



September 2021

Ambrosia Autumn 2021 Full Issue

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AMBROSIA 客道

TOUR DE FRANCE:
THE ENDURING
INFLUENCE OF
FRENCH CUISINE

環法之旅：
法國菜的永恆魅力

THE NOSE
KNOWS: CHEFS
GET CREATIVE
WITH SCENT

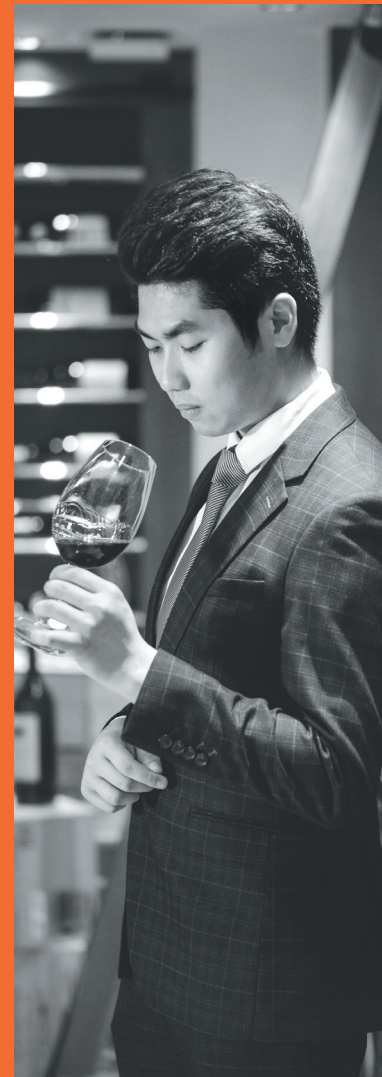
香氣撲鼻：
大廚們利用氣味增添
創意



RODOLFO
GUZMÁN

THE ICI HONORARY ADVISOR ON
TRANSFORMING CHILE'S FOOD CULTURE

國際廚藝學院榮譽顧問致力改變智利的飲食文化



WORLD OF EXPERIENCE

多元經驗 邁向國際



WELCOME MESSAGE

歡迎您！

It's safe to say that most of us have spent the past year and a half rediscovering the place we call home, as travel restrictions forced us to seek out new adventures and experiences in our own backyards. Some of us may even have a newfound appreciation for our local history, culture and culinary traditions.

One man who began exemplifying this attitude long before Covid-19 entered our collective consciousness is Rodolfo Guzmán. The ICI Honorary Advisor and this issue's cover personality has almost single-handedly transformed his country's food culture from one of no-frills nourishment and convenience to one of appreciation and respect for indigenous ingredients and cooking techniques passed down from Mapuche ancestors. The founder of Boragó in Santiago, Chile, shares with us his journey from apprentice chef to failing restaurateur to creative force behind one of Latin America's 50 Best Restaurants.

Just as Guzmán has exerted incredible influence over Chilean food

culture, we also look at how France has had a colossal impact on the culinary world as a whole. Not only is the "gastronomic meal of the French" on the Unesco list of Intangible Cultural Heritage, but the country's use of ingredients, styles of cooking and even the structure of its professional kitchens continue to set the benchmark for global gastronomy.

Elsewhere in this issue we turn our attention from the sweet to the savoury, learning what inspires and motivates some of Asia's top pastry chefs and exploring the many creative ways of cooking with fire. We also look at smell, one of the most important factors in distinguishing flavours, and how chefs and bartenders are using aroma to surprise and delight diners.

Finally, as Hong Kong and the rest of the world slowly reopens, we look to the future and what's being done to safeguard the health of the environment. Following in the footsteps of sustainable restaurants, a new crop of sustainable bars is educating consumers about everything from upcycling and fermentation to waste

reduction and closed-loop delivery systems. While their efforts are just the beginning, each small step is sure to eventually lead to big results.

Our industry may be built on a solid foundation but as we've learnt through the pandemic and the stories in this issue, it is constantly changing and evolving as we discover more about our world and the impact we have on it. ICI is committed to sharing that knowledge so that together we create a future in which each of our students can thrive.

可以肯定說，在過去一年半，旅遊限制迫使大家在自己居住的城市裡尋找新的歷險和體驗，部分人甚至更懂得欣賞本土的歷史、文化和廚藝傳統。

但有一個人在新冠肺炎蔓延之前已深明本土的魅力，他就是Rodolfo Guzmán。這位在國際廚藝學院擔任榮譽顧問的大廚也是本期《Ambrosia 客道》的封面人物，他幾乎憑一己之力改變其國家的飲食文化，由昔日只注重營養和效率的樸實無華，變成今天的尊重和欣賞原生食材和馬普切祖傳烹調技巧。在智利聖地牙哥創辦Boragó餐廳的Guzmán，分享了他的職業生涯，由廚師學徒、生意慘淡的

餐廳老闆到成為拉丁美洲50最佳餐廳的創意力量。

Guzmán影響了智利的飲食文化，法國則深深地影響著全球的烹調文化，不僅「法國美食大餐」獲聯合國教科文組織列為非物質文化遺產，法國菜的食材運用、烹調形式及餐廳廚房架構也持續為全球美食界樹立榜樣。

這一期《Ambrosia客道》除了有關於甜品的篇幅，專訪了亞洲幾位頂級糕餅廚師，聽他們暢談靈感來源和創作動力，亦探討了多個創意豐富的明火烹調方式，以及看看廚師和調酒師如何利用氣味影響餐飲的味道，給客人送上驚喜。

最後，隨著香港和世界正漸漸復甦，我們展望未來及保護環境健康的現行措施。新湧現的可持續發展酒吧跟隨可持續發展餐廳的步伐，將升級再造、發酵、減廢以至閉環式貨運系統等介紹給客人。這雖然只是起步階段，但集腋成裘、滴水能穿石。

餐飲業或許根基穩固，但從疫情中獲得的經驗和本期刊的故事可見，隨著我們對世界及人類行為如何影響地球的了解越多，餐飲業界也會不斷演變。國際廚藝學院致力分享知識，務求共同創造一個能讓學員肆意發揮的未來。

ICI Editorial Team
國際廚藝學院編輯組

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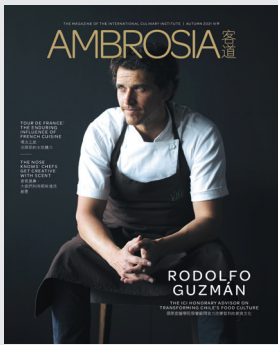
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MAMIE CHEN

Mamie is a food writer and founding team member of Tasting Kitchen (TK) magazine. She contributes to various other publications as well as the Michelin Guide Hong Kong Macau website. Mamie particularly enjoys interviewing chefs and delving into their passions and motivations. For AMBROSIA, she explores the intriguing power of scent.

Mamie是《Tasting Kitchen (TK)》雜誌的創辦成員之一，擅長撰寫飲食文章，作品見於香港及澳門米芝蓮指南網站及其他刊物。她最喜歡訪問廚師，發掘他們的熱忱和動力。在本期《AMBROSIA客道》，她為我們探討了氣味讓人著迷的魅力。



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. Newly returned to the West, she takes us on a journey through France's culinary history and its contribution to global gastronomy.

出生於伯明翰但扎根香港多年的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。Anna不久前回歸歐美，並順道帶我們暢遊法國的廚藝發展史及其對全球美食的影響。



GRACE MA

Grace is a lifestyle and dining writer for luxury publications such as Travel+Leisure (SEA), CNA Luxury and Tatler Singapore. She enjoys discovering the next exciting dining spot in her hometown of Singapore, and unfurling the stories behind delicious plates and food trends. For this issue, she indulges her sweet tooth by talking to some of Asia's leading pastry chefs.

Grace為多本介紹奢華生活的雜誌如《Travel+Leisure (SEA)》、《CNA Luxury》和《Tatler Singapore》等撰寫與生活時尚和餐飲美食相關的文章，她熱衷發掘故鄉新加坡的最新美食熱點，以及各種美味菜式和飲食潮流的背後故事。在本期《AMBROSIA客道》，Grace訪問了幾位亞洲知名的糕餅廚師，滿足她對甜食的熱愛。



YUKARI SAKAMOTO

Yukari is the author of Food Sake Tokyo, a guide that demystifies Japanese cuisine and introduces shops in Tokyo. A graduate of the French Culinary Institute and trained as a sommelier, she offers market tours in Tokyo and cooking classes in her home. Her insider's guide to the many variations of sushi can be found in our Test Kitchen section.

Yukari著有《Food Sake Tokyo》一書，深入淺出地介紹了日本菜及東京的特色店舖。她畢業於法國廚藝學院，曾接受侍酒師的培訓。定居東京的她會帶人暢遊當地街市，以及在自己家裡舉行烹飪班。她在今期的「試驗廚房」裡介紹了多種不同的壽司，分享行內人才懂的知識。

TEST KITCHEN



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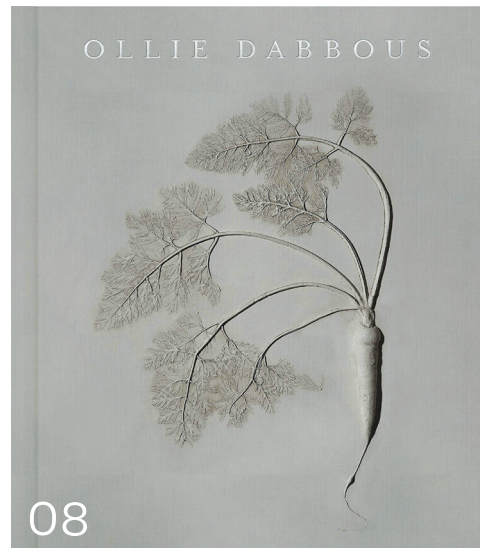
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Coming to a head

神機妙蒜

Pungent and powerful, garlic is much more than your everyday seasoning
味道強烈的蒜並不只是日常調味料那麼簡單



What? 這是什麼?

Garlic, or *Allium sativum*, is an edible bulb that is closely related to onions, shallots, leeks and chives. It has a tall stem that can grow up to 1m and produce pink or purple flowers. Each bulb or head of garlic consists of 10-20 cloves protected by a parchment-like skin.

蒜，屬蔥科蔥屬，球莖（亦即蒜頭）可食用，跟洋蔥、青蔥、韭蔥和細香蔥非常相近。蒜的莖可長到一米高，莖上長著粉紅或紫色的花。每個蒜頭大概有10至20瓣，最外層是質感像羊皮紙的蒜衣。

Origins 原產地

While garlic is cultivated and consumed all over the world, it's believed to have originated in Central Asia and spread through human migration. Today the region encompassing Kyrgyzstan, Tajikistan, Turkmenistan and Uzbekistan is the only place where garlic still grows in the wild.

雖然現時全球都有生產和食用蒜頭，但相信其原產地為中亞地區，後來才隨著人類遷徙而散播到世界各地。現時，只有吉爾吉斯、塔吉克、土庫曼和烏茲別克一帶還有野生蒜。

31.7 million

Tonnes of garlic produced globally in 2019, an increase of 1.9 million over the previous year and an increase of 27.8 million since 1970. China is by far the world's largest producer with 23.3 million tonnes.

2019年，全球生產的蒜頭達3,170萬噸，比之前一年增加190萬噸，比1970年更是大增2,780萬噸。中國是全球最大的蒜頭生產國，年產量為2,330萬噸。

Varieties 品種

There are hundreds of unique varieties of garlic, but most can be divided into one of two subspecies. Soft-necked garlic typically has smaller cloves with thinner husks, and its flavour is generally mild. Hard-necked garlic has a more complex flavour profile, and produces garlic scapes that can be used in stir-fries, pestos or in place of scallions. Given its longer shelf life, soft-necked garlic is most commonly found at supermarkets and often tied into aesthetically pleasing braids.

You've probably heard of pink garlic, porcelain garlic and maybe even purple stripe garlic. But the latest craze is for black garlic, a type of aged garlic that's believed to have originated in Korea. Black garlic is made by ageing whole bulbs or individual cloves for several weeks under specific heat and humidity conditions, resulting in a soft, sweet and caramelised garlic with twice as many antioxidants as white garlic.



蒜的品種數以百計，但基本上主要分為軟頸和硬頸兩大類。前者蒜瓣比較小，蒜衣比較薄，味道相對溫和；後者味道比較複雜，其蒜心可以當菜炒、做成羅勒青醬和當青蔥用。軟頸蒜的蒜頭保存期比較長，是超市裡比較常見的品種，有時會綁成漂亮的辮子般出售。

你可能已聽過粉紅蒜、瓷蒜甚至紫皮蒜，但目前最新的蒜頭狂熱卻是黑蒜。將蒜頭或蒜瓣置於特定的溫度和濕度下焗數週，就能得出軟軟的、甜的、帶點焦糖味道的黑蒜。這種經過長時間炮製的蒜頭據說源於韓國，其抗氧化物含量比白蒜多一倍。

Did you know? 你知道嗎？

Elephant garlic is not in fact garlic but a different species of the allium genus. Its large size, about four times that of conventional garlic, also belies its milder flavour that is more similar to an onion.

The cloves are especially good roasted and eaten whole or used as a spread.

象蒜並不是蒜，雖然同為蔥屬，但不同種。象蒜體積大，約為一般蒜頭的四倍，味道比較近似洋蔥，比蒜頭溫和。象蒜瓣非常適合拿來烤焗，原瓣進食或做成蒜醬均佳。



Folklore 民間傳說

Theories and beliefs surrounding garlic are as old as the ingredient itself. Egyptians are said to have sworn oaths to garlic and onions, considering them holy plants. Garlic cloves were even placed in the tomb of King Tut to protect him from evil spirits. The belief that garlic deters vampires originated in Eastern Europe and may be related to the fact that people who suffer from porphyria, a blood disease that can cause a vampire-like appearance, are intolerant to foods with a high sulphur content. Ancient Greeks believed garlic would increase strength and endurance, while the Romans believed it gave their armies courage.

圍繞蒜頭的說法和信念源遠流長，跟這種食材本身一樣歷史悠久。據說埃及人會把蒜頭和洋蔥當成聖物般對它起誓，法老王圖坦卡門的墓穴裡甚至放進蒜瓣以辟邪。蒜頭能逼退吸血鬼的說法起源東歐，大概跟紫質症患者有關，這種跟血液有關的疾病會令患者的外貌變得像吸血鬼一樣，並且抗拒含有高濃度硫化物的食物。古希臘人相信蒜頭可以強身健體，而羅馬人則認為蒜頭能令士兵軍心大振。

The stinking rose 味道來源

The pungent aroma we associate with garlic is derived from allicin, a compound that's released when a clove is chopped or crushed. The finer it's chopped, the more allicin is released. Allicin also serves as a natural insect repellent.

蒜頭強烈的味道來自蒜胺酸，蒜瓣被切開或壓碎時就會釋放這種化合物，切得越細，釋放的蒜胺酸越多。蒜胺酸也是天然的驅蟲劑。



Medicinal uses 藥用價值



Garlic's medicinal qualities have been widely embraced across history and cultures. As far back as the second century, it was hailed as a "cure-all" for everything from infections and lead poisoning to cancer and heart problems. Its antiseptic, antioxidant and antibiotic qualities help to protect the digestive tract and fight bacteria that can cause food poisoning. While most modern studies are inconclusive, garlic is still widely considered effective in boosting the immune system, reducing high blood pressure and cholesterol, and enhancing athletic performance. It can also be used topically to treat acne and other skin conditions.



古往今來，不同文化背景的人都對蒜頭的藥用價值深信不疑。早在二世紀時，蒜頭已被視為能醫百病的良方妙藥，相信它可醫治細菌感染、鉛中毒、癌症以至心臟病等。蒜頭擁有防腐、抗氧化、抗菌三大功能，可以防止消化道受到細菌感染而導致食物中毒。雖然大部分現代研究還無法確定，但大家依然深信蒜頭能提升免疫力和體能，以及降低血壓和膽固醇。蒜頭還是治療疥瘡和其他皮膚問題的良藥。

A new page 新的一頁

Don't miss these new releases by the world's leading chefs and culinary experts
別錯過以下由知名大廚和烹飪專家撰寫的新書

Bake: Breads, Cakes, Croissants, Kouign Amanns, Macarons, Scones, Tarts

By Rory Macdonald
October 2021

London-born, New York-based chef Rory Macdonald brings his Michelin-starred experience to bakers of all skill levels with this comprehensive guide to classic French and international pastries. Each recipe includes step-by-step photography as well as inspiring ideas on how to experiment with different combinations and flavours. There's something for everyone, whether you're looking for a breakfast treat or a show-stopping dessert.

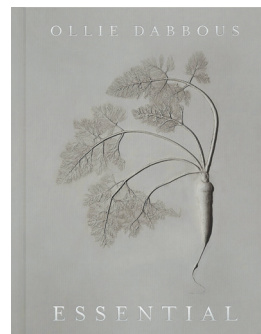
生於倫敦、現居紐約的名廚 Rory Macdonald 在這本堪稱糕餅大全的新書裡，收錄了法國以至世界各地的經典糕餅食譜，分享他作為米芝蓮星級大廚的經驗，不管是烹調新手還是經驗豐富的大廚，均能從中獲益。書裡介紹的糕餅各適其適，由早點到讓人驚歎的甜品，一網打盡，不僅附上以圖片闡明烹調步驟的食譜，還會介紹如何利用不同的配搭和麵粉發揮創意。



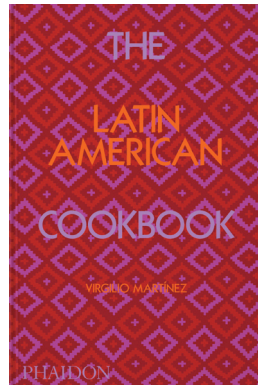
Essential

By Ollie Dabbous
November 2021

Following stints at Noma, Mugaritz and Pierre Gagnaire, Ollie Dabbous opened his eponymous London restaurant to great acclaim in 2012. The Michelin-starred chef has since closed Dabbous to open Hide and this second cookbook follows his restrained yet exacting approach that focuses on bringing out the best in every ingredient. A total of 100 recipes are divided into chapters by ingredient type, all paired with gorgeous photographs and a sleek, elegant design.



在 Noma、Mugaritz 和 Pierre Gagnaire 等知名餐廳鍛煉過後，Ollie Dabbous 在 2012 年自立門戶，於倫敦開設以自己姓氏命名的餐廳並獲得好評如潮。這位米芝蓮星級名廚其後關閉 Dabbous，並開設 Hide。《Essential》是他的第二本著作，熱衷於帶出食材優點的他在新書裡分享了自己在這方面既平實又趣味盎然的心得。本書共有 100 份根據食材種類分門別類的食譜，全部配備漂亮的圖片說明，設計清雅優美。



The Latin American Cookbook

By Virgilio Martinez
October 2021

Renowned Peruvian chef – and ICI Honorary Advisor – Virgilio Martinez is back with a far-reaching new cookbook exploring Latin America's unique food culture, culinary delicacies and indigenous ingredients. The chef/founder of Central takes readers on a personal journey from Mexico's tropical coasts to the icy tip of Patagonia in 600 recipes covering iconic dishes such as tacos and tamales alongside lesser-known specialties such as Ecuadorian Easter Soup.

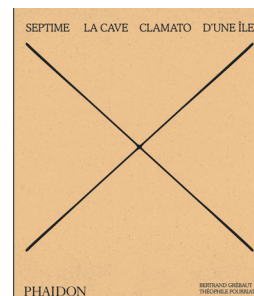
於國際廚藝學院擔任榮譽顧問的著名秘魯大廚 Virgilio Martinez 再次推出新作，此書介紹了拉丁美洲獨特的飲食文化、美食佳餚和本地原生食材，範圍廣泛、影響深遠。Martinez 是 Central 的老闆兼大廚，他在這本新書裡透過 600 份食譜，親自帶讀者由墨西哥的熱帶海岸走到巴塔哥尼亞冰天雪地的南端，由知名菜式如墨西哥粟米卷和粟米粉蒸肉等，說到鮮為人知的特色美食如厄瓜多爾復活節湯。

Septime: La Cave, Clamato, D'une Île

By Bertrand Grébaut
and Théophile Pourriat
September 2021

Currently ranked 15th on the World's 50 Best Restaurants list, Septime has been described as "a super-cool place on a cool street run by cool people, frequented by cool customers". Chef Bertrand Grébaut opened the restaurant with partner Théophile Pourriat in 2011, followed by wine bar La Cave, seafood-oriented spot Clamato and guesthouse D'une Île. This debut book demonstrates how the duo have brought simplicity and modernity to French cuisine, with inspiring recipes and stunning photography.

目前在全球 50 最佳餐廳榜上排名第 15 位的 Septime，被譽為是「置身於一條有型的街道上超級有型的餐廳，它由一群有型的人經營，並擁有一群有型的常客」。餐廳是由大廚 Bertrand Grébaut 與拍檔 Théophile Pourriat 於 2011 年開設，二人其後亦相繼開辦了葡萄酒吧 La Cave、海鮮餐廳 Clamato 和民宿 D'une Île。這是二人合著的第一本書，它透過具啟發性的食譜和漂亮的照片，示範了如何做出簡單而現代化的法式佳餚。



Spill the Beans: Global Coffee Culture and Recipes

By Lani Kingston
November 2021

More than 2.25 billion cups of coffee are brewed each day. But have you ever stopped to think about the myriad ways coffee is produced, traded and enjoyed around the world? Chef, consultant and food writer Lani Kingston takes readers back in time and across continents from South America, Africa, Asia and beyond to learn the rich and diverse history behind the humble drink. This insider's look at a booming industry and the café culture it has created is Kingston's third book on coffee.

全球每天消耗的咖啡達到二十二億五千萬杯，但我們有否想過咖啡在全球各地的生產和貿易過程以及飲用習慣？身兼廚師、顧問和食評家三職的 Lani Kingston 帶著讀者穿梭古今，橫越南美、非洲和亞洲等大陸，認識這種平凡飲品背後豐富而多元的歷史。這是 Kingston 第三本以咖啡為題的書，主要從業內人的角度探討這個勃蓬的工業和飲品文化。

Under pressure

壓力之下

Nothing saves time and seals in flavour quite like the pressure cooker

壓力煲以省時和能夠保存食物味道見稱



A favourite of home cooks and professional chefs alike, the pressure cooker has become arguably the best-selling kitchen gadget of the past decade thanks to the Instant Pot. The cult Canadian product, which consistently ranks among Amazon's top-selling consumer goods, has spawned an entire community of pressure-cooking enthusiasts with books, blogs and social-media accounts dedicated to developing and sharing recipes and techniques.

The process of cooking food under high-pressure steam, however, dates all the way back to the 17th century when French physicist Denis Papin invented a "steam digester" to extract fat from bones. The sealed vessel was designed to heat the bones

along with water, generating as much steam pressure as the safety valve would allow to prevent explosion.

While advances have been made in design and safety, the basic concept of the pressure cooker remains the same. Once the liquid inside the cooker reaches the boiling point of 100°C, steam begins to accumulate and thereby intensify the internal temperature and pressure. The food not only cooks around 30% faster compared with conventional methods but also retains more moisture, nutrients and flavour.

While electric models like the Instant Pot are fast and easy to use, stovetop pressure cookers can actually reach higher

temperatures and at a faster rate. They're also better at searing foods, which adds more depth of flavour. Whichever one you choose, keep in mind that the cooking vessel should only be filled up to two-thirds full and be careful when using the quick-release method to avoid the hot steam scalding your hands and face.

壓力煲不僅是家庭主夫和主婦的最愛，也深受專業廚師歡迎。壓力煲毫無疑問是過去十年最暢銷的煮食工具，當中的最大功臣當數加拿大製造的 Instant Pot。這個長年高踞亞瑪遜消費品暢銷榜的壓力煲品牌透過書籍、網誌、社交媒體帳戶等，致力發展及分享壓力煲烹調的食譜和技巧，培養了一群熱衷於用壓力煲煮食的同好。

利用高壓蒸汽煮食其實可追溯至17世紀，其時法國物理學家Denis Papin發

明了一個「蒸煮器」，用以提取骨頭裡的脂肪。蒸煮器是密封的，利用水給骨頭加熱，當容器裡產生的蒸汽壓力過高時就會透過安全閥門排氣減壓，以防發生爆炸。

壓力煲的設計和安全保障歷年來不斷改進，但基本原理維持不變。當煲裡的水達到攝氏100度的沸點，蒸汽便開始積聚，煲內的溫度和壓力就會上升，使烹調時間得以比傳統方法縮減30%，但食材的水分、營養和味道卻得以保留。

雖然電子壓力煲烹調省時又方便，但用爐火的壓力煲可以達到更高的溫度，烹調速度更快，也更適合用來做輕煎的菜式，讓菜式味道層次更豐富。不管是哪種壓力煲，使用時必須緊記煲裡最多只能放滿三分之二的食材，快速放壓時也要小心別被蒸汽燙傷手和臉。

Pulling strings

麵麵觀

They're fun, they're tasty, they're versatile. And they're an essential part of many of the world's food cultures. Find out how noodles are made and prepared in different corners of the globe.

有趣、美味、變化多端都是它的形容詞。麵食在世界各地的飲食文化當中都是不可或缺的部分，但製作和食用方法卻各有特色

1 Italy 意大利

No discussion of noodles is complete without mention of the staple of Italian cuisine: pasta. The primarily wheat-based noodles have a long and intriguing history, with some believing that they were imported from China by Marco Polo. But no matter its origins, Italian pasta has evolved into a major food group with hundreds of varieties and styles of preparation. It's believed the average Italian consumes some 25kg of pasta each year while the country produces around 3.3 million tonnes each year, about 90% of it in the form of traditional dried semolina pasta.

談到麵食，就不能不提意大利菜的主食：意粉。這種主要以小麥粉製作的麵，歷史悠久而有趣，有人相信它是由馬可孛羅從中國引進的美食，但不管起源如何，意粉已衍變出各種花樣，烹調方法也五花八門。據說意大利人平均每人每年吃掉25公斤意粉，意大利的意粉年產量高達330萬噸，其中90%是由傳統的粗麥粉製造的乾意粉。

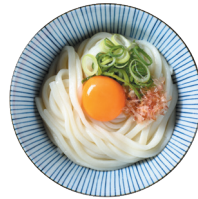




2 China 中國

According to food historians, noodles originated in China during the Han dynasty (202 BC - 220 AD). Written records from the time show a variety of shapes and ingredients, including the more common wheat dough and a more long-lasting buckwheat, millet and pea dough made for military consumption. But the discovery of a 4,000-year-old bowl of millet-based noodles at the Lajia archaeological site in northwestern China in 2005 suggests they have been a staple of the Chinese diet for far longer. Nowadays noodles are made with a variety of starches based on region and climate.

據鑽研美食文化的歷史學者所說，麵起源於中國，可追溯至漢朝（公元前202年至公元220年）時期。根據當時的文字記載，其時已有不同形狀和由不同食材製作的麵，有普通的小麥麵糰，也有保存時間較長、適合當軍糧的蕎麥、黍子和豌豆麵糰。2005年，中國西北的喇家遺址發現了一碗有4,000年歷史的含有黍子成分的麵條，證明了麵在更早之前已是中國飲食文化裡的主食。時至今日，麵條的原材料仍是澱粉類食物，但會因應地區和氣候而異。



3 Japan 日本

Think Japan and noodles, and you might get a craving for ramen. But while the wildly popular noodle soup has taken over the world, its country of origin boasts a wide array of other noodle varieties. The most common are udon (made from wheat) and soba (buckwheat). The latter, with its long, thin shape and firm bite, is traditionally eaten on New Year's Eve to symbolise breaking off the old year. Other noodle varieties found throughout the island nation include shirataki (made from konjac), harusame (potato starch) and somen (long, thin wheat noodles eaten in the summer to stay cool).

想到日本的麵食，就不禁讓人想馬上來碗拉麵。不過在日本國內，除了風靡世界的拉麵，還有許多各種各樣的麵食，其中最普遍的當數由小麥粉做的烏冬和蕎麥麵。蕎麥麵幼長而質地較硬，是除夕夜的傳統食物，喻意去舊迎新。日本的麵食種類花樣百出，除了前面提到的，還有蒟蒻麵、薯粉做的春雨粉絲，以及由小麥粉製作、適合夏天冷食消暑的素麵等。



4 Korea 韓國

Despite its proximity to China and Japan, Korea has developed a very distinct cuisine and food culture. Guksu, or noodles, are used in a variety of traditional dishes and typically made from wheat, buckwheat or sweet potato. Among the most popular, japchae features transparent dangmyeon noodles made from sweet potato starch stir-fried with vegetables, meat, eggs or seafood. Originally a mixed vegetable dish enjoyed by the Korean royal court, japchae began incorporating noodles in the 20th century following their arrival from China.

韓國在地理位置上雖然鄰近中國和日本，但飲食文化卻獨樹一幟。在韓國，麵的原材料主要有小麥粉、蕎麥粉和番薯粉。許多韓國傳統菜式都會用到麵條，當中最受歡迎的韓式炒粉絲，材料就包括有蔬菜、肉片、蛋、海鮮和由番薯粉做的粉絲。這道菜起源於韓國皇室，最初只是炒雜菜，隨著粉絲於20世紀由中國傳入韓國後才加入粉絲一起炒。



5 Vietnam 越南

Breakfast, lunch, dinner and anytime in between – noodles are always on the menu in Vietnam. Some of the best known among the dozens of varieties are phở (steamed flat rice noodles), miến (dried glass noodles) and bún (steamed round rice noodles), which are often prepared as soups, stir-fries or as a base for salads. Mi is the name for thin wheat- or egg-based noodles, which were brought to the country by Chinese immigrants, while bánh canh refers to thick noodles made from tapioca flour or a mix of tapioca and rice flours for a chewy texture.

在越南，不論是早午晚三餐還是三餐之間的小食都必定有麵食這個選項，而在數以十計不同款式的麵食當中，最有名的當數河粉、粉絲和檬粉，這些粉麵可做成湯麵和炒麵或是當沙律的主要材料。除此之外，越南還有由中國移民引入的幼身蛋麵（由小麥粉或雞蛋製成），以及由木薯粉或木薯粉加米粉做成、嚼勁十足的越南米線。



6 Germany 德國

The English word “noodle” is in fact believed to originate from the German word nudeln. One of the traditional preparations popular throughout the country is the finger-shaped Schupfnudeln, which is typically made from rye or wheat flour and egg, and often with potato since the crop's introduction in the 17th century. Another, perhaps more commonly found, noodle dish in Germany is Spätzle. Its simple egg and flour dough can be sliced into long strips, put through a food mill or shaped into bite-size dumplings before being cooked in boiling water.

麵的英文字noodle相信是來自德文裡的nudeln。手指麵條Schupfnudeln是德國非常普遍的傳統麵食，一般是由雞蛋跟黑麥粉或小麥粉製造，而自從薯仔於17世紀傳入德國後，由薯粉做的手指麵條開始興起。德國麵Spätzle是另一種當地盛行的麵食，做法是將由雞蛋和麵粉搓成的麵糰切成長條，或用研磨器攪成條狀，又或是捏成一口大小的麵塊，然後再放進滾水裡煮熟。



7 Iran 伊朗

Made from flour, water, salt and egg, kesme is the traditional noodle of Iran, Afghanistan and various Turkic countries. It's typically rolled into a large circle, left to dry and then sliced into strips before being boiled in a rich broth along with meat, potatoes, tomatoes, carrots and pepper. Reshteh, meanwhile, are Persian whole wheat noodles that are commonly made in Iranian homes. Reshteh polow (a rice and noodle pilaf) originated in Azerbaijan and is often served during the Persian New Year or during times of major life change to represent taking the reins – or destiny – of one's life in hand.

由麵粉、水、鹽和雞蛋製成的kesme麵盛行於伊朗、阿富汗和多個突厥語國家，做法是將麵糰擀成大大的圓形，然後風乾，最後切成粗條放進高湯裡跟肉、薯仔、番茄、紅蘿蔔和甜椒一起煮熟。Reshteh則伊朗家庭常見的波斯全麥麵，用這種麵跟飯做成的Reshteh polow起源於阿塞拜疆，是慶祝波斯新年或遇到人生的重大轉變時常見的美食，喻意自主——掌握自己的命運。

The arts of sushi

壽司的藝術

ICI students learning Japanese Cuisine and Sushi Preparation must be well versed in multiple styles of this iconic dish

學做日本料理和壽司的ICI學員必須熟習以下幾款經典壽司



Nigiri zushi 握壽司

Nigiri zushi is vinegared rice moulded by hand into bite-size pieces and topped with neta. The neta can be raw and, depending on the texture of the seafood, cut at different thicknesses. Anago sea eel is simmered in a sweet soy sauce, mackerel and other blue fish are marinated with salt and vinegar. Preparing the rice and seasoning it properly is essential. Gari, pickled ginger, is served as a palate cleanser. Traditional condiments are freshly grated wasabi, soy sauce and a sweet taré sauce used for glazing some neta.

所謂握壽司，就是將醋飯用手心握成一口大小，然後在上面放上配料。握壽司的配料可以是根據質感而切成不同厚度的生鮮海產，也可以是用甜醬油煨煮過的穴子，或是用鹽和醋醃漬的鯖魚和其他鮭魚等。做壽司的珍珠飯需事先適當地調味，部分配料上會塗上甜醬油增加味道和光澤，進食時則以鮮磨的山葵和醬油調味，而佐餐小食酸薑則有清洗味蕾之用。



Maki zushi 卷壽司

Maki zushi, rolled sushi, is vinegared rice and fillings rolled in nori laver and sliced into bite-size pieces. Hosomaki, thin rolls, have a simple filling such as raw tuna or nattō fermented soybeans, and are traditionally served at the end of the meal at a sushi counter. Futomaki, thick rolls, are filled with a colourful variety of ingredients such as tamagoyaki omelet, seasoned kamyō gourd, carrots, cucumber and sakura denbu – a pink-tinged white fish sweetened with sugar. The combination creates a flavourful sushi with a rich texture. The rice, fillings and laver are rolled with a makisu bamboo woven mat.

卷壽司的做法是將醋飯和餡料用紫菜包著捲起來，然後切成一口大小。細卷只有一種餡料，通常是吞拿魚、納豆等，一般在用膳尾聲時才進食。太卷的餡料有好幾種，包括有玉子燒、干瓢、紅蘿蔔、青瓜，以及加了糖調味的粉紅櫻花魚絲等。太卷的餡料組合起來不僅色彩繽紛，質感也非常豐富。做卷壽司時，一般會用壽司竹簾將醋飯和餡料捲起來。

Oshi zushi 押壽司

Oshi zushi, pressed sushi, also called hako zushi, box sushi, is a local style of sushi in many regions of Japan. Vinegared rice is put into a wooden box and topped with seafood, vegetables or a combination, and pressed down. The pressed sushi is cut into smaller pieces, bite-size or large squares. Kyōto is famous for saba zushi, pickled mackerel pressed over a log of vinegared rice and wrapped in kombu kelp. The vinegared rice and toppings can be layered giving a mille-feuille effect. The wooden box used to make the pressed sushi varies in size and shape depending on the region.



押壽司其實就是壓出來的壽司，又稱箱壽司，不同地區的押壽司各有特色，但一般做法是將醋飯放到木盒裡，再放上海鮮、蔬菜或兩者兼有，然後用木蓋壓下去，最後將壓好的壽司切成一口大小或是較大的正方形便成。京都著名的押壽司名為鯖棒壽司，做法是將鯖魚放在長條狀的醋飯上面，然後用昆布包起來。押壽司可以一層飯配一層配料做成千層糕的效果。用來做押壽司的木盒大小不一，尺寸會因地區而異。

Chirashi zushi 散壽司



Chirashi zushi, scattered sushi, is a large plate of vinegared rice scattered on top with seasonal ingredients from the land and sea. Toppings include a variety of seafood both raw and cooked, vegetables, nori laver and shredded omelet. Each ingredient is prepared separately before assembling over rice. Thoughtful inclusion of a variety of colours is important. The multicoloured chirashi zushi brightens up the dining table and is a popular dish for festive occasions and family gatherings.

將來自大地和江洋的當季食材隨意地灑在一大碟的醋飯上便是散壽司了。散壽司的配料可以是生鮮或已煮熟的海產、蔬菜、紫菜和切成一條條的玉子燒等。配料是單獨分開準備的，最後才一起放到醋飯上，因此在準備前必須考慮顏色配搭是否豐富。五彩繽紛的散壽司可以為餐桌增色，是歡度節慶和舉辦家庭聚會時受歡迎的菜式。

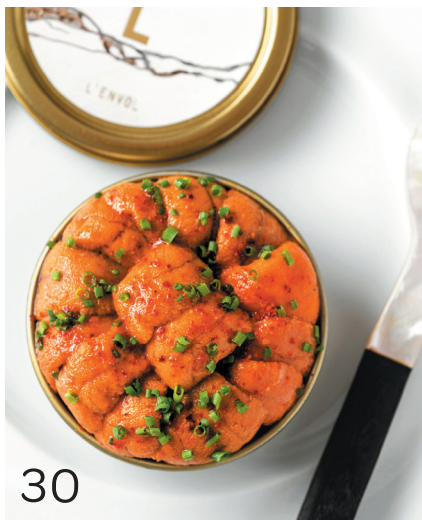
Kaki no ha zushi 柿葉壽司

Kaki no ha zushi are bite-sized vinegared rice topped with salted seafood such as salmon or mackerel wrapped in persimmon leaves. The leaves have antibacterial properties and act as a preservative so the sushi can be eaten for up to three days. Kaki no ha zushi originated in the interior part of Japan away from the sea. Leaves are nature's eco-friendly food wrapping that also double as tableware. Other leaves such as sasa bamboo or hōba Japanese magnolia may also be used. Japanese ancestors first grasped the bacteria-fighting or preservation benefit of using leaves.

柿葉壽司起源於遠離大海的日本內陸地區，做法是將用鹽醃過的海產如三文魚和鯖魚等放在一口大小的醋飯上，再用柿葉包起來。柿葉有抗菌作用，可以當防腐劑，因此這種壽司能夠存放三天而不會變壞。不僅如此，柿葉也是來自大自然的環保食物保鮮紙，並可當餐具用。除了柿葉，也可以用朴葉和竹葉代替。日本的先民們早就懂得善用這些葉子，體會抗菌和防腐的好處。



FEATURES



This page:
ICI Honorary Advisor
Rodolfo Guzmán in
his homeland

Opposite page:
Shoe Mussels from
Valdivia with Rock
Green Sauce

本頁：國際廚藝學院榮譽
顧問Rodolfo Guzmán
攝於他的故國

對頁：瓦爾迪維亞青口配
石生植物醬



As chef and founder of Chile's foremost restaurant, Boragó, Rodolfo Guzmán has inspired long-overdue appreciation for the country's indigenous ingredients and traditional cooking techniques. 作為走在時代前沿的智利餐廳Boragó的總廚兼老闆，Rodolfo Guzmán以弘揚備受忽略的智利原生食材和傳統烹調技巧為己任。 **By Tama Miyake Lung**



Native son

本土之子

A long, narrow strip of land that stretches from Peru in the north to Antarctica in the south, Chile may be one of Latin America's smaller and lesser-known countries. But what it lacks in size and population is more than outweighed by its diverse topography – which includes one of the world's longest coastlines, some of the world's largest and still active volcanoes, and the driest place on Earth, the Atacama Desert – not to mention a staggering array of indigenous ingredients such as wild fruits, mushrooms and seaweeds.

One might expect culinary professionals to have long embraced these unique ingredients – particularly in Chile itself – but it took one man, an unwavering vision and years of hard work to make that dream a reality. “I tried, as any kid starting out would, to work in the most important restaurants in the capital,” says Rodolfo Guzmán, chef and founder of what's now widely hailed as the country's best restaurant, Boragó. “This was only 20-something years ago but back then Santiago was very different. Food was more related to nourishment rather than gastronomy or culture, so there were restaurants from all over the world but Chilean food or Chilean ingredients were considered too ordinary to be in a good restaurant.”

Guzmán, who grew up in Santiago and spent summers in the nearby countryside with his grandmother, never expected to become a professional chef. But memories of helping his mother and grandmother in the kitchen ignited something inside him. “For my family, food was always such a big thing,” he says. “More than anything else, it was natural to me. It felt very comfortable to become a cook.”

After starting out at a fusion-style restaurant – where “the chef is normally some famous guy but the rest of the team is made up of people who are absolutely not connected to or passionate about what they're doing” – Guzmán quickly became disillusioned with the Chilean culinary scene. He tried reaching out to his “hero”, American chef Thomas Keller of The French Laundry fame, but to no avail and soon found himself in Spain.

“I wanted to make it to El Bulli (which was then voted the World's Best Restaurant), but unfortunately at that time e-mails weren't as easy as nowadays,” says Guzmán, who stayed in Spain from 2002 to 2004 and managed to



智利在拉丁美洲諸國之中，面積不太大，名聲亦不太響，但北抵秘魯、南達南極的狹長版圖使其地形呈現多樣化的面貌，彌補了面積和人口上的不足。它是全球海岸線最長的國家之一，擁有數個全球最大的活火山和極乾旱的阿塔卡馬沙漠。不僅如此，智利亦具有各種各樣的原生食材，野生的水果、菇菌和海藻等，比比皆是，資源豐富。

可惜的是，這些智利獨有的食材卻一直不為智利廚師們樂用，直到有一個人心堅意定，耗時多年推廣，讓智利食材為人所知。Rodolfo Guzmán是智利頂級餐廳Boragó的總廚兼老闆，他憶述：「我與其他初出茅廬的黃毛小子一樣，入行時也以進入首都的知名餐廳為目標。那已是20多年前的事了，當時的聖地牙哥跟今天截然不同，食物只被視為與營養有關，而並非美食或文化，因此來自世界各地的餐廳俯拾皆是，但智利食品和智利食材卻被視為過於平凡，難登大雅之堂。」

Guzmán於聖地牙哥成長，夏天會住在祖母位於市

郊的家，從來沒想過會成為專業廚師，但在廚房裡當祖母和母親副手的記憶卻燃起他對廚藝的熱忱，他表示：「烹飪在我家裡可說是頭等大事，比其他事情都來得重要。這對我來說就像本能，成為廚師也是順理成章的事。」

他的第一份工作任職於一間融合菜餐廳，「餐廳的總廚自然是鼎鼎有名的大廚，但其餘的人卻對自己的工作沒有共鳴，也毫無熱忱」，以致Guzmán很快就對智利的餐飲界不再抱有幻想。他嘗試去追隨自己的英雄——The French Laundry餐廳的美國名廚Thomas Keller，但不果，然後輾轉去了西班牙。

Guzmán由2002年到2004年一直留在西班牙，期間任職於埃倫特里亞的國際知名餐廳Mugaritz，但他說：「我原本想加入El Bulli（當時獲選為全球最佳餐廳）工作，可惜那時電郵不像現今普及。」他在西班牙找到自己的方向後便返回智利，先後在聖地牙哥一間有250個座位的大型餐廳及另一間食肆擔任副總廚和菜式主廚。



“ Rather than focusing on technique, we wanted to focus on the possibilities of ingredients. We knew that it would take us a long time to discover those possibilities because many of our ingredients have a very short season

我們想集中研究食材的各種食用方法，而不是烹飪技巧。
我們亦深知這樣會極為耗時，因為許多原生食材的生長季都很短”



This page, from top:
Chupones; Chile's
Atacama Desert, the
driest place on Earth

Opposite page:
Black Sheep of the
Family, a cake made
with plums, sheep's
milk and the wild
fruit arrayán

本頁上至下：智利原生植物Chupon；極為乾旱的智利阿塔卡馬沙漠

對頁：由李子、羊奶和野果arrayán製成的「家裡的黑羊」蛋糕



A lot of people think that Chile is a warm country, but the ocean and mountains are very cold. Everything here tastes different

許多人以為智利是氣候和暖的國家，但其實沿海地區和山上都非常寒冷，原生食材的味道各有不同



join the team at the internationally renowned Mugaritz restaurant in Errenteria. Having finally found his path, the young chef returned to Chile and spent a few years working as a sous chef for a 250-seat restaurant and chef de cuisine at another Santiago eatery.

“After a few years, I had the chance to grab some money out of my pocket – probably not too much at the time – and I found this ugly little bar,” Guzmán recalls. “I had Boragó in mind for a long time and I felt it was my chance. And so I decided, with a good friend, to start this new adventure.”

Boragó opened in Santiago in 2006 to introduce Chileans to the wonders of their country’s native ingredients as well as the cooking techniques passed down from their Mapuche ancestors. “More than a concept, it’s a consequence,” Guzmán says of his unprecedented approach.

“Because food, in a way, was not important at all to us Chileans. We were absolutely unplugged from what we ate and where it came from. But the truth is that Chileans are truly an example of mestizo (a person of mixed race, especially one having Spanish and indigenous descent). We all have Mapuche blood.”

Mapuche – translated as “people of the Earth” – refers to the indigineous inhabitants of present-day Chile and parts of Argentina and Patagonia. They are believed to date back as early as 600 BC, with a traditional economy based on agriculture and large family networks. “It’s one of the most ancient cultures in the world and these native Chilean ingredients have been around for such a long time,” Guzmán says. “They taste amazing. They’re very unique, absolutely different from the rest of the Latin America. A lot of people think that Chile is a warm country, but the truth is the ocean is very cold and our mountains are very cold too. We have almost no tropical ingredients. Everything here tastes different.”

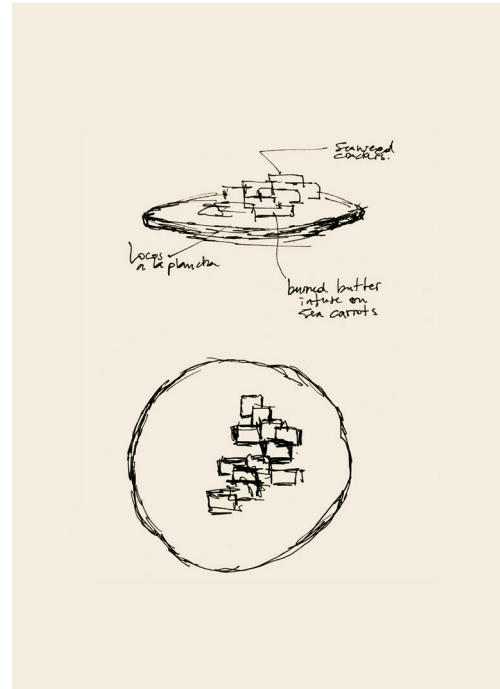
The first few years of Boragó were devoted to exploration and experimentation, with the founder turning his attention to his surrounding territory rather than culinary techniques. “We wanted to do something different, more related to our roots and to Chilean cuisine,” he says. “I’m not saying that it’s better or worse, it’s just different. Rather than focusing on technique, we wanted to focus on the possibilities of ingredients. We knew that it would take us a long time to discover those possibilities because many of our ingredients have a very short season.”

Guzmán and his team devised dishes such as Black Sheep of the Family, a cake made with plums, sheep’s milk and arrayán, a wild fruit available just one month of the year, to create a multi-course menu, Endémica, that would change with the seasons and ingredients available. The wildly creative concoctions, however, were no match for the Italian truffles, French cheeses and Japanese seafood that were popular among Santiago diners of the day.

“We had an empty restaurant for the next six years. We really thought that was it, you know?” he says. “We had a lot of financial troubles, we had no partners. I tried to sell the restaurant at least five times and I was very close in 2012. But I got very frustrated because I couldn’t do it, and I really thought it was the end of my path.”



THIS PAGE: COURTESY OF RODOLFO GUZMÁN, OPPOSITE PAGE, FROM LEFT: PHOTO BY CRISTÓBAL PALMA, SKETCH BY RODOLFO GUZMÁN, BOTH COURTESY OF PHAIDON PRESS LTD.



This page, from left: Fermented Pewén Chupe; Sketch of Slightly Caramelized Locos from Antofagasta with Kolof and Sea Carrots by Rodolfo Guzmán

Opposite page: Chef Guzmán at work

本頁左至右：招牌菜 Fermented Pewén Chupe；菜式 Slightly Caramelized Locos from Antofagasta with Kolof and Sea Carrots 的素描，Rodolfo Guzmán 親自繪畫

對頁：工作中的 Guzmán 大廚

Guzmán回憶道：「幾年後，我動用了一筆積蓄（雖然不多），並找到這間簡陋的小酒吧。當時Boragó已在我心裡醞釀多年，我覺得時機已到，因此決定跟一位好友攜手踏上新的征途。」

2006年，Boragó在聖地牙哥開業，致力向智利人推廣本土食材及代代相傳的馬普切烹調技巧。Guzmán在談到他前無古人的宏願時表示：「這不僅是一個概念，而是一連串的前因後果。因為在某方面而言，智利人不重視食物，完全不知道我們吃進口裡的東西是什麼和它來自哪裡，但事實上，智利人許多都是西班牙人和本土原住民的混血兒，我們體內都流著馬普切人的血液。」

馬普切在原文裡的意思是大地之子民，馬普切人是南美洲的原住民，棲息地遍及智利與阿根廷和巴塔哥尼亞的部分地區，歷史可追溯至公元前600年，他們的傳統經濟建基於農業和龐大的家族網

絡。Guzmán指：「它是地球上歷史最悠久的古文化之一，當地的原生食材源遠流長，味道可口，是獨一無二的，在拉丁美洲其他地方均找不到。許多人以為智利是氣候和暖的國家，但其實沿海地區和山上都非常寒冷，我們幾乎沒有熱帶食物，原生食材的味道各有不同。」

Boragó開業首數年一直汲汲於探索和試驗，創辦人的關注焦點由烹飪技巧轉移到周遭的土地。他解釋：「我們想另闢蹊徑，希望更貼近自身的根和智利本身的菜式。這樣做無關好壞，我們只是想作出不同的嘗試，集中研究食材的各種食用方法，而不是烹飪技巧。我們亦深知這樣會極為耗時，因為許多原生食材的生長季節都很短。」

Guzmán和助手為餐廳供應的Endémica套餐研創了多款菜式，其中「家裡的黑羊」蛋糕便是由李子、羊奶和生長季只有一個月的野果arrayán製

成。Endémica套餐裡的菜式會因為季節和應季食材改變，然而這些創意十足的料理在聖地牙哥的饕客當中，卻遠不如意大利松露、法國芝士和日本海鮮受歡迎。

他稱：「餐廳在開業頭六年一直門可羅雀，我們當時真的想過放棄。財政壓力巨大，又找不到合作夥伴，以致我曾五次嘗試出售餐廳，2012年更幾乎成功賣出。我因為餐廳的低業績感到沮喪，甚至想到這條路已走到盡頭了。」

當時沒人會想到Guzmán的人生很快就會出現轉機。2013年，拉丁美洲50最佳餐廳名單首次推出，Boragó高踞第八位，榜上唯一的另一家智利餐廳則排第48名。Guzmán為此暫時丟下Boragó，從聖地牙哥遠赴秘魯的利馬出席發佈會。

他憶述：「我記得發佈會前一天，餐廳還是一個客

Little did he know it at the time, but Guzmán’s life was about to change. The inaugural Latin America’s 50 Best Restaurants list was released in 2013 and Boragó came in at number eight, one of only two Chilean restaurants on the list with the other just sliding in at 48th. Guzmán left Boragó and Santiago to attend the launch party in Lima, Peru.

“I remember the day before [the party] the restaurant was empty, as always,” he says. “The next day, it was absolutely fully booked. Not only that, within a month it was impossible to get a seat. I couldn’t believe it – I still remember how I would always go to the reservation office [to check for bookings]. The guy there, Gordo as we call him, cried on my shoulder and then pinched me, saying, ‘Hey, I don’t want to see you in this office again. The restaurant is fully booked. The bad times are over now.’”

From that moment forward, Guzmán recalls, Boragó flourished. It has remained in the top six of Latin America’s 50 Best Restaurants every



☞ In Chile, we never had any important restaurants. This was the first time something like that happened and I’m so grateful to have been part of that journey

智利以前從來沒有備受矚目的餐廳，這是首次出現這種現象，我很高興自己能有幸參與其中 ☞

year since, peaking at number 2 in 2015 and reaching 26 on the World’s 50 Best Restaurants list in 2019. In 2017, Phaidon published Guzmán’s first cookbook, *Boragó: Coming from the South*, with forewords by Andoni Luis Aduriz, the chef and owner of Mugaritz, and Andrea Petrini, a food writer and the co-founder of Gelinaz!.

“I remember during those early years I was travelling around Chile trying to convince people to source ingredients for us, of course in very small amounts. But in 2013, I remember calling [a supplier] and saying, ‘You know that little tiny box of wild apples from Patagonia? Please, I need 500kg and I need them now,’” Guzmán says, laughing.

“That started a chain reaction whereby the local producers started to supply some other restaurants, not only in Santiago but all around the country. It was quite amazing because in Chile, we never had any important restaurants

that people would travel to or even knew existed. This was the first time something like that happened and I’m so grateful to have been part of that journey.”

After nearly 13 years in its original location, Boragó moved premises in the beginning of 2019. Guzmán also launched food research centre CIB to continue his exploration and testing of indigenous ingredients. The four current lines of research span fungi, seaweeds, small fish and rock plants.

The focus on local ingredients and traditional cooking methods has also attracted attention from environmental groups, with Boragó winning the inaugural Sustainable Restaurant Award presented by Latin America’s 50 Best Restaurants. But Guzmán, who is also an ICI Honorary Advisor, insists he never set out to promote sustainability but rather stay true to his mission. “Since the beginning we’ve

remained the same, focusing on seasonality, trying to use everything we have, and finding possibilities in those things that no one else would even look at,” he says.

Even as the Covid-19 pandemic forced Boragó to close for an entire year, Guzmán continued to experiment with new ingredients and to seek out new possibilities. He created MuuMami, a delivery service for burgers and ice cream made with Chilean ingredients, and found even greater joy and fulfilment along the path he set out on all those years ago.

“I don’t know what’s going to happen in the future, but I feel that my happiness and my responsibility is in Chile,” Guzmán says. “Because I understand a lot of people want to come to see what Chile’s about in terms of its gastronomy, its culture and even its landscape. And I feel that, at the moment, my biggest responsibility is to get back our momentum.” 🍷



人也沒有，但之後一天卻是座無虛設，接著一個月都一座難求，我簡直不敢置信。我還記得自己曾經不斷往訂座部跑（查閱訂座情況），而負責的同事 Gordo 則伏在我肩膀上哭並捏我，說：『我不想再在這辦公室見到你，餐廳座位已預約一空，終於苦盡甘來了。』』

Guzmán 記得，Boragó 是從那時開始變得門庭若市，自此之後一直在拉丁美洲 50 最佳餐廳榜上佔前六名，2015 年甚至高踞第二名，2019 年更在全球 50 最佳餐廳榜上排第 26 位。2017 年，Phaidon 出版了 Guzmán 的第一本烹飪書《Boragó: Coming from the South》，並請來 Mugaritz 的總廚兼店主 Andoni Luis Aduriz 和食評人兼 Gelinaz! 運動發起人之一 Andrea Petrini 寫序。

Guzmán 笑著說：「我記得早年需要周遊智利各地，請求大家幫我們搜集食材，但要的數量也不多。但在 2013 年，我記得有次致電（供應商）說：『記得巴塔哥尼亞來的那小小一箱的野生蘋果嗎？我需要 500 公斤，馬上要，拜託。』』

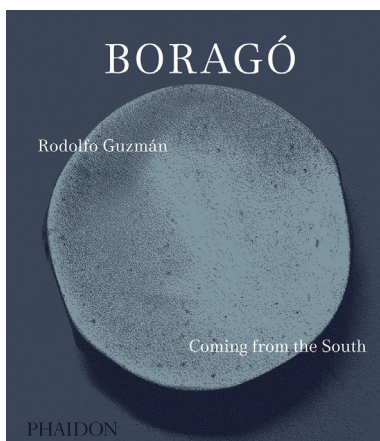
「上榜一事引發了連鎖反應，本地生產商開始為聖地牙哥以至智利各地的餐廳供應食材。這情況實在有趣，因為智利以前從來沒有值得饕客千里奔赴或特別關注的重要餐廳。智利首次出現這種現象，我很高興自己能有幸身處其中。」

2019 年初，Boragó 在開業 13 年後搬離舊址。Guzmán 亦開辦食物研究所 CIB，繼續就原生食材進行探索和試驗，目前正在研究菇菌、海藻、小型魚類和石生植物四大範疇的食材。

Boragó 善用本土食材和傳統烹調方法的理念受到環保團體的嘉許，因此贏得首屆的拉丁美洲 50 最佳餐廳之可持續發展餐廳獎，但身任國際廚藝學院榮譽顧問的 Guzmán 卻堅稱，自己從沒刻意推廣可持續發展，他只是忠於自己的目標而已。他說：「我們自始至終強調不時不吃、善用資源，以及嘗試在其他入忽略的東西中找出各種食用方法。」

Boragó 在新冠肺炎肆虐下被迫休業一整年，但 Guzmán 卻沒停止對新食材的實驗。他創辦了 MuuMami 外賣服務，供應由智利食材製作的漢堡包和雪糕，並從中獲得烹飪歷程上前所未有的興致和滿足感。

他說：「我不知道未來將會如何，但我的快樂和責任都繫於智利，因為我知道許多人都想來看看智利的美食、文化以至風景，我覺得，此刻，我最大的責任是找回我們的動力。」🍷



This page, from top: Crudo of Picoroco, Pewén and Chilean Hazelnuts; Boragó: Coming from the South, Rodolfo Guzmán, Phaidon

Opposite page: The original Boragó, which Guzmán operated from 2006 until he moved premises in 2019

本頁上至下：菜式 Crudo of Picoroco, Pewén and Chilean Hazelnuts；烹飪書《Boragó: Coming from the South》，Rodolfo Guzmán 著，Phaidon 出版

對頁：2006 年開業的 Boragó 原址，Guzmán 一直在這裡工作到 2019 年餐廳搬到新址



Colourful, creative, whimsical and mouth-watering – pastries and desserts have gone from culinary sidekick to star of the social-media age. Some of Asia's leading pastry chefs share what it takes to stand out in this competitive industry and the motivating factors that keep them dreaming up new ideas. 當色彩繽紛、創意澎湃、稀奇有趣和惹人垂涎的糕點和甜品正從佐餐小食躍身成為社交媒體明星，數位馳名亞洲的糕餅名廚分享了他們從這競爭激烈的行業突圍而出的心得，以及讓他們持續推出創意甜點的動力。 **By Grace Ma**

The sweet life

甜美生活

THIS PAGE: COURTESY OF THE WORLD'S 50 BEST RESTAURANTS. OPPOSITE PAGE: COURTESY OF FOUR SEASONS HOTEL HONG KONG

This page: A Composition of Raspberry Delicacies by Asia's Best Pastry Chef 2018 Nicolas Lambert

Opposite page: An assortment of doughnuts by Four Seasons Hotel Hong Kong pastry chef Ringo Chan

本頁：2018年亞洲最佳糕餅廚師Nicolas Lambert創作的山莓甜品

對頁：香港四季酒店糕餅總廚陳永雄焗製的一系列冬甩



Sugar-dusted, fruit-crowned, floral-decorated – pastries have always occupied a secret altar in our lives, whether we readily admit it or not. We eat them when we feel down, we buy them for celebrations and we stock up when we feel a long ride coming. French pastry chef Dominique Ansel, creator of the croissant-doughnut sensation cronut, says: “Pastry and desserts have always been popular, not just recently. While the past one-and-a-half years have been quite different than anything we’ve ever known or lived, there’s always that sense of comfort and joy that desserts provide – whether you’re celebrating a special occasion or just a small moment of happiness in your day.”

Little surprise then that the latest celebrities of Instagram are pastry chefs like Ansel (500,000 followers) whose feeds sprinkle fairy dust on stay-at-home days and spark hunger pangs even when we just had a full meal. Who can stop scrolling through enthralling images such as those of French pastry chef and teacher Amaury Guichon (3.6 million followers) and World’s Best Pastry Chef 2019 Jessica Préalpato (83,000 followers)? There’s a certain soothing thrill in watching the skilful making of life-size chocolate sculptures such as turtles, motorbikes and musical instruments, and gawking at nature’s colourful glory displayed in artistically plated desserts.

Four Seasons Hotel Hong Kong’s executive pastry chef Ringo Chan says that comfort pastry such as the classic Napoleon cake, doughnuts and black forest cakes have been trending in recent years. Shiny glazing is out, quality ingredients are the priority, he adds, even in something as basic as a chiffon cake. “It could look like a naked cake but [customers] care for quality, such as using Japanese soy milk and French butter,” he explains.

Chan believes that the trend started with Korean and Japanese cafés before it caught on in other cities like Hong Kong. “In a busy metropolis, cafés that resemble a living room serving food that is simple and delicious give people comfort,” he says. “While people cannot travel, having a slice of comfort pastry transports them back to a place of Zen.”



It's never about cutting and pasting. Instead, we look to emotions and memories for inspiration. If it looks interesting but doesn't taste good, then what's the point?

製作糕點從來不是剪貼和複製，我們會從情感和記憶中尋找靈感，外形有趣但味道平平的東西又有什麼意思？

– Dominique Ansel



不管我們承認與否，灑上糖霜、鋪滿水果或綴以鮮花的各式糕點一直在生活中佔據著神秘的席位——沮喪時吃甜點，慶祝時買甜點，準備幹一番大業前更要大量購入甜點。創作出「牛角包冬用」的法式糕餅大廚Dominique Ansel指出：「糕餅甜點向來深受大眾歡迎，並不是近年才興起的潮流。雖然過去一年半世界變得非常陌生，但當遇上想要慶祝一下的特別日子，或是在平常日子裡想享受片刻歡愉，甜品依然能讓人感到安心和愉快。」

難怪Instagram上最新湧現的一批名人之中就包括了幾位糕餅名廚，如有50萬追隨者的Ansel。他上載的短片是居家隔離年代的雪中送炭，能讓剛吃過豐富大餐的人也感到飢腸轆轆。誰又能抵擋住誘惑，不去翻看法國糕餅名廚兼烹飪老師Amaury Guichon (360萬追隨者) 和2019年全球最佳餅廚得主Jessica Préalpato (83,000追隨者) 等上載的惹人垂涎的圖片？無可否認，觀看大廚們以嫺熟的技巧製作實物大小的烏龜、電單車和樂器等朱古力雕塑，或是欣賞以大自然的色彩裝點、擺放得充滿藝術氣息的甜品等，確實有撫慰人心之效。

香港四季酒店糕餅總廚陳永雄表示，能撫慰人心的糕餅如經典的拿破崙蛋糕、冬甩和黑森林蛋糕等，近年來有復興的趨勢。閃亮的

裝飾已過時，採用的食材是否優質更受重視，連基本的雪芳蛋糕也不例外。他指出：「蛋糕可以完全沒有裝飾，（顧客）更關心食材品質，例如是否使用日本豆奶和法國牛油等。」

陳永雄相信，這股潮流起源於韓國和日本的咖啡店，然後才蔓延到香港等各地城市。他說：「在繁忙的大都會，咖啡店儼如家中客廳的裝潢，供應簡單美味的食物，能讓人感到賓至如歸。當大家都無法出國旅遊，享用一件美味的糕餅甜點能讓人感到平和。」

他深受歡迎的糕點創作包括有斑蘭葡撻、玉桂卷和雲呢拿忌廉開心果蛋糕配檸檬醬等，當中的斑蘭咖地葡式蛋撻天生就是Boomerang影片的寵兒，切開由新鮮斑蘭汁、忌廉和鴨蛋製成的吉士，中間的咖地融漿就會奔流而出，非常吸睛。最新推出的冬甩則質地鬆軟，色味俱佳，有柚子、榛子朱古力、士多啤梨玫瑰和荔枝四種口味。

他分享道：「我用日本麵粉來做冬甩。讓冬甩質感鬆軟的秘訣，是將搓好的麵糰先放在雪櫃內，確保有足夠時間發酵，然後才切成圓形，這樣做也可以避免冬甩在油炸時變成橢圓形。」

獲得本年度亞洲最佳糕餅廚師的新加坡大廚賴思瑩，也同意糕餅

This page: Dominique Ansel at Dang Wen Li

Opposite page, from top: Pear and Tea by World's Best Pastry Chef 2019 Jessica Préalpato; Ringo Chan's Pandan and Kaya Macanese Egg Tarts

本頁: Dominique Ansel 攝於當文麗餅店

對頁上至下: 2019年世界最佳糕餅廚師Jessica Préalpato創作的Pear and Tea; 陳永雄的斑蘭咖地葡式蛋撻

Clockwise from right:
Angela Lai's Pong Pia;
Ringo Chan decorates
a wedding cake;
soufflé pancakes
from Dang Wen Li's
Around the World
Collection

右圖起順時針：賴思瑩的「澎湃」；陳永雄正為結婚蛋糕裱上裝飾；當文歷餅店「環遊世界系列」裡的日本梳乎厘班戟





CLOCKWISE FROM TOP: COURTESY OF ANGELA LAI; FOUR SEASONS HOTEL HONG KONG; DANG WEN LI

Among Chan's popular pastries are a pandan tart, a cinnamon roll, and a vanilla and pistachio shortcake with lemon curd. The pandan Macanese egg tart lends itself naturally to a Boomerang clip: the molten kaya filling oozes out when you cut into the tart, whose custard is made with fresh pandan juice, cream and duck egg. His latest doughnut creations are pillowy soft, and taste as good as they look in the flavours of yuzu, hazelnut and chocolate, strawberry rose and dulce de leche.

"I use Japanese flour to make the doughnuts. When the batter is made, I allow enough time for them to proof in the refrigerator before cutting it into round shapes. That's the trick to creating a soft and puffy doughnut," he reveals. "If otherwise, when fried, the doughnut will be oval."

Singaporean Angela Lai, who was crowned Asia's Best Pastry Chef this year, also sees pastries and desserts as a source of comfort food. The pastry chef at Taiwanese-French restaurant Tairroir in Taipei fell in love with baking while helping her mother in the kitchen. "To me, a good sweet at the end of a meal is the best and memorable ending," she says. "I believe it's important to leave that impression in our guest dining experience."

Lai notes a growing inclination towards fruits, nuts and the use of colours in pastries and an appreciation for Asian influences. Fans love the balance in her desserts, where she uses acidity, spice and even bitterness to balance the sweetness and give them more texture.

In her Pong Pia, for example, she takes the traditional Taiwanese recipe for a sugar pastry that puffs up during baking, hollows out the bottom where all the brown sugar is, and dehydrates and crushes it into a crumble for the dessert base. Then she adds homemade bubble tea pearls, Madong chocolate crèmeux, sesame oil ice cream and ginger ice for texture.

Ansel's crisp, flaky cronut is given a local and seasonal spin in whichever country it is sold. New Yorkers look forward to summer specials such as blueberry jam and creamy bay leaf-infused ganache while Hongkongers snap up limited editions with fragrant, creamy chrysanthemum honey ganache and homemade blood peach jam from his latest overseas boutique Dang Wen Li. Its whimsical, Hong Kong-exclusive Around the World Collection includes pastries inspired by favourite travel destinations around the world, such as a mango sticky rice mousse cake riffing on iconic Thai ingredients and Japanese soufflé pancakes with maple syrup mousse.

There are also pastries shaped like familiar items found in Hong Kong such as milk tins, lemon tea packs and the



While people cannot travel, having a slice of pastry transports them back to a place of Zen

當大家都無法出國旅遊，享用一件美味的糕點甜品能讓人感到平和



– Ringo Chan

甜點是可以撫慰心靈的食物。她曾在廚房裡擔任母親的副手，因此愛上烘焙。賴思瑩現時任職台北一家供應台法融合菜式的餐廳「態芮」，她表示：「對我來說，餐後享用一份美味的甜品，能夠為一頓飯畫上最完美而難忘的句號。能否讓客人在用餐後留下這樣的印象非常重要。」

賴思瑩留意到越來越多糕點喜歡使用水果、果仁和色彩繽紛的顏色，對亞洲元素的欣賞也越來越多。她的甜點講求味道平衡，深得其甜品迷喜愛。她喜歡以酸、辣以至苦等味道平衡糕餅的甜，豐富甜品的質感。

以名為「澎湃」的甜品為例，她將傳統台灣椪餅中黃糖積聚的底部挖走，然後烘乾和弄碎，做成鬆脆的餅底，再在椪餅裡加入自製的珍珠粉圓、馬頓朱古力奶醬、麻油雪糕、薑汁冰塊，令口感變得更豐富。

Ansel鬆脆的牛角包冬用喜歡入鄉隨俗，善用店舖所在城市的本地應季食材。因此，紐約人可以吃道夏季限定的藍莓醬和奶油月桂葉醬冬用，而新近於香港開業的當文歷餅店則有少量推出香滑的甘菊蜜糖朱古力醬和自家製赤蜜桃果醬兩款口味。香港店還有獨家推出的「環遊世界系列」甜點，其靈感來自世界各地的熱門旅遊勝地，包括有以經典泰國食材炮製的芒果糯米飯慕斯蛋糕和日本梳乎厘班戟配楓糖慕斯等。

此外還有形狀參考香港常見物品創作的糕點，如罐裝煉奶、盒裝檸檬茶和備受熱愛的菠蘿包等。Ansel說：「我們希望當文歷餅店能推出數款專為港人創作的糕點，以本地傳統為題，並採用本地食材炮製。我們向大家熟悉的童年記憶和傳統如菠蘿包和盒裝檸檬茶等取材，製作能喚起港人兒時回憶的甜品。」

三位大廚除了成就同樣超群外，還有一個共通點，他們均相信製作甜品的關鍵在於尊重傳統、鼓勵創意和讓人感到愉悅，而不是乏味地重複一個已成功的概念，也不是爭相創造最新潮流。



I believe respecting traditional recipes is important as that is where our foundation starts

我相信尊重傳統食譜是重要的，那是我們的基石



- Angela Lai



THIS PAGE: COURTESY OF ANGELA LAI, OPPOSITE PAGE: COURTESY OF DANG WENLI

Where Art Meets Science

當藝術遇上科學

It's safe to say everyone enjoys seeing a beautifully presented pastry on social media. But few understand the professional skill and extensive knowledge that goes into preparing even a seemingly simple dessert. The ICI's Higher Diploma in Baking and Pastry Arts

unlocks not only the fundamentals required to create cakes, chocolates, petit fours and frozen desserts but also the scientific expertise and culinary theories currently driving the industry forward. Over the course of two years, students will cultivate

well-loved po lo bao (pineapple bun). “For Dang Wen Li, we wanted a capsule collection of new pastries created just for the people of Hong Kong that is inspired by local traditions and ingredients,” Ansel says. “We’ve taken familiar childhood moments and traditions, like pineapple buns and lemon tea boxes, and transformed them into desserts that remind people of memories in their lives.”

Despite the success they’ve enjoyed, all three chefs believe that the heart of pastry making is about respecting traditions, encouraging creativity and sparking joy, rather than a monotonous replication of a tried-and-tested concept and competing to create the latest fad.

Ansel fondly remembers how comforted he felt as a child, eating a piece of bread fresh from the oven of a local bakery in the backseat of the family car. Even now, the inspiration to create pastries is to bring a smile to people’s faces as they recall happy memories while eating them.

“It’s never about cutting and pasting a concept or a menu,” he says. “Instead, we look to emotions and memories for inspiration. If it looks interesting but doesn’t taste good, then what’s the point? As for competition, there isn’t a sense of pressure, but rather, excitement and oftentimes, inspiration to keep pushing forward with creativity.”

Lai’s enjoyment of a pineapple rum and raisin popsicle growing up is encapsulated in Tairroir’s signature pineapple cake, presented as a delicate cube. There is a marmalade and sorbet made from pineapple trimmings and a rum and raisin curd. She adds a dash of camellia oil, which is usually paired with noodles in Taiwan, to elevate the dessert’s flavour with a touch of bitterness. “I believe respecting traditional recipes is important as that is where our foundation starts,” she says. “Being creative can be in many different ways, for example, from the presentation or flavours.”

Both she and Chan feel that there isn’t a pressure among pastry chefs to prioritise aesthetics to gain social media likes. Rather, it’s a platform to share ideas with chefs and people around the world. “It’s never a competition to me,” she insists. “The most important value of being a pastry chef is to be true to what I believe. Making good pastries, sharing my creations, and seeing guests happy and content.” 🍋

a local, regional and global vision in line with contemporary trends, modernisation and more. The mix of theoretical and practical applications is designed to provide necessary skills as well as prepare them for supervisory roles in the industry.

所有人都喜歡在社交媒體上看到漂亮的糕餅，這說法大概雖不中亦不遠矣，可是對製作甜品所需的專業技巧和豐富知識，了解的人卻不多。國際廚藝學院的西式包餅及糖藝高級文憑課程不僅教授製作蛋糕、朱古力、法式小點和冷凍甜品的基礎技巧和知識，還會介紹推動業界發展的食品科學專業知識和



Ansel還記得小時候在自家車子的後座上吃一片本地麵包店新鮮出爐的麵包的愉快回憶，因此他希望自己創作的糕點能喚起客人快樂的回憶。讓客人展露笑顏，這就是他的動力來源。

他說：「製作糕點從來不是剪貼、複製某個概念或某份食譜，我們會從情感和記憶中尋找靈感，外形有趣但味道平平的東西又有什麼意思？至於競爭，我們不會因此感到壓力，相反會感到蠢蠢欲動，並往往能從中找到靈感，激勵我們發揮創意。」

態芮的招牌鳳梨酥則反映了賴思瑩小時候對菠蘿杯酒提子乾雪條的喜愛，這個小巧的正方體甜點，用烘乾的鳳梨脆片做成圍邊，搭配鳳梨雪芭和杯酒提子乾吉士，並有一點苦茶油的苦味（台灣人喜歡在麵裡加點苦茶油調味）提升甜品的味道層次。她說：「我相信尊重傳統食譜是重要的，那是我們的基石。創意可以有許多不同的方向，不管是賣相還是味道，都可以發揮創意。」

賴思瑩和陳永雄均不認為糕餅廚師會為了在社交媒體上得到關注，而過分注重甜品的賣相。相反，他們認為那是廚師和世界各地的人分享交流的地方，她強調：「我從來不覺得那是競爭，對糕餅廚師來說，最重要的是忠於自己的信念，那就是製作美味的糕點、分享自己的創作及欣賞客人在當中獲得快樂和滿足。」 🍋

This page: Lemon Tea Box cake from Dang Wen Li

Opposite page, from left: Asia's Best Pastry Chef 2021 Angela Lai and one of her creations for Tairroir

本頁：當文歷餅店的盒裝檸檬茶蛋糕

對頁左至右：2021年亞洲最佳糕餅廚師賴思瑩及她為「態芮」創作的甜品

Despite being a relatively small nation, France has had a colossal impact on the culinary world. We explore the history and development of French cuisine and its contribution to global gastronomic culture. 論面積，法國不算大，但這個歐洲國家在餐飲界的影響卻舉足輕重，本文特此探討法國菜的歷史和發展及其對全球美食文化的貢獻。 **By Anna Cummins**



Tour de France 環法之旅



This page: Antique illustration of an elegant French dinner in the 18th century, by Louis-Joseph Masquelier

Opposite page: A dish of Loire Valley white asparagus at French restaurant Odette in Singapore

本頁：18世紀一場隆重的法國晚宴在 Louis-Joseph Masquelier 筆下躍然紙上

對頁：新加坡法國餐廳 Odette 一道以盧瓦爾河谷的白蘆筍烹調的菜式

French may be known as the language of love, but it is more demonstrably the language of eating out. From “restaurant” and “café” to “menu”, “cuisine”, “maître d’”, “aperitif”, “beverage”, “à la carte”, and “bon appétit”, words taken from French permeate the Western dining experience.

Popular legend has it that a soup vendor named Monsieur Boulanger opened the first public dining room in Paris in 1765, serving bowls of bouillon to hungry patrons. The sign that hung above Boulanger’s door was said to advertise his nourishing broth as restoratives, or restaurants. The concept started a culinary revolution in Paris, with slow-simmered soups appealing to the wealthy merchant class who had a taste for refined and health-giving foods.

It wasn’t long before the city’s restaurateurs added more complex dishes and wines to their menus, with elevated surroundings becoming part of the experience. Towards the end of the 18th century, the first of the grand Parisian restaurants began to welcome patrons, offering varied menus and a considered ambience. La Grande Taverne de Londres, a prominent luxury restaurant opened by Antoine Beauvilliers in 1782, is credited with being “the first Parisian restaurant worthy of the name” by culinary encyclopedia Larousse Gastronomique.

It’s not just the restaurant model that the French can lay claim to. While other Western countries at the time had a preference for bringing all courses out simultaneously, France developed and popularised the practice of serving multiple courses eaten in a specific order – starting small, moving to an entrée and ending on a sweet note or liqueurs, with one course brought to the table at a time.

In the 20th century, the popularity and quality of countryside dining soared after the invention of the car made it easier for people to travel. This trend led to a cohort of exceptional provincial restaurants outside Paris, such as the Paul Bocuse Restaurant near Lyon, La Pyramide in Vienne, and Mirazur on the French Riviera, currently ranked number one on the World’s 50 Best Restaurants list.

Food has evolved to become a part of the French national identity to such an extent that, in 2010, Unesco added the “gastronomic meal of the French” to its list of intangible cultural heritage. “I believe excellence, authenticity and pleasure are the core values of French cuisine,” says Alexandre Giorgini, Consul General of France in Hong Kong and Macau. “The use of fresh products with complementary flavours by creative chefs, a careful selection of dishes that reflect the variety of the French terroirs, along with refined wine pairings and a beautiful table setting, are some of the main characteristics of our culinary culture. Gastronomy is a cornerstone of our way of life and enjoying a good meal is part of everyday life.”



As French-born Olivier Elzer, executive chef of the two-Michelin-starred L’Envol restaurant at St. Regis Hong Kong, puts it: “Food is more than feeding a hungry stomach – the company that you are with and the food that you enjoy means happiness. [It is] what we call joie de vivre.”

Chef Tiffany Lo, Hong Kong-born alumna of the legendary Pierre Koffmann and founder of independent French bistro Jean May in Wan Chai, agrees. “French cuisine is deeply rooted in tradition, and each region has its distinctive styles and cooking traditions,” she says. “The French’s deep love for food and wine is pretty much unparalleled, almost like a ritual.”

Today, most French restaurants come within three categories: informal bistros and brasseries serving comforting classics, mid-priced restaurants and grand restaurants presenting complex dishes in elegant surroundings.



Gastronomy is a cornerstone of our way of life and enjoying a good meal is part of everyday life

美饌佳餚是我們生活方式的基石，享用美食是我們日常生活的一部分



— Alexandre Giorgini

對許多人而言，法語可能是談情說愛的語言，但法語在許多人眼中更是餐飲的語言，由restaurant（餐廳）和café（咖啡店）到menu（餐牌）、cuisine（菜式）、maître d（侍應領班）、aperitif（開胃酒）、beverage（飲品）、à la carte（單點），以至吃飯前說一句bon appétit（開懷地吃吧）等吃西餐時常用的辭彙，均源自法語。

據說，西方第一間餐廳是由賣湯的小攤販Boulangier先生於1765年在巴黎開辦，為飢餓的顧客供應清湯裹腹。餐廳門頂上掛著的招牌除了標榜其營養豐富的清湯為健康美食外，還寫著restaurant一字，意指店內有食物供應。這間餐廳的概念在巴黎引發了一場餐飲革命，慢煨細燉的清湯吸引了講求精緻飲食和追求健康食品的富裕商人階層。

當地的餐飲業者迅速地在餐牌上加入更多複雜的菜式和美酒，用餐環境也大大提升。到18世紀末，第一批高級法國餐廳開始營業，在精心打造的環境下，為客人提供多樣化的菜式。La Grande Taverne de Londres是Antoine Beauvilliers於1782年開辦的知名奢華餐廳，獲美食百科辭典《Larousse Gastronomique》譽為「巴黎第一間名副其實的頂級餐廳」。

法國人不僅奠定了餐廳的模式，當其他西方國家的食肆還將客人點的菜式不分先後地一股腦兒端上餐桌時，法國已發展出並普及化特定的用餐次序，由小食開始到主菜和最後的甜品或餐酒等，一道道佳餚美酒逐一呈上，餐桌上同一時間裡只會有一道菜式。

20世紀隨著汽車的出現，出行變得方便，郊區餐廳乘時而起，餐廳品質也在提升。在這股潮流下，巴黎市郊湧現了許多優質餐廳，如鄰近里昂的Paul Bocuse Restaurant、維埃納的La Pyramide，以及位於蔚藍海岸、目前高踞全球50最佳餐廳榜榜首的Mirazur。

美食已經成法國的身份象徵之一，聯合國教科文組織甚至於2010年將「法國美食大餐」列入其非物質文化遺產名錄。法國駐香港及澳門總領事官遠明說：「我認為法國菜的精髓可以用優質、正宗和能讓用餐者感到愉快滿足來概括。創意不凡的廚師善用味道互補的新鮮食材、因法國多樣化的地理氣候環境而衍生的各式精緻佳餚、頂級佐餐美酒，以至漂亮的餐桌佈置等，都是我們飲食文化裡的主要特色。美饌佳餚是我們生活方式的基石，享用美食是我們日常生活的一部分。」

生於法國的Olivier Elzer是香港瑞吉酒店米芝蓮二星餐廳L'Envol的行政總廚，他指出：「食物不僅僅是為了填飽肚子，一起用膳的夥伴和享用的食物都是快樂的來源，我們稱之為joie-de-vivre（生活之樂）。」

This page, from top: Archive image of a restaurant in the French city of Lyon; independent French bistro Jean May in Wan Chai

Opposite page: A dish of green beans, cherries and pistachio at World's Best Restaurant Mirazur

本頁上至下：法國里昂一家餐廳的舊照片；位於灣仔的法式小餐館Jean May

對頁：全球最佳餐廳Mirazur以青豆、車厘子和開心果炮製的美食



The real essence of French food lies in the variety of regional styles, ingredients and flavours that together make up this storied cuisine. “France is divided into different terroirs; each terroir is like a country on its own, with different known produce and signature dishes,” explains Elzer. “For example, I come from Alsace, we are known for our river fish, farm cows and cabbages. And Brittany – given how it extends out towards the Atlantic Ocean – is best known for fresh seafood.”

“There is a huge portfolio of cuisine and dishes in the different terroirs. Each region has its own flavour profile, wines and ingredients, and it is this diverse profile that gives France a diverse cuisine and knowledge base,” he says.

At L’Envol, Chef Elzer prepares an inventive interpretation of French haute cuisine, incorporating ingredients from France and Asia. Elzer, who was mentored by the late Joël Robuchon, started his career at the Abbaye de la Bussière in Burgundy, France. He was named one of the country’s 22 best young chefs by the French guide *Gault Millau*.

The diversity across the provinces results in a lot of classic recipes French chefs can use. While traditional French

cuisine is known for its richness – heavy in sauces and always delicious, thanks to liberal uses of herbs and butter, Elzer highlights that many in the new guard prefer a less saturated touch. “There is a slight turning point from tradition. Many chefs, including myself, are now focusing on seasonal ingredients to make lighter versions of the classics,” he says.

There are 13 administrative regions within France and a further five located overseas. The cuisine of each region is integral to its character. So much so that the appellation d’origine contrôlée (AOC) certification is awarded to terroirs in France to give geographical protection to their wines, cheeses, butters and agricultural produce, and ensure they are made to the highest standards. Well-known AOC products include lentils from Le Puy-en-Velay, Roquefort cheese, chicken from Bresse, and spirits such as Cognac and Armagnac.

The region surrounding Paris is known as Île-de-France and has numerous specialities, from creamy Brie de Meaux to croque-monsieur sandwiches. As an agricultural region, Île-de-France produces plenty of meats and is known for the Houdan chicken, an old French breed that is prized for juicy, white meat and quality eggs.



THIS PAGE, FAR LEFT, AND OPPOSITE: COURTESY OF ST. REGISHONG KONG

☞ There is a slight turning point from tradition. Many chefs, including myself, are now focusing on seasonal ingredients to make lighter versions of the classics

當代法國菜已稍稍偏離傳統，現時許多廚師，包括我自己，都喜歡使用應季食材，讓菜式變得清淡一點 ☞

– Olivier Elzer

香港廚師Tiffany Lo曾師從傳奇大廚Pierre Koffmann，也是灣仔法式小餐館Jean May的老闆，她同意道：「法國菜深深地植根傳統，每個地區都有獨特的風格和烹調傳統。法國人對美酒佳餚的熱愛可說是舉世無雙，幾乎像對待儀式一樣虔誠。」

現時，法國餐廳主要分為三大類：供應傳統菜式的悠閒小餐館、中價餐廳，以及環境高雅、菜式繁複的高級餐廳。

法國美食享譽世界，變化豐富的地區風格、食材和味道均是其構成要素。Elzer解釋：「法國擁有多個不同的地理環境，每個的農產和招牌菜式都涇渭分明。舉例說，我的故鄉阿爾薩斯區以河魚、飼養牛和椰菜聞名，而海岸線向大西洋延伸的布列塔尼則以新鮮海產馳名。」

他續道：「不同地理環境的烹調風格和菜式迥異不同，變化多端，每區都有自己的味道風格、葡萄酒和食材，多樣化的面貌使法國擁有豐富多元的菜式和知識基礎。」

在L'Envol，大廚Elzer善用法國和亞洲食材，為客人炮製創意十足的高級法國菜式。Elzer在法國勃根地的Abbaye de la Bussière餐廳展開其廚師生涯，曾跟隨已故的Joël Robuchon習藝，獲法國餐廳指南《Gault Millau》選為該國22位最優秀的年輕廚師之一。

省份之間的多樣化為法國廚師們提供大量可供參考的經典食譜。傳統法國菜大量使用香草和牛油，因此以濃郁而惹味的醬汁聞名，但Elzer強調新一代的廚師許多都偏向比較清淡的口味。他說：「當代法國菜已稍稍偏離傳統，現時許多廚師，包括我自己，都喜歡使用應季食材，讓菜式變得清淡一點。」

法國國內有13個行政區，海外也有五個，每區的菜式都各有特色，為此更設有原產地命名控制（AOC）標籤，為不同地區出產的葡萄酒、芝士、牛油及農產提供地理保障，確保產品的品質。著名的AOC產品包括有韌皮小扁豆、羅克福芝士、布雷斯雞，以至干邑和愛文邑等佳釀。

圍繞巴黎的大區名為法蘭西島大區，擁有許多特色美食，如香滑的莫城布里芝士和法式烤芝士火腿三文治等。農業發達的法蘭西島大區出產多種肉類，如聞名的Houdan雞——法國古老雞種，以肉汁豐沛的白肉聞名，雞蛋品質尤佳。

大東部大區，由阿爾薩斯、香檳-阿登和洛林區組成，以出產汽泡酒聞名全球。當中，洛林區也以法國鹹批和蘋果撻著稱。阿爾薩斯則深受德國影響，德國酸菜和啤酒在當地大行其道。

普羅旺斯-阿爾卑斯-蔚藍海岸大區是法國最大的蔬果產區，各種各樣的新鮮香草，加上用鯉魚和蒜頭炮製的特色醬汁，使這個大區



This page: Olivier Elzer of L'Envol at St. Regis Hong Kong

Opposite page, from left: L'Oursin D'Hokkaido (Hokkaido sea urchin, gamberoni prawn and crunchy fennel) at L'Envol; Roquefort cheese

本頁：香港瑞吉酒店L'Envol餐廳的總廚Olivier Elzer
對頁左至右：L'Envol由北海道海膽、大蝦和茴香烹調的招牌菜L'Oursin D'Hokkaido；羅克福芝士

Grand Est, also called Alsace-Champagne-Ardenne-Lorraine, is a region of France revered globally for its sparkling wine. Lorraine is famous for its namesake quiche and apple tarts, while Alsace enjoys a German influence, resulting in the local popularity of sauerkraut and German-style beers.

Known for being the largest producer of fruits and vegetables in France, the Provence-Alpes-Côte d'Azur region plays a vital role in French cooking thanks to its array of fresh herbs and speciality sauces flavoured with anchovies and garlic. Seafood is abundant in this coastal region, and the area is also prized for its world-class honey and olive oil.

Other regional highlights include the wines, smoked meats, snails and Dijon mustard produced in Burgundy and Franche-Comté; and the oysters, mussels and cattle breeding of Nouvelle-Aquitaine – an area said to make the best butter for pastries.

“I believe the essence of French cuisine is the nation’s view of food and wine from its raw state – from the sowing of the seeds to breeding and raising cattle for milk, cheeses and meat,” says Lo, who has also worked alongside chefs including Michel Roux Jr. and Éric Chavot. “They have genuine love, appreciation, patience and respect for what their terroir gives them.”

The historical architects of modern French cooking were the great 19th-century chefs Antonin Carême, known for meticulous presentation that codified the haute cuisine movement, and Auguste Escoffier, who based much of his technique on Carême’s and rose to become director of kitchens at the Savoy Hotel.

Escoffier streamlined the hierarchy of professional kitchens and demanded a superlative level of cleanliness and discipline from his chefs. Today, his organisational structure is still used in kitchens, from the lowest-ranking commis chefs to the kitchen manager or chef de cuisine. Escoffier also modernised Carême’s elaborate style – reducing elaborate garnishes and promoting the use of seasonal ingredients.

The 1960s in France were marked by the arrival of nouvelle cuisine, pioneered by chefs who sought to push back against the complexity and rigidity of haute cuisine. Nouvelle cuisine emphasised minimalism, fresh ingredients and natural flavours. It was led by chefs such as Paul Bocuse (the “pope” of French cuisine, who essentially created the idea of the celebrity chef), Pierre Troisgros, Alain Chapel and Michel Guérard.

By the 1980s, however, many felt the style had been exhausted and again explored the classical ways of haute cuisine – albeit retaining a lighter touch. The perceived



“The French have genuine love, appreciation, patience and respect for what their terroir gives them”
法國人是真的熱愛、感激及尊敬大地的產物，會耐心等待，不會揠苗助長

– Tiffany Lo

THIS PAGE, TOP: COURTESY OF WORLD'S 50 BEST RESTAURANTS, OPPOSITE PAGE, TOP: COURTESY OF JEAN-MA



This page, from top: A dish created by Tiffany Lo for Jean May; the "pope" of French cuisine, the late Paul Bocuse

Opposite page, from top: Mirazur's version of traditional French dish lièvre à la royale; Limousin cattle in Nouvelle-Aquitaine

本頁上至下: Tiffany Lo為Jean May創作的菜式; 有法國菜教皇之譽、已故的Paul Bocuse

對頁上至下: Mirazur版的傳統法國菜式酒燜兔肉; 新阿基坦大區的利木贊牛



在法國菜中扮演了重要的角色。當地沿海地區亦盛產海鮮，並以頂級的蜜糖和橄欖油聞名。

此外，勃根地和法蘭琪-康堤大區以葡萄酒、燻肉、蝸牛和第戎芥末等馳名。新阿基坦大區則以生蠔、青口、牛隻繁殖見稱，據說此區出產的牛油最適合用來做糕點。

曾與Michel Roux Jr.和Éric Chavot等名廚合作的Lo稱：「我覺得法國菜的精髓在於他們從基礎開始注重食物和酒的態度，由播種到繁殖和飼養牛隻（不管是生產牛奶和芝士的奶牛還是食用牛），均備受重視。他們是真的熱愛、感激及尊敬大地的產物，會耐心等待，不會揠苗助長。」

19世紀名廚Antonin Carême和Auguste Escoffier是奠定現代法式烹調風格的兩大功臣，前者以巨細無遺的整理將高級法國菜規範化，後者位居Savoy Hotel的廚房總監，許多烹調技巧都師承於Carême。

Escoffier精簡了餐廳廚房的等級制度和流程，對廚房的整潔和廚師的紀律提出嚴格要求。今天，餐廳的廚房仍然遵循他有系統的結構，由最低級別的助理廚師到廚房經理或菜式主廚，井井有條。Escoffier亦簡化了Carême繁複精細的風格，減少裝飾用的配菜，並提倡使用應季食材。

法國於1960年代迎來新派法國菜，有相同理念的先驅廚師旨在打破高級料理的繁複和僵化。新烹調方式由Paul Bocuse（奠定名廚概念的人，有法國菜教皇之稱）、Pierre Troisgros、Alain Chapel和Michel Guérard等廚師帶領，強調簡約主義、新鮮食材和天然調味。

到了1980年代，許多廚師覺得這種風格已開到荼蘼，又重新開始探索高級料理的傳統烹調方法，但味道傾向清淡這點維持不變。高級法國大餐刻意的繁文縟節和拘泥形式一直在餐飲業界苟存到1990年代，當中一小部分甚至模仿得滑稽又拙劣。法國菜的身份危機也在此時漸漸滋生，加上急速增長的薪金和增值稅等致命重擊導致餐廳經營困難重重，更讓法國餐飲業雪上加霜。

fussiness and formality of fine French dining dogged the industry into the 1990s, with small portions becoming a source of parody. A crisis of identity was brewing – compounded by the impossible battle of restaurant economics, with rocketing wages and sky-high VAT taking ravenous bites from the bottom line.

Robuchon – crowned Chef of the Century by guide *Gault Millau* in 1989 – retired from cheffing in 1995, aged 50, after seeing peers suffer intense stress and even heart attacks. However, he returned from hiatus in 2003 with L'Atelier de Joël Robuchon, which opened first in Paris and then in locations around the world, including Tokyo and Hong Kong.

Robuchon's eclectic French fine dining was served tapas-style from an open kitchen, surrounded by a dimly lit, intimate Japanese-style dining bar. It may have ruffled industry feathers but was a resounding success – Robuchon, who passed away in 2018 at age 73, is the most influential chef of the post-nouvelle movement, which welcomed influences from other global cuisines. He still holds the world record of 32 Michelin stars.

While there will always be a place for starched linens and dignified service, the trend for modern French dining has opened a new world of experimentation in the recent decade. "Coming to Asia and learning from my mentors, part of the evolution is also the discovery of ingredients," says Elzer. "One of my signature dishes at L'Envol is Grilled Tuna with Five Spices, Crushed Avocado and Crispy Shallots – a dish I created when I was in Burgundy many years ago. The shallot dressing uses over 30 ingredients to create spices that are only known in Asia."

Indeed, French cuisine is nothing if not continually evolving. "As much as our culinary traditions are inspiring chefs around the world, foreign influences also contribute to the dynamism of French gastronomy," says consul general Giorgini.

He adds, "Food is a universal language that brings people together and it's a wonderful way to promote our country across the world. In Hong Kong, for instance, we are proud to see the French culinary culture making significant contributions to the city's vibrant gastronomic scene."

Elzer highlights the evolution of French cuisine is currently moving towards a lighter, fresher approach that makes dishes more accessible to guests. But, he notes, forward-looking contemporary French cuisine will never bid "au revoir" to the classics. "It's still important to create a sense of nostalgia in the discovery of deliciousness. We say: 'À la recherche du temps perdu'. In search of things past." 🍷



This page: Le Caviar Imperial, one of Joël Robuchon's signature dishes, features a base of king crab meat topped with Impérial caviar and a sprinkling of gold leaf, and surrounded by a crustacean jelly with dots of cauliflower cream

Opposite page: The late Joël Robuchon inside L'Atelier de Joël Robuchon

本頁：Joël Robuchon的招牌菜之一Le Caviar Imperial——在由甲殼海產做的啫喱上逐層放上皇帝蟹肉、Impérial魚子醬、閃亮的金箔，周圍點綴著椰菜花忌廉

對頁：已故的Joël Robuchon在L'Atelier de Joël Robuchon餐廳裡留影

1989年獲美食指南《Gault Millau》封為「世紀大廚」的Robuchon眼見同行承受巨大壓力，有人甚至心臟病發，因而毅然於1995年50之齡宣布引退。幸而，他在2003年捲土重來，在巴黎開辦首間L'Atelier de Joël Robuchon餐廳，其後更擴張到世界多個城市，包括東京和香港。

Robuchon不拘一格的高級法國餐廳設開放式廚房和溫馨的日式餐吧，燈光柔和，供應類似西班牙小食的餐點。這間餐廳在業界的褒貶不一，但經營卻絕對成功。Robuchon已於2018年辭世，享年73歲，是後新烹調運動中影響最深遠的法國廚師之一，一共擁有32顆米芝蓮星的世界紀錄。

雖然桌布燙得平滑無綫、服務一絲不苟的餐廳從來不乏市場，但過去十年，現代法式餐飲開啟了新的體驗領域，促使大家積極作出嘗試。Elzer稱：「我在亞洲這裡及從多位導師身上學到，發掘食材也是演變的其中一部分。L'Envol餐廳的招牌菜式五香吞拿魚配牛油果醬及脆紅蔥，是我多年前在勃根地工作時創作的，但菜式現時的紅蔥醬則由30多種材料來製成亞洲獨有的調味料。」

事實上，法國料理如果固步自封就不會有今天的成就，領事官遠明解釋：「我們的烹調傳統啟發了世界各地的廚師，而同時，外國的影響也成為法式美食的推動力。」

他續道：「美食是世界語言，可以將人聯繫起來，亦是向世界各地推廣我們國家的好辦法。以香港為例，我們看見法式餐飲文化能為多姿多采的本地餐飲業添柴加薪而感到自豪。」

Elzer強調法國菜朝著更清淡和清新的方向發展，更容易為客人接受。不過展望未來，他認為當代法國菜永遠不會跟傳統說再見。「在發掘味道之餘，帶出懷舊情懷也一樣重要。法語裡有句俗語說：追憶似水年華。」🍷



LEFT AND RIGHT: COURTESY OF L'ATELIER DE JOËL ROBUCHON HONG KONG

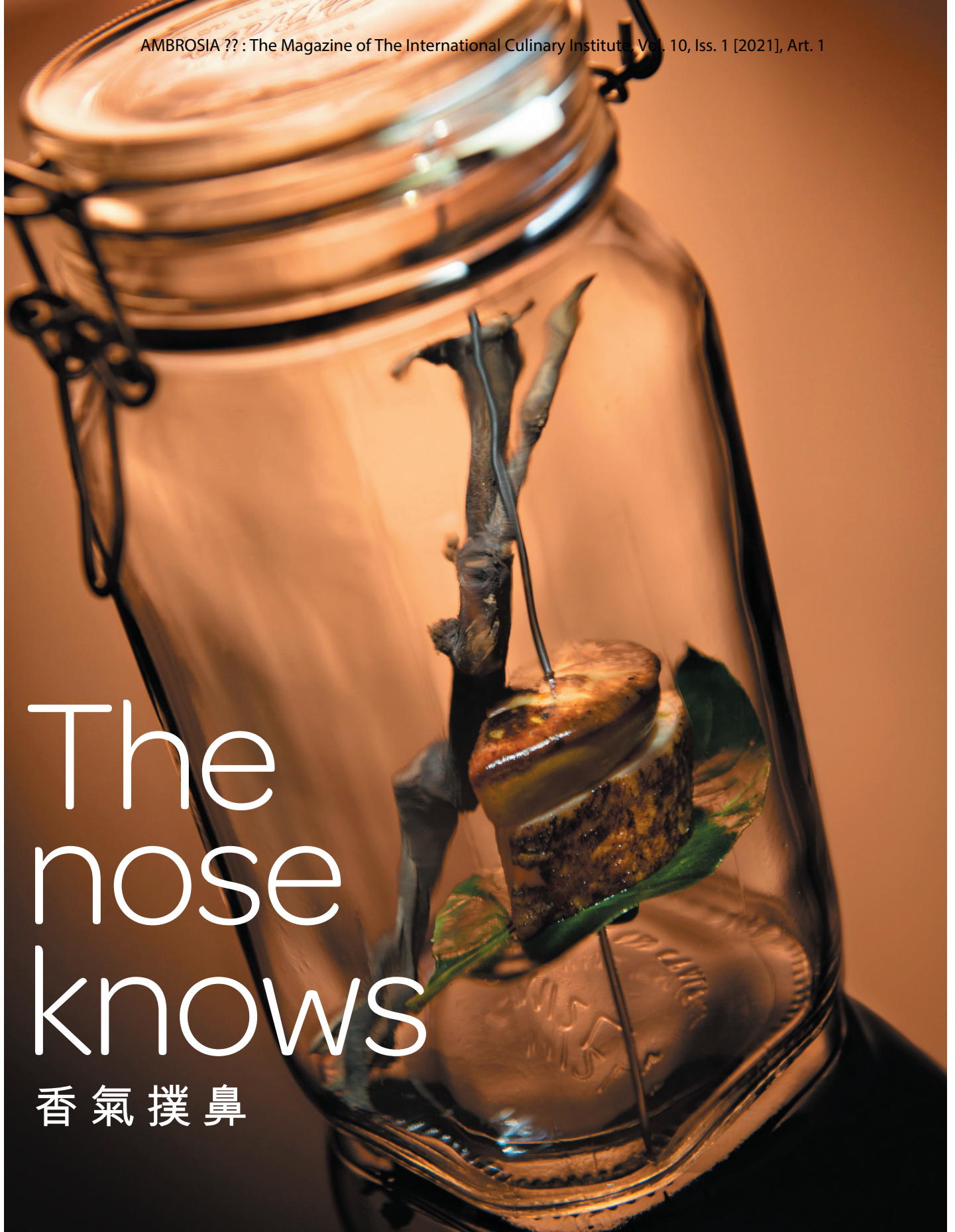
Classic Never Dies 經典不死

Whether a chef aspires to work in an historic French bistro in Paris or a modern European restaurant in Hong Kong, an understanding of and experience in classic cuisine and culture is paramount. The ICI's Higher Diploma in Classic Western Cuisine prepares students for a long and successful career in the catering industry through a focus on developing intellectual competency and enhancing technical skills through hands-on learning.

The two-year programme consists of a wide range of professional modules, including fundamentals in cooking, sustainable gastronomy, modern cold preparations, artisan bread, Nouvelle French cuisine and Northern European cuisine. Not only will students become well versed in classic Western cuisine and fine-dining-focused techniques but they will also master classic French culinary techniques and be able to adapt them worldwide. Because the recipe for culinary success does not lie in the ingredients themselves but how well they are prepared.

不管是在巴黎的傳統法式小餐館還是在香港的現代歐陸餐廳工作，對經典菜式及文化有認識及經驗尤其重要。國際廚藝學院的經典西式廚藝高級文憑課程透過實踐學習，集中培訓學員的智能和專業技巧，助他們在餐飲業大展鴻圖。

課程為期兩年，涵蓋多個專業單元，包括烹調基礎、持續發展美食學、現代冷菜食品製作、歐陸工匠麵包、新派法式廚藝和北歐廚藝等。學員不僅可以掌握經典西方菜式和高級料理的烹調技巧，並能夠將法國菜的烹調技巧與世界各地菜系融匯貫通。要在廚藝界裡創一番事業，光有優良的自身條件還不足夠，事前的培訓也不能忽視。



The nose knows

香氣撲鼻

With scent being one of the most important factors in distinguishing different flavours in food and drinks, the world's top chefs and bartenders have learnt how to use aroma to enhance, intensify and even have fun with their creations. 頂級名廚和調酒師深明氣味對分辨食物和飲品味道的重要性，因此紛紛利用香味來提升和加強菜式和飲品的吸引力，以至為自己的創作增添趣味。

By Mamie Chen

Chef/founder Paul Pairet had a very special guest at his avant-garde restaurant in Shanghai. He had specially curated an Ultraviolet x Ron Zacapa dinner pairing, and there sat master blender Lorena Vásquez, tasting his dishes and nosing out the aromas with startling accuracy. In one instance, she correctly identified all 15 ingredients that made up an instant grog mix, including one that the chef himself had forgotten about.

"She has the strongest nose," Pairet recalls. "She really impressed me with her capacity to extract all the singular ingredients."

Of course having a superhuman sense of smell and taste is not crucial to the enjoyment of a meal, and Pairet notes that the practice of deciphering the specifics can in fact completely change its overall perception. But he admits that it does make for an interesting exercise and experience for both guest and chef.

Food science writer Harold McGee notes that the ability to dissect smells is actually an uncommon and unnatural skill for humans. "Our brains developed to do the reverse, which is to take all the information that is available in a given split second and put it together as a whole to make sense of," he says. "It's something you have to learn, and you do get better at it the more you do it."

McGee doesn't claim to have a super nose, but he has spent the past decade exploring the osmocism – what he calls all things olfactory – sniffing, pondering and documenting his findings in his new book, *Nose Dive: A Field Guide to the World's Smells*.

Smell, it turns out, is one of the most important factors in distinguishing different flavours in foods. When we eat, receptors on our taste buds register a subset of molecules as sweet, salty, sour, bitter or umami. Meanwhile, volatile

上海Ultraviolet餐廳的大廚老闆Paul Pairet在其裝潢前衛的餐廳裡接待了一位特別的客人，專程為她策劃了一場Ultraviolet x Ron Zacapa美酒佳餚晚宴。調酒大師Lorena Vásquez一邊享用美食，一邊用鼻子極其精準地分辨菜式的各種香味。她甚至能夠準確地分辨出一款即席調配的美酒的全部15種材料，其中一種材料甚至連廚師本人都忘記了。

Pairet憶述：「她的鼻子真的極度靈敏。她可以準確無誤地分辨出所有食材，讓人歎為觀止。」

當然，超乎常人的嗅覺和味覺對享用美食而言並非關鍵，但Pairet發現，解構菜式食材的過程會改變你對菜式的整體觀感。他亦承認，這對客人和廚師都是一次有趣的經歷和體驗。

研究食物科學的作者Harold McGee指，人類一般不常有細分氣味的能力，這並不是我們與生俱來的本事。他解釋：「我們大腦的功能其實是相反的，它可以瞬間收集所有可知的訊息，然後化零為整變成有意義的資訊。你必須透過訓練才能夠細辨各種氣味，經驗越多就越準確。」

McGee不覺得自己擁有超級靈敏的鼻子，但他花了十餘年時間來探索一切與嗅覺有關的事，由嗅聞到分析等，並將全部發現都記錄在他的新書《Nose Dive: A Field Guide to the World's Smells》裡。

嗅覺是分辨食物中不同味道的重要工具。當我們進食時，味蕾上的感官細胞會記下一組組甜鹹酸苦鮮的分子。與此同時，咀嚼期間和融化在嘴巴裡的食物所釋出的易揮發分子，就會經過喉嚨後端進入鼻腔，被嗅覺的感官細胞捕捉下來。

McGee稱：「我認為味覺能讓我們嚐到最基本的味道，而嗅覺可以令味道的結構更豐富和多樣化。」大腦會將味覺和嗅覺提供的報告，結合視覺、觸覺收集到的感官數據以至記憶等，歸納成整體印象。是大腦為我們偵測到味道濃烈的甲基丙酸分子，為我們分辨食物的內容，以及決定是否要吸入瑞士芝士的氣味或掩鼻不聞腳汗的臭味。

廚師早就注意到嗅覺的力量，並明白嗅覺有助提升用餐體驗。Uwe Opocensky是港島香格里拉大酒店和Petrus餐廳的行政總廚，他指出：「不管菜式如何好看，能讓人垂涎的卻是氣味，尤其是能喚起回憶

Opposite page:
Chicken in a Jar by
chef Paul Pairet

對頁：Paul Pairet創作的
菜式「瓶中雞」



molecules are released by the chewing and dissolving of food in our mouths and breathed out through the back of our throats and up to our nose bridges, where they are sensed by our smell receptors.

"I think of taste as providing the foundation and smell as providing the superstructure and all the diversity in flavour," says McGee. The brain receives these reports along with other sensory data like sight and touch – and even memories – to create an overall impression. It's this brain process that allows us to detect the strong odour of methylpropionic molecules, recognise the context, and comprehend whether to savour the flavour of the Swiss cheese or recoil from the stench of the sweaty feet.

Chefs have long been cognisant of the power of smell and how it enhances the dining experience. "A dish can look visually attractive, but it's the enticing aroma that makes you salivate," says Uwe Opocensky, executive chef of Island Shangri-La Hong Kong and Petrus, "especially when it evokes something in your memory bank. I always like to play with that, bringing familiar flavours and aromas a little more forward in a dish."

A Hong Kong resident of 18 years, Opocensky is well-acquainted with how the warm aromas of Asian herbs and spices can trigger the memory banks of his local clientele, and he often uses them to his advantage when introducing lesser-known ingredients and flavours to his

menu. "There may be initial resistance, but if I add some ginger and other familiar smells, my guests can think, 'Okay, I get it.' Subtle hints like this help them feel more comfortable and enjoy a new dish."

Likewise, Pairet utilises aromas as extra ingredients that positively influence a guest's perception of the flavour of the dish. "Everything about smell triggers what I call the psycho-taste," he says. "You eat with your brain before you physically start to eat. Smell preconditions you to what you will taste."

Taking a cue from the popular sentiment that seafood tastes better by the seaside, Pairet brings the ocean to his guests and strengthens



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– Harold McGee

的氣味。我一直喜歡利用氣味作出各種嘗試，藉此突出菜式裡熟悉的味道和香氣。」

在香港生活了18年的Opocensky深知亞洲香草和香料的味道的可以喚起本地客人的記憶，因此每次推出採用較少見的食材和味道的菜式時，他都會利用這些亞洲特有的香味來吸引客人。「客人最初可能會抗拒，但只要我加入薑等熟悉的氣味，他們就會想『好吧，我明白了。』這些細微的暗示會讓他們放心嘗試一道新菜式。」

同樣地，Pairet也會善用氣味來影響客人對菜式味道的觀感，增加菜式的吸引力。他說：「氣味可以觸發我所稱的心理味道，在嘴巴真正吃東西前，大腦其實已先吃了，氣味會影響你品嚐到的味道。」

為什麼總覺得在海邊吃到的海產更美味？就是因為這個道理。Pairet為了加強一道帶子菜式的味道，特意將海洋帶到客人面前，讓客人在海浪拍岸的聲畫和鹹鮮的海洋氣味中享用這道菜式。

他說：「氣味不應該是主角，而應該是出色的綠葉，其作用是將人的注意力引到菜式本身。氣味只應該用來加強菜式的吸引力，而不是喧賓奪主。」

芝加哥米芝蓮三星餐廳Alinea大廚兼老闆之一Grant Achatz表示：「香味跟味蕾上能嚐到的味道一樣重要。刻意運用的香味，尤其是用來觸發情感的香味，是廚師的重要工具。」

用套著枕頭袋的枕頭墊著一碟青豆鄉村火腿端上桌，期間讓枕頭慢慢洩出薰衣草的香氣，可以瞬間將客人帶到一座英式花園裡；製霧機吹出朱古力味濃郁的香氣會讓客人驚歎不已；用橡樹葉悶燒一小塊天婦羅野雞所散發的懷舊氣味能讓人落淚。Achatz也跟Pairet一樣，會利用氣味作為聯繫情感的輔助角色，但也會偶爾故意用惱人的氣味來令客人混淆，讓他們停下來注意某個菜式的細微差別。

他會透過控制食物的質感、濃稠度和黏度，來改變食物味道的釋放程度。舉例說，他利用過濾和攪打將一道濃稠的海鮮湯變成如海綿一般輕盈，入口即化。當這道海鮮湯配搭切成薄片的貝類海產、

This page, from top: Truffle Burnt Soup Bread from Ultraviolet; the restaurant's chef/founder Paul Pairet

Opposite page: King Crab with Yoghurt, Green Peas and Mint by Uwe Opocensky

本頁上至下: Ultraviolet餐廳的招牌菜 Truffle Burnt Soup Bread; 餐廳總廚兼老闆Paul Pairet

對頁: Uwe Opocensky創作的皇帝蟹配乳酪、青豆和薄荷





☞ Smells should help people immerse themselves into the main idea of the dish. They should only strengthen and never distract from the perception of the dish

氣味的作用是将人的注意力引到菜式本身，只应该用来加强菜式的吸引力，而不是喧宾夺主 ☞

– Paul Pairet



THIS PAGE, TOP: COURTESY OF THE ALINEA GROUP; THIS PAGE, BOTTOM RIGHT: PHOTO BY MATTHEW GILSON

the perception of his scallop dish by immersing them in the sights and sounds of crashing waves and a diffusion of briny, seaweedy ocean scents.

“Smells shouldn’t take centre stage,” he says. “They should be obvious and even redundant to help people immerse themselves into the main idea of the dish. They should only strengthen and never distract from the perception of the dish.”

Grant Achatz, chef and co-owner of three-Michelin-starred Chicago restaurant Alinea says, “Aromas are just as important as the flavours you can detect on your palate. The intentional use of aroma – especially harnessing it as an emotional trigger – is an important tool for us.”

Guests are transported to an English garden by a dish of spring peas and country ham served atop a linen-covered pillow that releases a lavender fragrance as it slowly deflates. They are astonished by fog machines billowing out dense vapours redolent of rich, chocolate aromas. They have literally shed tears over the nostalgia-laden scent emanating from a smouldering twig of oak leaves skewering a morsel of tempura-fried pheasant. Like Pairet, Achatz generally incorporates smells in a connected, supportive role. But he also likes to occasionally provoke intentional confusion with jarring elements that cause guests to pause and take notice of the nuances of that particular course.

He also manipulates the textures, densities and viscosities of foods to change their level of flavour release. For example, he strains, thickens and whips a seafood broth into an airy “sponge” that instantly dissolves on the palate. It’s served with thin slices of shellfish, celery granita, gooseberry sauce and horseradish cream, which all release their flavours differently. “We know which flavours will be released first, which will be delayed, which dissipate quickly and which will linger. If the edible portion has to be chewed, we might punch things up at the beginning with an intentional aroma from the pillow. That’s how we create layered effects.”

With the blurring of lines between food and drink, mixologists are also emphasising creativity and innovation in the world of smells. The rotary evaporator might well

*This page:
Nikita Matveev, centre,
with fellow bartenders
at The Old Man*

*Opposite page,
clockwise from top:
Spring peas and country
ham served over a
lavender-scented pillow
at Alinea; Grant Achatz;
Matveev’s Dangerous
Summer cocktail*

本頁：Nikita Matveev
(中間) 與The Old Man裡其
他調酒師合影

對頁上圖起順時針：Alinea
餐廳以一個會慢慢洩出薰衣草
氣味的枕頭墊著一碟青
豆鄉村火腿端上桌；Grant
Achatz；Matveev調配的雞
尾酒「危險夏日」



be head bartender Nikita Matveev’s most cherished piece of equipment at The Old Man, a modernist Hong Kong cocktail bar known for inventive, flavour-focused cocktails. The sky’s the limit when it comes to the aromas he can extract and capture in alcohol or water and the ways he can employ them in his cocktails.

For Cat in the Rain, a twist on the Paloma, Matveev transforms rotovap calamansi into foam, which is spooned over a mix of mangosteen tequila liqueur, salted bianco vermouth and tonic for a refreshing drink with layers of tropical aromas. The Dangerous Summer looks like a thick mango lassi, but a last-minute spritz of the earthy, leathery, masculine scent of vetiver gives guests a moment of bewildered bemusement.

“For me, a drink isn’t finished if it doesn’t have an aroma. Sometimes I want to highlight something. Sometimes I want to surprise someone. How do I decide what I want to do?” Matveev asks with a smile. “It depends. That’s the game.” 🍷

芹菜蓉、醋栗汁和綿滑的辣根醬食用時，每樣食材釋放味道的過程都不同。「我們知道哪種材料的味道會先釋放，哪種會滯後，哪種會很快消失，哪種會持久不散。遇到需要花時間咀嚼的食物，我們會在開始時就先讓枕頭刻意釋放香味，以增加菜式的層次感。」

至於介乎食品與飲品之間的雞尾酒，調酒師也同樣強調調味上的創新。在裝潢時尚的香港雞尾酒吧The Old Man裡，旋轉式蒸發器可能是首席調酒師Nikita Matveev最重要的工具。酒吧以創意豐富和注重味道的雞尾酒聞名，他能夠用酒或水將任何香味萃取出來，然後運用到他調配的雞尾酒裡。

以改良自Paloma的雞尾酒「雨中貓」為例，Matveev用旋轉蒸發器將酸柑的味道打成泡沫，然後用湯匙舀到由山竹龍舌蘭酒、加了鹽的白苦艾酒和湯水調成的雞尾酒上，在層次豐富的熱帶味道上增添一點酸爽的口感。「危險夏日」則看起來像印度的芒果奶昔，但最後噴發的泥土、皮革、濃烈的香根草味卻讓人有點茫然不解。

「對我來說，沒有香味的雞尾酒是殘缺的。有時我想強調一些東西，有時我想給人驚喜，我如何決定想要什麼？」Matveev笑著自問自答：「視情況而定，沒有一定規則可言，好玩就行。」 🍷

From Argentine asado to Japanese yakitori and Cantonese char siu, the practice of cooking with fire has long been embraced by many world cuisines. Today, thanks to the passion and efforts of international chefs and culinary experts, this ancient tradition is still very much alive. 由阿根廷烤肉到日式雞肉串燒以至廣東叉燒，用明火燒烤的菜式在世界各地料理之中都由來已久。今天，有賴國際名廚、料理專家的熱忱和努力，這種歷史悠久的烹調傳統仍然深受歡迎。 **By Tama Miyake Lung**

Fired up

人間煙火

Look up “fire” in the dictionary and you’ll find “one of the four elements in ancient and medieval philosophy and in astrology”, a reference to the astrological signs of Aries, Leo and Sagittarius. You’ll also find “a collection of fuel, especially coal or wood, burnt in a controlled way to provide heat or a means for cooking”. In essence, two definitions that trace modern-day philosophies and practices to the very distant past.

“Until very recently, pretty much *all* cooking, around the world, was cooking with fire. So in a sense, the human history of handling flame, embers and ash encompasses much of the methodology of converting ingredients into food,” says Paula Marcoux, food historian and author of *Cooking with Fire*.

Indeed, the act of cooking food over a fire has been an integral aspect in the development of many world cuisines. Whether barbecuing pigs on a spit or roasting ducks in a brick oven, each style has arisen over thousands of years as a response to its unique conditions of place and time. “For example, in a culture that subsists on hefty dense foods like tubers and pigs, and has a large supply of rocks and fleshy plant material,

在英文字典裡查看Fire（火）一字，你會看到「古時及中古哲學和占星術（白羊座、獅子座和人馬座又稱火象星座）裡的四種元素之一」，以及「煤和柴等燃料燃燒時產生的熱力或是一種烹煮方法」這樣的解釋。由此可見，火與現代哲學和煮食習慣的聯繫可追溯至久遠的從前。

研究飲食歷史的學者兼《Cooking with Fire》作者Paula Marcoux指：「直到近年，全球各地大部分菜式都是明火烹調的。基本上，人類自從學會操縱火和灰燼，就學會使用這種將食材轉變為食物的方法。」

事實上，火煮在世界各地的廚藝發展史上均佔有一席位。不管是用鐵桿架著豬來燒還是將鴨子放在磚爐裡烤，無論是哪種方式都是因應獨一無二的地理和時間條件發展而成，並經過幾千年錘煉。Marcoux以太平洋島嶼文化為例說：「舉例說，在一個地方以塊莖和豬等大件食物維生，並有大量石頭和肉質植物，又如果當地人恰好熟悉大自然的地熱活動，這地方就很大機會發展出成熟的『坑煮』技術。」

「如此類推，在小麥盛產的中東及中亞地區，就會找到各種用金屬淺鍋烘烤的烤餅。這是最適合游牧民族的烘烤技術，因為他們的生活模式需要輕巧的煮食工具，而環境亦提供了樹枝、禾稈草和乾動物糞便等適合燃點烤盤的天然燃料。」

Yakitori on the grill at
Yardbird Hong Kong
香港餐廳Yardbird的
雞肉串燒



COURTESY OF YARDBIRD HONG KONG

and where, perhaps, the people are familiar with natural geothermal activity, the perfection of pit cooking makes sense,” Marcoux says, referring to Pacific Island cultures.

“Similarly, from the Middle East through Central Asia, the homeland of wheat development, we find many sorts of amazing flatbreads baked on metal griddles. This baking technology is perfect for nomadic peoples, whose lifestyle requires light and compact equipment, and whose environment supplies small scrappy fuel like twigs, straw and dry animal dung, all of which can fire up a griddle perfectly.”

In Argentina, the national tradition of asado can be traced back to around 1556 when the first cows arrived in the Viceroyalty of the River Plate. “As time went by, and with the increase in the number of cattle in the country, the gauchos began to eat roasted meat. With the *facón* (a big, traditional knife) they made a hole of about eight inches in the ground, lit a small fire and cooked the meat,” explains Gonazlo Sabaté, Consul General of the Argentine Republic in Hong Kong and Macau. “Some like their asado well done, others rare, but there is no doubt that for the vast majority of Argentines, asado is a classic food. Nowadays there are even championships and groups of meat fans who only get together to share cooking techniques.”

Asado is no doubt much more than a beloved national dish. “Asado in Argentine culture represents unity. A good way to define asado is an excuse to be close to those we love the most,” Sabaté says. “The ritual begins early, lighting the fire and, in some cases, sipping a glass of wine in the meantime. Setting the charcoal, firewood and waiting attentively for the spark show is a ‘sacred’ process.”

The simple act of building and cooking over a fire promotes togetherness in other cultures outside Latin America, even as far away as Japan. “I love the perceived simplicity that when people eat yakitori, they don’t have to think. They can just focus on enjoying the food, the drinks and their company,” says Matt Abergel, chef and co-founder of Yardbird Hong Kong, which specialises in the Japanese dish of skewered chicken grilled over binchotan charcoal. “Cooking yakitori is very focused and even peaceful – I don’t have to worry about plating, garnishing or interpretation. It’s chicken on a stick.”

For Abergel, who grew up in Canada and worked in Japanese restaurants in Vancouver and New York before moving to Hong Kong in 2009, preparing and cooking yakitori is more craft than art. “The technique always evolves. Very subtle changes of how you stack your charcoal, how you position your skewers, sharpening your knife to a different angle, the time between flipping skewers depending on the level of heat and so on,” he says. “Much like a craftsman, the way we get to the end result is always the part that evolves. Our final product has to consistently be the best we can make it – which, of course, can always be better.”

Likewise, for chef Lee Man-sing of contemporary Cantonese restaurant Mott 32, the long tradition of Chinese roasted meats can only continue to improve. “With better sourcing of meats and a wider spectrum of spices and condiments, as well as better techniques acquired from other cuisines, our understanding of Chinese roasted meats has deepened over the years,” says the graduate of the Master Chef Course

在阿根廷，傳統的asado烤肉可追溯到1556年，第一批牛抵達拉普拉塔總督轄區那年。阿根廷駐香港及澳門總領事Gonazlo Sabaté指：「隨著時間發展，阿根廷的牛隻越來越多，高楚人開始吃烤肉。他們用傳統大刀*facón*在地上挖出八吋深的洞，然後點火煮肉。有人喜歡吃熟透的asado烤肉，有人喜歡較生的，但不論如何，對大部分阿根廷人來說，asado烤肉是傳統美食。時至今日，甚至發展出烤肉比賽，以及聚首一堂切磋烹調技巧的烤肉迷群組。」

Asado烤肉不只是備受喜愛的國家名菜，Sabaté指：「Asado在阿根廷文化裡代表團結，亦是跟自己最愛的人共聚的好藉口。烤肉聚會通常很早開始，聚餐者在生火的同時，有時亦會小酌一杯。將木炭和柴擺放好，然後點火並專心等待火燃燒起來，是『神聖』的過程。」

在拉丁美洲以外的地方，包括遙遠的日本，架起爐火煮食這種簡單的烹調方式同樣有促進團結之效。香港餐廳Yardbird以用備長炭燒烤的雞肉串燒聞名，其大廚兼老闆之一Matt Abergel說：「我喜歡大家吃雞肉串燒時不用想太多的簡單心思，只需專心享用食物和飲品，好好跟朋友相聚。烤雞肉串時會十分專注，心無旁騖——畢竟只是用竹籤將雞肉串起來而已，不用擔心擺盤、裝飾或解釋什麼。」

在加拿大長大的Abergel曾任職溫哥華和紐約的日本餐廳，2009年才移居香港。他認為雞肉串燒的準備和烹調過程是一門手藝多於藝術：「日式串燒技術不斷在演變，無論是如何堆放木炭和擺放雞肉串，以至將刀鋒磨至不同的斜度及根據熱力程度掌握翻雞肉串的時間等，都一直在細微地變化。這工作跟匠人很相似，當中過程會不斷地演變，以達至最後的成果，我們的最終出品必須保持在最佳水準——當然，這總是可精益求精。」

當代粵菜餐廳卅二公館的大廚李文星亦有同感，他指歷史悠久的中式燒烤也必須與時並進。這位畢業於中華廚藝學院大師級中廚師課程的名廚表示：「由於市場上可採購到更優質的肉類和選擇度更廣的香料和調味料，再配合從其他菜系領悟所得的改良技術等，這些年來大家對中式燒烤也有更深入的了解。烤肉在（我們的飲食文化裡）舉足輕重，人們對烤肉的期待和受歡迎程度不斷上升，可見承傳這個菜式的重要性。」





I love the perceived simplicity that when people eat yakitori, they don't have to think. They can just focus on enjoying the food, the drinks and their company

我喜歡大家吃雞肉串燒時不用想太多的簡單心思，只需專心享用食物和飲品，好好跟朋友相聚



- Matt Abergel



*This page, clockwise from top:
Ham-wrapped scallops on the grill;
Matt Abergel at Yardbird Hong Kong;
Argentine parrilleros preparing asado
in an archival image from 1929*

*Opposite page: A pita cooks on
a simple griddle over a live fire*

*本頁頂圖起順時針：烤火腿帶子卷；香港餐廳
Yardbird老闆Matt Abergel；攝於1929年的
asado阿根廷烤肉盛況*

對頁：簡簡單單地用明火和淺鍋烤彼得包

THIS PAGE, RIGHT: COURTESY OF YARDBIRD HONG KONG



*This page: The Signature Iberico Pluma Char Siu at Mott 32
Opposite page: The restaurant's expert in roasted meats,
chef Lee Man-sing*

本頁：卅二公館招牌菜伊比利亞黑毛豬叉燒
對頁：餐廳的燒烤達人李文星大廚

THIS PAGE AND OPPOSITE: COURTESY OF MAXIMAL CONCEPTS

☞ The expectations for and popularity of roasted meats is ever increasing,
which shows how important they are to preserve

人們對烤肉的期待和受歡迎程度不斷上升，可見承傳這個菜式的重要性 ☞

– Lee Man-sing

in Chinese Cuisine at the Chinese Culinary Institute. “Roasted meats play an important role [in our food culture] and the expectations for and popularity of such meats are ever increasing, which shows how important they are to preserve.”

As Lee explains, there are two main schools of roasted meats in Chinese cuisine. “In the North, you have Peking duck, in which the ducks are roasted in brick ovens using wood harvested from fruit trees such as lychee or longan,” he says. “In Southern China, including Hong Kong, roasted meats are a very important part of the local cuisine. Char siu, suckling pig, roasted goose, ducks, chickens and various cuts of pork can be roasted through different techniques to become their own iconic dishes, including diminishing flavours such as ‘gold coin chicken’, ‘duck web wraps’ and ‘roasted pork ribs.’”

While Peking duck is often cooked in a custom-built brick oven that traps heat and the charcoal’s woody aroma, southern Chinese barbecue uses a barrel-shaped oven similar to an Indian tandoor in which meats are skewered and hung over the heat source at the base and centre. “This allows the fat to melt as the meats gain colour and a smoky aroma,” Lee says. “This type of oven can reach up to 350°C, and the heat is live fire directly roasting the meats.”

Preparation and seasoning also play a big role in the taste and texture of Chinese roasted meats, from the sugared vinegar solution used on suckling pigs to the preserved crushed soybean paste, hoisin sauce, garlic, preserved black beans and egg Lee uses to marinate the always popular char siu at Mott 32.

“All around the world people have developed distinct ways of cooking with fire. I think that today people tend to identify only a few sorts of foods with live fire, but of course, you can make everything from fried eggs to cassoulet to pad Thai over fire,” says Marcoux, who is well known for the eclectic assortment of traditional cooking apparatuses in her backyard as well as her lack of a microwave or gas grill.

“You can learn a lot using a cast-iron pan, an old grill grate and a few wooden tools. You don’t need a fancy fire pit, just a little dent in the ground. A few bricks or rocks are handy to prop up your cookware. Be sure to have a decent shovel to manipulate the coals. Ask your grandmother or another elderly person if they remember important things about cooking with fire, and try out what they tell you.

“I think a lot of people are interested in experimenting and learning physical skills for themselves, and for those of us who love to eat well, cooking with fire is a prime skill to study!” 🍷

據李文星指，中式烤肉主要有兩個流派：「北方的北京烤鴨以磚爐燒烤，並以荔枝或龍眼等果樹為柴。在南方包括香港，燒味是本地菜式的重要部分。叉燒、燒乳豬、燒鵝、燒鴨、豉油雞和燒肉等各自有不同的烹調技巧，每種都可以做成獨當一面的招牌菜，包括已日漸少見的金錢雞、鴨腳紮和燒排骨等。」

北京烤鴨所採用的磚爐設計獨特，藉著烤爐內的熱力將鴨烤熟，並吸收木炭的木香；南方的燒味則採用桶狀的烤爐，用鐵杆吊著肉類並放在爐底正中的熱源上。李文星說：「這樣肉裡的脂肪會隨著熱力上升而融化及變色，並吸收燻煙的香味。這些烤爐的溫度可以高達攝氏350度，燒烤的熱力直接來自明火。」

事前的準備和使用的調味料也在中式烤肉中扮演著重要的角色，可大大影響烤肉的味道和質感，不管是燒乳豬使用的甜醋，還是李文星用來醃製卅二公館招牌叉燒的豆瓣醬、海鮮醬、蒜蓉、豆豉和雞蛋，均舉足輕重。

Marcoux家裡沒有微波爐和煤氣烤爐，但後院卻設有各式各樣的傳統烹調設備。她說：「全球不同地方的人都有自己獨特的火烹方法，然而今天大部分人知道的火烹食物卻為數甚少，但其實由炒蛋、豆燜肉到泰式炒河等所有食物均可以用明火烹調。」

「使用鑄鐵鍋、舊式烤格和一小部分木製工具的經驗會讓你獲益良多。你毋需生一個豪華的火堆，只要在地上挖個小小的洞，再加幾塊磚頭或石頭架起鍋具便可；別忘了準備用來加減煤碳的鐵鏟。不妨向祖母或其他長輩請教明火烹食的要訣，然後學以致用。」

「我相信很多人都樂於親自去嘗試和學習這些實用技巧，至於我們這些饕客，用明火烹調美食更是必備技能。」🍷



Sustainability has been a buzzword among restaurants for some time now, but what about bars? Turns out there are a growing number of outlets, in Hong Kong and elsewhere, that are committed to changing the world through eco-conscious practices such as zero waste and closed-loop production. 可持續發展的潮流近年已席捲世界各地餐廳，酒吧業卻看似不為所動？然而實情並非如此，香港以至各大城市均有越來越多酒吧積極推動零廢棄和閉環式生產等環保措施，致力改變這世界。

By Tama Miyake Lung



*A fermented cocktail
sits on a table made
from salvaged wood at
Penicillin*

Penicillin用搶救回來的木材
做的餐桌及以發酵食材
調配的雞尾酒

Raising the bar

環保酒吧

It's a hot and humid summer evening when we arrive at Penicillin, a newly opened cocktail bar in the space formerly occupied by Buddha Lounge. The dimly lit basement, tucked under the escalator just off Hollywood Road, has everything we'd expect of the city's hippest new nightlife destination: rustic wooden stools and tables, a sleek bar backed by row upon row of bottles, and bespoke neon wall lights casting a soft glow on the urban millennial crowd. That is, until we learn the stools and tables are made from trees that fell during Super Typhoon Mangkhut, the bottles are empty vessels held in place by laboratory clamps and the neon lights have been salvaged from old Hong Kong signboards.

The brainchild of industry veterans Agung Prabowo and Roman Ghale, Penicillin is the city's first sustainable bar that champions a closed-loop model of production. Everything from the decor to the drinks, food and even hand sanitiser in the toilet is designed to minimise waste, conserve natural resources, reduce carbon impact and support local producers. Much like the sustainable restaurants that have been gaining traction in recent years, sustainable bars look to be the next big thing for the F&B industry and, their founders hope, the future of our planet.

"We've done so many bars in the past," says Prabowo, who with Ghale is best known for award-winning Hong Kong bar The Old Man. "So we thought, why don't we create something that Hong Kong doesn't have? We also realised with the pandemic that people's lifestyles are changing – the way they drink, the way they eat. So why don't we just [focus on] sustainability?"

Prabowo and Ghale, together with their wives Laura and Katy, took advantage of the economic downturn brought on by the Covid-19 pandemic to take over the Buddha Lounge space and reconfigure it for sustainable practices like self-brewing, fermenting and upcycling ingredients. Penicillin opened its doors in November 2020, right before Hong Kong was hit by the fourth wave.

"Our main focus is the closed-loop cycle, meaning we use all the ingredients to the fullest," Prabowo says. "We're not saying we don't create any waste but we are minimising the waste. We recycle and upcycle at the same time. That's why we have four elements here in our bar – laboratory, main bar, kitchen and fermentation room. Whatever we think we can recycle, we send it to the kitchen or the fermentation room or the lab to make the next ingredient for our cocktails or our food."

我們光顧新開張的雞尾酒吧Penicillin那個夏日夜晚，天氣炎熱又潮濕。Penicillin位於Buddha Lounge舊址，就在荷李活道行人電梯附近的地下室，燈光有點昏暗，裝修跟本城其他時髦的夜生活場所並無二致：質樸的木凳和木桌、時尚的吧台後面排著一列列空瓶、牆上量身設計的霓虹燈在年輕的都市人群身上灑下柔和的光。不過，當我們知道做桌凳的木材來自被颱風山竹吹倒的樹木、空瓶是由實驗室用的金屬夾固定在牆上、而霓虹燈則來自本港被棄置的招牌之後，一切都改觀了。

由業內老手Agung Prabowo和Roman Ghale合辦的Penicillin是本城第一間「閉環式生產可持續發展」酒吧，意味著由裝潢到飲品、食物以至廁所裡的洗手液等一切，都是以盡量減少廢棄、保護大自然資源、減少碳排放和支持本地生產商為依歸。老闆們期望，為了地球的未來，可持續發展酒吧會像近年來備受注目的可持續發展餐廳一樣，成為餐飲業界的下一股重要潮流。

跟Ghale一起開辦香港酒吧The Old Man並贏得多項殊榮的Prabowo講述：「我們打造過許多酒吧，因此我們想，何不開一家香港前所未見的？我們留意到疫情改變了大家的生活方式——品酒和用膳的習慣都有所改變，於是想到開一家（強調）可持續發展的酒吧。」

Prabowo和Ghale加上兩人的太太Laura和Katy趁著經濟備受新冠疫情打擊的時機租下Buddha Lounge的舊址，改裝成可持續發展酒吧，由釀製啤

酒到食材發酵與升級再造均一手包辦。Penicillin於2020年11月開業，不久，香港就受到第四波新冠肺炎疫情的衝擊。

Prabowo指：「酒吧主張閉環式生產，意味著我們必須物盡其用。這不是說酒吧不會產生任何廢棄物，但我們會盡可能減少製造垃圾。我們不僅會將物品循環再造，也會升級再造，因此酒吧設有四大區域：實驗室、吧枱、廚房和發酵室。任何我們認為可以循環再造的東西都會拿到廚房、發酵室或實驗室，看看是否可以用來炮製雞尾酒或烹調美食。」

至於從外面購買食材時，酒吧員工會特別注重其來源地及對環境的影響。他們會跟本地農夫、漁夫和蒸餾廠緊密聯繫，每次均會向閉環式分銷商

EcoSpirits大量購入氈酒、伏特加等烈酒。據老闆們所說，閉環式經營最困難的地方是保持自律。

Prabowo解釋：「所有人工作時一刻都不能馬虎，但餐飲業尤其是酒吧的工作有時會讓人累到完全忘記自己在幹什麼。」

Prabowo太太Laura補充：「調配飲品時也變得綁手綁腳。在其他地方工作，想要哪裡來的任何食材都可以，但現在我們只有本地食材可挑。如果想調配一種有七層味道的飲品，我們只能善用種類不多的食材或剩餘材料。」

儘管困難重重，Penicillin的老闆們卻懷抱著滿腔熱忱，孜孜宣揚他們口中的「香港文化的可持續發展」，

並希望能為他人樹立榜樣。Laura說：「我們希望能以身作則，讓其他人知道自己也可以有所作為。只有我們或許會獨力難支，但大家共同努力也許就可以讓世界變好一點。」

其他繁忙的大都會也同樣有人積極擁抱這信念，The Oberon集團在紐約開了美國首家零廢棄葡萄酒吧Rhodora。酒吧副總監Halley Chambers表示：「在超級工業化的城市裡經營一家零廢棄酒吧，確實有點難以置信，但一旦有機會接觸客人，讓他們看到我們的努力，就會得到非常熱烈的回應。」Rhodora只採用可以循環再造、升級再造或用作堆肥的產品，確保不會製造任何垃圾。

Chambers對保護人類和地球環境不遺餘力，除了



This page: Penicillin founders Agung Prabowo, Laura Prabowo, Katy Ghale and Roman Ghale, with designer Betty Ng at centre

Opposite page, from top: Penicillin's design team Collective sourcing fallen trees with HK Timberbank, the food at zero-waste wine bar Rhodora

本頁：Penicillin老闆Agung Prabowo、Laura Prabowo、Katy Ghale和Roman Ghale，中間為設計師Betty Ng

對頁上至下：Penicillin聘用的設計公司Collective向「香港木庫」購入由場樹切割下來的木材；零廢棄酒吧Rhodora供應的美食

climate change is a chance for all of us to unite to save our most crucial resource – the planet.”

In order to do so, every aspect of Rhodora has been designed to tread lightly on the Earth. All trash bins have been removed, no single-use plastics are allowed into the space, wines are sourced from small natural producers and shelf-stable foods are offered in carefully portioned servings. Its food and beverage suppliers are even working to reduce packaging waste and create closed-loop delivery systems.

While Chambers sees Rhodora as part of a global movement towards a green economy, other sustainable bar owners are focusing their attention and efforts on their local community. Cocktail bar and craft distillery Himkok, winner of The World’s 50 Best Bars inaugural Ketel One Sustainable Bar Award in 2018, was created to “embody Norwegian culture”. By using local ingredients to make its own beer, wine and spirits, the bar is able to support its neighbours while promoting sustainability at the same time.

Likewise, in Malaysia, Bar Trigona at the Four Seasons Hotel Kuala Lumpur – winner of Asia’s 50 Best Bars Ketel One Sustainable Bar Award in 2019 and 2020 – is committed to using local ingredients and providing a platform for local farmers. “The foundation of Trigona is built on sustainability and helping the local community,” says head bartender Ashish Sharma. “Malaysia has so much to offer and that’s what we want to show to the world through our beverage programme.”

Take the bar’s signature drink: the Trigona Old Fashioned made with rye whiskey, cynar (an Italian bitter apéritif), cedar wood bitters and trigona honey, the latter of which is produced by the stingless honeybee from which the bar takes its name. Under the Save the Bees scheme, guests who order the drink can adopt a hive and receive six jars of trigona honey with all proceeds helping farmers to build more hives and improve their cultivation.

“The idea was to create an institution where you educate and create awareness about local indigenous ingredients and support the local farmers,” says Sharma, whose other sustainability efforts include the five Rs (Reuse, Recycle, Reduce, Refuse and Repurpose) and the Tree-Volution project that supports the transformation and renewal of Malaysian forests.

While Bar Trigona is one of a small number of Malaysian bars and restaurants implementing sustainable practices, Sharma has seen interest growing slowly but steadily among customers and the industry at large. “Working in F&B, we are considered a front line in reducing food waste and educating people about the importance of sustainability,” he says. “It will take time, of course, but we will see the change sooner rather than later.”

It’s a sentiment shared by Ghale of Penicillin, which succeeded Bar Trigona as winner of Asia’s 50 Best Bars Ketel One Sustainable Bar Award in 2021. “We are what we are,” he says. “We are a few people who want to do something different, to contribute, to make the world move in the right direction. Maybe our efforts are really small but in the future they will create a big change.” 🍷



Working in F&B, we are considered a front line in reducing food waste and educating people about the importance of sustainability

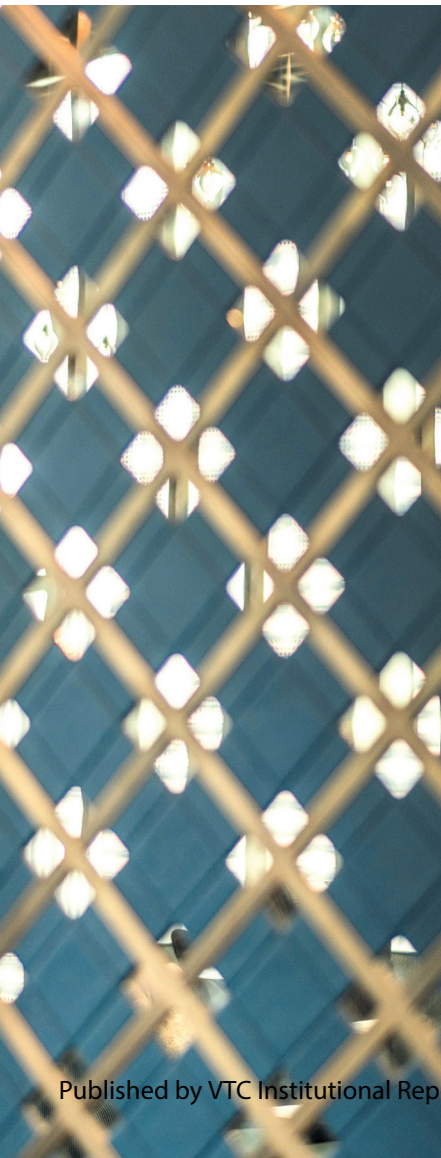
我們任職餐飲業的人可說是站在減少食物浪費的前線，有責任讓大家認識可持續發展的重要性



– Ashish Sharma

BELOW AND NEAR RIGHT: COURTESY OF FOURSEASONS HOTEL, KUALA LUMPUR. FARRIGHT: COURTESY OF WORLD'S 50 BEST BARS





Clockwise from left: Ashish Sharma at Bar Trigona; the signature Trigona Old Fashioned with local honey; Himkok's bar manager Odd Strandbakken

左圖起順時針：Bar Trigona調酒師Ashish Sharma；以本地蜜糖調配的招牌雞尾酒Trigona Old Fashioned；Himkok酒吧經理Odd Strandbakken

Rhodora，名下還有意大利餐廳Rucola、天然葡萄酒吧June和提供到會服務的Purslane等多家可持續發展的餐飲食肆。她說：「氣候變化是當今最嚴峻的問題，本地以至全球均會受到影響。地球是我們最重要的資源，對抗氣候變化就是我們團結起來保護它的一次機會。」

為了實現可持續發展，Rhodora的每個環節都以減少對地球的影響為依歸，包括移走所有垃圾桶、棄用所有用完即棄的塑膠用品、向小型的天然釀酒商買酒，以及供應分量適中的耐存食物等。所有食物和飲品供應商也同心協力，一起減少包裝廢料，務求連運送過程都達到閉環式生產的要求。

Chambers視Rhodora為全球環保運動的參與者，其他酒吧老闆則將注意力放在本地社區。雞尾酒吧兼手工蒸餾廠Himkok於2018年獲得首屆全球50最佳酒吧之Ketel One可持續發展酒吧獎，標榜「體現挪威文化」。酒吧不僅採用本地食材自釀啤酒、葡萄酒和烈酒，還同時推廣可持續發展和支援本地社區經濟。

在馬來西亞，位於吉隆坡四季酒店的Bar Trigona，於2019及2020年連續兩屆獲得亞洲50最佳酒吧之Ketel One可持續發展酒吧獎。Trigona同樣致力採用本地食材及支援本地農夫，首席調酒師Ashish Sharma表示：「推廣可持續發展和支援本地社區經濟是Trigona的兩大基石，我們希望藉著酒吧的飲品向世界展示馬來西亞可以做到很多。」

以酒吧的招牌飲品Trigona Old Fashioned為例，材料除了有黑麥威士忌、意大利開胃苦酒cynar、雪松木苦酒外，還有由當地的無針銀蜂所釀造的蜜糖；酒吧的名字Trigona就是銀蜂的意思。在酒吧的保護銀蜂計劃下，客人凡點一杯Trigona Old Fashioned便可領養一個銀蜂巢，每年獲得六瓶銀蜂蜜，而所有收益會用來協助農夫建造更多蜂巢及改善銀蜂的養殖環境。

Sharma表示：「我們的構思是設立一個宣傳本地原生食材和支持本地農夫的組織，提高大家在這方面的認知。」他還貫徹執行五大環保原則（重用、循環再造、減少、回絕和改作其他用途），以及支援改造和復興馬來西亞森林的Tree-volution計劃。

目前馬來西亞只有Trigona等少數酒吧和餐廳推行可持續發展措施，但總的來說，顧客和業內人士已慢慢地越來越重視這事。他說：「我們任職餐飲業的人可說是站在減少食物浪費的前線，有責任讓大家認識可持續發展的重要性。這種工作不能一蹴而就，但卻是越快越好。」

Ghale也深有同感。他開辦的Penicillin擠下Trigona，獲得2021年亞洲50最佳酒吧之Ketel One可持續發展酒吧獎。他說：「我們就是這樣。我們是幾個想身體力行去作出改變、去讓這世界朝著正途前進的人，我們現時的力量或許微小，但將來一定能夠推動巨大的轉變。」🍷

Wait and sea

鮑你滿意

Eric Rätty, chef/owner of two-Michelin-starred restaurant Arbor, blends his Nordic roots and his passion for Japanese ingredients in a slow-cooked abalone

Eric Rätty是米芝蓮二星餐廳Arbor的總廚兼老闆，他將故鄉的北歐烹調風格和對日本食材的熱愛融入一款慢煮的鮑魚菜式裡

One of Hong Kong's most accomplished young chefs, Eric Rätty discovered his passion for cooking and baking while growing up in a small town outside Helsinki. After attending culinary school, he started his professional career at the city's two-Michelin-starred Chez Dominique before moving on to the three-Michelin-starred Aqua at the Ritz-Carlton Wolfsburg in Germany.

Rätty arrived in Hong Kong in 2014 and joined Arbor as chef de cuisine prior to its opening in 2018. Since then he has become known for creating sophisticated French-style cuisine using the finest of Japanese seasonal ingredients, earning Arbor a devoted following and two Michelin stars in the process.

All of Rätty's dishes reflect the chef's Nordic upbringing and deep respect for nature and the changing seasons, alongside his curiosity for Asian flavours and seasonings.

His simply named "abalone" stars a slice of the gastropod mollusc – from Japan, of course – that has been steamed for 16 hours. Rätty pairs it with sushi rice seasoned with akazu (red vinegar), which is typically aged for at least three years, as well as matcha (powdered green tea) and abalone liver.

The rice and abalone are assembled in a rye tartelette, presented in one of Arbor's signature ceramic bowls and served with a matcha dashi (Japanese soup base) infused with abalone liver. The complex and multilayered flavours are designed, as Rätty says, to create "an umami-rich delight to whet the appetite".

Eric Rätty是香港現時最知名的年輕大廚之一，他於赫爾辛基外圍的小鎮成長，年少時已知道自己喜歡烹飪，在完成烹飪學校的課程後，便加入赫爾辛基的米芝蓮二星餐廳Chez Dominique，展開其廚師生涯，其後轉職到德國麗思卡爾頓酒店的米芝蓮三星餐廳Aqua。

Rätty於2014年來到香港，2018年在Arbor開業之前加入該餐廳擔任總廚，自此便以喜歡用日本食材烹調精緻的法式佳餚聞名，吸引了一批忠心的顧客，並逐步為餐廳贏得米芝蓮二星的殊榮。

Rätty的菜式展現了他成長於北歐的背景，對大自然和四季轉換的深深敬意，以及對亞洲調味方法和調味料的好奇心。

他簡單地命名為「鮑魚」的菜式，便以一片蒸了16小時的日本鮑魚，配以壽司飯、抹茶粉和鮑魚肝，壽司飯用至少陳釀三年的赤醋調味。

飯和鮑魚片用黑麥撻盛著，然後用Arbor的招牌陶碗盛著上桌，並配上一碗滿滿是鮑魚肝的抹茶鰹魚湯，這道名為「鮑魚」的菜式味道複雜而層次豐富，引用Rätty的話，這是「一道讓人胃口大開、鮮味濃郁的佳餚」。





Mandy Siu

蕭婉生

Graduate of Diploma in Bakery and Pastry of the Institute;
Pastry Chef at the two-Michelin-starred restaurant L'Envol

畢業於學院的西式包餅文憑課程、現任
米芝蓮二星餐廳 L'Envol 糕餅主廚



I signed up for the Institute's Diploma in Bakery and Pastry in 2008. I loved experimenting with diverse ingredients and proportions, trying to come up with the best flavours. The joy I experienced in the process was indescribable, and that's why I set my mind to work as a pastry chef upon graduation.

I'm now working as the pastry chef at L'Envol, the French restaurant at the St. Regis Hong Kong. I get out of bed at 7am and head to work after eating some bread I made myself. I start my workday at 10am by getting the bread, dessert, chocolate garnishes and so on ready for the lunch period. Then I meet with the front of house staff to see if there are any specific dietary requirements for our VIP guests, or any guests with dairy or nut allergies.

The restaurant emphasises utilising seasonal ingredients. As the seasons change, so does the dessert menu. On some mornings I discuss new dessert concepts with the executive chef, and there will be many tastings and fine tunings until we're both happy with them.

Other than keeping busy preparing desserts in the kitchen during our lunch rush, I keep the front of house staff updated on any changes regarding our ingredients or dessert options. As the lunch period wraps up around three to four o'clock in the afternoon, this is when I handle any paperwork and discuss daily operations or coordination matters with other departments.

I discuss with the front of house staff any matters regarding VIP guests, as well as our solutions and improvements in response to any complaints or feedback from our guests prior to the dinner period starting at 6pm. I usually greet the guests and introduce the characteristics, flavours, creative concepts and the unique ingredients as each dessert is served.

This is the third year I've worked as a pastry chef at L'Envol. I don't

get home until around 1am after leaving work around midnight. Despite the long hours I'm very content, especially when I receive positive feedback from our guests or even when they decide to order an extra dessert."

我在2008年報讀學院開辦的西式包餅文憑課程。我喜歡嘗試用各種材料和份量來做實驗，尋找最美味的配方，過程中體會到的喜悅是難以形容的，也因此使我在畢業後毫不猶豫地加入糕餅廚師的行列。

現時，我在香港瑞吉酒店的法國餐廳 L'Envol 擔任糕餅主廚，平日一般會在早上七點起床，在家裡吃過親手烤焗的麵包才去餐廳工作。十點鐘到達餐廳之後得先準備午餐時段供應的麵包、甜品和朱古力裝飾等，然後跟樓面同事開會，看看是否需要為VIP客人或是對奶類或果仁等過敏的顧客額外製作甜點，以配合他們的飲食要求。

餐廳的菜式著重使用當季食

材，甜品餐單也如是，要跟著季節轉換，某些早上我會跟行政總廚討論新的甜品構思，然後是不斷試味和改良，直到大家都滿意為止。

午餐時間除了在廚房裡忙著準備甜點，也要跟樓面保持溝通，確保他們第一時間知道食材以至甜品選擇的變化。下午三、四點午市結束後，我會趁著中場休息處理文書的工作，以及跟其他部門商討日常運作和合作事宜。

黃昏六點晚市開始前會先跟樓面同事討論VIP客人的相關事宜。客人若有投訴或意見，我會作出檢討和改善。到上甜品的時候，我通常會到親自跟客人介紹甜品的特色、味道、創作靈感和食材的獨特之處。

今年是我加入 L'Envol 擔任糕餅主廚的第三年，雖然每天的工作時間很長，晚上12點才下班，回到家裡已是凌晨一點，但每次聽到客人用膳後的正面評價，甚至只是多點一份甜品，都會讓我感到心滿意足。」

“

I've been passionate about cooking since my secondary school days.

「我中學時期開始已熱愛下廚。」

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



Coming of age 成長印記

The T Hotel celebrated its 10th anniversary on 23 March 2021. The special day was celebrated by The T Hotel staff members, and featured a cake customised for the occasion. The T Hotel is the training venue for HTI students to acquire practical work experience. Services ranging from front-office operations and in-room dining to housekeeping and spa therapy are all performed by students under the guidance of experienced instructors.

2021年3月23日是T酒店成立十週年的大日子，職員特此度身訂製了一個蛋糕，以茲慶祝。T酒店為酒店及旅遊學院的培訓地點，學員會在經驗豐富的導師指導下，為客人提供客務營運、餐飲、房務以至水療等所有服務，以獲取寶貴的實務工作經驗。



Taste of victory 勝利的滋味

ICI student Kiki Lee won a Gold Medal and Best Afternoon Tea Eclairs in the 7th Young Chef Olympiad, triumphing amongst contestants from 43 countries and regions. The competition was held from 31 January to 6 February 2021. It is one of the world's biggest Olympiads for culinary students in which contestants are scored on a range of culinary skills.

國際廚藝學院學員李焯淇於第七屆International Young Chef Olympiad 中奪得金牌及Best Afternoon Tea Eclairs 獎，擊敗來自43個國家及地區的青年廚師選手。是次比賽於2021年1月31日至2月6日舉行，是全球其中一個最大、專為廚藝學員而設的奧林匹克廚藝比賽。



Raise a glass 舉杯慶祝

ICI and HTI students took part in the Restaurant & Bar Hong Kong 2020 Cocktail Challenge held at HKCEC in November 2020. Arren Liu, a Year 2 student of ICI's Higher Diploma in Wine and Beverage Business Management, gave an outstanding performance in the Young Talents Mixology category with his cocktail creation "Intoxicating City" and fared well against other in-service mixologists by earning himself 1st Runner Up.

國際廚藝學院與酒店及旅遊學院的學員於2020年11月參加了在香港會議展覽中心舉行的2020年調酒師挑戰賽。國際廚藝學院葡萄酒及飲品商業管理高級文憑二年級學員廖天朗於其中的Young Talents Mixologist Challenge組別，憑著名為「令人陶醉的城市」的自創雞尾酒贏得實至名歸的亞軍。



Taking up the challenge 廚藝比拼

The finals of the Hong Kong Youth Culinary Competition 2020/21 hosted by the CCI were held on 22 June 2021. Awards for the three categories of Youth Group (16-23 years old), Open Group (24-40 years old) and Knife Skills (16-40 years old) were presented to winners after a round of intense competition. The biennial event aims to provide a platform for students interested in pursuing a career in Chinese culinary arts, and young working chefs to enhance their Chinese culinary skills and creativity through cooking challenges.

由中華廚藝學院主辦之2020/21全港青年廚師中餐烹飪比賽決賽已於今年6月22日圓滿結束，青少年組（16至23歲）、公開組（24至40歲）及青年刀神組（16至40歲）各個獎項已名花有主。這個兩年一度的中廚界盛事，旨在為有志加入中廚行列的學員或在職青年廚師提供切磋廚藝的平台，讓青年廚師在廚藝比拼中展現手藝及發揮創意。



Singapore fried Hokkien prawn noodles prepared by students of the International Culinary Institute
由國際廚藝學院學員精心烹調的新加坡福建炒蝦麵

Go Behind The Scenes

Discover exclusive content and the latest updates on the ICI / CCI / HTI YouTube, Facebook and Instagram page

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資訊及最新消息，請留意ICI/CCI/HTI的YouTube頻道、Facebook和Instagram專頁



<https://repository.vtc.edu.hk/live-hosts-ambrosia/vol10/iss1/1>



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