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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

亞洲頂尖女廚師陳嵐舒以創意和獨特個性施展烹飪魔法

By Rachel Duffell

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 at her 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 techniques and local ingredients.

"While we were testing fermenting bitter melon (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 melon (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 melon. 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."

樂沐餐廳的食物反映了大廚的個性。陳嵐舒生於台灣，畢業於巴黎藍帶廚藝學校，於台中開設餐廳（將於2018年年底結業）。樂沐的菜式糅合法國菜的傳統和台灣獨有的元素，結合傳統法式烹飪技巧與台灣本土食材的招牌菜式帶子配山苦瓜、白玉苦瓜及白芝士就是最好例子。

陳嵐舒說：「我們嘗試發酵白玉苦瓜時，發現其中一個原生品種發酵後會散發獨特的花香，香氣清新怡人。於是我們嘗試用它搭配鮮嫩的海產如小龍蝦和鮮帶子，兩者均與苦瓜很合拍。」她最後決定將帶子與發酵山苦瓜混合，再覆上乾瑤柱泡沫，「瑤柱的鹹鮮味，減輕了苦瓜的酸度並帶出其爽脆口感，同時與柔軟清淡的帶子呈現有趣的對比。」

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，「我的菜式一向著重各種食材的對比和平衡，因此我選擇這道菜作為招牌菜之一。」

