



Peh Ti (左) 說只要提供培訓機會和適當的支援，左手活動不便的Carol (右) 也可如健全者一樣煮出各式美食。
Pei Ti (left) says with proper training and support, Carol (right) who has left hand disability can cook just as well as any able-bodied person.

不一樣的新加坡美食： 市建局「618上海街」引進社企 助殘障人士自力更生

Extraordinary Singaporean Cuisine: URA Introduces Social Enterprise to 618 Shanghai Street to Enable the Disabled

在市建局「618上海街」的「廚尊」餐廳點一碗富有新加坡風味的香菇肉碎麵，除了味道可口之外，可能不會察覺尚有甚麼其他特別之處。但原來，它是由左邊身體患有痙攣、主要靠右手工作的黃敏貞（Carol）親自炮製的。「廚尊」的各款菜式，由海南雞飯、大蝦喇沙、咖央多士、臘腸雞粒瓦煲飯，到甜品例如斑蘭蛋糕、鬆餅等等，都是由一班身體上有殘障或有特殊需要的人士，落手落腳精心烹調。在「廚尊」教授殘障人士烹飪技能的培訓員、來自新加坡的黃培蒂（Peh Ti）說，其實只要提供培訓機會和適當的支援，殘障人士同樣可以如健全者一樣煮出各式美食。

去年12月在市建局「618上海街」開業的「廚尊」，是由總部設於新加坡的社會企業Project Dignity所營辦。市建局去年邀請並協助其來港開店，將新加坡的創新社企餐廳模式帶到香港，並希望它能夠在油旺區

Few people may have noticed the special details of food offered by Dignity Kitchen Hong Kong at 618 Shanghai Street besides its delicious taste of Singapore. While a bite of Bak Chor Mee is guaranteed mouth-watering, what is more worth-noting is that all dishes served at Dignity Kitchen are well-cooked by a group of stall workers with various physical disabilities or special needs, among them is Carol Wong, who suffers from left hand spasticity and has to work mainly with her right hand. Ong Pei Ti, trainer from Singapore who teaches cooking skills at Dignity Kitchen, said with proper training and support, a disabled person can cook just as well as any able-bodied person.

Dignity Kitchen, which has commenced operation in the URA's 618 Shanghai Street since December last year, is run by Project Dignity, a social enterprise headquartered in Singapore. Last year the URA invited and facilitated Project Dignity to set up Dignity Kitchen in Hong Kong with an aim to assist local disadvantaged groups on career development through bringing to the city an innovative social enterprise model, in the hope that it can take root in the Yau Ma Tei and Mong Kok (Yau Mong) districts. At Dignity Kitchen, a variety of hawker

紮根，幫助香港弱勢群體在職的需要。在項目活化上，廚尊以大排檔的形式提供餐飲服務，可將油旺區的傳統大排檔飲食文化引進活化項目，加強項目的地方特色元素；同時「廚尊」作為培訓基地，致力協助本地的弱勢群體自力更生，亦讓活化後的「618上海街」不單在硬件上具備更有意義的新功能，在軟件上亦同時能照顧到不同人的需要，並透過各種形式的活動計劃和協作，營造更好的生活和社區。

「廚尊」着力為身體殘障或有特殊需要的人士提供培訓機會，並按他們的能力安排合適的工作崗位，更會設置特別和創新的工具以輔助殘障者烹調各款菜式，從而發揮他們的潛能，促進學員逐步自主工作，以達至最終讓他們可以融入社會、自食其力的目標。

然而殘障人士要在社會尋找工作謀生，並不容易，除了因為願意聘請殘障者的公司或機構不多，最大的障礙就是欠缺培訓機會，令他們較難學到一些工作技能，幫助就業。Carol憶述，她在加入「廚尊」之前不懂得烹飪，加上身體的障礙，因此很難找到工作機會；即使後來得到位於觀塘的一家茶餐廳聘請，但由於餐廳沒有提供相關培訓，所以她只獲分配做一些如夾麵包等的簡單工作。

Carol遇到的就業困難和工作經歷，相信不少殘障人士都曾經歷過。Peh Ti說：「香港人的節奏很快，一般餐廳食肆沒有很多耐性慢慢培訓他們。如果手腳慢，就會被罵『阻住地球轉』。其實很多人都不了解殘障人士有什麼特徵或需要，但很快就對他們下判斷，沒有給他們機會。」

因此，針對殘障人士遇到的就業困難問題，「廚尊」通過實踐創新的社企營運模式，一方面集中聘請殘障人士營運餐廳，為他們提供工作職位，目前「廚尊」就有九成員工屬身體殘障或有特殊需要的本地弱勢社群；另一方面，亦着重給予培訓機會，向他們傳授各種烹飪技巧，幫助他們習得一技之長，將來可以投入職場，自力更生。

去年底，Carol加入了「廚尊」成為學員一分子。Peh Ti記得她初時見到的Carol較欠缺自信心：「那時我教她怎樣打肉丸。Carol對我說，『你可以用兩隻手打肉丸，當然較容易做到啊』。那麼我就只用一隻手，示範單手打肉丸，從而鼓勵她。」Carol看見後，仍然覺得困難，Peh Ti便說：「你不嘗試做，不知道其

food are offered at different food stalls (Dai Pai Dongs) which are reminiscent of the traditional culture of Dai Pai Dongs in Yau Mong area, therefore boosting the local characteristics of the revitalisation project. And with the introduction of such training base for helping the local disadvantaged groups to build up self-reliance, not only has the revitalised building been given new function, but the project itself is also capable of catering to people's need through different activities and collaboration thereby fostering their livelihood and creating a better community.

Dignity Kitchen strives to provide training opportunities for people with physical disabilities or special needs, and arranges suitable jobs according to their abilities. Tailor-made tools are provided to assist them to cook various dishes with a purpose to fully realise their potentials and work independently, so that the ultimate goal of social integration and self-reliance of the disabled can be achieved eventually.



在特定工具輔助下，Carol可以用左手夾着一隻彎形的叉幫助固定食材，再用右手拿刀切開。

With the help of tailor-made tools, Carol is able to hold ingredients in place by using a curved fork with her left hand, and then cut them with a knife in her right hand.

However for persons with disabilities, getting a job to earn a living in Hong Kong is no easy task. While only a few companies or organisations are willing to hire them, the biggest obstacle they face is the lack of training opportunities, rendering them difficult to acquire work skills to enhance employability. Carol recalled that before joining Dignity Kitchen, she did not know how to cook, and also because of her physical disability, she had difficulties in finding jobs. Even though Carol was once hired by a café in Kwun Tong, she was only assigned to do simple tasks such as serving breads without any training.

Many people with disabilities share similar difficult experience as Carol has encountered in job searching and work. "Hong Kong is a fast-paced society where restaurants cannot spare time to offer on-the-job training to its staff. If staff with disabilities are too slow to catch up, they will be blamed for throwing a wrench in the works. In fact, many people are ignorant of the traits and needs of persons with disabilities, while making rash judgement about them and deny them the opportunity," said Peh Ti.

Hence, to help disabled persons with employment difficulties, Dignity Kitchen strives to operate under the social enterprise model, on one hand providing disabled persons with job opportunities, with 90 percent of its employees being recruited from local disadvantaged groups with physical disabilities or

實很容易做到的。」得到Peh Ti鼓勵，Carol就開始試單手打肉丸。經過親身嘗試，她興奮地說：「原來是這麼容易的！」發現即使她半邊身體無力，但同樣能夠用一隻手打肉丸。而在「廚尊」提供的創新工具輔助下，Carol能夠做到比以往更多的工序，例如她可以用左手夾着一隻彎形的叉幫助固定冬菇，再用右手拿刀切冬菇。

除了打肉丸和切割食材，Carol還在「廚尊」學習到怎樣將豬骨「飛水」和炒香魚仔乾用來熬湯，以至調校味道、食物擺盤等等。Peh Ti讚賞Carol學習得很快，經過大約兩個星期的培訓，Carol已經可以自己烹調一碗香菇肉碎麵，由切菜心、冬菇、肉片，到在爐頭煮麵條和肉丸等工序，都能夠親自包辦。Carol更曾經在家裏煮麵給媽媽品嚐，讓她試試自己的「手勢」，媽媽也大讚好味道。

殘障人士在「廚尊」學到的不僅僅是煮食技巧，還有自立能力。Peh Ti說，「廚尊」的培訓員或健全員工不會主導殘障人士工作，而是給予空間讓他們發揮，「我們會問學員在工作過程中有沒有遇到什麼問題，然後問他們可以怎樣解決，推動他們多思考，並培養自信心。」只要有合適的培訓和幫助，殘障人士一樣可以自食其力，並投入社會，作出貢獻。

現在Carol除了能夠打理好她負責的撈麵攤檔，空閒時她還會主動幫忙喇沙和海南雞飯攤檔的同事工作，十分「幫得手」。看見Carol今天的成果，Peh Ti都感到非常開心，笑說：「我已經不需要再特別照顧她了，她自己都可以做得到（烹調的工作），我沒有甚麼需要擔心的。」



special needs, while on the other hand equipping them with various culinary skills through substantial training in the hope that they can be self-reliant one day.

As Peh Ti remembered, Carol showed a lack of self-confidence when she first joined Dignity Kitchen as trainee at the end of last year. "At that time I taught her how to beat ground meat to make meatballs. She said to me: it is of course easier for you because you can beat meat with both hands. To encourage her I then showed her how to make meatballs with only one hand." When Carol still hesitated, Peh Ti told her, "You have to try or you will never know it's easy." With Peh Ti's encouragement, Carol decided to give it a try and was excited to see her first successful attempt using only one hand while the left side of her body was too weak and heavy for the task. With the help of tailor-made tools provided by Dignity Kitchen, Carol is able to carry out more cooking procedures than before. For example, she could hold mushrooms in place by using a curved fork with her left hand, and then cut them with a knife in her right hand.

Besides making meatballs and processing ingredients, Carol also learned how to blanch pork bones and fry dried small fish for stewing soup, in addition to food seasoning and presentation. After about two weeks' training, Carol, who has been praised a fast learner, was able to prepare a bowl of Bak Chor Mee by herself from cutting the vegetables, mushrooms and meat to turning on the stove to cook noodles and meatballs. Carol even cooked noodles at home for her mother who gave a thumb up for the great taste.

At Dignity Kitchen, people with disabilities not only learn to cook, but also to be self-reliant. Peh Ti explained that their trainers and abled-bodied staff would not dominate over the disabled employees, but would allow them a full play of their abilities instead. "Trainees will be asked if they have encountered any problems during the work, and how they would solve these problems. They are encouraged to think more and build up their self-confidence." With appropriate training and assistance, people with disabilities can also stand on their own, integrate into the community and make their contributions.

Now besides running the noodle stall independently, Carol would offer help to her colleagues at the Laksa and Hainan Chicken Rice stalls when she has free time. Peh Ti is glad to see what Carol has achieved today. "I do not need to look after her anymore. She can do it (cooking work) all by herself and I have nothing to worry about," she smiled.

去年12月在「618上海街」開業的「廚尊」，由新加坡社會企業Project Dignity營辦，透過將新加坡的創新和更具效益的社企營運模式帶到香港，協助本地的弱勢群體自力更生。Dignity Kitchen, which has commenced operation at 618 Shanghai Street since December last year, is run by Project Dignity, a social enterprise headquartered in Singapore, with an aim to assist local disadvantaged groups to build up self-reliance through bringing to the city an innovative social enterprise model.