

Inside Bakery:

## A Group of Happiness 幸福的團隊

我常自問，幸福的定義究竟是什麼？幸福不是一種商品，所以每個人心目中的準則都不一樣。而作為一個社企從業員，我不會奢望工作能夠給別人帶來幸福，只希望提供機會予弱勢社群，協助他們超越自我的不足，從而踏上追求幸福的道路。

我與東華三院iBakery一起工作的同事，彼此都懷著同一的理想與目標，就是協助弱能的員工，讓他們在工作中尋出幸福的意義。



## Vincent

對於輕度智障的Vincent來說，幸福的生活又是怎麼的一回事呢？

Vincent原來最大的興趣是跳現代舞。在特殊學校畢業之後，他除了繼續參與社區團體之舞蹈小組外，亦同時加入了iBakery接受學徒訓練。訓練初期，Vincent對烘焙工作興趣一般。若工房訓練碰巧跟舞蹈排練或演出的時間相同，他一定選擇後者。然而，同事們評估他的能力後，相信以他的組織能力及專注力，很有潛質學會基本烘焙技巧，於是揀選了一些製作相對簡單的產品，讓他逐步掌握整個製作過程，建立信心。經過同事們的細心教導，終於挑起了他對烘焙工作的興趣，時至今日Vincent已能夠獨自完成烘製提子鬆餅。由預備原材料、攪拌以至造型，在沒有旁人提示之下，他可以不愧不忙地在半小時內完成工作。

Vincent學會的，除了烘焙技巧，還有如何平衡工作與生活。同事們尊重他的興趣，從不強迫他一定要在工作與興趣之間選擇，因為大家都相信，只要能取得平衡，兩者可以共存。在Vincent剛過去的一次公開舞蹈演出中，工房同事便一起購買入場券為他打氣，當時大家都看得出，台上的他在四處找尋台下的工房伙伴，當找到了，他即時會綻放滿足的笑容，繼續投入表演。

現在，每當被問到人生方向時，Vincent總會面帶笑容，以肯定的語氣告訴你：「我有兩個人生目標，一是工作，另外就是跳舞！」已正式成為iBakery僱員的他，每星期工作超過40小時，同時亦能抽出一天時間參加舞蹈練習。回想Vincent第一天由學徒晉升成為烘焙工人時，我們曾隨口問問他對工作的感受，怎料他停頓了五秒鐘，垂下頭深深地吸一口氣，然後出盡全力一字一字大聲的說：「極——度——喜——歡——！」嚇得我們差點兒從椅子跌下來呢！

撰文：陳佩珊



## iBakery Gallery Café

香港金鐘添馬公園添馬茶座  
Tamar Café at Tamar Park, Admiralty,  
Hong Kong (MTR Exit A)

Tel : 2352 2700

Fax : 2352 2711

e-mail : [ibgcfe@tungwah.org.hk](mailto:ibgcfe@tungwah.org.hk)

Open daily 11 am — 8 pm



## iBakery (Kennedy Town)

香港堅尼地城域多利道1號百年大樓  
第二座地下2號舖  
Shop 2, G/F Block 2, Centenary Mansion,  
1 Victoria Road, Kennedy Town, Hong Kong

Tel : 2816 5233

Fax : 2816 7616

e-mail : [ibakery@tungwah.org.hk](mailto:ibakery@tungwah.org.hk)

Open daily 7 am — 8 pm

## iBakery Post

March 2012



Linguine in Homemade Pesto Sauce  
自家製新鮮香草醬意大利麵



愛烘焙  
餐廳

## About iBakery

iBakery是東華三院屬下專門訓練及聘用殘疾人士之社會企業。於2010年10月，在堅尼地城開設地舖，集烘焙工場、烘焙Café及烘焙教室於一身。2011年11月，成功投得添馬茶座的經營權，在金鐘添馬公園開設iBakery Gallery Café，除了為顧客提供優質烘焙產品、咖啡及簡便午餐，更以綠色藝術廊為主題，展示殘疾人士的不同才能，推動社會共融。iBakery相信「不同能力，同一熱愛」，以商業模式運作，並以可持續發展為長遠目標。我們的團隊由不同能力的同事組成，當中超過一半為殘疾人士。

iBakery, a social enterprise under Tung Wah Group of Hospitals, is to train and employ people with disabilities. Our first shop at Kennedy Town opened in October 2010. This is a 3-in-1 bakery business consisting of bakery workshop, bakery café and bakery classes. In November 2011, we had iBakery Gallery Café established in Tamar Park, Admiralty serving quality bakery products, coffee and light lunches. Complying to the themes of "Green" and "Gallery", the café is also a platform to promote talents of the people with disabilities. iBakery believes "Different Abilities, One Passion" and aims to operate sustainable business. Over 50% of our employees are people with disabilities.

## Our Artistic Friend: i-dArt 愛不同藝術

<http://i-dart.tungwahcd.org>

推廣弱能人士藝術成果及促進共融藝術的社區藝術廊 A community gallery to promote artists with disabilities in different social strata as well as social inclusion through art

iBakery Gallery Café 展示的藝術創作由東華三院「i-dArt愛不同藝術」提供，展覽主題亦會定期轉換，讓公眾人士有機會接觸殘疾人士的不同作品。除了展覽，我們亦會將殘疾人士的創作製成不同產品，讓更多人認識我們的藝術家！



Chiu Mo Yim 趙慕嚴 創作

Ng Lai Shan 吳麗珊 創作

Liu Tung Mui 廖東梅 創作

Chan Sze Man 陳詩敏 創作



Our Story:  
Where there is beautiful  
encounter 美麗相遇

Phoebe Yuen & Catherine Ren  
Students of Journalism and Media Studies Center, HKU

Even a subtropical city like Hong Kong cannot escape the wild chill of winter. Even the roaring winds cannot blow away the hustles and bustles of Admiralty, the central business district, who takes on its usual look with shopping malls, hotels and office towers high up to the sky.

Whereas a slight turn can mean a big one if it is in the direction towards Tamar Park along the harbor. Amidst the evergreen land, the deep blue sky and the hazy coastline, a bright orange “i” pops into your eyes. And there is iBakery Gallery Café, where paints your one of your depressed or monotonous days with a beautiful winter encounter.

Walking inside, smiles of waitresses light up your mood, just like their orange aprons light up the colorless winter. Right in the middle lies a big square table, where customers share light talk and enjoy light meals. In the air pervades the fragrance of a special type of herbs, whose green color so well complements the bright red flowers put in the middle of the table. In the counter, glasses and cookie boxes elegantly reflect the luxurious sunlight onto the shelf behind. Such a bright and beautiful day, you murmur, putting life's tortures temporarily behind to the other side, to the shade of sunlight.

Although the cafe has just opened for a week or so, it is already quite full during lunch hour. Four lunch sets are offered currently, two of which are vegetarian. This matches the concept of the cafe, green. Plants are displayed everywhere in the café and even some of the ingredients of the food are organic. It is not just the staff working here that contribute to the operation of the cafe. Some of the ingredients are planted by residents in Jockey Club Rehabilitation Complex of TWGHs. Moreover, the dough of pizza is baked by the iBakery in Kennedy Town.

Enjoy the dessert and look around, you would be impressed by the idea of combining cafe and gallery. You would wonder at how well the gourmet and the environment co-ordinate with each other. On the walls are paintings with such striking life and color. Awkward as some of the strokes are, unrecognizable and abstract as some of the themes are displayed, you still could see behind the artists' deep gaze and their extraordinary observations of life and nature- that fishes can be striped with green tails, that a figure with blue eyes and red lips is made up of stiff shapes. You suddenly realize that you've been framed into the stereotype, but beauty itself doesn't rid off any single possibility.



It is a beautiful encounter, where the experienced staff meet with the slow but sincere disabled, where personal benefits meet with a mission, sacred like a religion.

“For my previous jobs, they are simply about making money. But for this one, when I am working, I feel like I am doing good deeds,” said **Jerry Cheng**, manager of the gallery cafe. He is a Buddhist himself, and for him, helping others is helping himself religiously. As the only man outside the kitchen, he has to immerse himself into some sweet girly stuff, like a birthday party of the one of staff during post-lunch leisure afternoon time. It is quite hard to believe this middle-aged man with a professional and serious look is actually among a bunch of girls and women, clapping hands with the tempo of a birthday song.

He doesn't feel any superior though. “No matter able or disabled employees, we must treat them fairly. (The disabled employees) they are really nice. Whenever you ask them to do anything, they listen with fear and trepidation. They take your orders very seriously and their attitude would not change however busy they are.”

Indeed, just like **On Ni** there, she staggers a bit with a tray of food, slowly puts it on the table and adjusts it to the right angle towards the customer. She then smiles satisfyingly with her eyes narrowed into a crescent.

And there is **Pui Yan**, a sweet snow-white girl with mischievous freckles. She works as a cashier at the counter. She feels happy working there with her colleagues. “Time spent with them is more than with my family. If I do something wrong, they will often help me”. Her favorite place in the whole gallery cafe is just the counter she works, which she comments as “very colorful”. Pui Yan has beautiful eyes which is pure as the autumn lake. She listens attentively and answers each question carefully with words slowly but clearly pronounced.

**Cheung Ting Hong**, our head chef here, has had experiences working with the disabled. “As I have been used to getting along with the disabled, I really know what the best way is to teach them. Don't judge them simply by their appearance and performance, because they have a beautiful mind.” He proudly takes out his cell phone and shows the pictures of his previous trainees, who stand close by each side of him and arm him around his shoulder.

It is a sweet escape on a chilly afternoon. It is a beautiful encounter, when life is taking the same route again and again. Somewhere in this city, modernity encounters tranquility; desires and ambitions encounter a pace of elegance. Somewhere in the city, art encounters gastronomy. Somewhere in the city able as you are, you encounter a group of people who are working as hard, but with a mission, pure as pearl, dreamy as velvet.

**iBakery Gallery cafe, where there is a beautiful encounter.**

iBakery與兩位同學Catherine和Phoebe的相遇也同樣美麗。她們倆因為一份功課而跟iBakery結緣，訪問結束後，她們很樂意繼續為我們寫文章及義務翻譯一些中文材料。這兩位女孩以明亮的眼睛及敏銳的耳朵，發掘了很多隱藏在我們日常工作中的美麗元素。當然，這是因為她們都有美麗的心。

## Feature Story: Story of Fresh Homemade Pesto

1. 土壤，陽光，空氣，羅勒種籽，加上復康中心院友豔蘭的爆棚愛心和時間  
Soil, Sunlight, Fresh Air, Basil seeds, and lots of love from Yim Lan, resident of our Rehabilitaion Complex
2. 供應水份，悉心栽種 — 豔蘭每天都去看一看羅勒有沒有長高  
Water the plants, look after it day-by-day — Yim Lan keeps checking the growth of basil everyday
3. 「OK，有貨」接到iBakery Gallery Cafe訂單，豔蘭便立即上天台採摘羅勒葉！  
Yim Lan immediately goes to the roof top garden to pick fresh basil upon receipt of order from iBGC



Pine Nuts  
松子仁



Garlic  
蒜頭



8. 從攪拌器取出材料，香草醬便大功告成  
Remove the paste from the processor, our fresh homemade pesto is now ready to serve

9. 把新鮮香草醬拌入熱騰騰煮至Al Dente的意大利麵中，再加上巴馬臣芝士，一碟碟不能抗拒的Pasta in Fresh Homemade Pesto便要趕著送到客人面前！  
Put a generous spoonful of fresh pesto into Al Dente pasta just taken out from pan and topped with Parmesan cheese — our irresistible Pasta in Fresh Homemade Pesto cannot wait to reach the table of our customers! Bon appetit!

Our Green Friend:

**園藝坊種植工作隊 Horticulture Work Force**

「工作隊」由東華三院賽馬會復康中心的智障院友組成，他們在天台花園學習園藝。「工作隊」為iBakery供應製作香草醬所需的新鮮羅勒，亦負責照料餐廳內的綠色環境！

Horticulture Work Force, comprising residents with intellectual disabilities of our Rehabilitation Complex, learns horticulture in their rooftop garden. They supply fresh herbs for our pesto and they also help keeping the green environment of the café.



Basil  
羅勒葉

4. 「香草到！」當然要趁新鮮洗淨處理，趕緊在午飯前製作好當天售賣的香草醬！  
安妮和Sally快幫手！  
Fresh basil arrives iBGC kitchen - let's wash the fresh basil and have pesto ready before lunch hour. Onni and Sally, please help!

5. 將洗淨的羅勒葉與蒜頭及烤焗過的松子仁一同搥碎  
Pestle the basil leaves with garlic and toasted pine nuts

6. 在攪拌機慢慢逐少倒入橄欖油 一份量要準確，多了太油，少了又帶不出羅勒香！  
Gently add a splash of olive oil into the blender — neither too much nor too little

7. 將搥碎的材料(第五項)加入攪拌機與橄欖油一同攪拌  
Add all the ingredients (of step 5) into the blender and blend them with olive oil



Parmesan cheese  
巴馬臣芝士

