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Native Son 本土之子

Tama Miyake Lung

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Lung: Native Son ????

*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

PHOTOS BY CRISTÓBAL PALMA; COURTESY OF PHAIDON PRESS LTD.

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.”

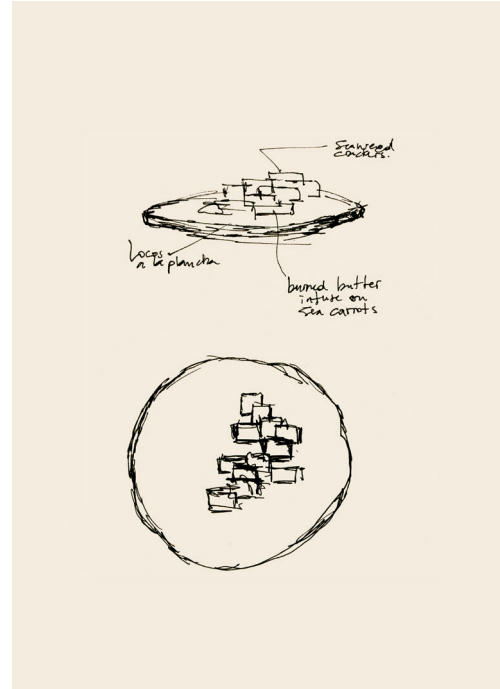
The first few years of Boragó were devoted to exploration and experimentation, with the founder turning his attention to his surrounding territory rather than culinary techniques. “We wanted to do something different, more related to our roots and to Chilean cuisine,” he says. “I’m not saying that it’s 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。』』

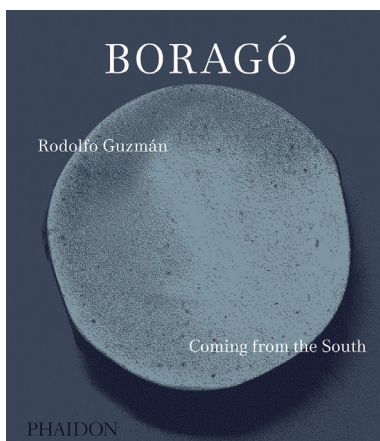
「上榜一事引發了連鎖反應，本地生產商開始為聖地牙哥以至智利各地的餐廳供應食材。這情況實在有趣，因為智利以前從來沒有值得饕客千里奔赴或特別關注的重要餐廳。智利首次出現這種現象，我很高興自己能有幸身處其中。」

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