港產魚類話滄桑

DIMINISHING RETURNS:
REFLECTIONS OF A HONG KONG FISHERMAN

電子版 E-VERSION

陳少華 及 薛綺雯 著

By Patrick Siu-Wah Chan and
Yvonne Sadovy de Mitcheson

HONG KONG
maritime
museum
香港海事博物館

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李小燕、胡卓豪、施駿龍及伍家恩 編
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出版
Published by

HONG KONG maritime museum 香港海事博物館

出版 : 香港海事博物館有限公司
作者 : 陳少華、薛綺雯
編輯 : 李小燕、胡卓豪、施駿龍、伍家恩
封面及美術設計、插圖 : 揭紫琪 / 畫麥春野

Publisher: Hong Kong Maritime Museum Limited
Authors: Patrick Siu-Wah Chan, Yvonne Jill Sadovy de Mitcheson
Editors: Cora Lee, Cheuk-Ho Wu, Gomen See, Connie Ka-Yan Ng
Cover and Graphic Design, illustration: Nicole Kit/Wildlife Illustrations Hong Kong

版次 : 2025 年 10 月 第一版（2026 年 1 月修訂）
Edition: First edition, October 2025 (revised in January 2026)

國際書號 ISBN 978-988-14653-9-9

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前言
Foreword

香港海事博物館教育主管 李小燕
By Cora Lee, Head of Education, Hong Kong Maritime Museum

香港海事博物館（HKMM）於 2010 年代後期開始籌備太古海洋探知館之成立計劃，旨在推動海洋保育。作為新任的教育主管，這是我自 2021 年 4 月起參與的首個從建築設計階段開始的項目。計劃有幸得到於香港大學任教近三十年的著名薛綺雯博士在背後出謀獻策，支持項目的發展方向和內容塑造；因此我很高興由陳少華先生和薛綺雯博士共同撰寫的這本書，成為香港海事博物館為太古海洋探知館出版的首本海洋科學書籍。

The Hong Kong Maritime Museum (HKMM) embarked on the Swire Marine Discovery Centre Project in the late 2010s with the primary aim to promote marine conservation. As the newly appointed Head of Education, this was the first project I engaged in from the architectural design stage, beginning in April 2021. Dr. Yvonne Jill Sadovy de Mitcheson, a distinguished professor at The University of Hong Kong for nearly three decades, has been instrumental in shaping the direction and content of this endeavour. I am happy that the book co-written by Mr. Patrick Siu-Wah Chan and Dr. Sadovy is the first marine science book published by the HKMM for the Swire Marine Discovery Centre.

對於本館教育組來說，參與此書的編輯工作極具意義。我個人認為，這本書不僅是魚類和捕魚的故事；也是一位熟練漁夫和一位淵博學者的對唱，兩者各自帶來並分享深厚的實踐經驗和學術見解。這本書的豐富內容涵蓋了香港漁業走過的歷史軌跡、漁民的個人經歷以及海洋生物的專業知識，體現了香港海事博物館融合歷史（H）、藝術（A）和科學（S）的願景；它更見證了本館致力透過跨學科研習反映海洋文化和自然歷史的豐富性的心志。

此書對唱式的表達手法具創新性，由香港海事博物館出版十分適合。博物館一直與學者和專業人士衷誠合作，力求通過傳播知識、促進學術研究，以提升及啓發公眾對海洋遺產的欣賞。此書呈現豐富的海事文化，最早追溯至宋朝（960至1279年），與博物館專注中國漁民和捕魚文化、造船歷史和技術、海洋科學、保育及其他相關海事領域的重點主題相互呼應。

The editorial process for the HKMM Education Team was a deeply rewarding experience. I personally find this book not merely a collection of fish and fishing tales, but rather a duet between a proficient fisherman and a distinguished scholar, each bringing forward their profound practical expertise and scholarly insights. The book's rich content encompassing the historical trajectory of Hong Kong's fisheries, a fisherman's personal experiences, and intellectual knowledge into marine life epitomizes the HKMM's vision to integrate History (H), Art (A), and Science (S). It stands as a testament to the Museum's commitment to blend the disciplines in ways to reflect the richness of maritime culture as well as natural history.

It is fitting that such a seminal book is published by the HKMM. The Museum works as an excellent partner with scholars and professionals, aspiring to inform and inspire the public by disseminating knowledge, fostering intellectual inquiry, and promoting an appreciation for maritime heritage. The richness of maritime culture in this book, dated as early as the Song Dynasty (960–1279 AD), resonates with the Museum's focused themes on Chinese fishermen and fishing culture, shipbuilding history and technology, marine science, conservation and other related maritime fields.

我們向此書出版的全體工作委員會，尤其是兩位合作者陳少華先生和薛綺雯博士，表示誠摯的感謝，感謝他們為書籍出版付出的努力。我們希望這本書所展現的對話不僅能加深理解，更能激發不同學科之間的持續對話，為現在及長久未來的學者、科學家、政策制定者、學生以及更廣泛的公眾提供新的角度和見解，以推動香港海洋生態保育和可持續性管理。

We extend our sincere gratitude to the entire Working Committee of this publication, especially the co-authors, Mr. Patrick Siu-Wah Chan and Dr. Sadovy, for their extensive efforts in bringing this project to fruition. It is our hope that this book presents a duet that will not only deepen understanding, but also inspire ongoing dialogues among different disciplines, fostering new perspectives and insights into the marine conservation and sustainable management of Hong Kong's marine ecosystems for scholars, scientists, policymakers, students, and the wider public now and long into the future.

感言・一
Testimonial · 1

郭志一　泉一國際有限公司 (OOI) 及
亞洲水產養殖科技有限公司 (ATA) 常務董事
by Mr Mark Kwok, Managing Director of The Oasis ONE International Limited (OOI)
and Aquaculture Technologies Asia Limited (ATA)

我從懂游泳開始就對魚著迷，繼而戴著面罩和呼吸管潛水，最後戴上潛水裝備去找魚。水下世界與我們所知的一切都截然不同。它是一個寂靜的世界，孕育著各種各樣的生命，它如同非洲平原般狂野，掠食者和獵物不斷遊動。

我們周圍的海洋裡棲息著各種各樣的魚類，大大小小的魚類自數萬年前以來就共享著同一個家園。它們是如何到達那裡的？或只是遊過，找到一個舒適的棲息之所嗎？現實遠比這複雜得多。它們從進化的第一天起就在那裡，因為它們在食物鏈中成為一個成功的競爭者，找到了能夠維持生存和繁衍的位置。

我們確實需要把這些知識記錄下來，作為教育後人的參考。關於魚類，我們總是有新的發現，其中很多我們現在還不知道。

對於那些享受海洋的人們來說，這是一本「必讀」的書。

I have always been fascinated by fish ever since I was a kid. Swimming, diving with a mask and snorkel and then finally with SCUBA gear. The underwater world is so different from everything that we know. It is a silent world teaming with life of all kinds, and it is as wild as the African plains with predators and preys in constant motion.

Our surrounding sea is inhabited by a multitude of fishes, big and small sharing the same neighborhood since tens of thousands of years ago. How did they get there? Just swim by and find a comfortable place to live? The reality is much more complicated than that. The were there since day one by evolutionary process. They are there because they are successful competitors, they have found a place in the food chain where they can sustain and reproduce themselves.

We do need to have this knowledge written down to be a reference for the education of future generations. There are always new discoveries with fishes and much of it is unknown to us now.

This is a "must read" book for those that enjoy our sea and the bounty that it provides.

感言・二

Testimonial · 2

Daniel Pauly　英屬哥倫比亞大學教授（加拿大）
Daniel Pauly, Professor, University of British Columbia, Canada

市面上有數百本，甚至數千本書籍的書名類似《XXX 的魚類》，其中「XXX」指的是某個國家、島嶼或其他特定地區。

這些書的內容通常包含水下照片，輔以一些文字描述，主要介紹魚類的生物學特徵，例如體型大小、食物來源、攝食習性，偶爾也會提及繁殖方式。但除此之外，幾乎沒有其他內容。

然而，這本《港產魚類話滄桑》卻與眾不同。此書由故事主角——陳少華，以及香港大學漁業與海洋生物學薛綺雯教授共同撰寫。雖然書中仍包含一些其他魚類書籍提供的生物學資訊，但它更進一步，以每種魚類為引，講述背後的深層故事。這些故事涵蓋的主題廣泛，包括這些魚類對香港人飲食的貢獻、漁業的歷史變遷，以及魚類如何應對由香港急促發展導致並會影響其種群存續的環境挑戰。

There are hundreds, perhaps thousands, of books with titles such as The Fishes of XXX, where XXX refers to a country, island, or other specific location.

The descriptions in these books include underwater photos complemented by some text, usually with some biological features, with an emphasis on species' size, food, and feeding habits, as well as occasional notes on their reproduction. But really nothing else.

This book, Diminishing Returns: Reflections of a Hong Kong Fisherman, authored by Patrick Sin-Wah Chan - the fisherman in question - and Yvonne Sadovy, professor of fisheries and marine biology at The University of Hong Kong, is not like that. Thus, while it does include some of the biological information that other fish books provide, it also uses each species to tell a story, with topics ranging from their contribution to the food of the people of Hong Kong, the history of their fishery, or their response to the environmental challenges that the frenetic development that created Hong Kong have imposed on their populations.

陳先生的故事經過合著者的整理，使本書讀來引人入勝，甚至令人著迷。閱讀時，彷彿能透過這些棲息（或曾經棲息）於香港水域的魚類視角，窺見香港的歷史脈絡。這本書凝聚了陳先生與薛綺雯教授的珍貴故事。我強烈推薦這本獨特的香港水域歷史指南。

It is Mr. Chan's stories, processed by his co-author, which make this book enjoyable and often enthralling: it is as if one is reading a history of Hong Kong as seen by the fish that inhabit (or have inhabited) its waters. I highly recommend this singular guide to Hong Kong's watery history, as shared by Mr. Chan with Dr. Sadovy, both sharing the stories with us.

致謝
Acknowledgements

本書得以問世，承蒙各界人士與機構的鼎力相助，在此謹致上最摯誠的謝意。

首先要特別致謝 Cheng Tai-sing、揭紫琪、羅瑞懷、羅智超、佘國豪、密潛及 114°E 珊瑚魚普查的一眾義工——你們的攝影作品，將海洋的靈魂凝駐於紙頁之間。你們無私分享作品的胸襟，充份展現了你們對海洋知識普及的熱忱。

衷心感謝陶偉意、許貽斐與羅瑞懷三位義務幫忙審校及提供建議，你們細緻的審閱與寶貴的意見讓這本書的內容更加豐富與完善。

最後要感謝所有隱身幕後支持我們的人：從精神鼓勵到創意激盪，從事務協調到資源整合，每一份無聲的扶持，皆是成就此書的關鍵基石。

願這部承載眾人心力的作品，能將海洋的壯闊與脆弱，化為觸動世界的共鳴。

This book would not have been possible without the collective efforts and support of many individuals and organisations.

We would like to express our deepest gratitude to Cheng Tai-sing, Nicole Kit, Calton Law, Lo Chi-Chiu, Stan Shea, MaxDives and volunteers in 114°E Hong Kong Reef Fish Survey for their breathtaking photographs, which bring the ocean to life in the book. Your generosity in sharing your work freely exemplifies your dedication to ocean literacy and education.

A special thanks to Ann To, Katie Hui, and Calton Law, whose voluntary and thoughtful reviews and feedback have enriched this book immeasurably.

Finally, our heartfelt appreciation goes to those who supported us behind the scenes—whether through encouragement, brainstorming, or logistical help. Your contributions, big and small, made all the difference.

Thank you all for helping us share the story of our oceans with the world.

作者陳少華於 1973 年在船灣淡水湖教授少年警察訓練學校野外求生時，捕獲一條大頭魚

In 1973, author Patrick caught a Bighead Carp at Plover Cove Reservoir while teaching wilderness survival skills to the Police Cadet School

自序
Preface

陳少華

by Patrick Siu-Wah Chan

我 1949 年出生於香港，5 歲時開始跟隨哥哥在干諾道西海傍釣魚，久而久之便啟發了我對捉魚的興趣。由市區海傍開始，一直延伸到郊外、離島、外海，不分晝夜的垂釣及潛水獵魚，可謂捉魚成癮。1991 年我在警隊退休後，便與幾位朋友成立一家活海產進口公司，並到訪不同國家購買活海魚用船運回香港出售。這令我有機會見識到很多不同魚類及捕魚方法。

I was born in Hong Kong in 1949 and started fishing with my brother at the age of five along the sea in Connaught Road West. This ignited my interest in fishing, which grew over time. From fishing along the city's coastline to venturing into the outskirts, islands, and open sea, I became an avid fisherman, engaging in both day and night fishing as well as diving to hunt for fish. In 1991, after retiring from the police force, I co-founded a live seafood import company with a few friends. This allowed me to travel to different countries, purchasing live fish for import and sale in Hong Kong. Through this experience, I had the opportunity to encounter various fish species and fishing methods.

▲ 底拖網會把海底不同生物一並捕獲，管理不慎會容易造成濫捕問題
Bottom trawling captures various marine organisms from the seabed indiscriminately, and poor management can easily lead to overfishing

60 多年來我從未間斷的走遍香港及附近水域的各處著名石礁，直至 2021 年因為潛水伴侶身體抱恙，才停止了潛水獵魚，但釣魚活動仍有繼續。而隨著本地和鄰近城市發展及捕魚技術的進步，不少魚類已經愈來愈難見到，有些甚至乎正面臨絕種。今日我已踏入古稀之年，但能將一些舊日有關魚類的見聞寫下來，讓新一代喜愛魚的朋友懷緬舊日情懷也是一件美事。

有些人士批評我們一班業餘捕魚人是令某些魚類瀕危因素之一。對此我並不認同。業餘捕魚人大部份都有自己的職業，一星期普遍只能花一兩天在捉魚活動上，而這些捉魚方式，一般都是追求刺激的，能捉到的魚量十分有限。與一些拖網魚船一網捕獲一百幾十擔P.14的魚量相比，真是小巫見大巫。話雖如此，我覺得政府應該考慮引進外國的釣魚牌照的制度及控制捉魚數量與尺碼，這可以提高市民不濫捕的意識，對日後保育海洋資源有正面的影響。

For over 60 years, I have explored the waters of Hong Kong and its surrounding areas, visiting renowned reefs and fishing spots. In 2021, I stopped diving and hunting fish due to my diving partner's health issues, but my passion for fishing remains. Unfortunately, with the development of local and neighbouring cities and the advancement of fishing techniques, many fish species have become increasingly rare, and some are even facing extinction. As I enter my seventies, I find it meaningful to document my past experiences and knowledge about fish, allowing the younger generation of fish enthusiasts to reflect on the nostalgia of earlier times.

Some environmentalists criticize amateur fishermen like us for contributing to the endangerment of certain fish species. However, I disagree with this notion. Most amateur fishermen have their own professions and can only dedicate a limited amount of time each week to fishing. Moreover, the excitement of the activity often takes precedence over the quantity of fish caught. Compared to large-scale fishing operations that use trawling nets to catch thousands of fish in one go, our impact is minimal. Nevertheless, I believe the government should consider implementing a fishing license system to regulate the number and size of fish caught. This would raise awareness among citizens, encouraging responsible fishing practices and positively contributing to the conservation of marine resources.

The government's ban on trawling fishing boats in 2012 was a positive step, but the effects

政府在 2012 年禁止拖網捕撈是一件好事，可惜濫捕對香港魚類的影響實在太深了，相信要很多年才能看到成績。但是，我留意到漁民在近岸使用三層刺網捕魚有增加的趨勢，這種捕魚手法如同一面牆把魚大小通殺，是應該被取締的。我還留意到內地漁船有進入香港水域偷捕的行為，這些非法活動常在香港西面龍鼓洲、沙洲、東面果洲及大鵬灣一帶發生，可惜有關部門未能有效地作出監管。

往日，香港海域包括維港內曾經生產大量的釘公、泥鰶、各種鱲魚、沙鑽的幼魚。現在除了泥鰶仍有相當的數量，其他物種已明顯減少了。過去數十年，香港不斷發展，為了增加土地進行了不少填海工程，把不少良好的孵化

of overfishing still deeply affect Hong Kong's fish populations. It will likely take many years to witness significant improvements. Unfortunately, I have noticed an increase in the use of three-layered gillnets by fishermen near the shore. This fishing method indiscriminately catches fish of all sizes and should be regulated. Additionally, there have been instances of mainland fishing boats illegally operating in Hong Kong waters, particularly in areas such as Lung Kwu Chau, Sha Chau, Ninepin Islands, and Mirs Bay. Unfortunately, the relevant departments have not been able to effectively regulate these illegal activities.

In the past, Hong Kong's waters, including Victoria Harbour, were home to a large number of juvenile fish, such as Jarbua Terapon, rabbitfish, various Seabreams, and Sillagos. However, the numbers of these species have significantly decreased, with the exception of rabbitfishes. Over the past few decades, Hong Kong has undergone rapid development, leading to land reclamation projects that have destroyed many good breeding grounds.

1 重量計算

據香港法例第 68 章《度量衡條例》一担（擔）為 100 斤，一斤約為 0.605 公斤，即一担約 60.5 公斤。但據作者從事海鮮貿易的經驗，業內為方便起見一擔即 60 公斤，一千擔即 60 公噸。

Weight Unit

As per Hong Kong's Weights and Measures Ordinance, Chapter 68, 1 picul equals 100 catties, which is about 60.5 kg. In the seafood industry, however, 1 picul is commonly rounded down to 60 kg for convenience. Therefore, 1,000 piculs would amount to 60 tonnes.

場都破壞了。如建船灣淡水湖時，沙田和小瀝源填海破壞了吐露港；建萬宜水庫破壞了西貢內海；建東涌與新機場填海影響了青山灣。這些地區均是河溪入海的淺灘，是貝殼類、蝦蟹、卵蟲等產卵或繁衍及海藻生長的好地方，而這些正是魚苗的主要糧食。試打開香港地圖看看還剩下多少良好孵化場？

要令到魚量回升，不能單在捕捉方面管制（雖然香港在這方面仍十分保守），要各種因素都得到考慮，找出改善方法，一同實施才會見效。政府在過去十多年曾花了不少錢去設立人工漁礁，我個人認為這是一個大白象工程，只是誘魚工具，對魚量的增加完全沒有幫助。香港海域遍布石礁，現在不是魚沒屋住、是有屋沒魚住罷了。這些金錢應該花在更有實效的政策上。本地幼魚孵化場不足的問題相信有關部門及一些專家都未曾有深思，是值得認真研究怎樣去改善的一個保育重要環節。

上世紀 60 年代，西灣河岸邊是水清見底、西貢內海偶爾可見到鯊魚游戈、70 年代塔門水域全年海水能見度都在 40 呎以上、船灣淡水湖主壩還見到東星、在

The construction of Plover Cove Reservoir and associated land reclamation in Sha Tin and Siu Lek Yuen devastated Tolo Harbour; the High Island Reservoir project damaged the inner waters of Sai Kung; while the Tung Chung and new airport developments inflicted lasting impacts on Castle Peak Bay through coastal reclamation. Where streams merge with the sea, these areas historically served as critical habitats and nursery for algae, shellfishes, crustaceans, marine worms and other wildlife. Such ecosystems form the primary nourishment base for juvenile fish. A glance at Hong Kong's map today reveals how few of these ecologically vital breeding grounds survive intact.

To restore fish populations, we cannot solely rely on controlling fishing activities. We need to consider all factors and find ways to improve them. Only then can we effectively implement conservation policies. In the past decade, the government has spent a lot of money on establishing artificial fishing reefs, which I consider to be a white elephant project. These reefs only serve as fish attractors and do not contribute to an increase in fish population. The money should be spent on more effective policies. A crucial yet overlooked aspect of conservation efforts is the issue of inadequate local fish breeding grounds. This matter requires serious research and consideration to address the problem.

標有與本書相關地點的印度洋—太平洋海域地圖

Maps of Indo-Pacific Ocean and Hong Kong marked with key locations relevant to the book

印度洋—太平洋海域

Indo-Pacific Ocean

and surroundings

★	香港	Hong Kong	
1	日本	Japan	
2	黃海	Yellow Sea	
3	上海	Shanghai	
4	浙江省	Zhejiang Province	
5	福建省	Fujian Province	
6	廣東省	Guangdong Province	
7	汕尾	Shanwei	
8	廣西省	Guangxi Province	
9	海南省	Hainan Province	
10	台灣	Taiwan	
11	東沙群島	Pratas Islands/Dongsha Islands	
12	西沙群島	Paracel Islands/Xisha Islands	
13	南沙群島	Spratly Islands/Nansha Islands	
14	越南	Vietnam	
15	泰國	Thailand	
16	菲律賓	The Philippines	
17	山打根	Sandakan	
18	沙巴省	Sabah	
19	馬來西亞 / 大馬	Malaysia	
20	新加坡	Singapore	
21	印尼	Indonesia	
22	澳洲	Australia	
23	馬爾代夫	Maldives	
24	波斯灣	Persian Gulf	

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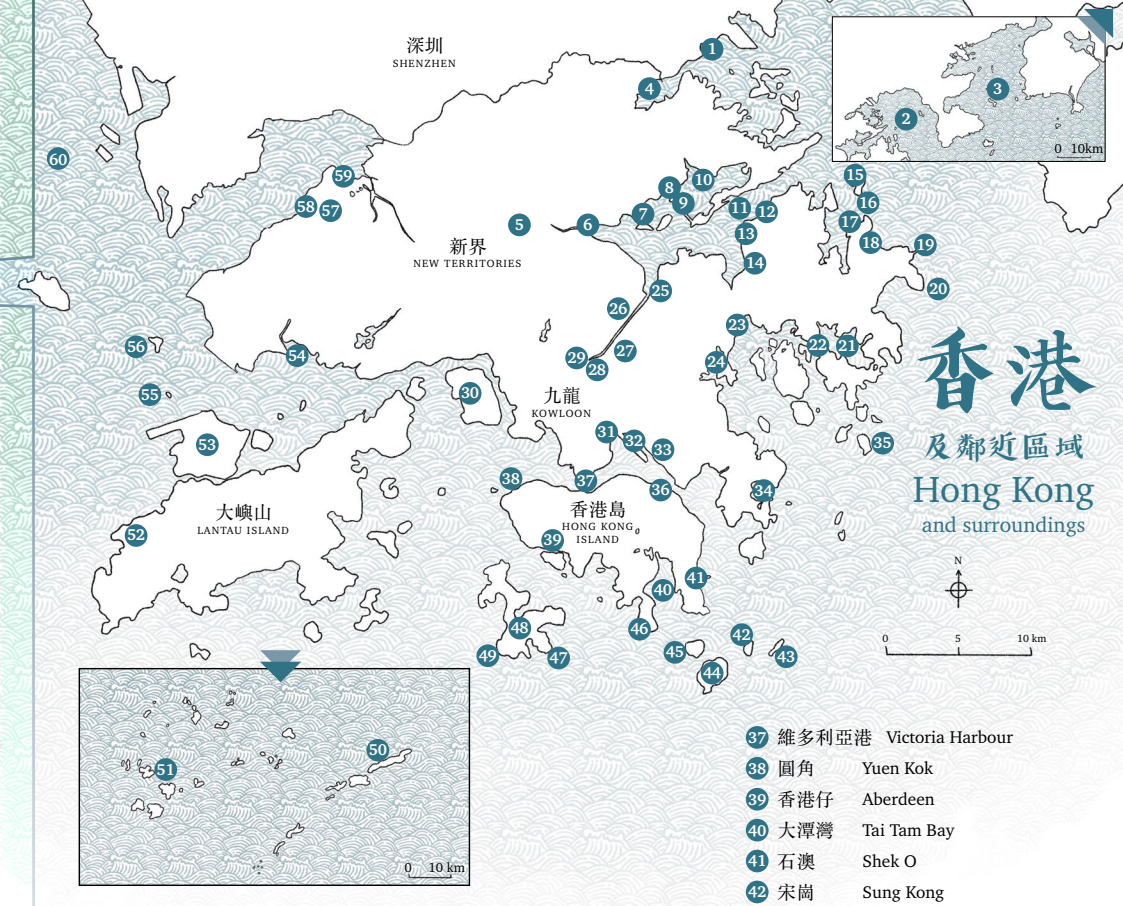
0 1000 km



香港
及鄰近區域
Hong Kong
and surroundings

1 鹽田港 Yantian Harbour
2 大鵬灣 Mirs Bay
3 大亞灣 Daya Bay
4 沙頭角 Sha Tau Kok
5 林村河 Lam Tsuen River
6 圓洲仔 Yuen Chau Tsai
7 三門仔 Sam Mun Tsai
8 大尾督 Tai Mei Tuk
9 船灣淡水湖主壩 Plover Cove Reservoir Dam
10 船灣淡水湖 Plover Cove Reservoir
11 吐露港 Tolo Harbour
12 荔枝莊 Lai Chi Chong
13 深涌 Sham Chung
14 榕樹澳 Yung Shue O
15 塔門 Tap Mun/Grass Island
16 高流灣 Ko Lau Wan
17 蛋家灣 Tan Ka Wan
18 蚺蛇灣 Nam She Wan
19 短咀 Bate Head/Tuen Tsui
20 長咀 Cheung Tsui
21 萬宜水庫 High Island Reservoir
22 南風灣 Nam Fung Wan
23 西貢 Sai Kung
24 白沙灣 Hebe Haven
25 大水坑 Tai Shui Hang
26 何東樓 Ho Tung Lau
27 沙田 Sha Tin
28 紅梅谷 Hung Mui Kuk
29 大圍 Tai Wai
30 青衣 Tsing Yi
31 九龍城海心廟 Hoi Sham Temple
32 茶果嶺 Cha Kwo Ling
33 啟德機場 Kai Tak Airport
34 清水灣 Clear Water Bay
35 火石洲 Basalt Island
36 筲箕灣 Shau Kei Wan
37 維多利亞港 Victoria Harbour
38 圓角 Yuen Kok
39 香港仔 Aberdeen
40 大潭灣 Tai Tam Bay
41 石澳 Shek O
42 宋崗 Sung Kong
43 橫瀾島 Waglan Island
44 蒲苔島 Po Toi
45 螺洲 Lo Chau/Beaufort Island
46 黃麻角 Bluff Head
47 圓角 Yuen Kok
48 南丫島 Lamma Island
49 下尾 Ha Mei
50 擔桿列島 Dangan Liedao/Lema Islands
51 萬山群島 Wanshan Archipelago
52 大澳 Tai O
53 赤鱲角機場 Chek Lap Kok Airport
54 青山灣 Castle Peak Bay
55 沙洲 Sha Chau
56 龍鼓洲 Lung Kwu Chau
57 流浮山 Lau Fau Shan
58 天水圍 Tin Shui Wai
59 輞井圍 Mong Tseng Wai
60 珠江三角洲 Pearl River Delta

沙田內海乘小舢舨一天可釣獲三四十斤鱲魚、沙鑽，這些往日情境已不可能重現，我只希望現在的情況不會繼續壞下去。給我們的海域一些幫助，讓各種魚類能有機會繁殖增長，也能讓我們下一代能夠享受捉魚的樂趣。

In the 1960s, the waters around Sai Wan Ho were crystal clear, and sharks were occasionally spotted in the inner sea of Sai Kung. In the 1970s, the visibility in the waters of Tap Mun was consistently over 40 feet throughout the year, and the Leopard Coralgrouper could still be seen at the main dam of the Plover Cove Reservoir. In Sha Tin's inner sea, fishing on a small sampan could get 30–40 catties P.14 (18–24 kg) of Seabreams and Sillagos in a day. These past scenarios may never be replicated, but I hope that the current situation will not continue to deteriorate. We should provide assistance to our marine environments, allowing various fish species the chance to breed and grow, and enabling future generations to enjoy the pleasure of fishing.

▼ 1960 年代的香港仔
Aberdeen in the 1960s

圖像來自香港大學圖書館特藏部
Photo by Special Collections, The University of Hong Kong Libraries

▲ 作者陳少華與薛綺雯於 2016 年一同接受香港電台的訪問
Authors Patrick and Yvonne in an interview session with Hugh Chiverton, RTHK, in 2016

本書緣起
The Origin of This Book

陳少華
by Patrick Siu-Wah Chan

我與薛綺雯博士於 1998 年認識。當年處於亞洲金融風暴，令到香港經濟疲不能興，飲食業進入寒冰期，活海魚的銷量當然亦受到嚴重影響。為了生存，我們活海魚進口商都嘗試去到一些比較遠的地方去購買活魚。西面去到馬爾代夫，東面則去到基里巴斯與南太平洋群島。這些地方都是新開發的漁場，每次要購買超過 30 噸的魚回來方能有利可圖。在這樣大量的魚，其

I met Dr. Sadovy in 1998, during the Asian financial crisis, which severely impacted Hong Kong's economy and led to a decline in the food and beverage industry. Consequently, the sales of live fish were severely affected. In order to survive, we, the live fish importers, had to venture further to purchase live fish. We went west to the Maldives and east to Kiribati and Islands in the South Pacific. These places were newly developed fishing grounds, and it was only profitable to purchase over 30 tonnes of fish at a time. Among such large quantities of fish, it was not unusual to find a few with ciguatoxicity. Whenever new live fish arrived in Hong Kong

中有數條帶有雪卡毒是不稀奇的。每當有新漁場的活魚到香港，總有一至數人因食用珊瑚魚而中了雪卡毒。雖然並無人因此而喪生，但政府有關部門包括漁護署與衛生署都對此特別留意，並決定所有珊瑚魚進口都需要認真的報關，如果有人食用後中毒的話更要整船的魚類回收及銷毀。另外，由於蘇眉（*Cheilinus undulatus*）被過量捕捉有絕種的危險，因此引起各國的環團關注，並有很多不負責任的指責，把香港的活魚進口商定性為是令到蘇眉瀕臨絕種的元兇。

在此情況下，活海鮮進口業受到連番的打擊，為了保障行業的利益，我與同行成立了一個名為海鮮業聯合總會的商會。海鮮業同人一向對官員都有懼怕心理，我因學歷稍高而被推舉成為主席。在 98 年某日我應邀與漁護署官員一同參加一個由環團舉辦有關蘇眉瀕臨絕種的座談會。會上有位外國的機構人員極力指責香港漁商就是蘇眉絕種的元兇，並且指出在馬爾代夫，香港運魚

from these fishing grounds, a few people would be poisoned by ciguatera after consuming coral fish. Although no one died from this, the relevant government departments, including the Agriculture, Fisheries and Conservation Department (AFCD) and the Department of Health, paid special attention to this issue and decided that all coral fish imports needed to be declared diligently. If anyone was poisoned after consumption, the entire shipment of fish would be recalled and destroyed. Additionally, due to the overfishing of the Humphead Wrasse (*Cheilinus undulatus*), which is at risk of extinction, environmental groups from various countries were concerned and irresponsibly blamed Hong Kong's live fish importers as the culprits for the imminent extinction of the species.

Under these circumstances, the live seafood import industry was hit hard. To protect the interests of the industry, I, along with my peers, established a chamber of commerce called the Hong Kong Chamber of Seafood Merchants Limited. As I had a higher level of education, I was elected as the chairman. In 1998, I was invited to attend a seminar on the endangered Humphead Wrasse, organised by an environmental group and attended by officers from the AFCD. At the seminar, a foreign representative strongly accused Hong Kong fish traders of being the cause of the extinction of the Humphead Wrasse. He claimed that in the Maldives, Hong

揭紫琪 繪，為薛綺雯博士榮休之賀禮
Painting by Nicole Kit as Dr. Sadovy's retirement gift

▲ 蘇眉成長時，除了可變性外，外型和顏色也會有所分別
由上至下為幼體、雌性和雄性
Humphead Wrasse can change sex as they grow, and their appearance and colours will be different too. From top to bottom are juvenile, female and male

船隻為了逃避官方拘捕，安排在公海接收蘇眉。 我即時問該名人員是否他親眼看見，他回答是他從一位朋友口中聽回來的。我再問他曾否到過馬爾代夫，他有老實的回答未有。

我跟他解釋說幾個月前曾經在當地買魚，當運魚船到達後會有兩名持槍的警察監督我們取魚過程。而馬爾代夫位於印度洋，每年

Kong fishing vessels arranged to receive the Humphead Wrasse in international waters to avoid official arrest. I immediately asked if he had witnessed this himself, to which he replied that he had heard it from a friend. I then asked if he had ever been to the Maldives, and he honestly admitted that he had not.

I explained to him that a few months prior, I had been in the Maldives to purchase fish. When the fishing vessel arrived, two armed police officers supervised the fish collection process. The Maldives is located in the Indian Ocean, where

▼ 以陽光與海灘聞名的馬爾代夫，在季候風季節期間，天氣常變得反覆無常，並經常伴隨強風和大雨
Famed for its sunshine and beaches, the Maldives sees its weather turn unpredictable and unstable during the monsoon season, typically marked by strong winds and heavy rainfall

攝影 Photo: MaxDives

五月到十月是季候風季節，海浪達到四五米高。我問他：「請問你知不知道在這樣海況下兩艘船隻在風浪之間交接活魚是有多困難及有多危險？另外當地亦有海岸巡邏隊巡邏有關水域。不清楚當地出口活魚的情況而單靠聽到一些無實證的小道消息便來指責香港的活魚入口商是否合理呢？」這位機構成員給我問到啞口無言。在會上我更加提出香港活魚進口商都是合法商人，只根據當地法例去買魚。進口商和出口商有一種默契，當出口商捕到適合出口的魚時，進口商就有責任將其售出。至於甚麼魚可以捕捉與我們無關。因此要認真去解決蘇眉瀕臨絕種的問題，我認為要每個國家政府制訂出法例去禁止當地捕捉蘇眉是最有較的辦法。

當時，薛綺雯博士也在席上。她覺得我言之有理，亦認為我對行業的運作非常明白清楚。會後她前來與我傾談。自此以後，我們便變成好友。多年來我一直協助

the waves reach 4–5 m high from May to October due to the monsoon season. I asked him, "Do you know how difficult and dangerous it is for two vessels to transfer live fish between them under such sea conditions? Furthermore, there are also coastal patrol teams patrolling the relevant waters. Is it reasonable to accuse Hong Kong live fish importers without understanding the local export situation and solely relying on some unverified rumours?" The representative was left speechless. I also pointed out that Hong Kong live fish importers are legitimate businessmen who only buy fish according to local regulations. Importers and exporters share an implicit understanding that when exporters catch fish suitable for export, importers bear the responsibility to sell them. What fish can be caught is not our concern. Therefore, to seriously address the issue of the Humphead Wrasse facing extinction, I believe that the most effective method is for each country's government to enact laws prohibiting the catching of this species locally.

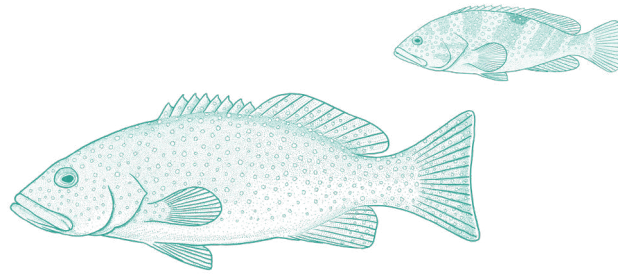
At that time, Yvonne was also present. She agreed with my reasoning and thought that I had a clear understanding of the industry's operations. After the meeting, she approached me for a conversation. Since then, we have become good friends. Over the years, I have been assisting her in understanding the live fish export situation in different countries. During our

她去搞清楚不同國家的活魚出口情況。傾談當中，她知道我從小便喜歡在香港不同的海域潛水獵魚及釣魚，看著香港環境轉變及各種魚類減少情況。她覺得我這幾十年的經驗是十分寶貴的，應該記錄下來。並提出建議合作出一本中英文雙語的書，由她負責學術方面的資料及翻譯我的文章。我接受了她的建議，在過去十年間我便寫了幾十篇有關香港版魚類的文章。但是，我們在社會上各有各忙，一直沒有跟進。直到兩年前，薛博士告訴我經過多次嘗試。終於找到香港海事博物館願意資助我們將此心願完成。

在此，我衷心感謝香港海事博物館與薛綺雯博士為此書作出的貢獻與努力。

conversations, she learned that I had enjoyed diving, spearfishing, and angling in various waters around Hong Kong since I was young, witnessing the changes in Hong Kong's environment and the decline of various fish species. She believed that my decades of experience were invaluable and should be documented. She suggested collaborating on a bilingual Chinese-English book, where she would be responsible for the academic content and translating my articles. I accepted her suggestion and, over the past ten years, I have written dozens of articles about Hong Kong's fish species. However, we each had our own commitments in society and had not followed up on the project. It was not until two years ago that Yvonne informed me that after several attempts, she had finally found the Hong Kong Maritime Museum willing to sponsor our project and help us fulfil our wish.

In conclusion, I would like to express my heartfelt gratitude to the Hong Kong Maritime Museum and Yvonne for their contributions and efforts towards the completion of this book.



香港漁業簡史
The History of Hong Kong Fisheries

薛綺雯博士
by Dr. Yvonne Sadovy de Mitcheson

香港的歷史和文化發展是與海鮮及海洋息息相關的。這個大都會由舊石器時代起已經有人居住，最早期記錄揭示了其與漁農業、尤其是漁業的淵源；在南丫島就出土了四千年前的青銅鈎及石網墜。香港地勢起伏山多，土壤亦較為貧瘠，因此農耕向來是個挑戰；人們主要依賴生產食鹽、買賣珍珠及海產來賺取糧食與收入。特別是在宋朝（公元 960 至 1279 年），大量鶴佬人及蜑家人由中國南方遷徙至香港，他們都以捕魚維生。從人數上看，主要捕魚群體是蜑家人，但海鮮乾貨這個遠近馳名的

Seafood and the sea are core to the history and culture of Hong Kong. Inhabited since Palaeolithic times earliest records from the future metropolis reveal its farming and particularly its fishing roots; bronze hooks and stone net weights were found on Lamma Island dating from 4,000 years ago. With the Hong Kong region being hilly and relatively barren, agriculture was always a challenge; people relied heavily on salt production and on the pearl and fishery trades to produce food and income. In the Song dynasty (960–1279 AD), in particular, immigrants from two ethnic groups of fisher people, the Hokklo and Tanka, migrated into Hong Kong from southern China. The major fishing group in terms of numbers was the Tanka, but it was the Hokklo people who established the dried seafood business locally that is so well-known, introducing shrimp paste and sauce and salted fish. Both

▲ 作者薛綺雯（右）於 1990 年代中期在一艘漁船上觀察捕魚作業。左則的女子是船主兼船長的妻子
In the mid-1990s, the author Yvonne (right) joined a fishing vessel to observe operations. The woman on the left is the wife of the boat owner and captain

生意卻是由鶴佬人建立的，他們引入了蝦羔、蝦醬以及鹹魚這些海產。他們信奉天后娘娘，祈求護海女神保佑平安及漁獲滿滿，儘管現時本土漁業已告式微。

時移世易，香港已從一個小小漁港成功蛻變成重要的自由港與國際金融中心。海鮮供應曾經自給自足，如今卻幾乎全要依賴進口，印證了這段歷史的進程。香港市民的海鮮消耗量較高，這個海產貿易樞紐現時需要從 165 個國家／地區採購海鮮，幾乎

groups recognized Tin Hau, the Chinese goddess of the sea, to this day celebrated for protection and good catches despite a heavily depleted local fishery.

Over time, Hong Kong massively transformed itself and today it is a major free port and important international finance centre. As a reflection of this history, once self-sufficient in seafood today the city imports almost all of the marine species it consumes. Citizens have a relatively high seafood consumption rate and this major trade hub now sources its seafood from about 165 countries/territories, almost all of those in the world with a coastline. However, the majority of the trade by volume comes from just a few countries, the top five accounting for

包括了全球所有擁有海岸線的地方。然而，按貿易量計算，少數國家已貢獻了當中大部分，頭五名的已佔進口總額的 76%，以及再轉口總額的 90%。

雖然有關香港魚類和漁業歷史的資料較為零散、甚至有些稀疏，但仍可從報告、研究及資料中找到引人入勝的故事，從而拼湊出重大的事件和變化。陳少華的個人敍述，例如對漁民的訪談和故事，都是這書不可或缺的部分，既有助提高我們對這個水域海洋生物豐富程度的欣賞，亦可加深對漁業多年來變遷的認識，更重要的是讓我們思考造成這些問題的可能因素，以及查找解決問題的可行方案。

香港位處北緯 22 度，氣候介乎熱帶與亞熱帶之間，海面溫度普遍為冬天攝氏 16 度至夏天攝氏 29 度。來自溫暖南方和寒冷北方的洋流會在不同時間流經香港，將很多溫帶和熱帶水域物種的卵和幼體帶到近岸水域。這些有利條件

approximately 76% of the total imports, and 90% of re-exports.

Although information on Hong Kong's fishes and fishing history is scattered and somewhat sparse, it is possible to piece together their fascinating story from reports, studies and data to build a picture of major events and changes. Personal accounts, such as interviews with fishers and the stories, in this book, of Patrick Chan, are very important and further our appreciation and understanding of the richness of the region's marine life, changes in the fisheries over time, and importantly the many reasons for these, and possible solutions.

Hong Kong's location at latitude 22ºN places it between tropical and sub-tropical climates. Typical sea surface temperatures range from a winter low of 16 ºC to a summer high of 29 ºC. Oceanographic currents from the warmer south and colder north pass Hong Kong at different times of year, bringing the eggs and larvae of a wide range of both temperate and tropical species to coastal waters. These conditions, and Hong Kong's many underwater habitats, from the extensive estuary of the Pearl River to the west to the coral and rocky reefs and many islands to the east and south, as well as mangrove and seagrass areas, support a very rich and diverse marine fauna. At least 1,200 marine and estuarine fish species have been recorded to date, with thousands more invertebrates noted.

加上香港多元的水底棲息環境——從西面水域的廣闊珠江河口，到東面及南面水域的珊瑚礁、石礁環境以及大量的島嶼，以及紅樹林與海草床等——足以孕育出非常豐富多樣的海洋動物生態。至今記錄到的海洋及河口魚類最少1,200種，無脊椎動物亦有過千種。

上世紀初期的船隻是由人手或風力驅動的，1930年代末已有超過77,000名漁民，捕魚業成為了香港經

In the first half of the 20th Century, vessels were hand- or wind-powered and fishing was a major part of Hong Kong's economy with over 77,000 fishers by the late 1930s. Although little information was collected on the fishery at the time, there was already a ban on explosives and the use of poison in place by 1903. In the 1930s, the University of Hong Kong published one of the first books on the city's fisheries, a small handbook called "Common Marine Food-Fishes of Hong Kong". The book by G. A. C. Herklots and S. Y. Lin was written in both English and Chinese and described forty of the commonest food fishes landed at Hong Kong's many fish-markets. Accounts clearly reflected the richness and abun-

▼ 1960年代，香港大部分漁船尚未完全機動化，主要仍依賴人力或風力驅動
In the 1960s, most fishing vessels in Hong Kong were not yet fully mechanised and primarily relied on manual labour or wind power for propulsion

圖像來自香港大學圖書館特藏部 Photo by Special Collections, The University of Hong Kong Libraries

濟重要一環。儘管當時對漁業的記錄不多，但 1903 年起已有禁令禁止使用炸藥和毒藥捕魚。在 1930 年代，香港大學出版了「香港食用魚類圖誌」，這是首本有關香港漁業的刊物，由香樂思及林書顏合著，中英對照描述了香港漁市場中最常見的 40 種食用魚類。這些資料清楚反映了當時漁業的豐饒程度，例如林書顏在 1949 年的記錄：「鯊魚是隨處可見的；常見於大澳、長洲、南丫島、佛堂洲（斧頭洲，即現時將軍澳附近）及東龍島附近水域，全年都可見到。體重介乎 2 至 10 磅甚至更重的石斑、以及笛鯛魚、雞魚、細鱗、鱸魚等等，都是（香港水域裡）常見的漁獲……」

第二次世界大戰及日本侵華後，香港漁業環境在 1950 年代變得異常困難。很多船隻及漁具都被摧毀了，當時 60,000 名漁民面對的嚴重威脅，還包括來自日本漁業的競爭。1954 年，七大商業漁業公司當中已

dance of the fisheries at the time. For example, in 1949, S. Y. Lin recorded "Sharks are found everywhere; they are especially common off Tai O, Cheung Chau Island, Lamma Island, Junk Island and Tunglung Island all the year. Groupers of 2 to 10 or more pounds in weight, snappers, chicken-grunt, spotted grunt, seabreams, etc., are usually caught in the areas (Hong Kong waters)..."

The environment of the Hong Kong fishing industry in the early 1950s, following the Second World War and occupation by the Japanese, was very difficult. Many vessels and gears had been destroyed and the 60,000 fishermen in Hong Kong at the time were under significant threat from Japanese competition; by 1954, six of the seven largest fishing companies were out of business. Great South Fishing Industries Ltd was the largest commercial fishing company in Hong Kong at the time and was the lone survivor thanks to the strong financial backing of the Chan family; however, this empire collapsed in 1964 when its chairman Chan Shu-woon (陳樹桓, 1921–2003) was forced to leave town, allegedly due to political pressure.

In the 1950s–1960s, following the slump in the fishing industry after the Second World War, the colonial government started redeveloping it. Policies were introduced to improve the lives of fishers through more efficient fishing methods, such as nylon rather than China Grass (*Boehmeria*

有六家倒閉，只剩下其中規模最大的廣南漁業公司，在陳氏家族的雄厚財力支持下挺了過來；然而這個漁業王國終歸於 1964 年沒落。當時主席陳樹桓 (1921 年至 2003 年) 被迫離開香港，據稱這是由政治壓力所致。

二戰後漁業衰頹，殖民政府於 50 與 60 年代開始著手重建措施，運用更有效的捕撈方法改善漁民生活，包括由苧麻漁網改為尼龍漁網、引進雪櫃並將漁船機動化 (安裝引擎)。到了 70 年代，幾乎所有船隻都已加裝引擎，這些機動漁船取代了由風力驅動的帆船，現代的拖網漁船亦出現了。這些措施初期的確對漁業的復甦做出了一些貢獻，但隨之大增的捕撈力度卻未受管理，亦缺乏對漁業進行充分監察，未能找出可持續捕撈的方法。由於捕撈量的增長遠遠超出了海洋資源的自然恢復能力，魚類未能繁衍恢復 (即「過度捕撈」)，導致漁獲和捕撈率急劇下降。到了 1960 年代中，漁船數量已

nivea) nets, introduction of refrigerators and the mechanization (adding engines) of fishing boats. Almost all vessels had been mechanized by the 1970s, replacing wind-powered junks with mechanised boats and introducing modern trawlers. While this initially contributed to some recovery of the fishing industry, the greatly increased fishing effort that resulted was not managed and the fishery was not adequately monitored or studied to identify ways to fish sustainably.

Due to fishing activity increasing far beyond the natural recovery capacity of marine resources, fish populations were unable to recover through reproduction (i.e., "overfishing"), leading to a precipitous decline in catches and catch rates. By the mid-1960s there were about 11,000 vessels, mainly trawlers, seiners, gillnetters and liners while landings from Hong Kong waters (i.e. not including catches outside of Hong Kong) peaked at around 40,000 tonnes a decade or so later.

By the 1970s, the number of local fishing vessels had plunged by nearly 50% compared to the mid-1960s. Catches of valuable species continued to decline and, bit by bit, many people left their traditional fishing lifestyles and the industry collapsed in importance. This situation was also partly a response to the growth of Hong Kong's light industries which polluted nearshore waters in some areas, negatively affecting fish nursery grounds and providing more job opportunities for young people. Nonetheless, the city's

攝影 Photo: 羅瑞權 Calton Law

▲ 在人民幣一元硬幣對比下的的小魚。近年研究指出，內地拖網漁船漁獲中，近半為未成年的小魚，這反映漁業資源的衰竭
Juvenile fish shown alongside a one-yuan coin for scale. Recent studies reveal that nearly half of the catches from mainland trawlers consist of juvenile fish, reflecting the depletion of fishery resources

增至 11,000 艘，主要作業為拖網、圍網、刺網和釣艇。從本地水域捕撈上岸的漁獲（即不包括香港水域以外的漁獲）在大概 10 年後到達頂峰，即大約 40,000 公噸。

70 年代的本地漁船數量相比起 60 年代中期下跌了近半，貴價物種的捕撈

once dominant fishing sector had changed from being its top primary production sector to virtual insignificance in the economy.

Largely as a consequence of overfishing, but also linked to habitat destruction, there have been many changes in the city's fisheries and marine ecosystem since 1950. While data are incomplete, analyses from multiple sources paint the clear and consistent picture that traditionally

量亦持續下降，許多人逐漸放棄了傳統的捕魚生活方式，令漁業的重要性亦隨之減低。這個情況亦與香港的輕工業發展有關，一些近岸水域的魚類育苗場所受到污染，年輕人亦有了更多就業機會。凡此種種，令到曾佔主導地位的漁業從初級生產界別的佼佼者，變成對香港經濟無足輕重。

香港的漁業和海洋生態系統自 50 年代起經歷了很多變化，這在很大程度上是由過度捕撈以及棲息地破壞所引致的。雖然資料不全，但來源不同的分析亦可清晰描繪一致景象：捕撈率於 60 年代首次錄到急降，到了 70 年代傳統的目標魚類已被過度捕撈，與此同時，漁業發展帶來的捕撈活動亦有所激增。更高效率的漁具加上更頻繁的捕撈作業，網盡了大型獵食性物種，如林書顏提及在 40 年代時數量豐富的鯊魚和石斑等，令生態系統的結構產生變化。舉一例子，捕鯊業的歷史軌跡尤其

▲ 尖頭鯊幼體
Juvenile Spadenose Shark

targeted fish species were already over-exploited by the 1970s, following a rapid drop in catch rates first evident in the 1960s. This drop paralleled an explosion in fishing activities brought about by fishery development. Ecosystem structure shifted as heavy fishing with more efficient gears depleted large predatory species, such as the sharks and groupers that Lin had reported in abundance in the 1940s. As an example, the history of the shark fishery is particularly striking; in the 1960s there used to be more than 100 boats and specialized fishing nets dedicated just to shark fishing taking at least 50 different shark species. That fishery has long since collapsed and the only common remaining local shark is the little Spadenose Shark (*Scoliodon laticaudus*), although juvenile Whitespotted Bamboosharks

令人觸目；60 年代時香港曾有過百艘捕鯊船，利用專用漁網捕捉的鯊魚至少有 50 個物種，但這些已成往事。儘管區內偶爾捕獲狗女鯊幼體（*Chiloscyllium plagiosum*），但現時本地最常見的是體形細小的尖頭鯊（*Scoliodon laticaudus*）。

由於漁業中體型較大、生長較緩慢（普遍而言更脆弱和價值較高）的物種經已消失，因此較小型的魚類和底棲無脊椎動物成了主導。要管理漁業其實應減少漁船或漁具的數量到一個可以減低過度捕撈並容許漁業復甦的水平，但政府並未有這樣做，儘管漁獲價值較低，卻仍然容許捕撈繼續不受限制。在漁民方面，水產養殖場對於用作養殖飼料的小魚的需求不斷增長，加上無脊椎動物的價格高，令他們得以繼續謀生。然而，這也進一步令過度捕撈惡化，因為愈來愈小的網眼，只會捕獲愈來愈小的小魚，雖然漁民收入下降，但政府支持漁業的項目如燃料補貼等，

(*Chiloscyllium plagiosum*) are occasionally still taken in the region.

As a result of losing larger, slower-growing (and generally more vulnerable and valuable) species from the fishery, smaller fishes and benthic invertebrates came to dominate. But instead of managing the fishery by reducing the number of vessels or gears to levels that reduced overfishing and allowed for recovery, and despite declining catch values, the government

▲ 1993 年於青山灣捕捉到的黃唇魚（又稱黃鰭）
Chinese Bahaba taken in 1993, Castle Peak Bay

▲ 細密網眼漁網
Tiny mesh netting

卻為已衰竭的漁業提供了支持，提供了繼續捕撈和持續枯竭的誘因。時至今日，政府的調查顯示上岸物種（按重量計）以沙甸魚和小型鰄魚佔多；而曾幾何時，石斑、大型鰄魚、狗棍魚和鱲魚才是最重要的物種，這個對比實在非常鮮明。

來到90年代末，香港漁業的狀況與全盛期的50及60年代相比已大不相同。魚類種群評估結果顯示，17種當中有12種已被過度捕撈，而且大多數傳統食用魚的數量已大減甚或已經消失，

allowed fishing to continue unchecked. For fishers the growing demand for small fishes for use as fish-feed in aquaculture farms, expanding considerably at the time, and high invertebrate prices, enabled their vessels to continue making a living. However, it also contributed to further overfishing as ever smaller meshes took ever smaller fishes. Although fisher incomes were declining, government programmes to maintain fishing such as fuel subsidies, propped up the failing fishing sector and incentivized continued fishing and ongoing depletion. Today, government port surveys record that sardines and small croakers are among the top landed species (by weight); this contrasts dramatically from the time when the most important species included large groupers and croakers, lizardfish and seabreams.

By the late 1990s Hong Kong's fisheries were very different from their condition in the peak days of the 1950s and 1960s. Stock assessments found that 12 out of 17 stocks were overexploited and that most traditional food fishes had declined or even disappeared completely, such as Large Yellow Croaker (*Larimichthys crocea*), Hong Kong Grouper (*Epinephelus akaara*), Longtooth Grouper (*E. randalli*) and many sharks. The Chinese Bahaba (*Bahaba taipingensis*), famously taken seasonally for its maw in the Pearl River estuary, is probably one of the most threatened of all commercial marine fishes, globally, today. The amazing and strange looking Sawfish, typically

例如黃花 (*Larimichthys crocea*)、紅斑 (*Epinephelus akaara*)、泥鰶 (*E. randalli*) 和多種鯊魚。黃唇魚 (又稱黃鰭；*Bahaba taipingensis*) 因魚鰾可製成花膠而每逢漁季在珠江口被捕獲，這可能是現時全球所有商業買賣的海魚中最受威脅的一種。鋸鰩外型特別，常於河口地區作為混獲而被誤捕至漁網中，現在似乎已絕跡香港香港，但牠們的「鋸」仍能在一些廟宇中找到，而蝠鱝也很難在沿岸水域碰到了。(根據 2016 年發佈的香港生物多樣性戰略行動計劃的評估) 一些以往常見的物種現時已被視為受危物種，因為牠們整體數量太低、或是成體數目太少而未能維持種群的繁衍。目前本港水域的漁獲愈來愈多是細小和未成熟個體，網眼尺寸已小至 0.5 厘米，根本只有很少數能逃出生天。許多漁船不得已要去更遠的地方作業才能謀生，而香港現時上岸的海魚總數，當中超過 9 成都是由本地漁船從香港水域以外的地方捕獲的。

為了解決持續惡化的問題，香港政府開始採取一些措施以幫助漁業恢復，但要

taken as bycatch when snagged by nets in estuarine areas, appears to have disappeared entirely from Hong Kong, although their "saws" may still be found in some of the city's temples. Manta Rays are now rarely seen in coastal waters. Some species once common are considered to be threatened (following assessments for the Hong Kong Biodiversity Strategic Action Plan published in 2016) because their numbers have become so low or their adults too few to sustain their populations. Much of the catch in local waters was increasingly comprised of small and immature animals, mesh sizes dropped to as small as 0.5 cm, allowing little to escape, and many vessels had to travel further and further from Hong Kong to make a living. Nowadays, >90% of the total marine fish landed in the city are caught from outside of Hong Kong waters by the local fishing fleet.

To address ongoing deterioration in the fishing industry, the government of Hong Kong started introducing measures to help recovery, although more are needed to reduce threats to those species that are particularly vulnerable to overfishing. One major measure was the introduction of a statutory trawl ban in 2012; trawlers had previously been one of the major fishing gears. This trawler vessel ban, which helped to eliminate massive volumes of tiny mesh netting, is yielding some

減少對那些特別容易遭受過度捕撈的物種的威脅，則還需更多努力。其中一項主要措施是 2012 年頒布的法定拖網禁令，此前拖網是本地主要漁具之一。這項拖網漁船禁令有助減少細微網眼漁網的使用，目前成效包括令某些無脊椎動物的數量有所增加。然而，因為某些水域仍然有非法拖網作業持續，所以恢復速度或會緩慢、甚或不可能發生。香港水域於 90 年代中建立了多個保護區，主要是為了保護珊瑚棲息地，但範圍內仍然容許（除拖網外的）捕魚作業（除了鶴咀屬海岸保護區及幾個保護區內的核心區）。目前，香港設有 8 個海岸公園和 1 個海岸保護區；其中 4 個海岸公園禁止捕撈，而在其他海岸公園，只有持有效捕魚許可證的人士方可進行捕撈活動。儘管十年前已提出設立「漁業保護區」以保護主要產卵區和育苗區，但至今仍未落實，相關區域亦未受保護。

要進一步減少威脅並支持漁業恢復，當局有需要採取更多措施，例如（中國大陸正在實行的）休漁期、捕撈配額（如允許的捕撈總額），以及最小

positive outcomes with increases noted in some invertebrates. However, since illegal trawling continues in some areas, recovery will be slow or may not be possible. In the mid-1990s, several protected areas were put in place, mainly to protect coral habitat, although some fishing (except trawling) was still permitted (except in Cape D'Aguilar Marine Reserve and in core areas of several reserves). Today there are 8 Marine Parks and 1 Marine Reserve; fishing is banned in 4 Marine Parks while only holders of a valid marine park fishing licence can fish in the others. Key spawning and nursery areas are still not protected, despite plans to do so in "Fishery Protected Areas" proposed a decade ago.

To further reduce threats and support recovery, more measures are needed. For example, closed fishing seasons, or moratoria (such as those in place in mainland China), fishing quotas (such as a total allowable catch), and minimum landing sizes or mesh size restrictions would benefit recovery of local marine populations. Subsidies of fishing operations, such as reduced costs of fuel enable fishing to continue even as stocks decline further and should be removed. Threatened marine species need more protection, just as the government acts to protect certain threatened species on land. Regular

的上岸尺寸或漁網網眼尺寸限制，都有助於本地海洋物種的種群恢復。捕魚作業補貼如降低燃料成本的做法，會令捕撈活動即使在魚群加劇萎縮的情況下也能繼續進行，因此應該撤除。事實上，各種受威脅的海洋物種需要更多保護，政府應以保護陸地受威脅物種的模式，加強保護瀕危海洋物種。目前漁業資源狀況未有定期而全面的評估，因此無法了解本地商業物種的狀況。雖然偶爾會進行一些調查，但相關資料並未公開。 2023 年，本地約有 5,000 艘漁船（主要為舢舨和非拖網漁船隻）和 10,000 名漁民；曾經輝煌的過往只剩下餘暉。一些實驗性質的做法，例如人工魚礁和增殖放流都不會減少漁業活動，現時亦未有明顯幫助漁業恢復的證據，證明其對納稅人的巨大經濟成本是合理的。要修復香港曾經豐饒、美麗、多樣化和產量豐富的海洋生態系統，我們必須採取更多措施。

雖然本地水域缺乏定期的漁業資源監測，但透過漁民的口述歷史，我們仍能追溯本地漁業的發展軌跡與產業變遷。這些民間資料是解讀過去與現況的重要依據，它們不僅填補了官方文

comprehensive assessment of the status of fishery resources is also lacking, precluding an understanding of the local condition of commercial species. While sporadic surveys may be conducted, the information is often not publicly available. In 2023, the industry consisted of about 5,000 vessels, mostly sampans and small numbers of non-trawler vessels, and just over 10,000 local fishers; a mere shadow of what the fishing industry once was. Experimental approaches being used to assist fishery recovery, such as artificial reefs and restocking, do not reduce fishing activity and have not demonstrably helped the recovery that would justify their considerable economic costs to taxpayers. More measures are needed to help restore Hong Kong's once rich, beautiful, diverse and productive marine ecosystem.

Despite the lack of regular marine fishery resource monitoring in Hong Kong waters, an appreciation of the city's fishery industry history, and of its changing conditions, can be gained from a range of anecdotal information and from historical accounts of experienced fishermen and workers. Such information is, nowadays, extensively used to provide valuable insights into past and present conditions and is particularly important when there are few official records. It can also be used

獻的資訊空缺，更能與其他數據相互參照比對。

陳少華，一位自幼就愛捕魚的人，後來成為了國際活海產進口商及水產養殖者。他親眼目睹了多年來的許多變化，並對香港漁業的未來表示關注。此書介紹了 10 種在香港仍然常見或曾經常見的魚類，這些令人神往的故事就是香港漁業歷史的標誌性象徵。許多年來，香港社會不同團體對魚類物種、捕魚方法、食譜和保存方法，都累積了豐富的認識和欣賞。我們可以透過魚類這個媒介，多多了解我們文化中有關海洋的描述、當中的貿易和使用情況、海洋神話以及對海洋的認識。

陳少華的故事和經驗遍佈此書不同章節，勾勒了香港漁業經歷的關鍵變化。他過去 70 年的經歷和觀察，不僅讓我們瞥見往昔，亦闡明了這些物種和海洋生態現正面臨的挑戰。

祈望這些故事能夠啟發大家，讓我們一起珍惜海洋保護海洋，愛屋及烏守護一眾以此為家既美麗又迷人的物種。希望我們的子子孫孫，世世代代都可繼續欣賞這個浪花下的

to cross-check against other data sources.

Patrick Chan, a fisherman since childhood and an international fish trader and aquaculturist in later life, has personally witnessed many of these changes and has concerns about the future of Hong Kong's marine fisheries. This book shares ten of his many fascinating tales of fish species that are, or were once commonly, found in Hong Kong's waters, serving as iconic symbols of the city's fishing history. Different societies in Hong Kong have, over time, developed a rich understanding and appreciation of different species, fishing techniques, recipes, and preservation methods, using fish as windows into how our culture views, trades, uses, mythologizes, and understands the ocean.

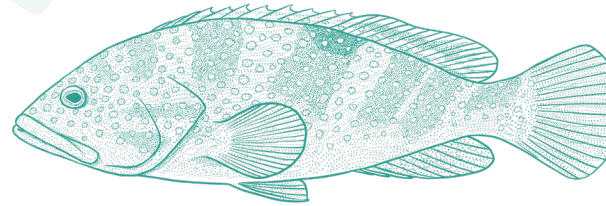
Patrick's stories and experiences, woven throughout these pages, reflect the profound changes that have occurred in Hong Kong's fishing industry. Over the past 70 years, his encounters and observations provide us not just a glimpse into the past but also shed light on the challenges faced by these species and our marine ecosystem today.

May these stories serve as a call to cherish and protect our oceans and the many beautiful and fascinating species that call them home, ensuring that future generations can appreciate the wonders that lie beneath the waves.

奇妙世界。

我很高興能夠認識少華。他令我了解活珊瑚礁魚貿易，並分享了他對我最喜愛的魚類之一 —— 蘇眉的欣賞，同時提醒我們香港曾經擁有過的輝煌漁業。

It has been my great pleasure to know Patrick. He helped me to understand the live reef food fish trade, shared his appreciation for one of my favourite fish, the Napoleon Wrasse, and reminds us of the splendid fishery that Hong Kong once hosted.



紅斑

Hong Kong Grouper (*Epinephelus akaara*)

石斑是魚類的大家族，在熱帶及亞熱帶的海域都有牠們的蹤影。香港位於亞熱帶地區，海水溫度在冬季與夏季時均有顯著的差別。一旦持續受到冷鋒吹襲，部份地區例如東北部大鵬灣的沙頭角及塔門等，水溫可以下降到攝氏 13 度以下，而夏季則可上升到約 28 度。香港水域溫差大，不太適合老虎斑 (*Epinephelus fuscoguttatus*) 及杉斑 (*E. polyphekadion*) 等熱帶石斑魚生存。然而，本土能找到的石斑種類仍有很多種，其中最有名氣的就是紅斑 (*E. akaara*)，其英文俗名更別具香港代表性，名為 Hong Kong Grouper。

紅斑呈鮮艷的橙紅色，只能在廣西省東部、廣東省、

Groupers are a group (family Epinephelidae) of fish that live in tropical and subtropical waters. Hong Kong, located in the subtropical region, experiences a significant temperature difference between winter and summer. When affected by cold fronts for an extended period, the water temperature in areas such as Sha Tau Kok and Tap Mun in Mirs Bay can drop to below 13 °C, while in summer, it can rise to around 28 °C. Due to the large temperature difference in Hong Kong's waters, it is not suitable for many of the more tropical groupers, such as the Brown Marbled Grouper (*Epinephelus fuscoguttatus*) and Camouflage Grouper (*E. polyphekadion*). However, there are still many species of groupers that can be found locally, among which the most famous is the Hong Kong Grouper (*E. akaara*, Hong Kong Grouper), a unique English name that reflects its past importance in Hong Kong.

The Hong Kong Grouper is a bright red-orange coloured grouper that can only be found in the waters off the east coast of Guangxi Province, Guangdong,

福建省及浙江省與日本南部海域找到，最盛產的地方是上海與福建一帶的海域。從養殖紅斑的經驗告訴我，最適合牠們生長的水溫是攝氏 23 度，而上述海域每年均可長時間提供適合牠們生長與繁殖的條件。

此外，紅斑肉質鮮美，是頂級的石斑魚。在中國文化裡紅色代表吉祥和豐盛，所以紅斑在喜宴中特別受歡迎。然而在上世紀 40 至 50 年代，在高級喜宴奉客的卻主要是白鱲（*Acanthopagrus chinshira*）與青衣（*Choerodon schoenleinii*），這是因為當時紅斑的供應尚不穩定，未能取而代之。到了 60 年代，本地漁民開始擁有馬力比較大的漁船，可以前往福建及上海一帶捕魚，才有足夠的紅斑供應香港市場，酒家食肆才開始有在酒席上提供紅斑的習慣。

當年前往福建上海捕紅斑的漁船一般是長約 40 至 60 尺的罟仔（圍網），引擎是幾十匹馬力的柴油機，會沿著香港東面的海岸線北上到釣場。漁船大多數是整

Fujian and Zhejiang Provinces, and southern Japan. The most productive areas are the waters around Shanghai and Fujian. From my experience of breeding Hong Kong Groupers, the optimal water temperature for their growth is 23 °C, and the aforementioned waters provide suitable conditions for their growth and reproduction for an extended period each year.

In addition, Hong Kong Grouper has delicious flesh and is considered a top-quality grouper. In Chinese culture, the colour red represents good luck and abundance, so the Hong Kong Grouper is particularly popular at banquets. However, in the 1940–50s, the fish served at high-end banquets were mainly Okinawan Yellow-Fin Seabream (*Acanthopagrus chinshira*) and Blackspot Tuskfish (*Choerodon schoenleinii*) because the supply of Hong Kong Groupers was unstable and they were not yet a prominent fish in banquets. Later in the 1960s, fishing boats began to have larger horsepower and could travel to Fujian and Shanghai to supply Hong Kong with enough Hong Kong Groupers. It was then that restaurants began to use Hong Kong Groupers frequently in banquets.

In the past, fishing boats that went to Fujian and Shanghai to catch Hong Kong Groupers were typically around 40 to 60 feet long and equipped with purse seine and diesel engines of many dozen horsepower. They would travel north along the eastern coast of Hong Kong to the fishing grounds. Most of the fishing boats were operated by entire families. Upon reaching

攝影 Photo: Yiu Wai Hong @114°E Hong Kong Reef Fish Survey

▲ 紅斑偶見於本土水域的礁石間
Hong Kong Grouper are occasionally found among rocky and coral reefs. They are uncommon today.

家人合力作業，到達釣場後以小舢舨用手絲釣魚，直至可存養幾十擔 P.14 漁獲的活魚倉滿載，或是食物及淡水耗盡方才回航，時間一般都不會超過三星期。漁船回航到筲箕灣或香港仔等主要漁港後，會先將部份漁獲放入以竹編成的大型魚籠中，用繩吊在船的兩旁暫養，此舉是防止魚在活魚倉中因太擠迫缺氧而死亡，確保在魚欄

the fishing grounds, they would use small sampans and handlines to catch fish until they had several dozen piculs P.14 of live fish to fill the hold or until their food and fresh water supplies ran out. This journey usually did not last longer than about three weeks. After the fishing boats returned to major fishing ports in Hong Kong, such as Shau Kei Wan or Aberdeen, they would first place some of the fish in large fish cages woven from bamboo and hang them on both sides of the boat with ropes. This was to prevent the fish from suffocating due to overcrowding and lack of oxygen, and to ensure that they remained

買手到來取貨前保持鮮活。然而在搬運或存放期間，不少魚會因漁籠破損或其他情況下逃回海中。因此在 60 年代後期，我常常租用釣艇在筲箕灣釣魚，並以這些漏網之紅斑為目標。

在 60 至 70 年代，香港水域仍有大量紅斑，以東面水域一帶為多。這可能是因為魚是隨著水流由汕尾及大亞灣海岸向南遷移，因此潛水人士通常可於塔門、長短咀、火石洲及清水灣一帶水域遇到；又或者是因為香港水域本身在整體上較為適合這個物種。在 1974 至 76 年間，我與一班朋友租用了蛋家灣裡一所村屋，以方便週末前往潛水獵魚。當時交通極不方便，只能從大埔滘碼頭乘搭星期六下午三時半

alive while waiting for buyers from the fish market to come and collect them. However, during handling and storage, many fish would escape back into the sea due to damaged cages or accidents. Therefore, in the late 1960s, I often rented fishing boats in Shau Kei Wan to fish for fugitive Hong Kong Groupers.

In the 1960–70s, there was still a large number of Hong Kong Groupers in Hong Kong waters, with much larger numbers in the east. This may be because the fish migrated south with the water flow from Shanwei and Daya Bay, and they were often encountered in areas such as Tap Mun, Cheung Tsui and Bate Head, Basalt Island, and Clear Water Bay during diving activities. Or it may be that the habitat in Hong Kong was generally good for the species. Between 1974 and 1976, my fishing buddies and I rented a village house in Tan Ka Wan and went fishing every weekend. At that time, transportation was extremely inconvenient, we could only take a ferry from Tai Po Kau Pier to Ko Lau Wan at 3:30 pm on Saturdays and return on the same scheduled ferry the next afternoon. By

▶ 代表香港的紅斑曾在 80 年代郵票上現身
As a species that represents Hong Kong, Hong Kong Grouper once appeared on stamps in the 1980s

的船隻前往高流灣，要到翌日下午才能乘搭同一班船回航。到達蛋家灣基地時已經是下午 5 時，我們即時徒步 20 分鐘往蚺蛇灣獵魚，在日落前總可以獵到足夠的漁獲做晚餐，而紅斑更是屢見不鮮，數量多時甚至會用來做魚湯。時至今日，紅斑已變得可遇不可求，相信現時的漁民均會覺得，往日得以捕捉紅斑並煮成家常便飯，實在是何等奢侈且不可思議的一件事。

70 年代開始，因為紅斑有市場，漁民開始從福建買入野生的魚苗放在魚排箱網中飼養。當年，香港仍未有法例監管海上的魚排，漁民會選擇水流比較好的水域停放漁排，而且漁排之間的分隔距離也相當足夠，所以魚都能健康生長，存活率很高。當時有一家魚類養殖公司在西貢白沙灣建造了一個極具規模的漁排，飼養石斑及其他魚類，產品以紅斑為主，全盛時期每年出產超過一千擔[P.14]紅斑。1980 年後，國內禁止紅斑魚苗出口，紅斑養殖就此告終，

the time we reached the Tan Ka Wan base, it was already 5 pm, and we immediately walked for 20 minutes to fish in Nam She Wan. Fortunately, we could always catch enough fish for dinner before sunset, and Hong Kong Groupers were commonly encountered, with their abundance so high that we sometimes just used them to make fish soup. Nowadays, encountering Hong Kong Groupers is very rare, and from the perspective of present-day fishermen, the luxury of catching and cooking with them seems unbelievable.

Starting from the 70s, due to market demand for Hong Kong Groupers, fishermen began to buy wild fish fry (i.e. juvenile fish) from Fujian and raise them in fish rafts. At that time, there were no regulations governing fish rafts in Hong Kong, so fishermen would choose areas with good water currents to place their rafts. The distance between the net cages was sufficient to allow the fish to grow healthily with a high survival rate. There was an aquaculture company operating in Hebe Haven, Sai Kung, which built a large-scale fish raft to raise groupers and other fish species, with Hong Kong Groupers as the main product. During its heyday, it produced over 1,000 piculs[P.14] of Hong Kong Groupers annually. After 1980, the export of Hong Kong Grouper fry from mainland China was banned, leading to the end of Hong Kong Groupers aquaculture. Fishermen then switched to farming other species such as Orange-spotted Grouper (*E. coioides*) and Areolate Grouper (*E. areolatus*).

漁民轉養青斑 (*E. coioides*) 及芝麻斑 (*E. areolatus*)。

紅斑數量急劇下降與漁民濫捕P.045有很大關係，每年都有太多的成魚及幼魚被過早地捕獲，令牠們在野外難以補充數量。有見香港的紅斑養殖成功，福建漁民亦開始自行飼養，令野生魚苗需求大增。魚苗有價，吸引了更多人去捕捉魚苗，最後更有不少人電捕

The sharp decline in the number of Hong Kong Groupers is closely related to overfishing by fishermen who took too many adults and juveniles too quickly each year before they could replenish themselves. The success of Hong Kong Grouper farming in Hong Kong prompted Fujian fishermen to engage in their own breeding operations, leading to a high demand for wild fish fry. This increased demand attracted yet more people to catch fish fry, some even resorting to electric fishing. As a result, Hong Kong Groupers had little opportunity to reproduce, causing serious and pos-

過度捕撈

自 20 世紀 80 年代以來，由於紅斑的幼魚和成魚被大量並無節制地捕撈，牠在其有限的分佈區域中（東亞）大大減少。儘管日本及香港實施了一些重新放養計畫，但其野外群體的狀況依然嚴峻，因此被視為瀕危物種。紅斑能活 19 年，但由於其市場需求量大，加上難以在孵化場培育，生長速度緩慢，所以主要捕撈對象都是幼魚。一項在 2022 至 23 年間於香港進行的環境 DNA 研究發現，88 個水樣本中僅有 6 個檢測到微弱的紅斑的信號，顯示物種在野外稀有，且種群數量未有改善。

Overfishing

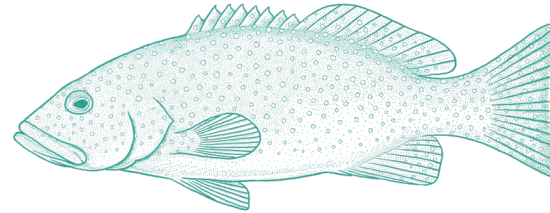
The Hong Kong Grouper has seriously declined since the 1980s throughout much of its geographic range (East Asia) due to heavy, uncontrolled, fishing on juveniles and adults. Despite restocking programmes in Japan and Hong Kong, wild populations have not recovered and its situation in the wild remains serious: the species is considered endangered. The species has a lifespan of 19 years, yet juveniles are frequently targeted due to their high desirability and the challenges associated with breeding them in hatcheries.

An environmental DNA study from 2022–2023 detected weak signals of Hong Kong Grouper in only 6 out of 88 water samples across Hong Kong, underscoring the species' rarity and the lack of improvement in their wild populations.

魚苗。紅斑因此幾乎沒有機會繁殖，這個情況對紅斑種群已做成嚴重、甚至乎是難以補救的損害。從 2012 開始，我潛水獵魚時見到的紅斑不超過十尾，可幸的是在最近兩年 (2022 至 2023)，會聽到較多捕捉到紅斑的訊息，我亦在擔桿列島釣到兩尾。看來，紅斑的數量或有回升的跡象。

sibly irreversible damage to their population. Since 2012, I have seen no more than ten individuals during spearfishing. However, the good news is that in the past two years (2022–2023), there have been more reports of catching Hong Kong Grouper. I even caught two on Lema Islands. It seems that the number of Hong Kong Grouper may be showing signs of recovery.

水彩紙本，飛魚插畫 繪
Watercolour on paper, illustrated by Flying Fish Illustration



七星斑

Leopard Coralgrouper (*Plectropomus leopardus*)

在 50 至 60 年代，漁民將一種在本港水域捕獲、身上有著閃亮藍綠色光點的石斑魚稱為七星斑，而牠其實就是大家認識的東星斑（下稱東星，或花斑刺鰓鮨，*Plectropomus leopardus*）。當時東星斑遍佈全港海域，在水清的地方，例如在香港東面的清水灣至塔門一帶，數量最多。

香港的東星一般不能用魚絲釣到，只會偶爾被魚籠或魚網捕獲，所以本地供應量極少。在 70 至 80 年代，香港仍有大量野生東星，1975 年我在船灣淡水湖的主壩潛水時，就曾見過大量有 5 至 8 厘米長的東星幼魚。但兩三年之後，可能因水質變差或是魚類被過

In the 1950s-60s, Hong Kong fishermen named a local grouper species "Chat Sing Baan" (Seven Stars Grouper 七星斑) due to its shimmering blue-green spots. Over time, this grouper came to be known as "Dung Sing Baan" (East Star Grouper 東星斑) or Leopard Coralgrouper (*Plectropomus leopardus*) in English. Found throughout Hong Kong waters, this grouper thrives in clear water areas, with the highest numbers occurring along the eastern coast from Clear Water Bay to Tap Mun.

In Hong Kong, Leopard Coralgrouper normally don't take the hook with fishing lines but are occasionally taken in fish traps or nets, thus the supply from local waters is limited. During the 1970s-80s, however, there were many more Leopard Coralgrouper. In 1975, I observed a large number of juvenile Leopard Coralgrouper measuring 5 to 8 cm in length during a dive near the Plover Cove Reservoir Dam. A few years later, possibly due to deteriorating water quality

攝影 Photo: Francis Tsang @@114°E Hong Kong Reef Fish Survey

▲ 在內地，東星斑有被大量養殖，是宗教放生活動的常用魚種
Leopard Coralgrouper are cultivated in large numbers in mainland China and are a commonly used fish species in religious mercy release activities

度捕撈，東星突然在香港消失；我們潛水時愈來愈少見到，一整年來次數也是寥寥可數。

東星自 70 年代中期起在香港街市出現，當時漁船開始裝上大馬力的引擎，漁民因此可以到距香港逾 160 浬的東沙群島捕魚，他們的漁獲中有不少是七星斑。後來漁船又開始前往更遠的西沙群島，漁民在該處捕獲到另一種外

or maybe to too much fishing, the grouper disappeared from Hong Kong, and sightings of them during diving became increasingly rare, occurring less than once a year.

Leopard Coralgrouper first appeared in Hong Kong wet markets in the mid-1970s when fishing boats began using high-power engines, enabling them to fish around the Pratas Islands (Dongsha Islands, lit. "East Sand Island"), located over 160 nautical miles from Hong Kong. Among their catches were many "Seven Stars Grouper". Subsequently, fishing boats expanded their operations to the more distant Paracel

表相似的石斑。為避免混淆，在東沙捕獲的石斑魚，他們稱為東星，西沙的則稱為西星（藍點鰓棘鱸，*P. areolatus*）。後來才有人發現，兩款魚原來屬於不同物種。

80年代起，隨著海、空貨運發展，可供海鮮酒家用於菜餚的石斑物種亦逐漸增多，尤其是在清明節前後，本地漁民會趁南中國海颱風季節來臨前、在海況較安全時前往較遠的南沙群島捕魚。不過，此地區的魚普遍體內雪卡毒P.51含量較高，食用後有可能中毒。漁獲方面，除了東星和西星外，還有豹星或皇帝星（*P. laevis*）、泰星（*P. maculatus*）、臘腸斑（*Anyperodon leucogrammicus*）、燕子星（*Variola albimarginata*）、花面星（*P. oligacanthus*）等。個人認為最美味的是皇帝星及花面星，而燕子星次之。可惜要在水缸飼養花面星及燕子星十分困難，很多酒樓都不願入貨。

東星斑有不同顏色和產地，也會因此有不同

Islands (Xisha Islands, lit: "West Sand Islands"), where they caught another grouper species with a similar sparkling appearance. To avoid confusion, the groupers caught at the Pratas Islands were referred to as "Dung Sing Baan" (East Star Grouper), while those caught at the Paracel Islands were known as "Sai Sing Baan" (West Star Grouper 西星斑 , *P. areolatus*). It was later found that they were different species.

Since the 1980s, the growth of cargo transportation by sea and air has allowed seafood restaurants to offer an increasing variety of grouper dishes, particularly around the time of the Ching Ming Festival. This is due to local fishermen taking advantage of the calmer sea conditions in the South China Sea before typhoon season, venturing further to the Nansha Islands (Spratly Islands) to fish. However, it is important to note that fish from this region tend to have higher levels of ciguatoxinP.51 which may mean they are unsafe to eat. The diverse catches include species such as Blacksaddled Grouper (*P. laevis*), Spotted Coralgrouper (*P. maculatus*), Slender Grouper (*Anyperodon leucogrammicus*), White-edged Lyretail (*Variola albimarginata*), and Highfin Coralgrouper (*P. oligacanthus*), among others. In my opinion, the most delicious are the Blacksaddled Grouper and Highfin Coralgrouper, followed by the White-edged Lyretail. Unfortunately, due to their high mortality rates in captivity, many restaurants are reluctant to stock Highfin Coralgrouper and White-edged Lyretail.

The taste of Leopard Coralgrouper appears to

味道。東星主要分為紅色（俗稱紅東）及黑或暗紅色（俗稱黑東）兩種 P.51。我在室內養殖東星斑期間發現，東星魚身的顏色會因應情緒及環境改變，時紅時黑，至於是否長大到某個階段便會定形，則仍未能知悉。紅、黑二東，我覺得黑的食味較好，就是賣相較差。另外，不同產地的東星，其鮮味與魚肉的嫩滑度也有很大分別。以我經驗，舊漁場的魚總比新漁場的好，但成因未明。個人認為香港及東沙群島出產的東星味道最佳，菲律賓及越南次之，印尼又再次一級；至於澳洲的東星，雖然鮮味於近年已有進步，但仍排在榜尾。而近年香港一些高級食府會指定只用菲律賓的東星，當然其價錢亦是較高。

東星斑跟紅斑一樣，因為顏色艷麗，現時在海鮮宴上大受歡迎。中國人辦喜事意頭最重要，紅色代表著幸運、福氣、吉祥，所以宴會主人常會指定菜單上要有紅斑或東星斑。70

be associated by factors such as colour and origin. Generally, there are two main colour types P.51: red (known as "Red East") and black or dark red ("Black East"). I have observed that the fish changes body colour in response to their mood and environment during indoor breeding, alternating between red and black shades. It remains uncertain whether the colour stabilizes as the fish matures. Of the two varieties, I find the black one to be more flavourful, despite its less attractive appearance. Furthermore, the freshness and tenderness of Leopard Coralgrouper can differ significantly based on their origins. From my experience, fish from long-used fishing grounds typically have a superior taste compared to those from newly fished areas, though the underlying reason is unknown. I consider Leopard Coralgrouper from Hong Kong and the Pratas Islands to be the most delicious, followed by those from the Philippines, Vietnam, Indonesia, and with Australia offering the least appealing taste. In recent years, several high-end Hong Kong restaurants have opted to use Leopard Coralgrouper exclusively from the Philippines for their better taste, which understandably comes at a premium price.

Leopard Coralgrouper, much like the Hong Kong Grouper, has become one of the most sought-after fish for seafood banquets due to its vibrant colours and taste. In Chinese culture, symbolism is highly valued during celebrations, and the colour red represents luck, fortune, and auspiciousness. As a result, banquet hosts are

3 雪卡毒素

雪卡毒素是種神經毒素，存在於特定珊瑚礁區域的野生魚類的肉和內臟中。它由微小的海洋藻類（干比亞藻）產生，當草食動物吃掉這些藻類，然後被肉食動物吃掉時，毒素會在食物鏈中累積。如果人們吃了有毒的魚，就可能得到「雪卡中毒」，這是一種可能致命的中毒。市民應避免食用來自有毒區域的魚類，以及過多的大型肉食性珊瑚礁魚類，如油鰽、石斑和笛鯛。雪卡毒素偶爾會在香港的進口海鮮中出現，而目前並無措施阻止帶雪卡毒的魚進口。

Ciguatoxin

Ciguatoxin is a neurotoxin that occurs in the flesh and viscera of wild fish from specific reef areas. It is produced by tiny marine algae (dinoflagellate *Gambierdiscus toxicus*) which accumulate up the food chain when consumed by herbivores which are subsequently eaten by carnivores. If people eat a toxic fish they can get "ciguatera" which can be fatal. Eating fish from toxic areas and too many larger individuals of carnivorous reef fishes, such as Moray Eels, groupers and snappers, should be avoided. Ciguatera occasionally occurs in Hong Kong from imported seafood; there are no controls in place to stop the import of ciguatoxic fish.

4 形態

東星斑像許多珊瑚魚一樣，可以呈現出不同的顏色形態。顏色（色素）的變化取決於基因、生理、營養和環境條件。從深海捕獲的東星斑通常更紅，而人工飼養的東星斑則傾向褐色；有趣的是，褐色的魚在人工環境下可能比紅色的魚有更好的免疫力。此外，顏色還有地理差異，而個體也會根據自身狀況或情緒改變顏色的強度。紅色等明亮的顏色可能取決於食物中的類胡蘿蔔素色素，例如來自蝦類。

Colour Forms

Leopard Coralgrouper, like many reef fishes, display many colour forms. These depend on pigments which are influenced by genetic, physiological, nutritional, and environmental factors. Coralgrouper taken from deeper waters are often more red while those grown in captivity tend to be brownish; interestingly, brown-coloured fish may have better immunity under captive conditions than red ones. There is geographic variation in colour forms, while individual animals can change the intensity of their colour according to their condition or mood. Brighter colours, such as red, probably depend on diet-derived carotenoid pigments, as from shrimps.

至 80 年代初，香港還未有外國活魚供應，酒席上多會使用養殖紅斑。除了意頭，貨源供應穩定亦是重要的考慮因素，宴會主人大多不希望，酒席上每枱人要吃不同物種的魚。一直以來，酒樓都不一定會選用最美味可口的魚種，反而會優先考慮一些供應量穩定及死亡率低的魚種。於 2000 年代初，香港的東星斑主要由澳洲進口，但後來澳洲政府為了保障當地的東星能健康、可持續地延續繁衍，遂限制了出口數量。因此，近年香港的東星主要是由菲律賓及印尼等東南亞國家進口的。

東星斑肉色潔白，口感幼滑，魚味佳，一直是海鮮行業內的中、上價魚。二十多年前，在海鮮酒家吃一尾兩斤半的「紅東」，往往要價近千港元，在大節日期間，價格升至一二千元一尾也是常事，這也反映了當年經濟十分蓬勃。但 1997 年後經濟下滑，海鮮價格一沉不振，300 至 400 港元已可吃到一尾東星了。到了

pleased to include such fish in their menus. In the 1970s–early 1980s, before live fish imports became available in Hong Kong, farmed Hong Kong Grouper was the primary fish served at banquets.

Aside from symbolism, a consistent supply is also crucial from a business perspective. Banquet hosts prefer not to use different fish varieties at the same event. The types of fish offered by restaurants are not necessarily the tastiest; instead, they prioritize a fish species with stable supply and low mortality rate. In the early 2000s, Leopard Coralgrouper in Hong Kong was primarily sourced from Australia. However, the Australian government later implemented export quotas to ensure not too many Leopard Coralgrouper were exported and thereby safeguard their reproduction so this limited the number of this fish available from Australia. Consequently, in recent years, Leopard Coralgrouper has mainly been imported from Southeast Asian countries, such as the Philippines and Indonesia.

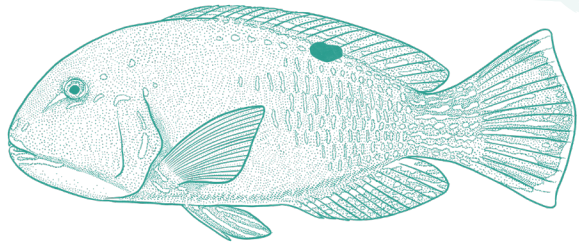
Leopard Coralgrouper, known for its lovely white flesh, tender texture, and delightful flavour, is considered as a mid-to-high-priced delicacy in the seafood industry. Over twenty years ago, a live 1.5 kg red Leopard Coralgrouper ("Red East") would fetch nearly a thousand Hong Kong dollars at a seafood restaurant, with prices soaring to between HKD 1,000–2,000 during major holidays. This pricing reflected the flourishing economy of the time. However, following the

近年，因為國內養殖東星技術成功，市場的供應變得充足，但養魚戶只求能將魚安全養大然後賣出，對飼料沒有要求，越平價的越好，以致魚的味道變差。因此，近年養殖東星的魚價下跌至約 165 港元一斤，即使如此，養魚戶仍是有利可圖。在未來，我相信會有更多國內的養魚戶參與競爭，若情況持續，不出幾年東星就會步上當年紅油（紅魳的舊名，*Lutjanus argentimaculatus*）及黃立鯧（*Trachinotus blochii*）的後塵，由上價魚變成一般家庭食用魚類，而價錢亦會一沉難再番身，不過，由於市民一般認為野生捕獲的魚會比較美味，因此野生的東星還會是有價有市的。

▲ 於 1984 年西貢短咀獵到的東星斑
Leopard Coralgrouper captured in Bate Head, Sai Kung in 1984

economic crises in 1997, 2008 and the COVID pandemic that started in 2019 seafood prices took a nosedive, and the cost of a Leopard Coralgrouper dropped to a mere HKD 300–400.

In recent years, successful hatchery breeding of Leopard Coralgrouper in mainland China has ensured a steady market supply. Fish farmers prioritize the safe growth of their fish and opt for cost-effective feed, which has, unfortunately, resulted in a deterioration of the fish's taste. Consequently, the price of farmed Leopard Coralgrouper has dropped to around HKD 165 per catty, yet this price remains profitable. In the future, I believe more fish farmers from mainland China will enter the competitive market for this desired species. If this trend continues, the Leopard Coralgrouper would follow the path of the Mangrove Red Snapper (*Lutjanus argentimaculatus*) and Snubnose Pompano (*Trachinotus blochii*), transitioning from an upscale delicacy to a common, less tasty fish consumed by average households, leading to a further decline in price. However, wild-caught Leopard Coralgrouper will likely maintain its market value as consumers generally agree that wild caught fish taste better than farmed fish.



青衣

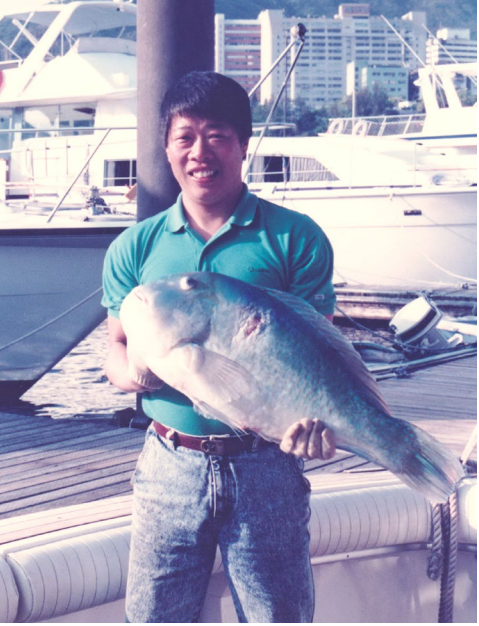
Blackspot Tuskfish (*Choerodon schoenleinii*)

香港水域雖然沒有廣闊的珊瑚礁，但卻有多個小型珊瑚群落分佈在岩礁之間，並集中在東部水域。這可能是因為香港冬天水溫太低，有時會下降至 16 度，不適合造礁珊瑚生長；而西部水域則受到珠江淡水的影響，亦並非適合珊瑚生長的環境。儘管如此，香港水域仍然充滿著大量以珊瑚礁及岩礁為家的魚類，牠們在這裡生長、繁殖並度過其一生。在 60 至 70 年代，最常見的大型珊瑚魚就是青衣 (*Choerodon schoenleinii*) P.59 與紅頭 (*Scarus ovifrons*)。

青衣和紅頭等一類的隆頭魚主要在珊瑚礁生活，身體顏色鮮豔，尤如穿上了不同顏色的衣服，所以

In Hong Kong's waters, while there are no extensive coral reefs, there are multiple small coral colonies interspersed among the rocky reefs, mainly in eastern waters. This is because the cold water temperatures in winter, down to 16 °C sometimes, are not suitable for reef-building corals, and the western waters affected by freshwater from the Pearl River do not provide a favourable environment for coral growth. Nevertheless, Hong Kong waters are still teeming with a diverse range of coral and rocky reef fish. They grow, reproduce and spend their entire lives here. From the 1960s–1970s, the most common large coral reef fishes were the Blackspot Tuskfish (*Choerodon schoenleinii*) P.59 and Knobsnout Parrotfish (*Scarus ovifrons*).

The Blackspot Tuskfish, Knobsnout Parrotfish, and other parrotfishes and wrasses inhabit coral reefs. They are bright-coloured, as if wearing clothes of different colours, so fishermen call them "衣" (clothes). Their most famous relative is the



▲ 於 1970 年代在清水灣捕獲的青衣
Blackspot Tuskfish caught in Clear Water Bay in the 1970s

漁民統稱牠們為「衣」。此類魚中最有名氣的近親就是蘇眉 (*Cheilinus undulatus*)，但蘇眉主要生活在比較溫暖的水域，在香港實屬罕見，亦不會出現在沿岸水域中。同類魚中，體形比較小、成體只有數寸長的有近岸石礁常見的蠟妹 (*Stethojulis terina* 及 *Halichoeres nigrescens*)、雜眉 (*Hemigymnus melapterus*) 和龍船魚 (*Thalassoma lunare*)，略大型的有牙衣 (*Choerodon anchorago*)、黃衣 (*Scarus ghobban*) 及石馬頭 (*C. azurio*) 等。

青衣魚身碧綠，魚肉

Humphead Wrasse (*Cheilinus undulatus*). As it mainly lives in warmer waters, this wrasse is rare in Hong Kong and cannot be found in coastal waters. Some smaller members of parrotfishes and wrasses, measuring only about a few inches long in adult phase, include Cutribbon Wrassse (*Stethojulis terina*), Blackeye Thicklip (*Hemigymnus melapterus*), Moon Wrasse (*Thalassoma lunare*) and Bubblefin Wrasse (*Halichoeres nigrescens*) commonly found in coastal rocky reefs. Larger members include the Orange-dotted Tuskfish (*Choerodon anchorago*), Blue-barred Parrotfish (*Scarus ghobban*), and Azurio Tuskfish (*C. azurio*).

The Blackspot Tuskfish has a greenish body, white flesh, and a delicious taste. Its head is larger than that of a regular fish, and the skull is soft and rich in collagen. Hence, there was a saying in the catering industry decades ago: "Blackspot Tuskfish head tastes just like grouper belly" praising the deliciousness of the Blackspot Tuskfish head. In terms of cooking methods, restaurants usually steam the Blackspot Tuskfish weighing 2–3 catties (1.2–1.8 kg). If it weighs more than 7–8 catties (4.2–4.8 kg), the flesh is used for stir-fry, and the head is steamed with minced garlic and douchi. The remaining flesh together with the meat of smaller Blackspot Tuskfish is used to make soup. These are all old recipes from decades ago. Nowadays, young chefs may not have even seen a Blackspot Tuskfish. In addition, Blackspot Tuskfish can also be used to make delicious sashimi. Its texture and flavour far

潔白，魚味鮮美。其魚頭比一般魚大，而且頭骨偏軟，含有豐富的骨膠原，因此幾十年前飲食界就有「青衣頭，石斑肚」的流傳，稱讚青衣魚頭的美味。食法方面，酒樓一般把兩三斤的青衣清蒸，超過七八斤的話，肉會用來炒球，魚頭會配上蒜蓉豆豉蒸，剩下來的魚肉會連同較細小的青衣魚肉，一同用來做青衣魚羹。這都是幾十年前的舊菜

surpass other fish commonly served as sashimi, for example Greater Amberjack (*Seriola dumerili*) and Red Seabream (*Pagrus major*).

As there were plenty of Blackspot Tuskfish available in the market during the 1940s–1950s, Blackspot Tuskfish was commonly used in high-end banquets at that time. In the 1960s, I often saw Blackspot Tuskfish while snorkeling around rocky reefs. Once, on a trip to Shek O with my brother, I snorkeled by the rocky reef and he was fishing from a double seater rubber dinghy. While swimming near the reef, I saw a Blackspot Tuskfish longer than the dinghy; it must have weighed more than

▲ 現時青衣在香港水域十分罕見
Blackspot Tuskfish is now very rare in Hong Kong waters

色。現在年青的廚師，可能連青衣都未曾見過。此外，青衣還可以用來做刺身，能做成極之美味的魚生，其肉質與鮮味，都遠超常見的章紅 (*Seriola dumerili*) 及赤鱲或紅鱲 (*Pagrus major*) 等的刺身魚。

1940 至 50 年代，青衣的供應量相當足夠，是當時高級酒席常用的魚類。60 年代我在郊外石礁浮潛也常常見到青衣。有次我與弟弟同往石澳閒遊，我在石礁邊浮潛，而他坐在雙人橡皮艇上釣魚，在石礁暢游間我看到他附近有一條青衣，體長比橡皮艇還要長，相信超過 50 斤。70 年代，青衣的數量已明顯地減少，但擔杆群島等鄰近地區仍未開發，海水仍然十分清澈，其他本地魚類如紅頭、黃花 (*Larimichthys crocea*)、紅斑 (*Epinephelus akaara*)、三刀 (*Goniistius zonatus*) 等等的數量仍然相當多。當時的捕魚技術雖然很落後，但漁民卻富有民間智慧，深知各種魚的食性。以青衣為例，漁民知道牠喜歡吃

50 catties. By the 1970s, the number of Blackspot Tuskfish had noticeably decreased, but nearby areas like Dangan Island remained unexploited. The water there was still very clear and other local fishes such as the Knobsnout Parrotfish, Large Yellow Croaker (*Larimichthys crocea*), Hong Kong Grouper (*Epinephelus akaara*), and Spottedtail Morwong (*Goniistius zonatus*) were still abundant. Although the fishing techniques at that time were comparatively very simple, fishermen had folk wisdom and were knowledgeable of the feeding habits of different fish species. For example, fishermen know that Blackspot Tuskfish like to eat sea urchins. When hunting the fish, fishermen first place a "water lens", a tool crafted by attaching glass to the bottom of a water bucket, on the water surface to search the rocky reefs where the fish is often found. After locating the Blackspot Tuskfish, they attached a sea urchin, with all spines removed, to a fishing line and used it to bait the fish. This fishing method can be regarded as a distinctive technique. Locating the fish before baiting is more proactive and effective than the common fishing methods that wait for the fish to bite.

Since the 2000s, I have barely seen the Blackspot Tuskfish – just once or twice a year while diving. Now in my seventies, I still love diving and spearfishing, but I haven't seen this fish for several years. Today, the Blackspot Tuskfish we see in local markets are mostly imported from Southeast Asia. They have smaller body sizes and rarely weigh

攝影 Photo: Stan Shea @ @114°E Hong Kong Reef Fish Survey

▲ 和許多隆頭魚及鸚嘴魚一樣，相中這條黃衣在睡覺時會產生黏液繭來保護自己免受捕食者和寄生蟲的侵襲

This Blue-barred Parrotfish, like many wrasses and parrotfish, produces a mucus cocoon for protection against predators and parasites while sleeping

海膽，捕獵牠時會先用水鏡（一種漁民自製，水桶底黏上玻璃的工具）在水面觀察牠們常出沒的石礁，發現青衣後便將去了刺的海膽用魚絲放下海中。這種先找魚再放餌的主動釣法，比一般等魚上釣的被動釣法成功得多，也算是一種有特色的釣魚技術。

踏入 2000 年後，我一年潛水也看不到青衣一兩

more than 3 catties (1.8 kg). These fish have slightly different characteristics compared to those from Hong Kong. For example, the head of the Hong Kong Blackspot Tuskfish tends to be larger, while the four tusks of the Eastern Malaysian Blackspot Tuskfish are more protruded. When transporting live Blackspot Tuskfish, merchants ask workers to cut off the tusks, otherwise the fish would fight with each other causing the holding tanks to be filled with blood. Of course, merchants are more concerned that the damaged fish body cannot fetch a good price than about the wellbeing of the fish.

次。現年七十多歲的我仍然鍾情潛水獵魚，可是有好幾年都未見過青衣了。現時我們在市場上見到的青衣大都是從東南亞進口的，體形比較細小，很少會超過 3 斤。這些青衣的體徵會跟香港的有些微差別，比如說香港青衣的魚頭會偏大，東馬來西亞的青衣的四枚尖齒會比香港的更向外突出。因此運送青衣活魚時，商人會要求工人先把青衣的四隻尖齒剪掉，否則牠們打架時會令到「滿缸紅」，當然商人更關心的只是魚身殘缺會賣不出好價錢，而不是魚的痛苦。

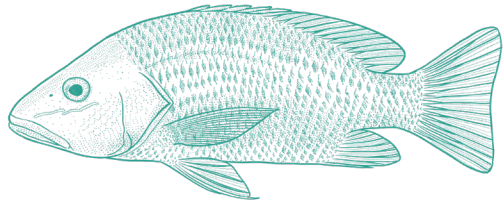
▲ 陳少華在 1980 年代末於擔杆列島附近捕得的漁獲，最下方的是一條超過 10 公斤的青衣
Among Patrick's catches near the Dangan Islands in the late 1980s, the bottom one is a Blackspot Tuskfish weighing more than 10 kg

5 關於青衣

青衣也棲息於沙質底層及海藻叢生的地方，以捕食甲殼類和軟體動物等硬殼獵物為生。牠全長可達 100 厘米，體重近 16 公斤，性別為先雌後雄。牠是各地商業捕魚對象，尤其受打魚愛好者歡迎。由於牠容易被過度捕撈，因此數量已在各地遞減，現時被列為近危物種。在香港，據說青衣海岸盛產青衣魚，因此此地以魚名命。

About Blackspot Tuskfish

The Blackspot Tuskfish occurs around sandy substrates and macroalgae and eats crustaceans and molluscs. They can reach 100 cm long and almost 16 kg. It is a protogynous hermaphrodite, which means that adults can change sex from female to male. It is important to local commercial fisheries and popular with spearfishers. It is easily overfished, has declined in many places, and is near-threatened globally. Its Cantonese name, *Tsing Yi* (青衣), was given to a Hong Kong island Tsing Yi due to its previous abundance in the area.



紅鮸

Mangrove Red Snapper (*Lutjanus argentimaculatus*)

紅鮸 (*Lutjanus argentimaculatus*) 屬於一個名為笛鯛屬的大家族，在全球共有超過一百個不同物種，主要分布於熱帶及亞熱帶海域。紅鮸對鹽度適應性很強，可以生活在鹹水或淡水環境中。在外國，不少人可以在近海的河流中釣獲紅鮸，而我亦曾在香港的溪流裡帶走過兩三寸的幼魚放在家中的淡水魚缸飼養。牠的身體顏色綠黑相間，十分美麗。不過紅鮸是天生的捕獵者，一旦習慣了魚缸環境後便開始攻擊其他魚類，最後我不得不把牠們放回野外。

紅鮸嘴端長有四枚尖齒，有助獵食魚、蝦、蟹和魷魚等獵物，是進取兇猛的捕獵者。牠們氣力很大，食

The Mangrove Red Snapper (*Lutjanus argentimaculatus*) belongs to the family Lutjanidae, which consists of over 100 different snapper species globally, mainly distributed in tropical and subtropical marine environments. The Mangrove Red Snapper has a strong adaptability to salinity and can live not only in the sea but also in freshwater. In many countries, they are caught in rivers near the coast. In Hong Kong, I have caught juvenile Mangrove Red Snapper measuring just a few inches long in streams and raised them in freshwater aquariums at home. I found their green and black striped bodies very beautiful. However, Mangrove Red Snapper are natural predators, and once they were accustomed to the aquarium, they started attacking the other fish. This left me no choice but to release them back into the wild.

Mangrove Red Snapper are aggressive and have four sharp teeth which they use to prey on fish, shrimp, crab, and squid. They are very strong and can pull fishing lines taut during feeding frenzies. If not handled carefully, the fishing line can cut into an angler's

餌時會像發了狂一樣可將魚絲拉得筆直，釣友控制不好的話手指可能會被魚絲割傷，留下深深的、像刀傷一樣的傷口。紅魶可以群居或獨立生活，我曾經數次在萬山群島及附近見過幾百條一群的紅魶，但這些魚群會隨著水流移動，可能是為了繁殖而聚集。P.61 獨居的紅魶地域性很強，會從小到大長期霸佔某一地區。在 80 年代初，我曾經在擔杆島用魚槍在一條紅魶背上留下了疤痕，過幾年後我重遊舊地時竟再次遇上牠。

紅魶可以生長到約 40 斤重，雖然不常見，但 20 斤左右的在以往並不少，我在 80 年代曾用魚槍捕獲過

fingers like a knife, causing deep wounds. Mangrove Red Snapper can live in groups or independently. When I went diving, I saw schools of several hundred Mangrove Red Snapper around Wanshan Archipelago and the surrounding area, but these fish schools move with the current and perhaps are aggregating for mating. P.61 Solitary Mangrove Red Snapper are highly territorial and can dominate a particular area for an extended period. In the early 1980s, I once left a scar on the back of a Mangrove Red Snapper with a fishing spear at Dangan Island. A few years later, I unexpectedly encountered the same fish again when I revisited the area.

Mangrove Red Snapper can grow to about 40 catties (24 kg). I have come across quite a few of around 20 catties (12 kg) although this is not common.P.66 I caught two Mangrove Red Snapper with a fishing spear in the 1980s. Wild Mangrove Red Snapper have tender, flavourful meat with rich oil near the dorsal fin, making them a high-priced

6 產卵群集

魚類有很多不同的繁殖方式，例如許多鰄魚，笛鯛和石斑繁殖時會群集產卵，即大量成熟的雄魚和雌魚聚集一起。牠們每年在特定的時間和地點聚集在一起，目的只為了交配。然而，一旦群聚被發現，就很容易再被發現，管理不慎的話會被過度捕撈。

Spawning Aggregation

Fishes reproduce in many different ways. Many croakers, snappers and groupers, for example, do this by briefly forming large groups of mature males and females in "spawning aggregations". These form at specific times and places each year, just for mating. Such gatherings, once discovered, however, are easy to relocate and easily overfished if not managed carefully.

攝影 Photo: Anne Tong @ 114°E Hong Kong Reef Fish Survey

▲ 於西貢海下灣拍攝到的成年紅魚
Adult Mangrove Red Snapper are photographed at Hoi Ha, Sai Kung

兩條。P.66 野生紅魚肉質幼嫩魚味佳，背鰭附近油脂豐富入口甘香，一直是席上的上價海鮮。在 70 年代，紅魚魚價與海紅斑看齊，而且供應不多，酒家有貨往往先留給相熟的老饕。到 80 年代初，台灣成功進行人工孵化，魚苗供應充足，再加上牠們適應力強，死亡率低，很快便成為養魚業的寵兒。可是在供應持續增加之時，魚肉質量卻受到餵食低質飼料（如未有雪藏並已腐爛的下雜魚）以及污染物等環境因素影響而降低，因此魚價在

food fish. In the 1970s, the price of Mangrove Red Snapper was on a par with the Hong Kong Grouper, and their supply was limited. They were often reserved for gourmets appreciative of the species in restaurants. In the early 1980s, Taiwan successfully carried out artificial hatching leading to an abundant supply of Mangrove Red Snapper fry. Due to their strong adaptability to different conditions and low mortality rate, they quickly became a favourite in the fish farming industry. However, as the supply of farmed fish increased, the quality of the meat became affected by poor quality feed (e.g. rotten fish meal) and environmental factors (e.g. pollutants), causing the price to drop from premium seafood levels to around HKD 30–40 per catty within a few years. This situation made Mangrove Red Snapper a

▶ 陳少華於 1990 年代於香港仔展示一條在擔杆列島附近捕獲的紅魳
Patrick shows a Mangrove Red Snapper captured near the Lema Islands in Aberdeen, Hong Kong in the 1990s

兩三年間由頂級海鮮價降到三至四十元一斤，成為一般家庭的食用魚類。直到現時，紅魳仍是馬來西亞及海南島箱網養殖的主要物種。

在香港找到的其他紅魳家族還有牙點 (*L. johnii*)、石蚌 (*L. stellatus*)、火點 (*L. russellii*) 及畫眉 (*L. ophuysenii*) 等，儘管顏色與斑紋各有差異，外形卻大致相同。

年幼的牙點身上鱗片之間有明顯黑紋，近魚尾處有一黑點，但當長大到約 2 斤左右，黑紋與斑點都會消失。牙點肉質與味道非常好，與紅魳比較有過之而無不及。牠也可以生長到二三十斤，但近年已很少見到。大的牙點，漁家稱之為海鯉，在新

common choice for household consumption. Today, Mangrove Red Snapper remains the main species for cage culture in Malaysia and Hainan Island.

Other snapper species in the same family as Mangrove Red Snapper can also be found in Hong Kong waters. These include the John's Snapper (*L. johnii*), Star Snapper (*L. stellatus*), Russell's Snapper (*L. russellii*), and Spotstripe Snapper (*L. ophuysenii*). While their colours and patterns vary, their overall appearance is quite similar.

Young John's Snappers have distinct black patterns between their scales and a black spot near the tail. However, as the fish grows to around 2 catties (1.2 kg), the black patterns and spots disappear. The meat quality and taste of John's Snappers are excellent, rivalling that of Mangrove Red Snapper. They can also grow up to 20–30 catties (12–18 kg), but it has become rare to see such large fish in recent years. Local fishermen call larger John's Snappers "sea carp", while in Singapore and Malaysia, they

▲ 於咸田拍攝到的幼年的紅鮸（前）與金焰笛鯛（後 ；Lut*janus fulviflamma*）
Young Mangrove Red Snapper (front) and Dory Snapper (behind; Lut*janus fulviflamma*) are photographed at Ham Tin, Sai Kung

攝影 Photo: Allen To @114°E Hong Kong Reef Fish Survey

▼ 於果洲群島拍攝到的石鮅
A Star Snapper photographed at the Ninepin Group

攝影 Photo: Allen To @114°E Hong Kong Reef Fish Survey

加坡及大馬一帶稱之為「哥利」，相信是海鯉的福建話發音 *。哥利在南洋是非常有名的魚類，著名的娘惹菜咖哩魚頭就是用哥利的魚頭，其頭骨較軟且肉多，難找其他代替品。

石蚌是同族中身價最高的魚類，食味也是最好的。牠們可生長至十多斤重，70 年代我常用的老艇家告訴我，他們稱那些大的石蚌為黃鮚，但這些大石蚌，在香港水域已絕跡多年了。現時野生捕獲有一斤多已是不可多得的大魚了。石蚌也有養殖的，重量一般為一斤以下，食味還可以，但難以與野生的相比。

火點是香港水域常見的魚類，群居於石礁間，全年都有捕獲。火點亦分兩種不同形態，一種是金黃色身體略帶青色，牠們少有生長至 10 兩以上，食味一般，或許是個亞種。另一種是金黃色身體魚肚呈紅色的，食味接近牙點，相當不錯，漁民稱其為火鰽。這種火點可以生

are known as "Goh Li", which is believed to be the Hokkien pronunciation for sea carp*. Goh Li is a famous fish in the Nanyang region, and the renowned Nyonya dish, curry fish head, is made using Go Li fish heads, which have softer bones and more meat compared to other fish.

The Star Snapper is the most valuable and best-tasting fish in the same family. They can grow to >10 catties (>6 kg). In the 1970s, the old boatmen I often worked with told me that they called the larger Star Snappers "yellow snappers", but these big fish have disappeared from Hong Kong waters for many years. Nowadays, catching a wild Star Snapper weighing over one catty (0.6 kg) is a rare and prized catch. There are also farmed Star Snappers, which usually weigh less than one catty and have an acceptable taste, but they cannot compete with the taste of wild-caught ones.

Russell's Snappers are commonly found in Hong Kong waters living in groups among rocky reefs and can be caught year-round. There are two different morphological forms of Russell's Snappers. One type has a golden-yellow body with a slight greenish tint and rarely grows larger than 10 taels (600 g); their taste is average, maybe they are subspecies. The other type has a golden-yellow body with a reddish belly and tastes similar to John's Snappers, which is quite good. This type of Russell Snapper can grow up

* 編按：在馬來西亞及新加坡，亦有不少人稱紅衫魚一族（金線魚科）的魚為哥里，馬來文為 Kerisi。

*Note: In Malaysia and Singapore, many people also call the fish the Threadfin Bream (family Nemipteridae) Goh Li, or Kerisi in Malay.

長到 3 至 4 斤，長期在外海生活，每年當西南季候風開始，牠們便會游到外島石礁，香港的近岸石礁很少有牠們蹤影。

畫眉一般是一斤以下，身體呈金黃色，魚身有一條黑色的橫線，近魚尾有一個黑點，食味一般，多在街市冰鮮魚檯出售。

to 3–4 catties (1.8–2.4 kg) and live in the open sea for extended periods. When the southwest monsoon begins each year, they swim to the outer island reefs. However, they are rarely seen around Hong Kong's nearshore reefs.

Spotstripe Snappers are generally smaller, weighing less than one catty (0.6 kg). They have a golden-yellow body with a black horizontal stripe and a black spot near the tail. Their taste is average. They are often found sold on ice tables at wet markets.

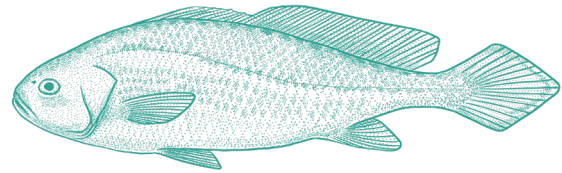
作者在 1990 年夏季於香港水域一晚所得的漁獲，除了最左邊的紅鮸外還有三刀、細鱗、石斑等魚，種類繁多
The author's catches during one summer night in 1990 in Hong Kong waters. The catches showcased a diverse array of fish. In addition to the Mangrove Red Snapper on the far left, there were Spottedtail Morwong, Spotted Grunt, groupers, and many others

有關紅鮸

紅鮸是笛鯛家族中體形最大的一種，已知最大體長為 150 厘米，壽命約為 37 年。幼魚和年幼成魚生活於紅樹林河口，成魚通常會外遷到珊瑚礁。紅鮸生長緩慢，至少需要 13 年才能達到性成熟。

About Mangrove Red Snapper

The Mangrove Red Snapper is among the largest species in the snapper family with a maximum known length of 150 cm and longevity of about 37 years. Juveniles and young adults occur in mangrove estuaries and adults usually move to coral reefs as they mature. This snapper is slow-growing and needs at least 13 years to reach sexual maturity.



黃花

Large Yellow Croaker (*Larimichthys crocea*)

曾幾何時黃花魚是中國最重要的經濟魚類之一，年產量僅次於帶魚 (*Trichiurus* spp.)。牠們分布於南中國海、東海和黃海南部，而珠江三角洲曾經是盛產黃花的水域之一，儘管現時產量已大不如前。漁民可以用圍網、拖網、下綱（即排釣或延繩釣）或手釣來捕捉黃花，牠們是群體移動的魚類，聚集數量龐大。當拖網或圍網漁船踫上黃花魚群，一網收獲幾十擔是等閒之事，因此牠們的供應量大，售價便宜，是上世紀 70 年代前，香港一般百姓主要食用魚之一。

黃花一般生活在水深超過 50 米的海底，與其他深海魚如紅衫、馬頭等為鄰。這些魚從深水區捕獲至淺水

The Large Yellow Croaker (*Larimichthys crocea*) was once one of the most economically important fish species in China, with annual reported catches second only to the Hairtail (*Trichiurus* spp.). It is found in the South China Sea, East China Sea, and the southern part of the Yellow Sea, with the Pearl River Delta being one of the areas with historically high Large Yellow Croaker abundance, although today numbers are much smaller than in the past. Fishermen can catch Large Yellow Croaker by purse seine, trawling, longlining, and hand lines. Large Yellow Croaker are known to move in large groups, and when trawling or purse seine fishing boats encounter a school of them, it is common to catch several dozen piculs (~2 tonnes) in one go. As a result, the catches were once abundant and the fish were available at affordable prices, making Large Yellow Croaker one of the main fish consumed by the general public in Hong Kong before the 1970s.

Large Yellow Croaker typically inhabit areas where the seabed is deeper than 50 m,

區後，因水壓大變這致命原因一般很難養活。在香港，深水區是指離岸 30 海浬以外的海域，只有大型漁船才能到此外海遠程作業。這些漁船的魚獲會冰鮮處理，直至幾日後船倉滿載才運回本地漁類批發市場出售。黃花大部份時間生活在深水區，不過在每年農曆 9 月至翌年 1、2 月的產卵季節時，會大群大群地游到 20 至 30 米深

where they share their environment with other deepwater fish species like Golden Threadfin Bream (*Nemipterus virgatus*) and Horsehead (*Branchiostegus* spp.). When caught from deep water and brought to shallow water, these fishes, including Large Yellow Croaker, experience significant pressure change which is usually deadly. It is therefore challenging to keep them alive after capture. In Hong Kong, deepwater zones are located over 30 nautical miles offshore, accessible only by large fishing vessels. The catch is often frozen on board and then transported to local wholesale fish markets

▼ 現時市面上黃花主要來自內地養殖場。牠們容易於運輸過程中死亡，故一般冰鮮出售
Currently, most of the Large Yellow Croaker available in seafood markets come from fish farms in mainland China. Due to their susceptibility to dying during transportation, they are generally sold chilled

攝影 Photo: 胡卓豪 Cheuk-Ho Wu

的較淺水海域聚集，此時小型漁船能以手釣或排釣捕獲黃花。在幾十年前仍然未有探魚機的年代，漁民們是靠他們代代相傳的經驗，在產卵季節時於魚群慣常游走路線等待牠們的出現。

黃花會發出「姑姑」聲音 8 P.69，所以又稱「黃姑魚」。當牠們成群出沒時，聲量會變得更大，因此當年漁民還會用耳朵貼近木船底部靠聽覺探測魚群是否在附近，但到了現時探魚機盛行的年代，這種「聽魚」技術都早已失傳了。與此同時，捕魚技術的進步亦令到黃花的種群及其體長愈來愈小。1980 年代開始，黃花魚獲數量急速下降，近十多年，

when the storage is full. Although they spend most of their time in deeper waters, during the spawning season between the ninth and the first to second months of the lunar calendar (from around October to February in the Gregorian calendar), Large Yellow Croaker migrate in large groups to shallow waters about 20–30 m deep to spawn. In these areas, small fishing boats can catch them using hand lines or long lines. Before "fishfinder" (an instrument used to locate fish underwater by sonar) was available, fishermen relied on generations of experience to anticipate the fish occurrence along the usual migratory routes during the spawning season.

Large Yellow Croaker, also known as "Yellow Gu Fish" in Chinese, are recognized by the unique "gugu" sound 8 P.69. This sound becomes more pronounced when they gather in groups. In the past, fishermen would detect the presence of fish schools by putting their ears on the bottom of the wooden boat to listen for these sounds. However, with the

8 鰄魚合唱團：當魚說話時

黃花、其他鰄魚、鯨魚、龍蝦和許多海洋生物，都會利用聲波信號達到各種目的。鰄魚的發聲能力得益於被稱為聲肌的特殊肌肉。這些肌肉的收縮會導致魚鰾壁振動，從而產生獨特的聲音。對鰄魚來說，發出這些聲音通常與干擾或繁殖等活動有關。

Croaker Choir: When Fish Get Chatty

Large Yellow Croaker and other croakers, like many marine organisms from whales to shrimp to lobsters, utilize acoustic signals for various purposes. Sound production of croakers is facilitated by specialized "sonic" muscles. The contraction of these muscles causes the wall of the swim bladder to vibrate, producing distinctive sounds. For croakers, these sounds are often associated with activities such as disturbance or reproduction.

在香港以至其他分布水域，已鮮有漁船蹤到黃花魚群了。所以現在於街市所見的黃花，絕大部分都是來自養殖場的。

上述提及的專業漁民捕魚方法，並非一般業餘釣友能夠跟隨的。不過舊日當有黃花魚蹤在近海出現，相熟的艇家會通知我前往釣魚。釣黃花一般都是用活蝦做餌，但魚絲卻不是一直放到海底。黃花會跟著不同的水流從水底升高覓食，有時會離開水底 7 至 8 米。因此，釣魚時先要逐步嘗試在不同水深尋魚才會有機會釣獲。當年赤鱲角機場還未動工時，每年農曆十月在螺洲西南面會有黃花聚集，而且多是有三四斤重的成年魚。但當機場動工後，有工程船在附近海域吸沙作填海工程，該區便再沒有黃花出現。我有很多年未釣過黃花了，不過 2014 年 4 月，我在擔桿列島釣到十多條，小的只有半斤，大的 1 斤多一些。這個意外驚喜，是黃花有重新繁殖 P.61 的現象，

introduction of modern fishfinders, this technique has been mostly abandoned. Additionally, advancements in fishing technology led to a reduction in Large Yellow Croaker populations and average body length. Since the 1980s, Large Yellow Croaker catch has drastically decreased, and encounters with Large Yellow Croaker fish schools have beome increasingly rare in the past few decades, not only in Hong Kong but throughout its range. As a result, the majority of Large Yellow Croaker available in markets today are sourced from aquaculture.

To amateur anglers, the expert fishing practices described are very difficult to apply. In the past, when Large Yellow Croaker were spotted near the coast, my boatman friends would notify me to go fishing. When fishing for Large Yellow Croaker, live shrimp is commonly used as bait, but the fishing line is not always dropped to the bottom of the sea. Large Yellow Croaker follow water currents to feed and sometimes swim up to 7–8 m above the seabed. Therefore, anglers need to try fishing at different depths for a better chance of catching this species. Before the development of Chek Lap Kok Airport, Large Yellow Croaker gathered in the southwest of Lo Chau every October of the lunar calendar, and many of them weighed 3–4 catties. However, since the start of the airport's development and the related reclamation work nearby, Large Yellow Croaker have not been found in that area again. I have not caught Large Yellow Croaker for many years, but surprisingly I caught

還是香港在 2012 年底實施禁止拖網後的功勞？

過去十多年，中國經濟愈來愈發達，暴發戶愈來愈多，但以前吃慣了的野生黃花魚卻愈來愈難求。在 2013 反貪運動未開始時，上海海產商戶會向沿海各地漁民發出通告徵求野生黃花，出價以每斤人民幣 8000 元收購 3 斤或以上冰鮮處理好的黃花。以往百姓常吃的魚類到現在竟然要賣到每斤近萬港元，或許是世界最昂貴的魚類了。然而，在廣東人眼中，黃花只是一般食用魚類，難登大雅之堂。牠肉質嫩滑而鬆散，魚味淡口，因此廣東人清蒸通常加入麵豉或蒜蓉、陳皮、豆豉來增加魚肉的鮮味。而上海人則以糖醋、紅燒及汆湯為主。明顯地，在飲食文化上廣東人與上海人都各有喜好。

黃花有一個極有名氣的近親，名叫黃鱎 或黃唇魚 (*Bahaba taipingensis*)，牠們可以長達 2 米，體重達 160 斤以上。此魚的名氣來自其魚鰾，可以製成魚膠，相傳有神奇的藥用價值，據聞對大

more than ten of them at the Lema Islands in April 2014. The small ones weighed only half a catty while the large ones were over a catty. I wonder if this indicates the return of Large Yellow Croaker for spawning P.61, or success following the ban of bottom-trawling in Hong Kong since late 2012?

In the past decade, the economic boom of mainland China has "led to the rise of the nouveau riche". However, the availability of wild Large Yellow Croaker, which used to be commonly caught and consumed, has become increasingly scarce. Prior to the anti-corruption movement in 2013, seafood merchants in Shanghai would issue notices to fishermen along the coast, offering RMB 8,000 per catty (~USD 2,608 per kg) to purchase wild Large Yellow Croaker weighing 3 catties or more, provided they are properly chilled. Wild-caught fish, once a popular choice among the public, now commands a price of nearly HKD 10,000 per catty, making it one of the most expensive fish in the world. In the eyes of the people in Guangdong, however, Large Yellow Croaker are considered ordinary food fish and not regarded as special. The flesh of Large Yellow Croaker is tender with a mild flavour. Therefore, people in Guangdong usually add bean sauce, garlic, dried tangerine peel, or douchi when steaming Large Yellow Croaker to enhance the taste. On the other hand, in Shanghai, the main cooking styles for Large Yellow Croaker include sweet and sour, braised, and boiled in soup. Clearly, when it comes to culinary culture,

病初癒、婦女病、產後虛弱等都有明顯的效力。幾十年前漁民都會收藏一兩個魚膠留作不時之需。可是現時這種魚已差不多絕種了，所以一個舊日製作的一斤重老黃鰲膠，現可賣得超過一百萬港元。幾年前，一位旅居外國的朋友回港為老父奔喪，處理遺產時發現老父留下一大兩小共 3 個魚膠，大的有 1.5 斤，小的每個約重 12 兩。他帶了兩個小的魚膠到西環海味店查詢，結果海味店提出以港幣八十多萬收購兩個魚膠。然而，此魚在味道方面，實在是不值一提。有趣的是，在 2010 年左右一位香港富豪聞說黃鰲的價值，估計牠必定是極品美食。及後他在上海找到一條十多斤的黃鰲，以人民幣五十萬元購

people from Guangdong and Shanghai have their differences and own preferences.

The Large Yellow Croaker has a hugely famous relative called the Chinese Bahaba (*Bahaba taipingensis*). This fish can grow up to 2 m long and weigh over 160 catties. Its fame comes from the fish's swim bladder, which is dried to become fish maw. It is believed that this fish maw has incredible medicinal value, with claims of effectiveness in recovery from serious illnesses, women's health issues, and postpartum weakness. In the past, fishermen used to keep one or two fish maws for emergency use. However, the Chinese Bahaba is now almost extinct, making a catty of old Chinese Bahaba fish maw worth over HKD 1,000,000. This scarcity is evident in a story where a friend of mine discovered his late father had left behind one large and two small fish maws of Chinese Bahaba. The large one weighed 1.5 catties, while each small one weighed about 12 taels (~453.6 g). When he inquired about them at a dried seafood shop in Sai Wan, he was offered over HKD 800,000. Interestingly, the taste of Chinese

▶ 在 2010 年左右，一條接近 10 公斤，價值五十萬人民幣，以私人飛機運回香港的黃鰲
Around 2010, a Chinese Bahaba weighing nearly 10 kg and valued at RMB 500,000 was transported back to Hong Kong by private jet

入後，用私人飛機把魚送回香港烹調，結果令他極之失望，而此故事中的魚的照片卻輾轉流傳到我手上。

黃鰭以外，也有一種魚身偏黑色，體形與黃鰭類似的石鰭 (*Protonibea diacanthus*)。牠最有價值的部分都是其魚鰾，但人們相信牠製成魚膠後藥用效力卻不如黃鰭。其價錢雖然只是黃鰭膠的五分之一，但已是令人咋舌的價錢了。1977 年，我在南丫島下尾曾釣過一條 75 斤的石鰭，但其魚鰾則送給了艇家。

Bahaba flesh is not particularly noteworthy. This is exemplified by a Hong Kong tycoon who once believed it to be an exquisite delicacy. Around 2010, he purchased a Chinese Bahaba that weighed over 10 catties in Shanghai for RMB 500,000. However, when he sent the fish back to Hong Kong by private jet and cooked it, he found the fish extremely disappointing.

Another famous relative of Large Yellow Croaker is the Blackspotted Croaker (*Protonibea diacanthus*), which resembles the Chinese Bahaba in body shape but has a dark colouration. While its fish maw is also valuable, its medicinal properties are believed to be not as potent as the Chinese Bahaba. Despite being priced at only one-fifth of the fish maw from

▲ 作者在 1977 年於南丫島下尾釣獲的大型石鰭
In 1977, the author caught a giant Blackspotted Croaker off the coast of Ha Mei, Lamma Island

隨著歲月流逝，黃鰭及石鰭因需求殷切而被大量捕獲，數量已大幅減少。近兩三年間，雖然我不時聽到有朋友在香港釣得黃花，但相信這些漁獲大部分都是從國內養魚場逃逸，及後在香港水域長大的養殖黃花或其後代。而為了讓這些瀕臨絕種的魚類種群能夠再次壯大，希望大家都能從往日經驗中學到取之有道的重要。P.74

Chinese Bahaba, it is still remarkably expensive. In 1977, I caught one weighing over 75 catties in Ha Mei, Lamma Island but the fish maw was given to the boatman.

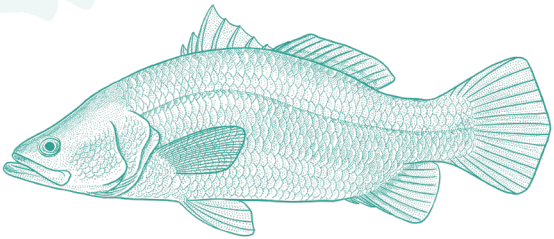
Over time, the Chinese Bahaba and Blackspotted Croaker populations have significantly decreased due to overexploitation driven by the high demand of fish maws. Although catches of Large Yellow Croaker in Hong Kong are still reported occasionally, it is believed that most of these fish had escaped from the fish farms in mainland China, then settled and reproduced in Hong Kong waters. To ensure the revival of these threatened fish species, it is crucial for everyone to learn from past experiences and practice responsible fishing.P.74

漁業與保育

黃花曾經是中國最大的漁獲之一，在上世紀 60 至 70 年代曾達到年產量數十萬噸的高峰，但到了 80 年代末，產量急劇下降。這由於捕撈量過大、產卵群遭到破壞以及幼魚捕獲量過多，以致這一度成千上萬的魚種如今瀕臨滅絕。現在市場上銷售的黃花幾乎全部來自全週期的水產養殖場（採用人工養殖魚苗），並非野外捕獲。儘管多年來增殖放流活動放出數百萬計的幼魚，但牠仍未在野外恢復。黃花幾乎只分佈在中國水域。

Fisheries & Conservation

This croaker once supported one of the biggest fisheries in China, peaking at hundreds of thousands of tonnes annually in the 1960s–1970s, then crashing to very low catches by the late 1980s. Too much fishing, destruction of spawning aggregations and excessive juvenile catches drove the once-common species down to its critically endangered status today. Almost all Large Yellow Croaker on sale are now from full-cycle based mariculture (i.e. using hatchery-reared seedstock), not from the wild. Despite years of restocking efforts with millions of juveniles, the species has not yet recovered. The species occurs almost exclusively in Chinese waters.



盲鱸

Barramundi (*Lates calcarifer*)

盲鱸 (*Lates calcarifer*) 是在江海之間迴游的魚類，在珠江口一帶海域比較常見，牠的近親是百花鱸 (*Lateolabrax japonicus*)。盲鱸的英文名稱「Barramundi」最初源於澳洲土著語言，意為「大鱗河魚」。牠們的適應力很強，可以長期在淡水或鹹水中生活，以昆蟲、小魚、軟體動物和甲殼類為食。盲鱸的肉潔白、質感幼滑，野生的話更帶有輕輕一點的花生香味，很有特色。不過盲鱸魚味淡口，清蒸時多以蒜蓉、豆豉、陳皮來提升魚肉的鮮味。如烹調得法，也是非常可口的海鮮。盲鱸亦是休閒垂釣的熱門魚類，因為牠們上釣時會奮力掙扎。我不知道盲鱸在香港是怎樣

The Barramundi (*Lates calcarifer*), also known as the Asian Seabass or Giant Sea Perch, is a fish species commonly found in the waters near the Pearl River Estuary. It is similar to the Japanese Sea Perch or Seabass (*Lateolabrax japonicus*). Originating from the Australian Aboriginal language, the English name "Barramundi" means "large-scaled river fish". It can thrive in both freshwater and saltwater environments, showcasing remarkable adaptability, and feeds on insects, small fishes, molluscs and crustaceans. The flesh of Barramundi is white with a smooth texture and a subtle hint of peanut aroma, particularly in wild-caught fish, giving it a unique flavour profile. However, due to its mild taste, it is often steamed with garlic, douchi, or dried tangerine peel to enhance the flavour of the fish. When cooked skilfully, Barramundi can bring a delightful taste. It is also a popular fish species in recreational fishing because it fights strongly against the line. While I am not sure the meaning of its name in Hong Kong, known

▶ 作者在 1980 年代中於香港水域釣獲的百花鱸，牠們現時仍然常見，但盲鱸卻變得十分罕有
In the mid-1980s, the author caught a Japanese Sea Perch in Hong Kong waters. This fish is still commonly seen today, although the Barramundi has become very rare

被命名的，但在台灣因牠有金色閃閃如貓眼一樣的雙眼，被稱為金目鱸。

從以往的經驗，在中秋前後，香港西面水域便會有盲鱸的魚汛。在 1960 年代，盲鱸在冬季滿月或新月期間尤為常見，這時雄性和雌性魚類會聚集到珠江口，集體進行產卵。香港東面的沙頭角水域也是盲鱸出沒的地區，常常見到大群的盲鱸聚集在養魚浮排的網籠底。不過自從鹽田港開發成為貨櫃碼頭後，或許影響到該區的水流路線以致水質變差，時至今日已經難見盲鱸蹤跡了。過

as "Blind Seabass" the fish is called "Golden-Eyed Seabass" in Taiwan due to its shimmering golden eyes, which resemble those of a cat.

Based on past experiences, groups of Barramundi are typically found in the waters off the western coast of Hong Kong during the Mid-Autumn Festival period (around September). In the 1960s, it was commonly seen particularly in the winter months around full or new moon when the fish aggregated near the mouth of the Pearl River to spawn. The Sha Tau Kok area in the eastern part of Hong Kong was also a hotspot for Barramundi, where the fish often congregated at the bottom of the cages suspended by floating rafts. However, since the development of the Yantian International Container Terminals—perhaps this affected water currents, causing poor water quality—Barramundi

度捕撈亦可能是箇中原因。在 60 至 70 年代，二三十斤的大盲鰽常有捕獲，但近年已經極罕見，甚至連一些數斤重的幼魚也極少上釣。P.80

盲鰽可以生長到很大，已知可以長達 2 米，不過 1.5 米 (60 公斤) 以上的並不常見。70 年代初我曾在大潭灣馬尾藻床中便用魚槍捕獲一條 34 斤的盲鰽；80 年代初在萬宜水庫南風灣儲藏火藥的躉船底便見過一條超過 40 斤的盲鰽。當時我徒手潛入船底，但衡量到魚太大，為了自身安全而沒有捕捉。野生盲鰽在香港水域消失了好一段日子，近年在機場跑道及維港內偶然有人釣到，希望這是牠們回歸的訊號。

盲鰽分佈廣泛，其蹤跡遍佈東南亞、日本南面、澳洲北面、印度洋以至波斯灣。馬來西亞山打根的魚販朋友告訴我，他們小時候常常在當地碼頭見到上百斤的大盲鰽，牠們晚上會成群受燈光吸引到碼頭邊，不過因為魚實在太大，加上迷信，無人敢捕捉這些大魚 (當地人相信大魚是神明的

can no longer be found in the region. Overfishing may have also contributed to the population decline of Barramundi. In the 1960s–1970s, it was common to catch Barramundi weighing 20 to 30 catties (~9–13 kg), but in recent years, even juveniles weighing just a few catties (a few pounds) have become rare catches.P.80

Barramundi can grow to substantial sizes and the species is known to reach up to 2 m long, but individuals over 1.5 m long (60 kg) are not common. In the early 1970s, I caught a 34 catties Barramundi using a pole spear in the Sargassum seaweed bed at Tai Tam. In the early 1980s, I came across a live 40 catties Barramundi at the bottom of a barge storing explosives in the Nam Fung Wan area of the High Island Reservoir. Despite venturing into the depths of the boat, I did not attempt to catch the fish due to safety concerns related to its large size. Wild Barramundi have long vanished from Hong Kong's waters but recent reports of sporadic catches near the airport runway and within Victoria Harbour give hope for their possible return.

The Barramundi has a wide distribution across Southeast Asia, found throughout southern Japan to northern Australia. It also occurs in the Indian Ocean to the Persian Gulf. A fishmonger friend from Sandakan, Malaysia, shared that during his childhood, they often saw massive Barramundi weighing hundreds of catties near the local docks. These fish would gather in groups at night, probably drawn by the lights near the docks. However,

化身）。非洲的江河湖泊中也有種稱為尼羅河鱸（*Lates niloticus*）的大盲鱸，最近在紀錄片中看到在尼羅河中捕獲的大盲鱸重達 70 公斤。於 90 年代，有商人從西非進口急凍魚鰾（花膠），每個魚鰾都有 8 至 9 寸長，經了解後發現這些都是淡水盲鱸魚鰾，膠質豐富，口感也不錯。這並不是香港常用的魚鰾，但現時價錢賣得很好。

盲鱸是最早在人工環境中成功孵化的海水魚類之一，由 1980 年代至今技術已變得十分成熟。由於此魚可在鹹水或淡水中生長，生長率又快，所以廣為東南亞漁農養殖，其中台灣、泰國、馬來西亞出產量極多。香港的漁排在 70 至 80 年代也有進口盲鱸魚苗，放在漁排飼養，但是因其魚價一直下降而被行業淘汰。相比亞洲文化的全魚都吃，西方人喜歡吃白肉、無骨魚柳，盲鱸正可以滿足此需求。現時盲鱸在澳洲大量養殖，在當地極受歡迎之餘也出口至其他歐美國家。由於盲鱸的肉質與一般海魚有別，在加

their immense size and community superstitions (locals view the large fish as a deity) deterred anyone from catching these large fish. There is also a fish resembling Barramundi that inhabits rivers and lakes in Africa. I recently saw this Barramundi relative, a 70 kg Nile Perch (*Lates niloticus*) caught in the Nile River on a TV programme. In the 1990s, some businessmen imported frozen fish maws of the Nile Perch from West Africa, each measuring 8 to 9 inches long. These were later identified as freshwater Barramundi maws, known for their richness in collagen and pleasant texture. This type of maw is not traditionally used in Hong Kong but now fetches a very good price.

Barramundi is one of the earliest marine fish species to be successfully bred in an artificial environment, first in the 1980s. Since then, the technology for its cultivation (hatchery-production) has become highly advanced. Its ability to thrive in both saltwater and freshwater, combined with its fast growth rate, has led to its widespread farming in Southeast Asia, particularly in Taiwan, Thailand, and Malaysia. In the 1970s–1980s, fish farms in Hong Kong also raised Barramundi by importing fish fry and growing them to market size in cages, but the industry declined due to falling fish prices. In the Western world, there is a preference for fish fillets rather than the whole fish, which is preferred in Asia, and Barramundi perfectly meets this demand. It is extensively farmed in Australia and enjoys immense popularity locally. Additionally, it

熱過程中肉質仍能保持幼滑，所以多年以來在飛機餐上提供的魚柳很多都是來自盲鰽，需求及消耗量均十分龐大。

盲鰽頭部兩側長有兩塊非常鋒利的骨塊，看上去好像有四個魚鰓，也不知是否就是蘇東坡著名文章《赤壁賦》中所說的四鰓鱸魚。多年前一個晚上，我在大潭灣碼頭釣到一條 3 斤多的盲鰽，當我按著魚頭解魚鉤時被牠的鰓骨在大姆指鍘出了一條很深的傷口，至今仍留下了疤痕。盲鰽上釣時，要儘量將魚頭往上拉，否則其鰓骨也容易割斷魚絲。上世紀 60 至 70 年代我在天水圍、輞井圍的磯圍漁塘釣魚，常常用活蝦掛在一個浮子下等魚來吃餌，當時看著浮子的浮沉就能分辨是百花鱸還是盲鰽在吃餌了。因為鱸魚食餌時，會將浮子一下子往下拉，但盲鰽則會拉拉放放幾次才會慢慢將浮子往下拉。

盲鰽有一個近親叫西鰽（*Psammoperca waigiensis*），這種魚最大只有兩斤上下，身體

is exported to Europe and America. The distinct texture of Barramundi flesh, which remains smooth even when cooked, has made it a popular choice for airline meals for many years, resulting in high demand and significant consumption.

The Barramundi has two sharp and distinctive bone plates on each side of its head (operculum and preoperculum), which resemble four fish gills. This may be the same "four-gilled bass" mentioned in Su Shi's famous writing "Ode to the Red Cliff". Many years ago, while fishing at the pier in Tai Tam Bay, I caught a Barramundi weighing over 3 catties. When I removed the hook from its head, its gill plate cut deeply into my thumb, leaving a lasting scar. When fishing for Barramundi, it's important to lift the fish head as much as possible to avoid its bone plates cutting through the fishing line. In the 1960s–1970s, I often fished in the fishponds of Tin Shui Wai and Mong Tseng Wai in Hong Kong, using live shrimp suspended below the float to attract fish. By observing the float's movements, I could tell whether it was a Barramundi or a Seabass (*Lateolabrax japonicus*) nibbling on the bait. Seabass tend to pull the float down in one swift motion, while Barramundi tends to tug and release the bait a few times before slowly pulling the float under the water.

Barramundi has a close but smaller relative, the Waigieu Seaperch (*Psammoperca waigiensis*), which grows to a maximum of around 2 catties. It has a shorter body than the Barramundi, and

比盲鰽短，但雙目似發金光。西鰽肉質比盲鰽幼細，肉質味道更鮮美，是上價的海鮮，現時在市場偶有見到的西鰽主要是從東南亞入口的。我以前在香港水域潛水獵魚時捕獲過牠，但時至今日牠們好像已經在本土消失了。

a pair of sparkly gold eyes. Its flesh is more delicate and has a superior taste compared to Barramundi, making it a premium seafood item. Currently, the Waigieu Seaperch available in local markets is mainly imported from Southeast Asia. I used to catch them while spearfishing in Hong Kong waters, but they seem to have disappeared from the area in recent years.

10 當變性遇上過度捕撈

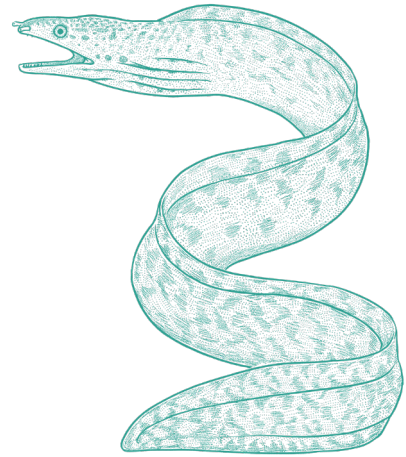
盲鰽因其引人入勝的隨齡變性特徵，特別容易受到過度捕撈的影響。牠屬於「先雄後雌」的魚類，也就是說，幼魚會先以雄魚的形態成熟，經過幾年產生精子並完成繁殖後，便會轉變為雌魚。這種變性策略意味著體型較大的個體通常是雌魚。然而，由於漁民通常傾向捕捉體型最大的魚，這導致雌魚被過度捕撈，卵子的數量不足以維持下一代的繁殖。即使有許多較小的雄魚存在，但雌魚數量不足，仍可能導致種群數量衰退。

此問題並非盲鰽獨有。許多魚類都具備隨齡變性的特徵。例如，「先雄後雌」(protandry) 的性別轉變也見於一些鱲魚，而「先雌後雄」(protogyny) 的性別轉變則常見於東星斑及許多其他石斑魚。這些性別轉變的繁殖策略對漁業活動來說是一個挑戰，因為漁業多以捕捉最大的魚為主，而這種行為會導致性別比例失衡（即某一性別被過度捕撈），從而顯著降低繁殖率並影響種群的可持續性。

When Sex Change Meets Overfishing

The Barramundi is particularly vulnerable to overfishing due to its fascinating sex-changing habit. It is protandrous, meaning juveniles first mature as males and, after reproducing, transition into females later in life. This strategy results in larger individuals being female. Since fisheries often target the largest fish, this disproportionately removes females, reducing the number of eggs available to sustain the population. Even with many smaller males present, insufficient females can lead to population declines.

This problem is not unique to Barramundi. Many fish species exhibit sex-changing strategies. For instance, protandry (male-to-female sex change) is also seen in some Seabreams, while protogyny (female-to-male sex change) occurs in species like coraltrout and many groupers. Fisheries that selectively target the largest fish risk creating sex imbalances which can significantly lower reproductive rates and impact population sustainability.



油鯇

Moray Eels (Muraenidae)

油鯇，屬鱔科魚類，是一個包含約 200 種，分佈於世界各地的大形鰻魚家族。牠們主要生活於淺水海域，藏身於珊瑚遺礁、石礁及活珊瑚礁中。雖然大多數油鯇長度不超過 1.5 米，但有一種太平洋物種已知可長至 3.5 米。油鯇是不挑食的肉食性魚類，會吞食魚、蝦、蟹和八爪魚，有些油鯇甚至會和石斑一同合作覓食。但亦因為此食性，牠們往往會將一些含有雪卡毒的小魚吞食，毒素會在牠們的肌肉及內臟積聚，食用油鯇的人可因此而中雪卡毒 P.51。一些國家為了保障市民的健康，乾脆立例禁止捕捉油鯇。馬來西亞沙巴省及馬爾代夫便禁止捕捉及食用油鯇這種魚類。

Moray Eels, or Muraenidae, are a large family of eels with about 200 species that are found worldwide. Eels primarily live in shallow marine waters, sheltering within dead coral and rubble patches and among live coral reefs. While most eels do not exceed 1.5 m long, there is a Pacific species known to grow to 3.5 m. Moray Eels are not picky eaters and are carnivorous predators, consuming fish, shrimps, crabs, and octopuses; some species even hunt co-operatively with groupers. This diet means that small fish containing ciguatoxin are often consumed. Toxin accumulates in their flesh and organs, making them poisonous to eat, and causing ciguatera P.51 in humans. Some countries have enacted laws to protect the health of their residents by prohibiting the capture of Moray Eels. For example, Sabah, Malaysia, and the Maldives have banned the capture and consumption of Moray Eels.

Hong Kong's waters have many Moray Eels which come in a range of sizes. However, they are not a popular target for fishermen because the

攝影 Photo: Gomen See @114°E Hong Kong Reef Fish Survey

▲ 在香港，油鰶常於礁石間探出頭來。圖中是本地偶見的花鰶 (*Gymnothorax favagineus*)
In Hong Kong, Moray Eel often stick their heads out around the reef. Pictured here is the Laced Moray (*Gymnothorax favagineus*), a species occasionally found in local waters

香港水域一直以來出產的油鰶數量並不少，但是捕捉此魚的方法相當特別，市場售價也不高，因此捕捉牠們的漁民並不多。漁民捕捉油鰶主要用的是一種特別設計的陷阱漁籠，此漁籠長約 18 寸，一般呈圓柱形，有點像一個大形暖水壺，以往漁籠是用竹篾織成的，但現今已被塑膠代替。油鰶視力欠佳，本地客家人稱之為

fishing method for Moray Eels is rather specialized and their market prices are not high. Fishermen primarily use a specially designed trap cage to catch Moray Eels. The cage is about 18 inches long and generally cylindrical, resembling a large thermos. In the past, cages were made from bamboo, but they have now been replaced by plastic cages. Moray Eels have poor eyesight, and the local Hakka people call them "blind chickens" but their sense of smell is extremely acute. Fishermen take advantage of this by placing heavily scented bait in the cage, luring the fish into the trap. Since Moray

「盲雞」，但其嗅覺極之靈敏。漁民利用牠這個特點，將調製過腥味特重的誘餌放入漁籠內，從而引誘牠們自投羅網。由於油鰡普遍都是夜行性魚類，所以漁籠都是在黃昏時放置，翌日早晨回收。本地還有一些體型在一斤以下比較細小的油鰡，身體呈螢光綠色，漁民稱之為「煙屎鰡」，食用後有令人麻醉的感覺，相信這是中雪卡毒的現象。漁民並不會食用這種油鰡，但我曾經在市場見過有人出售，冀望大家多加留神。

另外一種捕捉方法是「洗油鰡」，此方法需要很多準備工夫並且要配合天時地利。 這是一種業餘捕獵方法，做法如下。首先，選擇一個大水退日子（如夏季白天時間），並且找一個有油鰡棲息的石礁。 在洗油鰡前三天，到市場買一些腥味重的小魚如青鱗及小沙甸，然後將魚放在一個膠桶內，加入大量食鹽，製成誘餌。到第二天，小魚會排出大量水分，並開始發出刺鼻的腥味（切勿在家嘗試，否則整

Eels are generally nocturnal, cages are set at dusk and collected the following morning. Among the many local species, there is a species of Moray Eel weighing less than a catty that has a fluorescent green body. Fishermen call them "tobacco tar fish". Consuming them can cause a numbing sensation which is believed to be due to ciguatoxin. Fishermen do not eat this type of Moray Eel, but I have seen them sold in the market, so I hope everyone will be cautious and avoid this type of eel.

Another method of catching Moray Eels is called "washing Moray Eels". This method requires a lot of preparation and has to be done in accordance with the right timing and conditions. It is an amateur hunting method, and the process is as follows. First, choose a day with a particularly low tide (such as daytime in summer) and find a rocky reef which is inhabited by Moray Eels. Buy some small, strong-smelling fish from the market, such as sardine, and place them in a plastic bucket with a large amount of salt to prepare the bait three days before catching the Moray Eels. By the second day, the fish will have released a lot of water and emit a pungent smell (do not try this at home, or the entire house will be filled with the smell). Then, prepare 8–10 pieces of 60 lb fishing lines, each measuring about 2 m long and tied with a 1/0 or 2/0 hook and a long cloth bag (I used to use the legs of old jeans as a substitute). On the third day, buy some squid from the market, cut them into strips, and hook them as bait. When everything

個房子都充滿腥味）。之後，準備 8 至 10 條約 2 米長的 60 磅魚絲，每條綁上 1/0 或 2/0 號魚鉤及一個長形布袋（當年我用舊牛仔褲褲管代替）。第三天早上到市場買一些魷魚，切成長條，鉤在魚鉤上做魚餌。當準備妥當，多帶一個高身大膠桶，在下午低潮時到達石礁。將誘餌放入布袋中扎好，放入水中用力擠壓，讓帶滿腥味的魚汁慢慢在石礁間飄散。油鰶嗅覺靈敏，一般來說擠壓魚汁十多分鐘後，如果附近有油鰶棲息的話必定會聞香而至，游近誘餌袋。當見到牠游近，便可以將魷魚放到牠咀邊，待其吞入口中，上釣後隨即放入膠桶內。同一個地點，很多時能夠吸引到多條油鰶。釣魚總是要靠運氣的，如較早前曾經有人在相同地點捕捉過油鰶，成功機會一般便會降低。洗油鰶此法有個相傳禁忌，據說不能在同一地點捕捉超過七條，因為第八條油鰶會帶有頭髮，是惡鬼的化身。我從未捉超過五條，所以也沒有惡鬼來搞我。

is ready, bring an extra tall plastic bucket and arrive at the rocky reef during the low tide in the afternoon. Put the bait in the cloth bag, tie it tightly, and squeeze it forcefully in the water to let the fishy-smelling juice slowly spread among the rock reefs. Moray Eels have a keen sense of smell, and usually, after squeezing the fish juice for more than 10 minutes, any nearby Moray Eels will be attracted by the smell and swim close to the bait bag. When you see them approaching, put the squid near their mouths, wait for them to swallow it, then reel them in by the fishing line and drop them into the plastic bucket. At the same location, you can often attract multiple Moray Eels. Fishing always requires a bit of luck, and if someone has caught Moray Eels at the same location recently, the chances of success are generally lower. There is a traditional taboo associated with this method of "washing Moray Eels": it is said that you cannot catch more than seven Moray Eels in the same location because the eighth Moray Eel will have hair and is the incarnation of an evil spirit. I have never caught more than five, so I have not had any trouble with evil spirits.

Looking back at the 1960s when I was diving and fishing at Pratas Island, I often saw huge Moray Eels around the coral reefs, with the largest ones having bodies as thick as scuba diving tanks. They would be sticking part of their bodies out of the coral reefs without fear of being attacked by other fish. Moray Eels have mouths full of sharp, long, and backward-curved teeth that help them to hold on

攝影 Photo: Andy Cornish @114°E Hong Kong Reef Fish Survey

▲ 根據記錄，現時香港有最少 17 種的油鰶。相中的名為雷福氏裸胸鯙 (*Gymnothorax reevesii*)
Records show there are at least 17 species of Moray Eels in Hong Kong. The one in the photo is called Reeve's Moray (*Gymnothorax reevesii*)

回想 60 年代我在東沙島潛水獵魚，在珊瑚礁中常常見到超巨形的油鰶，最大的身體有潛水氣樽那麼粗。牠們似是礁中的大王，會從珊瑚礁中伸出半個魚身，不怕其他魚類的襲擊。油鰶滿口長有尖長倒彎的利牙用來抓緊獵物，給牠咬到會做成可怕的傷口，因此我對牠們都存在戒心，不敢射殺。後來有一次，我終於按捺不住，找到一條比較小的，向著

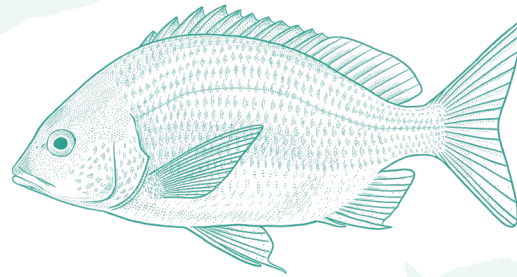
to their prey and can cause terrible wounds if they bite. Because of this, I have always been cautious around them and dared not spear them. Finally, one time, I could no longer hold back and found a smaller one; I aimed for the spot between its eyes and fired a shot. It took the hit and immediately retreated into its hole. Even with the spear stuck in its skull, it was still incredibly strong, coiling its body around the steel arrow and biting it with a crunching sound. I was too afraid to pull the fish out of the hole and could only pull the connecting rope tightly to prevent the fish from escaping deeper into its hiding place. After a frantic struggle, the Moray Eel finally died, but I was still afraid that it would come

牠兩眼間的腦門放槍。中槍後，牠即時退入洞中，在其頭骨卡著魚槍的箭之下，牠力量仍然大得不可思議，用身體捲纏著鋼箭來咬，咬得咯咯有聲，令我不敢將魚拉出洞，只能用力拉著箭的連索，防止魚逃入洞中深處。經過一輪發狂的掙扎後，油鰅力盡而亡，但我仍怕牠會復活咬我一口，因此再用潛水刀補上一刀才安心繼續在水中的活動。

油鰅是種美味的魚類，小型的可以用蒜蓉、豆豉蒸，也可以炆苦瓜或冬瓜。巨形的可以將魚皮剝出，配以燒肉、腐竹等紅燒，魚肉亦可以炒球及紅燒，相當味美。近年東沙島的油鰅已經被過度捕捉，這些可安全食用的數量已不多。現時市場見到的大型油鰅，多數是從南沙群島海域捕獲的，是雪卡毒的熱點，大家選擇食用時需小心。而香港水域內的珊瑚魚一般雪卡毒含量較低，市民可以適量食用，但奉食物安全中心喻，為避免雪卡毒魚類中毒，市民應減少進食一些 2 公斤以上的珊瑚魚。

back to life and bite me, so I had to stab it with a diving knife before feeling safe enough to continue my activities in the water.

Moray Eels are delicious. Smaller ones can be steamed with minced garlic and douchi or braised with bitter melon or winter melon. For larger ones, you can peel off the skin and braise it with roast pork and bean curd sheets. The fish meat can also be stir-fried or braised, and is really tasty. In recent years, the Moray Eels in Pratas Island have been overfished, and there are not many of these safe-to-eat fish left. Nowadays, most of the large Moray Eels found in the market are caught in the waters of the Spratly Islands, which are hotspots for ciguatoxin. People should be cautious when choosing to consume these fish. In general, coral fishes from Hong Kong waters have lower levels of ciguatoxin than many other places and we can eat them in moderation. However, to avoid ciguatera fish poisoning, the Centre for Food Safety advises the public to reduce consumption of coral fish weighing more than 2 kg.



鱲魚

Seabreams (Sparidae)

鱲魚是香港近岸常見的魚類。幾十年前，新界吐露港、西貢、大嶼山、港島南、青山灣等地都未有大發展。未受污染的淡水經小溪河流進入河口泥灘，吸引到蜆、蠔、魚、蝦及蟹等不同生物聚居和繁殖。鱲魚是本地河口區常見的魚類之一，牠們在河口成長，日漸長大後就游出外海。每年冬天，當海水變冷，大量鱲魚游到香港，釣友更稱之為鱲季。

鱲魚有不同的物種，肉質呈白色，是東西方常見的烹調魚類。在香港人眼中鱲魚味道是有級別之分的，當中最有名氣可算黃腳鱲（*Acanthopagrus latus*）。牠與白鱲（*A. chinshira*）和金絲鱲（*Rhabdosargus sarba*）一樣，

Seabreams are among the most common fishes inhabiting the coastal waters of Hong Kong. In the past, before areas like Tolo Harbour, Sai Kung, Lantau Island, the southern part of Hong Kong Island, and Castle Peak Bay were heavily developed, these regions were untouched by pollution. Freshwater from rivers and tributaries flowed into estuarine mudflats, supporting the lives of a large variety of organisms such as clams, oysters, fish, shrimps, and crabs. Seabreams are typical fishes of such estuarine habitats, maturing in these areas before venturing into the open sea. Every winter, as waters cool, large numbers of seabream migrate into Hong Kong; anglers refer to this as the "seabream season".

There are several species of seabreams, with their white flesh being a popular choice in the culinary dishes of both Eastern and Western cultures. Among Hong Kong residents, the taste of different seabreams are considered to have varying degrees of quality. The most renowned is the Yellowfin

▲ 在香港，黃腳鱲不時見於河口及紅樹林附近的水域
In Hong Kong, Yellowfin Seabream is often found in estuaries and near mangroves

其腹鰭臀鰭呈黃色，但魚頭相對較尖，要多花點功夫才能分辨。黃腳鱲可長至 3 至 4 斤，但大條的成魚主要生活在外海，近岸捕獲的很少超過 2 斤。

最可口的是 8 至 10 兩左右的魚，在香港西面捕獲的食味比東面好，尤其是流浮山一帶的最為美味。可能是這一區多生蠔養殖場，蠔苗量極高，為不同生物提供大量食物，魚兒因此變得肥

Seabream (*Acanthopagrus latus*). Similar to the Okinawan Yellow-Fin Seabream (*A. chinshira*) and Goldlined Seabream (*Rhabdosargus sarba*), the Yellowfin Seabream features yellow ventral and anal fins, but its head is relatively sharper, requiring extra effort to identify. These fish can get quite large, reaching 3–4 catties (approximately 1.8–2.4 kg). Larger individuals mainly reside in the open sea, while those caught near the shore seldom exceed 2 catties (1.2 kg).

Seabreams are tastiest at roughly 8–10 taels (300–375 g), with those caught in the western part of Hong Kong being more flavoursome than those

美。我建議大家不要食用大型的黃腳鰤，因為牠們要常在大海中與急促水流對抗，加上大海中食物得來不易，因此肉質都變得粗糙，魚味偏淡，更不宜清蒸。

漁民把黃腳鰤細分好幾種，每年重陽節後，香港西面水域如大澳、龍鼓洲及沙洲附近會出現一批嘴比較尖眼比較大的黃腳鰤，漁民稱之為「大眼仔」，味道更佳。另外有一種叫「雞公鰤」，魚嘴更尖，是黃腳鰤的極品，但近年已愈來愈少見了。

白鰤也是香港常見的魚種，能夠長到 7 至 8 斤重。每年東北季候風開始，牠們便會游到香港外島的深水石排集結，再游到內海合適地點產卵。每年這個時間外海風浪洶湧，卻是釣白鰤的最佳季節。這時釣到的都是成魚，體形粗壯，上釣後會極力掙扎，不少受不了風浪的釣客在「嘔心吐膽」的情況下，還會堅持出外海與白鰤角力。

白鰤每年循著相同路線進入香港水域，以香港南部為例，在橫瀾島發現魚蹤，翌日便在宋崗、蒲台出

from the eastern part, especially those caught from Lau Fau Shan. This region is known for its numerous oyster farms, resulting in an abundance of oyster larvae which serve as a rich food source for a variety of marine life contributing to the robust growth of the fish in the area. However, I would advise against consuming large Yellowfin Seabream, as their continuous struggle against strong currents in the open sea, coupled with the scarcity of food, are likely reasons why their flesh becomes coarse and less savoury, making them unsuitable for steaming.

Fishermen categorise the Yellowfin Seabream into several morphological types. Every year, after the Double Ninth Festival (9th day of the 9th lunar month), a group of Yellowfin Seabream with sharper mouths and larger eyes can be found in the western waters of Hong Kong, near Tai O, Lung Kwu Chau, and Sha Chau. Fishermen call them "big-eye", and they are considered to be tastier. Another variety is called "Rooster Seabream", which has an even sharper mouth and is considered the finest. However, this variety has become rare in recent years.

The Okinawan Yellow-Fin Seabream is another common fish species in Hong Kong, and can grow up to 7–8 catties (4.2–4.8 kg). When the northeast monsoon starts each year around December, they swim to deepwater rocky areas around Hong Kong's outlying islands, then move to suitable locations inshore to spawn. Despite rough waves in the

現，再過兩三天便能游到南丫島。魚初到步，往往由使用下綱（即稱排釣或延繩釣）的漁民先行捕獲。這時，魚不會吃手釣絲鉤上的魚餌。得過約一星期至十天，當魚習慣了新環境便開始轉吃手釣絲上的魚餌，到了這時下綱方法便比較難捉到魚了。牠們這種習性，都是漁民一代代累積下來的經驗，背後的因由，卻無人知曉。

一條重約 2 斤的白鱲，肉質是比石斑幼滑，魚味豐富，可以在魚缸中養活一段日子。60 年代前，一些高級酒席曾採用白鱲作為主菜。但由於供應數量不穩定，漸漸便由紅斑取代了。大條白鱲除了可以清蒸、還可以斬件伴以蒜蓉、陳皮來蒸，也可以炆大頭菜。

黑沙鱲 (*A. schlegelii*)，又稱為尖咀鱲，最大的有 3 斤上下，是香港水域分佈最廣的鱲魚。牠們與黃腳鱲一樣，喜歡生活在碎石、沙泥海底，整年都有魚蹤。以往在吐露港出產最多，可能是港內有多條河流流入海中，形成了大面積而優良的孵化場。

open sea during this period, it is the best season for catching Okinawan Yellow-Fin Seabream. Fish caught during this time are usually mature and robust, putting up a strong fight. Many anglers who find it difficult to withstand the rough waves still insist on going out to sea to battle the Okinawan Yellow-Fin Seabream.

Okinawan Yellow-Fin Seabream migrate to Hong Kong waters along the same route each year. For example, in the southern part of Hong Kong after the fish are spotted around Waglan Island, they appear around Sung Kong and Po Toi the next day. After another two or three days, they swim to Lamma Island. When the fish first arrive, they are often caught by fishermen using long-line fishing techniques. At this time, the fish will not eat the bait on handlines. After about a week to ten days, when the fish have adapted to their new environment, they will start eating the bait on handlines, making it more challenging to catch them using long-lines. Knowledge of this fish behaviour comes from accumulated experience passed down through generations of fishermen, and the reasons behind it remain unknown.

Okinawan Yellow-Fin Seabream weighing around 2 catties (1.2 kg) have a smoother texture to their flesh than groupers, and richer flavour. Fish can be kept alive in a fish tank for some time. Before 1960s, some high-end banquets regularly used Okinawan Yellow-Fin Seabream as the main course. However, due to unstable supplies, it was

當年，沙田由紅梅谷至大水坑、大圍至何東樓（今日沙田馬場）、三門仔至大尾督、元洲仔林村河口往外伸延至深涌、榕樹澳、荔枝莊等都是極佳的漁場。

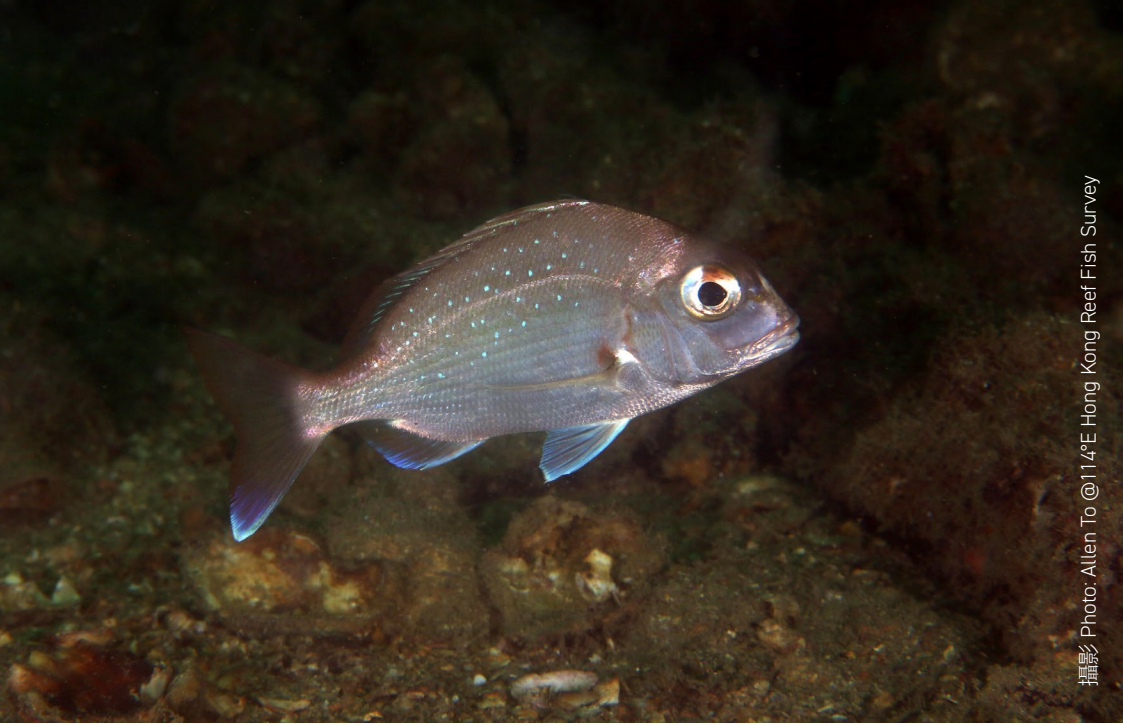
在 1960 至 70 年代初，沙田及何東樓有舢舨出租，日租二三十元。在假日，我常常與釣友租船在海中垂釣，兩人一天常有二三十斤魚獲，其中以黑沙鱲為主。當船灣淡水湖建成後，主水壩更是極佳的釣魚點。當年

▲ 陳少華於 1990 年代於本港南丫島深灣捕獲的白鱲
A pair of Okinawan Yellow-Fin Seabream caught by Patrick in Sham Wan, Lamma Island, Hong Kong, in the 1990s

gradually replaced by the Hong Kong Grouper. Larger Okinawan Yellow-Fin Seabream can be steamed, chopped and steamed with garlic and dried tangerine peel, or braised with chopped preserved turnip.

The Blackhead Seabream (*A. schlegelii*), also known as "Sharp Mouth seabream" in Cantonese, can reach up to 3 catties (1.8 kg) and is the most widely distributed seabream species in Hong Kong waters. They share similar habitats with the Yellowfin Seabream, and prefer living in areas with boulders and sandy-muddy seabed, where they can be found throughout the year. In the past, Tolo Harbour had the highest production of Blackhead Seabream, likely due to the numerous rivers flowing into the harbour, creating a vast and excellent breeding ground. Back then, excellent fishing spots could be found in Sha Tin, from Hung Mui Kuk to Tai Shui Hang, Tai Wai to Ho Tung Lau (now Sha Tin Racecourse), Sam Mun Tsai to Tai Mei Tuk, and from the estuary at Lam Tsuen River, Yuen Chau Tsai extending to Sham Chung, Yung Shue O, and Lai Chi Chong.

In late 1960s–early 70s, there were sampans for rent in Sha Tin and Ho Tung Lau, costing HKD 20–30 per day. On holidays, I would often rent a boat with my fishing friends and spend the day fishing at sea. Between us, we could catch 20–30 catties (12–18 kg) of fish in a day, with the majority being Blackhead Seabream. When the Plover Cove Reservoir was built, the main dam became an



攝影 Photo: Allen To @114°E Hong Kong Reef Fish Survey

▲ 香港曾幾何時是盛產紅鰭的地方，牠們的魚苗遍佈維港及其他近岸海灣
There was a time when Hong Kong was a major nursery area for Red Seabream, their fish fry could be found all over Victoria Harbour and in other nearby bays

在這裡釣魚，若水流合適，在艇上每人拋三條魚絲入海中，魚鉤還未到底，黑沙鰭便因搶食自行上釣。這短短三四十分鐘內，人只是不停做拋魚絲、收魚、解魚、上餌等動作，便可釣到幾十斤的黑沙鰭。我的釣友甚至稱這裡為「戒煙所」，意思是太多魚上釣，連吸煙時間都沒有。

紅鰭（*Pagrus major*）又稱之為赤鰭，跟其同類一樣，在近岸淺水區繁殖，魚長

excellent fishing spot. Back then, if the current was suitable, each person on the boat would cast three fishing lines into the sea. Before the fish hooks even reached the seabed, the Blackhead Seabream would bite due to their eagerness to eat. Within a short 30–40 minutes, all one had to do was continuously cast lines, catch fish, unhook fish, and bait hooks to catch several dozen catties of Blackhead Seabream. My fishing friends even referred to this place as the "Smoking Cessation Clinic" because there were so many fish biting that there was no time even to smoke.

The Red Seabream (*Pagrus major*), also known as the Japanese Seabream, is similar to its close

大至約 3 至 4 兩便會游出大海。因為光學現像，紅色在深水中會變得不明顯，所以紅色的身體在超過 30 米深的海水中會跟海水顏色混和，變成保護色。這也或許解釋了一些在深水生活的魚類如紅衫、木棉、紅瓜子（*Cephalopholis sonnerati*）等等都是長得紅彤彤的。

紅鰭成魚喜歡水質比較清的海域，因此香港東面如塔門、長短咀、火石洲一帶所產的紅鰭數量，遠比橫瀾、螺洲區域多。再往西走至南丫島、大小鴉洲海域，魚蹤更少了。每當冬至前後，香港西面釣鱸魚，東水釣赤鰭，相映成趣，但此情只能回味了。

曾幾何時，香港是盛產紅鰭的地方，每年初夏，幾寸長的魚苗遍布維港及其他近岸海灣。日本人喜歡用紅鰭做魚生，在 70 年代有日本養魚集團派船來港以優厚價錢收購魚苗。這商機促使漁民和養殖戶空群出動捕捉野生魚苗，在香港水域每一角落用圍網、魚籠捕捉魚苗。幾年下來真的把紅鰭的生態

relatives in that it breeds in shallow waters near the shore. When the fish grow to about 3–4 taels (approximately 112–150 g), they swim out to the open sea. Because red becomes less visible in deep water, so the red body of the fish serves as camouflage in the water at depths greater than 30 m. This may also explain why some deep-water dwelling fish species, such as the Golden Threadfin Bream, Bigeye, and Tomato Hind (*Cephalopholis sonnerati*), are all bright red.

Adult Red Seabream prefer clearer waters, and as a result, eastern areas of Hong Kong like Tap Mun, Bate Head, Cheung Tsui and Basalt Island have a higher number of Red Seabream compared to Waglan Island and Beaufort Island. As you move further west towards Lamma Island and the waters around the Soko Islands, the presence of the fish decreases. Around the winter solstice, Hong Kong's western waters attract anglers for fishing Seabass, while eastern waters are popular for catching Red Seabream, creating an interesting contrast. However, this can now only be reminisced upon.

There was a time when Hong Kong was a major nursery area for Red Seabream. Early every summer, fish fry of a few inches long could be found all over Victoria Harbour and in other nearby bays. The Japanese enjoy using Red Seabream for sashimi and in the 1970s Japanese fish farming groups would send boats to Hong Kong to purchase fish fry at high prices. This business opportunity prompted fishermen and aquaculturists to catch

循環徹底破壞，魚的產量俯衝式下降。日本收購潮直至80年代，因成功人工孵化出魚苗才停止。但香港的紅鰭的產量已一跌不振。

往日我往東面水域釣魚，幾十斤的紅鰭魚獲是少不了的。但今天，在本地找一條超過5斤重的也甚為罕有。

紅鰭可以長到超過20斤，是巨型的鰭魚。完全成長的魚會在頭頂長出一個隆起的肉瘤，外型改變很大。用牠做魚生是上菜，但以中式烹調卻一無是處，肉質粗糙又欠魚味。幾両重的小魚用來乾煎還可以，冰鮮大魚售價在市場上屬下價魚類，而且不受歡迎。

紅色身的鰭魚還有扯旗鰭與波鰭。前者也在淺水繁殖，還未到3両便會游出大海。後者是在水深超過四五十米的深海生活，只有深海作業漁船才能捕捉到。波鰭在台灣和南韓有不錯的市場，香港漁船捕獲的魚多在此兩地出售。

金絲鰭魚頭較圓，腹鰭呈黃色，身上有多條銀

large numbers of Red Seabream fish fry, using nets and fish cages in every corner of Hong Kong waters. Over a few years, this practice severely disrupted the life cycle of the Red Seabream, causing a drastic decline in fish production. The Japanese purchasing frenzy continued until the 1980s when the successful artificial hatching of fish fry brought it to an end. However, the production of wild Red Seabream in Hong Kong has never recovered.

In the past, when I went fishing in the eastern waters of Hong Kong, a catch of several dozen catties (18–36 kg) of Red Seabream was not uncommon. But today, finding a Red Seabream weighing more than 5 catties (3 kg) in the local area is quite rare.

Red Seabream can grow to over 20 catties (12 kg), making it a large Seabream species. As the fish matures, a raised lump of flesh grows on top of its head, significantly altering its appearance. Using Red Seabream as sashimi is a delicacy, but it is not suitable for Chinese-style cooking due to its coarse texture and lack of flavour. Small fish weighing a few taels (around 37–150 g) can be pan-fried, but larger frozen fish are low-priced in the market and are not popular.

Other red-bodied Seabream species include the Threadfin Porgy (*Evynnis cardinalis*) and Yellowback Seabream (*Dentex hypselosomus*). The former also breeds in shallow waters and swims out to the open sea before it reaches 3 taels (around 112 g). The latter lives in deep waters of 40–50 metres or more and can only be caught by deep-sea fishing vessels.

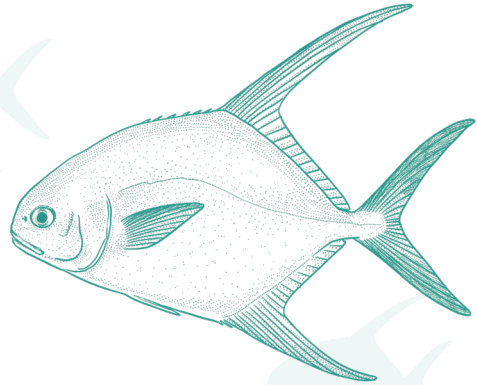
色的橫線，一般人易將牠與黃腳鰤混淆。牠們的繁殖情況大致與其他鰤魚相同，在小魚階段常常與紅鰤、黃腳鰤等生活在沙泥底的淺水區。牠們有一個習性，喜歡連群結隊吞食附在海邊礁石上的小螺，也不知牠們怎樣可以消化螺的硬殼。

因為有此習性，香港的養魚戶喜歡將小量金絲鰤與其他魚類混養在同一個浮籠中，牠們會吃去附在網籠上的生物，讓浮籠保持清潔，令新鮮帶氧的海水可以無阻地進入籠內。金絲鰤在飼養環境中生長很慢，兩年才能長到半斤，加上魚價偏低，近年已再無人養殖金絲鰤了。

Yellowback Seabream has a decent market in Taiwan and South Korea, so Hong Kong fishing boats often sell their catch in these two locations.

The Goldlined Seabream has a round head, yellow pelvic fins, and several silver horizontal lines on its body, which often leads to confusion with the Yellowfin Seabream. Its breeding habits are similar to other Seabreams, and during their juvenile stage they often live in shallow sandy-muddy waters alongside the Red Seabream and the Yellowfin Seabream. They have a habit of feeding on small snails attached to seaside rocks in groups, although it is unclear how they manage to digest the hard shells of the snails.

Due to the habit of eating small shells, fish farmers in Hong Kong like to mix a small number of Goldlined Seabream with other fish species in the same floating cage. The Seabream helps keep the cage clean by eating organisms attached to it, allowing fresh oxygenated seawater to flow into the cage without obstruction. However, Goldlined Seabream grow slowly in captivity, taking two years to reach half a catty (around 300 g). Coupled with their low market price, there has been a decline in their cultivation in recent years.



黃立鯧

Snubnose Pompano (*Trachinotus blochii*)

幾十年前民間便有一諺語：「第一鯧，第二芒，第三馬鮫郎」。芒魚是像塘蝨一樣的海水魚，近年已很少見到，馬鮫郎就是竹鮫 (*Acanthocybium solandri*)。從這幾句諺語便知道鯧魚在百姓心中之地位了。在老漁民眼中，鯧魚包括白鯧 (*Pampus argenteus*)、鷹鯧 (*P. chinensis*)、石鯧 (*Platax teira*)、雞籠鯧 (*Drepane punctata*) 和黃立鯧 (*Trachinotus blochi*) 等P.97，牠們一類都不是香港本地常見的魚種，而且不太會食餌上釣。

黃立鯧可算是眾多鯧魚中較有名的一種，可以生長到接近 30 斤。牠雖不算常見，但會食餌上釣，野生捕獲的黃立鯧罕有能養活出售，售價相當高，在 80 年

There was once an old folk saying: "First Coeng, second Mong, third Ma Gaau Long." Mong fish are like catfish, a marine fish that has become rare in recent years. Ma Gau Long refers to the Wahoo (*Acanthocybium solandri*). What the saying reflects, however, is the high regard for Coeng (pomfret) in people's hearts. According to old fishermen, Coeng includes species like Silver Pomfret (*Pampus argenteus*), Chinese Silver Pomfret (*Pampus chinensis*), Longfin Batfish (*Platax teira*), Spotted Sicklefish (*Drepane punctata*), and Snubnose Pompano (*Trachinotus blochii*)P.97. These fish are not commonly found in Hong Kong waters and are not easily caught using bait.

The Snubnose Pompano can be considered one of the more famous species among various types of Pomfrets and can grow to nearly 30 catties (18 kg). Although it is not very common, it can be caught using bait like shrimp. Wild-caught Snubnose Pompano are rarely sold live and their prices are

作者於 1980 年代末在清水灣釣獲的巨型黃立鯧（左）
The author caught a giant Snubnose Pompano (left) in Clear Water Bay in the late 1980s

鯧魚家族

香港的街市內銷售多種鯧魚，但牠們在分類學（揭示生物進化的關係分類系統）上可能有著天壤之別。例如，如黃立鯧和幽面（*Trachinotus baillonii*）與章紅（*Seriola dumerili*）和油甘魚（*Seriolina nigrofasciata*，日文稱合鰆 Aiburi）更親近，屬鯵形目。而鷹鯧和燕鯧則與金槍魚和鯖魚等著名食用魚類更親近，屬鯖形目。

Pomfret family

Hong Kong markets sell various "Pomfret" fish, but they are not closely related in terms of their taxonomy. For instance, Snubnose Pompano and Small Spotted Dart (*Trachinotus baillonii*) are related to the jack family (i.e. Carangidae), which makes them more closely related to the Greater Amberjack (*Seriola dumerili*) and the Blackbanded Trevally (*Seriolina nigrofasciata*, known as Aiburi in Japanese). Others, like Chinese Silver Pomfret and Grey Pomfret, are more closely related to well-known fish such as tuna and mackerel (family Scombridae).

代初每斤可賣到港幣200（約現時870港元）。跟其他鯧魚一樣，除了一條脊椎骨外並無其他細骨，而且背鰭和魚翼（胸鰭）的骨都是軟的；肉色雪白、不軟不硬、魚味鮮美、是魚中之上品。魚頭骨軟肉多，又夠大，以陳皮、蒜蓉、豆豉清蒸，令人回味無窮。2斤以下的可以原條清蒸，大型的可起肉炒球或斬件以豉油王煎封，起肉後剩下的魚鰭、魚骨、魚腩用以鹽燒都是上等的選擇。

黃立鯧一直以來供應量少魚價高的情況到了80年代後期有所轉變。當時黃立鯧的人工孵化技術成功，技術專利由一家北歐漁業公司購得後，便在福建省海域以參考北歐養殖鮭魚的方式將黃立鯧放到大型箱網進行養殖，並在香港及東南亞招股合作。可惜經營不善，公司在兩年後便倒閉。之後台灣開始成功以人工孵化技術培育出大量魚苗。由於魚生長快，售價高，各地漁農開始一窩蜂養殖黃立鯧。到90年代，市場供應突然出現爆炸性上升，魚價自然下跌，

quite high. In the early 1980s, they could sell for HKD 200 per catty which is equivalent to about USD 111 per 600 g today. Like other pomfrets, Snubnose Pompano have only one spine and no small bones, while the bones are soft in their dorsal fins and pectoral fins. Their meat is snow-white, neither too soft nor too hard, with a delicious taste, making it a premium fish. The fish head also has soft bones and plenty of meat, and can be steamed with dried tangerine peel, minced garlic, and douchi, creating a memorable dish. Smaller Snubnose Pompano, weighing less than 2 catties (1.2 kg), can be steamed whole, while larger ones can be stir-fried or pan-fried with soy sauce. The remaining fins, bones, and belly can be grilled with salt, making an excellent dish.

Wild Snubnose Pompano has always been scarce and expensive, its availability and price changed in the late 1980s. At that time, artificial hatching technology for this species became possible. A Nordic fishing company bought the patent and began farming the fish in large net cages in the waters of Fujian province, similar to the method used in Nordic salmon farming. The company sought investment in Hong Kong and Southeast Asia. Unfortunately, due to poor management the company went bankrupt after two years. Later, Taiwan successfully produced a large number of fish fry using artificial hatching technology. As the fish grew quickly and fetched high prices, many fish farmers began to cultivate Snubnose

由上價的海鮮變成一般家庭的食用魚類。現時在市場買到的黃立鯧差不多全部都是養殖貨色，魚一般都是 10 至 12 両重，以適合一般小家庭要求。食味方面，由於部份漁農所投的飼料質量欠佳，直接影響了魚肉的質量，因此養殖的食味難與野生的黃立鯧比較。

我釣魚多年，很少有機會釣到黃立鯧。不過有一次在 70 年代初，我跟一個相熟的老漁夫在筲箕灣租賃小艇釣魚，他知道每年中秋節前

Pompano. By the 1990s market supply skyrocketed causing fish prices to drop, transforming Snubnose Pompano from a luxury seafood to an everyday fish for ordinary families. Nowadays, almost all Snubnose Pompano found in markets are farmed, weighing around 10–12 taels (378–454 g), and suitable for small family meals. In terms of taste, farmed Snubnose Pompano cannot compare to wild ones due to the inferior fish feed used by some fish farmers, which directly affects the quality of the fish meat.

I have been fishing for many years and rarely had the chance to catch Snubnose Pompano. However, in the early 1970s, I went fishing with an experienced old fisherman in Shau Kei Wan, rent-

▲ 現時在本港酒樓見到的活黃立鯧的體型偏細小
The Snubnose Pompano found live in local restaurants tends to be small in size

後會有大型黃立鯧游經九龍城海心廟至茶果嶺一帶水域。我們經過多日嘗試，結果釣獲一條 14 斤的黃立鯧。這魚力大無窮，我用的魚絲也偏幼，魚在啟德機場跑道尾上釣，漁夫搖著櫓，跟著魚逃走方向追，結果用了四十分鐘才在茶果嶺對開將魚拉上水面。事隔多年，與魚周旋角力的情境仍然歷歷在目。

對我這老釣友來說，本地黃立鯧的數量一直都不多，我多年來一直都未有機會再釣到第二條。但這情況在 2000 年初期有了改變，事關有宗教團體購買不同物種魚類放生積福P.101，因此黃立鯧在香港水域數量有見增加，在放生地點附近偶然都有釣獲。約在十多年前，一些釣友開始在清明節前後用南極蝦作為誘餌，在外海石礁來誘釣雞魚 (*Parapristipoma trilineatum*)，在這短短幾星期間，誘餌也能吸引到黃立鯧。好運氣的，可能一天有幾條上釣，但吃餌的都是大魚，拉斷魚絲機會很高，不容易將魚制服。我潛水獵魚多年，也只獵獲過兩條黃立鯧，而且都是徒

ing a small boat. He knew that every year around the Mid-Autumn Festival, large Snubnose Pompano would swim from the Hoi Sham Temple in Kowloon City to the waters around Cha Kwo Ling. After several days of trying, we finally caught a 14 catties (8.4 kg) Snubnose Pompano. The fish was incredibly strong, and I used a thin fishing line. We chased the fish from the end of the runway at Kai Tak Airport to Cha Kwo Ling with the fisherman rowing, and it took us forty minutes to pull the fish to the surface. The struggle with the fish remains vivid in my memory even after all these years.

For me, a long-time fishing enthusiast, the number of Snubnose Pompano in local waters has always been scarce, and, after the first one I ever caught I had not caught another one in many years. However, this changed in the early 2000s when religious groups started buying various fish species for mercy release to accumulate blessingsP.101, resulting in an increase in the number of Snubnose Pompano in Hong Kong waters. Near release sites there were occasional catches. About ten years ago, some anglers began using Antarctic Krill as bait to lure Chicken-grunt (*Parapristipoma trilineatum*) at offshore rocky reefs around the Ching Ming Festival. During these few weeks the bait also attracted Snubnose Pompano. With good luck one might catch several in a day, but the big fish that take the bait often break the fishing line, making them very difficult to retain. I have been spearfishing for many years and have only caught

手浮潛在淺水區遇見的。一條在南丫島圓角，是魚群裏十多條的其中一份子，約 4 至 5 斤。另外一條在赤柱黃麻角遇見，重約 18 斤。當時水的能見度不高，我潛到約 10 米的海底找魚。牠突然在我眼前出現，我出於自然反應拉下魚槍扳機，也沒想到能否制服這大魚。這魚力大非常，我往水面升，牠將我往水底拉，我用了約 50 秒才能將牠一寸寸的往海面上拉並把牠制服，差一點為魚而死。

two Snubnose Pompano with a spear, both encountered while free-diving in shallow waters. One was at Yuen Kok, Lamma Island, weighing about 4–5 catties (2.4–3 kg) and was part of a school of more than ten fish. The other one, weighing around 18 catties (10.8 kg), was encountered at Bluff Head in Stanley. At that time, the water visibility was low, and I dived to about 10 m to look for fish. When a Snubnose Pompano suddenly appeared in front of me, I pulled the trigger of my speargun out of reflex, not knowing if I could subdue the big fish. The fish was incredibly strong, and it pulled me down as I ascended to the surface. It took me about 50 seconds to inch it towards the surface and subdue

12 宗教放生

放生是一種東亞地區常見的佛教儀式，信眾會釋放被囚禁或即將被屠殺的動物，以拯救牠們的生命，從而產生好的業力。放生通常在佛誕等特殊情況進行，常見的放生動物包括魚、雀鳥、龜和昆蟲。考慮到動物的福祉，放生應負責任地進行。將動物釋放到不適合的棲息地可能會有損動物及生態系統。在香港，將淡水龜釋放到海中並不罕見。釋放混種的沙巴龍躉也很常見，這或會引致物種入侵、加據捕獵壓力、傳染病和基因污染等生態問題。

Mercy Release

Mercy release is a Buddhist practice, common in East Asia, whereby people release animals from captivity or imminent slaughter to save their lives and thereby generate positive karma. It is often performed during special occasions (e.g. Buddha's birthday). Commonly released are fishes, birds, turtles and insects. Mercy release should be conducted responsibly, considering the well-being of the animals involved. Releasing animals into unsuitable habitats can harm both animals and the ecosystem. In Hong Kong, freshwater turtles released into the marine environment is not uncommon. Releasing Sabah Grouper hybrids is also common and can cause ecological problems from invasive species, increased predation, disease transmission, and genetic pollution.

2015 年廣東、廣西及海南省沿海接連受到颱風直接襲擊，重創了當地的養魚業，相信有幾十萬條黃立鰭逃離箱網回到海中。在當年九月開始，釣魚人士在萬山群島外釣獲大量黃立鰭，當時數量之大是我有生之年從未出現過，相信是逃跑了的魚的一部份。雖然這次是養魚業一次大災難，但希望能為香港水域的黃立鰭種群增加成員，祝願牠們能在這裡繼續開枝散葉。

在眾多鰭魚中，我認為鷹鰭的肉質和味道最為上品，白鰭其次，黃立鰭與石鰭雖然不及前者，但仍然十分鮮美。在香港石鰭的數量比黃立鰭多，早年潛水我都偶有獵獲，在 70 年代我曾在東沙島獵獲一條超過 20 斤的大石鰭。不過，我從未有機會在香港釣過石鰭，直至有次在 90 年代，我在印尼釣過幾條方才知道牠們是會吃蝦餌的。

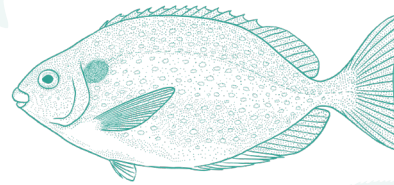
it. I almost died catching that fish.

In 2015, the coastal areas of Guangdong, Guangxi and Hainan provinces were hit by typhoons, causing severe damage to the local aquaculture industry. It is believed that hundreds of thousands of Snubnose Pompano escaped from their cages into the surrounding waters. Beginning in September of that year, anglers caught a large number of this species in the waters around the Wanshan Archipelago. The quantity was unprecedented in my lifetime and I believe it was partly made up of the escaped fish. Although this was a major disaster for the aquaculture industry, I hope it can increase the population of Snubnose Pompano in Hong Kong waters and allow them to continue to thrive here.

Among the many pomfret species I believe that the Chinese Silver Pomfret has the best meat quality and taste, followed by the Silver Pomfret. Although the Snubnose Pompano and Longfin Batfish are not as tasty as the previous two they are still very delicious. In Hong Kong, there are more Longfin Batfish than Snubnose Pompano. In the past, I occasionally caught them while diving, and in the 1970s, I caught a big Longfin Batfish weighing over 20 catties (12 kg) in the Pratas Islands. However, I never had the chance to catch Longfin Batfish in Hong Kong. It was not until the 1990s when I caught a few in Indonesia did I find out that they would take bait like shrimp.

泥鰗

Rabbitfishes (*Siganus* spp.)



泥鰗（*Siganus canaliculatus* 及 *S. fuscescens*）是香港沿岸最常見的魚類之一，牠們的近親深水泥鰗（*S. guttatus*）亦有在離岸分佈。泥鰗家族在全球約有 30 個物種，牠們白天活躍，晚上在礁石縫隙中睡覺。跟大部份本地海魚一樣，泥鰗的產卵期是在冬至前後（春季），此時性成熟的雌魚雄魚會聚在一起，雌魚在淺水區產卵，最大的雌魚甚至可以產下過百萬的卵。約過一兩星期後，魚苗會孵化並在海藻（馬尾藻）叢間聚集，並以此為育苗場。魚兒在這段時間產卵不是巧合的，因為在香港，魚苗的存活率依賴著馬尾藻的出現。一般來說，每年十二月後各

Rabbitfishes (*Siganus canaliculatus* and *S. fuscescens*) are among the most common fish species in coastal Hong Kong waters. Their relative Orange-spotted Spinefoot (*S. guttatus*) also occurs offshore. The rabbitfish family consists of about 30 species globally. They are active during the day and sleep in reef crevices at night. Like most marine fishes in local waters, their spawning season is around the winter solstice (Spring). During this time, males and females gather together and the females lay their eggs, more than a million for the largest females, on the substrate in shallow water areas. The eggs hatch after one or two weeks and the fish gather in the seaweed (Sargassum) which serve as their nursery grounds. The timing of spawning is not by chance, as the survival rate of fish larvae depends on the presence of Sargassum which occurs seasonally in Hong Kong. Generally, various types of seaweed grow rapidly in coastal areas after December, covering several metres

▲ 每年初夏也可以在西貢海域看到大量幼年泥鰗
You can find big schools of young rabbitfish around Sai Kung early each summer

種海藻便會在近岸區迅速生長，茂盛時更可覆蓋近岸幾米的海邊。翌年清明節後，當海水轉暖，海藻便會消失，只留下有如根部的附著器附在石上。以上這個循環每年如是，為各種新生魚苗提供一個保護所。海藻消散後，泥鰗幼苗便會游至近岸，捕食浮游生物及小型藻類，但

of shallow inshore areas at their peak. After the Ching Ming Festival, as the seawater warms up, most seaweed disappears, leaving only short root-like holdfasts on the rocks. This cycle repeats every year, providing a seasonal sanctuary for the larvae of various fish species. Once the seaweed disperses, rabbitfish fries swim to the shore to feed on plankton and small algae. They basically swallow any plants or animals that can fit in their stomachs.

攝影 Photo: Nicole Kit @114°E Hong Kong Reef Fish Survey

基本上牠們會把能裝得下肚的動植物都照吞。

泥鰹喜歡聚於海邊的排水渠口，搶吃隨水排出的各種食物。早期香港未有污水處理，維港兩岸的排水渠中帶著各式各樣如廚餘和糞便等有機物。泥鰹似是清道夫一樣把有機物清除，所以如果沒有牠們，或許維港的水質

Rabbitfishes like to gather at the mouths of drainage channels along the seashore, competing for various types of food that flow out with the water. In the early days, before Hong Kong had sewage treatment facilities, various organic materials such as food waste and faeces were carried by the drainage channels on both sides of Victoria Harbour. Rabbitfish act like scavengers, clearing up organic waste, so without them, the water quality in the harbour might have been unbearable. On the other

早已壞得不能接受了。另一方面，魚的集結亦常常吸引到一班釣泥鰗的人在海旁的排水渠口聚集。他們的釣法各適其適，包括手絲、魚桿、八爪鉤和泥鰗籠（不少人用麵包做餌）等，每人都不會空手而回。不過釣友都知道泥鰗的魚鰭帶毒而且非常尖銳，若然在解鉤時不慎給魚鰭刺破手指，魚鰭的毒會帶來劇痛與麻痺13 P.106，不適的感覺一般會維持二三十分鐘，但因此送往醫院治療的卻未有所聞。

在 70 至 80 年代，我常常到西貢白沙灣一個名為香港漁場的漁排釣泥鰗。此漁

hand, conspicuous gatherings of fish often attract groups of people to gather at the mouths of these drainage channels to catch rabbitfishes. Anglers employ various fishing methods like hand lines, rods, eight-anchor hooks, and traps (many people use bread as bait). They are aware that the spines of rabbitfish fins are not only poisonous but also extremely sharp. If an angler accidentally gets pricked by a fin-spine while removing the hook, they may experience intense pain and numbness 13 P.106; such discomfort typically subsides within 20 to 30 minutes. As far as I know, there have not been any reported incidents of individuals needing hospital treatment due to this issue.

In the 1970s–1980s, I often went fishing for rabbitfishes at a fish raft in Pak Sha Wan, Sai Kung. At that time, it was the largest marine fish raft in

13 魚刺有毒

許多魚類都有保護自己的結構和／或以體內積累毒素來抵禦掠食者。河豚毒素 (Tetrodotoxin) 又稱河豚中毒，可以非常嚴重，主要與食用印度太平洋地區的河豚有關。有些魚類會在皮膚腺體中產生毒素或者透過咬傷目標使其中毒。有些魚，如泥鰗，在某些鰭的底部有帶毒腺的刺，釣友在處理牠們時須加倍小心，因為毒液會讓人非常痛苦，嚴重甚至會致命。

Venomous Spines

Many fish have structures and / or toxins in their bodies to protect themselves from predators. Tetrodotoxin, also called pufferfish poison, is potentially very serious and is mainly associated with eating pufferfish in the Indo-Pacific region. Some fish produce toxins in skin glands or deliver a venomous bite. For example, rabbitfishes have spines with venom glands at the base of certain fins, and fishermen must be careful when handling them because the venom can be very painful and, in severe cases, fatal.

排是當時香港最有規模的海上養魚場，有超過一千個浮籠，早期主力養紅斑和鱲魚，後期更養出口日本的章紅，每年共出產超過一千噸的魚類。當時養魚的飼料是依靠拖網船捕獲的下雜魚類，這些雜魚尺寸一般很小或魚身破爛，不能在市場賣得好價錢。這些雜魚會先被工人斬碎才拋入籠中，在魚搶食過程中，不少肉碎會漂到籠外，因此吸引了大量泥鰶聚集於魚籠四周。這些泥鰶有大有小，大的長約 20 多厘米，體重達到五百克。

Hong Kong, with over 1,000 floating cages. The main fish species raised were Hong Kong Grouper and seabreams, and later, Greater Amberjack for export to Japan, with an annual production of more than 1,000 tonnes. The fish feed, back then, was made from a mixture of fish caught by trawlers, too small or in too poor condition for sale. Workers would first chop the fish into pieces before throwing them into the cages. During feeding, many small fish pieces would float out of the cages, attracting large numbers of rabbitfishes towards the nets. These rabbitfish varied in size, with the largest ones reaching over 20 cm in length and weighing up to 500 g.

An interesting phenomenon at the fish raft was that some small rabbitfishes would swim

▲ 拖網捕撈缺乏選擇性，導致混獲體型細小的非目標物種。上圖顯示油鱲和泥鰶，以及藏身飲料罐中的八爪魚
Trawling's lack of selectivity leads to bycatch of many non-target species, often of very small sizes, as seen here: ponyfish, rabbitfish, and a discarded drink can with octopus

攝影 Photo: Eric Keung @ @114°E Hong Kong Reef Fish Survey

▲ 泥鰹一般都成群出沒，是本港水域最常見的魚類之一
Rabbitfish usually appear in schools and is one of the most common fish in Hong Kong waters

漁排還有一個有趣現象，就是一些小泥鰹為了覓食會從魚籠的網眼游進籠中，漸漸長大後便不能游出魚籠，所以隨著籠中其他魚類一起長大。漁排每年售賣這些自來魚也增加了不少收入。這裡水質好，多優質食物，魚都是圓胖胖的，味道特別好。個人認為普遍來說，100 克左右重的泥鰹最好吃，以蒜頭、大頭菜及清水起鏪，將魚頭魚鰭剪去，放入湯中白灼，來我家中吃過的朋友都回味無窮。

through the net holes of the cages to feed and eventually grow too big to swim out, so they would grow up with the other fish in the cages. The fish raft also made additional income by selling these self-introduced fishes every year. The water quality was good, and there was plenty of high-quality food, so the fish were plump and delicious. In my opinion, rabbitfish weighing around 100 g are the tastiest. To cook them, first remove the fish head and fins, then blanch the fish in the soup with garlic and preserved turnip. Friends who have come to my house to try this dish always rave about the taste.

Rabbitfishes are called "smelly belly fish" in Taiwan, because they give off a strong, unpleasant

泥鰗在台灣稱為臭肚魚，因其死後會產生濃烈的魚腥味，令人難受。一般此魚在捕獲後，如未得正確冷藏會很快變壞，因此市場所出售都是養活的。泥鰗身上沒有魚鱗，廣府人一般認為無鱗魚是有毒性的，對身體無益，加上牠們在排水渠口覓食的習慣，所以在我小時候一些長輩從不吃泥鰗。然而，新加坡及馬來西亞的華人在農曆新年期間，有個向親友送帶魚卵的大泥鰗的習俗，認為是吉利的象徵。這段期間，帶卵的泥鰗供不應求，賣價會升高幾倍。

街市間中有深水泥鰗出售，產自南中國海東部及東西沙群島的珊瑚礁。外形方面，牠與近岸泥鰗沒有大分別，只是長了一身厚皮，多了一點顏

fishy smell shortly after dying. Generally, if not properly refrigerated quickly after being caught this fish spoils, so they are usually sold live at markets. Some rabbitfishes have no scales, and the Cantonese tend to believe that scaleless fish are toxic and not beneficial for health. Moreover, rabbitfishes feed at sewer outlets, so some of my elders never ate rabbitfishes when I was young. However, during the Lunar New Year, Chinese people in Singapore and Malaysia have a tradition of gifting large egg-laden rabbitfishes to friends and family, as a symbol of good fortune. During this time, the demand for egg-laden rabbitfishes soars, causing the price to increase by several times.

Orange-spotted Spinefoot is sometimes sold in markets, originating from the eastern South China Sea and the coral reefs of the Pratas and Paracel Islands. In terms of appearance, they don't differ much from the coastal rabbitfishes, except they have thicker skin and more colour-

▶ 深水泥鰗
Orange-spotted Spinefoot

攝影 Photo: Kamy Yeung @114°E Hong Kong Reef Fish Survey

色斑紋。雖然牠們的魚皮太粗糙難以下嚥，但肉質非常可口，建議食家可以加陳皮清蒸，食時才將魚皮揭起。大馬及印尼土著很喜歡吃這種魚，他們將魚放在炭火上面燒，食用時先將燒焦了的魚皮去掉，魚肉佐以沙爹醬，也別有一番風味。

泥鰗是適應力極強的魚類，在過去四十多年，香港近岸的各種魚類都有明顯減少的跡象，但泥鰗仍然能夠在逆流下安居樂業，牠們對環境轉變的適應能力 P.110，或許值得我們進一步研究。

ful patterns. Although their skin is too thick and tough to swallow, their flesh is delicious. It is recommended to steam them with dried tangerine peel, removing the fish skin before eating. Malaysian and Indonesian natives enjoy eating this fish by grilling it over charcoal, removing the charred skin before eating and serving the fish with satay sauce.

Rabbitfishes are highly adaptable fish. Over the past four decades, various fish species in Hong Kong's coastal waters have significantly decreased, but rabbitfishes continue to thrive against the odds. The resilience P.110 and adaptability of Rabbitfishes in the face of environmental changes serve as a fascinating subject for further research and exploration.

14 為何泥鰗能適應？

泥鰗之所以能持續生存，其中一個原因是牠們生命週期較短，性成熟和繁殖的時間都很短，因此牠們種群能夠很快就被下一代更替。這意味著，與石斑和笛鯛等壽命較長、成熟較慢的魚種相比，泥鰗往往不易受到過度捕撈的影響。

Why are rabbitfishes resilient?

One reason for the persistence of rabbitfishes is that their rapid life cycle (i.e. they mature and reproduce quickly) enables them to replace themselves quite rapidly. This means that they tend to be less susceptible to overfishing than longer lived, slower maturing species like groupers and snappers because their populations recover more quickly.

後記：讓故事說下去

Afterword: Let The Story Continue

伍家恩博士，香港海事博物館海洋探知館主管
by Dr. Connie Ka-Yan NG, Head of Marine Discovery Centre, Hong Kong Maritime Museum

海洋、漁業與香港人的日常生活密不可分。漁民以海為家，見證著海洋資源的變化。他們為大眾提供新鮮的海鮮，讓海鮮文化在香港深入人心。除了科學研究，由漁業從業員和漁民的民間記載中，我們也能探索海洋資源的變化及海洋與人類的關係。漁民文化紮根於香港歷史，捕魚技藝等多項特色作為傳統手工藝和水上話，是香港其中重要的非物質文化遺產。上世紀的漁歌（鹹水歌）富趣味性記錄了捕魚的經驗，結合了藝術與科學的知識，橫跨時代及地區傳遞了隨著地點和季節變化的漁獲。我們日常吃到的艇仔粥、艇仔粉和避風塘炒蟹，都與漁業及漁民的生活息息相關。

Oceans and fisheries are intricately linked to the daily experiences of Hong Kong people. Fishermen spend their lives on the sea and are witnesses to the changes in marine resources. They provide us with fresh seafood that is such an important part of our daily diet in the culinary culture. In addition to scientific research, local knowledge from fishing practitioners, fishermen and –women, can help identify and maybe explore changes in marine resources and in the human-ocean relationship. In Hong Kong, the culture of fishermen is deeply rooted in the city's history, with fishing techniques and various other characteristics recognized as traditional crafts, and the Tanka (boat people) Dialect representing an important part of Hong Kong's intangible cultural heritage. Blending artistic and scientific knowledge, the fishermen songs of the last century capture the experiences of fishing and convey the changes in catches based on location and season. The dishes we enjoy routinely, such as boat congee, boat noodles, and typhoon shelter crab, are all connected to fishing and the lives of fishermen.

在研究海洋生態和海龜時，我對漁業作業者和漁民有了新的認識。我曾遇到一些熱心於保護海龜，並對保育充滿憧憬的從業員，他們長年累月的觀察使其擁有豐富的海洋資源知識。然而，他們經常缺乏一個適合的平台來表達和記錄其所見所聞。而在科學研究和保育的層面上，我們正需要評估漁業活動與生境及物種之間的互動影響。

這本書展現了跨界別包容與相互理解的重要性，感謝所有創作這本書的同仁們的努力與創意。他們共同懷抱對海洋的熱愛，嶄新地結合了漁業從業員陳少華一生見證魚類資源變化的日記，和著名海洋科學家薛綺雯博士的學術知識，以每種形態各異的魚類作為故事主角，記錄了香港漁業資源因人類活動與需求而發生的變化與衰退。

香港海事博物館的太古海洋探知館致力與各夥伴合作，推動海洋教育，促進不同界別之間的交流，包括政府、非政府團體、研究單

During my research on marine ecology and sea turtles, I developed a new perspective on fishing practitioners and fishermen when I encountered dedicated individuals who were committed to protecting sea turtles and the marine environment. Their years of observation equip them with extensive knowledge of the ocean and marine resources, yet they often lack platforms to express and document their insights. This can frequently be a missing puzzle piece in scientific research and conservation where assessing potential interactions between fisheries, habitats, and species is crucial.

This book highlights the importance of cross-sector inclusivity and mutual understanding. I would like to thank all the colleagues involved in its creation for their hard work and creativity. By sharing a strong passion for the ocean, this book uniquely combines the diary of fishing practitioner, Patrick Chan, recording changes in fish resources that he has witnessed over a lifetime with the academic knowledge of a renowned marine scientist, Dr. Yvonne Sadovy de Mitcheson. Each chapter features a different fish species as a story protagonist, documenting the changes and declines of Hong Kong's fisheries due to human activities and demands.

The Swire Marine Discovery Centre at the Hong Kong Maritime Museum strives to provide a platform that promotes communication among various sectors for marine science education, including the government, NGOs, research institutes and the public, as well as the fishing community. Through our marine

位以及公眾，亦涵蓋漁民社區。通過本館的海洋科學教育活動，我們推進公眾對海洋環境及生物的認識和欣賞，並提倡可持續及對環境負責任的態度。成功及可持續的保育案例往往需要當地社區的支持與參與。例如，帕帕哈瑙莫庫阿基亞國家海洋保護區在夏威夷文化中具有深遠的意義，其管理正是由夏威夷人和政府合作促成的，區內禁止捕魚的措施也提升了保護區外的漁產。我期望各持份者及公眾能夠聚集耐力與智慧，在保育海洋資源的同時，尊重人與海洋之間的關係，從這本書學習，讓永續海洋的故事說下去。

science education activities, we aim to foster public understanding of, and appreciation for, a sustainable and responsible approach towards the marine environment and its biodiversity, which are also part of Hong Kong's maritime heritage. Successful and sustainable conservation cases often require the support and participation of local communities. For example, the Papahānaumokuākea Marine National Monument holds profound significance in native Hawaiian culture and is managed through a collaboration between Hawaiians and the government. The fishing prohibition within this marine protected area has enhanced fish stocks outside its boundary. I hope that all stakeholders and the public can gather their perseverance and wisdom together, conserving marine resources while respecting the human-ocean relationship. Let the stories in this book and the lessons learned from them contribute to sustaining our oceans, and inspire our appreciation of the legacies from our shared maritime heritage.

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