Plat Du Jour 名菜解構

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Wild alchemy
融合與創新
Innovative combinations characterise the culinary wizardry of Asia’s leading female chef Lanshu Chen

The food at Le Moût restaurant is a reflection of its chef Lanshu Chen was born in Taiwan and trained at Le Cordon Bleu in Paris, France, and the menu for restaurant in Taichung, on Taiwan’s west coast (which will close before the end of 2018), is an elegant blend of classical French cuisine and distinctive Taiwanese elements. Take her signature Scallop, Wild Balsam Pear, Balsam Pear and Fromage Blanc, which combines traditional training with age-old technique and local ingredients.

“While we were tasting fermenting bitter gourd (balsam pear), we found that one of the native varieties developed a special floral aroma after fermentation, which is very refreshing, so we tried to pair it with delicate seafood such as langoustine and raw scallop. Both worked very well,” explains Chen, who decided to go with the latter, mixing it with fermented wild bitter gourd (wild balsam pear) topped with a dry scallop mousse. “The deep and aged umami taste from the dry scallop mousse lightens the acidic and crunchy wild bitter gourd. It also brings an interesting contrast to the tender and mild raw scallop.”

This savoury sensation exhibits creativity, courage and harmony, all characteristic of Chen, who is one of ICI’s Honorary Advisors. “Contrast and balance among the ingredients always exist in my creations – that’s why I chose this dish as one of our signatures.”

乐沐餐厅的食物反映了大厨的个性。陈嵐舒生於台
湾，毕业於巴黎蓝带厨艺学校，於台中开设餐厅 (将於2018年闭店)。乐沐的菜式糅合法式料理的精髓和台湾独有的元素，结合传统法式烹调技巧与台湾本土食材的招牌菜式带子配苦瓜、白玉苦瓜及白芝士就是最好例子。

陈嵐舒说：「我們嘗試發酵白苦瓜時，發現其中一個
苦瓜品種發酵後會散發獨特的花香。」她並無預期，但
是發酵後的苦瓜香氣清新怡人，於是她便決定使用它
「我嘗試以它配搭鮮嫩的海產如小龍蝦和帶子，兩者
均與苦瓜相配，最後決定將帶子配苦瓜及白玉苦瓜
混合，再裹上並油封川立。」

這道菜式展現了創意、膽量、協調，這些也是國際廚藝
學院榮譽顧問陳嵐舒的特點，「這也是我一向善長合
理食材對比和平衡，因為我兼顧著味道的均衡之一。」