

# Green Queen

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## 5 Plant Proteins To Keep In Your Fridge/Freezer At All Times



By **Jenny Star Lor**

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**BREAKFAST**

**HK FOOD SHOPPING GUIDES**

**HONG KONG**



As convenient as it is to eat out in a city like ours (and boy, do Hong Kongers eat out a lot!), there is something to be said about cooking your own meals from time to time. Sometimes we're just over the foods we have come to

know and love, and other times it just feels nice to “adult” and whip up a meal for a change. And on those types of days, while we would love to make foods from scratch, that doesn’t always pan out. Life happens, we get it. This is where our kitchen-friendly refrigerator and freezer comes in handy. Don’t turn up your nose to these frozen and frigid finds for they may be the secret tolls you need to stay on your healthy path! For a healthy dose of protein for veg-heads and meat-eaters alike, here are five plant proteins to stock up in your fridge or freezer at all times!

## Gardein Mini Crispy Crabless Cakes

**HKD65.90**

An award-winning line of delicious and healthy meat-free foods, Gardein’s Mini Crabless Cakes are swimming with flavor and ocean-free omega-3s. Made with non-GMO soy, wheat, and veggies, they are cholesterol-free, vegan and kosher. Crispy on the outside, moist and flaky on the inside, these bite-sized garden grown protein are perfect as an appetizer or main course.

**Find Gardein in the frozen section at Green Common shops.**

## Beyond Meat Beyond Chicken Strips

**HKD63.90**

Grilled over a mesquite fire with a sweet hint of molasses, Beyond Meat’s Beyond Chicken Strips look, feel, taste and cook the same way traditional chicken does, but better – it’s entirely vegan and cruelty-free! Free of gluten and made without any GMO ingredients, they’re the perfect protein for your stir-frys, sandwiches, snacks and other mealtime options.

**Find Beyond Meat in the frozen aisle at Green Common stores.**

## Beyond Meat Beyond Burger

**HKD59**

We have previously sung The Beyond Burger's praises- their ambition to get the planet to stop eating meat is inspiring. Made from pea protein, beet juice and coconut oil, this 100% vegan patty even has a higher protein count than conventional beef burgers. Smokey, savory and utterly delicious, you can nosh away guilt-free knowing there are no hormones, antibiotics or cholesterol on your lunch, dinner (or breakfast – we're not judging!) plate. Though they are entirely plant-based, it is recommended you keep these bad boys refrigerated until ready to cook!

**Find Beyond Meat in the meat aisle at city'super stores.**

## Spicebox Organics Locally Made Tempeh

**HKD48/piece**

If tofu isn't your thing, tempeh is a great alternative! Eaten primarily in Asia and hailing from Indonesia, tempeh is made by fermenting cooked soybeans with mold (instead of curdling fresh, hot soy milk with a coagulant, which is how tofu is made). Spicebox Organics, one of our favorite health food shops chains, offers up a mean batch of locally made tempeh – firm, chewy, nutty, and slightly sweet. Though higher in calories than its whiter unfermented cousin, tempeh is less processed and contains more protein, calcium and fiber than tofu. Keep it in the fridge until you're ready to add it to soups, salads or casseroles.

**Find locally made tempeh in the refrigerator section at Spicebox Organics stores.**

## Lion's Mane Mushrooms

**HKD52**

With its chewy, meaty texture and taste reminiscent to chicken, Lion's Mane Mushrooms are a great staple to have stocked in your kitchen pantry. They are a great stand-in for meat dishes as the mild mushrooms pick up the flavors of whatever is being cooked, and they are substantial enough to be the main dish or a famed side dish. Local gourmet veggie eatery Grassroots Pantry has made them famous! We like to sauté them in garlic, white wine and parsley or add to our stir-fry in lieu of tofu 😊

**Find Lion's Mane Mushroom online at Vegelink.**


# Linda McCartney Vegetarian Sausages

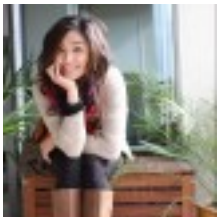
HKD62

Now *this* is something we're super excited about! For those who are looking to transition to a more plant-based diet but are apprehensive, you'll love UK-based plant-based foods purveyor Linda McCartney Foods (yes, THAT McCartney) and their line of vegan sausages. Made with rehydrated textured soya protein and natural flavors, they cook up to a nice crisp on the outside with a satisfying texture on the inside but it's the seasoning that's the best! Full of flavor with a high protein count, go ahead and stock up!

**Find Linda McCartney Sausages in the frozen section at Just Green stores.**

*Images courtesy of Pexels (lead), Gardein, The V Word, Beyond Meat, Minimalist Baker, Vegan Crunk, Linda McCartney Foods.*

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## Jenny Star Lor

Jenny Star Lor is Green Queen's resident wellness writer. Originally from Los Angeles, she now calls Hong Kong home. Previously, she wrote and reported for global publications such as The Hollywood Reporter and US Weekly. She is also a passionate pole dancer and teaches classes across Hong Kong.



CHOCOLATE

HONG KONG

ORGANIC

## Hakawa Chocolate: Hong Kong First Organic Bean To Bar Chocolate Maker & Cafe



By Jenny Star Lor

Last updated Jan 22, 2018

If you trudge up along the Gough Street stairs from Queen's Road Central that deposits you off at Shing Wong Street (or further up to Hollywood Road), you will be rewarded with the mouth-watering aroma of roasted cocoa beans at the top of those 87 concrete steps. With a mix of hot chocolate and a faint hint of nuts (*or maybe a type of spice?*), that heavenly scent belongs to none other than Hong Kong's newest bean-to-bar chocolate cafe, Hakawa Chocolate.

Sally Kwok Pik and Mandy Wong Ngai, the co-owners and chocolate makers behind the artisanal, handcrafted chocolate company have been churning out small-batch cocoa beans to bricks of chocolate since last summer. The process, called bean-to-bar, denotes that every step of their operation is done by the chocolatier. There's no remelting of chocolate and repackaging it as their own (that process involves using *couverture*, commercially produced blocks of chocolate FYI). **Instead, Sally and Mandy source their raw organic cocoa beans from co-operative farms in Sri Lanka.** Bringing them back to Hong Kong, it all gets lightly roasted in small batches, winnowed (removing the outer shell from the nib), and ground over the course of several days before resting for a minimum of three months to develop flavor. Self-taught, inventing and rejiggering equipment to fit their chocolate needs, this labor of love takes months until the final product is ready.

“One of the reasons Mandy and I set up shop is that we wanted to do something authentic here in Hong Kong,” explains Sally. **“When we make our own chocolate bricks, we know it’s exactly 72 percent cacao and 28 percent organic cane sugar. There is no additives or chemicals.** The result is a simple bar of chocolate that is supposed to taste exactly what it is.”

Their name, *Hakawa*, is a mashup of their motherland, Hong Kong, and *kakawa*, an ancient Olmec (the earliest known major civilization in Mexico) word meaning cacao or chocolate infuses an amalgam of the traditional and their cultural heritage. With interesting flavors like Sichuan pepper, Himalayan salt, and goji osmanthus, most of their ingredients are locally sourced from nearby markets, like neighboring Yuan Heng Spice Company on Tung Street. **One of their bestsellers? The Sichuan pepper bar, made with two types of peppers and four kinds of chilis!** Note the sharp snap when breaking off a piece of the bar (an indicator of freshness and quality) and the glossy sheen indicative of the craftsmanship. Quality, handmade chocolate has deeper flavor than the typical, ordinary mass produced chocolate, which is clear when you sink your teeth into any Hakawa product: one bite into the Goji Osmanthus bar and I can immediately taste the distinctive and intricate flavors from the cocoa. Speckles of dried osmanthus flowers and goji berries adorn the thin brick of 72 percent cocoa bar, in which I can detect the fruity fragrance of the sweet flowering plant native to eastern Asia.

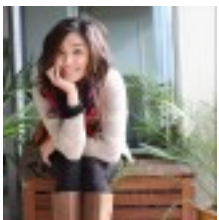
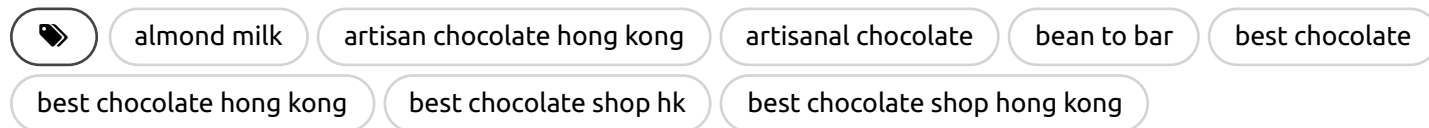
Wedged in an itty-bitty seven-square-meter corner, their storefront has a Scandinavian-chic aesthetic – with its clean white-tiled walls, and minimalist, stark silhouettes – which makes the space seem bigger than it ultimately is. But what they lack in size, they make up for in taste and innovation. **Their drinkable chocolate is another highlight not to pass up.** Two options are provided for their homemade cocoa drinks: 72 percent or 100 percent. All drinks are available with vegan milk options: they feature almond milk and soy milk! Watching outside the shop window as they prepare your cup of hot (or iced) chocolate is fascinating – weighing chocolate

from beakers, warming the milk, breaking off and crushing fresh mint (I ordered an iced fresh mint chocolate) and mixing it all together – reminiscent of traditional alchemy in a teeny cafe, crafting some cocoa beans and mint into a delicious, refreshing work of art.

The next time you fancy the finer chocolate confections Hong Kong has to offer, stop by this charming shop on Gough Street. I'll race you up those Gough Street stairs if I'm around!

*Shop 1B, 49 – 51A Gough Street, Central, +852 6163 3563, find them on Facebook here.*

*Images courtesy of Hakawa Chocolate and Green Queen.*



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