浦东

浦东新区芳甸路 1188 弄喜玛拉雅中心 A 区 B1 层 122-123 店
T (86-21) 5033 3053

Pudong

Shop 122-123, Zone A, Himalayas Center, 1188 Fangdian Road, Shanghai
T (86-21) 5033 3053

www.ctworkshop.com.cn info@ctworkshop.com.cn



Since 1925, France

From the Kitchen to the Table





F I E L D S

A Taste of Quality

20,000 高端白领与外籍人士的共同选择
Fields 莆田网，江浙沪地区高端网上商城
只提供安全、可靠、高品质的食材
Premier online grocery store for safe, high
quality, delicious food delivered to your door.



www.fieldschina.com

 Fields莆田网



FIELD5 CHINA



FIELD5 CHINA