



22 Apr 2022

「清蒸」羽毛球 'Steamed' Shuttlecock

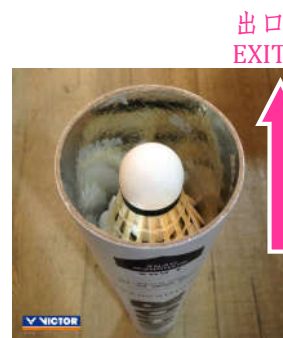


你在餐單見過「清蒸羽毛球」嗎？
Have you ever seen the “steamed shuttlecock” on the menu?
(Photo: friask.com)

如果想提高羽毛球的耐用性可以怎樣做？原來可以將羽毛球拿去「清蒸」！這樣做是為了將水分引入羽毛中，使它們更柔軟而且不易脆，從而減少擊打時破損的機會。對於生活在乾燥地方的運動員以及在冬季的時候來說，有著顯著的效果。

「烹調」方法：

1. 將準備使用的羽毛球放在球筒裡（請選用內壁有鋁箔紙的球筒），上方看見球頭的那一邊為出口，另一邊為入口。
2. 準備注滿熱水的容器（電熱水壺／保溫瓶／熱水杯）。
3. 打開球筒的前後蓋，並垂直擺放在該容器上，讓蒸氣灌入其中。
4. 30 秒後再把球筒移開，並迅速蓋上出、入球口，以保存蒸氣。
5. 最後，讓球筒保持直立（球頭向上）狀態靜置 12 小時，便大功告成！



(Photo: VICTOR)

How to improve the shuttlecock's durability? The shuttlecocks could be 'steamed'! The moisture will be introduced and soften the feathers so as to reduce the chance of breakage when hit. Steaming effect is noticeable especially for those players living in a dry environment as well as during wintertime.



讓蒸氣灌入球筒內。
Let the steam rise into the tube.
(Photo: VICTOR)

Method:

1. Place shuttlecocks to be used in a shuttlecock tube (choose one with aluminum foil inside). The side where you see the cork is the exit while the other side is the entrance.
2. Prepare a container (kettle/thermal flask/cup) filled with hot water.
3. Open both lids of the tube, place it upright on the container to allow the steam to pass through.
4. After 30 seconds, move the tube away and close the lids quickly to keep the steam.
5. Leave the tube in upright position with cork side up and feathers down for 12 hours, then you are good to go!