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Plat Du Jour 名菜解構

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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」。



