



August. No. 45

SAP - Phase II | SAP – 第二阶段

On June 10, 2009, Sinodis signed a contract for the design and implementation of SAP's phase II development. Managed by Delaware Consulting, the project is scheduled to be completed by February 2010, and the new system to go live on March 1st, 2010.

Delaware Consulting is a Belgian headquartered partnership with bases in China, the USA, Belgium and Luxembourg. A trusted partner for their customers, committed to reconciling business and technology requirements, Delaware is a leading IT services provider for more than 100 ambitious, local and internationally-oriented companies.

Delaware's solutions are based on the state-of-the-art technological standards of SAP and Microsoft. Being Gold Partner for both vendors, their core consulting competencies are ERP, CRM, SCM, BI, IT strategy and IT outsourcing. Delaware is committed to the motto "Combining strengths, Delivering solutions", and they design, develop, implement and manage result-driven IT solutions in close cooperation with customers and partners, aimed at bringing great bottom line results.

All 350+ Delaware professionals are true to the company's core values: entrepreneurship, respect, care, team spirit and commitment. These attributes define their team's attitude and evolution and act as guiding principles in all assignments: Delaware and its people always deliver their promises!

2009年6月10日，西诺迪斯与全球著名顾问公司 Delaware Consulting 签署了“设计和实现 SAP 系统第二阶段的发展合同”。这个项目预计将在 2010 年 2 月完成，并于 2010 年 3 月 1 日开始正式运行。

Delaware Consulting 公司总部设在比利时，它在中国、美国、比利时和卢森堡都设有分支机构。它致力于帮助客户协调业务和达到技术需求，受到众多客户的信赖。同时它也是 IT 行业的领导者，并已经为超过 100 家用户提供 IT 的业务服务。

Delaware Consulting 的项目方案都是基于国家技术标准的 SAP 软件和微软软件，是供应商的金牌合作伙伴，其核心咨询能力包括 ERP(企业资源规划)，CRM(客户关系管理)，SCM(供应链管理)，BI(商业智能)，IT 战略和 IT 外包等。

Delaware Consulting 致力于“以相结合的优势，推出最佳的解决方案”，他们与客户一起设计规划、开发并实施和管理 IT 解决方案为导向，达到最佳解决效果。

“企业家精神，相互尊重及关心，良好的团队合作精神”是 Delaware Consulting 公司的核心价值观。350 名专业人员为实现公司的价值而努力。这些因素决定了公司团队的发展，并作为所有项目的指导原则，Delaware Consulting 会一直信守自己的承诺！





August. No. 45

Beijing Warehouse | 北京新仓库

On June 10, 2009, Sinodis has approved the consolidation of Beijing warehouses into a centralized location, newly built to the company standards to optimize inventory management and deliveries, and to provide additional expansion space for the new brands launched this year. The new facilities will be up and running by the end of the Summer, ready in time for the start of the end-of-year season.

2009年6月10日，西诺迪斯已准备将北京仓库提升到一个更重要的位置以迎合公司最新标准，达到最佳库存管理及产品运输，为今年所推广的新品提供更多的储藏空间。新设施将在今年夏末开始运行，准备迎接年终旺季的到来。



Sinodis Trucks | 西诺迪斯送货车



On June 1st, 2009, Sinodis inaugurated in Guangzhou its first fleet of branded trucks. Guangzhou will serve as a pilot to test the corporate logo exposure when delivering customers around the city.

2009年6月1日开始，西诺迪斯在广州有自己的送货车了。您会看到标有西诺迪斯公司 Logo 的送货车在广州城为我们的客户服务。

Danone South China | 达能 - 中国南区



On June 29, 2009, Sinodis signed one more contract with Danone China and took over the exclusive distribution in Food Service of the additional region of South China. The agreement came soon after the previous contract, which granted Sinodis exclusive distribution rights over the Shanghai region.

The global dairy giant and Sinodis agreed to extend this strategic partnership across a larger distribution area, to leverage on Sinodis nationwide network and competitive strength in the food supply chain.

2009年6月29日，西诺迪斯与达能集团签署了西诺迪斯作为达能产品在中国南方地区餐饮供货渠道的独家代理经销商的合作协议。而此前的另一份合同则是赋予西诺迪斯在上海地区餐饮供货渠道的独家经销权。

作为全球乳业巨头的达能集团和西诺迪斯都同意在更大的范围内扩展战略性伙伴关系，充分利用西诺迪斯在全国范围建立输送网络和极富竞争力的产品供应链。



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Product Focus: Neufchâtel | 产品推荐: 库恩鲁赛尔奶酪



This oldest Normandy cheese has been around for almost a thousand years. The earliest recorded reference to Neufchâtel goes back to 1035 when Hugues de Gournay donated the tithes collected from cheese making to the monastery at Sigy.

Today, only Neufchâtel produced within a radius of thirty kilometers around Neufchâtel-en-Bray in the Seine-Maritime can qualify for the highly coveted "Designation of Origin".

Although Neufchâtel may be consumed from the tenth day after production, it could also be left to ripe several weeks and even months. Its lightly salted, creamy and smooth body is covered by a flowery white rind. This cheese comes in several shapes: a short or long cylinder, a square, and two sizes of a heart-shaped. Legend has it that during the Hundred Years' War, maidens used to offer Neufchâtel cheese as yuletide gifts to English soldiers to show their affection.

最古老的诺曼底奶酪已经存在近一千年了。最早有关于库恩鲁赛尔奶酪的记载追溯到 1035 年，Hugues de Gournay 捐赠收获的十分之一的奶酪给 Sigy 修道院。

如今，只有在 Seine-Maritime 的 Neufchâtel-en-Bray 附近三十公里范围内生产的库恩鲁赛尔奶酪才能被认证为非常令人垂涎的“原产地保护的盛名”。

尽管库恩鲁赛尔奶酪在生产十天后即可食用，但它也可以发酵几个星期甚至几个月。它柔滑微咸的奶油味饼身被包裹在白色花纹的外皮内。

这种奶酪有多种形状：或长或短的圆柱形、正方形以及心形。传说在中世纪战争期间，少女们用库恩鲁赛尔奶酪作为圣诞礼物送给英国士兵以示爱意。



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Sinodis Products at Coupon Magazine | 西诺迪斯旗下产品在酷棒杂志



清凉斋戒周

天气炎热，胃口不佳，是时候来点清凉开胃又健康的食品了。下面小编为你推荐几款产品，帮你度过一个清凉的斋戒周。

Office snack | 职场食刻

周一 斋戒方案 —— 果汁营养充沛体能



周二 斋戒方案 —— 繁忙办公室的醇香玄风



周三 斋戒方案 —— 无糖清凉



周四 斋戒方案 —— 果酱带来的味觉旅行



周五 斋戒方案 —— 优酪乳的假期幻想



周末 斋戒方案 —— 芬芳身心

准备大餐过七夕

七夕节即将来临，“七夕”假期马上就要到来。为了度过一个浪漫的七夕节，小编为大家准备了七夕大餐食谱，希望大家能度过一个愉快的七夕节。

Office snack | 职场食刻

- 1 头盘：蔬菜沙拉
好香指数：★★
制作难度指数：★★
- 2 汤：玉米浓汤
好香指数：★★
制作难度指数：★
- 3 主食：意大利面
好香指数：★★★
制作难度指数：★★★



- 4 甜品：巴黎千层
好香指数：★★★
制作难度指数：★★★★
- 5 酒：七彩伏特加
好香指数：★★★★
制作难度指数：★
- 6 点心：果酱松饼
好香指数：★★★
制作难度指数：★
- 7 冰淇淋：巧克力果仁圣代
好香指数：★★★★
制作难度指数：★



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Olive Oil: Sinodis Private Label | 橄榄油: 西诺迪斯品牌

Are you **PASSIONATE**

about food??



We at Sinodis have stretched our contacts and searched the world's olive oil markets, to select a **100% Spanish origin** providing you this **high quality, consistent** extra-virgin at a **very affordable price**.

¥48.00/Lt!!



What are you waiting for: **call our sales representative now!**
Available for Delivery!

[Click here to see all products.](#)

[请点击此处查看所有产品](#)



August. No. 45

Chocolate: Villars | 巧克力: 维拉斯



Sinodis is proud to present its new range of Swiss chocolate bars.

Founded in 1901, Villars represents 108 years of Swiss chocolate tradition.

Successfully combining a traditional Swiss ambience packaging with a high quality chocolate, Villars invites you to let yourself be tempted by a moment of indulgence, and savor the great flavor of Swiss traditional chocolate.

Starting from September 2009, Sinodis will offer you the quintessence of Swiss chocolates, and hope you will take an intense pleasure by degusting Villars delicious chocolates!

[Click here to see all products.](#)

西诺迪斯非常荣幸的向大家推荐我们新的瑞士巧克力系列。

创立于 1901 年的维拉斯 代表着瑞士 108 年传统巧克力工艺。

美味的巧克力与传统瑞士包装完美结合，维拉斯让您在享受绝妙的瑞士巧克力的瞬间，也让您的身心得到充分的放松和休憩!

从 2009 年 9 月开始西诺迪斯将会为您提供最纯正的瑞士风味巧克力,希望我们的维拉斯巧克力可以重新点燃您对巧克力热情。

[请点击此处查看所有产品](#)



Molecular Gastronomy: TEXTURAS | 分子料理：德图拉

TEXTURAS



Enrich the range of possible textures in your cooking. We present the Texturas line of products, essential for you to be able to incorporate some of the best-known techniques of the molecular gastronomy to your kitchen, such as hot gelatins, airs, caviar and spherical ravioli. The products that make up the lines Sferificación, Gelificación, Emulsificación, Espesantes and Surprises are the result of a rigorous process of selection and experimentation. Texturas is a gateway to a world of magical sensations that will no doubt continue to grow.

Since its conception in 1997, El Bulli has had the goal of broadening the range of possible textures in cooking. The fruit of this experimentation is a series of techniques that, like foams, clouds, etc., have brought about an evolution in the Ferran Adrià style.

Sferificacion:

Make spheres of very different sizes that can be called caviar, egg, gnocchi, ravioli...can also add solid elements into the spheres, which will remain in suspension in the liquid. It allows the combination of two or more different flavors in a single preparation.



Gelificacion:

Make gelatin preparations with peculiar properties of elasticity and firmness, or make a rigid and firm gel.



Emulsificacion:

Make aerated preparations, even with fatty and watery mediums where emulsions are usually difficult to get.



Espesantes:

Make thick sauces, creams, juices and soups by using a minimum quantity of Xantana, and without distorting the original taste.



Surprises:

Make fantastic and surprising solutions to touch up both sweet and savoury recipes with a special texture: effervescent, light or crunchy.



[Click here to see all products.](#)



Molecular Gastronomy: TEXTURAS | 分子料理：德图拉

TEXTURAS



许多人都会对“分子料理”感到陌生，目前，来自法国的专业饼房品牌德图拉系列产品将最时尚的分子料理技术带入中国，经过严格甄选及测试，该品牌整合了球体原料，凝胶，乳化剂，增稠剂和惊喜这5种类别的分子原料。德图拉无疑将继续激发人类通往奇妙美食之旅的理想，使您的烹饪更具丰富质感。

自1997年德图拉诞生至今，一直不断扩展分子原料在烹调领域中的运用。从而创造了一系列烹调领域的技术革新产物：

球体原料：

能够制作不同大小的球体料理，只要在鱼子酱、鸡蛋、面团以及意式馄饨等不同大小的圆形食物上加入少许球体分子原料，也可以将液体凝固。同时它也可以融合两个以上的不同风味。



凝胶：

它是从海藻中提取的凝胶，具有特殊弹性和稳定性。



乳化剂：

在准备工作中应用，介于脂肪和水之间的乳化剂。



增稠剂：

只需加入少量的增稠剂就可以使沙司酱，奶油，果汁和汤变得浓稠，而且并不改变它的原有的口感。



惊喜：

具有“泡腾、光亮、生脆”等特殊性质的分子原料，成就了一种奇妙的制作方法使您的美味菜肴更增添了一份惊奇感。

[请点击此处查看所有产品](#)



August. No. 45

American Food Festival 2009 | 2009 美国食品节

August 15 – September 5, 2009

US Agricultural Trade Office-Sponsored
& City Shop with McCain



Showcasing American Brands to the Growing Chinese Palate

The US Agricultural Trade Office, Shanghai, in cooperation with City Shop, will formally launch the American Food Festival 2009 on August 14, 2009, at the lobby of the Portman Ritz-Carlton. Various demonstrations and booths featuring top US brands will be showcased and shared to all invited visitors. Given the importance of this event, Sinodis will take this opportunity to officially launch McCain frozen fries into the Chinese market. McCain is the world's largest producer of fries, with one of three fries consumed globally, a McCain. The promotion will run from August 15 to September 5, 2009. Don't miss it!

2009年8月15日—9月5日

此次活动由美国农业贸易处举办，城市超市和麦肯品牌共同赞助
向迅速增长的中国市场展示美国的品牌

驻上海的美国农业贸易办事处将联合城市超市于2009年8月14日在波特曼丽嘉酒店正式启动美国食品节的活动。届时将有多种产品展示和特色活动，将美国的顶级品牌与所邀嘉宾共同分享。借此机会，西诺迪斯将正式向中国市场介绍来自美国的麦肯冷冻炸薯条产品。麦肯是当今最大的油炸食品供应商，拥有三分之一的全球市场份额。2009年8月15日开始将有麦肯薯条相关的促销活动，千万不要错过哦！

Valrhona Demo 2009 in Shanghai & Beijing, September 10th & 17th



法芙娜巧克力演示活动 2009年9月10日上海，9月17日北京



It's chocolate time and Valrhona is back in town!

This year we will welcome our guest chef, Fabrice DAVID who comes exclusively from Valrhona Japan, L'Ecole du Grand Chocolate in Tokyo. Together with Vincent BOURDIN (Valrhona Singapore), they will bring you new taste and let you discover the last chocolate creations coming from France. Valrhona, expert from the plantation to chocolate design.

法芙娜回来了！这是巧克力的盛典。今年西诺迪斯将从位于东京的法芙娜培训学校邀请到西点师 Fabrice David，作为我们的嘉宾。他将与来自法芙娜新加坡培训学校的西点师 Vincent BOURDIN 一同为您带来非同凡响的巧克力新感觉，带您进入法国最新巧克力的创作世界，让您真正体验到法芙娜从巧克力原料的挑选到成品的创作过程中的专业精神。



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August. No. 45

Creative Painting Competition | 创意绘画大赛



创意绘画大赛开始征稿喽!

参赛信息:

征稿对象: 上海地区三至五年级的学生

活动时间: 2009年9月1日至2009年10月30日

绘画内容: 以“环境保护”为主题, 结合必佳干酪条的卡通形象, 发挥你的想象力, 描绘当代小学生如何学习环保、参与环保。

绘画形式: 素描、水彩、油画等。

绘画要求: 作品中必须包含干酪条的卡通形象。

投稿地址: 上海市长宁路491弄36号111室, 邮编: 200050, “我是环保小卫士”活动组委会收
(作品上请标注就读学校、班级、家庭地址及联系电话等信息)。

联系电话: 021-6252 5555 021-6128-1820

投稿截止时间: 2009年10月16日 (以邮戳为准)

主办方



SINODIS
西诺迪斯
The Food Professionals



卡通形象

| | |
|-------|-------|
| 学校: | 姓名: |
| 班级: | 指导老师: |
| 联系方式: | |



Dushiliren Promo | 都市丽人 3 分钟冲向超市大赢家活动

做题抽奖送 300 元商品！每期有 2 位幸运者中奖！更有机会获得由西诺迪斯提供的 1000 元奖品！



SINODIS
西诺迪斯
食品食品专家

冲向超市大赢家 11



想获得价值 **1000 元** 的特别奖品吗？



我们将给你 3 分钟的抢购时间，你可以在超市内选购自己喜欢的商品（选购商品总价不超过 300 元），我们将为你买单！其中一对还有机会获得由著名进口食品商西诺迪斯提供的总价值 1000 元的特别礼品，快来参加吧！



“还是拿分量轻的”



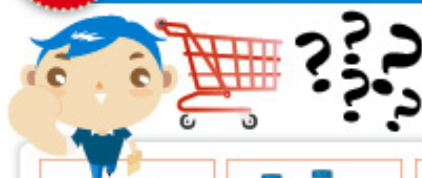
总计
¥291.6

本期参与活动的是王艳清母女以及陈芸小姐。王艳清母女俩一大早就从嘉定赶到了现场，因为路途比较遥远，所以她们专挑分量比较轻的物品，零食自然成了首选。陈芸小姐拿的东西同样分量很轻，但都是价钱比较昂贵的，因此总价依然不低。

特别鸣谢上海家乐福中山公园店
地址：上海市长宁路 1018 号
服务热线：(021) 62261364
团购热线：(021) 62268762

赢 我是小当家

玩法：提高综合能力，培养仔细认真的性格



游戏规则

难度☆☆☆

今天是培训班正式上课第一天，小欢了解了许多还未接触过的领域。课上再次提到了商品的价格问题。请你帮助他重新温习一下，把正确的价格填在第 67 页的答题卡上，于 7 月 20 日前寄出，以邮戳为准，就能获得与我们一起冲向超市的机会！

西诺迪斯食品（上海）有限公司旗下有广受消费者喜爱的法国总统（PRESIDENT）牛奶、奶酪和黄油，瑞士艾美（EMMI）酸奶及奶酪火锅，百味来（BARILLA）意大利面和酱，卡拉佩利（CARAPELLI）意大利橄榄油以及来自英国的维它麦（WEETABIX）营养早餐系列麦片。这些产品在家乐福、城市超市、麦德龙、易初莲花等全国大型连锁卖场均有售卖。

为消费者挑选放心、优质的产品一直是西诺迪斯的目標，所以您只需认准产品外包装上的中文标签的标识即可放心购买。

西诺迪斯是中国食品进口和分销行业的佼佼者，其严格的管理制度确保了良好的产品质量。欲知详情，请登录 www.sinodis.com.cn。



共计 ¥51.40



共计 ¥50.70



共计 ¥52.10



共计 ¥38.50



August. No. 45

French National Day | 法国国庆日



A sunny French National Day on July the 14th:

In both Shanghai and Beijing, two beautiful garden parties welcomed some VIP guests to celebrate the French National day. SINODIS, like every year, was proud to participate to this event and sponsor some nice cheese selections to represent France at his best!

In Beijing, this year, SINODIS was the sole sponsor for the major event organized by the French Embassy attended by 700 VIP guests.

Merci Monsieur l'Ambassadeur! Merci Monsieur le Consul!

7月14日，我们又一次迎来了法国国庆节。

在北京和上海两地同时举行庆典活动，两座美丽的花园里，众多嘉宾一同庆祝这欢快的美好时光。

与往年一样，西诺迪斯食品有限公司非常荣幸的参与赞助庆典宴会，为来宾们提供我们精选的法国精美奶酪。

经典与传统相融合，更充分体现了法国文化的精髓。

特别值得一提的是，在北京的庆典活动中，有近 700 位来自社会各界的人士受法国法国大使的邀请，而西诺迪斯也特别荣幸的成为庆典的唯一食品赞助商。

在这里，我们衷心感谢法国大使及领事的热情接待！



Beijing Legendale Cheese Training in July | 北京励骏酒店奶酪培训



Another interesting cheese training was held Monday the 6th July at the French restaurant Petrus.

Starting from the early afternoon, more than twenty from different F&B outlets attended the training. Contents focused on basic cheese knowledge, best matches between wine and cheese, as well as cheese-cutting techniques. All attendees also had the rare chance to savor special cheeses from MOF affineur Mons.

7月6日，在北京励骏酒店Petrus法式餐厅举办了另外一个奶酪培训活动。

从下午开始，20多位来自不同餐饮行业的销售人员参加了培训活动。培训中，讲授了有关奶酪的基础知识，以及奶酪和葡萄酒的搭配法则和如何切割出匀称标准美观的奶酪块。

最后客户们尽情品尝了由西诺迪斯提供的法国慕斯精美奶酪，大家都觉得此次培训非常有意义。



August. No. 45

City shop I-phone Raffle Promotion May 1- July 31,2009
城市超市 I-phone 抽奖活动 2009 年 5 月 1 日—7 月 31 日

Congratulations to Alex!!!



The 2nd lucky winner of the Sinodis – City Shop I-phone Raffle Promotion (June 2009).

Watch out for other surprises by Sinodis in your next neighborhood store!

恭喜 Alex 成为第二位西诺迪斯举办的 2009 年 6 月份城市超市抽奖活动幸运儿,赢得 I-phone 一台!

请留意您身边超市里的西诺迪斯产品,您将发现更大的惊喜哦!

Jenny Lou Raffle promotion June 1- July 31,2009 | 婕妮璐促销活动 2009 年 6 月 1 日—7 月 31 日

Congratulations !!!



The 1st lucky winner of the Sinodis – Jenny Lou's Nokia Phone 5800XM Raffle Promotion (Jun 2009).

Watch out for other surprises by Sinodis in your next neighborhood store!

恭喜 王新刚 先生成为首位西诺迪斯举办的 2009 年 6 月份婕妮璐抽奖活动幸运儿,赢得诺基亚 5800MX 一台!

请留意您身边超市里的西诺迪斯产品,您将发现更大的惊喜哦!



August. No. 45

Beijing FLO Media Dinner | 北京福楼庆祝晚宴



FLO celebrated its 10th year anniversary of presence in Beijing in September. All media were invited on July the 6th to a beautiful dinner in FLO's premises: a gastronomic journey to discover a typical French multiple-course dinner. In September, a big party will show the best France has to offer, with great food stations of fine cheese and chocolate.

7月，福楼在北京举办了十周年的庆祝会。所有媒体都被邀请出席7月6日在FLO所举办的晚宴：典型的法国式美食之旅。在9月，他们还会举办一场盛大的庆祝会，将为大家展示优质的法国奶酪和高品质的巧克力。





August. No. 45

Valrhona Hands-on Training in TOKYO, July 7-9, 2ND Session 2009

法芙娜 2009 年第二季度东京培训，7月7日-9日



Our second China group of pastry professionals from Shanghai and Shenzhen joined Tokyo's School for 3 days. The training was conducted by Valrhona Chef Lou Campagna.

On the menu, some entremets, tarts, macarons, plated desserts and glasses. A good combination of fresh, exotic and glamorous recipes...which perfectly fit with the premium quality chocolate and the excellence of tasty fruits. After the concentration in school, the group finally enjoyed touring in Tokyo and getting inspired by famous pastry "vitrines".

On behalf of every participant, we are very grateful to Valrhona, Chef Lou Campagna and Koh Huang for their kind hospitality and performances. We also want to give special thanks to Cap'Fruit and Rodolphe Casella for participating in the training too. A successful and memorable trip.

来自上海和深圳的饼房专业团队受邀参加了法芙娜为期三天位于日本东京巧克力培训学校的专业课程。此次课程由法芙娜西点师 LOU CAMPAGNA 教授。培训的课程主要包括点心、果馅饼、餐后甜点等制作技艺，这些甜点完美融合了法芙娜优质巧克力和新鲜水果等原料。在培训课程之外，大家游览了东京著名的饼房“VITRINES”，并深受吸引。在此，我们代表各位参与者向法芙娜西点师 LOU CAMPAGNA 和 KOH HUANG 致以敬意和感谢。同时我们也要感谢卡福洛品牌以及西点师 RODOLPH CASELLA 的参与。这是一个难以忘怀的培训之旅。





August. No. 45

Not-From-Concentrate juices: a healthy start to a healthy day | 鲜榨果汁，健康每一天



Eating fruits and vegetables helps keeping you healthy and protects against disease – we all know that - but they are not always as easy to consume as experts advise. Fortunately, juices are a convenient way to squeeze in and are a good natural source of vitamins and minerals.

But among the variety of juices that we can find on the market, it is rather difficult to recognize the differences between the various products. To make it simple, what are Concentrate and Not From Concentrate (NFC) juices? Concentrates are made by taking a fruit juice, heating it to a high temperature and evaporating the water off. This leaves a thick syrup that is packed in drums and shipped across the world. At the bottling stage, water is added back to blend the juice up to its normal strength.

Not From Concentrated fruit juice is a relatively small category within the soft drinks industry, and, due to its quite higher selling price, it is seen as a premium product in most countries. It is made out of freshly squeezed juice which is pasteurized and then packed, without adding water, preservatives or sugar.

If a product claims it is made of pure juice or 100% fruit then there should be nothing else in it apart from fruit juice. However, the product may not be fresh and it could be made from concentrate, therefore “100%” juices are almost never NFC juices.

For those who don't have the time to squeeze fresh juice every morning before rushing for a hard day's work, the best option remains NFC juice. Even though NFCs are pasteurized and therefore have lost some vitamins, together with the advantages of a long shelf like and a convenient packaging, they are still the closest thing to a freshly squeezed juice, and brings more vitamins, fibers and minerals than the usual Concentrate or “100%” juice.

To recognize a NFC juice, just have a look at the packaging, where you can always find mentioned how the juice has been produced.





August. No. 45

Not-From-Concentrate juices: a healthy start to a healthy day | 鲜榨果汁，健康每一天



多吃水果及蔬菜有助于保持你的身体健康，并能预防疾病，但它并不总能像专家建议的那样易于消化。幸运的是，水果经榨汁后更易于消化，同时也是天然维生素及矿物质的来源。

当然，我们可以很容易的在市场上找到各式各样的果汁，但很难去识别它们之间怎样的差异。简单来说，它们之间的差异无非就是浓缩果汁和非浓缩果汁之间的不同？浓缩果汁是由许多果汁经高温加热蒸馏而来的。这种被蒸馏出来的果汁口感较浓稠，在其装瓶过程中，又添加了水并使其混合调匀，然后被运送到世界各地。非浓缩果汁在软性饮料行业中是相对较小的分类，由于其售价较高，在大多数国家它都被视为优质产品。鲜榨果汁经过消毒，即可包装，不添加水，防腐剂和糖。

如果一个产品上写着 100% 纯正果汁，那说明它除了果汁以外，不含有任何添加剂。然而，这个产品不一定是新鲜果汁，而是从浓缩果汁中提炼的，那么这个标有“100%”的纯正果汁就不可能是我们所说的非浓缩果汁。对于那些没有时间制作鲜榨果汁的人来说，在开始一天辛苦工作之前，最好不要选择喝浓缩果汁。即使是经过巴氏灭菌的非浓缩果汁，也会流失部分维生素，综合长保质期和包装方便来看，非浓缩果汁比一般的浓缩果汁和 100% 果汁更接近于鲜榨果汁，有更多的维生素，纤维素和矿物质。

如果你想找到非浓缩果汁，只需看一下包装，你就能很容易识别它是哪种生产工艺了。





August. No. 45

Wonderful Ice Cream For Your Summer Vacation | 您夏日假期的美味冰激凌



The hottest season has already arrived. Now, how to best enjoy your vacations this Summer? One cup of ice-cream a day would be the best choice for you! But do you know where did this magical product originally come from?

Precursors of ice-cream can be traced back to 4000 years ago. Mesopotamia had the earliest icehouses in existence, beside the Euphrates River, where the wealthy stored items to keep them cold.

In 400 BC, Persians invented a special chilled pudding-like dish, made of rose water and vermicelli which was served to the royalty during summers. In 62 AD, the Roman emperor Nero sent slaves to the Apennine Mountains to collect snow to be flavored with honey and nuts.

Ice-cream recipes first appear in 18th century England and America. A recipe for ice-cream was published in Mrs. Mary Eales's Receipts in 1718. The history of ice cream in the 20th century is one of great change and increases in availability and popularity. Ice-cream became popular throughout the world in the second half of the 20th century, after cheap refrigeration became common. There was an explosion of ice-cream stores and of flavors and types. Technological innovations such as these have introduced various food additives into ice cream, notably the stabilizing agent gluten, to which some people have intolerance. Recent awareness of this issue has prompted a number of manufacturers to start producing gluten-free ice-cream.

How about having a cup of ice-cream while slipping yourself into your favorite relaxing position? Enjoy the beautiful Summer!



August. No. 45

Wonderful Ice Cream For You Summer Vacation | 您夏日假期的美味冰激凌



最炎热的季节已经到来，怎样享受您的夏日假期呢？

一杯可口的冰激凌是您最好的选择！但您对这些具有“魔力”的冰激凌是来自哪里呢？冰激凌最早起源于 4000 年前，可以追溯到 4000 年前。西南亚地区的美索不达米亚有着现存最早的冰库，由于附近的幼发拉底河，那里有着丰富的资源可以保存冰库。

在公元前 400 年，波斯人发明了一种特殊的冷冻布丁，它是由玫瑰露和粉条制作而成，只有皇室才可以在夏季享用这款美味。到了公元 62 年，罗马皇帝尼禄派奴隶到亚平宁山收集冰雪，用于制作风味坚果蜂蜜。

冰激凌的制作方法首次出现是在 18 世纪英格兰和美国。Mary Eales's Receipts 女士在 1718 年发布了首个冰激凌制作方法。在冰激凌历史上，20 世纪是一个新的变革及得到普及的年代。20 世纪后期，随着冰箱的普及，冰激凌也随之在世界各地流行起来。这一时期也是冰激凌专卖店和风味研发最盛行的年代。随着技术革新，越来越多的人开始返璞归真，崇尚自然，那些不含任何食品添加剂及稳定剂的冰激凌受到大家的喜欢。最近，对这个问题的进一步了解，冰激凌制造商开始生产麸质冰激凌。

这个炎炎夏日，来一杯美味清凉的冰激凌，即放松心情又一饱口福。



August. No. 45

Fine Food Focus – Pasta | 聚焦美食—意大利面



Written by Hiufan Tsang – Sinodis National Marketing Manager

Coming back from my trip to Parma, Italy, has got me day-dreaming of retirement. With the various roundabouts circling the city, the non-suicidal bicycle riders promenading century-old churches, the wonderful food eaten al fresco, life here cannot get any better. Missing rice in my daily diet though made me wonder about the simplicity albeit the evolution of pasta throughout the years, which brings me to whole grain pasta. Whole grain has always been equated with healthy well-being. This promotes the maintenance of a balanced diet to prevent overweight problems as these often lead to diabetes and heart diseases. Make sure you choose your whole grain pasta well, checking the nutritional information that guarantees at least two times more fiber and two times more magnesium than traditional pasta. Much evidence has shown that diets high in fiber help lower the risk of developing heart diseases, while a balanced intake of the essential mineral, magnesium, help stabilize the rhythm of the heart. To enjoy the pleasure of pasta while benefiting from whole grain nutrients, try this simple recipe below:

- COOK** > one 500 gram whole grain pasta according to package directions; separately season four small zucchinis, thinly sliced, with a little sea salt;
- HEAT** > two tablespoons of extra virgin olive oil in a medium-sized skillet;
- ADD** > one clove of chopped garlic and sauté for two minutes;
- ADD** > zucchini and sauté for additional two minutes;
- ADD** > two cups of cherry tomatoes and sauté until skins are slightly blistered and the tomatoes are heated all the way through;
- ADD** > 4 leaves of torn basil to the skillet;
- DRAIN** > whole grain pasta;
- ADD** > whole grain pasta to skillet and toss with 1/2 cup shaved parmesan cheese before serving.



从意大利的帕尔玛回来，我想我找到了理想的退休归宿。拥有多重道路环绕着的城市，人们悠然自得的骑着自行车穿梭在有着百年历史的教堂附近，还有在路边一边欣赏迷人街景一边品味绝佳美食，哪里还有比这更歇逸舒适的生活呢？对于习惯吃米饭的我来说，经过多天的面食生活使我对意面的发展演变产生了浓厚的兴趣，如今，在我们身边有了全麦意面。人们一直把全麦意面和健康关联在一起，的确，全麦意面有助于维持均衡的饮食结构，防止营养过剩而引发的糖尿病和心脏疾病。当您选购全麦意面的时候，要确认标签上的营养信息表中的纤维和镁的含量要比普通产品的含量高 2 倍之多。更有大量研究数据表明，高纤维含量的饮食能有效地降低心脏疾病的发生率，全麦意面含有的矿物质及镁能够稳定心脏跳动的频率。快来试试下面这个能带来丰富营养的美味意面吧！

根据意面包装上的烹煮指示来煮 500 克全麦意面，然后分别加入调味料、盐在已切片的西葫芦上。

在煎锅里加两勺特级初榨橄榄油并加热，放入一瓣大蒜切碎烹炒两分钟。

加入西葫芦继续烹炒两分钟，加入小番茄烹炒至半熟状态，再加入四片罗勒叶。

将已煮熟的全麦意面沥干。

然后倒入锅中一同烹炒，出锅前加 1/2 杯帕梅森奶酪碎即可，这就是一道色香味俱全的营养面食了。



August. No. 45

Smoothies | 果汁饮品

Mango Orange Slush

Ingredients:

- 80 g Cap'Fruit mango puree
- 1/2 cup crushed ice
- 6 cl President milk (cold)
- 9 cl Golden Circle orange juice



Freeze P

Ingredients:

- 80 g Cap'Fruit raspberry puree
- 1/2 cup crushed ice
- 6 cl President milk (cold)
- 8 cl Golden Circle pineapple juice



Preparation:

Combine ingredients in blender with crushed ice and blend until smooth. Top with whipped cream.

芒果橙浆

配料:

- 80 克 卡福洛芒果果泥
- 1/2 杯 碎冰块
- 6 毫升 总统牛奶
- 9 毫升 金圆橙汁

冻结 P

配料:

- 80 克 卡福洛树莓果泥
- 1/2 杯 碎冰块
- 6 毫升 总统牛奶
- 8 毫升 金圆菠萝汁

准备过程:

用粉碎搅拌机混合以上配料与冰直到融合。顶部可加上奶油做装饰。



August. No. 45

Red Fruit Terrine | 红色果实果冻

For the red fruit juice

Ingredients:

- 125 g Cap'Fruit Strawberries
- 100 g Cap'Fruit Raspberries
- 125 g Blackberries
- 110 g Sugar



Preparation:

1. Mix all the ingredients together in a bowl, and leave it in a water bath on a medium heat for at least 2 hours.
2. Strain the mixture.
3. Save the juice.



For the red fruit gelatin

Ingredients:

- 250 g Red fruit juice
- 2.5 g Texturas AGAR



Preparation:

1. Heat up the mix with Texturas AGAR.
2. Strain using a fine superbag and place the juice into a mold (1cm high x 5cm wide x 40cm long)
3. Finish setting in the refrigerator. Cut the gelatin.

红色果汁

配料:

- 125 克 卡福洛草莓
- 100 克 卡福洛覆盆子
- 125 克 黑莓
- 110 克 糖

准备过程:

1. 将所有配料到入碗中混合，放入加热后的热水中至少 2 个小时。
2. 压紧混合物。
3. 保留果汁，备用。

红色水果明胶

配料:

- 250 克 红果汁
- 2.5 克 德图拉琼脂

准备过程:

1. 加热并混合琼脂。
2. 用裱花袋挤压琼脂及混合物，倒入模具中。（模具尺寸：1 厘米高 x 5 厘米宽 x 40 厘米长）
3. 完成后放入冰箱。凝结成冻即可切开食用。