



September 2019

## Gastropedia 美食百科

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### Recommended Citation

Wall, Jon (2019) "Gastropedia 美食百科," *AMBROSIA 客道 : The Magazine of The International Culinary Institute*, 6-7.

Available at: <https://repository.vtc.edu.hk/ive-hosts-ambrosia/vol8/iss1/7>

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# Food of the gods

## 天賜美食

From fabulously expensive caviar to more humble species of roe, fish eggs feature in many of the world's cuisines 由昂貴的魚子醬，到價錢相宜的普通魚卵，世界各地均可找到以魚子炮製的美食

By Jon Wall



### What? 關於魚子

Considered a delicacy in many parts of the world, roe comprises the ripened, unfertilised internal or external egg masses of fish, or other marine animals such as shrimp or scallops. It can be consumed either salted and raw – most famously and exclusively as caviar – or uncured and cooked.

在世界各地均被視為美食的魚子，是指魚類體內或已排出體外而未受精的成熟魚卵。除了魚類，某些海洋生物如蝦和帶子等的卵子也會泛稱為魚子。魚子可以用鹽醃製後生吃，或是不醃製但煮熟吃，其中魚子醬就是最著名和矜貴的鹽醃魚子。

### Form 食用方式

Caviar – a name that should strictly be applied only to the eggs of the sturgeon – is produced by a painstaking process that involves removing the eggs from the pouches, washing and salting them, and then packing them in tins or jars. Although other varieties of fish eggs can be processed and consumed similarly, these aren't regarded as "true" caviar.

魚子醬必須由鱈魚的魚卵製造，過程非常繁複，包括從魚子囊取出一顆顆的魚卵、清洗和鹽醃等，最後會裝進鋁罐或瓶子裡出售。其他魚的魚卵雖然也可以用相似的方法處理和食用，但卻不能稱之為「正宗」魚子醬。



### Caviar production 魚子醬產量

The United Nations Food & Agricultural Organisation (FAO) defines caviar as deriving only from fish of the Acipenseriformes families, meaning sturgeon and paddlefish. Traditionally the delicacy was produced around the Caspian Sea in Central Asia, with the variety from the beluga sturgeon being especially prized for its large, soft eggs. Today most sturgeon is farmed, with some 54% of the world's 2,300-plus farms in 2017 located in China; in the same year, the mainland accounted for 79,638 tonnes of overall sturgeon biomass, compared with 6,800 tonnes in Russia and 6,000 in Armenia.

根據聯合國糧食及農業組織的定義，用來做魚子醬的魚子必須來自鱈形目魚類，即是鱈魚和大硬鱈魚。傳統上，魚子醬產自中亞的裡海周邊，並以大白鱈又大又柔軟的魚子最受推崇。今天，大部分鱈魚為人工養殖，而根據2017年的數字，全球2,300多家鱈魚養殖場中，約54%位於中國。同年的數字亦顯示，中國出產79,638噸鱈魚，俄羅斯和亞美尼亞則分別生產6,800噸和6,000噸。

### Fish roe around the world 世界各地的魚子美食

Caviar is often consumed with blinis (small buckwheat pancakes), sour cream and chopped boiled egg and chives. Russians – and connoisseurs – wash it down with a slug of cold vodka or, failing that, a glass of champagne.

Crab and shrimp roes are consumed in China, sometimes as a topping on dishes or soups.

In Italy, entire fish-roe sacs (generally from Atlantic bluefin tuna but also from mullet) are salted, dried and then shaved as a dressing for pasta or eaten with lemon and olive oil, in which form it's known as *bottarga*.

Numerous types of raw roe are used in Japanese sushi, the best known being the bright orange salmon eggs called *ikura*. Fish roe is also cooked tempura-style.

Greek taramasalata is a dip of carp roe mixed with lemon juice, olive oil and onions.

Huevera Frita in Peru comprises pan-fried, breaded roe, served with onion salad on the side.



Fish and chip shops in the United Kingdom often serve cod roe deep fried in batter.

魚子醬通常與俄羅斯小巧的蕎麥煎餅、酸忌廉、碎蛋和細香蔥一起享用，俄羅斯人和美食專家還會佐以冰凍的伏特加或退而求其次以香檳代替。

中國人喜歡吃蟹子（即蟹黃）和蝦子，有時會放在菜式和湯上面增添風味。

意大利人會將大西洋藍鱈吞拿魚或烏頭的整個魚子囊用鹽醃製、風乾，做成烏魚子，然後刨成一片片作為意粉的醬汁，或跟檸檬和橄欖油一起享用。

日本壽司採用多種生魚子，最常見的是鮮橙色的三文魚子。除了生吃，還會做成魚子天婦羅。

希臘的 taramasalata 是由鱈魚子混和檸檬汁、橄欖油和洋蔥做成的蘸醬。

秘魯的 Huevera Frita 則是香煎裹上麵包糠的魚子伴洋蔥沙律。

英國的炸魚薯條店會供應裹上麵粉漿的炸鱈魚子。

### Health 健康價值

Fish roe, whether caviar or otherwise, is low in saturated fats; a normal serving of sturgeon roe contains around a gram, whereas herring roe, for instance, is entirely free of saturated fat. Nor is it a significant source of carbohydrate or sugar. Although it isn't high in protein (a serving of caviar contains around 4 grams), it does provide good doses of Vitamin B12, choline and selenium. While it's an excellent source of omega-3 fatty acids, the fact that it's high in cholesterol and, in the case of caviar and other processed roes, sodium, are obvious downsides.

魚子，不管是來自鱈魚還是其他魚類，均含有極低的飽和脂肪，普通一份鱈魚子約有一克飽和脂肪，而鱈魚子更完全不含飽和脂肪。魚子的碳水化合物、糖分和蛋白質（一份魚子醬約有四克）含量也不高，但維他命B12、膽鹼（維他命B複合體之一）和硒卻相當豐富。魚子也是奧米茄3脂肪酸的極佳來源。不過，魚子也有膽固醇含量過高，以及加工過的魚子如魚子醬等鹽分含量偏高等不利健康的因素。



### Caviar in history 魚子醬歷史

Said to have been first perfected in ancient Persia (now Iran), salted caviar became so synonymous with wealth, power and privilege that the 14th-century English King Edward II declared the sturgeon to be reserved for royalty – as indeed it remains today. Caviar became so popular in the Russian court during the 19th century that the countries around the Caspian Sea began producing it in ever-greater quantities, which eventually led to a crisis of over-fishing and poaching in the mid-1990s. After a complete ban on the export and import of wild sturgeon by the Convention on International Trade in Endangered Species in 2006, all caviar sold around the world is farmed.



以鹽醃製的魚子醬據說早在古波斯（現今的伊朗）時期已達至完美，被視為財富、權力和特權的象徵。14世紀，英王愛德華二世將鱈魚封為皇家魚類，該法令至今仍然生效。到了19世紀，魚子醬風行俄羅斯王室，裡海周邊國家的魚子醬產量因此達到巔峰，導致1990年代中期出現濫捕和偷捕的情況。2006年，瀕危野生動植物國際貿易公約禁止進出口野生鱈魚，因此現時全球各地出售的魚子醬均來自養魚場的鱈魚。

US\$25,000

According to Guinness World Records, the world's most expensive food is Almas. One kilogram of this delicious and aromatic caviar, which comes from the rare Iranian albino beluga sturgeon of the southern Caspian Sea, sells for more than US\$25,000.

根據健力士世界紀錄，全球最貴的食物叫Almas魚子醬。它是棲息於伊朗裡海南部的罕有大白鱈魚子製造，味道鮮美而香氣馥郁，每公斤售逾25,000美元。