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Of Spice and Men 香氣撩人

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Spices invigorate the senses, adding flavour, fragrance and colour to the eating experience. Long part of numerous culinary traditions, they are deployed in differing ways for distinction. 香料可以刺激味覺和嗅覺，為食物加添色、香、味，早已是多個飲食傳統的重要組成部分。不過，怎樣運用香料，卻是每個地方都不盡相同，各有特色。 **By Rachel Duffell**

Of spice and men

香氣撩人

Cumin, cardamom, cloves and coriander seed – when we talk about spice in cooking, we don’t just mean chilli. While chillies have been incorporated in many cuisines, they’re often complemented by other spices and herbs.

Spices are used to add flavour and aromas to dishes, but also to give colour to food – and they may even be used to preserve it, as many spices have antimicrobial properties. This latter use may go some way into explaining why spice is perhaps more prevalent in the cuisines of countries with warmer climates and that may have therefore been more prone to disease. Spices have been used for their medicinal benefits, too, particularly when consumed, as some have antioxidant and anti-inflammatory characteristics.

The use of spice is a reflection of history, tracing trading routes across centuries. Trade was the reason for the introduction of spices to a number of culinary traditions where they weren’t otherwise found. As early as 3000 BCE, spices were traded out of Kerala in India and this spice trade would continue during Greco-Roman times, later being taken over by Arab traders, and paving the way for wider economic trade along various age-old spice routes.

Spices come in many forms – fresh and dried, the latter available either as whole spices or ground. While the majority are dried, fresh spices can impart enhanced flavour. Ground spices may last longer but they will also oxidise and gradually lose their potency over time.

說到烹調用的香料，所指的不單是各種辣椒，還有孜然、小豆蔻、丁香和芫荽籽等。儘管不少菜式都以辣椒入饌，但卻鮮少只用辣椒的，一般會加入不同的香料和香草與之配搭。

香料不僅能為菜式增添色、香、味，有時甚至可以用來保存食物，因為許多香料都有抗微生物功效。這正好解釋為何在氣候較溫暖，以致病菌容易滋生的國家，香料都比較盛行。由於部分香料具有抗氧化和抗炎特質，因此一直以來，人們都會為了其藥用價值而使用香料，特別是以之入饌。

香料的使用也可以反映歷史的發展，尤其是多個世紀以來商貿路線的興衰。因為商貿活動，香料才會被帶到原產地以外的地方，成為當地飲食傳統的一部分。早於公元前3000年，香料已開始由印度喀拉拉邦輸往外地，直至希臘羅馬時期：其後阿拉伯商人興起，為多條古老的香料之路開拓更廣闊的經貿空間。

香料有新鮮的，也有乾的，後者可以是香料原來的樣子或被磨成粉末。雖然市面上以乾香料為主，但新鮮香料的味道更為濃郁。磨碾過的乾香料可以保存得較久，但缺點是會氧化，味道會隨時間變淡。

COMPÈRE LAPIN PORTRAIT BY DENNY CULBERT; LA GRANDE TABLE FOOD IMAGES BY ISAAC CHAU AND PORTRAIT BY GEOFFROY DE BOISMENU

Signature Wok-fried Fish with Shishito Peppers at Shisen Hanten in Singapore
新加坡四川飯店的鍋炒日本青椒魚



North America and the Caribbean

“Not many people realise how diverse US food and agriculture truly is,” says US Consul General to Hong Kong and Macau Kurt W Tong. “Louisiana’s culinary offerings are unique and delicious. Maine lobster has fans worldwide, New York and Chicago pizza battle it out for who’s best, and the quality of California’s fruits is unmatched.”

The cuisine of Louisiana is one of America’s most diverse, born from the blending of various traditions. Once a French colony and briefly part of Spain, Louisiana has long been a confluence point for immigrants and it’s where Cajun and Creole culinary styles dominate, which in themselves have roots in French cuisine but also incorporate elements from Spain, Italy, Germany, Africa, Native Americans and the Caribbean (itself home to a fusion of cuisines).

Louisiana’s distinctive culinary style today can perhaps be attributed to the late Paul Prudhomme, a chef from the state’s southeast who’s often credited with popularising Creole and Cajun cooking, delivering spice-laden dishes such as blackened redfish, which drew inspiration from the spices of Cajun cooking delivered in a non-traditional way.

“New Orleans is traditionally the home of Creole, and rural southeast Louisiana the home of Cajun, but these cuisines have borrowed and shared from each other for centuries,” says Therese Randazzo, an official at the US Consulate General Hong Kong and Macau. “The taste is flavourful and different, but not too exotic. People of many cultures find something familiar, but exciting at the same time.”

James Beard Award-winning chef Nina Compton is chef-owner of Compère Lapin in New Orleans, where she combines her St Lucian roots with Italian training and the ingredients of Louisiana in a combination of Caribbean and Creole styles. “I tend to use a lot of spices from the islands because they add a unique element to the dishes. I love using cardamom – it’s got a floral and oaky flavour and I use it in all my curries. I also love using star anise and coconut milk in my soups for a mild yet fragrant note. Turmeric and ginger also play a big role: ginger packs a punch and, if used lightly, adds a peppery/spicy element.”

Combinations of spices are common. Compton blends lemongrass with coriander and star anise for her Caribbean seafood pepper pot, while allspice, cinnamon, cumin and cayenne come together in the jerk seasoning used on her roasted jerk corn served with a smoked mayonnaise. “If used properly and in moderation, spice adds depth and flavour to your food. It gives each dish a unique flair. The key is to be very light with these spices. They’re all very potent, so can easily overpower any dish. Be delicate and start slow,” says Compton. “You can always add more.”

“Spice complements the dish, it isn’t the star,” adds chef Michael Sichel of Galatoire’s in New Orleans, who uses spice to bring out the natural flavours of his fresh produce or to add exotic notes, as with his use of clove and paprika in Galatoire’s Duck and Anoudille Gumbo. “Spices can bring out one aspect of a flavour profile or, by using spices together, they can cover several flavour profiles,” he says.

北美及加勒比地區

「美國食品及農業其實相當多元化，但知道的人並不多：路易斯安那州有獨特而惹人垂涎的菜式，緬因州龍蝦馳名全球，紐約和芝加哥的薄餅難分高下，加州則出產無與倫比的水果。」美國駐香港及澳門總領事唐偉康如是說。

路易斯安那州是美國飲食文化最多元的地區之一，菜式糅合許多不同的飲食傳統。路易斯安那曾是法國殖民地，也曾被西班牙短期統治，因此一直是移民的熔爐。當地兩大主要菜系卡郡菜和克里奧爾菜均源自法國菜，並同時具備西班牙、意大利、德國、非洲、美洲原住民，以及本身也是海納百川的加勒比菜的特色。

路易斯安那現時的獨特烹調風格，或許可以歸功於已故大廚Paul Prudhomme。這位生於路易斯安那州東南地區的大廚，炮製出一道道以豐富香料調味的菜式，如著名的焦黑魚——其靈感源自卡郡菜料理常用的香料，但以非傳統手法烹調。Prudhomme在推廣克里奧爾菜和卡郡菜方面居功不小。

美國駐港澳總領事館的外交家Therese Randazzo指出：「傳統上，新奧爾良是克里奧爾菜料理的根據地，而卡郡菜則源自路易斯安那東南部的鄉郊地區。不過，這兩種料理多個世紀以來一直互相借鑑、影響，形成特殊、與別不同的味道，但異國風味又不至太強烈，來自不同文化的人都可以在當中找到熟悉但又令人驚喜的東西。」

James Beard獎得主Nina Compton是新奧爾良餐廳Compère Lapin的主廚兼東主，來自加勒比島國聖露西亞的她，將故鄉的風味與意大利菜的烹飪知識和路易斯安那的食材，融匯成拿手的加勒比和克里奧爾菜式。她說：「我喜歡用加勒比群島出產的香料為菜餚加添獨特元素：我喜歡小豆蔻的花香和橡木味，所有咖喱菜式都會加入這種香料；我也喜歡在湯裡加入八角和椰漿，令平淡的味道多一分清香。薑黃及薑也很常用：薑味可以很搶，只加少許的話則可為菜式加點辛辣風味。」

混合使用香料非常普遍，Compton的加勒比胡椒海鮮煲就會用上香茅、芫荽和八角，烤牛油粟米伴煙燻蛋黃醬的調味則有五香粉、肉桂、孜然和卡宴辣椒。她指出：「如果運用得宜及分量適中，香料可豐富食物的層次及味道，給予每道菜式獨一無二的風味。使用香料時切忌太重手，因為香料味道均十分強烈，很容易反客為主。放香料時宜輕宜慢，不夠再加就好。」

新奧爾良餐廳Galatoire的大廚Michael Sichel補充說：「香料是輔助，不是主角。」他喜歡用香料帶出新鮮食材的天然風味，而餐廳的招牌菜鴨肉豬肉香腸秋葵濃湯則加入了丁香和紅椒粉，帶出異國風味。他說：「使用香料可以突顯一個味道組合裡的部分特色，但香料互相配合則可以做出多個味道組合。」



Opposite page:
Roasted Jerk Corn and
Smoked Mayonnaise
at New Orleans’
Compère Lapin

**This page, clockwise
from top left:** Banana
Zeppole at Compère
Lapin; chef Nina
Compton; Compère
Lapin interior; and the
restaurant’s Hot Fire
Chicken

對頁：新奧爾良餐廳
Compère Lapin的
招牌菜烤牛油粟米
伴煙燻蛋黃醬

本頁左上圖起順時針：
新奧爾良餐廳Compère
Lapin的Banana
Zeppole；名廚Nina
Compton；Compère
Lapin的室內裝潢；
以及餐廳的Hot Fire
Chicken菜式



Indian Subcontinent

“Spices are very important in Indian cuisine, but most of the time people get confused between spices and chillies. Indian food is about spices, not chillies,” says Manish Mehrotra of Indian Restaurant Indian Accent, which has outposts in London, New Delhi and New York.

The way spices are used in Indian cuisine is distinctive. “We use a lot of spices in our food, but there are hardly any dishes which are dominated by one single spice. It’s always a blend. In different parts of India, the blend is different – it might be the same spices but the proportion changes.”

Blends or masalas can be made up of any number of different spices, meaning that many more spices go into Indian dishes than those of other cuisines, which may incorporate just one or two. There are also certain Indian spice blends that are designed to be cooked, such as garam masala, often as a way to release the flavours, while others are used as a finishing flourish, such as chat masala.

Garam masala is perhaps the most common Indian spice blend. At Indian Accent, Mehrotra makes his own, which combines 12 different spices, though everyone has their own garam-masala recipe and it varies from south to north, east to west, and transcends borders. There are many other masalas, too – some distinctive to certain regions, such as veri masala from Kashmir, which incorporates a special variety of onions that grow only in the region, and others, such as panch phoron (which literally means “five spices”), different for its incorporation of whole spices, unground and typically blended in equal quantities. Panch phoron is prevalent in East India and Bangladesh and features, among other spices, fenugreek seeds and black onion seeds, which give it – and the dishes it flavours – characteristic bitterness.

India and neighbouring Bangladesh, Nepal, Pakistan and Sri Lanka make use of the wide range of spices available to them. “The variety of spices we have in India is far more than the variety outside India, and over the years of our cuisine we have known the use of each and every spice and how it will behave, so that’s why we know how to use it,” says Mehrotra. Many of India’s spices are believed to have health benefits – turmeric and ginger, for example, are considered antioxidant and anti-inflammatory. “We use these spices in such a way that it definitely helps the human body, but our focus is not only on that,” he adds.

印度次大陸

在倫敦、新德里和紐約設有分店的印度餐廳Indian Accent的大廚Manish Mehrotra指出：「香料在印度菜中扮演重要的角色，但許多人卻誤將香料和辣椒等同起來。事實上，印度菜著重的是香料，不是辣椒。」

印度菜的香料運用有別於其他國家。「雖然我們會在食物中放很多香料，但不會有哪種香料的味道特別突出，因為我們通常是使用綜合香料。在印度，不同地方所採用的綜合香料也不盡相同，就算是採用同樣的香料組合，比例也會有所不同。」

綜合香料在印度稱為masala，可以由不限數量的香料混合而成，即是說印度菜所用的香料比起那些只採用一、兩種香料的菜系多很多。印度的綜合香料也有不同用途，譬如烹調時用以釋放食物味道的garam masala，或者是在食物煮好後用來提味的chat masala。

Garam masala大概是印度最普遍的綜合香料。在Indian Accent，Mehrotra以12種香料調成自己專用的garam masala，不過garam masala的成分真是南北不同、東西各異，也超越國界限制。綜合香料種類繁多，當中有些是某地區獨有的，如喀什米爾的veri masala，其成分包括一種只在當地生產的洋蔥；而panch phoron（意思是「五種香料」）的獨特之處是採用未經磨碾的乾香料，而且各種香料分量均等。Panch phoron是東印度及孟加拉最常用的綜合香料，除了主要成分外還會加入葫蘆巴籽，以及可為綜合香料或菜式增添獨特苦味的黑蔥籽。

印度與鄰國孟加拉、尼泊爾、巴基斯坦和斯里蘭卡都善用本地出產的各種香料來烹調，Mehrotra說：「印度生產的香料種類遠較其他國家豐富，加上源遠流長的飲食文化，我們早已知道每種香料的用法和特性，所以運用起來更得心應手。」許多印度香料據說都對健康有好處，如薑黃及薑具有抗氧化及抗炎功效。Mehrotra表示：「我們使用香料的方式，肯定有利身體健康，但重點不僅是這樣。」

From top: Chef Manish Mehrotra with restaurateur Rohit Khattar at Indian Accent, London; the restaurant’s Masala Wild Mushroom, Water Chestnut, Paper Roast Dosai

上圖及下圖：倫敦餐廳 Indian Accent主廚 Manish Mehrotra與店東 Rohit Khattar；餐廳菜式 Masala Wild Mushroom, Water Chestnut, Paper Roast Dosai



Duffell: Of Spice and Men ????

From left: Anglerfish Tagine served the Tangiers Way at La Grande Table Marocaine at the Royal Mansour in Morocco; chef Yannick Alleno

左至右：摩洛哥著名酒店 Royal Mansour裡的 La Grande Table Marocaine餐廳的菜式Anglerfish Tagine served the Tangiers Way；名廚Yannick Alleno



North Africa

North African cuisines such as those of Morocco and Tunisia are also known for their use of spice, particularly cinnamon and cumin for the former, and cumin, coriander seed and chilli for the latter, as well as more individual flavourings.

“I’m always amazed by the variety of spice and herbs we can find in Morocco,” says Yannick Alleno of La Grande Table Marocaine at the esteemed Royal Mansour hotel in Marrakech, Morocco. “There are wonderful products that are grown locally and I love to use those in our creations. Cumin, thyme, Taliouine saffron, Marigha salt ... there are so many. As we truly believe in the importance of consuming locally, having such wonderful and different spices that are produced so close is an amazing chance for us to create. Also, using these spices adds specific flavours to our cuisine: a real Moroccan print and a terroir.”

Moroccan cuisine in particular is all about colours and flavours, and many of those are the result of the use of a range of herbs and spices. Yet unlike some other cuisines that are heavy in spice, “the Moroccan one is very soft and subtle; using spices with a great delicacy to support taste and not hide it”, says Alleno. “There’s a huge rigour in the world of Moroccan cooks, because one needs to be very precise to work with ingredients that may look simple, but are very powerful in taste. Focus on the amount and the combination of spices you use. It’s all about flavour balance.”

Tunisian cuisine is generally considered to be spicier than other North African cuisines – particularly for its use of black cumin, which is a spice very different from ordinary cumin and native to the region. The origins of a spice can help to define its usage and incorporating spices according to their region can be an advantage.

“It’s amazing, because spices generally work naturally together. Colours can indicate their origin, and spices from the same region usually match,” says Alleno. “Of course, you need to work, making tests and finding the perfect matches, but it’s a good indicator to start with.” Spices also have the opportunity to lend dishes a distinctive fingerprint. “Spice gives a typical note to a dish, a unique and clearly recognisable flavour print.”

北非

北非地區如摩洛哥和突尼西亞的菜式也以使用香料聞名，前者以肉桂和孜然為主，後者則常用孜然、芫荽籽和辣椒，另外當然還有其他個別調味料。

La Grande Table Marocaine位於摩洛哥馬拉喀什著名的Royal Mansour酒店內，餐廳大廚Yannick Alleno指：「在摩洛哥可以找到的香料和香草，種類之多令人歎為觀止！本地生產的食材也十分精采，我喜歡用它們來創作：孜然、百里香、塔利歐尼番紅花、Marigha鹽等……實在多不勝數。我們對採用地道食材非常重視，附近能出產如此精采而豐富的香料，有利我們創作。另外，使用這些香料可為菜餚加添獨特的風味：真正的摩洛哥味道和風土特色。」

摩洛哥料理的重點在於色彩和味道，菜式都使用一系列的香草及香料，但跟其他大量使用香料的菜系又有所不同。Alleno說：「摩洛哥菜很輕盈和含蓄，在香料運用上十分精細，目的是突顯而不是蓋過食材的味道。摩洛哥廚師不易為，因為使用的食材看來雖然簡單，但味道卻非常強烈，因此必須拿捏精準，香料的配搭和分量不能有任何差池，最重要是保持味道平衡。」

突尼西亞菜一般來說比北非其他國家辣，原因是採用了當地獨有、有別於一般孜然的黑孜然。來源地對香料的使用方法有決定性的影響，根據產地決定使用哪些香料有其好處。

Alleno解釋：「香料的味道一般來說都不會互相排斥，實在十分奇妙。香料的顏色可以反映其產地，而來自同一地區的香料味道通常能夠互相配合。當然如果想找出最完美的配搭，必須要作出不同的嘗試和實驗，開始時不妨考慮以同一地區出產的香料互相配搭。」香料也可以給菜式賦予獨一無二的標記，「香料可以給菜式特有的味道，一種讓人一吃就知道是什麼菜式的味道特色。」



東南亞

香料在泰國菜裡舉足輕重，尤其是辛辣的香料。在米芝蓮一星餐廳Bo.lan，大廚Dylan Jones努力保存泰國菜的傳統及飲食智慧，儘量不用現成的東西。他會以傳統方法用鉢和杵來研磨香草和香料，因為它們是構成泰國菜獨特味道的重要成分。

Jones說：「我們用得最多的香料是辣椒，真的用很多。不過我們也會用許多新鮮香料，如香茅、南薑及大量白胡椒——在辣椒出現之前，胡椒是泰國菜採用的主要香料。咖喱醬中也普遍會加入一些芫荽和孜然籽。」

以Bo.lan的紅咖喱菜式Sap Nok Style Curry with Ginger為例，顏色濃艷的咖喱汁正是加入許多香料的結果。一如印度菜，泰國菜在烹調時也會加入許多香料，不過組合不同。「泰國菜多選用新鮮香料和香草，有別於印度菜的乾香料。」越南菜也一樣，喜歡用新鮮香料，尤其是香草。緬甸、新加坡和馬來西亞則比較近似印度，喜用磨碎的乾香料。

Jones補充道：「我認為泰國菜使用的香料比西方及其他菜式多很多。」泰國菜和其他東南亞菜式一樣，大量使用香料，不過因為大部分菜式會配白飯，可以中和菜式的濃烈味道。

說到使用香料烹調，Jones表示：「不要害怕，泰國菜就應該是味濃色艷的，因為大部分菜式都會配白飯吃。」

Southeast Asia

The use of spice in Thai cuisine is significant, particularly in terms of heat. At one-Michelin-star Bo.lan restaurant in Bangkok, chef Dylan Jones strives to safeguard the heritage and culinary wisdom of Thai food, making everything from scratch and using traditional methods such as mortar and pestle to grind the herbs and spices that are so essential to the striking flavours of Thai cuisine.

“The most obvious spice would be chilli and we certainly use a lot of that,” says Jones of Bo.lan’s brand of Thai cuisine. “But we tend to incorporate many fresh spices like lemongrass and galangal, and lots of white pepper, as peppercorn was the spice of choice before chillis were introduced, and some coriander and cumin seeds are pretty common in our curry pastes.”

Take Bo.lan’s Sap Nok Style Curry with Ginger – the intense colour of the sauce is a reflection of the rich hues of the many spices incorporated into it. As in Indian cuisine, a diverse range of spices is used in Thai cooking yet their incorporation differs. “Thais tend to opt for fresh spices or herbs rather than dried over other cuisines like Indian.” The Vietnamese, too, focus on fresh, particularly herbs, while nations such as Myanmar, Singapore and Malaysia take more of a cue from India, using dried, ground spices.

“I’d also say Thais use them very liberally compared to, say, Western cuisines,” adds Jones. This abundant use of spices is similar to that in other southeast Asian cuisines, too – such bold use is tempered as most of the dishes they’re used in are accompanied by rice.

“Don’t be scared,” says Jones of using spice when cooking. “Thai food should be heavily seasoned and intense, because you always eat it with rice.”

From top: Chef Dylan Jones; his Grilled “Ku” Beef and Mangosteen Salad with Mint Dressing; the restaurant interior

上至下: Bo.lan餐廳大廚 Dylan Jones; 其菜式燒“Ku”牛肉及山竹沙律配薄荷醬; 餐廳的室內佈置



Regional China

When the cuisines of Sichuan and Hunan in China consider spice, it’s generally in terms of heat, as both are well known for their use of chillis and peppercorns. While their heat-heavy nature may be a defining characteristic, there’s much more to these cuisines.

“Sichuan cuisine focuses on seven distinctive flavours: sour, pungent, hot, sweet, bitter, aromatic and salty. Spices are used to create those flavours and ensure they’re showcased,” says chef Chen Kentaro, who heads up Shisen Hanten in Singapore and is the grandson of chef Chen Kenmin, who is known as Japan’s Father of Sichuan Cuisine.

Chef Liu Guo Zhu of the two-Michelin-star Chinese restaurant Golden Flower at Wynn Macau agrees: “Sichuan gastronomic highlights are created through the artful mixing of spicy, tingling flavours. They resonate in a variety of depths and complexity of flavours, similar to a perfectly orchestrated symphony of high, middle and low notes.” Within those flavours reside a kaleidoscope of different chillies. “They have their own uniqueness and specific use. Picking the right type is key to making authentic spicy dishes,” says Liu, who extols the virtues of, for example, Chengdu’s dried long chilli for its good colour, medium spiciness and aromatic nature – ideal for making more fragrant dishes. Yet at the same time, chilli is not Sichuan’s star. “Chilli complements the dish, but only a strong supporting actor could elevate the show.”

Hunan cuisine, while also spicy from extensive chilli usage, comprises dishes that err on the dry and spicy side rather than the spicy and fragrant side, as Sichuan’s do. “The chefs of Chengdu [Sichuan’s capital] are more focused on the overall balance of taste, so it’s more approachable than spicy dishes from elsewhere,” says Liu. “In one dish you could often get the astonishing variety of flavours: sour, sweet, bitter, spicy and salty, and because of these variations and artful mixes of seasoning, Sichuan cuisine has been capturing palates.”

As with all cuisines that make extensive use of spice, it’s always important to present harmony within dishes. As Kentaro advises, “It’s about creating a balance using the different spices and ensuring that no one spice is more overpowering than others and that they enhance rather than detract from the natural flavours of the ingredients.” 🍲



大中華區

中國川菜和湘菜兩大菜系均以辣聞名，香料使用以辣椒和胡椒為主。不過，儘管兩者俱以辣為特色，但絕非獨沽一辣。

執掌新加坡四川飯店的陳建太郎，祖父是有「日本川菜之父」美譽的大廚陳建民。他指出：「川菜有七種味道：酸、麻、辣、甜、苦、香、鹹，廚師會利用香料的配搭來突顯這些味道。」

永利澳門米芝蓮二星餐廳京花軒的行政總廚劉國柱也同意：「川菜的特色是由不同的辣味混調而成，形成層次豐富、複雜的味道，就像是由高、中、低音樂器合奏的交響曲。」這些味道裡包含了各種各樣的辣椒，而「這些辣椒又各有特色和用途，選用適當的辣椒才能做出味道正宗的川菜。」劉師傅舉例說明，以成都的二條荊為例，這種色澤亮麗、辣味適中且香氣十足的辣椒，適宜用於香辣味較濃烈的菜式。不過他亦指出，辣椒並非川菜的主角：「辣椒只是菜式裡的綠葉，是提升整個表演層次的重要配角。」

湘菜也大量使用辣椒，以辣見稱，但菜式偏乾辣，有別於川菜的香辣。劉師傅說：「成都的廚師比較注重整體味道的平衡，因此川菜比其他地區的辣味菜式平易近人。川菜通常一道菜裡就齊集各種味道，如酸、甜、苦、辣、鹹，因為變化多端和講究的調味，川菜很容易打動食客的味蕾。」

一如所有有大量香料入饌的菜式，味道和諧是重要考慮。陳建太郎提醒：「重點是確保香料配搭平衡，沒有一種香料的味道蓋過其他的。使用香料的目的是提升食材的天然味道，切忌喧賓奪主。」 🍲

From top left: Stewed Fish Maw with Crab Claw in Supreme Chicken Soup at Golden Flower; chef Liu Guo Zhu

左至右: 京花軒的蟹肉黃燒魚肚; 名廚劉國柱