



November 2020

Gastropedia 美食百科

Jon Wall

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



Part of the [Food and Beverage Management Commons](#)

Recommended Citation

Wall, Jon (2020) "Gastropedia 美食百科," *AMBROSIA 客道 : The Magazine of The International Culinary Institute*, 6-7.

Available at: <https://repository.vtc.edu.hk/ive-hosts-ambrosia/vol9/iss1/7>

This Article 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.

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。

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。

5 Million tonnes



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。

