

# AMBROSIA 客道: The Magazine of The International **Culinary Institute**

Volume 9 Autumn 2020

Article 4

November 2020

# Contents 目錄

Follow this and additional works at: https://repository.vtc.edu.hk/ive-hosts-ambrosia



Part of the Food and Beverage Management Commons

#### Recommended Citation

(2020) "Contents 目錄," AMBROSIA 客道: The Magazine of The International Culinary Institute:, 2-3. Available at: https://repository.vtc.edu.hk/ive-hosts-ambrosia/vol9/iss1/4

This Front Matter is brought to you for free and open access by the Hotel, Service & Tourism Studies at VTC Institutional Repository. It has been accepted for inclusion in AMBROSIA 客道: The Magazine of The International Culinary Institute by an authorized editor of VTC Institutional Repository. For more information, please contact wchu@vtc.edu.hk.

# CONTENTS目錄

AUTUMN 2020 秋季

#### **IN EVERY ISSUE**

## 06

#### GASTROPEDIA 美食百科

The world is your oyster 蠔的種種

# 80

#### BOOKSHELF 新書上架

Read all about it 讀萬卷書

# 09

#### TOOL OF THE TRADE 創意廚具

Feel the heat 熱力四射

# 10

#### 1 INGREDIENT 9 WAYS 九種變化

Pumpkin possibilities 南瓜的可塑性

# 12

#### LEXICON 專業詞彙

Mother's sauces 基本母醬

## 58

#### PLAT DU JOUR 名菜解構

Local flavour 本土之味

## 60

#### DAY IN THE LIFE 餐飲人生

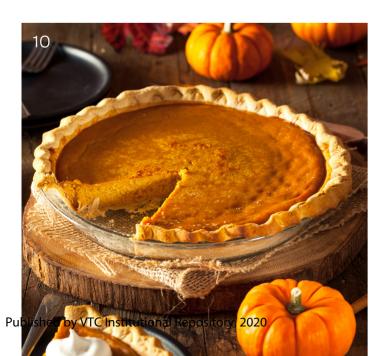
Assistant director of food and beverage Sam Chong 酒店助理餐飲總監莊炳森

## 61

#### CLASS ACTS 學院活動

A world of opportunities at ICI and its sister institutions











#### **FEATURES**

### 14

#### A HELPING HAND 善心膳食

Local and global hospitality companies and organisations giving back 本地以至全球各地的款待餐飲公司和機構積極回饋社會

# 20

#### EAT WELL LIVE LONG 長壽食譜

The world's healthiest countries and their secrets to longevity 介紹全球最健康的地區及其長壽秘訣





22

# 30

#### ZERO HEROES 零的選擇

The thirst-quenching alcohol-free alternatives 各式無酒精佐餐飲品

## 38

#### LAB MADE 實驗廚房

Creating ingredients that continue to separate agriculture from production 在實驗室製造食材,減輕對農業的依賴

### 44

#### PLOT TO PLATE 自耕自煮

The green-fingered chefs growing their own gardens 擅長園藝的大廚們紛紛建立自己的菜園

# 52

#### WHEN THE GOING GETS TOUGH 迎難而上

The innovative restaurateurs and bar-owners shaping the industry's future amidst global challenges 在全球性的逆境下,創意豐沛的餐廳及酒吧老闆重塑餐飲業的未來