



Regal Hotels Unveils: “Taste of 24 Solar Terms” A Celebration of Chinese Wellness Philosophy and Culinary Heritage

(20 August 2024, Hong Kong) Wellbeing has always been a crucial notion of the ancient Chinese food culture. The culinary team at Regal Hotels recognises that healthy eating brings positive impacts on body and mind, and are committed to crafting nutritious and flavourful dishes using the finest seasonal ingredients. According to Chinese philosophy, a year is divided into 24 solar terms with different characteristics and optimal foods that nourish different organs: spring for the liver, summer for the heart, autumn for the lungs, and winter for the kidneys. As autumn approaches, Regal Hotels proudly presents “Taste of 24 Solar Terms” featuring a selection of nourishing soups and sweet soups designed to promote wellness in changing weather. The collection is even complimentary for Regal Club members^.

Over 70 Nourishing Soups and Sweet Soups

The “Taste of 24 Solar Terms” is officially launched following the Start of Autumn on 7 August. During the autumnal solar terms, namely Start of Autumn (立秋), End of Heat (處暑), White Dew (白露), Autumn Equinox (秋分), Cold Dew (寒露) and Descent of Frost (霜降), it is important to nourish the lungs as the drier climate often provokes respiratory issues.

Start of Autumn (立秋) 12 – 21 August

During the Start of Autumn, the summer heat remains and it might cause a loss of appetite. **Snakehead Mullet Soup with Rice Bean and Winter Melon** helps fend off the heat while invigorating the spleen to enhance overall digestion.

End of Heat (處暑) 22 August – 6 September

As we transition to the End of Heat, the heat persists but the air becomes noticeably drier. **Pork Lung Soup with Monk Fruit and Apricot Kernels** and **Pear Sweet Soup with Figs and Water Chestnuts** are wonderful remedies for cough and the latter also helps stimulate appetite.

White Dew (白露) 7 – 21 September

White Dew symbolises the arrival of cooler weather and crisp air, making it an ideal time for nourishing the lungs with **Pork Lung Soup with Apricot Kernels and Pilose Asiabell Root** and **Snakehead Mullet Soup with Watercress and Candied Dates**.

Autumn Equinox (秋分) 22 September – 7 October

At Autumn Equinox, it is best to opt for foods that can replenish one's Qi and are soothing like **Apple Soup with Fragrant Solomonseal Rhizome and Dried Lily Bulb** and **Aloe and Imperatae Drink**.

Cold Dew (寒露) 8 – 22 October

As yang energy is believed to weaken during Cold Dew and cause fatigue, **Northern Snakehead Soup with Tomato and Pumpkin** and **Pork Shank Soup with Astragalus, Yam and Lotus Root** can help boost the immune system and energy.

Descent of Frost (霜降) 23 October – 6 November

Descent of Frost concludes the autumn season with a sharp drop in temperatures; **Lean Pork Soup with Loquat Leaf and Sea Coconut** and **Beef Shank Soup with Corn** are yin-nourishing, blood flow-boosting and warming. **Stewed Pear with Dried Red Dates and Snow Fungus** also supports lung health and enhances circulation. Many more soups and sweet soups will be available in the upcoming solar terms.

A full list of the seasonal soups and sweet soups of the “Taste of 24 Solar Terms” in autumn:

Autumn Solar Terms and Available Period	Available at	Soups (HK\$68 each)	Sweet Soups (HK\$68 each)
Start of Autumn (12 – 21 August)	Regal Airport Hotel Rouge Phone: 2286 6868 Regal Hongkong	Snakehead Mullet Soup with Rice Bean and Winter Melon	Stewed Pears with ApricotKernels

Autumn Solar Terms and Available Period	Available at	Soups (HK\$68 each)	Sweet Soups (HK\$68 each)
End of Heat (22 August – 6 September)	Hotel Regal Palace Phone: 2837 1773	Pork Shank Soup with Monk Fruit and Watercress	
	Regal Kowloon Hotel Regal Court Phone: 2313 8681	Pork Lung Soup with Monk Fruit and Apricot Kernels	Pear Sweet Soup with Figs and Water Chestnuts
	Regal Riverside Hotel Regal Terrace Phone: 2132 1011	Snakehead Mullet Soup with Carrots and Radish	
	Regala Skycity Hotel the Jade Phone: 3556 3228	Pear Sweet Soup with Figs and Water Chestnuts	
White Dew (7 – 21 September)		Pork Lung Soup with Apricot Kernels and Pilose Asiabell Root	Beancurd Sheet Sweet Soup with Ginkgo and Dried Lily Bulb
		Snakehead Mullet Soup with Watercress and Candied Date	

Autumn Solar Terms and Available Period	Available at	Soups (HK\$68 each)	Sweet Soups (HK\$68 each)
Autumn Equinox (22 September – 7 October)		Apple Soup with Fragrant Solomonseal Rhizome and Dried Lily Bulb Apple Soup with Black Fungus and Corn	Aloe and Imperatae Drink
Cold Dew (8 – 22 October)		Northern Snakehead Soup with Tomato and Pumpkin Pork Shank Soup with Astragalus, Yam and Lotus Root	Pear Tea with Monk Fruit and Dried Mandarin Peel
Descent of Frost (23 October – 6 November)		Lean Pork Soup with Loquat Leaf and Sea Coconut Beef Shank Soup with Corn	Stewed Pear with Dried Red Dates and Snow Fungus

**Prices are subject to a 10% service charge*

Complimentary Soups and Sweet Soups for Regal Club members

Current and new members of Regal Club who visit the designated Chinese restaurants during their stay can enjoy free soups and sweet soups of the “Taste of 24 Solar Terms” ^ by showing their room card and digital voucher from the Regal Club mobile app.

With a sharp focus on wellbeing and health, Regal Hotels invites guests to visit and savour a remarkable slew of healthy dishes, nourishing soups and desserts for an unparalleled dining experience.

^Terms and conditions apply, please

visit <https://www.facebook.com/RegalClubByRegalHotels>

For press images, please download here: <https://bit.ly/4dAda0s>



REGAL HOTELS
富豪酒店

富豪酒店精心炮製二十四節氣湯品糖水 傳揚中國養生飲食文化 推動健康飲食生活態度

【2024 年 8 月 20 日，香港】中國飲食文化源遠流長，重視養生。富豪酒店廚師團隊深明健康飲食可滋養身心，特意隨四季變換，精選健康有益的優質時令食材，為賓客烹調出營養均衡、美味可口的精緻菜式，素葷菜餚兼備。按中國曆法，一年四季分為二十四節氣，春養肝、夏護心、秋潤肺、冬顧腎，每個節氣各有飲食宜忌。踏入秋季，忙碌的都市人易因天氣轉變而感不適，富豪酒店特別於秋季起推出「二十四節氣・四季滋味」湯品糖水系列，為賓客養護健康，順應節氣調養身體。富豪薈會員更可免費享用^。

逾七十款湯品糖水滋潤養生

富豪酒店推出的「二十四節氣・四季滋味」湯品糖水系列於立秋起正式推出。在立秋、處暑、白露、秋分、寒露及霜降等節氣，氣候乾燥容易影響人體的呼吸系統，重點是養肺保健。立秋時節，人們或會感到食慾不振，此時適宜食用一些甘涼滋補的食物，如**赤小豆冬瓜生魚湯**，冬瓜有助健脾去濕，以消暑防燥。處暑期間，天氣仍然炎熱，肺部容易出現乾燥現象，**羅漢果南杏豬肺湯**便可補肺止咳；**無花果馬蹄雪梨糖水**亦有清潤止咳和開胃健脾的效用。白露後，氣候開始轉涼，空氣乾燥，**北杏地參豬肺湯**和**西洋菜蜜棗生魚湯**有助護肺和補脾益氣。秋分時，客人應選擇溫潤補氣的食物，如玉竹白合**蘋果湯**，以滋陰潤燥；**蘆薈茅根**飲則養陰潤肺，可補充人體津液，舒緩乾燥問題。寒露時節，身體陽氣減弱，**蕃茄南瓜煲生斑魚湯**和**北芪淮山蓮藕煲豬脷湯**能夠提升免疫力和緩解疲憊。霜降來臨，氣溫下降，**枇杷葉海底椰瘦肉湯**和**粟米牛脷湯**能夠滋陰潤燥，增強血氣；**紅棗銀耳燉雪梨**的紅棗補血養心，配合潤肺的銀耳和有助止咳的雪梨，滋潤十足。富豪酒店將會陸續按不同節氣推出更多湯品糖水，供賓客享用。

以下特選「二十四節氣・四季滋味」秋季湯品及糖水於各指定富豪酒店中菜廳供應：

秋季節氣及供應日期	供應中菜廳	湯品 (每位港幣 68 元)	糖水 (每位港幣 68 元)
立秋	富豪機場酒店	赤小豆冬瓜生魚湯	南北杏燉雪梨

秋季節氣及供應日期	供應中菜廳	湯品 (每位港幣 68 元)	糖水 (每位港幣 68 元)
(8 月 12 至 21 日)	紅軒 電話：2286 6868	羅漢果西洋菜豬脰湯	
處暑 (8 月 22 至 9 月 6 日)	富豪香港酒店 富豪金殿 電話：2837 1773 富豪九龍酒店 富豪軒 電話：2313 8681	羅漢果南杏豬肺湯 紅白蘿蔔生魚湯	無花果馬蹄雪梨糖水
白露 (9 月 7 至 21 日)	麗豪酒店 富豪坊 電話：2132 1011 麗豪航天城酒店 玉 電話：3556 3228	北杏地參豬肺湯 西洋菜蜜棗生魚湯	白果腐竹百合糖水
秋分 (9 月 22 至 10 月 7 日)		玉竹百合蘋果湯 黑木耳粟米蘋果湯	蘆薈茅根飲
寒露 (10 月 8 至 22 日)		蕃茄南瓜煲生斑魚湯 北芪淮山蓮藕煲豬脰湯	雪梨羅漢果陳皮茶
霜降 (10 月 23 至 11 月 6 日)		枇杷葉海底椰瘦肉湯 粟米牛脰湯	紅棗銀耳燉雪梨

*以上價目需加一服務費

富豪薈會員有機會免費尊享

現有或新登記富豪薈會員於入住富豪酒店期間，到指定中菜廳用餐時可出示房卡及電子優惠券，免費換領「二十四節氣・四季滋味」湯品及糖水^。

健康生活是一種態度，賓客到訪時，可隨時品嚐到富豪酒店廚師精心炮製的健康菜餚、養生

湯品，甚至中西式健康甜品。富豪酒店誠摯邀請賓客光臨探索名廚團隊精心設計的四季健康美食，體驗不一樣的富豪滋潤養生飲食之道。

須受條款及細則約束，有關詳情請參考：<https://www.facebook.com/RegalClubByRegalHotels>

請透過以下連結下載新聞圖片：<https://bit.ly/4dAda0s>



REGAL HOTELS
富豪酒店

富豪酒店精心炮制二十四节气汤品糖水 传扬中国养生饮食文化 推动健康饮食生活态度

【2024 年 8 月 20 日，香港】中国饮食文化源远流长，重视养生。富豪酒店厨师团队深明健康饮食可滋养身心，特意随四季变换，精选健康有益的优质时令食材，为宾客烹调出营养均衡、美味可口的精緻菜式，素荤菜餚兼备。按中国曆法，一年四季分为二十四节气，春养肝、夏护心、秋润肺、冬顾肾，每个节气各有饮食宜忌。踏入秋季，忙碌的都市人易因天气转变而感不适，富豪酒店特别于秋季起推出「二十四节气·四季滋味」汤品糖水系列，为宾客养护健康，顺应节气调养身体。富豪荟会员更可免费享用^。

逾七十款汤品糖水滋润养生

富豪酒店推出的“二十四节气·四季滋味”汤品糖水系列于立秋起正式推出。在立秋、处暑、白露、秋分、寒露及霜降等节气，气候乾燥容易影响人体的呼吸系统，重点是养肺保健。立秋时节，人们或会感到食慾不振，此时适宜食用一些甘凉滋补的食物，如**赤小豆冬瓜生鱼汤**，冬瓜有助健脾去湿，以消暑防燥。处暑期间，天气仍然炎热，肺部容易出现乾燥现象，**罗汉果南杏猪肺汤**便可补肺止咳；**无花果马蹄雪梨糖水**亦有清润止咳和开胃健脾的效用。白露后，气候开始转凉，空气乾燥，**北杏地参猪肺汤**和**西洋菜蜜枣生鱼汤**有助护肺和补脾益气。秋分时，客人应选择温润补气的食物，如玉竹百合**苹果汤**，以滋阴润燥；**芦荟茅根饮**则养阴润肺，可补充人体津液，舒缓乾燥问题。寒露时节，身体阳气减弱，**蕃茄南瓜煲生斑鱼汤**和**北芪淮山莲藕煲猪展汤**能够提升免疫力和缓解疲惫。霜降来临，气温下降，**枇杷叶海底椰瘦肉汤**和**粟米牛展汤**能够滋阴润燥，增强血气；**红枣银耳炖雪梨**的红枣补血养心，配合润肺的银耳和有助止咳的雪梨，滋润十足。富豪酒店将会陆续按不同节气推出更多汤品糖水，供宾客享用。

以下特选“二十四节气·四季滋味”秋季汤品及糖水于各指定富豪酒店中菜厅供应：

秋季节气及供应日期	供应中菜厅	汤品 (每位港币 68 元)	糖水 (每位港币 68 元)
立秋	富豪机场酒店	赤小豆冬瓜生鱼汤	南北杏炖雪梨

秋季节气及供应日期	供应中菜厅	汤品 (每位港币 68 元)	糖水 (每位港币 68 元)
(8 月 12 至 21 日)	红轩 电话：2286 6868	罗汉果西洋菜猪脷汤	
处暑 (8 月 22 至 9 月 6 日)	富豪香港酒店 富豪金殿 电话：2837 1773	罗汉果南杏猪肺汤 红白萝卜生鱼汤	无花果马蹄雪梨糖水
白露 (9 月 7 至 21 日)	富豪九龙酒店 富豪轩 电话：2313 8681	北杏地参猪肺汤 西洋菜蜜枣生鱼汤	白果腐竹百合糖水
秋分 (9 月 22 至 10 月 7 日)	丽豪酒店 富豪坊 电话：2132 1011	玉竹百合苹果汤 黑木耳粟米苹果汤	芦荟茅根饮
寒露 (10 月 8 至 22 日)	丽豪航天城酒店 玉 电话：3556 3228	蕃茄南瓜煲生斑鱼汤 北芪淮山莲藕煲猪脷汤	雪梨罗汉果陈皮茶
霜降 (10 月 23 至 11 月 6 日)		枇杷叶海底椰瘦肉汤 粟米牛脷汤	红枣银耳炖雪梨

*以上价目需加一服务费

富豪荟会员有机会免费尊享

现有或新登记富豪荟会员于入住富豪酒店期间，到指定中菜厅用餐时可出示房卡及电子优惠券，免费换领“二十四节气·四季滋味”汤品及糖水^。

健康生活是一种态度，宾客到访时，可随时品嚐到富豪酒店厨师精心炮制的健康菜餚、养生

汤品，甚至中西式健康甜品。富豪酒店诚挚邀请宾客光临探索名厨团队精心设计的四季健康美食，体验不一样的富豪滋润养生饮食之道。

^须受条款及细则约束，有关详情请参考：<https://www.facebook.com/RegalClubByRegalHotels>

请透过以下连结下载新闻图片：<https://bit.ly/4dAda0s>

