

Club Exclusives

馬會精選

Product Description
產品介紹



Japanese Kanto Dried Sea Cucumber 日本關東遼參

Origin 原產地 : Japan 日本

Net Weight 淨重 : 50-60 pieces 支/ 1 Catty 斤

Nutritional Values 營養價值

Also known as “Ginseng of The Sea”. It has a dash of salty taste and is warm in nature. It tonifies the kidney, replenishes energy, improves skin complexion and has anti-ageing effects. Particularly beneficial to people with a weak constitution.

海參又稱「海中人參」，味甘鹹性溫，具補腎益精、養血潤膚、抗衰老的作用，對身體虛弱人士尤為有益。

Health Benefits 食用療效

增強免疫力 Boosts the Immune System

含豐富的人體必須氨基酸，尤其是精氨酸，幫助增強身體的免疫力，有效預防傳染性疾病。

Rich in essential amino acids, especially arginine, which boost the immune system against infectious diseases.

延緩衰老 Anti-ageing

海參中的膠原蛋白質、精氨酸及其他微量元素有助促成人體細胞再生、消除疲勞、防止皮膚衰老及美容等。

Rich in collagen, arginine and other micro elements that promote tissue regeneration in the human body, reduce fatigue and restore skin elasticity.

安心寧神 Calms the Mind

有效改善睡眠質素。

Significantly improves sleeping quality.

促進發育 Promotes Body Growth

海參含豐富的礦物質，幫助身體的生長發育、傷口癒合等生理活動。

Rich in minerals for body growth and wound healing.

增強骨質 Strengthens Bones

海參中豐富的鈣、磷等元素能有效預防嬰幼兒軟骨病及成人骨質疏鬆症。

Rich in calcium, phosphorus and other minerals that help prevent rickets in infants and osteoporosis in adults.



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Suggested Soaking Method 建議浸發方法：

1. Soak the sea cucumbers in water (clean and oil-free) overnight in the fridge.
將海參用清水(乾淨無油)放入雪櫃浸發一晚。
2. Boil a pot of water (clean and oil-free) then put the sea cucumbers in. Turn off the heat and cover the pot until the water cools down. Change a pot of clean water and soak the sea cucumbers overnight *at room temperature*.
煮沸一鍋清水(乾淨無油)，然後放入海參，關火加蓋焗至水涼。換一盆清水，將海參於室溫浸發一晚。
3. Repeat Step 2. Then soak the sea cucumbers overnight *in the fridge*.
重覆步驟 2，將海參放入雪櫃浸發一晚。
4. Drain the sea cucumbers and cut open to clean the inner organs and impurities.
取出海參，剪開參肚清洗內壁腸臟及雜質。
5. Prepare a pot of clean water and soak the sea cucumbers overnight in the fridge. Then rinse and drain well. They are ready to cook.
換一盆清水，將洗淨的海參放入雪櫃浸發一晚。然後用清水沖洗，瀝乾備用。

Suggested Storage Method 建議儲存方法：

1. Dried sea cucumbers should be kept in a cool and dry place.
乾海參應存放於陰涼乾爽處。
2. Soaked sea cucumbers should be kept in a sealed food storage bag and store in the freezer at 0°C to -18°C.
浸發好的海參應用保鮮袋封口並儲存於攝氏 0 至 -18 度雪櫃為佳。
3. Rinse the sea cucumbers to defrost until they become soft. Then they are ready for cooking.
食用前用清水沖洗解凍，當海參回復至剛浸發好的柔軟狀態，便可以開始烹調。