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## Plat Du Jour 名菜解構

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## Signature showcase

### 示範作

Finnish chef Jaakko Sorsa imbues his creations with a sense of his culinary culture  
芬蘭大廚 Jaakko Sorsa 喜歡在菜式裡融入自己的烹調文化

By Rachel Duffell

When Jaakko Sorsa introduced his first salmon dish to the menu at FINDS Nordic restaurant in Hong Kong, it was presented as a showcase of typical Nordic wild fish. A hit, it led the Finnish-born chef to experiment, introducing salmon presented in three styles, then four and finally six ways. It was this final form that he felt was a true reflection of his Nordic roots.

Salmon Six Ways features a stunning display of culinary techniques, specifically the traditional preserving methods common to Nordic cuisines. The dish includes curing – in the beetroot gravadlax; cold-smoking for the smoked roe and the cold-smoked salmon; brining in the fennel seed-seared salmon; hot smoking in the smoked salmon pâté; and pickling for the pickled salmon.

“Many of our guests had tried salmon mostly as sashimi. Our age-old Nordic preserving methods were something new and Salmon Six Ways was a great opener to understanding Nordic cuisine and traditions,” says Sorsa. The dish resonated with diners who began to return just to enjoy his Salmon Six Ways. It also helped to introduce diners to other aspects of Nordic cuisine.

Although Sorsa applies these techniques to salmon, in Scandinavia they are also used to preserve an array of other seafood items, meats, vegetables, fruits, mushrooms and berries. “We have four very different seasons,” he explains. “They all have different wild and fresh produce, but when winter arrives you need to be ready with your preserved selection as, especially in the old days, if you did not preserve food during spring, summer and autumn, it would be a tough winter.”

Jaakko Sorsa 是香港北歐餐廳 FINDS 的行政總廚，他為餐廳推出第一款三文魚菜式時，主要是想向客人展示這種典型的北歐野生魚類。後來由於這道菜大受歡迎，出生於芬蘭的 Sorsa 開始作出各種嘗試，變成三文魚三吃、四吃，到目前展示六種烹調方法的三文魚六吃。他認為現時的六吃，可以真正反映他身為北歐人的根。

「挪威三文魚驚喜六重奏」包括有紅菜頭汁漬三文魚、冷燻三文魚子、冷燻三文魚、輕煎茴香籽漬三文魚、熱燻三文魚醬及醃三文魚，可說是一場烹飪技巧的精采示範，尤其是北歐菜式常用的傳統醃製方法。

Sorsa 說：「我們很多客人一般都只吃過三文魚刺身，對歷史悠久的北歐醃漬方法感到新鮮，『三文魚驚喜六重奏』是認識北歐菜式和烹調傳統的重要第一步。」這道菜受到客人青睞，吸引不少回頭客之餘，亦有助餐廳向客人推介其他北歐佳餚。

在北歐，Sorsa 用來烹調三文魚的技巧，同樣會用於保存海鮮、禽畜肉類、蔬菜、水果、菇菌和莓果等，他解釋：「北歐四季氣候分別非常大，每季都有不同的野生和新鮮農產，但冬天來臨前，則必須準備好各種醃製食物，特別是在以前，如果不在春、夏、秋季準備好醃製食物，冬天便麻煩大了。」

