Plat Du Jour 名菜解構

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The food at Le Moût restaurant is a reflection of its chef Lanshu Chen. Born in Taiwan and trained at Le Cordon Bleu in Paris, France, and the menu of 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, Ballam Pear and Fromage Blanc, which combines traditional training with age-old techniques and local ingredients.

"While we were testing 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."

融合與創新

Innovative combinations characterise the culinary wizardry of Asia’s leading female chef Lanshu Chen.

By Rachel Duffell

亞洲頂尖女廚師陳嵐舒以創意和獨特個性施展烹飪魔法

Duffell: Plat Du Jour ????