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Bookshelf 新書上架

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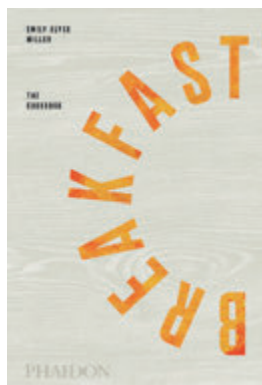
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Top tomes

關於吃的聖典

The creative and captivating culinary explorations put down on paper that deserve a place on your bookshelf 充滿創意、記載動人廚藝篇章的烹飪書籍絕對值得買回家細閱

By Rachel Duffell



Breakfast: The Cookbook

By Emily Elyse Miller
May 2019

Some call it the most important meal of the day; others haven't indulged in it for decades. Whatever your thoughts on the fast-breaking repast, every culture has its own traditions, not to mention the fact that it's definitely a meal on the rise. This book brings breakfast recipes from around the world – 380 from 80 countries – to show that whatever the importance you place on it, it can always be interesting, eye-opening and culturally enriching. There's no better way to start the day.

有人認為那是一天之中最重要的一餐，但也有人長期忽視它。不管你認為早餐有什麼意義，每個文化都有自己的早餐傳統，更何況，目前早餐已開始愈來愈受重視。本書網羅全球各地80個國家共380份早餐食譜，不管你重視早餐與否，這本有趣、文化意涵豐富的烹飪書都可以讓你眼界大開。一天之計沒有比閱讀世界各地的早餐食譜和文化更賞心的樂事。

Aloha Kitchen: Recipes from Hawai'i

By Alana Kysar
March 2019

Hawaii is something of a melting pot when it comes to food, with local influences from the native Polynesian population as well as elements of Chinese, Japanese, Portuguese, Korean, Filipino and Western cuisines. Its diversity is beautifully reflected in Maui native Alana Kysar's cookbook, which explores classics such as poke, introduces the nation's staples, from saimin and loco moco to shoyu chicken, and reveals more about their origin and history. It's a delicious celebration of the islands' culinary heritage.

夏威夷毫無疑問是一個美食熔爐，其菜式除深受當地玻里尼西亞人的影響，也糅合了中國、日本、葡萄牙、韓國、菲律賓和西方國家等地的風味。生於茂宜島的Alana Kysar在這本烹飪書裡介紹了夏威夷的傳統菜式如魚生飯、常見佳餚豉油雞，以至細麵和米飯漢堡等主食，並記述每款美食的起源和歷史，儼如給夏威夷群島的多元烹飪文化一次色香味俱全的禮讚。



Ruffage: A Practical Guide to Vegetables

By Abra Berens
April 2019

Ruffage encourages chefs to think outside the box. Because why shouldn't you shave your cauliflower or poach your radishes? The brainchild of chef Abra Berens, who conceived the book while running a small farm, *Ruffage* reflects how she got creative with whatever was in season. The book highlights cooking methods from confit to caramelising, braising to blistering for different vegetables and looks at how you can use them in a range of recipes. *Ruffage* will revolutionise the way you approach vegetables.

《Ruffage》鼓勵廚師突破固有烹飪習慣。為什麼不能將花椰菜的菜花切下來烹調？水煮蘿蔔又有何不可？撰寫此書的大廚Abra Berens本身經營一座小型農場，該書記載了她對當季農產各種創意十足的嘗試，並介紹各式烹調蔬菜的方法，如油封、焦糖、慢燉及烘烤等，另外亦包含一系列的蔬菜食譜。《Ruffage》會顛覆你對蔬菜的想像。

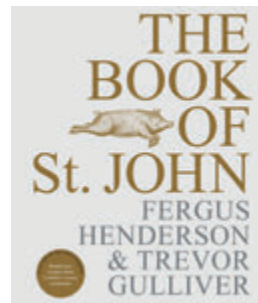
The Book of St. John

By Fergus Henderson and Trevor Gulliver

October 2019 (Ebury Press)

Fergus Henderson and Trevor Gulliver are celebrating 25 years at St. John, a London restaurant that's become synonymous with well-sourced, seasonal ingredients prepared with respect to every part, with nothing wasted, everything treasured. This comprehensive tome considers the ethos and working practices and includes some of the restaurant's best-loved recipes – many never published before – and wine recommendations from a quarter century of fine British cuisine.

倫敦餐廳St. John以創意飲食享負盛名，它一直堅持選用精心搜羅的食材和當季農產，並且珍惜和尊重食物資源，絕不浪費任何部位。創辦人Fergus Henderson和Trevor Gulliver趁著餐廳開業25週年，出版了這本資料翔實的烹飪書，分享餐廳的價值觀和工作習慣，以及餐廳最受歡迎菜式的食譜，當中不少從未出版。此外，書裡還有來自這家已屹立四分之一世紀的英國高級食府的佳釀推介。



The Garden Chef

By Phaidon editors
April 2019

Chefs no longer solely inhabit the kitchen. Many green-fingered cooks delight in an extended culinary process that starts with the plant and ends at the plate. This tome looks at chefs' growing spaces around the world, whether city rooftop or country plot, herb garden or fruit orchard, and not only reveals what these chefs grow, but also presents garden-focused recipes and growing tips. Chefs Magnus Nilsson, Simon Rogan and Alice Waters are among those whose greenhouses and gardens serve as a source of inspiration.

今天的大廚不再是窩在廚房裡埋頭苦幹，不少熱愛園藝的廚師由種植蔬菜開始到佳餚上碟為止都會親力親為。本書走訪了世界各地由大廚們打理的栽種空間，當中包括城市大廈的天台農莊、鄉郊農田、香草園和果園等，不但記錄了他們種植的蔬果，還附上以蔬果為主的菜式食譜和種植心得。多位受訪的大廚，包括Magnus Nilsson、Simon Rogan和Alice Waters，都喜歡從自己的溫室、菜園尋找靈感。