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Food for thought 讀好書 吃美食

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Food for thought

讀好書 吃美食

Compelling new cookbooks for all – from armchair food fans and stay-at-home cooks to professionals
題材包羅萬有的烹飪新書，無論是看到美食便滿足的食家、家中大廚，還是專業廚師，都能找到心頭好

By Rachel Duffell



French Patisserie

By Ferrandi Paris
October 2017

This new book from Ferrandi Paris – the celebrated school of culinary arts in the French capital that *Le Monde* newspaper once called “the Harvard of gastronomy” – will help even amateur chefs create the finest French patisserie treats. Step-by-step instructions reveal all the stages needed to make the perfect flaky croissant or a paper-thin mille-feuille. French Patisserie also contains more challenging recipes for Michelin-level desserts from award-winning pastry chefs. All are ranked according to difficulty. The book is available in English or French.

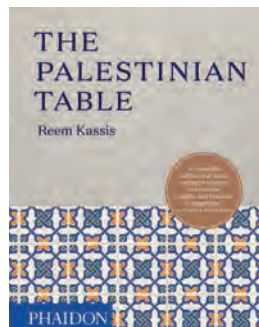
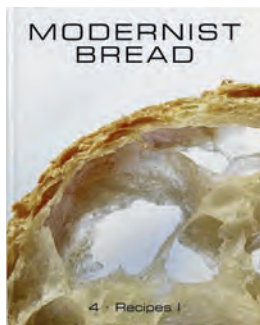
巴黎頂尖烹飪學校Ferrandi Paris曾被法國報章《Le Monde》譽為「餐飲界的哈佛大學」，跟著他們的新書一步步照著做，就算業餘廚師也可以炮製出最精緻的法式甜點，鬆化香脆的牛角包和薄如蟬翼的千層酥等手到拿來。書裡還有難度較高的食譜，讓你向得獎大廚的米芝蓮級甜品挑戰。此書分別有英、法版本，食譜以難度分類。

Modernist Bread

By Nathan Myhrvold
and Francisco Migoya
November 2017

This five-book collection stretches to an astonishing 2,600 pages, making it possibly (very likely) the most in-depth exploration of bread ever, covering everything from amazing bread discoveries and new baking techniques to an analysis of bread's place in the world through the ages. There's also information on the science behind bread, hacks to make better bread, bizarre examples of bread, and bread-making tips for everyone, from basic bakers to professional chefs. And there are bread recipes for every occasion. Is there a bread-related topic that *Modernist Bread* doesn't cover?

此書共五冊，總計2,600頁，應該是史上最深入的麵包書，由關於麵包的有趣發現、最新的烘焙技術、世界各地的麵包歷史、古怪的麵包，到麵包背後的科學及做包的秘技和貼士，乃至適合不同場合的麵包食譜，都一一涵蓋，讓新手到專業大廚都學到最全面的麵包知識。有沒有這套巨冊沒有提到的麵包資訊呢？



The Palestinian Table

By Reem Kassis
October 2017

Palestinian cooking is relatively unexplored internationally, though its recipes have been passed down through generations for millennia. *The Palestinian Table* comprehensively reveals the rich culinary traditions of this fascinating part of the world, exploring local customs, incorporating personal anecdotes and presenting recipes accompanied by vibrant photographs to bring Palestinian food to life.

雖然巴勒斯坦擁有悠久的飲食文化，烹飪技巧更是代代相傳數千年，但關於巴勒斯坦菜式的書在國際上卻不常見。《The Palestinian Table》全面展示他們豐富的飲食傳統，發掘世界另一端多姿多采的本土習俗，加上軼聞趣事的點綴和生動活潑的圖片，栩栩如生地將巴勒斯坦美食文化呈現出來。

Eleven Madison Park: The Next Chapter

By Daniel Humm with
Will Guidara
October 2017

From the three-Michelin-starred New York restaurant of the same name comes *Eleven Madison Park: The Next Chapter*. The second literary outing from chef Daniel Humm and restaurateur Will Guidara, it is presented in a two-volume package. The first volume is a compendium of stories and watercolours; while recipes populate the second. This deluxe release is an opportunity for the authors to reflect on the last 11 years, during which Eleven Madison Park became one of the world's top dining destinations. It is limited to 11,000 copies.

紐約米芝蓮三星餐廳Eleven Madison Park躋身世界首屈一指飲食聖地已11年，大廚Daniel Humm及東主Will Guidara特此推出新書《Eleven Madison Park: The Next Chapter》，回顧過去11年的創作及心路歷程。這是二人合作的第二本著作，分兩冊，第一冊以故事及水彩畫為主，第二冊則有滿滿的食譜。此書限量發售11,000本。



Sweet

By Yotam Ottolenghi
and Helen Goh
October 2017

Israeli-British chef Yotam Ottolenghi is the poster child for Middle Eastern and Levantine cuisine, but his latest cookbook marks a departure from the savoury and vegetarian dishes for which he is best known. Created in collaboration with acclaimed pastry chef Helen Goh, this book does what it says on the cover, focussing on all things sweet – from baked goods and desserts to confectionary – while incorporating the distinctive ingredients so familiar to Ottolenghi's fans.

英國籍以色列名廚Yotam Ottolenghi是中東和黎凡特菜式的代言人，他在新書裡一別以往，不再介紹自己最拿手的鹹點和素食菜式，而是夥拍甜品名廚Helen Goh，以Ottolenghi粉絲熟悉的中東食材，炮製一系列甜甜的烤焗美食、甜點糕餅等，不負《Sweet》(甜)這個書名。