



January 2024

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### Recommended Citation

Liu, Leona (2024) "Dining for the Future 高級餐飲邁向可持續未來," *AMBROSIA 客道 : The Magazine of The International Culinary Institute* : , 32-35.

Available at: <https://repository.vtc.edu.hk/ive-hosts-ambrosia/vol12/iss1/13>

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Liu: Dining for the Future ???????????

# DINING FOR THE FUTURE

## 高級餐飲邁向 可持續未來

Amber's Culinary Director and ICI Honorary Advisor  
Richard Ekkebus explains what goes into sustainable fine dining and  
why it's an achievable goal.

著名餐廳Amber的廚藝總監兼國際廚藝學院榮譽顧問Richard Ekkebus，  
分享可持續高級餐飲的精髓，並解釋為何那是個可實現的目標。

By Leona Liu



As the world moves towards carbon neutrality and sustainable living, we've embraced eco-friendly practices in many parts of our daily lives - reducing plastic use, carrying reusable tote bags, avoiding excessive packaging, and so on. However, the shift towards sustainability hasn't been uniform across all sectors. Restaurants and hospitality businesses, for example, are still on their journey towards comprehensive sustainability.

Consider dining at a fine restaurant during winter, where ordering out-of-season delicacies like tomato confit in Oslo or a lychee martini in Japan raises questions about environmentally sound supply chains.

This raises the question: Is sustainable fine dining something that can be achieved, or must we simply accept the occasional net-zero misstep for a nice evening out?

### A GOAL WITHIN REACH

Sustainable fine dining is indeed attainable, according to Chef Richard Ekkebus. An ICI Honorary Advisor since 2020, Ekkebus is the guiding force behind Amber, the French fine-dining institution in Hong Kong that has been awarded both a two-star and Green-star Michelin rating.

As one of the ICI's esteemed Honorary Advisors, joining a list of ten globally renowned experts dedicated to nurturing young culinary talents and shaping the institute's programmes, Ekkebus has his finger on the pulse when it comes to the future of fine-dining. And in his expert view, the future looks greener than one might imagine.

正當全球為實現碳中和及可持續生活而努力，我們在日常生活多個環節中都採納環保生活方式，例如減少使用塑膠製品、自備可重用購物袋，以及避免過量包裝等。不過，每個行業邁向可持續發展的步伐都不一致。好像餐廳和款待業，就仍然在走向全面可持續發展的道路上。

試想在冬天走進高級餐廳享用不合時令的菜式，例如在奧斯陸吃油封番茄，在日本來一杯荔枝馬天尼等，這都令人對綠色供應鏈產生疑問。

問題來了：可持續高級餐飲是否真正能夠實現？我們應否為了一頓愉快的晚餐而接受偶爾的淨零碳排放失誤？

### 可實現的目標

大廚Richard Ekkebus表示，可持續高級餐飲是可以實現的。他自2020年起成為國際廚藝學院榮譽顧問，也是榮獲米芝蓮二星和綠星的法國高級餐廳Amber的掌舵人。

國際廚藝學院榮譽顧問備受業界推崇，致力培育年青廚師，指導學院課程。Ekkebus身為全球十位榮譽顧問之一，十分關注高級餐飲的未來發展。以專家的角度看，他認為高級餐飲在環保方面的發展勢頭之強勁，將是大家意想不到的。

他說：「我不是食物系統或氣候變化的專家，但我對自己的廚房和供應食材卻瞭如指掌。」

"I am not a food system or climate change expert. But I am an expert in my own kitchen and of the ingredients that arrive at our restaurants," says Ekkebus.

For the nearly two decades that Ekkebus has been in Hong Kong, consumer demand has been dominated by exotic seafood and rich protein diets. But with the city's 2045 net-zero target on the horizon, Ekkebus has worked tirelessly in a bid to change the status quo of what he describes as "a rather overindulgent and wasteful five-star hospitality industry into ethical and conscious management of operations."

## GOING GREEN BEHIND THE SCENES

As the flagship restaurant at the Landmark Mandarin Oriental, Amber has always been a trailblazer in Hong Kong's culinary landscape. It consistently holds its two Michelin-star rating, and since 2022, it has raised the bar by securing a new distinction from the French restaurant guide: a Michelin Green Star.

This prestigious recognition is given to restaurants that excel in both culinary artistry and sustainable practices. The Green Star-worthy commitment includes adherence to ethical and environmental standards, focusing on sustainable producers and suppliers, and striving to reduce or eliminate waste and non-recyclable materials from its supply chain.

These are topics that Ekkebus himself has championed in the classroom in his role as an ICI advisor. From the best practices of sustainable seafood to the potential benefits of meat-free fine dining, the chef has engaged openly with ICI students, conducting culinary demonstrations and facilitating valuable discussions with the next generation of chefs, who will play a crucial role in addressing tomorrow's climate change challenges.

Guiding and shaping his message, both in the kitchen with his staff as well as in the classroom, are the Sustainable Development Goals (SDGs).

The SDGs are a universal set of goals, targets, and indicators adopted by the United Nations in 2015 as part of the 2030 Agenda for Sustainable Development. These goals were designed to guide global efforts to address challenges such as poverty, inequality, climate change, environmental degradation, peace, and justice.

Goals 2, 12, and 13 are especially pertinent in the hospitality industry, focusing on zero hunger, responsible consumption and production, and urgent climate action.

To make progress on these SDGs, Amber purchases only sustainably sourced commodities such as sugar, coffee, cacao, and vanilla to ensure farmers earn a fair price, and no child labour is used. Similarly, the restaurant uses cage-free and organic eggs, meat and seafood, all paper products are FSC-certified, and it has abolished single-use plastics.

Still, challenges exist. People are nothing if not creatures of habit, and when the familiar is replaced by innovation, winning them over can be tricky. According to Ekkebus, that battle takes place in both the dining room and the back of the house.

"Clearly communicating our goals with the team and offering thorough training is vital. It's crucial for driving and enhancing sustainability across the entire team," says the chef. "They become not just supporters but the real driving force behind our objectives."

## THE NEXT PHASE OF SUSTAINABLE FINE DINING

Amber is set to introduce a range of new sustainable initiatives, with the current priority being waste reduction and the adoption of circular solutions. The restaurant collaborates with local Hong Kong businesses, such as microbrewery Young Master, to

craft its own beer using upcycled sourdough bread and excess fruit skins sourced from organic growers. Additionally, waste materials like eggshells and coffee grounds are recycled back to the farm for use as compost.

"Every small step matters," emphasises Ekkebus, who advises restaurants to avoid tackling too many initiatives at once and instead set achievable goals, celebrating each success along the way.

Ekkebus highlights the vital role of open communication for aspiring chefs and young restaurant professionals, especially those aiming to manage their own staff and restaurants in the future. After all, as an African proverb once said: If you want to go fast, go alone. If you want to go far, go together.

"Engage the entire team towards the set goals. And above all, understand that perfection isn't immediate - but you can focus on continuous improvement," Ekkebus concludes. ■



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準備好與國際廚藝學院一起踏上廚藝旅程、讓世界變得更美好未?報讀廚藝高級文憑、經典西式廚藝高級文憑和國際廚藝文憑等課程,助您打開卓越廚藝世界之門,透過可持續發展締造積極正面的影響。



Ekkebus在香港的20年間,消費者對進口海鮮和高蛋白質食物的需求特別熾熱。在香港努力向2045年淨零排放目標邁進之際,Ekkebus亦不斷努力冀改變高級餐飲業的現狀,盼能「令頗為過度放縱和浪費的五星酒店業轉用合乎道德和有意識的營運管理」。

## 鮮為人知的環保進程

Amber是置地文華東方酒店的旗艦餐廳,被譽為香港餐飲業的先驅。多年來,Amber穩奪米芝蓮二星殊榮,由2022年開始更獲綠星獎項,把餐廳的知名度推至另一高峰。

綠星這項權威認可特別授予在烹飪藝術和可持續實踐上表現出類拔萃的餐廳。獲頒發綠星殊榮的餐廳承諾堅持達到道德和環境標準,專注於可持續的生產者和供應商,並致力減少或摒棄供應鏈中的廢物和不可回收材料。

這些都是Ekkebus作為國際廚藝學院榮譽顧問在課堂上重視的課題。從可持續海鮮的最佳經營模式到無肉高級餐飲的潛在好處,這位大廚都親自與廚藝學院的學生分享和探討,並作廚藝示範,與新一代廚師展開啟發性的討論。這些明日之廚將是應對未來氣候變化問題的主帥。

事實上,他向廚房的員工和課堂的學生所傳遞的信息,都受可持續發展目標(SDGs)的主導和影響。

可持續發展目標由聯合國於2015年訂立,作為《2030年可持續發展議程》的一部份。這些目標旨在集合全球力量解決貧窮、不平等、氣候變化、環境惡化、和平和公義等問題。

第二、十二和十三的目標與款待業息息相關,分別關注消除飢餓、負責任的消費和生產,以及緊急氣候行動等議題。

為達到上述目標,Amber餐廳只採用可持續來源的糖、咖啡、可可和雲呢拿,確保農夫取得合理回報和不牽涉童工問題。餐廳亦採用非籠養有機雞蛋、肉類和海鮮,所有紙製品都有森林管理委員會認證,並且不再使用一次性塑膠製品。

可是,問題依然存在。人類是習慣性動物。當熟悉的東西被新觀念所取代,要他們接受並非易事。Ekkebus說,這情況無論在尋常百姓家抑或餐廳廚房都會發生。

他說:「我們必須把目標清晰地告訴團隊,並且給他們提供全面的訓練。讓整個團隊一起推動和加強可持續發展是相當重要的。」他續道:「他們不僅幫助實踐這個概念,也是邁向目標的真正推動者。」

## 可持續高級餐飲的未來發展

Amber即將推出一系列可持續的新措施,而減廢和採用循環解決方案是當前的首要任務。該餐廳與微型釀酒廠少爺啤酒廠等香港本地企業合作,使用回收的酸種麵包和來自有機種植者的多餘果皮製作自家啤酒。此外,餐廳把雞蛋殼和咖啡渣等廚餘回收,送返農田用作堆肥。

他強調:「聚沙成塔,每一小步都很重要。」他建議餐廳不要同一時間推行太多措施,最好訂立可實現的目標,為過程中的每次成功喝彩。

Ekkebus表示,對於有抱負的廚師和年輕的餐飲業專才,特別是那些計劃管理自己的員工和餐廳的人來說,坦誠的溝通非常重要。正如非洲一句諺語:「一個人,走得比較快。一起走,走得比較遠。」

「讓整個團隊一起向目標邁進。要知道取得完美的成果並非能立竿見影;反而我們可以把注意力放在持續改進上。」Ekkebus總結道。■



Engage the entire team towards the set goals.  
And above all, understand that perfection isn't immediate.

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