



March 2017

Northern exposure 尋味北歐

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Recommended Citation

Duffell, Rachel (2017) "Northern exposure 尋味北歐," *AMBROSIA 客道 : The Magazine of The International Culinary Institute*: , 22-31.

Available at: <https://repository.vtc.edu.hk/ive-hosts-ambrosia/vol3/iss1/14>

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This page: an exquisite
dessert embellished
with edible flowers from
the menu at Noma

Opposite: the
wilderness of the
Norwegian landscape

本頁：Noma供應的甜品，
綴以可食用花卉，擺盤精緻，
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Duffell: Northern exposure ????

Emphasising purity and simplicity, as well as history and tradition, New Nordic cuisine is sweeping the globe, serving up health, wellbeing and sustainability benefits along the way. 新北歐菜奉行簡單純淨的飲食、尊重歷史傳統的原則，在推動可持續概念的同時，亦帶來健康美食，難怪這個菜系近年在世界各地掀起一股飲食新浪潮。 **By Rachel Duffell**

Northern exposure 尋味北歐

A taste of Scandinavia

Alongside the rise of Scandinavian design, and the muted, minimalist look that decorates homes, offices, cafes and restaurants from Helsinki to Hong Kong, Nordic cuisine has experienced its own meteoric rise to become flavour of the moment. And many similarities can be drawn: the design language of the northern-European region is clean and simple, and Nordic cuisine emphasises pure ingredients that are sourced locally.

At its simplest, Scandinavian cuisine is about “not too many flavours mixed together, very clean, and then texture; it’s very important to have a combination of texture,” says Trine Hahnemann, Danish chef and author of 12 cookbooks in Denmark, as well as further tomes internationally, on Nordic cuisine. “Scandinavia has a long shared history with alternating borders, and food history is built on history, tradition and terroir. It’s a cuisine from an area where poverty was once a life condition, and in many areas life was a struggle, especially in winter, when planning was essential for survival. But, as in all cultures, you find variation through regional differences, family dishes, climate and terroir, and wealth, all of which determine what we eat.”



Traditionally, Nordic cuisine has encompassed pickled herrings, meatballs, salmon and smoked meats – from reindeer and elk to moose and lamb – and perhaps been less known for seasonality (most Nordic countries, after all, experience long, harsh winters and short growing periods that make preserved foods prevalent over fresh fruits and vegetables). Scandinavia’s long coastlines and many lakes mean much underwater life makes it on to plates, while its forests are home to romantically named fruits, from lingonberries to Arctic brambles, and cloudberries to bilberries, as well as earthy mushrooms and chanterelles.

Regional diversity is apparent, but many culinary elements apply to all Nordic countries, and this was made clear in November 2004, when gastronomic luminaries met at a summit in Copenhagen at the behest of culinary



斯堪的納維亞的味道

近年從赫爾辛基到香港，刮起了顏色柔和、設計簡約的北歐風，吹遍家居、辦公室、咖啡店以至餐廳而匯聚為時尚潮流，與此同時，北歐菜也於世界各地迅速崛起，成為餐飲熱潮。設計與飲食雖然不盡相同，卻又有相似之處：北歐的設計乾淨簡單，而北歐菜強調的是新鮮純淨的地道食材。

丹麥大廚Trine Hahnemann形容斯堪的納維亞菜的特色為「味道純粹，非常乾淨，重視質感；更重要的是善於把不同質感的食材配搭在一起」。這位大廚著有12本北歐菜的食譜，也在國際間發表大量有關這菜系的文章。她說：「飲食文化往往建基於歷史、傳統和風土上，斯堪的納維亞國家的國界時有變動，彼此擁有共同的歷史背景，造就了相近的飲食文化。以往這些國家的人民生活貧困，在許多地區更要掙扎求存，尤其在嚴寒的冬天，為了生存必須在各方面謹慎籌謀。不過，與其他國家的文化發展一樣，這裡的菜式和烹調手法都會隨著地域差異、家庭廚藝的傳承、氣候風土，甚至是財富多寡而有所不同。」

傳統的北歐菜一般有醃漬鯡魚、肉丸、三文魚和煙熏肉類（其中有不同種類的鹿肉和羊肉），而比較少提及時令食材，這是因為大部分北歐國家的冬天都很漫長艱苦，耕種期很短，因此醃漬食物比新鮮蔬果多。還好的是斯堪的納維亞國家擁有漫長的海岸線和星羅棋布的湖泊，提供了許多海鮮和湖鮮；森林中有大量莓果，比如是越橘莓、極地莓、雲莓和北歐藍莓等，而泥地也長有蘑菇和雞油菌。

雖然北歐菜的區域差異很明顯，但在烹調觀念上又有許多共通點。2004年11月，由飲食企業家、著名餐廳Noma創辦人Claus Meyer及René Redzepi在哥本哈根召開的高峰會上，聚集了業界名廚和精英，討論在純淨、簡單和新鮮的原則下，發展「新北歐菜」最好的方法。多家餐廳包括Noma自此獲得不同評級組織頒發國際性獎項，可是，成功的背後還有更多原因。

entrepreneurs Claus Meyer and René Redzepi of celebrated restaurant Noma, to discuss the best way to develop a “New Nordic” cuisine based on the ideas of purity, simplicity and freshness. Restaurants such as Noma have since gained substantial global recognition from various awards bodies, but there’s much more to their success than that.

“People travel to eat here, and they buy books; just look how many books there are in English now about Scandinavian food,” say Hahnemann. “We are now seen as a place of importance when it comes to food, but also when it comes to working with organic and sustainable solutions.”

The health benefits of the Nordic diet are also increasingly coming into focus, with some experts claiming it even more beneficial than the highly praised dining habits of the Mediterranean. Sweden’s Örebro University has been researching the benefits of the Nordic diet on wellbeing and longevity, offering a Meal Science programme that looks into the nutritional aspects of local fare. “The Nordic diet is healthy,” says Jaakko Sorsa, Finnish chef at Nordic restaurant FINDS in Hong Kong. “Ingredients come from one of the cleanest areas left in the world. Nowadays, not much cream and butter is used, rather dairy with helpful bacteria. Wild berries are packed with vitamins and flavonoids (anti-cancer agents), while fermented vegetables deliver probiotics.”

Hahnemann, who has written a book titled *Eat Nordic, The Ultimate Diet for Weight Loss, Health and Happiness*, agrees, and she highlights not only the healthy but also environmentally-friendly aspects of eating the Nordic way. “The Nordic diet is a great option for wellbeing and health,” Hahnemann says. “It should be combined with an active lifestyle. A very diverse diet with a lot of vegetables, grains and fish will make you feel good – then add cake now and then for happiness and hygge,” she says, referencing the Danish concept of living well and simply, and emphasising the key role that food plays in Scandinavian culture. “We love to eat and drink and get together, and the whole idea of hygge is sharing moments where life feels good. I’m not sure Scandinavians can do that without the joy of eating.”

Hahnemann說：「人們遠道而來，是為了享受這裡的美食；你只要看看有多少以斯堪的納維亞飲食為題材的英文書，就知道買書的人也很多。現在只要談到美食，一定少不了北歐菜，而在談到有機種植和可持續性的解決方案，也一定不能忽略它們。」

北歐菜對健康的好處正日漸受到關注，一些專家甚至聲稱北歐菜比起一直受到高度讚揚的地中海飲食方式更健康。瑞典的Örebro University致力研究北歐菜對人體健康及長壽的益處，開設了「膳食科學」課程，從營養角度分析北歐餐飲。香港的餐廳FINDS供應北歐菜，其芬蘭行政總廚Jaakko Sorsa也說：「北歐的食材來自世界上污染程度最低的區域之一。我們很少使用忌廉和牛油，但會多用含益菌的乳製品。常用的野莓含有豐富維他命和抗癌成分類黃酮，而經過發酵的蔬菜更是富含益生菌。」

飲食著作《Eat Nordic, The Ultimate Diet for Weight Loss, Health and Happiness》的作者Hahnemann同意這些看法，也指出北歐菜除了有益健康之外，對生態環境的影響也較少。她說：「北歐的飲食習慣結合積極好動的生活方式，能夠為我們帶來身心靈的健康。我們的餐膳有各種蔬菜、穀類和魚類，這些食物能令你感覺暢快；然後加上蛋糕，心情會更加愉快和『hygge』。」Hahnemann說的是丹麥人活得簡單快樂的概念，而食物在斯堪的納維亞文化中非常重要，她說：「我們喜歡聚在一起吃喝聊天，而『hygge』的意念就是分享生命中最棒的時刻。不過，如果沒有美食，我真的不知道斯堪的納維亞人能否分享快樂了。」



Clockwise from far left: exterior of Noma restaurant in Copenhagen; clean plating at Fäviken exudes simple Swedish style; the dining room at Fäviken in Sweden

Background image: the snow-covered estates surrounding Fäviken

最左圖起順時針：哥本哈根Noma餐廳的外貌；Fäviken擺盤簡約的菜式，充份展現瑞典菜的風格；瑞典Fäviken餐廳的用餐區

背景照片：Fäviken餐廳外被冰雪覆蓋的農地

Denmark: Food for thought



Denmark's capital city of Copenhagen is home to the best-known proponent of Nordic cuisine, namely the restaurant Noma, which opened in 2003, beginning as the working science kitchen of culinary pioneers Claus Meyer and René Redzepi prior to their New Nordic cuisine summit the following year. (The restaurant's name is a contraction of the phrase for Nordic cuisine – *mad* meaning "food" in Danish.)



The New Nordic Cuisine Manifesto that came about from that summit was – and continues to be – about promoting local, natural and seasonal produce, and encouraging the development of traditional dishes. "The cooking itself is vegetable-driven, ingredient-oriented, bright, light, highly innovative and rooted in the concept of time and space, and the chef as someone with a deep social responsibility," explains Meyer. "Rawness is not unusual. The balance of flavours and the simple, subtle beauty of the dishes most often resembles Japanese food more than anything else." And the cuisine has blossomed. "I believe it's fair to say," Meyer adds, "that today both the Nordic style of cooking and the underlying philosophy have inspired chefs around the world and gained a substantial amount of recognition."

In bringing New Nordic cuisine to the forefront of the global consciousness, Noma earned its first Michelin star in 2005, following up with a second two years later. It was then named the world's best restaurant in the World's 50 Best Restaurants list in 2010, 2011, 2012 and 2014 before closing its doors at the end of 2016, to reopen in 2017 with a new concept and as an urban farm.

Also in Copenhagen, Relae is a fine-dining restaurant established by two former Noma chefs. Featured on the World's 50 Best Restaurants list in 2016, Relae maximises the flavours of the few ingredients that make it on to each plate. And Copenhagen's three-Michelin-starred Geranium restaurant serves up modern and seasonal Scandinavian fare with a focus on the wild ingredients distinct to the region.



丹麥：美食哲學

2003年在丹麥哥本哈根開業的Noma餐廳，可說是北歐菜的著名倡導者；Noma是丹麥文「北歐食物」的縮寫，「mad」在丹麥文是「食物」的意思。這裡是美食創意先驅Claus Meyer及René Redzepi實踐其飲食理念的廚房，翌年，兩人召開了新北歐美食高峰會。

在高峰會上通過的《新北歐美食宣言》主張推廣地道、天然和時令食材，同時鼓勵廚師在傳統菜式上發揮創意及持續發展。Meyer解釋：「在烹調時，我們以蔬菜為主導，食材才是重點；並基於時間和空間的概念，炮製出整體感覺悅目輕巧、極具創意的菜式；廚師也應該有其社會責任。食物生吃很平常。我們講究味道平衡，擺盤簡單含蓄，跟日本菜的風格相近。」對於新派北歐菜的蓬勃發展，Meyer補充說：「公平地說，在今天，無論是北歐菜的烹煮風格，還是其背後哲學，都為全球廚師帶來不少靈感，同時也得到各方的認同。」

Noma令新派北歐菜成為國際焦點，2005年餐廳首次摘取米芝蓮一星，2007年獲頒二星；然後在2010、2011、2012及2014年被評為「世界50間最佳餐廳」之首；2016年底結業，並計劃於2017年帶著新概念、以城市農莊的形象重新開業。

同樣在哥本哈根的Relae餐廳，於2016年列入「世界50間最佳餐廳」名單，創辦人是一位前任Noma廚師。這家餐廳擅長在每一道菜式中，把種類不多的食材味道發揮到極致。此外，在哥本哈根還有一家米芝蓮三星餐廳Geranium，採用在附近區域生長的獨有野生食材，為食客供應現代及時令的斯堪的納維亞菜式。

事實上，驅使Meyer發展新派北歐菜的是丹麥菜。在過去，丹麥只是以牛油和豬肉聞名，當地的菜式和食品都不值一提。Meyer希望回復丹麥食品製造業的平衡發展，傳統菜式的地位和地道食材的重要性。《新北歐美食宣言》把這些想法列為主要原則，而且更得到其他北歐國家的認同。

Clockwise from left: Blueberries Environment at Noma; Chef René Redzepi of Noma; Jerusalem Artichoke Leaves, Rye Vinegar and Walnut Cream at Geranium in Copenhagen; Maaemo restaurant interior

左圖起順時針：Noma餐廳的藍莓菜式；Noma的主廚René Redzepi；哥本哈根Geranium餐廳的著名菜式菊芋葉伴黑麥醋及核桃忌廉；氣氛和諧的Maaemo餐廳

Duffell: Northern exposure ????



It was Danish food, in fact, that spurred Meyer into the development of New Nordic. Denmark was once best known for butter and pork, to the detriment of other local dishes and foodstuffs. Meyer wanted to ensure that food production in his country became more balanced, and that the traditions of the national cuisine and its key ingredients were brought back. These ideas were key to the New Nordic Cuisine Manifesto and have gone on to be adopted across the other Nordic countries.

Norway: Fruits of the fjords



The cuisines of Denmark and Norway have similarities, thanks to their shared history. This is ideal for Chef Esben Holmboe Bang, who hails from Denmark but currently heads up and co-owns Maaemo restaurant in the Norwegian capital, Oslo. Working with the clean, bright flavours that characterise Norwegian cuisine, Bang uses entirely organic, biodynamic and wild produce, and ensures that diners get a feel for the essence of the nation's food.

"The cultural history is predominant in Norwegian food," says Bang. "Norway used to be a very poor country, and as such our traditional dishes are very Spartan. There is an element of pain and suffering to the cuisine that I find appealing. At Maaemo, we strive to have the experience that reflects our surroundings and our heritage. We want to cook delicious food with a strong sense of place. My food has a lot of emphasis on preserving the produce in the growing season. We have very harsh winters and the growing season varies from only three to four months, so it is very important that we utilise the season to make sure we are stocked up for the winter. That gives us a very significant identity. It's not easy but that is our strength. We have to plan and we have to fight for it."

挪威：峽灣資源

丹麥和挪威有共同的歷史，所以兩個國家的菜系有相似之處，這樣的背景有利於來自丹麥的大廚Esben Holmboe Bang。Bang現時與合夥人在挪威奧斯陸開設Maaemo餐廳，同時擔任總廚之職。他採用包括以有機及生物動力農業栽種的食材，以及野生農產品；由他烹調的菜式都是瀟灑著挪威菜特有的清爽和層次鮮明的味道，讓食客能夠品嚐到這個國家的美食精髓。

Bang說：「從飲食中我們可以看到挪威的文化歷史。挪威曾經是個非常貧窮的國家，傳統食物都很粗糙，而其中隱含的艱辛更觸動了我。在Maaemo，我們想辦法從食物反映身處的環境和文化傳承，在美味的食物中表現出挪威獨特的地理環境。我的食物有很多是在種植期中醃漬的。挪威的冬天異常寒冷，每年的種植期只有三到四個月，因此為冬天儲備足夠糧食非常重要。在這樣的環境中，我們意識到自己特別之處。生活不容易，但也是力量來源。我們必須有好的計劃，然後為之拼搏。」

在北歐地區，除了醃漬食物很普遍之外，還有品種豐富的農產品。Bang說：「我們餐廳供應羔羊、綿羊、馴鹿，還有海鮮。海水溫度很低，使這海域有很多獨有的、味道香濃且鮮甜多汁的海產。」這些食材，加上駝鹿、麋鹿、鯨魚和大量三文魚，在挪威家庭和餐廳都是隨時可見。

Maaemo於2012年開業，14個月後即獲頒米芝蓮二星，2016年成為挪威首家獲得米芝蓮三星榮譽的餐廳。Bang現時是米芝蓮三星餐廳中最年輕的主廚。挪威菜很強調選用地道食材，完全符合新北歐菜的美食哲學。Bang說：「我從大自然中選用食材，既有野生的也有農耕的，然後加入能夠啟發靈感材料一起烹煮。只要你跟農作物有情感上的聯繫，人類和食材之間就會有一股能量。這樣的聯繫就成為烹調的基礎。」





In addition to the preserved ingredients common across the Nordic region, there is a wide variety of native produce. “We serve a lot of lamb, sheep, reindeer and, of course, seafood,” Bang says. “Since the waters here are very cold, it develops an amazing depth of flavour and is sweet, succulent and unique to this part of the world.” Such ingredients, as well as moose, elk, whale and plenty of salmon, can be found on the tables in homes and restaurants across the country.

Maaemo was awarded its first two Michelin stars just 14 months after opening in 2012, and a third star in 2016 (Bang is currently the youngest chef to hold three Michelin stars and the first in Norway ever to do so). What’s more, the cuisine of Norway effortlessly matches with the New Nordic philosophy by emphasising local ingredients. “I look to nature, both wild and in agriculture, to cook with things that are stimulating and have an energy,” says Bang. “There is an energy between the human and the produce that only exists if you have an emotional connection to the produce. When that connection is established, your cooking will build on that.”



MAAEMO FOOD AND CHEF IMAGES: TUIKA KOSKI

Sweden: Time-honoured traditions



“*Husmanskost*, which implies traditional Swedish dishes made from local ingredients, is the everyday Swedish cuisine,” says Helena Storm, Consul-General of Sweden to Hong Kong and Macau. “Many traditional dishes in Sweden employ simple but contrasting flavours, such as the famous Swedish meatball with brown cream and lingonberry jam. Potatoes are often served as a side dish.”

Few fresh vegetables appear on plates due to Sweden’s extended winters, with preserved dishes taking their place. When things are growing, the Swedes take advantage, heading to forested areas to forage. “A lot of cooking ingredients derive from the wild,” says Storm. “There is game meat, such as reindeer and elk, and wild berries and mushrooms.”

Foraging is popular among proponents of Scandinavian cuisine. “As Sweden is a country rich in forest, it is a common outdoor activity to pick wild berries and mushrooms,” says Storm. “Thanks to the right of public access in Sweden, which grants everyone the freedom to roam and enjoy nature, many Swedes pick lingonberries in the forest and make their own jam-like preserves. Swedes enjoy lingonberry jam and it can be described as the Swedish ketchup – it goes with everything.”

One of Sweden’s most famous foragers is Magnus Nilsson, chef at acclaimed rustic restaurant Fäviken, which is located in Järpen, central Sweden. Here he serves up dishes comprised of ingredients almost exclusively sourced from the 20,000 acres of farmland on local estates, with a focus on fermented and preserved items that will last a long winter. Swedish game is also popular across the country, particularly elk and venison, which is lean and preserves better than fatty meats. Pickled herring – another ubiquitous and popular preserved food item – is prepared in a variety of flavours, including mustard, onion, garlic and dill, and often eaten with boiled potatoes, sour cream and chopped chives, hard cheese, boiled eggs and crispbread.

“Sustainability plays a great role when it comes to Swedish cuisine as organic and ecological food has become increasingly important,” says Storm. “The demand for organic food has grown rapidly, and as a result Sweden is ranked first place in the European Union for consumption of organic and high-quality food.”

Opposite, clockwise from left: Langoustine and Pine; Scallop Cooked in its Shell with Celeriac; Chef Esben Holmboe Bang, all at Maaemo restaurant in Norway

This page: chef Magnus Nilsson of Fäviken

對頁，左圖起順時針：
挪威Maaemo餐廳的海螯蝦和松樹枝；連殼帶子伴西芹頭；總廚Esben Holmboe Bang
本頁：Fäviken 餐廳主廚 Magnus Nilsson



瑞典：尊重傳統

瑞典駐港澳總領事Helena Storm說：「『Husmanskost』所指的是利用瑞典當地食材烹調的日常傳統菜式。許多菜餚都採用簡單、味道對比的食材，比如著名的瑞典肉丸，進食時會搭配奶醬及越橘莓果醬，而配菜會是薯仔。」

瑞典的冬天漫長，餐桌上很少出現新鮮蔬菜，而會以醃漬食物代替。在植物生長季節，瑞典人會走進森林搜尋食物。Storm說：「很多烹調材料都是取自野外，我們會採摘野莓和蘑菇，有時還會捕獵馴鹿和麋鹿作食物。」

在斯堪的納維亞，直接從大自然獲取食材是很普遍的事。Storm說：「瑞典的森林資源很豐富，而且開放給公眾，所以到森林自由漫步、採摘野莓和蘑菇是瑞典人很平常的戶外活動。我們會採摘越橘莓自製果醬。越橘莓果醬稱得上是瑞典的番茄醬，可以搭配所有食物。」

著名農莊餐廳Fäviken位於瑞典中部小鎮 Järpen，其主廚Magnus Nilsson是最著名的野外食物搜集家之一。餐廳供應的菜式，食材都是來自附近農莊的20,000英畝農地，其中包括讓人們度過漫長冬天的發酵和醃漬食物。狩獵在瑞典是很普遍的活動，大家最愛捕獵麋鹿，因為肉質偏瘦，比肥肉更適合醃製。另外一種無處不在、深受人們喜愛的醃製食品是鹽醃鯪魚，可以用芥末、洋蔥、蒜頭和刁草增加風味，並以水煮薯仔做配菜，上面淋上酸忌廉、切碎的細香蔥、硬芝士、水煮蛋碎和薄脆餅乾，非常美味。

Storm說：「在瑞典菜中，可持續發展概念十分重要，特別是當有機和對生態無害的食物越來越受重視時。國內市場對有機食物的需求急速增加，在歐盟對有機和高質食物的消費調查中，瑞典是排名第一的。」

Finland: Nature’s bounty



“Finnish cuisine is all about pure flavours, a clean environment and a close relationship with nature,” says Jari Sinkari, Consul-General of Finland to Hong Kong and Macau.

Chef Jaakko Sorsa also hails from Finland. What does he love most about his national cuisine? “Wild ingredients that are available for anyone to catch,” he says, highlighting lake and Baltic Sea fish, and wild plants, berries and mushrooms. “I always fish and forage on my trips home.”

Sinkari is another avid forager. “We appreciate the closeness of nature, of fresh, simple and local food – good examples are berries and mushrooms,” he says. “The best picking spots for these can be secrets only shared with one’s closest trustees.” Sinkari primarily seeks out the star of Finland’s berry crop: the bilberry. “It is native to northern Europe, smaller than the North American blueberry and with more taste,” he says. “It’s an expensive delicacy elsewhere but abundantly available for free in our forests.”

Sinkari says Finns appreciate seasonal produce and local delicacies. “Our cold climate means that the growing season is short, but during that time we get intensely flavoured fresh products with unique and pure taste. For a couple of months during summer, light is omnipresent, which boosts the aromas in berries, fruits and vegetables.”

Sorsa, who learnt from Finland’s finest, working in two-Michelin-starred Chez Dominique restaurant in Helsinki as sous chef to Hans Välimäki, and apprenticing with acclaimed chef Markus Maulavirta, who he calls “a pioneer of using the finest local ingredients from his personal sources all around Finland,” enthuses about the ingredients available to him back home. “Finnish cuisine has an amazing range of raw materials,” Sorsa says. “Wild game from the wilderness of the east; 200,000 lakes full of seafood, and the Baltic Sea; farmland in the south and west; Lapland with reindeers, cloudberries and game birds.” Like other Nordic countries, Finland is rich in raw ingredients, but long winters mean preservation is key. “My favourite technique is smoking,” adds Sorsa, who serves up a smorgasbord of Nordic dishes at FINDS, including his signature House Smoked Salmon, as well as Salmon in Six Ways and Grandmother Ida’s Meatballs.

Nordic cuisine features some very unique culinary delights, too. “We love to shock tourists with our exotic, ‘black delicacies,’” says Sinkari, referring to the selection of Finnish food items that are black in colour, and include salmiakki (salt liquorice), rye bread, black sausage and mämmi (a malted-rye pudding). 🍷

Clockwise from top left: fishing boats ready to fish the Baltic sea; Slow Roasted Venison Tenderloin at FINDS in Hong Kong; Chef Jaakko Sorsa

上圖起順時針：準備起航到波羅的海捕魚的漁船；香港FINDS餐廳的慢烤鹿肉；行政總廚Jaakko Sorsa



Duffell: Northern exposure ????

芬蘭：自然恩賜

芬蘭駐港澳總領事Jari Sinkari說：「芬蘭菜主要講求純粹的味道、乾淨的環境，以及跟大自然的緊密關係。」

香港FINDS北歐餐廳的行政總廚Jaakko Sorsa也是來自芬蘭。對於家鄉的美食，他最愛的是「大家都可以取得的野生食材」。他還特別指出，湖泊和波羅的海的鮮魚、野生植物、野莓和蘑菇，都是他的最愛。「回去芬蘭時，我總愛釣魚，又或是到處採摘食材。」

Sinkari也很熱衷在野外搜尋食物。「我們喜歡接觸大自然和簡單的地道食物，野莓和蘑菇就是個好例子。」他又說：「最佳的採摘地點往是個秘密，只能讓值得信任的親密朋友知道。」Sinkari最初是為了找尋芬蘭的莓果之王北歐藍莓而展開他的野外採摘之旅。「那是北歐的原生藍莓，比北美洲的藍莓小一點，但是味道更豐富些。在其他地方，北歐藍莓價錢不便宜，但是在我們的森林卻是隨處可見，而且無需付錢。」

Sinkari說芬蘭人很喜歡時令農作物和地道食材。「芬蘭的氣候寒冷，種植期很短，但是我們仍然能夠獲取風味獨特、味道純淨的農產品。夏季的幾個月裡，陽光充沛，令到莓果、水果和蔬菜的香味特別濃郁。」

Sorsa在芬蘭的高級食府學習廚藝，曾在赫爾辛基的米芝蓮二星餐廳 Chez Dominique為總廚Hans Välimäki擔任副手。Sorsa的師傅是美食界知名的 Markus Maulavirta，他會通過私人渠道搜羅芬蘭最優質食材，Sorsa稱他是這方面的先驅；受到師傅的影響，Sorsa返回家鄉時，也很熱衷搜尋當地食材。Sorsa說：「芬蘭的野生食材種類非常多。在東部荒原可以獵取野味；遍佈全國的二十萬個湖泊有無盡湖鮮；波羅的海有豐富海產；南部和西邊有農地；北端的拉普蘭有馴鹿、雲莓和野鳥。」跟其他北歐國家一樣，在漫長的冬天裡如何儲存野生食材是關鍵所在。Sorsa說：「我愛用的方法是煙熏。」在他主理的FINDS餐廳，提供的菜式包括了他的招牌菜自家煙熏三文魚，還有三文魚驚喜六重奏和家傳秘製肉丸。

北歐菜有時也會帶來獨一無二的驚喜。Sinkari說：「我們會向遊客展示帶有異國情調的『黑色佳餚』。」他說的是芬蘭的黑色食物，這包括 salmiakki (鹹甘草)、黑麥麵包、黑肉腸和 mämmi (一種麥芽及黑麥布丁)。🍷



From the Islands

Iceland, the Faroe Islands, the Åland Islands and Greenland also come under the Nordic umbrella, and there are a number of similarities between their culinary exploits and those of mainland Denmark, Norway, Sweden and Finland, as well as influences due to their proximity to other nations.

Many aspects of Nordic cuisine – particularly eating locally – play into global food trends as consumers become more aware of what they eat, their carbon footprint and the benefits of eating in season. These elements have all contributed to the increasing popularity of Nordic cuisine. “What people are looking for right now is authenticity, seasonality, home cooking and a simpler approach,” says Danish chef and author Trine Hahnemann,

adding that the New Nordic cooking and lifestyle offer all of those things – and more.

周邊島嶼

北歐地區還包括冰島、法羅群島、奧蘭群島和格陵蘭等島嶼，這些島嶼與位於歐洲大陸的丹麥、挪威、瑞典和芬蘭是近鄰，烹飪方法互相影響，因此也有很多相似的地方。

現在的消費者越來越關注他們吃的是甚麼、碳足跡有多遠，也了解食用地道食材的許多好處，而北歐菜一直推動選用地道食材，所以愈來愈受歡迎。丹麥大廚及美食作家 Trine Hahnemann 說：「現在大家看重的是食物是否夠正宗、是否配合季節的更迭，也著重自家烹調以及更簡單的飲食態度。」她又補充說，新北歐菜的烹調和飲食方式不單符合上述要求，而且還有更多的好處。