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Day in the Life 餐飲人生

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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。」