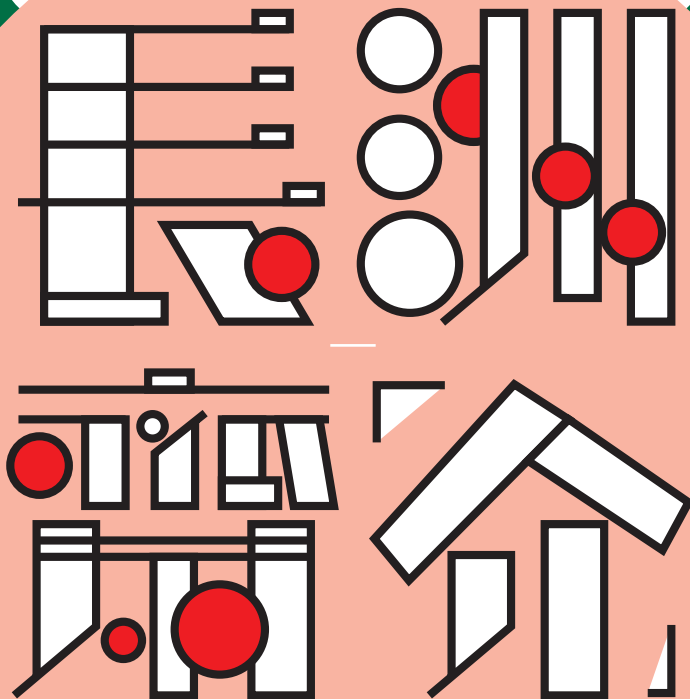


# 賽馬會香港非物質文化遺產公眾教育計劃

Jockey Club Public Education Programme for Intangible Cultural Heritage in Hong Kong



CHEUNG CHAU  
VEG-COMMENDATION

保育傳統文化是一個大學問，要避免文化失傳需要很多人的努力。長洲太平清醮在島上居民的合力下，近十多年變得更有聲有色，成為振興非物質文化遺產的例子。現在長洲太平清醮更已成為旅遊盛事，每年吸引數以萬計遊客到島上參與和觀摩。

伴隨著習俗的發展，長洲太平清醮變得盛事化，令人忘卻了活動的根本意義。

長洲太平清醮是一個祈福活動，起源自百多年前的瘟疫，島民透過一系列活動，如搶包山、齋戒等祈求合境平安。近十年來，除了廣受注目的飄色和搶包山外，其他風俗活動相對被忽略。對節慶不太了解的遊客，更可能會一邊參與傳統、一邊大魚大肉破壞齋戒的傳統。

有見及此，CACHE出版《長洲齋「介」》小冊子，介紹島上七個經營食肆的居民故事，他們的餐廳均尊重島上「食齋戒肉」的傳統，於醮期內收起肉類菜式，更會推出「節日限定」菜單，讓客人於齋戒的同時，亦能夠繼續享用美食！醮期內的齋菜選擇絕不只限這本小冊子內記載的內容，你也在醮期內在長洲發掘自己的齋戒餐單吧！

## 計劃介紹

## INTRODUCTION TO THE PROJECT

Conservation of traditional cultures is an art. It also requires a collective effort from many parties. Inhabitants in Cheung Chau, for example, have made the Jiao Festival impressive again in recent decades. It is a good example of reviving intangible cultural heritage. Today, Cheung Chau Jiao Festive has become a tourist attraction that brings tens of thousands of tourists to the island every year.

With the evolution of traditions, the event is now treated as a “Festival”, a word that cannot remind people of what “Jiao” really means.

Jiao, Taoist blessing event, originated from more than a century ago when pandemic broke out and inhabitants of Cheung Chau prayed through a series of events like buns scramble, fasting, etc., hoping everyone is healthy and safe. However, in the recent decade traditional events, except for

the famous Piu Sik and buns scramble, have been inconspicuous. Tourists who know little about the traditions might even participate in events while enjoying their lavish meal with meat, which is not in conformity of fasting traditional.

On that account, The Conservancy Association Centre for Heritage (CACHe) has published a “Cheung Chau Veg-commendation” leaflet that introduces 7 restaurants and the stories of their owners. During the period of Jiao, they stop serving meat to show their respect to the fasting tradition. Instead of meat, they have seasonal specials on their menus to ensure tourists’ enjoyment of food.

This leaflet only introduces several fasting dishes, but surely Cheung Chau has much more to offer! Now why not discover your favourite dish!

長洲是位於珠江口之東南面、面積約一平方英里的小島。根據位於長洲東灣的古石刻推算，早於三千多年前已有人於島上聚居。

十八世紀的長洲島上已設有墟市，居民主要是原籍惠州、海陸豐之漁民組成。島上盛行北帝信仰，廣東人視北帝為水神，保佑漁民安全和收穫。

1777年，長洲島上爆發瘟疫，長洲漁民回到海陸豐請來北帝神像，成功鎮壓瘟疫，島民因而於1783年在島上興建玉虛宮奉祀北帝。至十九世紀，瘟疫再次爆發，島民請來喃嘸師傅在北帝廟前設壇拜懺、奉北帝神像綏靖遊行街道、超渡水陸孤魂等，並齋戒三天以示尊敬，其後瘟疫消除。自此，長洲人於每年均舉辦太平清醮，並於醮期內齋戒三天以酬謝神恩。

## 長洲太平清醮起源

## ORIGIN OF CHEUNG CHAU JIAO FESTIVAL

Cheung Chau is an island located South-east of Pearl River Estuary with an area of one squared mile. From petroglyphs found in Tung Wan Beach, Cheung Chau has been inhabited by humans as early as 3,000 years ago.

Markets were built as early as in 18<sup>th</sup> century on the island. The inhabitants were mainly people of Huizhuo origin or fishermen from Hailufeng (now Shanwei), and believed in Pak Tai, deity referred to as the “God of Water” in Canton that can protect fishermen and ensure them successful fishing.

In 1777, pandemic broke out. Fishermen of Cheung Chau went back to Hailufeng to invite Pak Tai in his statue to the island. Pak Tai successfully stopped the spread of a pandemic, so inhabitants built the Pak Tai Temple in 1783 to consecrate the deity. In the 19<sup>th</sup> century, pandemic broke out again. The people invited Taoist priest to set an altar for consecration and repentance, paraded with his statue, assuaged the wandering spirits and be fasted for 3 days as respect, and the pandemic stopped spreading. As a commemoration, the locals started annual Cheung Chau Jiao Festival ever since, and fast for 3 days during this period as gratitude to Pak Tai and his miracle.

## 齋戒傳統

傳統上，長洲居民會於太平清醮正日(舉行飄色及搶包山當天)前的兩天起齋戒，由於中國傳統以子時(晚上11時)當作一天的開始，因此齋戒會於「正日前三天」的晚上11時開始。齋戒是作為祈福的一部份，以表達對神明的誠意。

以往，島上皆嚴格遵守齋戒傳統，完全沒有肉類出售。至上世紀七十年代開始有餐廳偷偷地出售肉類菜式，當時老一輩的居民若發現餐廳有肉類出售，會不客氣地把肉通通倒到地上，甚至會倒進海裡以收阻嚇作用。

傳統上直至「開齋」之時(即晚上舉行搶包山活動之時)才能再次食肉，但近年不少餐廳於下午會景巡遊結束後已轉回日常菜單。

## TRADITION OF FAST

According to tradition, Cheung Chau locals would start fasting 2 days before Jiao Day, the day for Piu Sik (Parade in the Air) and Bun Scramble. Since for 11:00 o'clock in the evening is the start of a new day traditional Chinese culture, fasting begins at 23:00 on the third day before the Jiao day, to be precise. Fasting is actually a form of praying, to show respect to the deities.

In the past, no meat would be sold during fasting in accordance with tradition. People started to sell meat dishes again in the 70s, but secretly. Whenever the elderlies found out meat in restaurants, they pour the whole dish onto the floor mercilessly or even pour it into the sea as deterrence.

In tradition, no meat was allowed until the end of fasting. But in recent years, quite a number of restaurants change their menus back to normal one after the parade in the afternoon.



<b>正日前三日</b> 3 days prior to the Jiao Day	10:00	迎神 Inviting the deity
	21:00	開光儀式 Consecration ceremony
	23:00	起醮 (齋戒開始) Opening ritual (Start of fasting)

<b>正日前一</b> 1 day prior to the Jiao Day	11:00	走午朝 Running Afternoon offerings
	18:30	水祭 Water ghosts placating ceremony
	20:00	祈福儀式 Taoist blessing ceremonies

<b>正日</b> (農曆四月初八) Jiao Day (8th April Lunar Calendar)	9:00	走船 Expelling ill fortunes
	11:00	放生 Setting free captive animals
	下午 Afternoon	會景巡遊 (舞麒麟及飄色) Parade (Unicorn dance & Piu Sik)
	晚上 Evening	山祭超幽 Great offerings to the wandering spirits

<b>正日後一日</b> 1 day after Jiao Day	凌晨0時 Evening	搶包山 Buns Scramble
		開齋 (齋戒結束) End of fasting
	9:00  14:00	派發平安包 Distributing buns 送神回廟 Sending the deities back to the temple

\* 日程僅供參考, 以長洲太平清醮值理會最新公佈為準  
The schedule is for reference only. For up-to-day schedule please consult Hong Kong Cheung Chau Bun Festival Committee

SCHEDULE OF CHEUNG CHAU  
JIAO FESTIVAL

太平清醮日程

食肆地圖

RESTAURANT MAP



1

# 啡寮

VALOR



地址 Address

長洲新興街4號  
4 San Hing Street, Cheung Chau

特色菜式 Signature Dish

菠蘿冰滴咖啡、檸檬蜂蜜冰滴咖啡  
Pineapple cold brew coffee,  
Honey lemon cold brew coffee

(左至右 left to right)



90後的長洲人Leo自2013年起於長洲售賣冰滴咖啡。他自小認識到長洲太平清醮並不是一個喜慶節日，而是應對瘟疫而進行祈福的傳統，因此Leo認為需要跟隨齋戒以示尊重。早期Leo會於醮期內以豆奶取代牛奶製作咖啡，由於豆奶的大豆味會蓋過咖啡大部份味道，因此需要為豆奶另外配搭果仁味較重咖啡豆。近兩年Leo更直接停售有奶成份的咖啡，改為推出水果風味的咖啡選擇，2018年為醮期而推出的菠蘿冰滴咖啡更成為主餐牌之一。

Leo, a post-90s Cheung Chau-er has been selling cold brew coffee in Cheung Chau since 2013. To him, the Cheung Chau Jiao Festival has always been a tradition of praying against pandemic instead of a jubilant festival. Therefore, Leo thinks there is a need to follow the tradition of fasting to show respect. In the beginning, Leo uses soya milk to replace milk in coffee. But because the strong taste of soya overwhelms the taste of coffee, Leo adopted coffee beans that have a stronger taste of nuts to go with soya milk. 2 years ago Leo even stopped using milk in coffee and he started selling coffee with fruity flavours instead. 2018 Jiao Special pineapple cold brew coffee has been among the most popular ones!

地址 Address

長洲海傍街2號

2 Praya Street, Cheung Chau

特色菜式 Signature Dish

白菜仔腸粉、蠔仔腸粉

Pak Choy Rice Noodle Roll,

Oyster Rice Noodle Roll

(左至右 left to right)



由於長洲人把蠔歸類為素食的一種，根記的東主伍先生因此製作特色美食蠔仔腸粉，以鮮甜的蠔仔製作的布包腸粉可算是此店獨有的菜式。為配合長洲居民需要，根記於醮期內更會於店外售賣傳統齋菜，及推出期間限定的羅漢齋腸粉等菜式。

In Cheung Chau, oysters are served as vegetarian. Mr Ng, the owner of Kan Kee, therefore serves delicious on-cloth steamed rice noodle rolls with fresh oyster during Jiao Festival as their speciality. Kan Kee even sells traditional vegetarian dishes outside of the restaurant to cater to the needs of local folks or serves seasonal specials like Buddha's Delight rice noodle rolls.





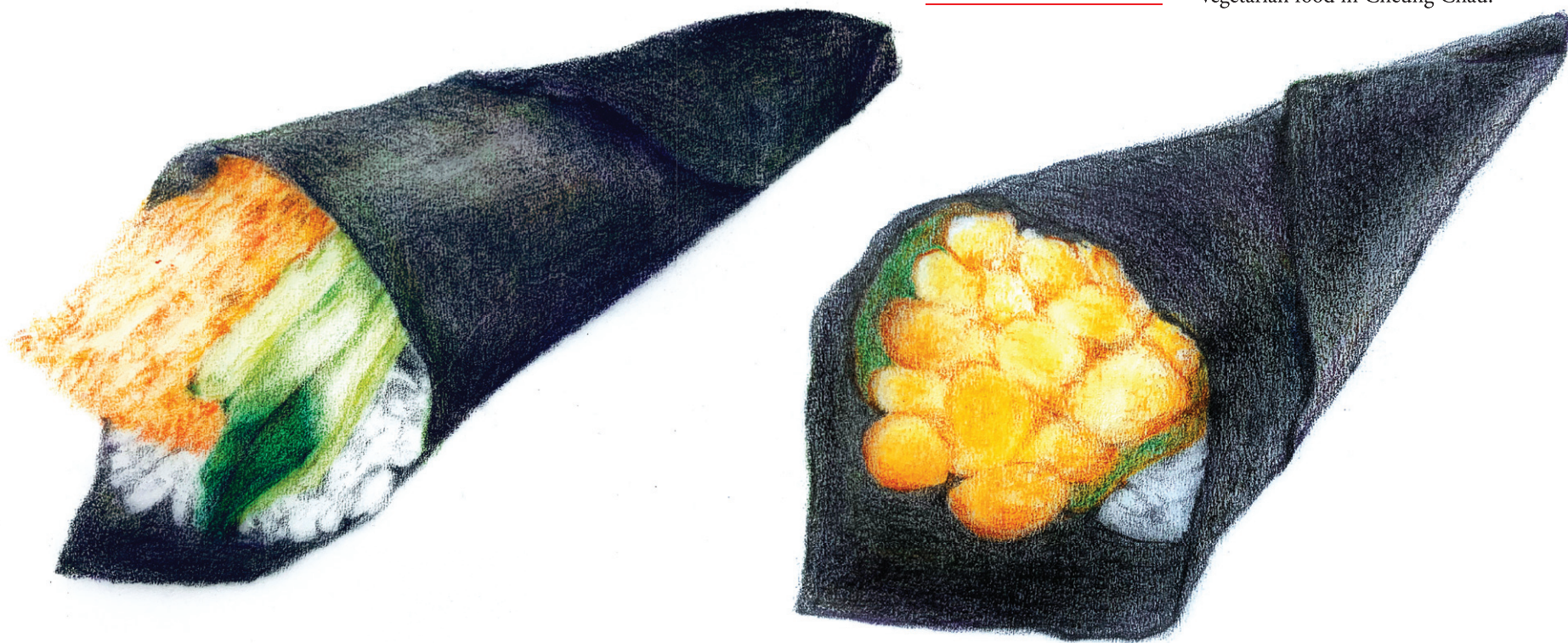
地址 Address

長洲新興街106號B舖  
Shop B, 106 San Hing Street,  
Cheung Chau

特色菜式 Signature Dish

吉列廣島蠔手卷、粟米手卷  
Pak Choy Rice Noodle Roll,  
Oyster Rice Noodle Roll

(左至右 left to right)

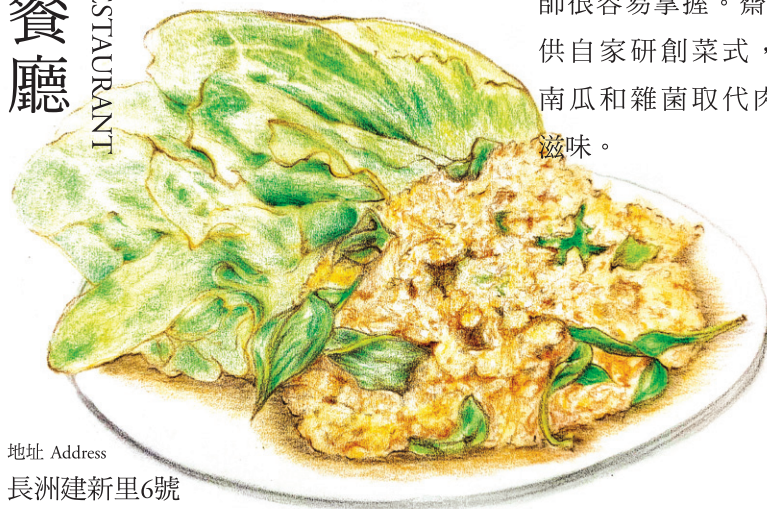


和屋日常售賣日式刺身魚生飯及手卷等食品，為了恪守齋戒的傳統，負責人布先生當天只出售數款符合齋戒要求的手卷。因應長洲島上把蠔亦當作齋菜的傳統，故仍會供應吉列蠔手卷。

Wo Uk serves Japanese sashimi rice, sushi rolls, etc. During Jiao Festival, Mr Bo from the restaurant would make several kinds of vegetarian rolls to meet the requirement of traditional fasting. Oyster cutlet rolls are still served during this period as it is traditional vegetarian food in Cheung Chau.



孔敬泰國餐廳廚房由泰國人主理，東主 Eric 則是土生土長的長洲人，Eric 自小跟隨家人於醮期期間齋戒，因而餐廳開業後亦與廚師們商討醮期內的無肉菜單。餐廳廚師來自泰國東北部，當地飲食文化已有多款素食菜式，因此廚師很容易掌握。齋戒期間，餐廳更會提供自家研創菜式，使用泰國東北特產南瓜和雜菌取代肉類，繼續提供泰式滋味。



地址 Address

長洲建新里6號

6, Kin San Lane, Cheung Chau

特色菜式 Signature Dish

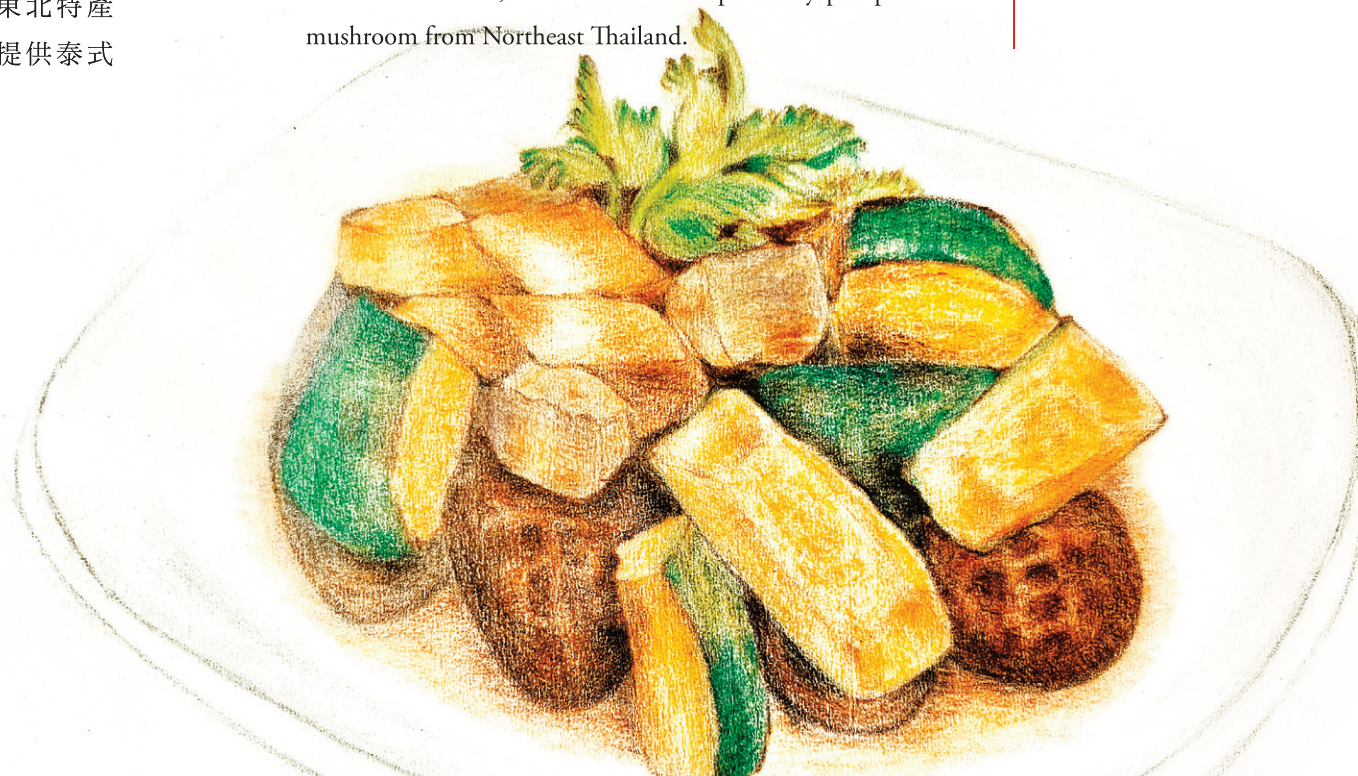
泰式香菜炒雜菇、鹵水冬菇芋頭飯

Fried mushroom with Thai herbs,

Rice with marinated mushroom and taro

(左至右 left to right)

Khon Kaen Thai Restaurant is operated by Thais, while its owner, Eric, is a Cheung Chau born and bred. With experiences of fasting since childhood, Eric has discussed with his cook about meat-free dishes for Jiao Festival since the beginning of the business. The cook comes from the Northeastern part of Thailand, where there is a tradition of vegetarian dishes in its food culture, so it is easy for him to handle. During Jiao Festival, Khon Kaen even serves its own inventions, in which meat is replaced by pumpkin and mushroom from Northeast Thailand.





# 新大來餐廳

SUN TAI LOI RESTAURANT

新大來餐廳黃先生由父親手上接管餐廳已二十多年。一直以來，餐廳於打醮期間都只提供齋素菜式，例如會特別推出期間限家的蓮蓉粽和綠豆粽：蓮蓉粽是於鹼水粽內添加蓮蓉，綠豆粽則是以冬菇和蠔豉取代鹹肉粽內的肥豬肉，配搭每天早上在店內製作的粥品，打醮期間更會有雪耳粟米粥、羅漢齋粥等素食粥品以供選擇。

地址 Address

長洲興隆正街94號

94, Hing Lung Main Street, Cheung Chau

特色菜式 Signature Dish

碎雪耳粟米粥、綠豆粽

Snow fungus maize congee,

Mung bean rice dumpling

(左至右 left to right)

Sun Tai Loi has been taken over by Mr Wong from his father for over 20 years. Since a long time ago, the restaurant has only served vegetarian food, such as Jiao special lotus seed paste rice dumpling or mung bean rice dumpling; for lotus seed paste dumplings, lotus seed paste is stuffed in alkaline dumplings, while in mung bean dumplings, pork is replaced by mushrooms and dried oysters. During the Jiao Festival, vegetarian dishes like snow fungus maize congee, Buddha's Delight congee, as well as some regular congees are served.







地址 Address

**Morocco's Restaurant**

長洲新興街71號地下

71 San Hing Street, Cheung Chau

**French Line**

長洲新興街95號地下

95 San Hing Street, Cheung Chau

特色菜式 Signature Dish

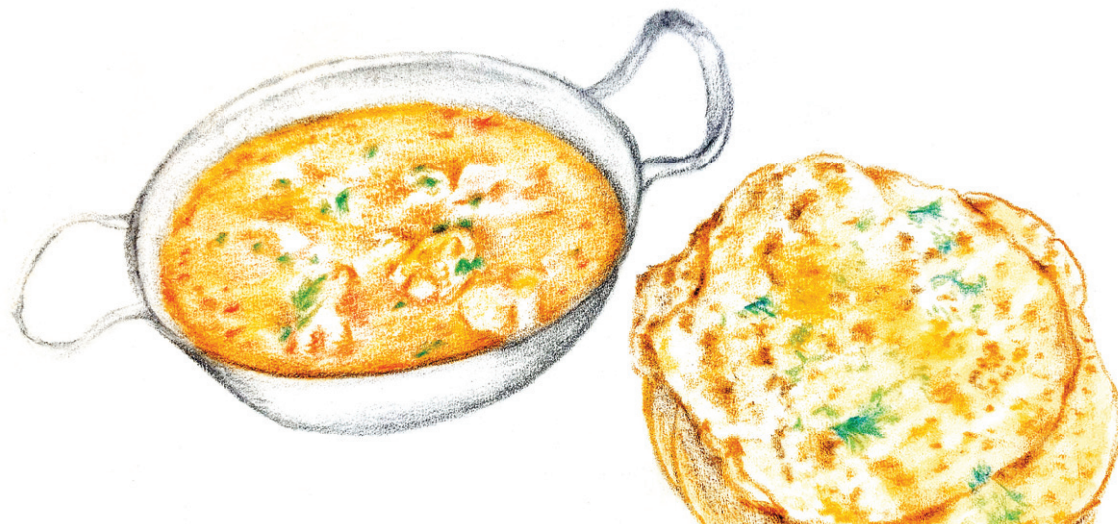
泰式炒菜、蔬菜咖哩配薄餅

Fried veggie in Thai style, Curry vegetables with Naan

(左至右 left to right)

來自尼泊爾的宋哈利（SUBEDI, Tek Hari）2001年來到香港，選擇了長洲建立自己的事業和家庭，他的兒女更成為土生土長的長洲人。宋哈利經營的餐廳，十多年來都會跟隨島上的傳統習俗，於齋戒期間只出售素食。除了撤下餐牌上數十款的肉類菜式外，更會新增多款蔬菜類咖哩和泰式炒時蔬。以新鮮蕃茄製作的咖哩汁亦有「走蒜」的選擇，以配搭極受香港人歡迎的印度薄餅，同時滿足齋戒對「戒五辛」要求。

Subedi is from Nepal. He came to Hong Kong in 2001 and decided to start his own business and family in Cheung Chau. His daughter was born and raised in Hong Kong. Subedi's restaurant is just like any other local restaurants – serves only vegetarian dishes during Jiao Festival. During this period, more than 10 dishes with meat will be removed from the menu and replaced by vegetarian dishes and fried veggie in Thai style. Curry made with fresh tomato can be served with or without garlic, together with Naan, makes Hong Kongers' favourite dish but also meets the requirement of tradition.







地址 Address

長洲新興海旁街63號

63 San Hing Praya Street, Cheung Chau

特色菜式 Signature Dish

蘋果薄脆、平安熊咖啡 (配豆奶)

Apple Crunch,

Safety Bear Coffee (with soy milk)

(左至右 left to right)

Rainbow Cafe在島上開業7年，是長洲島上較早期的輕食咖啡室。餐廳由蔡氏一家經營，家人皆熱心參與建醮活動，因此蔡先生創立餐廳後一直較嚴格執行齋戒傳統，於建醮三天店舖都只會出售齋戒菜單，並以豆奶取代牛奶製作咖啡。打醮期間，店舖更會推出限定菜式，如蘋果薄脆、南瓜醬素菜卷。

Rainbow Café was opened in Cheung Chau 7 years ago. It is relatively young on the island. Operated by Choi families who enthusiastically participate in the Jiao Festival on the island, Rainbow Café has been strictly following the tradition, that only vegetarian food is served for the 3 days of fasting. Its coffee is also made of soy milk instead of milk during this period. In addition, Rainbow also serves its invention, such as apple crunch or veggie roll with pumpkin sauce.





CACHe於2005年成立，一直積極舉辦古蹟保育活動。我們將繼續秉承宗旨，推廣香港歷史文化，建立知識交流平台，鼓勵大眾參與社區文化遺產保育，建立社區身份認同。

Established in 2005, The Conservancy Association Centre for Heritage (CACHe) is committed to organising different heritage conservation activities. Our mission is to promote the history and culture of Hong Kong, to develop a knowledge exchange platform, and to encourage public engagement in the conservation of community cultural heritage and hence enhance the realisation of their social identities.

## 有關長春社文化古蹟資源中心 THE CONSERVANCY ASSOCIATION CENTRE FOR HERITAGE

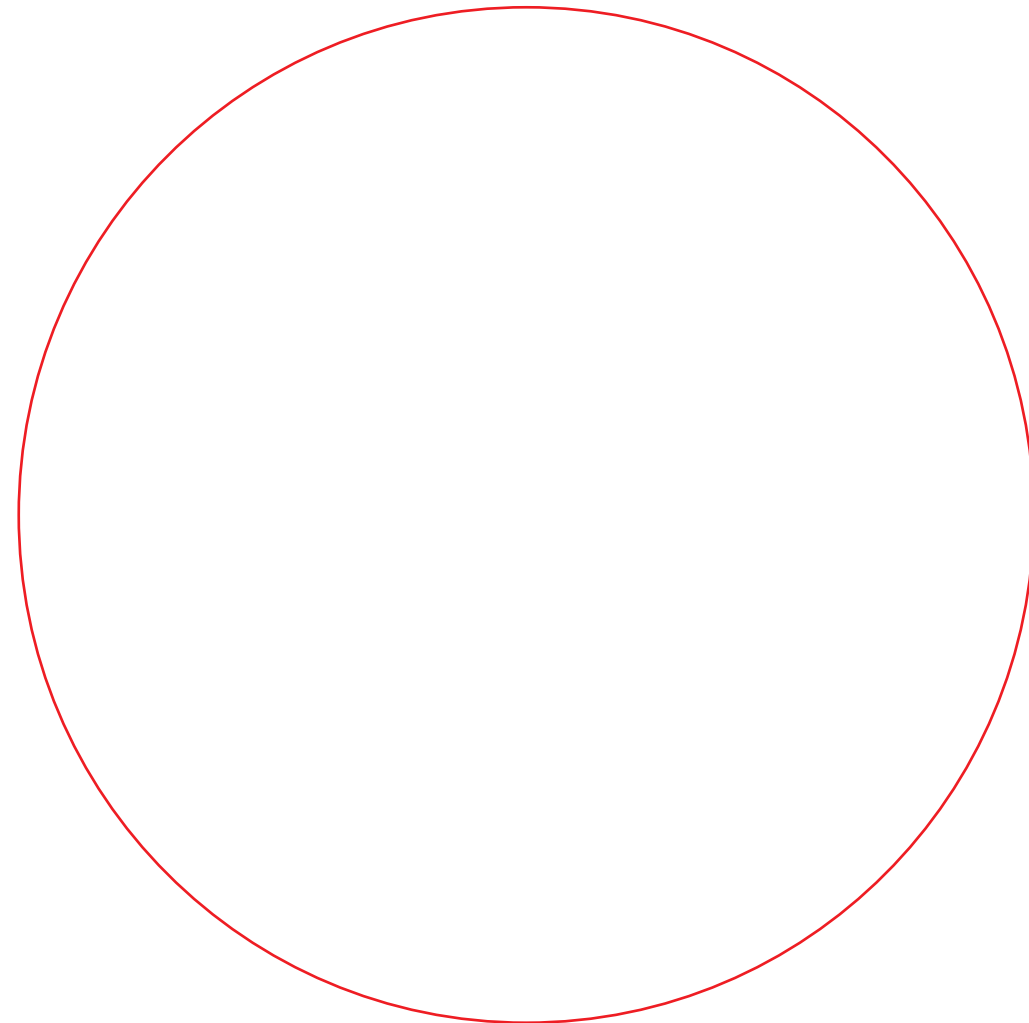
## 有關賽馬會香港非物質文化遺產公眾教育計劃 JOCKEY CLUB PUBLIC EDUCATION PROGRAMME FOR INTANGIBLE CULTURAL HERITAGE IN HONG KONG

本計劃由香港賽馬會慈善信託基金捐助，長春社文化古蹟資源中心主辦，以本港三項國家級非物質文化遺產（非遺）項目——長洲太平清醮、大澳端午龍舟遊涌及大坑舞火龍為主題，強化地區文化可持續發展之教育及傳承活動。此計劃旨在回應各項目承傳人當前所面對之挑戰，深化新一代了解傳統文化精粹，協作推展跨世代文化連結，共同投入傳承非遺。

Sponsored by The Hong Kong Jockey Club Charities Trust, the Jockey Club Public Education Programme for Intangible Cultural Heritage in Hong Kong (the Programme) is a community-based education series organized by The Conservancy Association Centre for Heritage (CACHe), featuring three items inscribed on the of National List of Intangible Cultural Heritage in Hong Kong - the Cheung Chau Jiao Festival, the Tai O Dragon Boat Water Parade and the Tai Hang Fire Dragon Dance. With the view of enhancing the sustainability of local cultural heritage education and transmission, the Programme aims at responding to the challenges faced by ICH inheritors, strengthening the understanding of cultural essence among youngsters, building intergenerational cultural linkage, thus nurturing the revitalisation and transmission of heritages.

書名 Title	長洲齋「介」 Cheung Chau Veg-commendation
編輯 Editor	劉天佑 Lau Tian You Willis
採訪 Interviewer	劉天佑 Lau Tian You Willis 劉美卉 Lau May Wai Yoyo
繪圖 Illustrator	Tracy Lam @TGIF
設計 Design	TGIF
鳴謝 Acknowledgement (In arbitrary order)	長洲太平清醮值理會 Hong Kong Cheung Chau Bun Festival Committee 方衍程 Fong Hin Ching 盧佐維 Lo Cho Wai 麥浩楠 Mak Ho Nam
出版 Publisher	長春社文化古蹟資源中心 CACHE
地址 Address	香港西營盤西邊街36A後座 Annex Block, 36A Western Street, Sai Ying Pun, Hong Kong
電話 Tel	(852)2291-0238
傳真 Fax	(852)2291-0236
電郵 Email	info@cache.org.hk
Facebook	cacheorghk
Instagram	cachehk
出版年份 Year	2019年4月1日
ISBN	978-988-14224-6-0

版權所有，不得翻印 All rights reserved



捐助機構 Funded by



香港賽馬會慈善信託基金  
The Hong Kong Jockey Club Charities Trust

同心 同步 同進 RIDING HIGH TOGETHER

主辦機構 Organizer

**CACHE**

長春社文化古蹟資源中心有限公司  
The Conservancy Association Centre for Heritage Ltd.

