



November 2020

Ambrosia Autumn 2020 Full Issue

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et al.: Ambrosia Autumn 2020 Full Issue

AMBROSIA 客道

THE MAGAZINE OF THE INTERNATIONAL CULINARY INSTITUTE • AUTUMN 2020 秋季



ZERO HEROES

Alcohol-free
alternatives

零的選擇
無酒精佐餐飲品

PLOT TO PLATE

Garden Chefs

自耕自煮
擅長園藝的大廚們

A HELPING HAND

Overcoming Challenges

善心膳食
克服逆境下的種種挑戰



WORLD OF INTERNATIONAL CUISINES

國際廚藝 匯聚於此



WELCOME MESSAGE 歡迎您!

To say that the year 2020 has been a difficult one for the hospitality and catering industries – not just here in Hong Kong, but also around the world – would be regarded by many in this industry as an understatement. Everyone has adapted to a different way of doing business, perhaps through rearranged floorplans and reduced tables and seating, or by concentrating on takeaway services that hitherto had rarely been part of their restaurant's offerings.

Much positive news has still come out of this situation due to the inherent creativity that revolves around the hospitality and catering sector: hotel and restaurant owners, chefs, kitchen hands and serving staff have all pitched in, not only to help themselves

and their businesses, but also to aid the wider community and even pave the way towards the new normalcy that will inevitably follow. In this issue of Ambrosia, we highlight many such activities, from the online cookery tutorials by famed Italian chef Massimo Bottura to initiatives to provide hot meals to disadvantaged members of society that have been undertaken by several companies and organisations in Hong Kong.

As to the longer-term, we look at how chefs and scientists alike are envisaging new ways of how food reaches the table, from restaurants that are appreciating the benefits of growing their own produce, and bringing vegetables to the table that have been picked only hours – and perhaps even minutes – before, to the complete separation of farm from plate with the arrival of foodstuffs that have been created almost completely in the laboratory.

Whatever the future of our industry, we at the ICI continue to remain as committed as always to the furtherance of the culinary arts, with student programmes continuing throughout the pandemic via online learning and demonstration videos. The use of such channels will enable us to keep our students abreast of new trends and methods, and remain connected with developments in the wider restaurant and hospitality industries.

如果說，2020年對香港以至世界各地的款待餐飲業來說都是困難重重的一年，相信許多業內人士都會認為這說法未免輕描淡寫。幸而，大家已適應了新環境，紛紛改變經營模式，如更改餐廳的佈局、減少桌椅，或是主打在此之前不受重視的外賣服務等。

而款待餐飲業與生俱來的創意，更讓人在逆境中見到光明。酒店和餐廳的老闆、廚師、廚房員工和服務員齊心協力，不僅燃燒自己，還照亮別人，在自救之餘亦不忘幫助他人，這股同舟共濟的力量更大

有可能成為疫情過後的生活常態。這一期的《Ambrosia 客道》就報導了許多相關活動，如由意大利名廚Massimo Bottura主持的網上烹飪班，以至由香港多家公司和機構分別推出、為貧困人士送上熱騰騰餐膳的計劃等。

長遠而言，我們亦探討了廚師和科學家們對未來食材來源的展望：有餐廳大力推崇自己種植食材及用下鍋前數小時甚至數分鐘才採摘的蔬果烹調佳餚的好處，有公司則幾乎完全在實驗室裡製造食物，不靠農場生產。

不管餐飲業將要走向怎樣的未來，國際廚藝學院都會持續不懈地促進廚藝發展，在疫情期間繼續透過線上學習和示範影片授課，讓學員與時並進，接觸新的廚藝趨勢和技巧，與款待餐飲業的最新發展保持聯繫。

ICI Editorial Team
國際廚藝學院編輯組

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定居香港，以自由之身任職編輯、撰稿人和項目經理的Rachel，擁有豐富的出版、內容行銷及數碼及社交媒體工作經驗。她曾擔任多份奢華生活時尚雜誌的編輯，涉及主題相當廣泛，寫作題材涵蓋旅遊、餐飲、設計、藝術、歷險、娛樂、文化和時裝等。在本期《AMBROSIA客道》，她訪問了多位利用自家菜園炮製即採即煮佳餚的大廚，並跟讀者分享長壽秘訣和大受歡迎的無酒精飲品。



ANNA CUMMINS

A Brummie by name and Hongkonger by nature, Anna is a freelance lifestyle writer and editor who finds this a perfect excuse to be as nosy as possible, all the time. Specialist subjects include negronis, 90s B-sides and chilli sauce. For AMBROSIA she goes beyond the meat alternatives, and speaks to the people who are producing new food and drink products in the lab.

出生於伯明翰但已扎根香港的Anna是自由作者及編輯，喜歡撰寫跟生活時尚有關的文章，藉此盡情刺探周遭一切。Anna擅長的題材包括有negroni雞尾酒、1990年代的副流行產物及辣椒醬。在本期《AMBROSIA客道》裡，她訪問了多位對另類肉類推崇有加的廚師。



MELISSA TWIGG

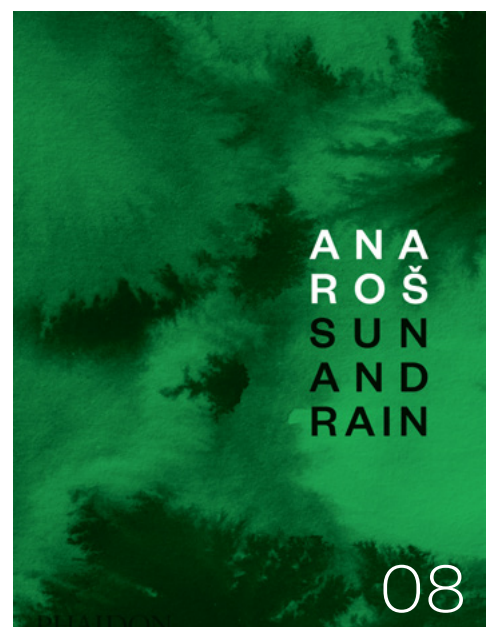
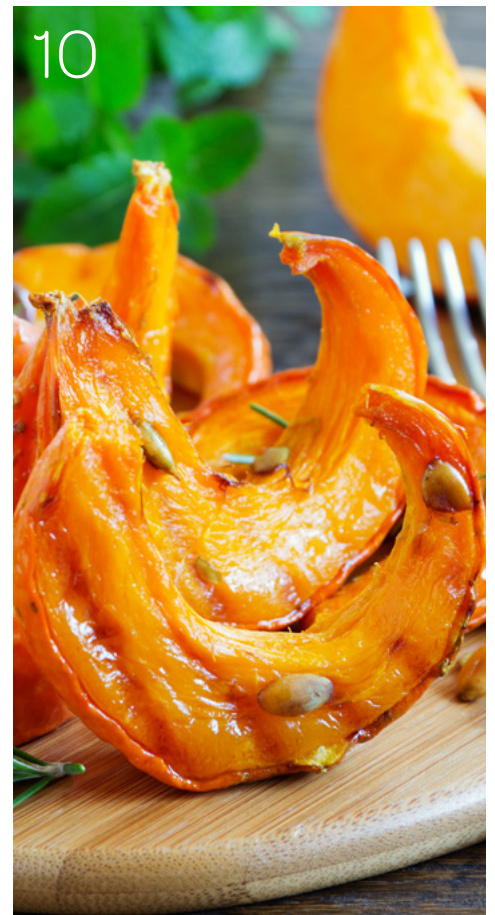
Melissa Twigg is a fashion, travel and lifestyle journalist now living in London and getting over a bad case of geographical commitment phobia. She writes regularly for the Times, the Telegraph, the BBC, Vogue and Grazia and is working on her first novel. For AMBROSIA, she looks at the future of food, and how restaurateurs and bar owners are becoming and staying innovative during a global crisis.

現居倫敦的時裝、旅遊及生活時尚記者Melissa Twigg，是四海為家處處家的信徒。她經常為《Times》、《Telegraph》、BBC、《Vogue》和《Grazia》供稿，目前正在撰寫她的第一本小說。在本期的《AMBROSIA客道》，她探討了餐飲業界的未來發展，以及餐廳酒吧老闆如何利用創意在全球危機下逆境求存。



TEST KITCHEN

GASTROPEDIA 美食百科 • BOOKSHELF 新書上架 • TOOL OF THE TRADE 創意廚具 • LEXICON 專業詞彙



The world is your oyster

蠔的種種

Once the food of the common people, the edible mollusc is now regarded as a luxurious indulgence
曾經是平民食物的蠔現時已升級為高級美食

By Jon Wall



What? 關於蠔

Found in marine habitats around the world, oysters are bivalve salt-water molluscs that belong to the ostreidae family. A type of shellfish, they ingest nutrients via filtering seawater over their gills, which is transported to the mouth after first being trapped in mucus. Today regarded as a luxury food that's prized by gourmets, oysters were once so cheap and plentiful that they were consumed largely by working people.

蠔是鹹水雙殼類軟體動物，屬牡蠣科，棲息地遍及世界各地。它跟其他甲殼類動物一樣，透過鰓過濾吸入的海水，然後以鰓中黏液捕捉水中浮游生物以獲取養分。現時，蠔深受美食家吹捧，被視為高級美食，但曾幾何時，蠔只是大量供應的廉價食物，主要受到勞動階層歡迎。

Preparing oysters 食用方式

Oysters can be prepared and eaten in almost any way imaginable: raw from the half shell or boiled, steamed, baked, smoked, stewed, roasted or broiled; they may also be pickled or canned. Most gourmets, however, prefer to eat them raw from a bed of ice, and with a dressing of lemon juice, vinegar or a hot sauce, or a mignonette made from wine vinegar, shallots, black pepper and salt. Shucking – i.e. opening the shell without damaging the oyster inside – requires the use of a special knife and a certain skill. At their most luxurious, oysters should be consumed with a crisp, chilled champagne or dry white wine such as Sancerre. 蠔的食用方法基本上是各適其適，可以剝開半邊蠔殼生吃，也可以用水煮、蒸、焗、煙燻、焗、烤、灼，甚至醃漬及做成罐頭。大部分美食家選擇放在冰床上上桌的生蠔，然後用檸檬汁、醋或辣醬，或是用由葡萄酒醋、紅蔥頭、黑胡椒和鹽混成的mignonette醬調味。食用時需有技巧地用一把特製的小刀將蠔殼打開，不要傷到裡面的生蠔。最高級的生蠔應該配清爽冰涼的香檳或甜度低的白酒如Sancerre等一起享用。

5 Million tonnes

Although annual cultured oyster production is in excess of 5 million tonnes, with China providing some 80 percent of the supply, most of this is for domestic consumption and only around 60,000 tonnes are traded internationally. While cultivating most of its consumption domestically, the US is the world's biggest importer of oysters (around 10,000 tonnes in 2016). In the EU, the biggest importers of oysters in 2016 were, in order, France, Spain and Italy; France, the biggest oyster producer in the EU, was also its biggest exporter.

在全球每年供應的逾500萬噸養殖生蠔當中，中國雖然佔去當中的八成，但銷售到國外的生蠔卻只有約60,000噸。美國國內銷售的生蠔雖然主要來自本地養殖場，但仍然是全球最大的生蠔進口國（2016年的數字為10,000噸）。至於歐盟眾國之中，2016年最大的生蠔進口國依次為法國、西班牙和意大利，而法國同時也是歐盟內最大的生蠔出口國。



Global production 全球產量

Of global oyster producers, China is by far the largest, accounting for some 80 percent of total production, representing some 12.4 million tonnes in 2015. Other key producers include Korea (where oysters are a staple of the national diet), Japan, the USA and France, the latter being the largest single source of oysters in Europe. The broad and relatively shallow Chesapeake Bay, on the East Coast of the US, is the largest oyster-producing body of water in the world.

中國是全球生蠔產量最多的國家，大幅拋離其他地方，佔總產量約八成，2015年出產達1,240萬噸生蠔。其他主要產地包括有南韓（蠔在當地是主要食物）、日本、美國和法國（歐洲最大的產蠔國）。美國東岸的車薩比灣，水淺而幅員遼闊，是全球規模最大的蠔養殖區。

Oyster cultivation 養殖場

Oyster cultivation goes back at least 2,000 years, the time of the Roman Empire. Farmed in many places around the world, usually to the north and south of the tropics, their cultivation is highly dependent on various factors, such as the depth of the water and the tidal range of the location. Some are farmed in deep water, up to depths of some 10 metres, while other cultivation methods include what's known as "off-bottom culture", in which the oysters are placed in plastic mesh bags atop trestles that are covered by the tide, and "bottom culture", in which the molluscs are placed close to the shore and beneath the low-water line.

蠔的養殖歷史可追溯到至少2,000年前的羅馬帝國。蠔養殖場遍佈世界各地，通常位於南北回歸線附近。養殖場的地點主要有幾個考慮，包括水深和潮差等。有部分養殖場會設於水深達十米的地方，但其他養殖場一般會採用非海底養殖或海底養殖等方法，前者將蠔放進置於潮水覆蓋的支架上的塑膠網袋裡，後者則將蠔放在岸邊和低潮線以下的海底。

Oysters and health 蠔與健康

Oysters are an excellent source of valuable nutrients. A medium-size raw oyster provides up to five grams of lean protein, with 15 grams representing only around 50 calories. Oysters are also rich in Vitamin B12, which is especially important for the functioning of the nervous system and the maintenance of red blood cells. In addition, they're also a good source of heart-healthy Omega 3 fatty acids and zinc, which aids the body's immune-system function, as well as the minerals iron, magnesium, selenium and potassium.

蠔含有許多有價值的營養，一個中等大小的蠔含有五克無脂肪蛋白質（15克無脂肪蛋白質只有50卡路里）。蠔含有對神經系統和紅血球修復極其重要的維他命B12、有益心臟健康的奧米茄脂肪酸、對免疫系統有利的鋅，以及鐵、鎂、硒和鉀等礦物質。

Varieties 品種

The oyster family spans at least 10 genera and many sub-species, not all of which are edible. The varieties that most interest gourmets and are thus cultivated commercially come from roughly six species – Belon, Eastern, Kumamoto, Olympia, Pacific and Sydney Rock – each of which has its own distinct characteristics, ranging from flavour profile to shell shape. A further determining factor is the wide variety of locations where they're grown around the world, which effectively translates into an almost infinite variety of oysters. Interestingly, oysters change their sexual orientation during their lifetime, beginning as male and ending as female. All varieties of oysters can produce pearls, though sadly for gourmets who hope to find a gem inside the shell, the valuable ones don't come from the varieties that we eat.

蠔轄下至少有十個屬及無數亞種，部分不適合食用。最受美食家歡迎而因此被養殖起來的品種大約有六種，分別為貝隆蠔、東部蠔、熊本蠔、奧林匹亞蠔、太平洋蠔和悉尼石蠔，每種由味道至貝殼形狀均各有特色。蠔的另一個特色是棲息地遍佈全球各地，因此品種也多不勝數。有趣的是，蠔會改變性別，由最初的雄性，到最後變成雌性。所有品種的蠔都可以生產珍珠，不過美食家們如果在吃生蠔時找到珍珠，那就要失望了，因為食用的蠔不會有珍珠。



Read all about it

讀萬卷書

Culinary companions, drinking guides and baking bibles you won't want to miss
不可錯過的烹飪良伴、飲品指南和糕餅聖典

By Rachel Duffell

Ana Roš: Sun and Rain

By Ana Roš
March 2020

Chef Ana Roš was named the World's Best Female Chef in 2017 and two years later her restaurant Hiša Franko ranked among the World's 50 Best Restaurants. She's also featured on Netflix's *Chef's Table*. But if you haven't yet made it to her restaurant in Slovenia's remote Soča Valley, this book is a beautiful ode to all that Roš and her restaurant encapsulate, from the inspiration that fuels her creativity to the recipes that result and the elevated Slovenian cuisine that she delivers.



曾獲Netflix邀請演出烹飪節目《主廚的餐桌》的Ana Roš，於2017年獲選為全球最佳女廚師，兩年後其餐廳Hiša Franko亦榮登全球50最佳餐廳之一。如果你還無緣親身到訪這間位於斯洛文尼亞偏遠的Soča河谷的餐廳，這本被譽為是Roš及其餐廳的美麗頌歌的著作，可讓你從中一窺這位大廚的創意靈感來源，以及她因此獲得啟發而創作的食譜及高級斯洛文尼亞菜式。

Vegetable Kingdom

By Bryant Terry
February 2020

James Beard Award-winning chef Bryant Terry's new cookbook reveals the food-justice activist's distinctive way with vegetables. His vegan creations make the most of their raw ingredients alongside vibrant spices and novel techniques, as he reimagines classic African and Asian dishes of the diaspora within a plant-based remit. From seeds, stems and leaves to roots, flowers and fruits, Terry will have readers re-thinking the abundant world of vegetables.

著名烹飪大獎James Beard獎得主Bryant Terry，素來積極推動「食物正義」，他在新撰的烹飪書《Vegetable Kingdom》內分享了自己對蔬果獨特的運用方式。他利用新鮮蔬果的各個部分，配合味道鮮明突出的香料和創新的技巧，將經典的亞非菜式變成以蔬果烹調的素食佳餚。由種子、莖、葉、根、花和果，Terry勢要讓大家對蔬菜的千變萬化刮目相看。



Everyone Can Bake

By Dominique Ansel
April 2020

There may not be a cronut recipe in sight – pastry chef and author Dominique Ansel is, of course, famous for his croissant-donut cross – but in *Everyone Can Bake*, Ansel provides base recipes for cakes, cookies, brownies and batters, as well as various ways to enhance and elevate them through fillings and finishings, along with the techniques required to do so. It's a book that caters to everyone from the amateur to the more accomplished, revealing the building blocks of desserts and allowing for creativity, as well as craft development.

作者兼餅廚Dominique Ansel雖然以牛角包冬甩聞名，但《Everyone Can Bake》一書裡卻沒有介紹任何牛角包冬甩，只有蛋糕、曲奇餅、布朗尼和麵糊的食譜，以及各種通過餡料、裝飾和技巧來提升糕餅味道的的方法。這本烹飪書逐一解構烹調糕餅的基本功，讀者可在這個基礎上發揮創意，發展技藝，慢慢由新手變成糕餅烹飪高手。

Ottolenghi Flavour

By Yotam Ottolenghi and Ixta Belfrage
September 2020

Chef and author Yotam Ottolenghi returns with a new cookbook, this time in partnership with fellow chef Ixta Belfrage. This tome features more than 100 plant-based recipes that enable readers to elevate vegetables to new heights and reveals the fundamentals of achieving flavour-forward meals. From simple, straightforward dishes to fantastic feats of feasting there's something to ensure everyone can enjoy impactful plant-based cuisine.

名廚作家Yotam Ottolenghi再次推出烹飪書，這次更與另一位大廚Ixta Belfrage合作，介紹100多種可以讓讀者利用蔬果大展身手的素食菜式食譜，並分享以味道為優先考慮的基本烹調原則。由簡單直接的菜式到華麗的手工大菜，保證每個人都可以在這些讓人眼前一亮的素食佳餚中找到自己喜歡的菜式。



Drinking French

By David Lebovitz
March 2020

David Lebovitz may be best known for his recipes related to ice cream and for baking with chocolate, but his penchant for all things Parisian – particularly when it comes to cuisine – prompted this latest volume, which explores the city's drinking culture. From the café scene to pre-dinner aperitifs and post-prandial tipples, the book features 160 recipes and not only allows readers to recreate a vast array of liquid refreshments but reveals something of the history and culture of the French.

David Lebovitz或許以其雪糕及運用朱古力烘焙的食譜聞名，但這次的新書卻展現了他對巴黎事物的熱愛，特別是這個城市的餐飲美食。《Drinking French》主要探索巴黎的飲品文化，由咖啡店到餐前和餐後酒，全書共收錄160份食譜。讀者不僅可以學會調配一系列飲品，同時也可認識法國的歷史和文化。

Feel the heat

熱力四射

For high-temperature stir-frying, the wok is your go-to pan

中式炒鑊是烹調高溫煸炒菜式的最佳選擇



By Jon Wall

A staple of the Chinese kitchen since the time of the Han Dynasty (202 BCE-220 CE), the wok is a broad, high-sided cooking pot or pan that usually has a round bottom and is commonly used for stir-frying. As its concave shape distributes heat evenly around the inside surface and ensures that all ingredients are cooked at roughly the same temperature, it's enjoyed increasing global popularity during the last few decades as an alternative to the Western-style frying pan.

It's believed that the wok – the word is Cantonese – was originally used to dry grain; it was only during the Ming Dynasty (1368 to 1644 CE) that it began to be employed for cooking purposes, not only stir-frying but also deep-frying, boiling, searing and countless other processes. Soups can be made in a wok and, when a lid is used, it can even function as a steamer.

Originally the wok, which for domestic purposes is typically

around 35-37cm in diameter (ones used by bigger families or in commercial kitchens can be considerably larger), would be made from cast iron. Today, however, more modern and lighter materials are often used, such as carbon steel or aluminium – though some professionals believe that cast iron is best, as it's easier to season (ie, it develop a carbonised coating that prevents sticking).

Contemporary woks can also have cooking surfaces covered in Teflon or some other non-stick material, while for use on modern cooking ranges some also have flat bottoms. Woks featuring a handle at the top of each side are usually found in southern provinces of China, while those with a single handle are found in the west and north.

When stir-frying with a wok, it's best to use oils that can withstand high temperatures, such as vegetable or peanut oil, which should be heated until they begin to smoke. In this respect, one

distinctive aspect of cooking with a wok is what's known as the "wok hei" (wok's breath), a smoky flavour that's especially linked to stir-frying over a high open flame (above 200 degrees Celsius), with each toss of the wok causing tiny oil particles to bring a taste of fire into the wok. Also adding to the flavour are the concentrated aromas of earlier ingredients that have been caught on the wok's seasoned surface.

主要用於煸炒的圓底中式炒鑊自漢朝（公元前202年至公元220年）開始，已是中國家庭裡的必備廚具。由於中式炒鑊的弧形底部設計讓鑊身內壁平均受熱，確保食材在烹調時受熱溫度相約，在過去二、三十年，中式炒鑊在全球各地日漸流行，可用作為西式炒鑊的替代品。

據說中式炒鑊最初是用來弄乾穀物，直到明朝（公元1368年至1644年）才用作煮食工具，集炒、炸、烩、煎等各種用途於一身；甚至用來煲湯和蓋上鑊蓋當蒸爐也可。

普通家庭用的中式炒鑊直徑為35至37厘米，大家庭和餐廳廚房用的會再大一點。最初，中式炒鑊一般以生鐵製造，但現時已改用較輕的材料如碳鋼或鋁等。不過，專業廚師認為生鐵鑊最佳，因為生鐵在使用過程中會慢慢形成一層碳化物膜和油膜，以致食物不容易沾鍋。

部分現代中式炒鑊的內壁會塗上一層特氟龍或其他易潔物質，或為了適應現代的爐頭設計而改成平底。另外，兩個鑊耳設計的炒鑊廣泛見於中國南方省份，西部和北方則比較流行一個鑊柄的款式。

用中式炒鑊煸炒菜式時，最好是使用比較耐熱的食油，如植物油和花生油，並將油加熱到開始冒煙才下鑊，這樣才會「夠鑊氣」。所謂鑊氣，就是當食材在攝氏200度高溫的明火下煸炒時，微小的食油粒子會隨著每一下翻炒將火的味道帶到食材裡，令食物獲得一種獨特的煙燻味。另外，鑊身內壁的碳化物膜和油膜長年累月吸收下來的食材香氣，也會為菜式增添風味。

Pumpkin possibilities

南瓜的可塑性

Rich in vitamins and full of minerals, pumpkin is a highly nutritious not to mention versatile autumn fruit. 秋天盛產的南瓜不僅含有多種維他命和礦物質，營養豐富，用途亦變化多端。

By Rachel Duffell

1 Soup 南瓜湯

The deep orange hue of pumpkin soup is enhanced by the fruit's smooth and velvety texture, which means you can often do without any additional dairy, such as cream, which would normally be used to achieve this quality.

深橙色的南瓜湯，口感幼滑綿密，無需加入忌廉等奶類製品，就能做出柔滑的質感。



2 Pumpkin-seed-butter 南瓜籽醬

Most nuts or seeds can be ground into a paste, which is often referred to as a nut butter, and pumpkin seeds are no different. Blend hulled seeds, which are pale green in appearance, until smooth. The butter is a good source of polyunsaturated and monounsaturated fats, as well as protein and minerals that include magnesium, zinc and iron.

大部分果仁和籽都可以磨成醬，南瓜籽也一樣。將青綠色的南瓜籽去殼，攪拌至質感變幼滑。南瓜籽醬含有豐富的多元不飽和脂肪、單元不飽和脂肪、蛋白質，以及鎂、鋅、鐵等多種礦物質。



3 Pumpkin pie 南瓜批

This quintessentially American dish is typically served when pumpkins are in season – in autumn and early winter – and particularly for Thanksgiving. The dessert features shortcrust pastry filled with a spiced – think nutmeg and cinnamon – pumpkin-based custard filling.

這款典型的美國甜點最常於南瓜當造的秋天和初冬供應，尤其感恩節期間。南瓜批餅皮鬆脆，南瓜做的吉士醬餡料會加入肉豆蔻粉和肉桂粉等香料。



4 Crisps 南瓜脆片

Don't let pumpkin skin go to waste. Even the toughest pumpkin skins are edible if prepared correctly, though this can take some time. For softer skins, remove and sprinkle with spices and a dash of oil, then dehydrate or bake slowly at a low temperature until crisp.

南瓜皮也別浪費，只要懂得煮（雖然要花點時間），就算是最硬的南瓜皮也可食用。如果是軟身的南瓜皮，只須削下來，灑上香料和用一點油拌勻，然後風乾或以低溫慢慢焗乾，直至變脆即可。



5 Gnocchi 南瓜糰子

Just as pumpkin can be cooked like a potato, it can be used to make gnocchi. This classic Italian pasta is most commonly made with cooked and mashed potatoes, flour and eggs, but pumpkin serves as a more than suitable substitute and results in a golden-hued version of the dough dumpling.

既然南瓜可以當薯仔用，當然也可以用來做糰子。通常這種經典意粉是由煮熟的薯蓉、麵粉和雞蛋做成，但用南瓜代替薯仔可說是青出於藍，可以做出金黃色的糰子。



6 Pumpkin seeds 南瓜籽

When scooping out the stringy guts and seeds of a pumpkin, don't let the latter go to waste. The pumpkin seeds – also known as pepitas – can be separated, washed and baked. Toss them with some oil and a sweet or savoury spice medley for a light snack or garnish. The seeds also are an excellent source of vitamins, minerals and fibre.

把瓜囊和籽挖出來後，千萬別丟掉，記得將南瓜籽分出來，然後洗乾淨並拿去焗爐烤一下；可加入一點食油和甜或鹹的香料調味，做成小吃或裝飾品。南瓜籽含有豐富的維他命、礦物質和纖維。



7 Whole 物盡其用

Once you've scooped the guts and flesh from a pumpkin's hard exterior, the pumpkin makes a great serving vessel, lending flavour to a dish as well as attractive presentation. Stuff the shell with biryani or serve pumpkin soup inside it. Smaller whole pumpkins can also be stuffed, baked and served individually.

將南瓜肉挖走後，堅硬的外殼是很棒的容器，不只能為菜式添加味道，賣相也更漂亮。大的南瓜可以用來盛載印度香飯或南瓜湯，小的可以當烤杯，用來焗東西，每人一杯。



8 Purée 南瓜蓉

Pumpkin purée is made from cooked pumpkin – usually smaller varieties, as they're sweeter, while larger varieties can be slightly stringy. The pumpkin is baked or boiled and the flesh is puréed or mashed and, for extra smoothness, sieved. The resulting purée is sweet and is commonly used to make pumpkin bread, muffins, cakes, waffles and cookies, adding a creaminess that makes it suitable as a fat substitute.

用來做南瓜蓉的一般會選用較小的品種，因為小南瓜比較甜，而體積較大的品種纖維可能比較多。將南瓜焗熟或放在水裡煮熟，再將南瓜肉攪拌或壓成南瓜蓉；如果想口感更綿滑的話，可用篩子過濾一下。南瓜蓉本身已帶甜，可用來做南瓜麵包、鬆餅、蛋糕、窩夫和曲奇等。另外，南瓜蓉質感柔滑，可以用來代替脂肪。



9 Roasted 烤南瓜

Pumpkin can be treated like potato and is particularly good when roasted. It can also be used in curries or stews, particularly in vegetarian versions in place of meat, or added to a salad. Keeping the skin on when you roast it softens the exterior and adds texture and flavour to a dish – as well as additional fibre – though the skin of some varieties is tough and best removed.

南瓜可以當薯仔吃，烤焗尤佳，非常適合用來做咖喱或燜燉菜式，尤其是素菜菜式時可代替肉類，用來做沙律也很棒。南瓜要連皮焗，讓外皮變軟，這樣質感和味道會更豐富，纖維含量也更多。不過，部分南瓜品種的外皮實在太硬，必須先削去。



Mother's sauces

基本母醬

By Rachel Duffell

As students in ICI's new Higher Diploma in Classic Western Cuisine programme are discovering, these sauces are the building blocks of French cuisine

國際廚藝學院新推出的經典西式廚藝高級文憑課程的學員領悟到這些母醬皆是法國菜的基石



Béchamel 白醬

The mother sauces that Marie-Antoine Carême identified in the 19th century all begin with a roux, in which equal parts of flour and fat are cooked together and used to thicken the liquid that's added. In the case of béchamel, that liquid is dairy – usually milk or cream – which is boiled with the roux and reduced to form a base sauce to which additions such as onion, cheese, spices and herbs can be added. These then accompany meats, eggs and fish, or can be used in dishes such as lasagna or scalloped potatoes.

名廚Marie-Antoine Carême於19世紀列出的母醬，最初全是由相同分量的麵粉和脂肪一起煮成麵糊作為濃稠劑，然後加入液體煮成。以當中的白醬為例，則是在牛奶或忌廉中加入麵糊煮至適當的濃稠度，然後可加入洋蔥、芝士、香料和香草等，再配肉、蛋和魚或闊麵條和焗薯等一起食用。

Velouté 天鵝絨醬

The velouté begins with the same basic roux, to which white stock, traditionally made from chicken, is added. Vegetable or fish stock can also be used. This is perhaps the least complex of the mother sauces, but its uses are multiple: as the starting point of sauce Allemande, white-wine sauce and sauce Suprême, as well as gravies. A velouté – which translated from the French means “velvety” – is typically served with white meat or fish dishes.



天鵝絨醬也是由麵糊做成，雖然傳統上加入雞湯一起煮，但亦可以菜湯和魚湯代替。這應該是最簡單的母醬，但可以衍生出德國醬、白酒醬、雞醬汁以至肉汁等，千變萬化。天鵝絨醬的法文名字為velouté，意指醬的質感似天鵝絨，最適合配肉類和魚類菜式。



Tomat 番茄醬

Sauce tomat was added to the repertoire of mother sauces by Auguste Escoffier in the 20th century, to replace sauce Allemande, which he saw as a derivative sauce of the velouté. Sauce tomat involves a roux and tomatoes – though Italians skip the roux and simply reduce tomatoes. The tomat typically incorporates mirepoix, garlic and seasoning, and can include rendered pork fat. As a base, it's used in a range of tomato-based dishes and to create sauces such as Creole, Spanish and Portuguese.

這是由法國名廚Auguste Escoffier於20世紀首創的基本母醬，以取代他認為只是由天鵝絨醬衍生的德國醬。番茄醬是由麵糊、番茄（不過意大利人一般不用麵糊，只用番茄），以及調味用蔬菜粒、蒜頭、調味料和融化的肥豬肉煮成。這款基本母醬主要用來烹調以番茄為基底的菜式，以及用來做克里奧爾醬、西班牙醬和葡萄牙醬。

Espagnole 褐醬

Sauce Espagnole is similar to a velouté but made with brown roux, which is cooked longer, and beef or veal stock that incorporates a mirepoix and herbs, as well as browned bones and pieces of red meat. Tomato paste and spices can also be added. Strong in flavour, the Espagnole is predominantly used as a base to create other sauces, from demi-glace to Bordelaise to bourguignonne, the majority of which are served with red meat.

做法跟天鵝絨醬相似，分別在於用褐色麵糊代替普通白色麵糊，並加入以調味用的蔬菜粒、香草、牛骨和肉粒煮成的牛肉湯或小牛肉湯，烹調時間較長。褐醬可以變化成多蜜醬、波特雷斯紅酒醬以至勃根第醬等，一般用來配紅肉菜式。



Hollandaise 荷蘭醬

Best known for its role in eggs Benedict, Hollandaise sauce was added to the catalogue of mother sauces by Auguste Escoffier and is the only one that doesn't begin with a roux. Instead, it's about emulsification – the binding of two ingredients. Lemon juice and clarified butter are bound together with the use of egg yolks. It's a challenging sauce to master, dependent on temperature and technique, and can break easily, but is an ideal complement to fish, eggs or vegetables. It also forms the base of classic sauces such as Bearnaise and Mousseline.

通常配班尼迪蛋的荷蘭醬，也是由Escoffier首創，並且是唯一一款不用麵糊做的母醬。這款利用乳化作用將檸檬汁、澄清牛油和蛋黃混為一體的醬汁，非常考驗廚師的技藝，溫度和技巧拿捏不好就很容易失手。荷蘭醬跟魚肉、蛋或蔬菜都是絕配，並且是經典的法式伯那西醬和慕斯林醬的基底醬。

FEATURES



As we all learn to adjust and overcome the challenges of the COVID-19 pandemic, chefs, restaurateurs, hospitality companies and organisations around the world are finding ways to help and support the most vulnerable during these times. 在我們忙於克服新冠肺炎疫情所帶來的種種挑戰之際，全球各地的廚師、餐廳老闆、酒店品牌和各種機構已設法幫助在疫情中陷入困境的弱勢社群。 **By Fontaine Cheng**

A Helping Hand

善心膳食

The F&B and hospitality industries have taken a hard hit during the COVID-19 pandemic. Forced to become more creative, businesses everywhere have had to adapt simply to survive. While some companies are stepping up to the challenges extremely well, others struggle to stay afloat – and some, sadly, are unable to carry on.

Globally, a growing number of people face unemployment, homelessness and hunger – prevalent issues that have been further heightened from today's social and economic adversities. More than ever, this is the time to spread awareness and support those in need, and many chefs, restaurants, hospitality brands and organisations in Hong Kong and beyond, have stepped up to the plate to successfully do this.

From lending a helping hand, to providing groups with the means to get by, the response from the industry has been impressive to say the least. It goes without saying that banding together is the most important task right now, and with such vast support and positivity so evident we remain hopeful for the future of hospitality.

Feed the Hungry

A prime example of Hong Kong's resilience is The Upper House, a small luxury hotel run by the Swire Group in Pacific Place near Admiralty. Giving back to the local community through its 49th-floor restaurant Café Gray Deluxe, The Upper House is working with the non-profit organisation Foodlink Foundation to donate meals to disadvantaged groups and communities that have been affected by the COVID-19 pandemic. Founded in 2001, Foodlink Foundation has continuously been dedicated to fighting hunger, building self-sufficiency and fostering nutritional wellness among those in need.

With The Upper House's new initiative, for every online food delivery made to customers, an additional HK\$50 minimum can be added to buy a food-support bag for the needy, which contains rice, noodles, canned food, soup and hand sanitizer among other items.

在新冠肺炎疫情肆虐的日子，餐飲及款待業備受重擊。全球各行業都必須靈活變通，設法維持業務運作，掙扎求存。在逆境下，當部分公司只能勉強維持甚或無以為繼時，有公司卻能克服重重困難，成為逆市奇葩。

全球各地均面對嚴峻的社會和經濟困境，越來越多人因此陷入失業、無家可歸和捱飢抵餓的窘況。在這樣的艱難時期，關注及幫助有需要的人尤其重要，香港以至世界各地均有許多廚師、餐廳、酒店品牌和機構自動請纓，發揮濟困扶危的精神。

餐飲業界在困境裡向有需要的人伸出援手，或向他們提供生存的方法，表現讓人刮目相看。業內團結一志的重要性在當下而言更是不言而喻，而就目前所見的大量支援和積極態度，我們大可對餐飲酒店業的未來保持樂觀。

食物支援

在香港，太古集團旗下位於金鐘太古廣場的精品豪華酒店「寓居」可說是當中的佼佼者。酒店與本地非牟利機構「膳心連」合作，回饋社會，透過位於酒店49樓的餐廳Café Gray Deluxe向受新冠肺炎疫情影響的弱勢團體和社群捐贈食物。成立於2001年的膳心連基金一直致力對抗飢餓問題，協助有需要人士建立自給自足的能力，並促進他們對食物營養的關注。

寓居的新計劃容許客人每次進行線上訂購外賣時，可最少捐出50港元，以購買含有米、麵、罐頭食物、湯和搓手消毒液等的食物支援包，援助有需要的市民。

除此之外，寓居亦與香港唐氏綜合症協會合作，特別在社交限聚令生效期間，給唐氏綜合症患者及其家人提供支援。舉例說，在中心居住的唐氏綜合症人士可能無法與照顧者一起外出散步或用餐，同樣，中心也會限制探望的親友人數，減少他們與外界的接觸。

作者撰寫本文之時，寓居已向有關人士送出600份Café Gray Deluxe飯餐。下榻酒店的住客也有機會共襄善舉，透過酒店住宿套餐慷慨捐款，酒店會向客人回饋與捐款相應的服務。

Delicious fare at the Eaton Hotel's signature eatery Flower Years

逸東酒店招牌餐廳花樣年華的美味佳餚



The hotel is also working with the Hong Kong Down Syndrome Association to support those affected by the genetic disorder, as well as their families, particularly with the new social distancing laws. For instance, those staying in centers may be unable to leave for regular walks or meals with their caretakers, and equally, the center may limit the number of family visits to prevent outside contact.

At the time of writing, The Upper House had delivered 600 Café Gray Deluxe meals directly to them. The hotel offers guests the opportunity to contribute to the cause through donations that can be added to their room package, which the hotel will then match in credit to use during their stay.

Across the harbour in Kowloon's Jordan district is another hospitality brand helping to feed the city, Eaton HK. The boutique hotel, operated by the Eaton Workshop brand created by Katherine Lo, has launched a pay-it-forward meal programme that enables their Food Hall visitors to donate extra meals to their order.

The initiative aims to provide freshly made hot meals to those from lower-income groups via a meal-credit scheme – the credits, which are bought by a customer, are held until they're claimed by those who need them. The restaurants, which are located in the Food Hall and include Eaton's signature eatery Flower Years, the Vietnamese restaurant Fühn and Souper Kitchen, are participants in the programme who will also donate meals daily.

Eaton HK recently opened one of its event spaces, the second-floor ballroom, to provide a safe and clean space for people who have nowhere to go to eat their lunch during public gathering restrictions, which limit the number of diners per table. The hotel also participates in the Water for Free programme and recently teamed with social enterprise Sister Bento to distribute meal packages to underprivileged local families.



Other food charities including Feeding Hong Kong, which have been helping the city's most vulnerable since 2011, have set up virtual food drives to collect donations and have even partnered with companies like Asia Miles to convert unused air miles to fund meals for low-income families. Another is non-profit organisation ImpactHK, who focus mainly on helping the homeless and are also offering a safe space to eat at a drop-in-centre called The Guestroom. The charity is also looking to open a restaurant that will offer jobs to street dwellers and serve meals to the vulnerable, too.

Elsewhere in the world, we have also witnessed chefs and restaurateurs using this time to help others, which is particularly touching, given the struggle they face. Hannah and Marian Cheng, owners of Mimi Cheng's in New York City, launched Dumplings for Doctors through a GoFundMe page, in which they have raised more than US\$49,000 to feed the city's tireless hospital workers. Telecommunications company Verizon clocked their work and sponsored an additional 300 meals a day. Each week, the Cheng sisters were delivering 2,600 meals to doctors and nurses, even including handwritten notes thanking them for their service.

In Bangkok, Chef Deepanker Khosla has continued to cook throughout the pandemic. But instead of serving the Wagyu katsu sandwiches and caviar-topped hors d'oeuvres that have made Neo-Indian restaurant Haoma famous, he and his team served up hundreds of banana leaf rice meals with vegetables spiced with ginger and turmeric to boost immunity, and fed them to the hungry and homeless.

Khosla credits Spanish chef José Andrés – who brought the sharing plates concept to the US – as his inspiration. Andrés spent lockdown trying to feed American children dependant on free school lunches. Since these were no longer being served when schools closed, he mobilised teams of thousands to cook and deliver food to kids in the poorest parts of the country.

位於維多利亞港對岸九龍佐敦區的香港逸東酒店同樣以食物回饋社會，這間由羅寶璣創辦的Eaton Workshop營運的精品酒店，推出了「美味共享」計劃，鼓勵光顧酒店美食廣場Food Hall的客人購買待用餐，捐贈給有需要的市民。

顧客可透過計劃購買待用餐，留待有需要的人領取，為低收入人士提供熱騰騰、新鮮炮製的飯餐。Food Hall裡有多家餐廳，包括有逸東招牌餐廳花樣年華、越南餐廳Fühn及靚湯廚房等。上述三間餐廳除了參與待用餐計劃外，亦每天捐出一定數量的免費飯餐。

最近，當社交限聚令規定餐廳每桌不能超過指定人數同枱吃飯時，香港逸東酒店更開放二樓的宴會廳，讓無處可去的人有一個乾淨安全的空間享用午餐。此外，酒店亦積極參與「全城撲水計劃」，近來更與社會企業「絲打便當」合作，向基層家庭分派愛心食物包。

其他為香港市民提供食物支援的慈善團體還包括「樂餉社」。該慈善機構從2011年起透過「食物援助眾籌」，為最弱勢的社群提供基本食物。樂餉社亦與私人公司合作，其中，亞洲萬里通的會員可將未用的里數變成餐膳，支援低收入家庭。非牟利機構ImpactHK則主要為露宿者提供協助，包括開放旗下服務中心The Guestroom，為有需要的人提供安全的進食空間。他們正打算開辦餐廳，為露宿者提供就業機會，以及為弱勢社群提供餐膳。

香港以外，廚師和餐飲老闆也發揮助人精神，對同樣備受疫情打擊的他們來說，這分外讓人感動。紐約Mimi Cheng's餐廳的老闆Hannah和Marian Cheng姐妹推出Dumplings for Doctors計劃，透過眾籌網站GoFundMe籌得逾49,000美元，為醫療人員提供膳食。電訊公司Verizon為她們的計劃包底，每天資助額外300份飯餐。Cheng氏姐妹每週給醫生和護士送出2,600份飯餐，並附上手寫的感謝字條，多謝他們盡忠職守。

在曼谷，名廚Deepanker Khosla在疫情期間也沒放下廚師的工作，只是他和團隊不再烹調Haoma著名的日式和牛扒三文治和魚子醬小食，改而為捱飢抵餓或無家可歸的人送上數以百計用薑和薑黃等，有助提升免疫力的材料炮製的蕉葉蔬菜飯。

他說此舉是受到將分享食物概念帶到美國的西班牙廚師José Andrés所啟發。美國在封城期間，學校停止供應免費午餐，Andrés於是特別為依賴學校免費午餐的學童提供協助。他動員數以千計的人為他們烹調食物，並將這些飯餐送給貧困地區的兒童。



Opposite page, from left: The boutique Eaton Hotel's Food Hall entrance; Chef Deepanker Khosla of Bangkok's restaurant Haoma

This page: The neo-Indian restaurant Haoma, that served up hundreds of banana leaf rice meals to the homeless

對頁左起：逸東酒店美食廣場Food Hall的入口；曼谷餐廳Haoma主廚Deepanker Khosla

本頁：曼谷新印度風格餐廳Hanoma，為無家可歸的人送上蕉葉蔬菜飯



Supply Support

Hong Kong's hotels have also been working overtime to help provide and distribute supplies to those in need. For example, The Upper House's Soap Cycling initiative helps by redistributing bathroom amenities that have been only used once or twice, reducing waste while giving it to those who lack the means to buy their own. The hotel will also donate HK\$60 for every room reservation, which will be converted into hygiene kits for frontline cleaners and sanitation workers.

Other hotels such as Mandarin Oriental are encouraging their staff to volunteer support for local charities. In partnership with Oxfam Hong Kong, the hotel will help to pack sanitary supplies for underprivileged communities and street cleaners. Meanwhile, their work with Crossroads Foundation will see the hotel refurbish donated computers to impoverished students. Other groups including Marco Polo Hotels support local communities as well as their own and have produced reusable fabric masks for their staff, while working with the Children's Cancer Foundation to deliver surgical masks, hand sanitisers and colouring books to encourage children to stay positive.

On behalf of The People

Remaining positive during these times is essential and boosting morale been the core focus of some individuals and companies, including social enterprise Gingko House, which not only helps to feed Hong Kong, but also advocates senior employment and has been providing work opportunities for the elderly for almost 17 years. Today, the group continues to help and support people with its most recent initiative, the Gingko House Love Project. This online platform enables rice boxes, soups, drinks and gifts to be purchased for underprivileged groups, as well as to more than 110 local charities in Hong Kong.

Some of the groups that Gingko House support include street sleepers, single-dwelling senior citizens, low-income families, Comprehensive Social Security Assistance recipients, or simply those unable to support themselves financially. "Many of them suffer from financial problems and emotional issues," says Kenneth Choi, Gingko House Love Project's founder. "We hope that receiving rice boxes or other small gifts can help cheer them on and lift their spirits."

In the near future, Gingko House and the Love Project team will continue to focus on their good works, while looking for new and creative ways to continue operations in the current environment. "Our restaurants are open [and abide by government restrictions]. But we now also need to think of ways to continue F&B operations, while being aware and ready to respond to future outbreaks," says Choi.

Other organisations in Hong Kong such as Dignity Kitchen, does similar work and employs differently-abled staff to cook food that is "made with love and served with dignity" in their Mong Kok kitchen – offering opportunities to empower these individuals while also helping to feed Hong Kong's hungry. Delivering bento box lunches to homeless service centres, hostels and street sleepers daily, Dignity Kitchen also runs a pay-it-forward meal scheme to offer visitors and diners a chance to donate additional meals for HK\$50. To make it even easier to donate, the restaurant has made it easy to pay it forward digitally with a simple bank transfer.

In the US capital Washington, chef Kwame Onwuachi of the renowned Kith and Kin Restaurant, an eminent chef of his generation and a leading voice for black workers in the industry, is doing his part too. In the wake of the Black Lives Matters protests, Onwuachi left Kith and Kin, wanting to launch a black-owned establishment of his own. During the pandemic, he spoke passionately about the need to support staff and created a GoFundMe page for his largely African-American team, so they could feel financially secure in this precarious time.

In Italy, a campaign called Milano Keeps Cooking was launched to aid the Luigi Sacco university hospital. More than 60 chefs took part in the project, releasing video recipes and donating the proceeds of any aprons sold to the charity. The chefs that took part read like a who's who of Italy's finest cooks, including Andrea Berton, Antonio Guida and Andrea Aprea, while tens of thousands of euros were raised for the hospital.

As we all come to terms with this new situation and are met with daily struggles and frustrations, we're reminded that there are many around the world who are much worse off. There's no better time to start supporting those in your local community, whether through volunteering, donations, pay-it-forward meals, or rice boxes to help feed the hungry and support those who are most in need. 🍲

This page: Behind-the-scenes of the hotel team donating food to disadvantaged groups and communities

Opposite page, from left: Inside the kitchen at The Upper House; Exterior at Swire Group's hotel, The Upper House, located in Pacific Place

本頁：酒店員工積極參與食物捐贈活動，幫助有困難的團體和社區

對頁左起：精品酒店寓居內的廚房；太古集團設於太古廣場的酒店寓居

生活所需

香港多家酒店亦盡心盡力向有需要的人提供及派發日用品。寓居的「再皂福」肥皂循環再造計劃，將只用過一、兩次的衛生及浴室用品分派給經濟有困難的人。此外，每租出一次客房，酒店亦會捐出60港元，用以購買衛生用品包，送給前線的清潔工人和垃圾清潔工。

其他酒店如香港文華東方亦為善不甘後人，鼓勵員工參加義工計劃，支援本地慈善組織，包括與香港樂施會合作，包裝抗疫用品送給低下階層和街頭清潔工；以及與國際十字路會合作，將捐贈的電腦翻新後送到貧困學生手上。此外，馬可李羅等酒店集團則為員工及本地居民送上自行生產的可重用布口罩，並與兒童癌症基金會合作，派發外科口罩、搓手消毒液，以及填色畫冊，為孩子們打氣。

以人為本

面對這樣的日子，積極樂觀的心態至關重要，因此不少個人和公司如社企「銀杏館」等都強調要積極樂觀，希望藉此保持士氣。銀杏館不僅捐贈食物，在過去17年更一直推動老年就業，為長者提供工作機會。集團最新的「愛心抗疫飯盒」繼續造福市民，鼓勵善長透過他們的網上平台購買飯盒、湯、飲品以至禮品等，再由餐廳轉送給基層市民及超過110個本土慈善組織。

受惠於銀杏館愛心抗疫飯盒計劃的包括有露宿者、獨居長者、低收入家庭、綜合社會保障援助計劃受助人，以及任何有經濟困難的人。銀杏館愛心抗疫飯盒計劃的發起人Kenneth Choi表示：「這些人許多都有經濟困難及情緒問題，我們希望這些飯盒或小禮品可以讓他們開心一點，為他們打氣。」

未來，銀杏館及其愛心抗疫飯盒計劃會繼續為善，並尋找創新的方法，以求在目前的环境下能夠繼續經營下去。「(即使在政府的各種規限下)我們餐廳現時仍然開門營業，但現時，我們需要想方法讓餐廳可以持續營運，警惕並做好準備，以應付將來可能出現的爆發。」

此外，其他香港機構如「廚尊」也推出類似的計劃，本著「愛心製造、有尊嚴地工作」的宗旨，位於旺角的廚尊特別聘用弱能人士擔任廚房員工，一方面為他們提供就業機會及培養他們一技之長，另一方面亦為捱餓的人贈送飯餐。向露宿者服務中心、露宿者之家和街頭露宿者分發午餐便當的廚尊，亦有自己的膳食計劃，參觀者和食客可購買50港元的「請你食飯」飯券。為了方便善長捐款，餐廳接受銀行轉帳。

在美國首都華盛頓，曾在著名餐廳Kith and Kin任職的Kwame Onwuachi，是現代人之中有名的廚師，也是黑人員工的代表。在「黑人的命也是命」抗爭運動期間，Onwuachi毅然離開Kith and Kin，打算自己開設由黑人做老闆的餐廳。在疫情肆虐當下，他熱心地談到對員工的支援，並透過開設GoFundMe專頁，眾籌基金來協助他以非裔美籍員工為主的工作團隊，讓他們的經濟在這個朝不保夕的時期裡能得到保障。

意大利則有廚師發起「米蘭煮不停」運動，為Luigi Sacco大學醫院籌款。活動獲得60位廚師參與，他們紛紛推出烹飪短片，並將出售圍裙的收益捐給慈善機構。參與廚師都在意大利技藝超卓的大廚，包括有Andrea Berton、Antonio Guida和Andrea Aprea等，最終為醫院籌得數萬歐元。

對於現時新的生活常態及日常面對的掙扎與挫折，我們時常提醒自己，世界上有許多面對比我們更糟的境況。換句話說，這正是開始支援本地社區的好時機，不管是參加義務工作還是捐款、購買待用餐或愛心飯盒，只要能幫助捱餓及需要援手的人便可。🍲



Every cuisine has its benefits, but what do the societies that live the longest eat? We talk to chefs from the world's Blue Zones and countries with the highest life expectancy to find out. 所有菜式都有其好處，但長壽社會的人通常吃什麼？我們訪問了多位廚師，他們均任職於以居民長壽見稱的藍區和國家，嘗試找出箇中秘訣。 **By Rachel Duffell**

長壽食譜

Eat well, live long

As much as 90 percent of how long we live is determined by our lifestyle, with just 10 percent dictated by our genes. While cuisine and culinary traditions are not the only elements of a person's lifestyle that contribute to longevity, they do have a significant role to play.

Explorer, journalist and National Geographic Fellow Dan Buettner identified the five places in the world where people live the longest, healthiest lives. Termed Blue Zones, they are Okinawa, Japan; Nicoya, Costa Rica; Loma Linda, California, USA; Sardinia, Italy; and Ikaria, Greece. Buettner looked at inhabitants' lifestyles, including diet, and analysed how they contribute to longevity.

Of diet, he identified various characteristics that the cuisines share. They are predominantly plant-based, carbohydrate-heavy and include a wealth of beans and nuts. Some alcohol is consumed, but liquid intake is mainly water or tea. Buettner also found that physical activity is part of daily lives, there are moments for reflection and people enjoy a sense of purpose and of community, all of which are key contributing factors to longevity in addition to diet.

While some of these Blue Zones also top the longevity lists – Japan and Italy feature in the top 10 for longevity according to UNDP data from 2018 – another region that's home to some of the world's longest-living people is Hong Kong, where Cantonese food is consumed and which came in first place in the UNDP 2018 list.

So, what is it about these cuisines, from distinctive ingredients and dishes to techniques and traditions, that contribute to the health and happiness of the people who consume them? We asked food and beverage professionals from some of the places where people live the longest.

人的壽命有多長，九成是由我們的生活方式決定，基因的影響只佔一成。雖然菜式和飲食傳統不是唯一會影響壽命長短的生活方式，但卻在當中扮演舉足輕重的角色。

探險家、記者兼國家地理學人Dan Buettner找出五個居民最長壽和健康的地方，分別為日本的沖繩、哥斯達黎加的尼科亞、美國加州的羅馬琳達、意大利的薩丁尼亞島和希臘的伊卡利亞島，並將這些地方稱為藍區。Buettner研究過當地居民的生活方式如日常飲食等，分析他們的長壽原因。

在飲食方面，他發現這些地方的菜式擁有多個共通點，譬如多菜少肉及含有大量碳水化合物、豆和果仁。居民也會喝點酒，但主要喝水和茶。Buettner也發現，他們日常生活中有適當的身體活動，有反思的時刻，有明確的目標和團體意識等，這些均是飲食以外的長壽因素。

根據2018年聯合國開發計劃署的數據顯示，高踞長壽榜的除了有部分藍區——當中日本和意大利均躋身全球十大長壽國家之列，飲食以粵菜為主的香港更榮登榜首。

我們訪問了這些以長壽見稱的地方的餐飲業專家，根據特別食材、菜式，以至烹調技巧和傳統等因素，分析這些地方的飲食為什麼能讓人身體健康、心境愉快？



Okinawa, Japan

Japanese cuisine is often considered among the world's healthiest, but it's Okinawan cuisine specifically that's most often highlighted for its status as a Blue Zone and its low rates of cancer and cardiovascular disease. The prefecture of Okinawa comprises 161 islands located in the East China Sea between Taiwan and Japan's mainland, and is home to Okinawan or Ryukyuan cuisine.

Kiyoko Yamashiro runs Garamanjaku restaurant in Okinawa, which serves Ryukyu longevity cuisine. She believes that the reason the cuisine is so healthy is that it uses nutritious vegetables and medicinal herbs in its cooking that not only cure but help to prevent disease.

Tomoaki Goeku, whose company Taste of Okinawa offers cooking classes in Okinawa, concurs. "Okinawan people have said 'food is medicine' for a long time," he says. "People eat local ingredients and take vitamins, minerals and protein in their daily dishes, which contributes to longevity."

Okinawan cuisine incorporates a wide range of island vegetables, known as shima yasai, particularly sweet potatoes and bitter melon, as well as mugwort, turmeric and other medicinal herbs. Tofu is a popular protein.

Typical dishes, which a culinary experience with Taste of Okinawa introduces, include goya champuru, a stir-fried dish made with tofu and bitter melon; and mozuku-su in which the local seaweed mozuku, considered a superfood, is marinated in a vinegar sauce.

Meanwhile, at Garamanjaku, Yamashiro serves a Garamanjaku Detox set, which is a medicinal mix of fresh vegetables, wild plants and herbs, and is based on a traditional recipe from the Ryukyu Dynasty. "It uses plenty of Okinawa's native vegetables and wildflowers, and is made with plant-only ingredients," she says. "Due to the influence of coral reefs, Okinawa's soil is rich in nutrients, and vegetables and medicinal herbs are rich in nutrients, too."

This page: An Okinawan Ryukyu Dynasty longevity spread, using vegetables and medicinal herbs, at Garamanjaku restaurant.

Opposite page: Kiyoko Yamashiro's Garamanjaku restaurant

本頁：Garamanjaku餐廳由蔬菜和藥草做成的沖繩 Ryukyu Dynasty長壽餐

對頁：山城清子的Garamanjaku餐廳

"Vegetables produced in Okinawa are exposed to strong ultraviolet rays, which is said to have a big effect on oxidation. Since its soil is also mixed with seawater due to frequent typhoons, the vegetables are also rich in minerals," adds Mitsuhiro Wada, ambassador & consul-general at the Consulate-General of Japan in Hong Kong.

In Okinawa, when meat is consumed, it's usually pork, which is cooked traditionally: it's first boiled to remove unnecessary fat and then simmered with soy sauce. Alternatively, it can be steamed with Okinawa's traditional sake Awamori. Both methods negate the need for oil. Alternative cooking methods include using bonito stock, an umami-rich broth that means less or no salt is required. Bonito stock is used across Japan, but Okinawa boasts the highest consumption of bonito flakes.

How people eat in Okinawa also contributes to longevity, with different generations gathering together to share food and drinks. Community ties are strong and tea is drunk twice a day. "Those life customs might reduce people's stress, which might contribute to life expectancy," says Goeku. "Also, it's not a concept specific to Okinawa, but in Japan, hara hachibu is part of our culture. It means you should stop eating when your stomach is 80 percent full in order to maintain your health."

How can other cuisines learn from Okinawa? Yamashiro extols the virtues of using local vegetables native to an area. "The use of longevity foods that are appropriate to the country or region rather than modern nutritional theory" are, she says, the ones that should be used. "Choose the right material for your body, regardless of trends and popularity. For example, seaweed is generally said to be indigestible to Westerners, even though it's a healthy food in Japan. Healthy foods vary from country to country and region to region."

Ultimately, she adds, "Okinawan cuisine gives me everything my body needs and lets me feel the wisdom of our ancestors and our roots as Ryukyuan. It communicates a culture of appreciation for food and life."



日本沖繩

日本菜向來被譽為是全球最健康的料理，沖繩菜又尤其，能夠躋身藍區，以及低比率的癌症患者和心血管病患，就是最好的證明。沖繩縣位於台灣和日本大陸之間的東海，由161個大小島嶼組成，飲食以沖繩或琉球料理為主。

山城清子在沖繩經營的Garamanjaku餐廳專門供應讓人長壽的琉球菜式，她認為以營養豐富的蔬菜和藥草烹調佳餚就是琉球菜式健康的原因，這些食材不僅能幫助病者加速康復，更可預防疾病。

在沖繩開辦Taste of Okinawa公司並提供烹飪班的護得久朝晃也有同感，他說：「沖繩人長久以來都說『食物就是藥物』，居民吃本地食材，從日常飲食中吸收維他命、礦物質和蛋白質等對長壽有益的東西。」

沖繩菜式喜歡採用各種各樣的島上野菜如番薯、苦瓜等，另外亦有艾蒿、薑黃和其他藥草。豆腐則是受歡迎的蛋白質來源。

Taste of Okinawa的烹飪班教授的經典菜式包括有炒苦瓜豆腐，以及用有超級食物之譽的當地海藻海葡萄做的醋泡菜式。

Garamanjaku餐廳的山城女士則為客人準備了Garamanjaku排毒套餐，以新鮮蔬菜、野生植物和藥草等遵照琉球王朝時期的傳統食譜炮製。她說：「這份套餐的菜式採用許多沖繩本土的蔬菜和野生鮮花烹調，沒有任何肉類。沖繩的土壤受到珊瑚礁的影響，營養非常豐富，以至蔬菜和藥草也含有豐富的營養。」

日本駐港大使兼總領事和田充廣解釋：「沖繩出產的蔬菜受到強烈的紫外光照射，而紫外光擁有強大的氧化作用。另外，由於颱風頻繁的關係，島上的泥土會混有海水，出產的蔬果因此含豐富物質。」

在沖繩，肉類以豬肉為主，並以傳統方法烹調：先用滾水燙走多餘的脂肪，然後浸泡在豉油裡，或是用沖繩傳統清酒泡盛清蒸，不用食油烹調。另外，沖繩人亦會用鮮美的鰹魚高湯煮豬肉，以減少用鹽甚至完全不用鹽；鰹魚高湯通行日本各地，但沖繩使用的鰹魚片數量卻是全國之冠。

沖繩人喜歡幾代同堂一起享用美酒佳餚，這樣的用餐方法也是他們的長壽秘訣之一。每天喝兩杯茶的習慣跟緊密的團體關係一樣，都是當地居民的長壽秘訣。護得久表示：「這些生活習慣或許可以減輕人們的壓力，對長壽或許有幫助。此外，沖繩以至日本全國都有『腹八分目』的文化，意思是，吃東西時只吃八分飽對身體健康有好處。」

那其他地方的菜式可以從沖繩料理那裡學到什麼？山城女士推崇採用本土食材的美德。她認為吃用本土食材才是關鍵：「比起遵從現代營養學，食用適合本國或所在地區的長壽食物更恰當。身體會自己選擇合適的食材，不要跟隨坊間的飲食趨勢和潮流。舉例說，海藻在日本是健康食物，但對西方人來說卻是不易消化。健康食物會因國家和地區而異。」

說到底，「沖繩料理給我身體所需的一切，讓我感受到祖先的智慧及琉球的根源，它反映了我們珍惜食物和感恩生活的文化。」她補充道。



Sardinia ... has managed to preserve a lot of its traditions and old-fashioned methods of production

薩丁尼亞……保存了許多傳統和舊式的生產方法

Sardinia, Italy

The benefits of the Mediterranean diet – to which Italian cuisine adheres – have long been extolled, with its lean protein, olive oil, and abundance of fresh fruit and vegetables. Sardinia, an island off the west coast of Italy, follows the principles of this diet and, identified as one of the planet’s Blue Zones, is home to a number of centenarians.

Sardinian cuisine could be considered the ultimate version of Italian food. Letitia Clark, chef and author of *Bitter Honey: Recipes and Stories from Sardinia*, is certainly convinced of this.



“Sardinia is quite isolated and cut off from mainland Italy, and because of this it has managed to preserve a lot of its traditions and old-fashioned methods of production,” Clark says. There’s little industrialised farming and instead the focus is on small-scale production, with many of the things that its inhabitants eat made by hand using traditional methods. “There’s that preservation of the old ways of doing things. There’s a real authenticity and a focus on quality of ingredients.”

The Sardinian diet is rich in vegetables, but the island is also home to at least 120 local varieties of beans. “Beans and other legumes, especially favas and chickpeas, are historically a mainstay of Sardinian food,” says Clemente Contestabile, consul general of Italy in Hong Kong.

There’s also Sardinia’s renowned red wine, cannonau, which contains three times the level of polyphenols, which are linked to better cardiovascular health, compared to other red wines. And of course, heart-healthy olive oil is the fat of choice, used for cooking, dressing and seasoning.

More meat and animal products feature in Sardinian food than other Blue Zone cuisines, though it’s goat and sheep’s milk that are most popular, particularly for making cheese, and these have a higher nutritional value and are more easily digested compared to cow’s milk. Much of the cheese that these are made into is also made naturally by small-scale producers.

“I think it’s the way food is produced, without additives and without GM,” says Clark. “That means you have a healthy diet. You can still eat a lot of animal fats, cheeses and salamis, but the fact that everything is made without chemical additions makes a contribution.”

Sardinians are also perfectly happy to place pulses at the centre of a meal – something other cuisines could consider. “A bowl of lentils that’s been well seasoned or braised with different vegetables can be a main meal; it doesn’t have to be a side dish. That’s one thing that I think is really good about Italian food,” says Clark.

Sardinian cooking is simple, which fits with the relaxed pace of life on the island. And it’s a simplicity common to many of the cuisines eaten by the world’s oldest people.

Take the Sardinian way of preparing broth. “It’s one of the things that I’ve enjoyed most about the cooking here: poaching meat in water with aromatics and vegetables,” says Clark, “so you get a really aromatic broth. It’s a very economical way of cooking. You eat the meat as one dish, the veg as another dish, and you use the broth in three or four different dishes – in a risotto, or in a minestra [pasta cooked in broth]. I really like that way of stretching meat.”

“There’s an expression in Sardinian dialect: *sa cucina minore no timet su fuste* – simple cuisine makes the home great,” says Contestabile. “Whole grains, seasonal vegetables and very little animal proteins. The best recipes are rustic, hearty and straightforward in their preparation.”

意大利薩丁尼亞島

意大利料理所屬的地中海飲食文化，一直以少肉、橄欖油和大量新鮮蔬果烹調美食為人著稱。遠離意大利西岸的地中海小島薩丁尼亞也遵從這個飲食原則，這個被稱為藍區的小島住了多位百歲老人。

薩丁尼亞菜式可以被視為最正宗的意大利料理，著有《Bitter Honey: Recipes and Stories from Sardinia》的大廚Letitia Clark深有同感。

她解釋：「薩丁尼亞遠離意大利大陸，遺世獨立，因此許多傳統和舊式的生產方法都得以保存下來。」這裡的農業並沒有大規模工業化，以小規模的生產為主，因此居民食用的東西許多都是以傳統方法人手製作。「它保留了昔日的做事方法，正宗，並且注重食材的品質。」

薩丁尼亞的飲食裡含有大量蔬菜，島上亦種有至少120種豆類。意大利駐港總領事Clemente Contestabile表示：「豆和其他莢果，特別是蠶豆和雞豆一直以來都是薩丁尼亞菜的支柱。」

另外，小島也以紅酒cannonau聞名，其多酚水平是其他紅酒的三倍，而多酚對心血管健康有益。當然，薩丁尼亞料理的食油選擇也是對心臟健康有益的橄欖油，烹調菜式、做沙律醬和調味一律用橄欖油。

比起其他藍區的飲食習慣，薩丁尼亞人食用的肉類和動物製品雖然比較多，但主要是山羊和綿羊奶製品，特別是用羊奶做的芝士。羊奶不僅營養價值比牛奶高，也更容易消化，而這些芝士大部分都是以天然方法少量生產。

Clark表示：「我認為食物就該這樣製造：食物沒有添加劑和沒經過基因改造，就是健康的飲食。你仍然可以吃肉類、芝士和莎樂美腸，但重點是不能添加化學物質。」

薩丁尼亞人喜歡以豆類為主食，這方面其他地方的人可以參考一下。「一碗調味恰到好處或跟不同蔬菜一起燉煮的小扁豆可作為主食，不必是配菜。我覺得這是意大利菜的優點之一。」Clark續道。

薩丁尼亞菜的烹調方法很簡單，很符合島上輕鬆的生活步調。世上最老的人所吃的許多菜式都是以簡單見稱。

Clark解釋，以薩丁尼亞煮高湯的方法為例，「這是在這裡最喜歡做的菜式之一：將肉跟香料和蔬菜一起放進水裡焗煮，可以熬出香氣撲鼻的高湯。這是非常經濟實惠的烹調方法，肉可以當一道菜，蔬菜又是另一道菜，然後高湯可以用來煮三、四道菜式，如意大利飯和湯意粉。我很喜歡這樣善用肉類的烹調方法。」

Contestabile補充：「薩丁尼亞方言裡有句俗語：簡單的菜式讓家庭生活更如意。全穀物、當季蔬菜加上少許肉類便足夠，最好的食譜都是樸實無華和充滿熱誠的。」

Clockwise from below: Pane frattau; bream with baked potatoes; Letitia Clark at work in the kitchen

下圖起順時針方向：由牧羊人麵包做的 Pane frattau；燻薯仔鯛魚；在廚房裡炮製美食的Letitia Clark



Ikaria, Greece

Greece's cuisine conforms to the healthy Mediterranean diet, but it's only the remote island of Ikaria that's been identified as a Blue Zone, sharing both its isolation and renown for the longevity of its residents with the island of Sardinia.

Greek chef, cookbook author and culinary school owner Diane Kochilas has spent summers on the island of Ikaria since she was a girl. "Everything we ate was from people's gardens, an experience about as far as possible from having grown up eating the weekly food shopping from our neighbourhood supermarket in Queens," says Kochilas, who was brought up in New York.

Yet she says that no one really thought of Ikaria and the diet of its inhabitants until it was discovered to be a Blue Zone. "In Ikaria, isolation and poverty dictated what people ate more than any other single factor. It was never historically important. There are no natural ports. People learned to live with very little and to be joyous despite that."

Inhabitants lived mainly on fish, and people kept gardens. She identifies a few standouts in the local diet – taro root and sweet potatoes, as well as corn, greens and wild mushrooms, with kid as the prevailing meat. Attributes of the Mediterranean diet also feature, with olive oil, lots of greens, and herbs including oregano, pennyroyal, savory and wild fennel.

"The cooking is simple," says Kochilas. "Lots of vegetable and legume one-pot stews and casseroles." Local specialities include soufiko, a summer-vegetable medley similar to ratatouille, and mageirio, a green-bean, potato and corn casserole, not dissimilar to succotash. Many dishes are plant-based or plant-forward. Wild mushrooms are popular, particularly in winter. Figs, grapes, local apples and pears feature, alongside cherries and plums.

"These are things people cherish in season, as well as delicacies like wild fiddlehead ferns and wild asparagus. Searching for many of these foods in the wild provides exercise, too," says Kochilas of another contributing factor to the longevity of the island's inhabitants. "One habit that's still a living tradition is the extensive consumption of herbal teas, mostly herbs one picks and dries at home. It's still the folk medicine and people know which herb to boil for specific ailments. These are diuretic, too, so they contribute to the relative lack of hypertension among older Ikarians," says Kochilas. Then there's strong – but watered-down – wine, consumed in moderation.

Many of the positive attributes of Ikarian cuisine can easily be adapted to other cuisines. "Don't eat processed food; grow as much of your own food as possible, even using hip new techniques like hanging gardens and indoor planting," says Kochilas. "Eat food that's in season and local as much as possible. For every meal where meat is the main course, make the next 10 plant-based. Learn to cook simple vegetable dishes as main courses."

She has plenty to say in praise of Ikarian cuisine. "I love everything that comes straight from the garden on to the plate. Warm summer tomatoes. Sea salt we harvest ourselves. Periwinkles and sea urchins scraped off rocks in the sea. Dozens of different greens and herbs in the wild that create complex but subtle flavours in savoury pies and stews. The honey." And that's just for starters ... Fortunately, many of Ikaria's inhabitants have a century or more to discover and enjoy the fruits of their island.



Clockwise from below: Diana Kochilas (right) at her cookery school; Ikara-style longevity pie of greens and filo pastry; Kochilas' Greek cook book
 下圖起順時針方向：在自己的烹飪學校裡教學的Diana Kochilas (右)；伊卡利亞的長壽蔬果酥皮批；Kochilas的希臘菜食譜



希臘伊卡利亞島

希臘菜也遵從健康的地中海飲食習慣，但只有偏遠的小島——伊卡利亞島才被稱為藍區。伊卡利亞島跟薩丁尼亞一樣，都是位置偏遠、遺世獨立的小島，居民亦同樣長壽。

著有烹飪書及開設烹飪學校的希臘廚師Diane Kochilas，自童年時代開始曾多次到伊卡利亞島度假。在紐約市長大的Kochilas表示：「我們在島上吃的所有東西都出自某人的菜園，跟從小到大一直從皇后區住家附近的超市購買食物的經驗相比，簡直南轅北轍。」

不過，她說在伊卡利亞島被稱為藍區之前，沒人關心伊卡利亞島及島上居民的飲食習慣。「在伊卡利亞島，窮鄉僻壤的先天條件對島上的食物影響最深。這個地方在歷史上從來沒佔一席之地，島上沒有天然港口，居民學會以有限的資源過活，並活得輕鬆愉快。」

島民主要吃用魚類，並且擁有自己的菜園。她指出當地飲食中一些比較獨特的食物，包括有芋頭、番薯、粟米、綠葉蔬菜和野生菇菌，肉類則以小山羊肉為主。這裡也可以找到地中海飲食的特色，譬如使用橄欖油、大量蔬菜，以及牛至、薄荷、香薄荷和野生茴香等香草。

Kochilas表示：「這裡的烹調方法很簡單，就是將大量蔬菜和豆放在一鍋裡燜燉。」本土特色菜式包括有夏天常見的燜燉蔬菜soufiko，以及由綠豆、薯仔和粟米煮成的燉鍋mageirio等。當地的菜式許多都以植物為主，包括非常受歡迎的野生菇菌（尤其是冬天），還有無花果、葡萄、本地蘋果和梨子，以及車厘子和布林等。

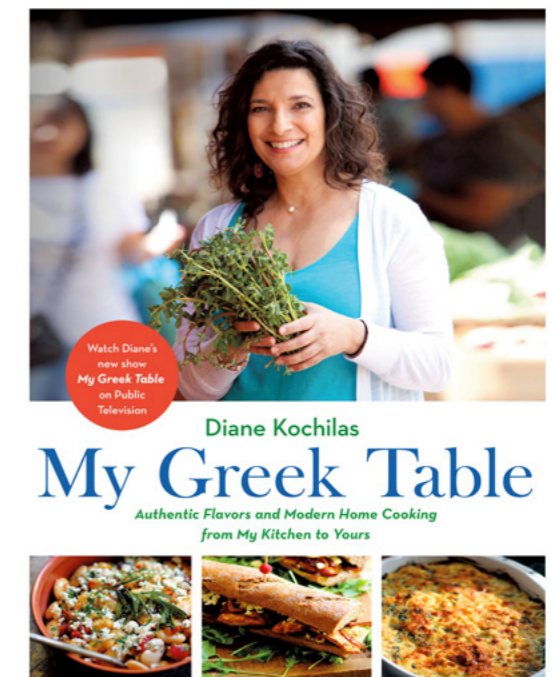
☞ The cooking is simple. Lots of vegetable and legume one-pot stews and casseroles

這裡的烹調方法很簡單，
 就是將大量蔬菜和豆放在一鍋裡燜燉 ☞

「島上居民喜歡這些當季食材，也喜歡嫩蕨菜和野生蘆筍等美食——在野外找尋這些食物也是不錯的運動。」Kochilas認為最後一點也是島民長壽的原因之一。她又說：「大量飲用香草茶是島上另一個至今仍然流行的傳統習慣，島民通常會親自採摘這些香草並自行在家裡製乾。香草茶仍然是島民的民間藥物，他們知道哪種草藥針對哪種症狀。這些有利尿作用，可舒緩年老居民的高血壓問題。」除此之外，當地人也會有節制地飲用兌水的烈酒。

伊卡利亞島料理的好處可以輕鬆地應用在其他菜式，Kochilas解釋：「不吃加工過的食物，盡量自己種植農產，甚至可以用最新的懸吊菜園和室內種植方法等。盡可能吃當季食物和本地出產的東西。每吃一餐以肉類為主菜的膳食後，接下的十餐就要以蔬果為主。學習烹調簡單的蔬果菜式作為主菜。」

她對伊卡利亞島菜式讚不絕口，「我喜歡一切用直接來自菜園出產的食材烹調的東西。夏天溫暖的番茄、自製的海鹽、海邊石頭上刮下來的玉黍螺和海膽，為各種鹹批和燉肉增添複雜但微妙的味道的數十種野生綠葉蔬菜和香草，還有蜜糖，都喜歡。」好處多得不能盡錄……幸好，許多伊卡利亞島居民都長命百歲，有很長的時間可以慢慢發掘和享用島上的美食。



Hong Kong, China

Hong Kong may not be a Blue Zone, but it often features at the top of longevity lists, and diet plays an important role in that. Cantonese cuisine is consumed in Hong Kong, Macau and Guangdong province in mainland China, and has much in common with the cuisines of some of the Blue Zones.

“The emphasis of Cantonese cuisine is on the freshness and flavours of the ingredients, and less seasoning is usually used during cooking,” says chef Angelo Wong of Yi at City of Dreams Macau, who’s also a graduate of the Master Chef Course in Chinese Cuisine of the Chinese Culinary Institute (CCI), highlighting the simplicity of the cuisine.

“The most important aspect of Cantonese cuisine is to taste and keep the original flavours of the ingredients in a dish. Seasonality is also important; the chef will pick the most seasonal ingredients for his creations,” adds Daniel Cheung Long-Yin, executive Chinese chef at Shang Palace in the Kowloon Shangri-La, Hong Kong, another CCI Master Chef graduate.

Cantonese cuisine features lightly cooked, seasonal ingredients. Given the proximity of the places where it’s consumed to the coast, seafood dominates in terms of protein, and is usually cooked using techniques that require little oil and light seasoning – though tofu is also popular, as in Okinawan cuisine.

“Steaming, for example, keeps all the flavour in the same dish. It’s rare for Cantonese cuisine to have strong flavour – hence it’s relatively light and healthy,” says Cheung.

“Cooking relies on the control of the flame temperature to bring out the quality and freshness of the ingredients,” adds Wong.

Instead of seasoning, some of the key healthy ingredients that add flavour to Cantonese dishes include fresh ginger, spring onions, garlic and leeks. “They play a very important role, not only enhancing the taste of the dishes, but also bringing positive effects to the body,” says Cheung, who adds that ginger can relieve colds and abdominal pain; garlic can help to lower blood sugar; spring onions can prevent cardiovascular, digestive and respiratory disease, and improve immune function; and leek, which is rich in allium and fibre, can help reduce bad cholesterol.

Herbal and tonic soups are also key to Cantonese cuisine, blending seasonal ingredients with foods known for their curative effects. “Spring is good for soups that benefit the spleen and liver and remove toxins inside our body; summer is the time to drink soups that can help cool down the body and get rid of dampness; autumn is the season to enhance lung function and nourish the body; winter is to care for the kidney and liver, and to balance the moisture of the body,” says Wong.

Consuming Cantonese cuisine is often a communal affair, with various generations gathering around large tables to share food. Yum cha, in particular, brings people together to “drink tea” – and usually to eat dim sum – a practice that can contribute to longevity for the sense of belonging that it creates, but also because tea – particularly Pu’er – has been shown to lower bad cholesterol, help with digestion and improve gut health.

Cantonese cuisine focuses on ingredients that benefit the body, which are lightly cooked to retain both their nutrients and flavour. As the Chinese proverb goes, “He that takes medicine and neglects diet wastes the skills of the physician.” 🍵



This page, from right: Chef Angelo Wong; fried tile fish with egg whites and crab coral
本頁右圖起：大廚黃贊奇；蛋白紅蟹炒馬頭魚



This page, from left: Sautéed Angus beef and leek with gravy; chef Daniel Cheung Long-Yin

本頁左圖起：韭蔥肉汁嫩煎安格斯牛肉；大廚張浪然



中國香港

香港雖然不是藍區，但卻是長壽榜的常客，飲食習慣應記一功。在香港、澳門和廣東省最受歡迎的粵菜，跟部分藍區的料理有許多共通之處。

畢業於中華廚藝學院大師級中廚師課程，現時於澳門新濠天地的天頤餐廳任職總廚的黃贊奇指出：「粵菜強調食材新鮮和原味，烹調時少用調味料。」特別強調粵菜的簡單。

同樣畢業於中華廚藝學院大師級中廚師課程，現時任職香港九龍香格里拉大酒店香宮行政總廚的張浪然補充：「粵菜的最大特色在於保留食材的原味，強調不時不吃，廚師傾向選用當季食材。」

粵菜喜歡採用當季食材烹調，不會煮得過熟。由於地理位置靠海，海鮮是主要的蛋白質來源，並且通常採用少油的烹調方法，調味偏向清淡。跟沖繩料理一樣，豆腐在粵菜中也很受歡迎。

張浪然指：「舉例說，蒸煮可以保留一道菜式裡所有食材的味道。粵菜甚少使用濃烈的調味料，偏向清淡和健康。」

黃贊奇亦補充：「粵菜烹調講究火候，控制火的溫度以突顯食材的品質和新鮮。」

粵菜喜歡以新鮮健康的食材如薑、蔥、蒜和非蔥等代替調味料，為菜式加添風味。「它們扮演非常重要的角色，不僅可提升菜式的味道，也有益身體。」張浪然指出，薑可以驅寒和舒緩肚痛，蒜能夠降低血糖，蔥可預防心血管、消化和呼吸道疾病及提升免疫力，韭蔥則含有豐富的纖維，可降低壞的膽固醇。

Seasonality is important; the chef will pick the most seasonal ingredients
強調不時不吃，廚師傾向選用當季食材

以當季食材和富療效的食物熬成的藥膳湯也是粵菜的重要菜式，黃贊奇解釋：「春天適合飲用健脾益肝及有排毒功能的湯水，夏天宜飲用清熱祛濕的，秋天要強肺進補，冬天則需要補肝腎和滋潤身體。」

享用粵菜許多時候是一種團體活動，適合幾代同堂或一班朋友圍著圓桌分享美食。飲茶吃點心特別適合親友歡聚的場合，當中體會到的親密感覺當然也對長壽有所貢獻，但更重要是喝茶，尤其是普洱茶，因為茶可以降低壞的膽固醇、促進消化和改善內臟健康。

粵菜強調食材對身體的益處，因此不會煮得太熟，以保留其營養和味道。正如諺語有云：「吃藥不忌口，枉費醫生手。」 🍵

Restaurateurs, drinks brands, craft brewers and winemakers are presenting myriad ways to quench the growing thirst for alcohol-free alternatives. 餐廳老闆、飲品品牌、手工啤酒廠和葡萄酒廠紛紛為越來越受歡迎的零酒精佐餐飲品市場加柴添薪，推出各式各樣的飲品代替佐餐美酒。 **By Rachel Duffell**

Zero Heroes

零的選擇

For a simple langoustine dish with Espelette pepper, the obvious drinks pairing might be a white Burgundy, an Italian vermentino or a California chardonnay. But what about the person who doesn't drink alcohol, or the diner who simply wants to remain clear-headed? The soft drink pairing to accompany this dish at one-Michelin-star restaurant Clove Club in London wasn't quite so straightforward.

Lemons, smoked for a couple of hours were squeezed, and the resulting juice – rich and slightly sour with a smoky depth reminiscent of a peaty whisky – was then made into a cordial and added to a light chamomile tea.

Other dishes suggest similarly imaginative accompaniments, such as carrot juice blended with rooibos tea that's enhanced with pepper when paired with a savoury dish, or can be sweetened when served with dessert.

Clove Club's innovative bar team also makes beetroot molasses, cooking the deep purple vegetables down to one tenth of their original volume so they resemble treacle, then adding them – along with some isolated tannins and apple and grape verjus – to a light, juicy prune tea, homemade with the restaurant's own preserved plums that are rehydrated.

These drinks form part of Clove Club's acclaimed soft pairing menu, which was developed to address the paucity of alcohol-free offerings at fine-dining restaurants.

"We were asking what we could do to create something that's not going to be nine glasses of fruit juice to go with a meal, because that's too much sugar, too much acid; it's not balanced," says Clove Club's head of drinks, Rob Simpson.

簡單的Espelette辣椒大蝦菜式，自然要配搭勃根地白酒、意大利vermentino或加州chardonnay等佳釀，但如果客人不能喝酒或想要保持頭腦清醒怎麼辦？倫敦米芝蓮一星餐廳Clove Club為這道菜式提供的佐餐飲品，卻非如前述般簡單直接。

他們將檸檬煙燻一兩個小時並榨汁，然後用這種味道濃郁而微酸、煙燻味有點像泥煤威士忌的檸檬汁做成甜果汁，再加入清淡的甘菊茶。

其他菜式的搭配飲品也同樣充滿想像力，譬如紅蘿蔔汁混胡椒南非國寶茶，沒加糖就配鹹的菜式，加了糖之後則可配甜點。

Clove Club創意豐沛的酒吧團隊還會將紅菜頭煮到只有原來大小的十分之一，做成紅菜頭糖漿，然後加入被分離出來的單寧及蘋果提子汁，做成清淡的梅乾果汁茶——梅乾由餐廳自己醃製，食用時會重新注入水分。

這些飲品使Clove Club的無酒精佐餐飲品餐單備受讚賞，也因此使一些高級餐廳開始正視以無酒精飲品佐餐的問題。

Clove Club飲品部主管Rob Simpson表示：「我們不希望客人要在一頓飯裡以九杯不同的果汁佐餐，這樣糖分會太高，果酸也太多，餐飲配搭會失衡，因此我們才會想到自創一些飲品佐餐。」

Alcohol-free offerings at one-Michelin-star restaurant Clove Club
米芝蓮一星餐廳Clove Club供應的無酒精佐餐飲品





☞ We like to encourage guests to take one of each pairing

我們鼓勵客人每種佐餐飲品都要試 ☞☞

– Rob Simpson, Clove Club

The creation of a non-alcoholic pairing at Clove Club begins with the dish. “I’ll put that mouthful of food into my mouth and think about what my palate is craving next. Have I got fat in my mouth, acidity, sweetness? Do I want something to brighten it, to refresh, to wash it out? What’s going to work flavour-wise? What’s in season? What do we have stored, preserved, fermenting? Then I start to knock a few things together,” says Simpson.

When Clove Club started to develop its soft pairing options a few years ago, it was one of the first restaurants in Britain to offer such a sophisticated alternative to a wine pairing. And they weren’t prepared for the response. “Guests would be ecstatic that they’d been considered and that there was something thoughtful and considerate and planned to go with their meal, rather than just being offered a Coke or a sparkling water,” says Simpson. “And that gave us the energy to keep developing and to keep pushing the pairing,” which is now frequently chosen by both those who do and don’t drink alcohol.

Clove Club introduced its soft pairing first, and later added a separate tea pairing, for which the team tested a wide range of teas, brewing them at different weights, for different lengths of time and at different temperatures.

Today, says Simpson, “We like to encourage guests to take one of each pairing, because for us that’s the best way to enhance the experience of the guests. That’s the way they get more flavours on their table, we can explain more flavours and more ingredients and deliver more experience to our guests.”

Tea is a popular pairing for food. It shares many of the characteristics of wine and is affected by terroir, climate and processing.

“You can have the same kind of experience that you might from wine. A lot of the attributes that you can talk about with wine, you can with tea,” says Charlie Winkworth-Smith who, with his wife Natalie, is behind sparkling-tea brand Saicho.

The couple founded the brand because Natalie, who reacts badly to alcohol, had often felt forgotten at restaurants, where her husband might be enjoying a wine pairing but she was left sipping water and feeling that she wasn’t having the full experience. Alongside that, the couple identified an increased focus on health and wellbeing, with many young people choosing to eschew alcohol.

So far, the couple have developed three sparkling teas. The Jasmine tea is the sweetest in the Saicho line and lends itself to pairing with desserts, offering a creaminess alongside floral notes. The Darjeeling offers a slightly more intense flavour and spicy, gingery notes that make it a good accompaniment to grilled chicken or hearty pasta dishes. And the Hojicha, the most savoury with a strong tea character and smoky, nutty characteristics that go well with a steak or oxtail soup.

“I think tea is particularly good [as a pairing to food], because it has a bit of astringency and it gives you that refreshing palate that’s something you get particularly with red wine. There’s tannins, astringency and bitterness,” says Charlie.

“Different types of tea have different flavour profiles,” adds Natalie. “You get to think about how teas are grown and part of the whole food-pairing experience is getting a bit of knowledge, a bit of background about how somebody pairs a certain tea with a certain food. That’s what I find exciting – that teas can create that experience and it doesn’t need to come from something alcoholic.”

Clove Club的佐餐飲品會根據每道菜式度身調配，Simpson解釋：「我會將食物放進嘴裡品嚐，然後想想自己吃完後想要喝什麼呢？嘴巴裡是油膩還是酸或甜的感覺呢？我想要再吃一些加強這種味道的東西？還是需要一些味道清新的東西清一清味蕾？什麼味道的東西才搭呢？有哪些當季食材？餐廳有哪些存貨？有哪些醱製的或發酵的食材？然後才把幾種食材混在一起。」

Clove Club數年前開始發展其無酒精佐餐飲品，可說是英國第一批提供葡萄酒以外的精緻佐餐飲品的餐廳，客人的反應完全出乎他們預料。Simpson說道：「客人反應非常踴躍，他們感到自己被重視，很欣賞佐餐飲品的心思和考量，那不是一般的可樂或有汽礦泉水可相提並論的。我們因此更有動力發展佐餐飲品，不斷推陳出新。」現時，就連能喝酒的客人也會點無酒精佐餐飲品。

Clove Club在推出無酒精的佐餐飲品後再推出適合佐餐的茶，團隊為此試過許多不同茶葉，並以不同分量、時間和水溫來沖泡。

Simpson表示：「我們鼓勵客人兩種佐餐飲品都要試，因為這樣是提升用餐體驗的最佳辦法，而且可以試到更多各種味道。我們也可跟客人解釋更多不同味道和材料的特點，給他們更多用餐體驗。」

茶是非常受歡迎的餐飲，並且跟酒有很多相似的地方，同樣受土壤、氣候和炮製過程影響。

與太太Natalie一起創辦有汽茶飲品牌Saicho的Charlie Winkworth-Smith也表示：「以茶佐餐的體驗其實跟葡萄酒一樣，許多葡萄酒有的屬性，茶也有。」

二人之所以創立這個品牌是由於Natalie不太能喝酒精飲品，而餐廳往往忽略了這些客人的需要，許多時候當Charlie享用佐餐美酒時，Natalie只能喝水，讓她覺得自己的用餐體驗若有所缺。除此之外，夫婦也感到大家越來越注重健康，許多年輕人都不愛喝酒。

目前，夫婦二人共研發了三款有汽茶飲，當中茉莉花茶最甜，清新的花香和綿滑的口感，適合配甜品。大吉嶺茶味道稍濃並帶點薑的辣味，配烤雞和味道濃郁的意粉最佳。至於茶味最濃並帶有煙燻和果仁味道的焙茶，則是牛扒和牛尾湯的良伴。

Charlie指出：「我覺得以茶佐餐非常棒，因為茶有點澀，像紅酒一樣能清一清味蕾。茶含有單寧，帶點苦澀。」

Natalie補充：「不同茶葉有不同味道特色，你需要考慮茶的種植方式，而認識有關茶葉的知識及其他人如何用茶佐餐的背景資料等，也是整個用餐體驗的一部分。我自己覺得這些知識很有趣，以茶佐餐可以獲得餐酒以外的體驗。」



Opposite page: Clove Club’s head of drinks, Rob Simpson

This page, from top to bottom: One of the Saicho brand’s sparkling teas, Darjeeling; Saicho founders Natalie and Charlie Winkworth-Smith

對頁：Clove Club 餐飲部負責人 Rob Simpson
本頁上至下：Saicho 的有汽大吉嶺茶；Saicho 創辦人 Natalie 和 Charlie Winkworth-Smith

“I felt like I was getting a totally marginalised dining experience, both at home and out in the world”

我都會覺得自己完全被邊緣化，
不管是在家還是外出用餐都一樣

– Bill Shufelt, Athletic Brewing Company

Saicho has proved popular with restaurants, including the Michelin-starred Simpsons in Birmingham and The Cross in Kenilworth, and regularly appears on non-alcoholic pairing menus. “I think restaurants want to give their customers the best experience they can, and if a customer doesn't want to drink for whatever reason, then they're missing out on some of that experience,” says Charlie.

Today there's an expanding range of non-alcoholic drinks to have with a meal, including beer and wine being made without alcohol. Non-alcoholic wines in particular have significantly improved in quality in recent years, and there's been an increase in non-alcoholic beers, with big names such as Asahi, Coors, Heineken and Carlsberg making their own versions alongside smaller independent brewers.

The Connecticut-based Athletic Brewing Company was founded by Bill Shufelt who, on pivoting to a healthier lifestyle, found that a tasty alternative to alcoholic drinks was lacking. Out at a restaurant or with friends and family and not wanting to drink alcohol he says, “I felt like I was getting a totally marginalised dining experience, both at home and out in the world. As a craft-beer lover, I started to look into why there were no good options out there.”

The answer was that to create a non-alcoholic craft beer takes a good deal of investment, and while the big players were already involved, to do it on a small scale was a big undertaking. But it was one that Shufelt was willing to try, so he teamed up with award-winning brewer John Walker to shake up an industry he felt was in dire need of innovation, building a brewery dedicated to non-alcoholic beer.

The Athletic Brewing Company currently produces three styles. “With the Upside Dawn Golden Ale, we wanted something flavourful and approachable. With the Run Wild IPA, we love the malt and hops character. And then the Basic – Cerveza Atletica – came from a desire for a maltier, toastier lager that's really refreshing on a hot summer day,” says Walker.

As a pairing, beer with food has increased in popularity, and non-alcoholic beers pair just as well. “A lot of pairing comes down to the flavour compounds that you experience: the malt character, the hop character, the acidity and salinity, and our beers have that full range of characteristics and pair really well with food – all the while not impairing you,” says Walker.

The Athletic Brewing Company's gamble on zero-alcohol beers appears to have paid off. “We haven't been able to make enough beer to keep up with demand for over a year,” says Shufelt.

The interest in non-alcoholic craft beer also plays to an increased interest in artisanal products. And that's something else that's clear in the successful products in the alcohol-free market. A lot of effort and investment is being put into making high-quality alternatives to alcohol.

Take Taboocha, a craft kombucha brewing company based in Hong Kong. It's found on the non-alcoholic drinks lists in a number of Hong Kong restaurants, particularly dim sum spots, such as Duddell's, and Cantonese-inspired restaurants such as Roots Eatery. Lead brewer Lisa Lam, who co-founded Taboocha with her sister Patricia, uses local ingredients such as roselle, goji berries and ginger in her creations, which pair well with Cantonese flavours, and there's a strong focus on high-quality ingredients, too, as those increasingly looking to non-alcohol alternatives are often doing so in a quest for wellness.



Athletic Brewing Company's Cerveza Atletica craft beer paired with a grilled steak salad with chimichurri sauce
Athletic Brewing Company的Cerveza Atletica精釀啤酒配阿根廷青醬烤牛扒

Saicho's products are popular with restaurants, including the Michelin-starred Simpsons in Birmingham and The Cross in Kenilworth, and regularly appears on non-alcoholic pairing menus. “I think restaurants want to give their customers the best experience they can, and if a customer doesn't want to drink for whatever reason, then they're missing out on some of that experience,” says Charlie.

現時，無酒精佐餐飲品的範圍越來越廣，包括有無酒精啤酒和葡萄酒。近年，無酒精葡萄酒的品質更顯著提升。無酒精啤酒的選擇也越來越多，不僅是小型釀酒廠，就連許多知名品牌如朝日、Coors、喜力和嘉士伯等，也紛紛推出零酒精啤酒。

康涅狄格州無酒精啤酒釀酒廠The Athletic Brewing Company的創辦人Bill Shufelt追求比較健康生活方式，但卻找不到可以代替酒類飲品的無酒精佳釀。每當外出用膳或是跟親友相聚而又不想喝酒時，「我都會覺得自己完全被邊緣化，不管是在家還是外出用餐都一樣。作為手工啤酒迷，我於是開始研究為什麼市面上沒有美味的零酒精啤酒。」

開設釀酒廠生產零酒精啤酒是非常龐大的投資，加上大牌釀酒廠已加入戰場，要少量生產無酒精啤酒其實相當冒險，但Shufelt願意冒這樣的險。於是，他找來得獎釀酒師John Walker一起顛覆這個他認為需要革新的行業，建立一間專門釀造無酒精啤酒的酒廠。

Walker表示，The Athletic Brewing Company目前只生產三款啤酒，「味道豐富而容易入口的Upside Dawn Golden Ale、麥芽和啤酒花味道怡人的Run Wild IPA，以及麥芽味和焦香味濃郁、夏天飲用分外提神的Basic – Cerveza Atletica。」

以啤酒佐餐越來越受歡迎，無酒精啤酒也一樣。Walker說：「選擇佐餐飲品大多時候都以考慮味道組合為主：麥芽味、啤酒花味、酸度、鹹度等。我們的啤酒齊集各種味道特色，十分適合搭配食物，但卻不會削弱你的判斷力。」

The Athletic Brewing Company冒險投身釀製無酒精啤酒的決定獲得良好回報，Shufelt說：「我們的產品過去一年多都供不應求。」

無酒精手工啤酒興起亦令大家對手工飲品越來越感興趣，手工生產的飲品在無酒精酒市場的成績斐然，使大家對釀製優質無酒精飲品也投入更多心力和資金。

香港發酵茶公司「大杯茶」就是好例子，他們的產品躋身香港許多餐廳的無酒精飲品餐單，特別是供應點心的地方，如都爹利會館和糅合廣東菜元素的法式小酒館Roots。大杯茶由Lisa Lam與姐姐Patricia創辦，同時擔任主要泡茶師的Lisa Lam喜歡用本土食材如洛神花、枸杞和薑等來釀製發酵茶，產品味道跟粵菜非常搭。她亦非常注重食材的品質，因為選擇無酒精飲品的人通常比較注重健康。



Connecticut-based Athletic Brewing Company co-founder John Walker and founder Bill Shufelt
康涅狄格州Athletic Brewing Company的創辦人John Walker和Bill Shufelt

This page, clockwise from left:
Tea brewing; Taboocha's goji
berry ginger tea, a bold blend of
ingredients

Opposite page, clockwise
from bottom left: Taboocha
founders and sisters, Lisa
and Patricia Lam; SCOBY
(Symbiotic Colony of Bacteria
and Yeast), some of the
ingredients in making the
brand's Kombucha

本頁左圖起順時針方向：泡茶；大
杯茶食材搭配別具特色的枸杞薑茶
對頁左下圖起順時針方向：大杯
茶創辦人Lisa和Patricia Lam
姐妹；大杯茶用來製作紅茶菌的
SCOBY（細菌和酵母菌的共生菌）



Taboocha came about from Lisa's own search for a healthier lifestyle. Lisa started the business as she was struggling with digestive issues. Discovering in 2013 that kombucha – which was then little-known in Hong Kong – helped to improve her gut health, she wanted to share the drink with others. Taboocha was established the following year.

Kombucha is fermented tea made using a SCOBY or Symbiotic Culture Of Bacteria and Yeast. Taboocha offers a range of 10 kombucha flavours, and makes use of different tea bases, including jasmine green tea, oolong and black tea, for the different infusions, while also creating exclusive examples in collaborations or for individual clients.

"When we infuse our kombucha with fruits or spices or juices, we use the actual ingredients. We're very adamant about sourcing the real thing, so we're not using flavouring or extracts," says Patricia. "We've also modified our recipe so it's not so carbonated that you feel you're drinking soda. It's softer bubbles, so you can feel the balance of the tea."

"We're a very craft-based product. We're focused on the craft and the flavour," says Lisa. She used to eat at fine-dining restaurants frequently, which she says inspired in her a love of flavours and food. However, turning vegan around the same time as founding Taboocha and forced to cook more at home, she developed a knack for coming up with innovative flavour combinations.

While kombucha is often chosen as an alcohol-free – or low-alcohol, as fermentation means kombucha can be up to 0.5 percent ABV – alternative, it's also revered for its purported health benefits not only due to its tea base, but also its natural probiotics.

As more people look to alcohol-free alternatives, whatever their reasons, the available choices are becoming increasingly appealing and look likely to only enhance the enjoyment of a culinary experience.

"For us, food and drink are inseparable. I don't want one without the other," says Simpson. "At Clove Club, we're trying to give people the most enriched dining experience that they can have, and if someone is unable to have a pairing, then they're not really getting what we consider to be a full dining experience."

When we infuse our kombucha with
fruits or spices or juices, we use the actual
ingredients

我們只會採用真正的食材來為紅茶菌茶添加水果、香料
或果汁等味道

Lisa Lam因飽受腸道消化問題困擾而開始追求健康的生活方式，因此而創辦大杯茶。2013年，當紅茶菌在香港還鮮為人知時，她已發現這種東西能改善她的腸道健康，於是她想跟大家分享這種健康飲品。翌年，她創立了大杯茶。

紅茶菌是由SCOBY（細菌和酵母菌的共生菌）發酵而成，大杯茶共有十款不同味道的茶菌，分別用不同的茶葉炮製，包括有茉莉綠茶、烏龍茶和黑茶等，並加入不同食材的味道。此外，他們亦會為個別客人提供獨家樣品。

Patricia表示：「我們只會採用真正的食材來為紅茶菌茶添加水果、香料或果汁等味道。我們非常堅持使用真正的食材，絕對不會用調味劑或萃取物等。我們亦會改良配方，減少碳酸含量，以免大家像喝氣水一樣。我們產品的氣泡比較溫和，與茶味平衡得當。」

Lisa Lam補充：「我們的產品主要以人手製作，我們非常注重手藝和味道。」她以前經常到高級餐廳用膳，因此培養出對味道和食物的熱愛。不過，自從創辦大杯茶開始，Lisa Lam已改為吃純素，更多時候需自己在家裡做飯，並因此培養出一種本能，讓她不斷想到創新的味道組合。

紅茶菌是發酵物，因此可含有最高0.5%酒精，通常被視為無酒精或酒精含量極低的酒類替代品。紅茶菌也因其健康益處備受推崇，它不只是茶，也是益生菌。

隨著越來越多人為了各種原因改以無酒精飲品佐餐，市面上的無酒精飲品選擇也越來越可觀，這毫無疑問對提升用餐體驗大有幫助。

Simpson表示：「對我們來說，飲、食是不可分割的，是缺一不可的。在Clove Club，我們希望客人能獲得最豐富的用餐體驗。如果客人在店內找不到合適的佐餐飲品，就不能獲得我們眼中的圓滿用餐體驗。」



From air-based protein to “molecular” whiskey, start-ups are creating ingredients that increasingly disconnect agriculture from production. The separation of farm and plate is a new frontier – one that may hold the answer to humanity’s growing food insecurity. 由空氣製造的蛋白質到「分子」威士忌，初創公司研發越來越多不靠農業生產的食材，這或許可以解決越來越緊張的糧食危機。 **By Anna Cummins**

Lap made

實驗廚房

In a laboratory just outside Helsinki, scientists are making food out of thin air. If this sounds like space-age technology, that’s because it is – the concept of using microbes to convert air into food was initially developed for the space industry in the 1960s.

“By empowering naturally occurring organisms with electricity, it’s possible to turn carbon dioxide into a high-protein food,” explains Dr Pasi Vainikka, co-founder and CEO of Finnish tech start-up Solar Foods. At the Solar Foods pilot lab, microbes harvested from soil samples are fermented in large steel tanks. Incredibly, these organisms require only two things to multiply: carbon dioxide from the air and hydrogen, which is obtained by “splitting” water using electricity.

The final product, named Solein, is siphoned from the tanks and dried into a tasteless powder. Solein is a “complete” protein, with a similar amino-acid profile to meat or soya. It can be incorporated into thousands of food products, from bread to packet soups. When the bacteria are modified, they can be used in lab-grown alternatives to meat, egg and dairy.

Vainikka and his co-founder Dr Juha-Pekka Pitkänen describe Solein as the “world’s most environmentally friendly protein”. Because Solar Foods uses renewable energy sources, such as wind and solar, Solein is billed as a carbon-neutral food source, with minimal land requirements and no water wastage. The process may be extraordinary, but the pilot lab – filled with large steel tanks and the occasional waft of something sulphurous – is more akin to a brewery than a NASA facility.

Last autumn, Solar Foods raised €3.5 million from four investors and is gearing up to move into a much larger facility. While COVID-19 has slowed progress this year, the founders say Solein will be ready for the mass market within five years. They seek to compete with soya on price within a decade.

位於赫爾辛基近郊的一座實驗室裡，科學家們正嘗試用空氣製造食物。如果你覺得這聽起來像太空科技，那是因為確實如此。這種利用微生物將空氣變成食物的概念，正是早在1960年代開始研發的太空科技。

芬蘭初創科技公司Solar Foods的創辦人之一兼行政總裁Pasi Vainikka博士解釋：「用電流刺激天然的有機體可以將二氧化碳轉化成高蛋白質食物。」在Solar Foods的先導實驗室裡，從泥土樣本收集所得的微生物會放在大型不鏽鋼容器裡進行發酵，裡面的有機體只要有空氣中的二氧化碳及從水電解出來的氫氣這兩種物質，即可以倍速增長。

利用虹吸管將製成品從不鏽鋼容器吸出來，然後製乾，變成無味的粉末，稱為Solein。Solein其實是全蛋白質食物，所含氨基酸跟肉類和大豆的類似，可以加入麵包和湯包等數以千計的食品內。另外，使用不同細菌，甚至可以在實驗室裡製造出肉類、蛋和牛奶的替代品。

Vainikka與另一位創辦人Juha-Pekka Pitkänen博士形容Solein為「世上最環保的蛋白質食物」。Solar Foods使用風力和太陽能發電等再生能源，因此，Solein被譽為是零碳足跡的食物來源。而且，實驗室佔用的土地面積少，生產過程也不會耗費水源。雖然製作過程非比尋常，但設有大型不鏽鋼容器和偶爾飄盪著硫磺味的先導實驗室，比起太空總署設施更像一座啤酒廠。

去年秋天，Solar Foods從四位投資者那裡獲得350萬歐元資金，正準備搬到更大的設施。雖然今年由於受到新冠肺炎疫情影響，發展步伐放緩，但兩位創辦人表示，Solein可於五年內面市，並期望十年內能在價格上跟大豆爭一長短。

受全球暖化和水源不足影響，全球糧食供應本來已備受壓力，新冠肺炎疫情的爆發無疑是雪上加霜。聯合國估計，全球糧食產量需在2050年增加五至七成才能應付需求。Vainikka有感而發：「新冠肺炎突顯了食物系統透明度不足的問題，近二十年出現的大流行病大部分都跟動物有關。」

Plant-based non-dairy
products produced by
Miyoko's Creamery
Miyoko's Creamery
以植物製造的非奶類製品





The COVID pandemic and subsequent economic crisis have exacerbated severe issues in the global food-supply chain, which is already under strain from global heating and depleting water resources. The UN estimates that food production must increase by 50 to 70 percent by 2050 to meet demand. "COVID has underlined the lack of transparency in the food system," muses Vainikka. "Most of the pandemics we've had in recent decades originated from animal contact."

While food production is responsible for around a quarter of global greenhouse emissions, meat and dairy, in particular, have an outsized impact on that figure. Consumers are taking note: according to a March 2020 report by market intelligence firm SPINS, grocery sales of plant-based foods that directly replace animal products have grown by 29 percent in the USA in the past two years, and the market now stands at US\$5 billion.

American chef, cookbook author and CEO Miyoko Schinner founded Miyoko's Creamery in 2014. The Californian start-up produces cultured butters, cheeses and spreads, using plant-based ingredients such as cashews, oats, legumes and seeds.

"People understand why meat is bad. But people don't understand why dairy is bad," says Schinner of her motivations. "Dairy is as destructive to the environment and animals as meat is, if not worse. Nearly all dairy cows end up as meat."

An in-house analysis by Miyoko's Creamery indicates its products are between 10 and 20 times lower in greenhouse-gas emissions than comparable dairy items. "An acre of cashew trees can produce enough nuts to make 6,000 pounds of cheese a year, while an acre of grasslands can produce 182 pounds of dairy cheese," Schinner explains.

Most of the pandemics we've had in recent decades originated from animal contact

近二十年出現的大流行病大部分都跟動物有關

– Dr Pasi Vainikka, Solar Foods

Miyoko's Creamery has been acclaimed for achieving a creamy taste and texture comparable to that of dairy butter and cheese – something that evades many plant-based dairy alternatives. The company also uses a technique to concentrate the nutrients in their plant milks, thereby improving the nutritional profile of the finished product.

Schinner is a pioneer of new techniques and processes, but prefers not to think of her products as "lab-made". She says that, while the company "uses science at a microbiological level", her products are made from "real, organic, whole foods", adopting traditional techniques such as fermentation to achieve the result.

Terminology is an integral part of the narrative and vision of Miyoko's Creamery. In July this year, the company won the first round of a landmark legal dispute with the State of California over the use of the words on its packaging. The case began when the Department of Food and Agriculture ordered the company to drop words such as "butter" and "hormone-free" from its vegan butter, stating that such terms cannot apply to non-dairy items.

"We chose to fight this case, not just for ourselves but for the whole industry," Schinner says. "Food is evolving, and language also evolves. Language must reflect current cultural norms and changes in the economy of food."



食物製造所產生的溫室氣體排放量佔全球總排放量的四分之一，其中肉類和奶類的比例最為顯著。消費者也留意到問題所在：根據市場調查公司SPINS於2020年3月發表的報告，過去兩年，在美國售出的糧油雜貨之中，以植物製造的產品銷量上升29%，含動物成分的貨品則相對減少29%，前者的市場銷售額現時達到50億美元。

美國廚師兼食譜作者Miyoko Schinner於2014年在加州創辦Miyoko's Creamery並任職行政總裁，其公司專門用植物食材如腰果、燕麥、豆類和種子等生產無鹽發酵牛油、芝士和麵包醬等。

Schinner談到成立公司的目標時表示：「大家明白肉類的壞處，但卻不知道奶類帶來的損害。奶類對環境和動物所造成傷害跟肉類一樣，甚至有過之，所有乳牛到最後幾乎都會變成食物。」

Miyoko's Creamery的內部分析亦指出，他們在生產過程中所排放的溫室氣體比同類奶類產品少十至二十倍。Schinner舉例說：「一畝的腰果樹每年出產的腰果可以製造6,000磅芝士，但一畝草地只可以生產182磅奶類芝士。」

Miyoko's Creamery的產品在味道和質感上均媲美奶類牛油和芝士等，沒有素食替代品的缺點。該公司亦採用一種可濃縮植物奶營養的技術，提升產品的營養價值。

Schinner敢於採用新的技術和製造過程，但她卻不認為自己的產品是「實驗室產物」。她表示，雖然公司「會採用微生物學層面的科學技術」，但其產品卻是用「真正的有機和全天然食物」及以發酵等傳統技術製造。



Opposite page: Solar Foods Process

This page, from top: Chef Miyoko Schinner; Miyoko's plant-based cheese on the production line

對頁：Solar Foods的生產情形
本頁上至下：廚師Miyoko Schinner；Miyoko's的
植物芝士生產線

It's only an hour's drive from Miyoko's 30,000-sq-ft facility in Sonoma Country to the headquarters of Endless West, in San Francisco's Dogpatch neighbourhood. Founded in 2015, this beverage technology start-up is similarly wrestling with the implications of law and language, as it pushes boundaries in its field.

The company, helmed by co-founder and CEO Alec Lee, creates wine and spirits at a molecular level – adding flavours by infusing beverages with molecules that are extracted from natural sources. Its first product, Glyph, is billed as the first whiskey ever to be made “note by note”, without barreling or ageing. It's produced in around 24 hours but is designed to taste as if it's been aged for years.

While the legal definition of Glyph in the USA is “spirit whiskey with natural flavours”, the company opts for “molecular spirit,” arguing that its molecular process marks them out as different from other products. “It's a function of regulation lagging behind innovation,” says Lee.

Like Schinner, Lee is quick to clarify that the flavours Endless West uses are not “lab-made”. “What takes place in our lab is our process, where we explore, experiment and map out everything we want to create,” he says. “When it comes to the making and production of our products, we manufacture everything in a facility that looks a lot like a distillery, and all our ingredients come from nature.”

There are significant environmental advantages in Endless West's process, compared with conventional spirit-making methods – these include a water saving of 65 percent more, a 30 percent reduction in carbon dioxide emissions, and reduced pesticide applications and land use.

Lee is happy to admit that, for now, the brand is focusing on gaining respect among its peers, and clarifying to the world exactly what it's doing. “We obviously don't mind the mad-scientist reference in jest, but more often than not it's said in a way that mischaracterises what we do,” Lee says.

“Our most immediate goal as a brand is to gain widespread acceptance. The only way we can be remotely impactful from an environmental perspective is when there's broad adoption of any drink made via processes like ours. And that requires a shift in the way consumers, industry professionals and regulators all think about drinks made this way and whether the greater majority will eventually embrace it.”

While there's been a predictable outpouring of scepticism from many corners of the spirits industry, which is steeped in tradition, Lee keenly points out that Glyph has won more than a dozen blind-tasting spirits awards. “That's the real curveball, in my opinion,” Lee says. “The industry is used to seeing spirits that comprise the typical and expected inputs, such as age-based whiskey. We're starting from scratch completely.”

While technology has the potential to change the way we enjoy, and even define, food and drink, there's no doubt that – among the many challenges to face on Earth in the coming century – food production is perhaps highest among them.

And if the challenges can't be surmounted? There's a backup: the team at Solar Foods are already working with the European Space Agency to find a way to create protein for a crew of six astronauts, on the inevitable mission to colonise Mars. 🍌



This page, from left: “whiskey” production at Endless West; co-founder and CEO Alec Lee

本頁左至右：Endless West的「威士忌」生產過程；酒廠創辦人之一兼行政總裁Alec Lee



Miyoko's Creamery的理念和遠見也可見於公司在專門術語上的執著。今年7月，該公司就產品包裝上的用字與加州政府對簿公堂，並贏得首回合的勝利。案件的起因是當地食品及農業部下令公司在其植物牛奶的包裝上刪除牛油和不含賀爾蒙的字眼，指這些字詞不適用於非奶類製品。

Schinner表示：「為了自己及整個行業，我們決定要打這場官司。食品工業在演變，用詞也在演變。語言必須反映當前的文化常態及食物經濟的改變。」

Endless West的總部位於三藩市Dogpatch區，距離Miyoko佔地30,000平方呎的工廠僅有一小時車程。這家成立於2015年的飲品科技初創公司，同樣就法律和語言文字的涵意展開類似的爭辯，挑戰這個行業的陳規。

這間由Alec Lee與友人創辦並兼任行政總裁的公司，將分子技術用於釀製葡萄酒及烈酒上——將從天然材料取得的分子加入酒裡，為酒添加各種味道。酒廠的首個產品Glyph被稱為第一款直接將各種味道注入酒內而無需放入木桶陳釀的威士忌，24小時釀成的酒卻有陳年佳釀的風味。

Glyph在美國的法律定義為「味道天然的威士忌烈酒」，但公司卻希望改成「分子烈酒」，因為分子技術是此酒與其他威士忌有別的地方。Lee說：「這是規例追不上創新步伐的問題。」

Lee也跟Schinner一樣，急於澄清Endless West所採用的調味劑並非實驗室產物。他說：「我們只是在實驗室裡就我們想要創作的產品，進行各種探索、實驗和嘗試。然而，說到生產方面，我們所有產品都在一個類似酒廠的地方製造，並且用的都是天然材料。」

與傳統的釀酒方法相比，Endless West的生產過程對環境有顯著的好處，包括能夠節省逾65%的水、二氧化碳排放量減少約30%，以及減少使用殺蟲劑和生產設施佔用較少土地等。

Lee樂於承認，目前，品牌的焦點是爭取同行的尊重，讓世人了解他們的工作。他說：「我們不介意被笑稱為瘋狂科學家，可是許多時候大家的說法卻會讓人對我們的工作產生誤解。」

“We don't mind doing the mad-scientist reference in jest

我們不介意被笑稱為瘋狂科學家”

– Alec Lee, Endless West

「作為一個品牌，我們現時最重要和迫切的目標是讓大眾接受我們，如果要對環保方面產生影響，我們唯一能做的是，讓類似我們的飲品製造方法獲得廣泛採用，而這必須由消費者、業內人士和條例規管等各方面都作出改變，讓所有人都認同這種方法，然後大眾才會慢慢接受。」

儘管面對釀酒業內來自四面八方的意料之內且植根傳統的各種懷疑態度，Lee很高興地指出Glyph已在十多個蒙瓶試酒的比賽中得獎。他說：「那是真正的出乎意料。釀酒業一直以來只著眼於以傳統和意料之內的方法釀製的烈酒，如陳年威士忌等，我們完全是從零開始。」

儘管科技或許可以改變我們對食物和飲品的享用方式以至定義，但在地球於未來世紀將面對的種種挑戰中，食物生產毫無疑問將仍舊是當中最嚴峻的考驗。

萬一無法克服這些困難怎麼辦？也有後備方案：Solar Foods正跟European Space Agency合作，為六名太空人研發蛋白質食物，為移民火星作準備。🍌



Molecular-spirit “whiskey”, designed to taste as if it's been matured for years
新鮮釀製的分子威士忌，以味道媲美陳年佳釀為目標

With traceability, quality, seasonality and sustainability all on the agenda, green-fingered chefs are growing their own gardens. 本著源頭可考、品質保證、不時不吃且環保等好處，善於園藝的廚師們開始建立自己的菜園，自耕自足。 **By Rachel Duffell**

Plot to plate 自耕自煮

How do you cook the best food? Working as a chef in Sydney, it was a question Rodney Dunn was mulling over. The conclusion he came to was: "If you've mastered your technique, the only way to get a better result is better ingredients."

This realisation formed part of the impetus for his move to Tasmania to open what would become The Agrarian Kitchen Cooking School & Eatery, finding a property with land that would allow for a direct connection between vegetable plot and plate.

Today, The Agrarian Kitchen offers agricultural – or agrarian – experiences that embrace curing, fermenting and baking, as well as picking and preparing produce fresh from the farm, and is attached to the award-winning Eatery restaurant. It continues to grow: the garden is currently being expanded and Dunn will be adding gardening classes to his curriculum.

For him, the driving force was flavour. Although he says that it is, of course, great to know exactly what's been sprayed on to your fruits and vegetables – or what hasn't – it's really about flavour.

"Being able to pick it and use it immediately is a different experience in terms of the flavour of that food. There's a whole bunch of health benefits, but for me, my motivation was how do I get the best flavours," he says.

怎樣才能做出最棒的美食？在悉尼任職廚師的Rodney Dunn曾經認真地思考過這個問題，他得出的結論是：「如果你已掌握精湛的烹調技巧，剩下來就只有採用優質材料一途。」

這個結論驅使他移居塔斯曼尼亞，找到一座毗鄰一大片土地的房子，在餐廳廚房旁邊設立菜園，然後慢慢發展成現時的烹飪學校兼餐館The Agrarian Kitchen Cooking School & Eatery。

擁有得獎餐廳Eatery的The Agrarian Kitchen，目前提供多個農耕和烹飪體驗活動，包括教授醃製、發酵和烤焗等技巧。參加者亦可親自到農場採摘蔬果，並學習新鮮農產的處理方法等。The Agrarian Kitchen的規模不斷擴張，菜園面積正在增加，Dunn亦打算在課程中加入園藝班。

對Dunn來說，味道才是推動他自己耕作的推動力。雖然他也說過知道自己吃的蔬果被噴過或沒被噴過什麼是相當重要，但重點還是味道。

他解釋：「將新鮮摘下來食材馬上拿去做菜，味道會截然不同。自己耕種有許多健康益處，但對我來說，如何獲得最好的味道才是我的動力。」



A spread at the Agrarian Kitchen Eatery in Tasmania
塔斯曼尼亞餐廳Agrarian Kitchen Eatery供應的菜式

Chef Matt Orlando of Amass in Copenhagen agrees. "If you pick a piece of fennel in the morning, or you pick a piece of fennel 10 minutes before service, the fennel tastes different. Having that accessibility to flavour – the more intense flavour of things – has been amazing."

Orlando, who previously worked as chef de cuisine at Noma, established Amass in 2013, ensuring there was an adjacent chef's garden. But he had no idea of the impact it would have. "It's every chef's dream to have a garden outside the restaurant that they can walk through and pick herbs and lettuces and whatever is growing out there, but what I found really quickly is that the garden completely influenced the way we cooked, and I wasn't expecting that."

Dunn felt that influence on his cooking too, finding that his style became simpler. "We're not trying to mask the flavours of our vegetables with other things. We're trying to highlight them," he says. He admits that the menu became more vegetable-based, too. "I love my meat, and I will never be vegetarian, but increasing our content of vegetables is a good thing for everybody."

Simon Rogan, a British chef who runs a number of restaurants in the UK, including L'Enclume, Roganic and Aulis, and has outposts of Aulis and Roganic in Hong Kong, had a similar experience. "I'm by no means a vegetarian and we're not vegetarian restaurants, but I'm a firm believer that the answer to our food problems around the world is eating more organic fruits and vegetables. Therefore, our restaurants have always been focused on plant-based products that really are the stars of the show, supported by some proteins where necessary," he says. "The farm is my vehicle to follow by beliefs."

Having accessibility to flavour – the more intense flavour of things – has been amazing
可以得到食材本身更濃郁的味道，真的太棒了
– Matt Orlando, Amass



Opposite page, from left to right:
The Argarian Kitchen's
co-founder Rodney Dunn;
The venue's kitchen area

對頁左至右：The Argarian Kitchen
的創辦人之一Rodney Dunn；
The Argarian Kitchen的廚房

This page, from top to bottom:
The Argarian Kitchen in
Tasmania; Co-founder Rodney
Dunn leading a class

本頁上至下：位於塔斯曼尼亞的
The Argarian Kitchen；創辦人之一
Rodney Dunn正在授課

哥本哈根餐廳Amass的大廚Matt Orlando也有同感：「早上採摘的茴香跟上菜前十分鐘才採摘的茴香，味道已經不同。如此簡單就可以得到食材本身更濃郁的味道，真的太棒了。」

曾任職Noma菜式主廚的Orlando於2013年開設Amass，並在餐廳旁設立由廚師親自打理的菜園，但他當時並不知道菜園會帶來怎樣的影響。他說：「每個廚師都期望在餐廳旁設置菜園，好讓他們隨時去菜園採摘那裡種植的香草、生菜等等，但我很快發現，菜園會完全改變我們的烹調方法，這是我始料不及的。」

Dunn也有同感，認為他的烹飪風格也受到影響，變得更簡單。他解釋：「我們不會嘗試用其他東西去蓋過蔬菜的味道，反而會想辦法突顯這些味道。」餐廳也供應更多以蔬菜為主的菜式，「我喜歡吃肉，永遠也不會變成素食主義者，但增加餐廳的蔬菜菜式對所有人都有裨益。」

英籍廚師Simon Rogan在英國和香港兩地擁有多間餐廳，包括位於老家的L'Enclume、Roganic和Aulis，以及香港的Aulis和Roganic。他也有相似的經驗：「我自己不是素食主義者，我的餐廳也不是素食餐廳，但我深信，多食用有機蔬果有助舒緩全球糧食供應的問題。因此，我的餐廳一直都強調以蔬果為主、肉類為副的菜式。農場是我實踐信念的工具。」



Rogan set up his own farm in the Lake District to supply his British restaurants. It felt almost like a necessity, given an absence of quality ingredients in Northwest England, but it also enabled him to indulge his desire to use hyperlocal, seasonal, organic produce.

The result has been total control over the ingredients used in his kitchens. "Obviously the ethos is paramount, but we can grow what we want, when we want, climate permitting, and we have the ability to satisfy our creativity by using every part of a product, be it the root, the stem, the leaf, the fruit or the flower," says Rogan. "I get excited by everything from the humble cabbage to the most delicious peaches. All, though, are treated with the same respect and ethos, so we utilise them in the simplest ways possible to highlight their amazing flavour and quality."

Having his own farm and growing his own produce transformed Rogan's cooking, too. "It changed everything. In the past, we took inspiration from all sorts of areas. Now, our greatest inspiration is the farm and the product available on it."

Growing your own produce isn't always easy, particularly where climate can be unpredictable or changeable, and commitment to principles can also be a challenge. For example, Rogan has seen whole crops lost to infestations. "It can be a real heartbreaker," he says.

But there's plenty to reap. For example, fennel thrives in the Amass garden, with its sweet, aniseed flavour, as does borage, a fresh vegetable with a cucumber-like taste and sweet flowers. Many of the plants from the Amass garden also boast a certain salinity due to the restaurant's proximity to the ocean. There are fig trees there, too, which have taken five years to start producing fruit, and myrtle that after several years is now ready to be used in making the Amass's own schnapps.

Clockwise from below right: Chef Orlando of Amass in Copenhagen; Simon Rogan's farm in the English Lake District; a dish at Amass
右下圖起順時針方向：哥本哈根餐廳 Amass 的大廚 Matt Orlando；Simon Rogan 位於英格蘭湖區的農場；Amass 供應的菜式

Rogan 在湖區開設農場，為他在英國的餐廳供應農產品。英格蘭西北部素來缺乏優質食材供應，這座農場的重要性不言而喻。此外，它亦讓這位大廚可以利用超地方性的當季有機農產烹調菜餚。

這座農場讓他可以完全控制廚房裡可用的食材，他說：「理念歸理念，但我們在氣候條件容許下，可以決定種什麼東西、何時栽種。我們亦可以善用農產的每個部分，包括根、莖、葉、果和花等，盡情創作。由平凡的捲心菜到香甜的桃子等所有蔬果，我都一樣喜歡，處理時都抱著同樣的尊重和信念，就是以盡可能簡單的方法來突顯它們本身無與倫比的味道和品質。」

擁有自己的農場和自己種植蔬果也改變了 Rogan 的烹調風格，「它改變了一切，我們以前會從各方面尋找靈感，但現在農場及裡面種植的農產就是我們最主要的靈感來源。」

自己種植蔬果有時候會遇到困難，特別是氣候變幻莫測和多變的地方。此外，要忠於原則也不容易，Rogan 曾經因為蟲害損失了一季的收成。「真的好傷心。」他說。

幸好，Amass 菜園的收成其實也很豐富。茴香籽味道甜甜的茴香生長蓬勃，新鮮時味道像青瓜、花香甜甜的琉璃苣也欣欣向榮。由於餐廳鄰近海洋，許多 Amass 出產的蔬菜都帶有一點鹹味。菜園裡還有種了五年才開始結果的無花果樹。多年前栽種的香桃木，果子也終於可以拿來釀製餐廳自家的杜松子酒。

在地球的另一邊，約十個不同品種的莓果在 The Agrarian Kitchen 的菜園裡茁壯成長。菜園嘗試盡量種植不同品種的水果、蔬菜和香草，去年夏天就有 60 種不同品種的番茄、各種顏色的蘿蔔和粉紅芹菜等等。



On the other side of the globe, berries thrive in The Agrarian's Kitchen's garden, which boasts around 10 different varieties, but the team tries to grow as great a variety of fruits, vegetables and herbs as possible. Last summer, the garden produced 60 varieties of tomatoes, carrots of every colour and pink celery, among other things.

With such diverse produce and so many variables, flexibility in the kitchen is key. "When you have your garden, you need to be in tune with it," says Orlando. "You need to be aware what your garden can and can't give you, and adjust."

Adapting and being creative also ensures that nothing goes to waste. "We use everything," says Orlando. "Towards the end of the season, when it starts to get cold, we blanket-pick the garden, we pickle all the flowers, dry all the fennel and ferment all the parsley and the stems, so there's nothing in that garden that isn't used."

Although growing your own produce has many advantages, it requires a lot of work. "It's taken us seven years to understand fully what grows well and to understand the capability of the garden. Start small and build up, because you don't want to be sitting on so much produce that you can't use it all," says Orlando.

"Preparation is 90 percent and the growing is 10 percent. If you skip preparation, then you might as well not start, because you'll never get the quality you're after," advises Dunn, who adds that your own plot is nice to have, but it's not a necessity. While The Agrarian Kitchen currently grows 30 to 40 percent of what it serves in the restaurant – and hopes to

increase this to 80 percent with the new garden – the rest comes from local producers, fishermen and farmers. "You don't have to grow your own. Engage a community of growers to supply you," says Dunn.

This is what Rogan did for his restaurants in Hong Kong. "We made the decision that to succeed in Hong Kong, we needed to extend our ethos and unashamedly keep our identity by not fusing our food with local styles. We needed to find the ingredients to do the job. The organic farms of the New Territories and various markets in Hong Kong gave us all that we needed," he says.

"We know what we can and can't grow successfully out here, and not only from a flavour profile, but also from an efficiency standpoint," says Orlando. "Carrots, beetroots, radishes – those are things we can grow and they can be delicious, but we can't grow large amounts of them, so our farmers are located 45 minutes outside the city where they can grow much more efficiently and the soil is more suited."

Yet there are many perks to using produce direct from a personal plot – and they're not only seen on the plate. "One of the good things about having a garden is that it's really good for your mental health. It teaches you patience. It's such a nice release to spend a day pulling weeds. I think it's really freeing for the mind," says Dunn.

"Having a garden changes the restaurant," Orlando says. "The way that chefs and waiters talk about the food when serving something that you grew yourself is different – and the guests can feel that." 🍷



Chef Simon Rogan at his farm in the English Lake District.
Right: Wah Kee Farm pork, shrimp, mustard and turnip at Roganic
大廚Simon Rogan在他位於英格蘭湖區的農場；右圖：Roganic的華記農場豬肉、蝦配芥菜和大頭菜



🗣️ When you have your garden, you need to be in tune with it
當你有自己的菜園，烹調時就會相應作出微調 🗣️
– Matt Orlando, Amass



Stout sourdough and whipped mushroom at Aulis in Hong Kong
香港餐廳Aulis的黑啤酒酸種麵包和蘑菇蓉

農產種類和品種多，運用起來就更具彈性。Orlando說：「當你有自己的菜園，烹調時就會相應作出微調，你會知道菜園裡有哪些東西、沒有哪些東西，然後作出調整。」

根據農產品作出調整和創作菜式更可以確保不浪費任何食材，Orlando表示：「我們會物盡其用，季末天氣轉冷時就會將菜園裡種植的所有東西都採摘下來，將花拿去醃漬，茴香風乾，歐芹和莖拿去發酵，菜園裡的一切都不會浪費。」

雖然自己種植蔬果有許多好處，但所花的精力也不容小覷。Orlando指：「我們花了七年才知道哪些東西會長得好，以及這個菜園的能力和限制。從小規模的菜園開始慢慢擴展吧，你也不希望出現收成太多而你根本用不著全部農產的情況。」

Dunn忠告：「準備工夫佔九成，種植只佔一成。假如跳過準備一環，不如不要開始，因為不可能種出自己滿意的農作物。」他還說，擁有自己的農田當然很好，但沒有也沒關係。The Agrarian Kitchen現時有三至四成的食材都是自己種植，新菜園啟用後，期望比率能達到八成，其餘食材則來自附近的生產商、漁夫和農夫。他說：「你可以找一批固定的農場供應所需食材，不必自己種植。」

Rogan在香港的餐廳正是如此，他解釋：「我們認為，香港餐廳要成功，就必須延續我們的理念，要百分百保持原汁原味，不能混入本地的風格。這樣的話，我們需要適當的食材，而新界的有機農場和香港不同市場能為我們提供所需的材料。」

Orlando續道：「我們知道這座菜園適合和不適合種植什麼，當中除了味道的考慮，還有效率的問題。紅蘿蔔、紅菜頭和蘿蔔可以種，也可以很好吃，但我們無法大量種植。因此，我們與距離市區只有45分鐘車程的農場合作，因為它們的種植效率更佳，土壤也更適合。」

用自己的農地種植食材還有許多跟菜式無關的好處，Dunn解釋：「擁有自己菜園的好處之一是有益精神健康，它會讓你變得更有耐力，長日漫漫的除草過程也可以讓人好好放鬆。我覺得精神真的可以得到解放。」

Orlando亦說：「擁有自己的菜園改變了餐廳的面貌，廚師和侍應講到用自己親手種植的食材做的菜式時，語氣會不一樣，客人能感受到。」 🍷

The present time of crisis, from a global health emergency to widespread social protests, has forced restaurateurs and bar owners to innovate as never before. We find out how. 面對全球衛生危機和社會活動頻繁等重重困難下，餐廳和酒吧老闆發揮史無前例的創意，意圖突破困局。 By Melissa Twigg

When the going gets tough...

迎難而上

Owning a restaurant has always been a risky business, but COVID-19 has made the rollercoaster ride much more adrenaline-charged. Across Europe, the US and Asia, restaurants – once the heartbeat of dynamic cities – have been forced to innovate by morphing into take-out joints, or by creating content for Instagram and food parcels for the hungry.

Even the most successful, critically acclaimed restaurants – the ones with queues snaking around the block and month-long waiting lists – run on tight margins. And over the last few tumultuous months, it's the managers and chefs who think outside the box that have generated headlines and stayed afloat.

"We realised early on that physical distancing was here to stay for the foreseeable future, so we learned how to make our restaurants work under these conditions," says Syed Asim Hussain, the co-founder of Hong Kong's hugely successful Black Sheep consortium. "We looked into permanent floorplan changes and partition screens between tables. We've also been monitoring the news coming out regarding air conditioning spreading the virus, and adapted our airflow systems.

"In terms of the guest experience, we've realised that when masks cover our faces, guests can no longer see you smile, so body language is key. And we've also discovered that we all do a lot more lip reading than we realise, so we're reminding the team to speak up."

Along with his colleagues, Hussain has used this knowledge to create a now-widely-shared COVID-19 handbook that's being used by restaurateurs around the world. As regional industry leaders, they felt a responsibility to help independent joints without the same resources, arguing that everybody benefits if cities retain a reputation as culinary hubs.

飲食生意從來不容易做，而新冠病毒疫情更是雪上加霜。不管是在歐美還是在亞洲，曾經是城市活力指標的餐廳無奈變身外賣店，或是改到Instagram上宏揚烹調藝術或為捱飢抵餓的人提供食物包。

即使是曾經店外等候人龍長不見尾或需提早幾個月訂座的知名餐廳，也只能賺取微薄利潤。不過，在過去動盪的數月裡，敢打破陳規的餐廳經理和大廚卻能突圍而出，逆風飛翔。

Syed Asim Hussain是香港大為成功的餐飲集團Black Sheep的創辦人之一，他表示：「我們很早就意識到，在可見的將來，人與人之間得繼續保持社交距離，因此我們想到重新編排餐桌的分佈，以及在餐桌與餐桌之間加入屏風等解決方法，好讓餐廳能在這情況下盡量如常運作。此外，我們亦留意到關於空調會傳播病毒的新聞，並改善空氣流動的路線。」

「在服務方面，由於口罩會將笑容遮蓋，身體語言便成為待客關鍵。另外，我們也發現大家平時其實很多時候會看口形，於是提醒員工說話盡量大聲一點。」

Hussain跟同事一起將這些知識歸納成一本新冠病毒手冊，並受到全球各地餐廳廣泛採用。作為區內餐飲業翹楚，他們覺得有責任協助資源不足的獨立餐廳，因為他們深信，只要一個城市能保持美食之都的美譽，所有餐廳都能受惠。



Italian chef Massimo Bottura recently launched the series "Kitchen Quarantine" on Instagram
意國名廚Massimo Bottura最近在Instagram推出「隔離廚房」系列



Behind-the-scenes with Italian Chef Massimo Bottura of three-Michelin star Osteria Franceseana 米芝蓮三星餐廳 Osteria Franceseana 的意籍主廚 Massimo Bottura 在廚房裡忙碌的身影

“Hong Kong has established itself as a major dining city and right now we’re at risk of losing that,” explains Hussein. We primarily thought that by sharing what’s working for us we might help a few other operators in our city, but we’ve been receiving messages from all over the world. The response has really surprised and touched us.”

Elsewhere in the city, eateries which had previously eschewed online deliveries joined popular delivery platforms to boost business. Restaurant group JIA, which operates 12 establishments around the city, set up an online delivery site – complete with a WhatsApp customer service chat – for the first time in its history as part of its “JIA Everywhere” initiative. Besides à la carte menu items, the group offered new office- and family-friendly catering options, do-it-yourself meal kits, and a custom-ordering function that allowed diners to select dishes across multiple restaurants – including the group’s exclusive ten-seater, MONO.

In an unprecedented move, JIA also introduced a “Chefs at Home” service, opening up its roster of star chefs, like MONO’s Ricardo Chaneton, Andō’s Agustin Balbi, and Duddell’s Li Man-Lung, for private events at diners’ homes.

They’re not the only ones that have been adapting with aplomb. As well as putting safety measures in place, restaurants across the globe have used the time off to forge new links between the hospitality industry and technology – a relationship that hasn’t been particularly well-developed until now.

Massimo Bottura is a good example. At the height of lockdown, back when Italy was battling thousands of new cases a day, the chef of three-

Michelin-star Osteria Franceseana fame launched an Instagram series called “Kitchen Quarantine”. In it, he guides viewers through step-by-step recipes, including Thai curry, warm bollito salad, tortellini and even mac and cheese. Hundreds of thousands of people watched them, and online groups sprung up for fans to compare their triumphs and failures.

If sipping a glass of wine while surveying the dappled green-and-purple vineyards of Napa Valley is what you were craving, then Instagram had a solution for that too. Five days a week, Californian Caroline Conner taught wannabe wine experts how to fall in love with the humble grape. “My tastings are snobbery-free,” she says. “I’m teaching people how to taste wine from the ground up – don’t be intimidated. I prefer newbies.” Newbies flocked in, glass of wine in hand, and she became a lockdown-evening staple.

Making it even easier to get tipsy when unable to drink or dine out was the Tell Camellia bar in Hong Kong. For the last five months, it’s been delivering its most famous cocktails to apartments around the city – bottled, chilled and ready-to-drink. These include the Darjeeling negroni, the matcha martini, the matcha vodka, and the mango and strawberry T- tonic, the bar’s signature take on the classic gin and tonic.

“By delivering cocktails we stayed connected with our guests and went all over Hong Kong if they couldn’t come to us – we got to them. The team and I have gone everywhere from Discovery Bay to Yuen Long,” says founder Sandeep Hathiraman. “We continue to sell and deliver them – and now Hong Kong is experiencing another wave, requests by groups of friends having digital gatherings is up again.”

他解釋：「香港已奠定了美食之都的地位，但目前卻有可能失去這名銜。我們最初分享這些成功經驗時，只想著或許可以藉此幫助本地的其他餐廳，想不到會收到來自全球各地的訊息，反應真的是出乎意料，也讓我們大為感動。」

本港其他昔日對線上外賣速遞興趣缺缺的食肆也紛紛加入受歡迎的線上外賣平台，以促進業務。在香港有12家餐廳的餐飲集團JIA也史無前例地設立JIA Everywhere網站，並配合WhatsApp客戶服務，提供線上外賣服務。客人可藉此訂購單點美食，以至新增的辦公室或住家到會套餐、自煮餐點套裝等，甚至可從集團旗下任何一間餐廳，包括只設十個座位的頂級尊貴食府MONO，挑選菜式，自訂套餐內容。

JIA亦破天荒推出「大廚上門」服務，讓旗下的星級名廚，包括MONO的Ricardo Chaneton、Andō的Agustin Balbi和都多利會館的李文龍等，親自到客人府上為私人活動炮製美食。

沉著應戰的不只有Black Sheep和JIA。全球各地餐廳亦趁著這段「閒暇」時間建立餐飲款待業與科技之間的新連繫，改善這個過去一直積弱的環節。

Massimo Bottura是當中佼佼者。在意大利面對每天新增數千感染病例的疫情高峰期，這位執掌米芝蓮三星餐廳 Osteria Franceseana 的名廚，開始在Instagram上推出名為「隔離廚房」的系列，分享泰式咖喱、意式熱沙律、意大利雲吞以至芝士通粉等菜式的食譜，一步步教讀者烹調這些美食。這些食譜吸引數十萬計的讀者，更因此湧現粉絲互相分享成功和失敗經驗的網上群組。

如果你渴望的是在納帕谷滿園青色和紫色的葡萄園裡舉杯，Instagram也可以幫你止渴。加州人Caroline Conner推出每週五日的視像教學課程，讓想要成為葡萄酒專家的人愛上這種醇樸的佳釀。她說：「我的品酒課程從基本開始教授品酒方法，不會予人高不可攀的感覺，所以不用怕。我喜歡教新手。」這課程吸引了大量品酒初哥拿起酒杯，並成為封城期間備受追捧的晚間節目。

香港酒吧Tell Camellia則為不能外出喝酒或吃飯的客人，提供簡便的解決辦法。他們在過去五個月，將酒吧著名的雞尾酒，如大吉嶺negroni、抹茶馬天尼、抹茶伏特加，以及酒吧招牌的氈湯力——芒果士多啤梨湯力等，變成冰涼的瓶裝飲品，速遞到香港各區的住宅。



This page, from left: Tell Camellia’s Sandeep Hathiramani and Gagan Gurung; cocktails on delivery 本頁左至右：Tell Camellia的 Sandeep Hathiramani及 Gagan Gurung；速遞到府的美味雞尾酒

It's going to be a hard few years. Young hopefuls face an uphill battle

未來幾年一定非常艱難，有志從事這行業的年輕人將要迎難而上

- Sandeep Hathiramani

For some businesses, it wasn't a question of introducing technology, but rather incorporating more of it. Since opening in 2018, San Francisco burger restaurant Creator has employed robotics to automate its entire food preparation process. While Creator's founders originally developed the technology to ensure consistency and save on labour costs (allowing them to use more expensive ingredients), the pandemic has reframed it as the future of food safety.

When California was in lockdown in March, Creator's team of engineers designed a sealed takeout window complete with a positive pressure system and self-sanitizing conveyor belt that would allow its staff to transfer orders to customers without ever coming into contact with their food.

The meals, which are prepared entirely by robots directly inside the takeout containers, are hermetically heat-sealed, double-bagged, and tagged with a tamper evidence sticker for good measure.



Opposite page:
Signature sharing set at JIA Group's French restaurant Louise;
This page:
Meal box from JIA Group's Thai restaurant Mak Mak
對頁：JIA集團旗下法國餐廳Louise供應的招牌套餐
本頁：JIA集團旗下泰國餐廳Mak Mak的外賣便當



While this all sounds futuristic, the engineers designed and built the transfer chamber within three days, using readily available materials from the hardware store. The transfer mechanism itself is powered manually by a hand-crank, which kept the design relatively simple and easy to replicate – the importance of which became clear when Creator shared the plans free of charge on its website.

In the hopes of helping other businesses introduce similar measures, the Creator team has also set up a page where other businesses can submit relevant questions and material-sourcing requests to their engineers.

All this has shown a thoughtful, uplifting side of an industry that's been seen as cutthroat and male-dominated for far too long. Yes, it's undeniable that restaurants around the world will take a hit – but as diners, we owe them the same generosity and willingness to adapt that they've shown fellow business owners and even bored adults stuck at home with nothing to cook. Whether it's ordering a take-out cocktail or having a socially distant dinner, every bit helps.

"It's going to be a hard few years. Young hopefuls face an uphill battle, with tough landlords and red-tape government licences, along with an uncertain climate," says Hathiramani. "Businesses will have to re-evaluate their target audience, particularly hotels or businesses who cater to tourists. But the real positive is that when Hong Kong went back to normal, everything was thriving, and restaurants and bars were packed."

And so they will be again. 🍷

酒吧創辦人Sandeep Hathiraman表示：「速遞雞尾酒可以跟客人保持聯繫，既然他們不能來酒吧，那就改由我們把產品送到他們手上吧。我和員工走遍香港各個角落，足跡遍及愉景灣以至元朗。我們會繼續售賣和速遞雞尾酒；香港正興起一股新浪潮，由網上聚會帶起的需求再次上升。」

對部分餐廳來說，問題不是採用科學技術，而是增加科技應用。三藩市漢堡包店Creator自2018年開業以來，整個食物製造流程均由機械人操作。餐廳創辦人最初採用這些科技時，原意是為了確保食物品質的穩定，以及節省人工，好將更多資源投放在高價食材上面，但在疫情下，這反而成為食物安全的未來指標。

在3月加州封城期間，Creator工程人員設計了封閉式的外賣窗口，配備正壓系統和可自行消毒的輸送帶，讓員工可在無需碰觸食物的情況下將美食送到客人手上。

全由機械人製作的食物會放在保溫的密封式外賣盒裡，並用兩重紙袋包裝，袋口貼上一次性封口貼紙以確保中途沒有開封。

雖然聽起來有點科幻，但實際上，工程人員只花了三天時間，利用從一般五金店購買的材料，便完成外賣窗口的改造。輸送系統由人手操作的曲柄控制，設計因此相對簡單及容易複製——當Creator於公司網站免費分享設計圖時，相對簡單及容易複製的優點便分外明顯。

為了協助其他餐廳製造類似的設施，Creator更設立網頁，讓這些餐廳可向他們的工程師提出相關問題和查詢購買材料的途徑等。

餐飲業向來予人男性主導、競爭劇烈的印象，但這次卻展示了細心和勵志的一面。雖然全球餐廳無可否認會受到嚴重打擊，但他們仍然慷慨地向同業以至被困在家裡缺乏食物的人伸出援手，並積極應變，作為顧客的我們自然也應該投桃報李，透過訂購外賣雞尾酒或舉辦保持社交距離的晚宴等，略盡綿力。

Hathiraman寄語：「未來幾年一定非常艱難，面對無情的業主、繁瑣的政府規管和不安的氣候，有志從事這行業的年輕人將要迎難而上。業界需重新評估其目標顧客，特別是酒店及以遊客為主的行業，但樂觀的看，香港在之前的正常日子裡，各行業均蓬勃發展，餐廳酒吧亦座無虛設。」

因此，各行業定必會再次欣欣向榮。🍷

Local flavour

本土之味

Pastry chef Gregoire Michaud combines a lifetime of baking experience with local inspiration

餅廚Gregoire Michaud以豐富的經驗和從本土取得的靈感炮製其招牌糕點

By Rachel Duffell

When Gregoire Michaud, former executive pastry chef of the Four Seasons Hong Kong, opened his own bakery and café, Bakehouse, in Hong Kong in 2018, not only was he keen to serve the finest loaves alongside classic French pastries, but he wanted to serve something that delivered a sense of place and reflected Hong Kong, the place he's called home for more than two decades.

"Hong Kong has given me a lot of inspiration. I wanted to create something that would connect with Hong Kong, its culture and its people," says Michaud. "It also had to be affordable, approachable and, of course, delicious. Easier said than done." Michaud identified the egg tart as fitting the bill – but recreated it with a twist, leveraging on his 27 years of experience in baking to create his own version.

"I worked for about three months developing the perfect recipe to reach the right dough texture after baking with the perfect crispness, the right sweetness, the right filling texture, colour and the caramelised sugar on the edges of the tart," he says. Bakehouse's Sourdough Egg Tart is made from croissant dough developed from Michaud's 15-year-old sourdough starter, as well as plenty of butter, and its realisation required significant time spent in experimentation with both baking trays and different ovens to assess the impact on the end result.

"It looks very simple," says Michaud of the final product. "But there's a lot more to it than meets the eye. It's natural, made only with real, wholesome ingredients, and we make sure it's baked freshly all day long." The egg tarts have quickly become a must-try treat at Bakehouse and, given the dedication and attention to detail behind them, it's easy to see – and taste – why.

2018年，曾於香港四季酒店擔任行政餅廚的Gregoire Michaud在香港創業時就決定，他的餅店兼咖啡店Bakehouse不僅要售賣精緻麵包和傳統法式糕餅，還要放進香港的特色，以回饋這個他不經不覺已生活了20多年的地方。

Michaud說：「香港給了我許多靈感，我希望創作一些能反映香港及其人文氣息的产品。而這些产品必須是價錢相宜、容易為人接受和美味的，真是知易行難。」Michaud於是想到蛋撻，並以其27年的餅廚經驗，改良成只此一家的產品。

他續道：「我花了三個月才找出最完美的配方，讓餅皮的質感、酥脆程度和甜度，以及餡料的質感、顏色和外圈的焦糖，都恰到好處。」Bakehouse的酸種蛋撻，質感像牛角包的餅皮由Michaud有15年歷史的酸種和大量牛油製造，並採用不同焗盤和焗爐不斷嘗試才做出最後的效果。

對於最後成品，Michaud表示：「它看似簡單，但那只是外表給人的假象。它非常天然，以真正的天然食材製造，每天不停新鮮焗製。」這款由Michaud費盡心思、精心研製的蛋撻，理所當然地很快成為Bakehouse必試的招牌產品。



Sam Chong 莊炳森

HTI graduate with an Advanced Certificate in Sommelier Studies and a Certificate in Food and Beverage Supervision, who is now assistant director of food and beverage at the New World Millennium Hong Kong Hotel

畢業於酒店及旅遊學院高級品酒師證書及餐飲督導管理證書課程，現任千禧新世界香港酒店助理餐飲總監

By Florence Tsui

“

I've been at the New World Millennium Hong Kong Hotel in Tsim Sha Tsui for 14 years, where I started out as a bartender

我已在位於尖沙咀的千禧新世界香港酒店工作了14年，由酒保逐步晉升至助理餐飲總監



I currently oversee the general operations of our restaurants – Café East, Tao Li, Ranzan, Sagano and La Table French Brasserie – as well as the lounge and bar, and other special-event operations.

My day usually starts at 8am, when I come in to oversee the breakfast buffet and then prepare for our 9am meeting to address all restaurants' revenue, bookings and any upcoming events. At 11am, we have a meeting with all restaurant managers, when we discuss any instructions from management, or if there are any special VIP issues or complaints

from guests. This is also a time when we discuss equipment and identify whether or not we need to replenish anything.

I spend lunchtime between noon and 2pm on the floor to oversee everything, as well as greeting guests and asking for feedback so that we can build and maintain relationships with our guests. For me, connecting with guests is usually a very happy time. In the afternoon, I have meetings with suppliers or perhaps other internal meetings; this is also when I conduct interviews with potential team members as well as overseeing the training of new employees.

After this, we prepare for dinner and I also oversee dinner service on the floor. This is usually my favourite time of the day, as I take care of the wine lists and menu pricing, as well as wine pairing. I'm a sommelier, so usually this is a busy time for me as I can cater to our guests' requirements and take care of them. I also help organise private wine dinners in the Western restaurants.

Despite COVID-19, we're doing our best. Whether it's takeaway or making any special arrangements, we always try not to say no and to cater to our guests to the best of our ability.

目前的工作主要負責Café East、桃里、嵐山、嵯峨野和La Table French Brasserie，以及大堂餐廳和酒吧的日常營運，還有其他特別活動的業務。

我的一天從早上八時開始，首先是視察自助早餐的情況，然後是為九時的會議作準備，以便了解各餐廳的收入和訂座情況及即將舉行的活動。十一時再跟各餐廳經理開會，商討由管理以至特別的貴賓事務與客人投訴等事情，以及檢討餐廳配備是否需要補充。

正午至二時的午餐時間則會留在酒店內監督各餐廳的運作，並跟客人打招呼及聽聽他們的意見，與客人建立關係和保持聯繫。對我來說，跟客人閒談通常都是很愉快的經驗。下午則會跟供應商見面或出席其他內部會議；或是進行面試，挑選潛質優厚的員工；又或監督新員工的訓練情況。

接下來是為晚餐時段作準備，然後留在場內監督晚餐的運作情況。這段時間是我一天最忙，但亦是最開心的時間。身為品酒師，我要處理酒單和飲品訂價及餐酒配對的事宜，還會忙著滿足客人的要求，留意他們的需要。我也可以幫忙安排在西餐廳舉辦的私人品酒宴會。

面對新冠肺炎疫情，我們仍然提供最好的服務。不管是外賣服務還是特別安排，我們都盡量不會拒絕，盡可能照顧客人的需要。

Recipes for success 成功秘方

The International Culinary Institute (ICI) and its sister institutions the Hotel and Tourism Institute (HTI) and the Chinese Culinary Institute (CCI) provided students with an array of fun and educational opportunities

國際廚藝學院與其姐妹機構酒店及旅遊學院和中華廚藝學院積極提供機會，讓學員透過校內課程增長知識之餘，更可與專家交流參加特別活動和比賽，開拓視野。

By ICI Editorial Team 國際廚藝學院編輯組



New directions 新方向

In December 2019, Richard Ekkebus, culinary director of the Landmark Mandarin Oriental's signature restaurant Amber and ICI honorary advisor, held a demonstration for students at the Institute. Not only did he share his own culinary skills with a new generation of chefs, but he also revealed the concepts on ethical and sustainable dining that underlie his recent new direction for dining at Amber.

2019年12月，香港置地文華東方酒店著名餐廳Amber的廚藝總監兼國際廚藝學院榮譽顧問Richard Ekkebus蒞臨本學院進行示範教學，跟新生代廚師分享其烹飪技巧，以及Amber最新的餐飲方向，也就是他對餐飲業界在廚德和環保兩方面的理念。

Italian inspiration 意國靈感

Luca de Berardinis, partner and chef at Dine Art Hong Kong, and formerly specialty chef at Conrad Hong Kong's Nicholini's and executive chef at the Michelin-star restaurant Il Milione, presided over a culinary demonstration for ICI students in January 2020. During the demonstration, de Berardinis explained how Prosciutto di Parma PDO (protected designation of origin status) ham and Grana Padano PDO Cheese are produced and aged. He also demonstrated the correct ways in which both the ham and the cheese should be cut.

Luca de Berardinis是香港私房菜餐廳Dine Art的廚師兼合辦人之一，並曾分別於香港港麗酒店意寧谷餐廳和米芝蓮餐廳Il Milione任職特色主廚及行政總廚。這位名廚於2020年1月為國際廚藝學院的學員進行示範教學，講解帕爾瑪產區認證火腿和格拉那帕達諾產區認證芝士的製造和陳年過程，並示範切割火腿和芝士的正確刀法。



Skills on show 技巧展現

During June and July 2020, students at both the ICI and the HTI participated in the cooking, pâtisserie & confectionery and restaurant service categories of the biennial WorldSkills Hong Kong competition. The results determine the finalists for the 46th WorldSkills competition, the world's largest contest for technical and vocational expertise, which will be held in Shanghai in 2021 and in which some 1,300 entrants from more than 60 countries are expected to compete.

於2020年6月及7月，國際廚藝學院和酒店及旅遊學院的學員參加了世界技能大賽西式烹調、西點製作和餐飲服務範疇的香港代表選拔賽。兩年一度的世界技能大賽是全球規模最大、考驗參賽者職業技能的比賽，選拔賽的優勝者將代表香港參加於2021年在上海舉行的第46屆世界技能大賽，與來自60多個國家的1,300名參賽者競逐殊榮。





Strawberry and thyme napoleon with pistachio custard created by students of the International Culinary Institute

由國際廚藝學院學員精心烹調的百里香士多啤梨拿破崙配開心果吉士醬

Go Behind The Scenes

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如欲了解國際廚藝學院、中華廚藝學院與酒店及旅遊學院的獨家資訊及最新消息，敬請留意ICI / CCI / HTI的YouTube

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