煤氣 Towngas

Green Cooking Tips
環保煮食貼士

At Towngas, we focus on environmental protection, particularly reducing greenhouse gas emissions. These are some green cooking tips that will help you maximise energy efficiency when using town gas, while at the same time reducing your energy costs.

煤氣公司一向致力保護環境，減少溫室氣體排放。我們特別介紹多項環保煮食貼士，讓客戶在使用煤氣時能提高能源效益，共同為環保出一分力，同時節省燃料開支。

GENERAL
一般煮食

-10%
carbon emission
碳排放

Cover your cookware with a tight-fitting lid while cooking
煮食時，使用大小適中的蓋子把煮食器具蓋好

Your energy cost and carbon emission may be reduced by up to 10%, as residual heat is retained for longer.

可節省能源開支及減少碳排放達10%，也可令煮食時的餘熱留得更久。
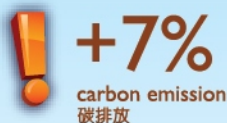
溫馨提示 Extra Tip:
To keep vegetables crisp and fresh, add some sugar before cooking

烹煮蔬菜前加入一些糖，可保持蔬菜鮮甜

+7%
carbon emission
碳排放

If a burner is extremely dirty
若爐頭沾有大量污垢

Keep your cooking burner clean
定期清潔爐頭

An extremely dirty burner may lead to additional energy cost and carbon emission of up to 7%, and cooking times that are potentially 30% longer.

沾有大量污垢的爐頭可能會增加能源開支及碳排放達7%，也會加長煮食時間高達30%。

溫馨提示 Extra Tip:
A yellow flame is usually a sign of a dirty burner

火焰顏色變黃顯示爐頭有污垢

-25%
carbon emission
碳排放

Defrost your food before cooking it
煮食前先把冷藏食物完全解凍

Your energy cost and carbon emission may be reduced by up to 25%, and cooking times shortened by up to 20%.

可節省能源開支及減少碳排放達25%，也可減少煮食時間達20%。

-30%
carbon emission
碳排放

Use cookware that is the appropriate size for your stove top, so that the flame is completely covered
選擇大小適中的煮食器具，並確保煮食器具的底部能夠完全把爐火覆蓋

Your energy cost and carbon emission may be reduced by up to 30%.

可節省能源開支及減少碳排放高達30%。

FRYING AND DEEP FRYING
煎、炒、炸

When pan frying small amounts of food, try moving the food in a circle around the centre of the pan, keeping away from the edges

使用平底鍋煎炒較少量的食物時，把食物集中於鍋的中心與外圍之間的位置移動

Your energy cost, carbon emission and cooking times may be reduced by up to 10%.

可減少能源開支、碳排放及煮食時間達10%。

溫馨提示 Extra Tip:

Try cooking more food at one time so that heat from the pan is not wasted and the food is cooked more efficiently
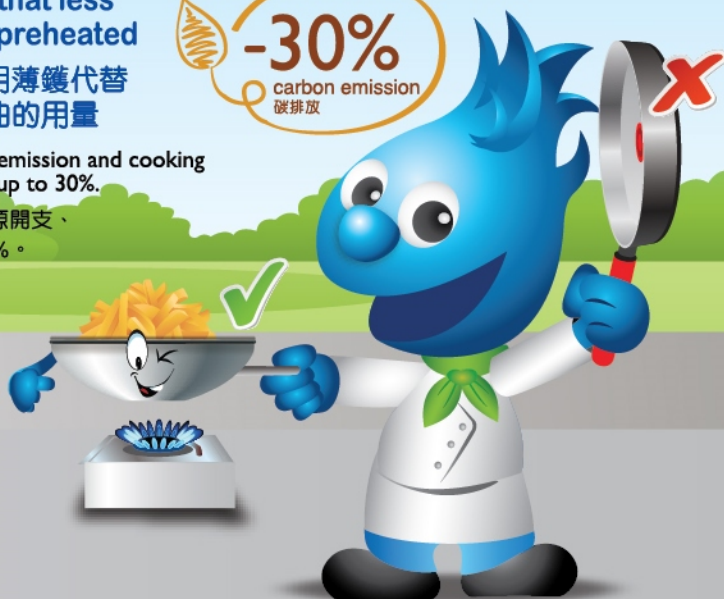
盡量於同一時間煎炒較多的食物，這可令更多的熱能從平底鍋轉送到食物中，從而增加煮食時的能源效益

When deep frying, try a thin-walled wok instead of a frying pan so that less oil will need to be preheated

炸食物時，盡量使用薄鑊代替平底鍋，可減少食油的用量

Your energy cost, carbon emission and cooking times may be reduced by up to 30%.

可減少在食油預熱時的能源開支、碳排放及煮食時間高達30%。

-30%
carbon emission
碳排放

STEAMING AND SIMMERING
蒸、燉

Try reducing the amount of water used
盡量減少煮食或蒸煮時所用的水

For example, a 60% increase in water used for preheating might lead to a 50% increase in energy cost, carbon emission and cooking times.

例如，增加60%的用水量會增加能源開支、碳排放及煮食時間高達50%。

+50%
carbon emission
碳排放

If increase 60% water for preheating
若增加60%的用水量

-25%
carbon emission
碳排放

When steaming, switch power to low as soon as the water boils
蒸煮食物時，當水溫到達沸點時調低火力

Your energy cost and carbon emission may be reduced by up to 25%.

調低火力可節省能源支出及減少碳排放達25%。

-25%
carbon emission
碳排放

Where possible, steam your food using a metallic container rather than a ceramic one
盡量使用金屬器皿來蒸煮食物

Your energy cost, carbon emission and cooking times may be reduced by up to 25%.

與使用陶瓷器皿相比，可減少能源開支、碳排放及煮食時間達25%。

Where possible, place food inside the cookware before turning on the power for steaming
蒸煮食物時，盡量於開火前將食物放入煮食器具內

Your energy cost and carbon emission may be reduced by up to 5%, and cooking times shortened by up to 10%.

可節省能源支出及減少碳排放5%，也可減少煮食時間達10%。

-5%
carbon emission
碳排放

溫馨提示 Extra Tip:

This is not recommended for steaming raw meat and fish, since it may affect the texture of the food

這做法不適用於蒸煮生肉及新鮮魚，因可能會影響肉質

Want to improve your savings even further? Try putting several of these tips into practice at the same time.

如果您同時實行上述多項建議，將可達到更佳節能效果，也可節省更多能源開支。

Remarks 附註：
● The results of the above tips were obtained from experiments conducted using gas cooker model TGC R-22. 上述貼士的節能數據經進行實驗而得出，而實驗中所使用的氣體爐具型號為 TGC R-22。● The savings that one can achieve could be affected by cooking conditions and environment. 節能效果會因實際煮食狀況及環境而受到影響。