

AMBROSIA 客道

THE MAGAZINE OF THE INTERNATIONAL CULINARY INSTITUTE • SEPTEMBER 2017 九月號

FERMENTATION FASCINATION

Traditional techniques
are trending

傳統發酵技術再次流行

INTO THE WILD

Foraging for local fare

廚師採挖罕有本土野生食材的風氣

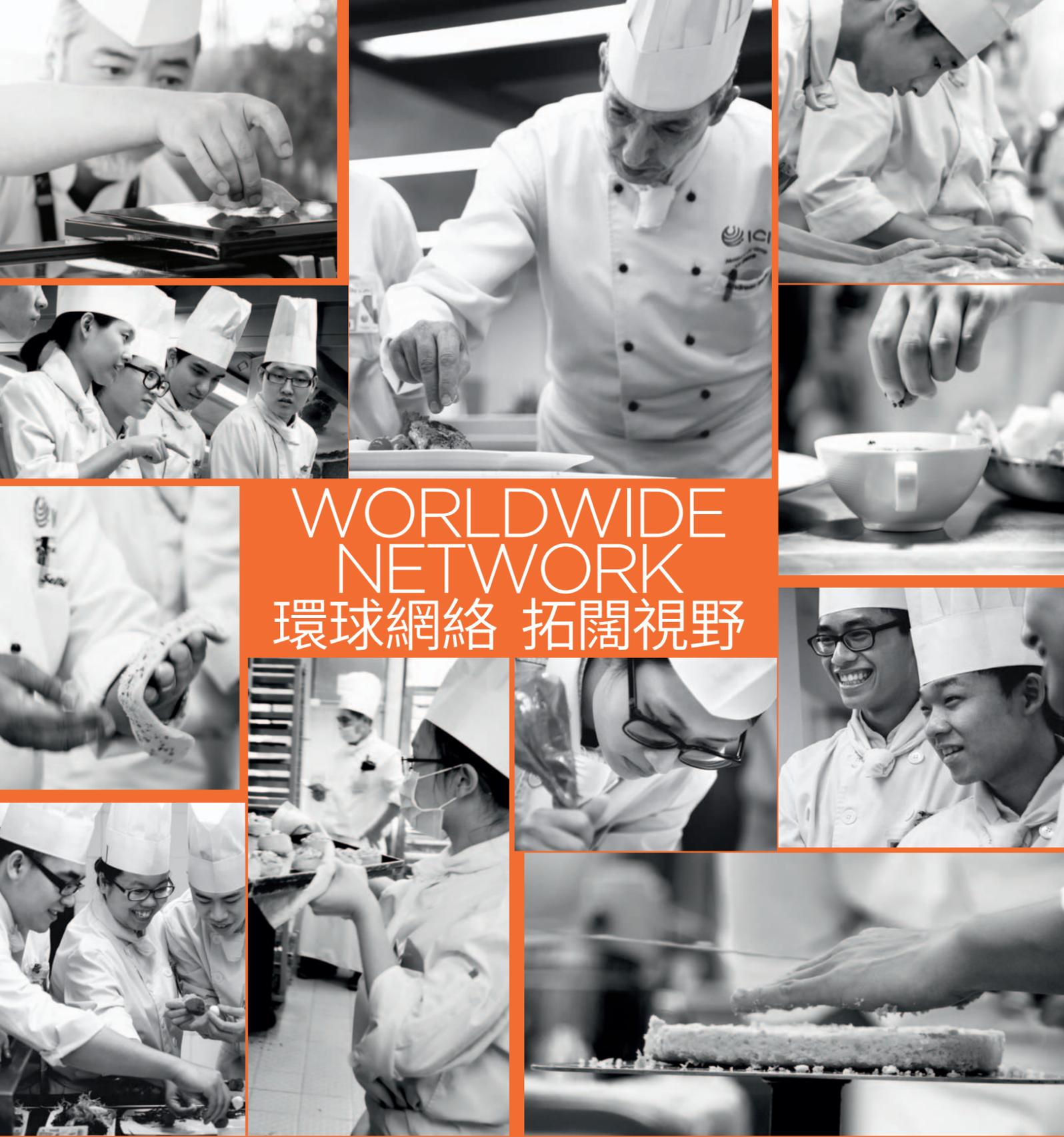
ITALY'S CULINARY ENVOY

Umberto Bombana on
lifetime achievement

名廚Umberto Bombana

學無止境的烹飪旅程





WORLDWIDE NETWORK
環球網絡 拓闊視野

WELCOME MESSAGE 歡迎您!

Welcome to *AMBROSIA*, the magazine of Hong Kong's International Culinary Institute (ICI). This issue, we offer new perspectives on food and drink, with insights and inspiration from leading chefs, and investigative pieces on the latest trends and age-old techniques.

In our Test Kitchen you will find a round-up of culinary essentials, from what makes fragrant vanilla the world's second most expensive spice, to how you can benefit from adding a slow cooker to your kitchen.

Our cover star, chef Umberto Bombana, has been delivering his own brand of Italian cuisine in Hong Kong since 2010 and he talks to us about his journey from mamma's kitchen to Michelin stardom. From Italy to the

Mediterranean, our World Tour takes us on a voyage of discovery to uncover a culinary tradition that has long been touted as one of the healthiest.

While fine wines normally accompany a sumptuous feast, beer is experiencing something of a revival. With beer sommeliers coming to the fore, is it time to pair your next meal with craft lagers and ales?

An interest in fermentation has swept the culinary community of late, yet it remains a technique that traditionally features in cuisines across the globe – we investigate this trend, as well as the one for rare and wild ingredients found by foraging. If it's seasonal, local and unusual, chefs are going wild for it. Speaking of going wild, the food that accompanies a hair-raising trip to a theme park is stepping up its game and we've got the lowdown.

With an increasing global awareness of – and interest in – culinary trends and traditions, there is plenty to feed our appetites and serve as inspiration going forward. Stay tuned for more.

由 國際廚藝學院 (ICI) 出版的《AMBROSIA 客道》九月號，為讀者送上知名廚師的烹飪心得與見解，另外亦有探討最新餐飲趨勢和由來已久的烹調技巧的文章，帶領讀者以全新角度認識美酒佳餚。

Test Kitchen繼續搜羅林林總總與美食相關的資訊，如雲呢拿能夠成為全球第二昂貴香料的原因、慢煮鍋的好處等。

今期人物專訪的主角是 Umberto Bombana。這位於2010年起在香港開設意大利餐廳的名廚，暢談由媽媽的廚房出發到躋身米芝蓮星級名廚的烹飪旅程。World Tour則帶大家到地中海，認識一向被視為最健康的飲食傳統之一的地中海餐飲風格。

優質葡萄酒一直與盛宴緊緊連在一起，但近年啤酒似乎也不甘寂寞，要與葡萄酒爭一日之長短，連帶啤酒侍酒師也漸受注意。下次外出用膳，是時候考慮以手工拉格或艾爾啤酒襯托美食。

發酵技術近年席捲美食界，但其實此技術一直存在於全球各地的菜式之中。廚師對時令、本土、特別的食材素來趨之若鶩，甚至會親自到野外採挖罕有野生食材，我們將深入探討此風氣。另外，主題樂園除了提供緊張刺激的遊戲，近年也在食物上下工夫，大大提升食物質素，箇中原因何在？

隨著全球對烹飪潮流和傳統的關注和興趣日漸提升，可以滿足我們胃口、給我們靈感的「精神食糧」定必陸續有來，敬請留意《AMBROSIA客道》的報導。

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RACHEL READ

A Hong Kong-based writer with more than a decade's experience, Rachel has contributed to Hong Kong Tatler, South China Morning Post and Jetstar magazine, and she runs lifestyle blog Through The Looking Glass, giving her the perfect excuse to visit the best restaurants in town. In this issue of AMBROSIA, she unearths rare and wild ingredients and talks to the chefs who forage for them.

Rachel是香港的自由作家，擁有十多年撰稿經驗，作品見於《Hong Kong Tatler》、《南華早報》、《Jetstar》等，她還撰寫網誌《Through The Looking Glass》，讓她有藉口到訪知名的餐廳。今期，Rachel為大家發掘罕有的野生食材，並訪問了多位喜用這些食材的廚師。



CHRIS DWYER

Chris is a Hong Kong-based food and travel writer, a former CNN stalwart and a communications consultant. When not trying the newest restaurants, he loves to interview chefs and research the history and social context of food for various media outlets and his blog, Fine Food Dude (www.finefooddude.com). For AMBROSIA, he interviews chef Umberto Bombana.

定居香港的Chris擅長撰寫飲食和旅行文章；曾任職CNN多年，現為傳訊顧問。他喜歡到新餐廳試吃，也喜歡為媒體及其個人網誌Fine Food Dude (www.finefooddude.com) 採訪廚師，以及研究食物的歷史和社交意義。本期他為《AMBROSIA客道》訪問了名廚Umberto Bombana。



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 this issue, she explores the recent revival of interest in fermentation.

Mamie是《Tasting Kitchen (TK)》雜誌的創辦成員之一，她擅長撰寫飲食文章，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。在本期的《AMBROSIA客道》，她為我們探討捲土重來的發酵技術熱潮。



JULIANA LOH

Juliana is Macau-based writer who has contributed to the South China Morning Post, Saveur and Lonely Planet. Also an adjunct lecturer at IFT-Macau's hospitality school, Juliana is married to a chef, and the couple's culinary adventures include annual Michelin road trips across Europe. In this issue, she uncovers the secrets of the cuisines of the Mediterranean.

居於澳門的作者Juliana，作品曾刊登於《南華早報》、《Saveur》及《Lonely Planet》等，她亦在澳門旅遊學院擔任客座講師。Juliana的丈夫是一位廚師，他們每年都會到歐洲各地品嚐米芝蓮餐廳的佳餚。今期，她揭開地中海美食的神秘面紗。



VIVIAN MAK

Vivian has 20 years of experience in the publishing world. She currently works as a freelance editor for various publications, and in the past has edited Silkroad for Dragonair, Horizon Magazine for TurboJET, and Shang for the Shangri-la Hotel Group. For AMBROSIA, she talks to Chef Paul Wong about the challenges of the culinary world.

Vivian從事出版工作20年，目前為自由工作者。她曾經擔任多本刊物的編輯，包括港龍航空《絲路》、噴射飛航《飛航天地》、香格里拉酒店集團《Shang》等雜誌。於今期《AMBROSIA客道》，她訪問了廚師黃亞保，聽他暢談美食世界的各種挑戰。



ROBIN LYNAM

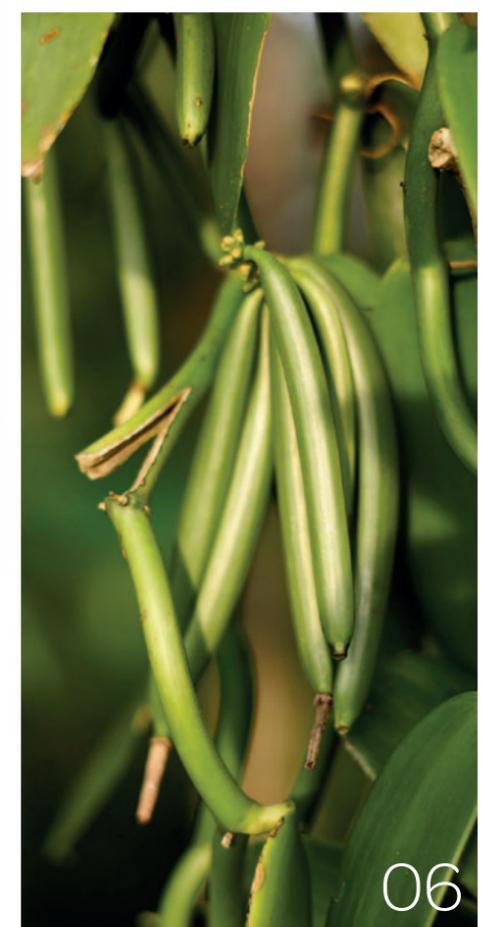
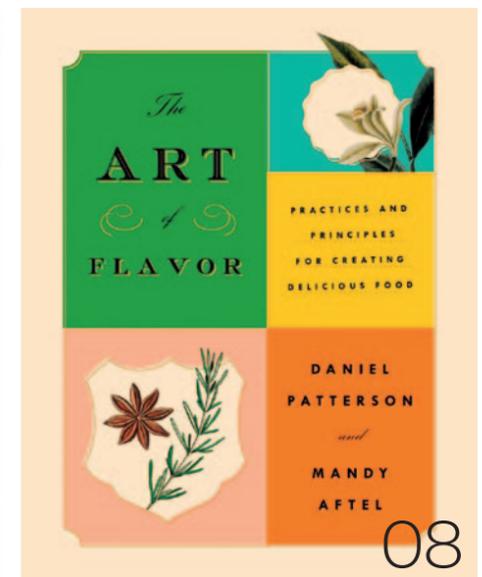
Based in Hong Kong, Robin is a freelance journalist who has been writing about food, drink, travel, music, and arts and culture for various international media outlets since the early 1980s. In this issue he looks at the recent renewed interest in beer – and in particular craft beers, the pairing of lagers and ales with food, and the rapid rise of the cicerone, or beer sommelier.

Robin目前以香港為家，是一位自由工作者，自1980年代初開始為多間國際媒體撰寫飲食、旅遊、藝術和文化方面的文章。在本期雜誌，他探討了啤酒——尤其是手工啤酒——近期重新受到注意的潮流，以及拉格和艾爾啤酒與食物的配搭訣竅，還有啤酒鑑賞大師和啤酒侍酒師的興起。



TEST KITCHEN

GASTROPEDIA 美食百科 • BOOKSHELF 新書上架 • TOOL OF THE TRADE 創意廚具 • LEXICON 專業詞彙



The pleasure pod 甜美香草

The world has fallen under vanilla's spell
全世界也迷倒於雲呢拿的香甜魔法中

By Hetty Cunningham



Origins 產地

Vanilla flavouring is derived from orchids of the Vanilla genus, primarily from the flat-leaved species indigenous to Mexico.

雲呢拿是由屬於雲呢拿屬的香草蘭提煉而成的調味品，主要來自墨西哥原生的扁葉型品種。

Grow 生長

Vanilla orchids produce edible fruit in the form of small pods. Fruit results when an orchid's flower is pollinated, a role carried out in Mexico only by the native Melipona bee. Until the 19th century when farmers discovered how to pollinate the flowers by hand, Mexico enjoyed a monopoly on vanilla.

香草蘭會結出小小的可食用莢果。昔日在墨西哥，只有當地的無刺蜂可以為香草蘭授粉，然後結果。直到19世紀，在農夫掌握如何為香草蘭人工授粉的技術之前，墨西哥生產的雲呢拿曾經獨佔市場鰲頭。

US\$475/kg

The price of vanilla is expected to exceed US\$475 per kilo in 2017, a sharp increase from US\$225-240 per kilo in 2016. Bad weather conditions have wiped out much of Madagascar's crop which accounts for nearly 80% of the world's vanilla production.

2017年，雲呢拿每公斤的售價預計將超越475美元，比2016年的225至240美元大幅上升，原因是佔全球雲呢拿總產量接近八成的馬達加斯加天氣惡劣，導致雲呢拿嚴重失收。

Global Rise 全球需求

Thought to have been originally cultivated by the ancient Totonac people, vanilla came to European attention with the arrival of Spanish conquistador Hernán Cortés in the Americas in 1519. Having sampled it in the bitter-tasting drink known locally as *xocolatl* (the forerunner of chocolate, to which vanilla was added as a sweetener), Cortés introduced the flavouring to Spain.

坊間相信雲呢拿最初由遠古的托托納克人種植，當西班牙殖民者Hernán Cortés於1519年來到美洲時，歐洲人才首次知道雲呢拿的存在。當時Cortés嚐到一種名為*xocolatl*、略帶苦澀味的飲品後，決定把這種味道帶回西班牙，而*xocolatl*就是朱古力的前身，通常加入雲呢拿作甜味劑。

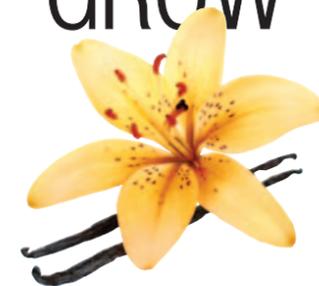


150

There are more than 150 varieties of vanilla, but most consumers come into contact with only a few.

雲呢拿品種繁多，共有超過150種，但大部分消費者都只會接觸到其中數個品種。

VANILLA CAN ONLY GROW



between 10 to 20 degrees north or south of the Equator.

雲呢拿只在赤道以北或以南10至20度的地方才能生長。

Did you know...
你知不知道……

The word vanilla is derived from the Spanish word *vaina*, meaning pod or sheath, and the diminutive suffix *-illa*

雲呢拿的英文名字vanilla是由西班牙文vaina一字(意思是莢果或護殼)加上字尾illa組成

Into the Kitchen 香草入饌

Vanilla extraction is complex and laborious. The fruit is harvested by hand, and curing involves slow drying in the sun. The entire process, from hand-pollination onwards, can take up to nine months, making vanilla the second most expensive spice in the world after saffron.

雲呢拿的提取過程甚為複雜，且牽涉大量工序。首先要以人手採摘果實，然後在陽光下慢慢曬乾。如果從人工授粉開始計算，整個過程可長達九個月，因此雲呢拿成為繼番紅花後第二昂貴的香料。



The World's Best 世界之最

Mexico arguably produces the finest vanilla, but contributes less than 10% of the global supply, while Madagascar grows more vanilla than any other nation.

墨西哥雲呢拿的品質毫無疑問是全球之冠，但產量只佔全球不到10%。而全球雲呢拿產量最多的是馬達加斯加。



Vanilla's Uses 用途廣泛

Vanilla is the foundation of many pastries, baked goods and desserts. It is also used in savoury dishes – a few drops added to vegetables, meat or fish can accentuate flavours, and lessen the acidity of tomato-based fare. Outside of the kitchen, the sweet spice is commonly used in perfumes and medicines.

雲呢拿是很多糕點、烘焙食品及甜品的基本材料。在蔬菜、肉類或魚等鹹食添加數滴雲呢拿油，有助突出菜餚的風味，另外也可中和番茄菜式的酸性。除了用作入饌調味外，很多香水和藥物也會用到這種甜味香料。

Variety in Vanilla 雲呢拿種類



Bourbon vanilla is the flavouring at its most typical, and mainly comes from Madagascar and the island of Réunion (formerly known as Île Bourbon). Bourbon pods are long and thin, and the vanilla is sweet, rich and creamy. It is best used in baked goods and dishes where it complements rather than commands. Mexican vanilla pods, meanwhile, are thicker than those grown elsewhere, and the rich and velvety flavour works best when it takes the spotlight.

波本雲呢拿的味道最典型，主要來自馬達加斯加及舊稱波本島的留尼旺島。該品種豆莢幼長，味道香甜、濃郁、幼滑，宜用於烘焙食物及為菜式添香，不宜作為主要香味。墨西哥雲呢拿豆莢則較其他品種厚，如炮製以雲呢拿味道為主要的食物，其濃烈而順滑的味道正好大派用場。



Growing conditions make a huge difference to vanilla's flavour, colour and aroma. Tahitian vanilla is sweet and fruity with cherry overtones, and particularly good in sweet recipes. Other varieties include Indian (with a full and chocolate-y flavour profile), Indonesian (with smoky yet mild aromatics), Tongan (earthy, with overtones of dried fruit) and Ugandan vanilla (rich and creamy). 種植環境對雲呢拿的色香味各方面也有重大影響：大溪地雲呢拿的味道特別香甜，帶有意想不到的櫻桃果香，尤其適合烹調甜食；印度雲呢拿味道濃郁，帶朱古力香；印尼品種含煙燻味但香氣溫和；湯加雲呢拿散發泥土及乾果的香味；另外還有味道濃郁順滑的烏干達雲呢拿。

Read 'em and Eat

讀好書 吃美食

Top tomes to provide food for thought
啟發美食巧思的佳作

By Hetty Cunningham



On Eating Insects: Essays, Stories and Recipes

By Josh Evans, Roberto Flore, Michael Bom Frøst
May 2017

Chowing down on insects has made the unexpected transition from taboo to trendy, and *On Eating Insects* is the first book to take a holistic approach to the subject. Comprised of essays on the benefits of consuming insects, stories of the authors' worldwide adventures exploring insect gastronomy, and a selection of refined recipes demonstrating how delicious bugs can be, it is a fascinating read for chefs, food professionals and anyone interested in ecosystems and sustainability.

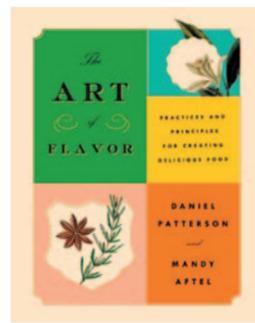
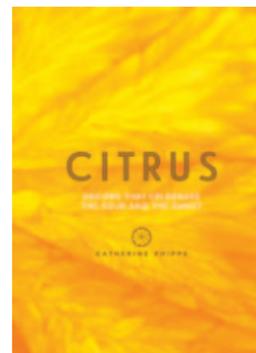
想不到食用昆蟲竟由昔日的聞之色變演變成今天的美食潮流。《On Eating Insects》是首本全面探討此話題的書籍，集有關食用昆蟲益處的文章、一眾作者周遊列國發掘昆蟲美食的故事，以及多份示範如何將昆蟲變成美食的食譜，是廚師、美食界專業人士，以至任何對生態系統及可持續發展感興趣的朋友的最佳讀物。

Citrus

By Catherine Phipps
February 2017

Author Catherine Phipps celebrates the pivotal role that citrus has in shaping the flavour of a dish, from the tang of lime in a Thai curry to fresh zest in guacamole, and demonstrates the innumerable ways that citrus fruits feature in our food. This bright, vibrant and inspirational cookbook features 150 recipes, including salads, seafood, cakes, preserves and pickles.

作者Catherine Phipps重點介紹柑橘如何能成為影響一道菜式味道的重要元素，例如在泰式咖喱中加入青檸，或是在牛油果醬內加入鮮檸檬皮。此外，還介紹柑橘入饌的各種方法。這本明快、生動及富啟發性的食譜，包羅150道菜式，包括沙律、海鮮、蛋糕、醃漬菜及酸菜。



The Art of Flavor: Practices and Principles for Creating Delicious Food

By Daniel Patterson, Mandy Aftel
August 2017

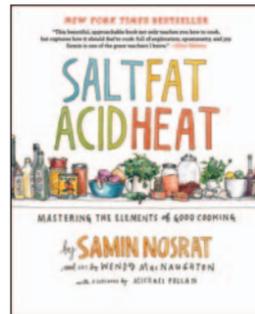
Have you ever wondered how flavour is created? Chef Daniel Patterson's latest cookbook is a collaboration with perfumer Mandy Aftel, as the pair analyse what happens in the kitchen and devise a revolutionary recipe for creating great-tasting food. From a two Michelin-starred chef and a renowned perfumer, this innovative tome lifts the lid on the secrets to getting the most out of your ingredients.

有沒有想過味道是如何創造的？廚師Daniel Patterson在他最新出版的烹飪書裡，與香水大師Mandy Aftel合作，分析各種烹飪原理和技巧，並找到創造美味佳餚的革命性秘方。這本由米芝蓮二星級廚師與著名香水大師合著的巨冊，意念創新，揭開了如何善用各種食材的神秘面紗。

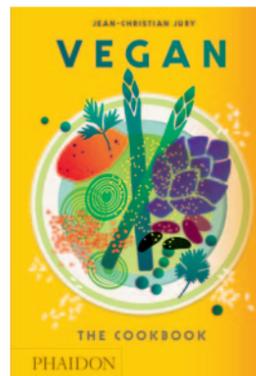
Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking

By Samin Nosrat
April 2017

In a fun and fresh approach to cooking, California-based chef and writer Samin Nosrat shows us how to master the cooking process by focusing on just four "elements": salt, fat, acid and heat. With easy-to-follow text and vivid images, *Salt, Fat, Acid, Heat* is an engaging read, and the recipes within should inspire a new generation of cooks to be confident in the kitchen.



居於加州的廚師兼作家Samin Nosrat通過輕鬆有趣而又清新的方法，為我們示範如何只須集中了解四種基本元素：鹽、油、酸、熱，便可掌握烹調之道。此書文字描述淺白易明，配合生動圖片，令人手不釋卷；當中介紹的食譜相信能令一眾烹飪新手在廚房內更添信心。



Vegan: the Cookbook

By Jean-Christian Jury
May 2017

In this much-anticipated cookbook, master vegan and raw-food chef Jean-Christian Jury shows how plant-based dishes can be fresh, flavoursome, and satisfying. With recipes from more than 150 countries, there is a meal for every taste, including dishes immediately recognisable as vegan, as well as vegan takes on classics. An essential read for those looking to add more plant-based meals into their diets.

在這本備受期待的烹飪書中，擅長烹調素食及生機飲食的大師名廚Jean-Christian Jury，示範如何將蔬果植物等烹調成新鮮、味美而讓人心情愉快的菜式。這些食譜來自超過150個國家，當中既有傳統的全素菜式，也有改良自經典菜式的素菜美食，相信可滿足任何口味的人士。有興趣在日常餐膳中增加素食元素的朋友，絕對不可錯過。

What's the hurry?

忙裡偷閒

Put time to work with a slow cooker
以慢煮鍋細熬慢燉，
做出一席佳餚



By Hetty Cunningham

The slow cooker became popular in the 1970s, when women increasingly took jobs outside of the home, and time in the kitchen became a luxury. The user would simply throw meat and vegetables into the slow cooker – covering with water, stock, wine or a sauce – before heading away in the morning, and leave on a low heat. The cooker would deliver a nutritious and delicious stew or casserole by evening.

Cooking at a low temperature over many hours extracts maximum flavour from ingredients, especially from meat. The method is ideal for cheaper cuts such as beef chuck and brisket – as well as for shoulder of pork or lamb, and chicken thighs – because connective tissue is

tenderised over time, releasing flavour and achieving melt-in-the-mouth texture that makes a real difference to the end result.

There are a few useful tricks for creating superior slow-cooked dishes. Cook onions beforehand for enhanced taste, for instance, and brown meat for colour. It's also worth rolling meat in flour to thicken a sauce (remember: nothing evaporates in the sealed pot, so go easy on the liquid). Put ingredients that take longer at the bottom of the cooker, and add vegetables that cook quickly, or dairy products that risk curdling, only later. That said, don't be tempted to lift the lid too often – interference significantly slows cooking progress.

The slow cooker is not only for stews and casseroles, of course, and is useful in preparing everything from pilafs to steamed puddings and desserts. So many good things, in fact, can come to those who wait.

早在1970年代，越來越多婦女開始出外工作，下廚做飯的時間變得越來越奢侈，慢煮鍋因此乘勢而起。一家之「煮」只需把肉和菜全部放進鍋內，再覆以水、高湯、酒或醬汁，然後調至低溫烹煮，便可安心外出。到了晚上回家，一鍋營養豐富的滋味燉菜或砂鍋菜已經準備就緒。

以低溫長時間慢煮，可以把食材的味道發揮得淋漓盡致，特別是肉類。這個烹調法尤其適合燉煮較廉價的牛肩和牛胸肉，或是豬肩、羊肩、雞腿等。因為以長時間熬煮，可以徹底打散肉

的結締組織，使肉質變得更軟脆幼嫩，入口即化，且香氣四溢，效果教人喜出望外。

想做出滋味一流的慢煮菜式，不妨參考下列數個心得：先煮洋蔥提升味道；或把肉煮成褐色增加色澤；又或把肉沾上麵粉，令醬汁變得濃稠——必須緊記一點，水分在密封鍋內不會蒸發，因此不宜加入過多液體。另外，需較長時間燉煮的材料放在鍋底，稍後才放入快熟的蔬菜或容易凝固的奶類食材。然而，烹調期間不要經常打開鍋蓋，否則會大大影響慢煮的過程。

其實，慢煮鍋不只可以用來烹調燉菜或砂鍋菜，也可用於烹煮不同的佳餚，如肉飯、蒸糕及甜品等。事實上，只要保持耐性，慢煮鍋可以做出多不勝數的美味佳餚。

Rise and shine

適時冒起

Coming from the fungus kingdom, yeast has been used for its transformative effect in foods and beverages since the days of ancient Egypt. Through the process of fermentation, it gives rise to bread, wine and so much more.

酵母屬於真菌界成員，早在古埃及年代，已被用來「改造」食物和飲品，製作麵包、葡萄酒和很多的食物和飲品都要經過發酵的過程

By Hetty Cunningham & Rachel Duffell



1 Bread and Buns 麵包和包點

Probably the most common use of the ingredient. A strain of baker's yeast, variously found as fresh yeast, dry active yeast or instant yeast, finds its way into breads around the world, and the biochemical reaction of such yeast on sugar produces carbon dioxide during the fermentation process, allowing a dense mass of dough to result in a well-risen loaf. Leavened bread, in one form or another, is central to many cuisines of the world, from the crusty loaves of European tradition to the soft buns of East Asia.

In Hong Kong, for example, the making of Cantonese dim sum buns employs yeast. "The process of fermentation for buns can effectively aid digestion, with nutrients easily absorbed by the body," says chef Chan Chun-hung, chief instructor at the Chinese Culinary Institute. "The process also gives the buns an attractive appearance, as well as a palatable flavour. Dim sum chefs begin by kneading the bun dough with the yeast. The metabolism during yeast fermentation yields carbon dioxide, and the gases contained in the molecules give rise to the fluffy texture of the dough."

The fermentation process also produces alcohol, and the special aroma that comes from the crusts of steamed buns, such as barbecued pork buns and custard buns, has a hint of alcohol. Yeast is also used in more cake-like Cantonese treats such as steamed white sugar cake and sponge cake.

酵母菌最常用於製作麵包上。世界各地麵包師傅常用的酵母菌，包括新鮮酵母、活性乾酵母或速發酵母。當酵母遇上食糖就會產生生化反應，過程中產生的二氧化碳會令厚實的麵糰膨脹起來，變得鬆軟。經過發酵的麵包，雖然千姿百態，但都是不同菜系中的主要食品，如歐洲傳統的硬皮麵包，以至東亞地區香軟的包子。

在香港，廣東點心中的包點也採用酵母菌發酵。中華廚藝學院總導師陳俊雄師傅表示：「經過發酵的包點能幫助消化，食物中的營養更容易被人體吸收。發酵過程不但令到成品的外型更美觀，也能提升味道和口感。點心師傅每天都會搓麵糰及加入酵母菌讓麵糰發酵。酵母進行新陳代謝時釋出的二氧化碳，會被鎖在麵糰的分子之間，因而使麵糰變得鬆軟。」

發酵過程亦會產生酒精，因此叉燒包、奶皇包等包點的包皮隱隱帶有少許酒精的香氣。酵母亦可用來製作廣東糕點，如白糖糕和馬拉糕等。



2 Kombucha 康普茶

Kombucha is produced by combining sweetened tea with scoby (a symbiotic culture of bacteria and yeast) and leaving it in the dark for several weeks. Some claim that kombucha has a positive impact on the human immune system and gut bacteria. Having been quietly consumed in Russia and China for centuries, it is now experiencing something of a revival.

康普茶是在加了糖的茶中，放入一種由細菌和酵母培養的菌膜，然後放在陰暗的地方發酵數星期而成。這種俄羅斯和中國人幾百年來一直靜靜地飲用的茶，近年由於有人說它對人體的免疫系統和腸道細菌均有裨益而開始流行起來。



3 Beer 啤酒

Yeast plays a key role in beer brewing. When brewer's yeast is added to a starch solution of grains (often barley), it consumes sugars, producing alcohol, which gives beer its buzz, and carbon dioxide, that lends it fizz. Ale uses yeast strains that operate better at warmer temperatures, producing a drink with a fruitier, spicier aroma. Lager develops from yeast that prefers cooler temperatures, and the beverage is conditioned or celled before it is drinkable.

酵母在啤酒釀造中扮演重要角色。將啤酒酵母菌加入穀物（通常是大麥）的澱粉溶液中，當溶液的糖分被酵母消耗後，會產生酒精和二氧化碳，也就是啤酒味道和氣泡的來源。艾爾啤酒採用適合在暖環境下進行發酵的酵母菌株釀造，果香及香料味道濃郁。拉格啤酒則採用在清涼環境下發揮得更好的酵母，飲用前需要存放在清涼的環境或酒窖中。



4 Sake 清酒

Japanese rice wine, or sake, is created when polished, steamed rice is left to ferment. First, *koji* (mould) converts rice starch to sugar, then *kobo* (yeast) converts the sugars into alcohol. There are many different yeast strains that can be used – some common and made available to all by the Central Brewers Union, others cultivated, tested and adopted by individual breweries. Each yeast influences the final aroma and flavour of the rice wine, contributing to the huge diversity in sake.

清酒是將經過碾磨的日本大米蒸熟後進行發酵而成，首先加入米麴將飯裡的澱粉質轉化成糖分，然後由酵母將糖分轉化成酒精。釀造清酒的酵母菌株種類很多，一般可在日本釀造協會購買，但部分酒廠會自行培養。不同酵母釀造的清酒，味道和香氣各有不同，變化非常豐富。



5 Chocolate 朱古力

Yeast isn't the first thing that springs to mind when we think of chocolate, but it is used in making some of the finest confectionery. During harvest, farmers break open cocoa fruit and allow the pulp to ferment for several days before extracting the seeds that will be turned into chocolate. Yeast causes this fermentation, and it is the diversity of yeast strains that contributes various flavours and aromas to the resulting chocolate.

想到朱古力不會即時想起酵母菌，但一些頂級朱古力的製作過程會用上酵母菌。在採收可可豆時，農夫會剝開可可的果實，讓果肉發酵數天，然後才取出可製成朱古力的種子。發酵由酵母菌引起，不同的酵母菌株可為朱古力帶來不同的味道和香氣。



6 Coffee 咖啡

Coffee producers often allow coffee beans to ferment in the presence of yeast. This can take place before or after the removal of the beans from coffee cherries. This additional step in the coffee-making process adds complexity to resulting brews.

咖啡製造商從咖啡果實中取出咖啡豆之前或之後，通常都會讓咖啡豆在充滿酵母菌的環境中發酵。這個步驟可以讓咖啡的味道更複雜。



7 Wine 葡萄酒

Yeast is naturally found on the skins of grapes and other fruits. Such fruits (though usually grapes in practice) can easily be turned into wines, though additional yeasts are often included in the fermentation process. The yeast is used to convert sugars found naturally in the fruits into alcohol and carbon dioxide.

葡萄及其他水果的皮上都有天然的酵母菌，這些水果（通常都是指葡萄）很容易變成酒，不過在發酵的過程中有時需要加入額外的酵母菌。酵母菌是用來把水果內的糖分轉化為酒精和二氧化碳。



8 Nutritional Yeast 營養酵母

Nutritional yeast is a deactivated or dried-out form of the yeast that bakers use to leaven bread, but which is often used as a vegan substitute for cheese. Its taste is savoury (nutty and cheesy), and it is commonly used in salads, pasta dishes and with roasted vegetables. Nutritional yeast is a good source of protein for vegans.

烘焙師用來發酵麵糰的酵母停止活化或變乾後就成了營養酵母，常作為芝士的素食代替品，鹹中帶果仁和芝士味，通常用於沙律、意式麵食、烤蔬菜上，可為素食者提供豐富的蛋白質。



9 Yeast Extract 酵母提取物

Yeast extract is made when yeast's own digestive enzymes break down its proteins. The resulting autolysed yeast cells are heated to complete their destruction, then any cell walls are removed to form yeast extract. It has a savoury, umami taste and is commonly found in Vegemite, Marmite and Maggi sauce.

酵母菌的消化酶在特定環境下會分解自己的蛋白質，稱之為自溶現象。將自溶後的酵母菌加熱，讓酵母菌徹底分解，然後除去當中的細胞壁，剩下的就是酵母提取物。它帶鹹鮮味，可用來製造鮮味醬如Vegemite和Marmite，以及美極鮮醬油等。



Chewing the Fat

擇肥而噬

By Hetty Cunningham

Animal fats were shunned for decades, but now – thanks to a reassessment of their effect on health – they are back in favour, and integral to delicious dishes with maximum flavour

近年，動物脂肪對健康的影響獲得重新評定，過去數十年來人們一直避免使用的各種動物脂肪終於擺脫惡名，捲土重來，為食物增添風味



LARD 豬油

Lard is rendered or unrendered pig fat, and it comes from parts of the animal with a high percentage of fatty tissue. In Europe and North America, lard was traditionally used in a similar way to butter, notably in cooking or as a shortening. With increasing prosperity and growing health-related concerns, lard was largely avoided, though it has less saturated fat than butter, is extremely versatile and particularly suited to frying because it has a high smoke point. Lard is frequently used in savoury fare such as sausages and pâtés, as well as in pastries, because of the flakiness it provides.

豬油來自豬隻脂肪較多的部位，有經過提煉和未經提煉兩種。在歐洲和北美，豬油用途傳統上與牛油相若，多數用於烹煮或作為酥油。不過隨著社會越來越富裕，大家追求健康飲食，對豬油避之則吉。其實豬油較牛油含有更少飽和脂肪，而且用途甚多，由於煙點較高，特別適合煎炸。不少鹹點如香腸和肉醬都會用到豬油，而豬油的油酥性特強，因此也會用來製作酥餅。

BUTTER 牛油

Butter is usually made from cow's milk. It is very high in saturated fatty acids and is a rich source of nutrients, including vitamins A, E, D and K2. Butter has often been considered unhealthy because of its high fat content but that perception is shifting, with obesity being increasingly linked to sugars and carbs rather than saturated fats. Commonly used in sandwiches, butter is a fundamental ingredient in baking.



牛油主要由牛奶提煉，含大量飽和脂肪酸及多種營養素，包括維他命A、E、D及K2。牛油脂肪含量甚高，因此一直被視為有損健康，但這個觀念開始轉變，因為大家發現，致肥元兇主要是糖分和碳水化合物而非飽和脂肪。牛油最常用於三文治，也是烘焗食物的基本原料。



SUET 板油

White in colour, suet is solid fat sourced from around the loins and kidneys of cows and sheep. It is traditionally used in British cuisine, particularly in dumplings, pastry and what came to be known as suet puddings. These are boiled or steamed puddings and, sweet or savoury, they include treacle sponge, steak and kidney pudding, and Christmas pudding. 板油呈白色，主要來自牛和羊腰腎附近的地方，屬硬脂肪。英式食品最常用到板油，特別是餃子、糕點，以及以之命名的板油布甸。這些以沸水煮熟或蒸熟的布甸可作甜食或鹹食，例子包括海綿蛋糕配糖漿、牛扒腰子批及聖誕布甸。



DRIPPING 油滴

Beef dripping or – more rarely – pork dripping is produced from the fatty or otherwise unusable parts of cow or pig carcasses, and is similar to lard and tallow. When saturated fat became the enemy of the health-conscious, dripping largely disappeared from kitchens, though it was once extremely popular on toast, in sandwiches and when making extra-crispy roast potatoes. Dripping is, however, experiencing a comeback, and dripping-fried chips are increasingly found on the menu at trendy restaurants.

牛油滴或更少見的豬油滴，都是由牛或豬隻的脂肪或沒其他用途的部分提煉而來，特徵與豬油和動物油脂相若。以往炮製多士、三文治及超脆烤薯時都會選用油滴，但自從追求健康飲食的人視飽和脂肪為最大敵人後，油滴便差不多從廚房絕跡。然而近年油滴再次風行，越來越多時尚餐廳喜歡以油滴香炸的薯條作招徠。



動物油脂是從板油加工處理而來。1970年代以前，大部分快餐店也以這種煙點較高的油脂煎炸食物，後來才改用菜油。動物油脂含有飽和脂肪、單元不飽和脂肪及多元不飽和脂肪，以及據說對心血管有益及有助抗癌的營養補充劑共軛亞麻油酸、抗氧化劑、脂溶性維他命及奧米加3脂肪酸。

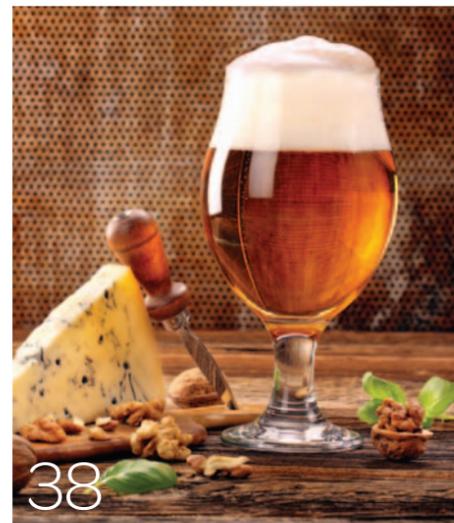
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From humble Italian-family kitchen to Michelin-starred greatness as an ambassador of Italy's cuisine in Hong Kong, chef Umberto Bombana has come a long way. 由意大利家庭簡樸的廚房出發，到躋身米芝蓮星級大廚之列，在香港被視為意大利廚藝大使的名廚Umberto Bombana，多年來走過漫長的廚藝旅程。 By Chris Dwyer

Ambassador class 親善大廚

Umberto Bombana already had seven Michelin stars tucked under his apron, but the recognition of peers is crucial to any self-respecting chef, and so the Hong Kong-based Italian was thrilled to receive a prestigious Diners Club Lifetime Achievement Award at the 2017 Asia's 50 Best Restaurants ceremony in February. When the accolade was announced at the Bangkok gathering, 600 guests – including many of the greatest chefs in the region – all rose to their feet, cheering and clapping at the modest culinary giant's deserved triumph.

Hailing from a village in Bergamo, a province in the northern-Italian region of Lombardy with a rich tradition of hospitality, Bombana has described himself as an “ambassador for Italian flavour”. He was gracious and humble at the awards ceremony, effusively thanking his team, including those at his much-lauded 8½ Otto e Mezzo Bombana restaurant in Hong Kong, the only Italian dining room outside of Italy to attain the three-star Michelin rating.

Bombana moved East from Italy almost 25 years ago to take up a position at The Ritz Carlton, Hong Kong. As an aspiring chef, he had studied his art at a culinary school in Italy, and he was apprentice to one of the Mediterranean country's most revered master chefs while still a teenager, but his training actually began in the family kitchen, where two generations of women instilled in him the fundamentals of home-style Italian cooking. “In my house,” recalls the chef, “I spent Sunday morning, and sometimes Saturday afternoon, with my mother and grandmother preparing a great meal for Sunday.”

While Bombana was pleased to discover that helping out at home could result in modest financial reward (“When you are young,” he says, “you

對廚師而言，同行的肯定毫無疑問是至高榮譽。難怪當意大利名廚Umberto Bombana於2月舉行的「2017年亞洲50最佳餐廳」頒獎典禮上獲頒Diners Club終身成就獎時，定居香港多年、名下已擁有七顆米芝蓮星星的他依然難掩興奮之情。典禮於曼谷舉行，在宣布獎項一刻，在場600位賓客，包括不少亞洲頂級名廚均全部起立，為這位謙厚的廚藝巨匠獲得實至名歸的榮譽而歡呼拍掌。

Bombana出生於意大利北部倫巴底大區貝加莫省的一條村落，當地人向來熱情好客，他形容自己為「意大利美食親善大使」。在典禮上，這位名廚表現親和、謙厚，並衷心感謝自己的團隊，包括在屢獲殊榮的香港餐廳8½ Otto e Mezzo Bombana的同僚：該餐廳是唯一一家位於意大利境外而獲得米芝蓮三星榮譽的意大利食肆。

Bombana約於25年前來到東方發展，加入香港麗嘉酒店。他以廚師為志業，曾於意大利一家廚藝學校就讀，少年時也曾跟隨意大利一位備受尊崇的大廚學藝。不過，他最早的廚藝訓練卻是在自家的廚房開始，從祖母及母親那裡學到意大利傳統家常菜式的基本烹調技巧。Bombana憶述：「在老家，每個星期日早上，有時候連星期六下午，我都會與媽媽及祖母一起準備周日的大餐。」

雖然幫忙做家務可以獲得「豐厚」打賞讓Bombana感到高興不已（他解釋：「年輕人收到少少零用和打賞就會覺得自己很富有」），但真正推動他前進的，卻是對烹飪的熱愛。13歲那年，他報讀位於貝加莫省Clusone鎮的廚藝學校Centro di Formazione Alberghiera。到17歲，他加入位於米蘭西面的著名餐館Antica Osteria del Ponte，跟隨名廚Ezio Santin學習。

Chef Umberto
Bombana
名廚Umberto
Bombana



get pocket money and tips – you think you're rich"), it was his passion for cooking that drove him forward, and at the age of 13 he enrolled at the Centro di Formazione Alberghiera culinary school in Clusone, Bergamo. At 17, he became an apprentice to Chef Ezio Santin at the renowned Antica Osteria del Ponte restaurant just west of Milan.

"In Italy, you start quite young, and I think it's right to get introduced to the real world at an early age," Bombana says. "You start to work in the garden, looking after the flowers and herbs. Then you start cleaning dishes, helping the ladies, you work a bit in the bar, and then you start to help the chef. Wherever you are needed, you go, so you quickly get an idea of what the industry is all about. It was a learning process – a good starting point if you wanted to go deeper in the kitchen, or focus on the dining room, but the kitchen was always my thing."

Bombana fondly recalls his time at Antica Osteria del Ponte, a bastion of Italian culinary excellence and one of Italy's finest kitchens. The restaurant obtained two Michelin stars while Bombana was working there (later earning a third), and he credits Santin not only with teaching him technique, but to have the greatest respect for ingredients and to take nothing from nature for granted. It's a philosophy that stayed with Bombana when he went on to work his magic in Los Angeles, Paris and New York.

In 2003 he moved to Hong Kong, and seven years later would open his own restaurant. He has never looked back: tables at his three-Michelin-starred fine dining restaurant 8½ Otto e Mezzo Bombana, located in the heart of Hong Kong's Central district, are always booked-out well in advance, and in 2012 he opened a second outpost of the restaurant in Shanghai; it was awarded two stars in the first edition of the Michelin Guide Shanghai 2017. A third opened in 2015 in Macau, and it has one star in the Michelin Guide Hong Kong & Macau 2017.

At 8½ Otto e Mezzo Bombana, the chef is constantly pushing the boundaries of traditional Italian cuisine, with a boundless creativity that nevertheless puts prime importance on quality produce and the honest food.

Bombana is perhaps best known for his love of truffles. While black truffles feature prominently on his menus, it is white truffles in particular that seem to hold a special place in his heart – perhaps partly because

This page: Chef Bombana mentors a young chef in the kitchen at 8½ Otto e Mezzo Bombana
Opposite, clockwise from top left: Veal Cheek Agnolotti; and Langoustine Salad, both at 8½ Otto e Mezzo Bombana; Bombana with students at a cooking demonstration at ICI

本頁: Bombana指導在8½ Otto e Mezzo Bombana廚房裡工作的年輕廚師
對頁左上圖起順時針: 8½ Otto e Mezzo Bombana招牌菜小牛臉頰意式餃子及小龍蝦沙律; 名廚Bombana在國際廚藝學院主持廚藝示範後, 與學員合照留影

📖 In my house, I spent Sunday morning, and sometimes Saturday afternoon, with my mother and grandmother preparing a great meal for Sunday

在老家, 每個星期日早上, 有時候連星期六下午, 我都會與媽媽及祖母一起準備周日的大餐。 📖



Bombana解釋:「在意大利, 人們很年輕便入行, 我覺得早點開始接觸真正的工作環境是好事。當時, 由照顧花園裡的花草和協助洗碗碟的女士, 到負責酒吧的工作和協助廚師, 哪裡需要你就去哪裡幫忙, 因此很快就會明白餐飲行業是怎麼回事。這是學習過程——不管之後希望在廚房發展, 還是想當樓面工作, 這都是很好的起點; 而我一直喜歡廚房的工作。」

Bombana緬懷在Antica Osteria del Ponte工作的時光。那是意大利烹飪藝術的橋頭堡, 也是意大利的頂級食肆。Bombana在餐廳工作期間, 它已是米芝蓮二星級食府, 後來更獲得三星的肯定。在餐廳主廚Santin身上, Bombana不僅學到烹飪技巧, 還學會尊重食材, 不要將大自然的贈予視為理所當然。後來, 他帶著這個理念到洛杉磯、巴黎和紐約發展。

2003年, Bombana移居香港, 七年後在香港開設自己的餐廳。他一直馬不停蹄: 位於香港中環心臟地帶的米芝蓮三星餐廳8½ Otto e Mezzo Bombana, 訂座經常一早爆滿; 2012年在上海開設第二家8½ Otto e Mezzo Bombana, 並於2017年首次推出的《上海米其林指南》內獲選為二星級餐廳; 2015年在澳門開業的第三間餐廳, 亦獲得《香港澳門米芝蓮指南》的一星肯定。





It's very important to show the new generation what we do – what the chef's world is. We must go out to the new generation

讓新一代知道我們所做的事情、認識廚師的世界，這點十分重要。
我們必須主動接觸新一代



在8½ Otto e Mezzo Bombana，這位大廚不斷以無窮的創意將傳統意大利菜推向極限，但萬變不離其宗，最重要的依然是以優質食材烹調真正的美食。

Bombana對松露的熱愛遠近馳名，餐牌上任何時候都有以黑松露入饌的菜式，但白松露對他來說擁有更特別的位置，部分原因可能是這種食材大部分來自意大利，尤以皮埃蒙特大區阿爾巴鎮郊區的作品最為著名。在10月中至12月白松露收成期間，熱愛白松露的饕客一定要到8½ Otto e Mezzo Bombana朝聖，品嚐Bombana特別炮製的白松露菜式。Bombana素有白松露之王美譽，擅長以簡單的食材襯托這種名貴菌，突顯其濃烈而獨特的味道。

除了前述的三家高級食肆，Bombana在香港也開設了兩間氣氛比較輕鬆隨意的餐廳。CIAK – In the Kitchen首先於2013年開業，同樣位於中環，自2015年起每年均獲得米芝蓮一星餐廳的榮譽。同品牌的第二家食肆CIAK All Day Italian則於2016年在香港島東的太古城開業，並於2017年獲米芝蓮「車胎人美食推介」殊榮。

「我一直渴望在頂級餐廳工作，所以便朝這方向走。不過就算預算不高，也可以做出可口美食。例如CIAK的

有機發酵薄餅，價錢不貴但非常美味，所以關鍵是把事情做好，不要只想著要成為星級名廚。」

雖然已擁有如此規模的飲食王國，但Bombana永遠不會滿足於現狀。他最近推出第三個餐飲構思——於今年7月開業的Octavium意大利餐廳，就是他探索新意念的地方。這家小巧精緻的餐廳，菜式會不時變換，有點像私房菜館與美食實驗室二合為一的空間。Bombana會在這裡嘗試各種新的烹飪概念，但用心烹調、對烹飪懷抱熱忱的核心理念不會改變。新餐廳與位於中環的8½ Otto e Mezzo Bombana只有舉步之遙，Bombana打算兩邊兼顧，而Octavium將會是他發揮創新烹調方法的好地方。

the majority are found in Italy, most famously in the countryside around Alba in Piedmont. When in season – white truffles are harvested from mid-October to December – 8½ Otto e Mezzo Bombana is a prime destination for truffle devotees, with Bombana, often hailed as the king of white truffles, offering special menus that showcase the coveted fungi alongside simple ingredients that allow its intense and distinct flavour to shine.

Aside from his three fine dining establishments, Bombana has opened less-formal eateries in Hong Kong. CIAK – In the Kitchen, also in Central, launched in 2013 and it has been awarded a Michelin star each year since 2015. A second location, CIAK All Day Italian opened in Taikoo Shing, to the east of Hong Kong Island, in 2016 and this eatery was awarded the Michelin Bib Gourmand in 2017.

"I had this passion that I wanted to be more in fine restaurants, so I followed this path, but you can do great food even if it's not very expensive. For example, at CIAK we do organic fermented pizza, which is very good and inexpensive, so the point here is to do something right," says Bombana. "Don't always try to be the superstar."

Never content to rest on his laurels, as the expansion of his culinary empire thus far has shown, Bombana has recently launched a third

Opposite: Aged ham, cheese and truffles are on the menu at 8½ Otto e Mezzo Bombana

This page: Chef Bombana with his beloved white truffles

對頁：陳年風乾火腿、芝士和松露都是8½ Otto e Mezzo BOMBANA常用的食材

本頁：名廚Bombana與他喜愛的食材白松露

concept. Octavium Italian Restaurant opened in July as a space in which Bombana can explore new ideas. A small and constantly-changing menu will be served from the private kitchen-like space that doubles up as an experimental culinary laboratory. Bombana hopes to employ some new concepts to present his cooking, but plans to stay true to his culinary philosophy which is cooking with heart and passion. Within walking distance of 8½ Otto e Mezzo Bombana in Hong Kong's Central, the chef aims to spend time in both establishments, with Octavium offering a prime opportunity to develop new and innovative ways of creating his acclaimed cuisine.

Bombana keeps busy in other ways, too. Having spent decades honing his skills, he is constantly sharing those skills with those around him, influencing the next generation of chefs in Asia, both within his own kitchens and outside them. The acclaimed chef recently hosted a culinary demonstration at the International Culinary Institute (ICI) – where five of his kitchen staff at 8½ Otto e Mezzo Bombana in Hong Kong are graduates from – joining an illustrious roster of culinary legends that includes Joan Roca from Spain's El Celler de Can Roca, Lanshu Chen of Le Mout in Taiwan, and Virgilio Martínez Véliz, whose flagship restaurant Central Restaurante is in Peru, as honorary advisors.

The chef demonstrated a selection of his most popular dishes from 8½ Otto e Mezzo Bombana, including his Mayura signature tenderloin, featuring his favoured ingredient in the form of truffle jus and “melanosporum” black truffle. He was helped in the kitchen by two members of his team, Steven and Eddie, both of whom are alumni of ICI.

“I’m so proud to be part of this,” Bombana says. “It’s very important to show the new generation what we do – what the chef’s world is. We must go out to the new generation.”

Having the opportunity to learn from one of the greats, with multiple Michelin stars to his name, is a privilege. But Bombana is keen to share that he is still learning, as should the next generation of top-flight chefs throughout their careers, whether they end up working in Michelin-starred kitchens or in any other of an enormous array of catering opportunities that exists. “You have to have a ‘wow’ every day,” the Italian says. “There’s always something. It’s a learning process, as is life.”

This page: Charles Reed, Group Managing Director, Asia's 50 Best Restaurants presents Bombana with the Lifetime Achievement Award

Opposite, clockwise from top: Dining room at 8½ Otto e Mezzo Bombana; Lemon Tart, Lemon Curd, Soft Meringue, Vanilla Ice cream; and Prawn Fettuccine, both at CIAK – In The Kitchen

本頁: Bombana從亞洲50最佳餐廳集團董事總經理Charles Reed手上接過終身成就獎
對頁上圖起順時針: 8½ Otto e Mezzo Bombana餐廳; CIAK – In The Kitchen餐廳的檸檬撻配檸檬醬、軟蛋白霜餅和雲呢拿雪糕, 以及大蝦意大利闊條麵

“You have to have a ‘wow’ every day. There’s always something. It’s a learning process, as is life.”

你每天都要發掘『驚歎』的事物, 總有什麼能令你驚歎的。
廚師工作跟人生一樣, 都是學習的過程



Bombana不僅忙著發展其飲食王國, 鑽研廚藝數十年的他, 也不時抽空跟身邊的廚師分享烹飪心得, 以及向亞洲區內的年輕廚師(對象並不局限於自家餐廳廚房裡的員工)傳授技藝。他與多位飲食界傳奇人物, 如西班牙餐廳El Celler de Can Roca的Joan Roca、台灣樂沐法式餐廳的陳嵐舒及於秘魯開設旗艦餐廳Central Restaurante的Virgilio Martínez Véliz, 均為國際廚藝學院的榮譽顧問。不久前, 這位知名大廚才於國際廚藝學院主持烹飪示範。

他當天示範了多道在8½ Otto e Mezzo Bombana大受歡迎的拿手好菜, 包括黑松露Mayura招牌臉頰肉(採用他喜歡的食材黑松露烹調, 以牛臉頰肉配黑松露汁和一片片的黑松露)等。在示範裡擔任助手的廚師之中, 也有兩位國際廚藝學院的畢業生——Steven和Eddie。事實上, 在8½ Otto e Mezzo Bombana的廚房裡共有五位ICI畢業的廚師。

Bombana說:「我很榮幸能擔當這角色。讓新一代知道我們所做的事情, 認識廚師的世界, 這點十分重要。我們必須主動接觸新一代。」

年輕廚師能夠有機會向擁有多顆米芝蓮星星的大師級名廚學習固然難能可貴, 但大師卻表示自己也仍然在學習當中, 並認為新一代的廚藝精英, 不管是躋身米芝蓮星級餐廳, 還是從事任何其他餐飲工作, 都應該畢生學習。他說:「你每天都要發掘『驚歎』的事物, 總有什麼能令你驚歎的。廚師工作跟人生一樣, 都是學習的過程。」

PORTRAIT BY MOSES NG; OTHER PHOTOS BY ASIA'S 50 BEST RESTAURANTS; 8½ OTTO E MEZZO BOMBANA; CIAK- INTERNATIONAL CULINARY INSTITUTE

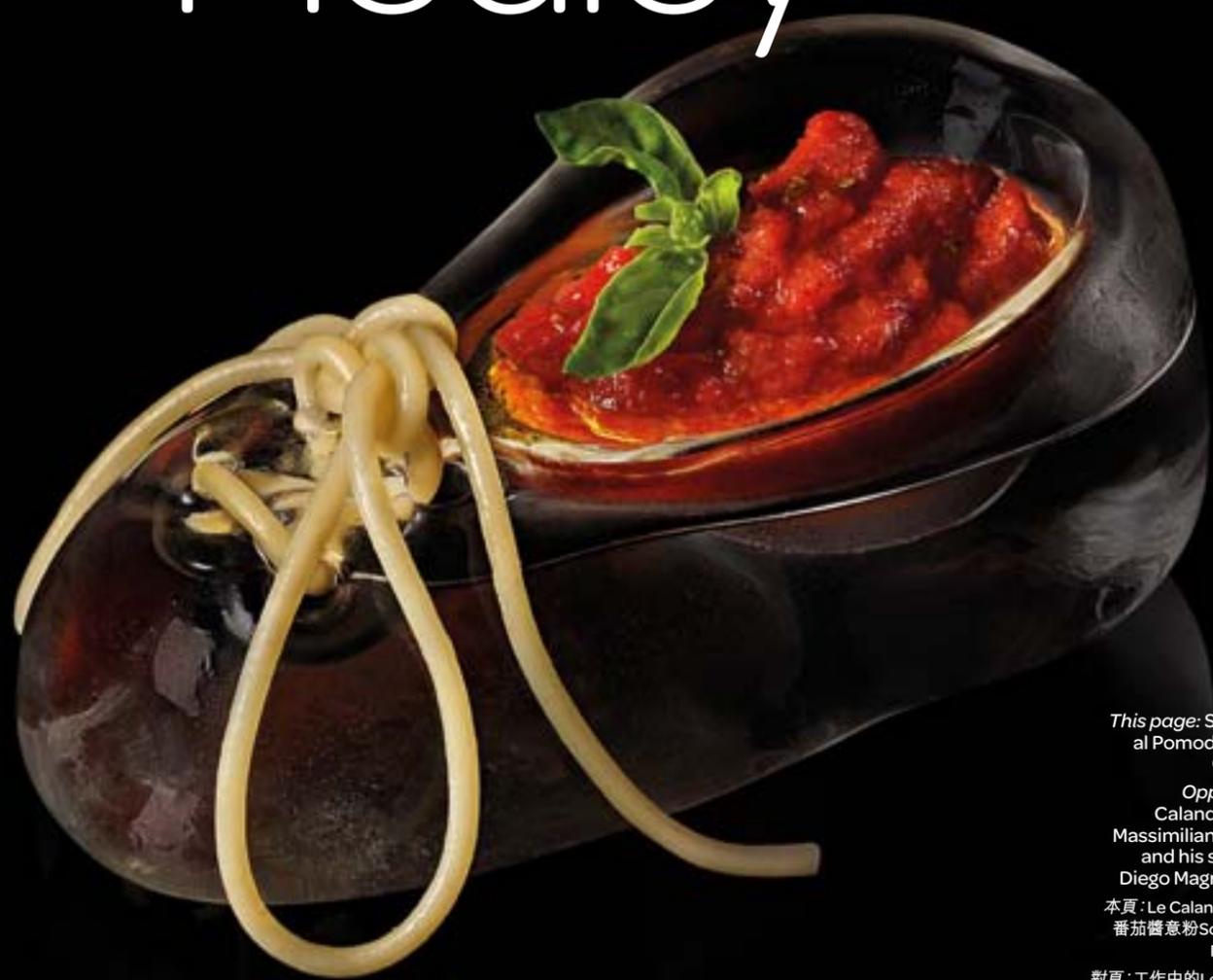


Taking in parts of Europe, Africa and the Middle East, a culinary tour of the Mediterranean reveals dishes that – while utilising many of the same core ingredients – also embrace incredibly varied, creatively complex and palate-pleasing regional influences. 地中海沿岸國家分佈於歐洲、非洲及中東地區，區內菜式雖然使用許多相同的主要食材，但同時又各具特色，富有地方色彩，展現非凡創意。 **By Juliana Loh**

Mediterranean

地中海 飲食地圖

Medley



This page: Scarpetta al Pomodoro at Le Calandre

Opposite: Le Calandre's chef Massimiliano Alajmo and his sous chef Diego Magro at work

本頁：Le Calandre餐廳的番茄醬意粉Scarpetta al Pomodoro

對頁：工作中的Le Calandre主廚Massimiliano Alajmo及副主廚Diego Magro



Getting fed on the Med



“Unlike many other ethnic cuisines, Mediterranean cuisine is not the product of a specific ethnic group or culture, rather it is a label referring to culinary trends shared by a diverse array of peoples that live in the region around the Mediterranean Sea,” says Antonello De Riu, consul general of Italy in Hong Kong. “There is a vast amount of cultural variance in cooking found in this geographic region. Many countries border the Mediterranean Sea, and many different food traditions are represented in these countries.”

While the Mediterranean has impressive gastronomic variety, many food-related characteristics are common to countries sharing its coastline: diets are dominated by fresh fruits and vegetables (plants and trees thrive in the rich soil and temperate climates), lean protein sources such as fresh seafood, and healthy fats like olive oil. Garlic, tomatoes, green vegetables and whole grains all play significant roles in Mediterranean fare. What’s more, while dietary trends come and go, Mediterranean cuisine has long been considered one of the healthiest, largely thanks to its focus on local, natural ingredients harvested at the peak of their seasonality. The cuisine is noticeably lacking in processed foods and animal fats, with olive oil – used almost universally across the Mediterranean – being the oil of choice for cooking and as a condiment.

Along the Mediterranean coastline, cuisines developed in parallel with the trade that flourished in and around major ports. “Traders exchanged cultural commodities like spices and other food goods, resulting in the wide dissemination of certain ingredients throughout the cuisines of these disparate peoples,” says De Riu. “It was through this form of cultural interaction that certain fundamental elements of Mediterranean cuisine became popular throughout the region. Although there are common elements that unify the cuisines of the Mediterranean, there are regional and cultural differences.”

Essentially, the culinary Mediterranean can be divided into three regions: southern Europe, the Levant and the Maghreb (though many people think only of Spain, Italy, France and perhaps Greece). “Southern European cuisine contains specific ingredients that distinguish it from the rest of Europe’s cooking traditions and other Mediterranean countries,” says De Riu. “Unlike in other Mediterranean cuisines, wine is a prominent element, both as a flavour enhancement in cooked dishes and on its own. Pork is also consumed more. Tomatoes, garlic, capers, anchovies, mustard, anise and pine nuts are used to flavour southern European dishes, and leavened breads, pasta and rice are staples.” Over the centuries, various nations and regions have added Mediterranean influences to their culinary traditions.



吃遍地中海

「地中海飲食有別於大部分其他地方菜系，並不是來自某個民族或文化，而是生活在地中海一帶、不同民族所奉行的飲食習慣。地中海沿岸有許多國家，每個國家都有各自的飲食傳統，區內包含許多不同的烹飪文化。」意大利駐港總領事 Antonello De Riu 道出地中海飲食的特色。

儘管地中海沿岸的飲食非常多元化，但有不少相同特徵：日常飲食以新鮮蔬果為主（當地土壤肥沃、氣候溫和，適合植物和樹木生長）、從新鮮海產等之中攝取無脂肪的蛋白質，以及從橄欖油中吸收有益的脂肪；另外，大蒜、番茄、綠色蔬菜和全穀物亦是地中海飲食的重要部分；此外，儘管飲食潮流來了又去，但主要採用土生、時令和天然食材的地中海飲食，長久以來一直被譽為全球最健康的飲食模式之一；地中海菜式不會採用加工食物或動物脂肪，差不多所有菜餚都是用橄欖油來烹調或調味。



地中海沿岸地方的菜式跟隨當地主要港口城市流行的買賣商品而演進，De Riu 解釋：「商人互相買賣地方特產如香料和食品，以致區內不同國家的人都在菜餚中使用某些相同的食材。透過這種文化互動，使地中海菜的基本元素得以在區內普遍流行。不過，雖然地中海一帶的飲食有共通的元素，但當中亦有區域及文化上的差異。」

提到地中海菜，許多人一般只會想到西班牙、意大利、法國和希臘，但基本上，地中海菜式可以劃分為三個大區域，那就是南歐、黎凡特和馬格里布。De Riu 表示：「南歐菜所採用的某些食材，是歐洲其他地方的傳統烹飪甚至其他地中海國家沒有的。有別於其他地中海菜式，葡萄酒是南歐烹飪的重要元素，可以用來煮食調味，亦可以單獨飲用。南歐國家比其他地中海國家更常以豬肉入饌，以番茄、大蒜、酸豆、鯷魚、芥末、八角及松子等豐富菜式的味道，並以發酵麵包、意大利粉和米飯為主食。」經過數個世紀的發展，不同國家和地區已將地中海的烹調特色融入自己的烹飪傳統。

The Spanish Innovation



In Llançà on Spain’s Costa Brava, chef Paco Pérez – who has five Michelin stars to his name – serves up his own spin on contemporary Spanish cuisine at his two-Michelin-starred Miramar restaurant. While Pérez’s food incorporates flavours of the Mediterranean, it is far from simple,

perhaps influenced by his internship with chef Ferran Adrià at now-defunct El Bulli restaurant, which was in roughly the same area. Pérez is renowned, for instance, for his innovative use of 3D printing, and yet while seafood purée might be printed onto a plate in a design impossible to create by hand, respect for local produce and quality of ingredients remain key.

Pérez has described his cooking style as “expressing the emotion of sea smells early one morning; uncovering the magic of a heavy storm; extracting the Earth’s soul from the sea; discovering the essence of flavours and textures ... Cooking with soul and taking dreams to new levels.” In short, his avant-garde dishes can only be fully understood within the context of the surroundings.



Opposite, from top to bottom: Chef Alajmo of Le Calandre; the view from Mirazur in France; La Betterave at Joël Robuchon Monte-Carlo

This page, from top to bottom: Langostino Thai; El Primer Verde, both at Miramar; the restaurant’s chef Paco Pérez

對頁上圖起：Le Calandre 餐廳主廚 Alajmo；法國 Mirazur 餐廳的景觀；Joël Robuchon Monte-Carlo 餐廳的紅菜頭菜式 La Betterave

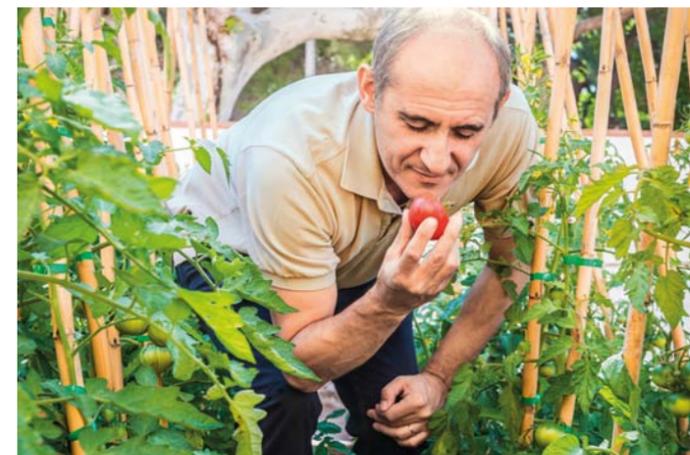
本頁上圖起：Miramar 餐廳的大蝦菜式 Langostino Thai 及以多種蔬菜、菇菌和鵝肝炮製的 El Primer Verde；餐廳主廚 Paco Pérez



出其不意的西班牙

迄今共獲得五顆米芝蓮星星肯定的大廚 Paco Pérez，現時在米芝蓮二星餐廳 Miramar 擔任大廚。餐廳位於西班牙布拉瓦海岸 Llançà 鎮，供應當代西班牙菜式。大概是因為曾在同樣位於布拉瓦海岸、現已停業的 El Bulli 跟隨名廚 Ferran Adrià 習藝，他的菜式雖然也呈現地中海的風味，但做法卻一點也不簡單。Pérez 以採用 3D 立體打印擺盤等創新意念著稱，但雖然 3D 打印技術可以把海鮮蓉打成人手沒法做到的形狀設計，但說到底最重要的還是對本地農產品的尊重及食材的質素。

Pérez 這樣形容自己的烹調風格：「重點是要表達清晨大海的氣息；揭示風暴的魅力；從海洋擷取地球的靈魂；發掘味道與質感的精髓……全心全意地烹調，把夢想提升至另一個層次。」簡而言之，想要徹底了解他的前衛菜式，就必須將周圍環境一併考慮。





Something Fishy in France

France's coastline with the Mediterranean is relatively short, but here one discovers examples of Mediterranean cuisine at its finest. Helmed by French chef Gérald Passedat, three Michelin-starred restaurant Le Petit Nice in the port city of Marseille, for instance, serves simple cuisine where flavours of the sea are distilled into every dish. With floor-to-ceiling windows offering views over the ocean to the horizon, the menu incorporates everything from anemones, urchins and crustaceans, to the freshest fish. "To love Marseille means to love the Mediterranean, inseparable from the city," says Passedat. "The Mediterranean is my sea garden."

The chef's mission is to rediscover species of fish that have been forgotten, and in a single year he might cook with as many as 65 different species. Passedat is perhaps best known for his bouillabaisse – a dish that originated locally and incorporates many types of fish in a stew that usually also features vegetables, olive oil and garlic. "The bouillabaisse, Marseille's emblematic dish," says Passedat, "is revealed in three levels: shellfish and girelles, followed by fish and crustaceans, lastly a whole fish from deeper waters basking in a light broth".

Le Petit Nice opened in 1917 and has been family-owned for three generations. Its menu is a reflection of the restaurant's surroundings – for decades the daily catch of local fishermen has been brought directly from boat to kitchen. The sunny Mediterranean coast also provides the fertile conditions required for other flavourful ingredients. "Vegetables are essential," says Passedat, "especially tomatoes, bay leaves and sage."

戀上法國鮮魚

比起其他地中海國家，法國毗鄰地中海的海岸線相對較短，但在當地卻可以找到最精緻的地中海菜式。位於港口城市馬賽的米芝蓮三星餐廳Le Petit Nice，現任大廚Gérald Passedat善用海葵、海膽、甲殼類海產和剛撈獲的鮮魚等各種來自大海的食材，將海洋的味道注入每道簡單菜式之中。餐廳裝設落地大窗，地中海美景一望無垠，Passedat表示：「喜歡馬賽就是喜歡地中海，兩者密不可分。地中海是我的海上後花園。」

這位法國大廚以發掘已被人遺忘了的魚類為己任，在一年內以多達65個不同品種的魚烹調佳餚。Passedat最拿手的菜式，大概是起源自馬賽，把不同種類的魚跟蔬菜、橄欖油和大蒜一起煮成的馬賽魚湯。他解釋：「馬賽魚湯是代表馬賽的菜式，有三個層次：最上面是貝類海產及隆頭魚，然後是魚及甲殼類海產，最後是整條深海魚浸在清湯之中。」

Le Petit Nice在1917年開業，由Passedat家族經營，已傳至第三代，餐廳的菜式反映了當地的環境特色。數十年來，餐廳採用的海產都是由當地漁民的漁船直接送到餐廳。此外，地中海一帶陽光充沛，土壤肥沃，為其他美味食材提供良好的生長條件。Passedat強調：「蔬菜是必需的，特別是番茄、月桂葉和鼠尾草。」



This page, from top to bottom: Le Petit Nice; Poissons du Sud at Le Petit Nice; the restaurant's chef Gérald Passedat
本頁上至下：Le Petit Nice 餐廳及其名為Poissons du Sud (南方的魚)的菜式；餐廳主廚Gérald Passedat



Distinctive Monaco and Menton

A three-hour drive eastward from Marseille, in the coastal principality of Monaco, French chef Joël Robuchon runs two-Michelin-starred restaurant Joël Robuchon Monte-Carlo. Offering panoramic views out to sea from its setting within the luxurious Hôtel Métropole Monte-Carlo, the restaurant serves up Mediterranean-accented fare, Robuchon's menu combining high-quality fish with the freshest local vegetables, from juicy tomatoes and purple artichokes to aubergines and beetroot. A vegetarian menu also makes the best of seaweed, chickpeas, seasonal fruits and grains common to Mediterranean cuisine.

Once a part of Monaco, the French town of Menton lies just a few kilometres further up the coast and shares a microclimate with the principality that is particularly advantageous to growing citrus fruits. The world-famous Menton lemon is a key ingredient, along with olive oil, at Mauro Colagreco's two Michelin-starred Mirazur restaurant in the town, lending dishes a lightness and freshness.

"Mirazur's cuisine is an expression of the Mediterranean cultural eating lifestyle," says Colagreco. "My dishes are the result of a balance of different ingredients such as fresh seasonal vegetables cultivated in my sea-facing vegetable garden, and working with local fishermen from the Ligurian sea who practise sustainable fishing. Finally, our menu consists of meat and cheese from local producers. I try to exalt each key ingredient in different ways according to the natural rhythm of earth and sea. Flavourful surprises are always around the corner."



Clockwise from top left: chef Joël Robuchon helms the Chef's Table at Joël Robuchon Monte-Carlo; his Le Thon en Tartare aux Poivrons Rouges Confits à la Bergamote et au Jambon; chef Mauro Colagreco of Mirazur; Colagreco's Salade de Betterave
左上圖起順時針：Joël Robuchon在Joël Robuchon Monte-Carlo餐廳主持的廚師餐桌；他以吞拿魚、紅椒、佛手柑和火腿炮製的Le Thon en Tartare aux Poivrons Rouges Confits à la Bergamote et au Jambon；Mirazur主廚Mauro Colagreco及其紅菜頭沙律

與別不同的摩納哥與法國小鎮芒通

毗鄰地中海的摩納哥公國位於馬賽東面，相距約三小時的車程。法國名廚Joël Robuchon在蒙地卡羅的米芝蓮二星餐廳Joël Robuchon Monte-Carlo設於Métropole Monte-Carlo酒店之內，窗外是一望無際的海景。餐廳的廚師以最優質的鮮魚，以及紫色洋蔥、茄子、紅菜頭和多汁的番茄等新鮮本地蔬菜，炮製出具地中海風味的美食。餐廳亦提供素食菜式，大量採用海藻、鷹咀豆、時令水果，以及地中海菜式常見的穀物。

由摩納哥沿岸往東走數公里，可到達曾是公國一部分的法國小鎮芒通。當地擁有與摩納哥一樣的微氣候，特別適合種植柑橘類水果。小鎮上由名廚Mauro Colagreco坐鎮的米芝蓮二星餐廳Mirazur，常採用舉世知名的芒通檸檬和橄欖油入饌，讓菜式保持輕怡清爽。

Colagreco說：「我的菜式平衡了多種食材的風味，採用在我面向大海的圓圍種植的新鮮時令蔬菜，向在利古里亞海以可持續發展方式捕魚的漁民採購的漁獲，以及跟本地農人購買的肉類和芝士炮製，展現地中海的飲食生活文化。我嘗試按大地及海洋的自然定律，以不同的方式提升主要材料的味道。每次新嘗試都總會獲得令人驚喜的味道。」



The Tastes of Italy



“Lightness, depth of flavour and colour” are key to Italian food, says Massimiliano Alajmo, who became the youngest chef ever to be awarded three Michelin stars when at just 28 years of age his restaurant Le Calandre in Padua received the honour. “Mediterranean cuisine is kissed by the sun and by the light.”

Each Italian region has its own culture, history and landscape, and this individuality is expressed in its cuisine. For Alajmo, quality “ingredienti” are at the heart of everything, as evidenced in his cookbook *In.gredienti*, which reveals how produce not only impacts the palate, but also the emotions. Alajmo is an adherent to Italy’s “slow food” philosophy, cooking only with local produce. “We are in love with the products of our land and the artisans that we work with from across Italy,” the chef says. “We use olive oil and wheat from Sicily, balsamic vinegar from Modena, local fruit and vegetables, fish from the Adriatic and Mediterranean seas, squab from Tuscany, beef from Piedmont, beans from Lazio, pasta from Abruzzo ... We try to tell the story of Italy and all of its nuances through the food we serve.”

As well as familiar spices and herbs common to the region, Alajmo makes use of lesser-known indigenous ingredients such as hop shoots, wild asparagus and rampion bellflower, as well, of course, as the Mediterranean staples of seafood, tomatoes, cucumber, aubergine, beetroot, courgette, celery and olives.

This page, clockwise from top left: Le Calandre kitchen; and dining room; Chef Alajmo; his Fried Langoustine Rolls

al Limone, Radicchio e Mela at Le Calandre
 本頁左上圖起順時針：
 Le Calandre 餐廳的廚房及用餐區；廚師 Alajmo 及其拿手好菜炸小龍蝦卷
 對頁右上圖起順時針：
 Yotam Ottolenghi；
 烹飪書《Ottolenghi: The Cookbook》裡提到的燒茄子菜式；Le Calandre 餐廳以大蝦、檸檬、蘋果和菊苣炮製的佳餚



尋味意大利

在意大利帕多瓦市Le Calandre餐廳擔任主廚，於28歲之齡成為最年輕米芝蓮三星大廚的Massimiliano Alajmo認為：「清爽、富深度的味道和色彩」就是意大利菜的特色，而「陽光充沛、日照充足造就了地中海的美味佳餚」。

意大利每個地區都有自己的獨特文化、歷史和地理風景，這些特色都反映在各自的菜式當中。對Alajmo而言，不管是什麼菜式，重點都是優質食材。他撰寫的烹飪書《In.gredienti》也貫徹此觀點，指出食材不單影響味道，也會左右人的情緒。Alajmo推崇意大利的慢食哲學，只會使用本地農產入饌。他說：「我們熱愛意大利出產的食材及與我們合作的意大利匠人。我們採用西西里島的橄欖油和小米；摩德納的黑醋；本地蔬果；亞得里亞海和地中海的漁獲；托斯卡尼的乳鴿；皮埃蒙特的牛肉；拉素的豆類；阿布魯佐的麵條……我們嘗試透過餐廳供應的菜式，訴說意大利的故事及其精髓。」

除了區內常見的香料和香草外，Alajmo也會採用一些較少人知的本土食材，如啤酒花芽、野生蘆筍和圓葉風鈴草。當然還有一系列地中海常用的食材，如海產、番茄、青瓜、茄子、紅菜頭、夏南瓜、西芹、橄欖等。

OTTOLENGHI FOOD IMAGE BY RICHARD LEARROYD

The Heavenly Levant

Levantine food, found in Turkey, Syria, Lebanon, Israel and Palestine, is a fusion of regional styles and Mediterranean influences

In the Levant, dairy features, with yogurt and fresh cheeses such as feta and halloumi finding their way into various dishes. Lamb, mutton, poultry and goat are familiar proteins, prepared whole and grilled, skewered for kebabs, or ground for dishes such as kibbeh. Akin to a meatball, kibbeh also incorporates bulgur wheat, a cereal common to Levantine cuisine and one that is perhaps best known for its role in tabouleh, a vegetarian dish that’s heavy on parsley. Chickpeas also feature, often as a meat substitute.



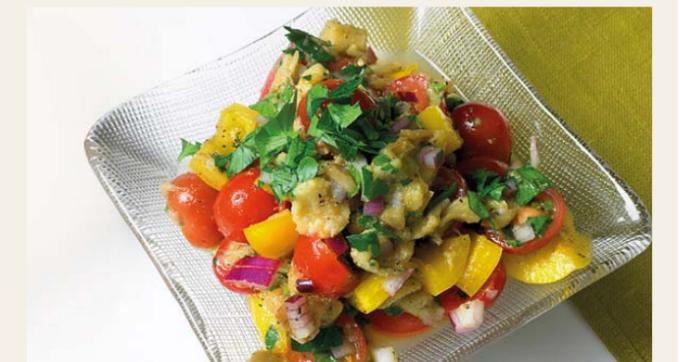
Again, olive oil and a multitude of vegetables prevail, as well as spices found in North Africa. What’s more, sweeter produce makes its way into dishes, with dried fruits, pomegranates and apricots featuring. As acclaimed chef and restaurateur Yotam Ottolenghi writes in the introduction to classic tome *Ottolenghi: The Cookbook*, “If you don’t like lemon or garlic ... skip to the last page.” He added that in his part of the world (he hails from Israel), “we make the best of what we have and don’t interfere with it too much. We keep food as natural as possible, deliberately avoiding complicated cooking methods ... to maintain the freshness of a dish.”

非凡黎凡特

黎凡特區包括土耳其、敘利亞、黎巴嫩、以色列和巴勒斯坦，這些地方的烹飪風格富地方色彩之餘亦受地中海飲食所影響

黎凡特地區的菜式喜歡採用乳酪和新鮮芝士如菲達芝士和哈羅米芝士等，蛋白質來自羔羊、羊肉、家禽、山羊等，通常以原隻燒烤的方法烹調，或做成串燒、炸小麥片肉碎丸子。小麥片是黎凡特菜式中常見的穀物，大量使用歐芹的塔布勒素菜沙律中就含有小麥片。鷹嘴豆亦見於各類菜式，經常用來代替肉類。

該區的菜式同樣採用橄欖油和大量各式蔬菜，以及來自北非的香料。還有就是，當地菜式亦會採用一些較甜的農作物如乾果、石榴和杏子。著名廚師兼餐廳老闆Yotam Ottolenghi在其烹飪書《Ottolenghi: The Cookbook》的簡介中寫道：「如果你不喜歡檸檬或大蒜……可以翻到最後一頁。」來自以色列的他又補充，在他身處的世界，「我們善用最好的食材，盡量不去干擾它，保留其自然風味，避免複雜的烹調方法……藉此確保菜式清新可口。」



The Greek Perspective

“The Greek diet is regarded as one of the healthiest in the world because it’s based largely around fruit and vegetables, whole grains, fish, cheese and yoghurt,” says Ioannis Maloukos, consul general of Greece to Hong Kong. “Non-meat protein sources in the form of beans and legumes such as fava, split peas, and lentils are also popular staples, usually used in soups, stews and salads.”

The humble Greek Salad, known at home as a village or country salad, is typically Mediterranean, incorporating fresh vegetables, olives and feta cheese, and dressed with olive oil. Some take it up a notch or two, as at acclaimed two Michelin-starred modernist restaurant Funky Gourmet in Athens, where Greek salad granita is a signature dish, the tomato, cucumber, feta and olive enjoyed in the form of a frozen dessert.



“There are also significant differences between the Greek diet and the Mediterranean one as to the quantities of the ingredients used,” says Maloukos, referencing the fact that Greece’s average consumption of virgin olive oil is significantly higher than that in other Mediterranean countries. In 2014, per capita olive oil consumption in Greece was more than 16kg a year, with the next biggest consumer, Spain, consuming just 10kg per person, followed by Italy, Portugal and Cyprus. 🇬🇷



希臘任務

希臘駐港總領事Ioannis Maloukos表示：「希臘的飲食以水果、蔬菜、全穀物、魚、芝士和乳酪為主，並且經常使用含豐富非肉類蛋白質的豆類及豆科植物，如蠶豆、乾豌豆和扁豆等來煮湯、燉菜和做沙律，因此被喻為是全球最健康的飲食習慣之一。」

簡樸的希臘沙律，在當地又稱為鄉村沙律，是該國最富地中海特色的菜式，食材包括新鮮蔬菜、橄欖及菲達芝士，再澆上橄欖油。不過，有些廚師總喜歡為這道傳統菜式加添新意，雅典知名米芝蓮二星摩登希臘餐廳Funky Gourmet，就將番茄、青瓜、菲達芝士和橄欖等做成希臘沙律沙冰，成為餐廳其中一道招牌菜。

Maloukos又指出：「希臘飲食與地中海飲食的最大分別是食材分量。」他所指的是，希臘的初榨橄欖油平均消耗量遠較其他地中海國家為高。在2014年，希臘每年的橄欖油人均食用量高於16公斤，排第二位的西班牙，人均食用量只有十公斤，其次是意大利、葡萄牙、塞浦路斯。🇬🇷

This page, from top to bottom: Chefs Georgianna Hiliadaki and Nikos Roussos of Funky Gourmet; the restaurant in Athens; their Choco Bomb!

Opposite, clockwise from top right: Chef, restaurateur and author Sameh Wadi; Steamed Clams with Arak; Blood Orange Salad with Oil-cured Black Olives and Mint, both from *The New Mediterranean Table* by Sameh Wadi

本頁上至下：Funky Gourmet餐廳的廚師 Georgianna Hiliadaki 和 Nikos Roussos；位於雅典的 Funky Gourmet；以及餐廳的特色甜點朱古力炸彈

對頁右上圖起順時針：廚師、餐廳東主兼作家 Sameh Wadi；Wadi 的著作《The New Mediterranean Table》(新地中海餐桌)裡提到的 Arak 酒蒸蜆，以及血橙沙律配油浸黑橄欖與薄荷

The Marvellous Maghreb

Known for its creative use of spices and slow-cooking methods, the food of the Maghreb – the coastal part of north Africa, including Libya, Algeria, Morocco and Tunisia – also displays typical Mediterranean characteristics

On the coast of North Africa, the cuisine is set apart by an abundant use of spices. Cumin, coriander, saffron, cinnamon, cloves, chillies and paprika add warmth and depth of flavour. Harissa and ras el hanout are two fiery spice mixtures used predominantly in Moroccan cuisine, lending a characteristic heat to stews and sauces. Sweet, dried fruits, such as dates, apricots and raisins make frequent appearances, while preserved lemons add a distinctive salty, brined pungency. When it comes to grains, couscous is popular and it often accompanies a variety of slow-cooked stews and meat dishes.

Palestinian-American chef, restaurateur and author Sameh Wadi previously ran successful restaurant Saffron in Minneapolis in the US that was “heavy on the north African and Levantine influences,” reflecting his cultural



FUNKY GOURMET IMAGES BY KATERINA ANGERINO; SAMEH WADI FOOD IMAGES BY MATT LIEN

heritage. “To me, Mediterranean cuisine is about coaxing complex flavours and harmonising ingredients to make robust dishes,” says Wadi, who now runs the company Spice Trail, which toasts, grinds and blends its own spices. “One of the main pillars is the use and balance of intricate spices. I like to weave bold flavours and spices from the old world with local ingredients while using both classic and current techniques to create dishes that capture this essence.” While spices are central to Wadi’s distinct style of cooking, the social and communal aspects of his approach are key to its success. “The true heart and soul of Mediterranean food,” the chef says, “comes from the people that are around you while you cook and eat.”

馬格里布

位於北非的地中海沿岸地區馬格里布，包括利比亞、阿爾及利亞、摩洛哥及突尼西亞等國家，該區菜式以充滿創意的香料運用和慢煮方法聞名之餘，亦充分展現地中海飲食的特色

北非地中海沿岸地區的烹飪特點是大量使用香料，如小茴香、芫荽、番紅花、肉桂、丁香、辣椒和辣椒粉等，來增加菜式的香辣味，以及令菜式味道更濃。摩洛哥菜經常使用極度辛辣的哈里薩和ras el hanout兩種混合香料，令燉菜和醬汁都有很突出的辣味。帶甜的乾果如棗子、杏脯和提子乾等亦常常被拿來入饌，醃檸檬則為食物加添獨特而濃烈的鹹味。庫斯米是北非最普遍使用的穀物，通常用來配搭燉煮和肉類菜式。

美籍巴勒斯坦大廚Sameh Wadi是餐廳東主兼作者，曾經在美國明尼阿波利斯開Saffron餐廳，其菜式「深受北非和黎凡特飲食文化的影響」，反映



出他的文化傳承。Wadi現時經營香料公司Spice Trail，自行烘焙、研磨和混合香料出售。他表示：「對我來說，地中海菜是如何糅合複雜的味道，以及平衡不同食材，炮製味道濃郁的菜式。其中一個重點是使用味道錯綜複雜的香料，而且各種香料的分量要恰到好處。我喜歡在本地食材中加入來自舊世界的獨特味道和香料，並以傳統及現代的烹調技巧，炮製出能帶出這種風味的菜式。」Wadi別樹一幟的烹調風格以香料為中心，但良好的社交技巧和人際關係才是他的成功關鍵。他說：「地中海飲食文化的精髓和靈魂，其實是與你一起烹調及分享這些美食的人。」



A natural but mysterious process, its secrets handed down through generations, fermentation can preserve food and boost human health while opening up a world of exciting new flavours. 發酵是天然而神秘的過程，方法代代相傳。它不但能夠保存食物，而且對身體健康大有裨益。透過發酵，更可以製作出百味紛陳的美食。 **By Mamie Chen**

The fermentation 細說發酵 game

Every year, on the spring day known in the ancient Chinese calendar as Guyu, or “Grain Rain”, families in chef Leung Fai-hung’s hometown of Xiqiao in Guangdong begin the annual tradition of making winter melon water. At precisely 5am, they pack pieces of sun-dried winter melon into large clay pots, which are then left covered and undisturbed in cool, well-ventilated corners of their homes. After a year, a thick, fluffy layer of white mould will have formed, and will then be carefully removed to reveal the precious, fermented winter melon water below. The colour of tea and cloudy with particles, the water still tastes faintly of melon. It can be enjoyed alone or used in congee, but it is mainly valued for its cooling effects on internal heat.

Leung is executive chef at Hoi King Heen in InterContinental Grand Stanford Hong Kong, and a graduate of the Chinese Culinary Institute’s Master Chef Course in Chinese Cuisine. When he returns to his hometown for Ching Ming Festival, he always enjoys his mother’s winter melon water, though some years the brews are not as successful as in others. As no one in Xiqiao really understands the science behind fermentation, they rely on wisdom handed down through generations. “We don’t know where the mould comes from, but we know that we have to pack the winter melon at a particular time on a particular day, and then we just have to have faith,” Leung says. “But the basic rule is to never let the mould drop into the water. If the mould touches the water, it won’t keep any longer and it is ruined.”

Fermentation is a natural phenomenon that has long preceded human intervention, and happens when microbial forms of bacteria and fungi interact with their surrounding environment, thereby transforming ripe fruit into alcohol and dried winter melons into mould-covered winter melon water. Within the context of cooking, fermentation can be understood as the deliberate manipulation of environmental conditions to encourage the growth of certain organisms while simultaneously discouraging the growth of others.

原籍廣東西樵的大廚梁輝雄師傅表示，每年春季穀雨（二十四節氣之一）當天，其家人都會跟從傳統習俗自製發酵冬瓜水。他們在清晨五時正把冬瓜片乾放進大瓦埕內，然後密封埕口，放在家裡的陰涼處。一年後再打開，表面便結了厚厚一層白色的黴菌。將黴菌小心清理掉，便會剩下經過發酵分解的珍貴冬瓜水。發酵後的冬瓜水帶茶色，水質混濁，有不少沉澱物，帶有淡淡的冬瓜味道。冬瓜水可淨飲，或用來熬粥，主要具有清內熱的效用。

梁輝雄師傅是中華廚藝學院大師級中廚師課程畢業生，現時於香港海景嘉福洲際酒店海景軒任職總廚。他每年清明節都會回鄉祭祖，有機會喝到母親自製的冬瓜水。不過每年喝到的冬瓜水都有所不同，有些年份品質會強差人意。在西樵，根本沒有人真正明白整個發酵過程的原理，只能依賴代代相傳的古老傳統如法炮製。梁師傅說：「我們不知道黴菌從何而來，只知道在指定日子指定時間把冬瓜片封存，然後安心等待。不過千萬不能讓黴菌掉到冬瓜水裡，一旦沾到，整埕冬瓜水就會壞掉，只好報銷。」

發酵是天然現象，其後人類發展出以人工進行發酵的方法。當細菌和真菌等微生物與周圍環境產生互動，便會自動發酵，把熟透的水果變為酒精，或是把冬瓜乾分解為鋪了黴菌的冬瓜水。在烹飪方面，發酵代表適當利用環境因素，催化某些有機微生物生長，而同時又遏抑其他微生物增長的過程。

在嚴寒的地方，農作物生長時間有限，人們可以利用發酵方法保存食物，積穀防饑。而在熱帶國度，發酵有助延長食物的保存期限，以免它們迅速變壞。

發酵除了用來保存食物外，還可以有效地去除部分食物的毒性，確保食用安全。舉例說，木薯莖經過發酵後，證實能大大減少當中的氰化毒。另外，發酵過程中產生的酸化細菌，可以抑制食物中的病原體，以可能受污染的牛奶製成的熟成硬芝士就是最佳例子。



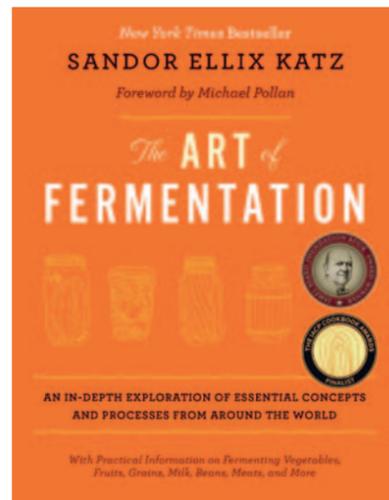


This page, clockwise from above: Fermented sauces at Hoi King Heen; the restaurant's chef Leung Fai-hung; his Roasted Chicken with Preserved Bean Curd Sauce; and his Braised Chicken with Dried Winter Melon, Lotus Seeds and Black Fungus; *The Art of Fermentation* by Sandor Katz;

Opposite, from top to bottom: Microbiologist-turned-chef Paul Greening of Aqua Kyoto; his Spiced Soft Shell Crab with Yama Gobo Slaw, Katsuobushi Floss

本頁上圖起順時針：海景軒的發酵醬料；總廚梁輝雄及其招牌菜南乳吊燒雞與以傳統發酵的磨鼓醬炮製的冬瓜乾蓮子雲耳醬雞煲；Sandor Katz所著的《The Art of Fermentation》

對頁上及下：微生物學家轉職Aqua Kyoto餐廳大廚的Paul Greening及其辣軟殼蟹配山牛蒡和鯉魚



In cold climates with limited growing seasons, fermentation is key to human survival, allowing the preservation of foods during times of abundance to ensure supply during periods of scarcity. In hot climates, fermentation extends the shelf life of foods that would otherwise rapidly deteriorate.

Beyond preservation, fermentation can detoxify certain hazardous foods and render them harmless. Fermentation has been demonstrated to significantly reduce levels of poisonous cyanogens in cassava roots, for instance. Acidifying bacteria that proliferate during fermentation can also inhibit survival of foodborne pathogens, as is the case with aged, hard cheeses made from potentially contaminated raw milk.

For chefs, fermentation opens up a world of flavours, aromas and textures. Wine and beer, sauerkraut and kimchi, cheese and yogurt, miso and soy sauce, sourdough bread, salami, chocolate, coffee, tea ... the list goes on and on, but a great tragedy lies in the growing disconnect between ancient fermentation traditions and modern society.

Even Leung does not ferment his own foods in the Hoi King Heen kitchen because of Hong Kong's strict food-preparation regulations. His casserole dish of Braised Chicken with Dried Winter Melon, Lotus Seeds and Black Fungus features a special yellow-bean paste that he sources from Xiqiao, where his old neighbours still follow time-tested methods at home. While Leung and his friends in Xiqiao value the authentic flavour of the homemade yellow-bean paste, it remains to be seen whether the next generation will be willing to put in the time and effort required, or settle for more convenient, store-bought versions. "Fermentation can be quite time-consuming," Leung says. "Once you begin the process, it can be like nurturing your own baby. You have to take care of it and monitor its progress."

HOI KING HEEN FOOD IMAGES BY MOSES NG

American food writer Sandor Katz, the bestselling and award-winning author of the books *Wild Fermentation* and *The Art of Fermentation*, is a self-described fermentation revivalist who has travelled the world holding hundreds of food-fermentation workshops. "The products of fermentation have had enduring popularity in all cultures and cuisines, but the fermentation process itself has not continued to be a direct part of people's lives," he says. "This has happened during a period that I call 'the war on bacteria', when bacteria was associated with danger and disease and death. People developed a generalised anxiety about microorganisms, so now people project a lot of fear onto the fermentation process."



People are more experimental these days, which allows you to play with different flavours

大家現在比較願意嘗新，我們也因此可以大膽

試驗不同的口味

— Paul Greening

對廚師來說，發酵是寶藏，可以誘發不同的味道、香氣和質感。葡萄酒和啤酒、酸菜和泡菜、芝士和乳酪、味噌和醬油、酸種麵包、莎樂美腸、朱古力、咖啡、茶等等，均是透過發酵所得的美食，發酵食物之多不勝枚舉。然而現代社會已漸漸摒棄古老的發酵傳統，實在令人惋惜。

香港法例對食物準備有嚴格的要求，梁師傅不能在海景軒自行發酵食物，但他以冬瓜乾、蓮子和雲耳烹調的布衣醬雞煲，卻採用了西樵同鄉根據古老方法發酵的磨鼓醬。梁師傅及他在西樵的朋友都十分珍惜這種自製磨鼓醬的地道真味，然而下一代會否願意花費時間和心力自製醬料，還是會為了方便購買現成的代替，則難說了。梁師傅說：「發酵過程相當花時間，一旦開始後，就像養兒育女一樣，要悉心照顧，不斷監察整個過程。」

著有《Wild Fermentation》及《The Art of Fermentation》等暢銷得獎作品的美國美食作家Sandor Katz，自言要復興發酵技術，並不惜走遍全球開辦數以百計的發酵工作坊。他表示：「發酵食物在所有文化和菜式中一直深受歡迎，但發酵過程卻從日常生活中消失。這是我稱為『細菌之戰』時期的影響，其時將細菌與危險、疾病和死亡連在一起，人們因此對微生物產生憂慮，以致今天大家也對發酵過程敬而遠之。」

事實上，乳酸發酵是保存蔬菜的其中一個最安全的方法。從微生物學家轉職倫敦Aqua Kyoto大廚的Paul Greening指出：「正常來說，細菌於酸鹼值4.5度的環境便會死亡。」他以北極伊努伊特人把食物存放於海豹肚子內為例子，「這方法聽來很危險，但只要儲存得當，海豹肚子內的乳酸會殺光細菌。」

Katz和Greening承認肉食發酵有一定的難度，因為生肉難免有風險，但Katz強調：「只需掌握安全之道便可以，情況並非那麼複雜。通常自製沙樂美腸的人，都是跟隨祖父母學習的鄉郊居民。他們根本不需要明白微生物層面的科學原理，只需要記住成功的製作方法便可。」



In reality, lactic-acid fermentation is one of the safest ways of preserving vegetables. "Normal bacteria dies at a pH level of 4.5," says Paul Greening, a microbiologist-turned-chef at Aqua Kyoto in London, who references the Inuit practice of storing food in a seal's gut. "It sounds dangerous, but lactic acid in the seal gut kills the bacteria when stored correctly."

Katz and Greening acknowledge that meat fermentation can be trickier because of risks inherently associated with raw meat, but Katz stresses, "You just need to have an understanding of the parameters of safety, which aren't that complex. Often the people making salami are the most rural folks who learned it from their grandparents. They don't necessarily have an understanding of the science of what's going on at a microbiological level. They just understand what they have to do to make it work right."

Ironically, through over-prescription of antibiotics and the routine sanitisation of food and water, the war on bacteria has indiscriminately killed "good" bacteria in and around our bodies along with the "bad," much to the detriment of our general health. Studies now show that eating live-culture foods rich in bacteria can help restore biodiversity in the gut to support digestive health, stimulate the immune system and even improve mental health and general well-being.

The public's renewed interest in probiotic foods coincides with a revival of interest in fermentation among professional chefs. Judy Joo, owner and chef of modern Korean restaurant Jinjuu, which has two outlets in London and one in Hong Kong, had a head start, spending countless hours in her childhood making kimchi at home with her family. "There are actually over 189 official varieties of kimchi," she says, "and every family has their own recipe." Nowadays, Joo continues to experiment with kimchi, as well as the traditional triumvirate of Korean cooking: ganjang (soy sauce), gochujang (chilli paste) and doenjang (soy-bean paste). "We often combine western herbs and spices into our mixes and add different twists," she says.

"People are more experimental these days, which allows you to play with different flavours," Greening says of his modern Japanese cuisine at Aqua Kyoto, where he has leveraged his scientific background when experimenting with new ingredients, lacto-fermenting fruits and flowers, and making miso out of acorns. "I did a soy sauce a few years ago using grasshopper – using a protein base instead of a soy base. It went really well, but you need a lot of grasshoppers! I suppose I could make it with cockroaches. Would you try that if I did?"

Katz remains devoted to sauerkraut, the product of his first foray into fermentation. Since visiting China earlier this year, he has begun introducing new seasonings and spices like liquorice, star anise and Sichuan peppercorns, which have given a new flavour profile to his sauerkraut. He has also derived a lot of pleasure from growing *kōji*, the Japanese mould that is used to make miso, sake and other foods and drinks. "If you had told me 25 years ago that I would be talking about growing a fungus as enchanting, I would have thought that was absurd," Katz says. "But I really think it is a beautiful process with a unique aroma. There is a lot of magic to it." 🍄

📖 The products of fermentation have had enduring popularity in all cultures and cuisines, but the fermentation process itself has not continued to be a direct part of people's lives 發酵食物在所有文化和菜式中一直深受歡迎，但發酵過程卻從日常生活中消失 📖
– Sandor Katz

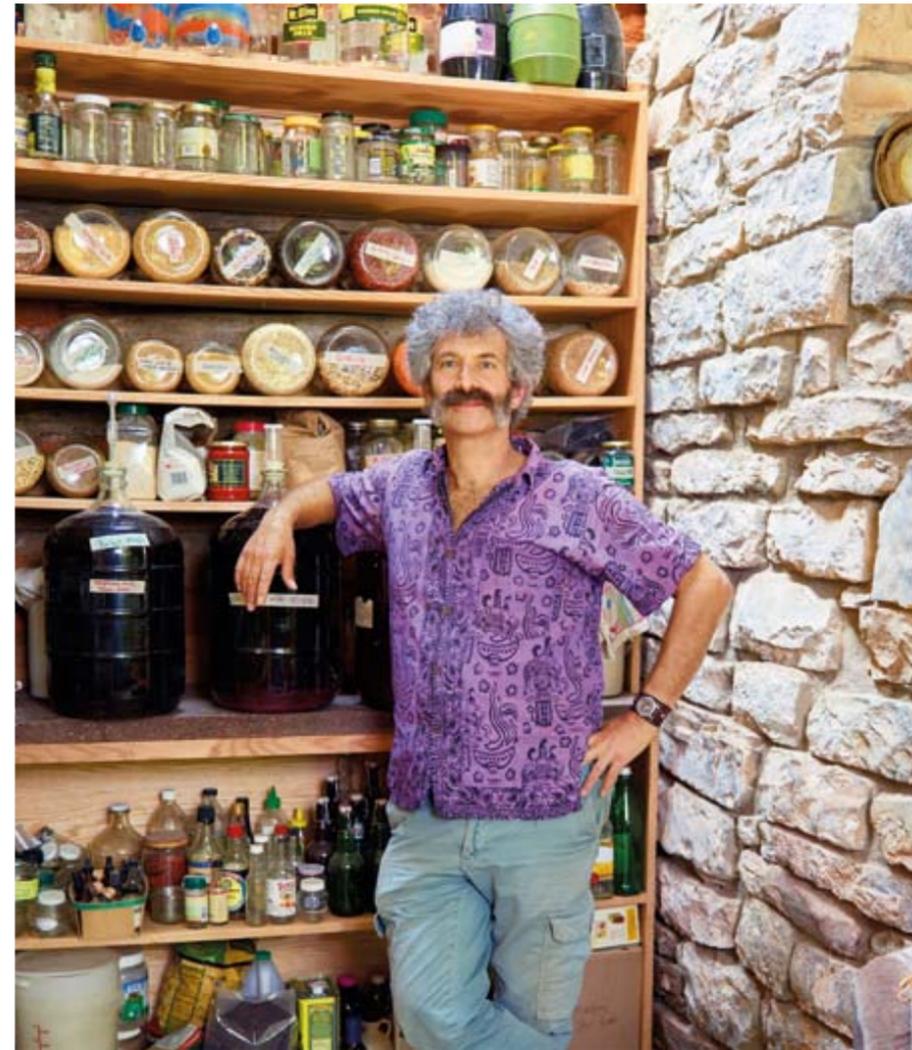


諷刺的是，濫用抗生素和消毒食物和食水的行為，令細菌之戰在擊退「壞」菌之餘，同時也把我們身體內的「好」菌一併消滅，反而對健康構成損害。目前的研究顯示，享用含大量細菌的活菌食物有助恢復腸胃內的生物多樣性，保持腸胃健康，刺激免疫系統，甚至全面改善身心的健康狀況。

公眾對益生菌食物重燃興趣，專業廚師也正好在此時重新關注起發酵美食。在倫敦有兩間分店、早前在香港開業的摩登韓國餐廳Jinjuu，其東主兼名廚Judy Joo自小已花了不少時間與家人一起自製泡菜，經驗豐富。她說：「其實泡菜起碼有189個正式種類，每個家庭都有自己的一套醃製方法。」Joo目前繼續嘗試醃製不同的泡菜，以及炮製傳統韓國三寶——醬油、辣椒醬和大醬。她表示：「我們不時在醬內混合西方的香草和香料，增添不同的變化。」

Greening談到他在Aqua Kyoto的現代日本料理時說：「大家現在比較願意賞新，我們也因此可以大膽試驗不同的口味。」他運用自己的科學背景，嘗試各式新食材，如乳酸發酵水果及花，還以橡果調製味噌。「我在數年前曾經以草蜢製醬油，以蛋白質代替黃豆作為醬油的基本材料，效果非常理想，但卻需要大量草蜢！我覺得可以改用蟑螂，如果真的成事，你會試吃嗎？」

Katz則繼續研究酸菜，這是他首次用作試驗發酵技術的食品。他在今年初造訪中國後，便開始把嶄新的調味和香料如甘草、八角和花椒加入酸菜裡，迸發出全新的風味。他亦開始培養日本麴菌，可以用來製造味噌、清酒和其他食物及飲品。他說：「如果你在25年前告訴我，將來我會興高采烈地談論培養真菌，我一定會感到荒謬可笑。但是我現在認為這是美妙而神奇的過程，而且能產生獨特的香氣。」 🍄



Opposite page: Jinjuu's founder Judy Joo

This page, clockwise from top left: American food writer and fermentation revivalist Sandor Katz; fermented vegetables; Bibimbap featuring kimchi and gochujang at Jinjuu

對頁：Jinjuu韓國餐廳創辦人Judy Joo

本頁左上圖起順時針：自言要推動發酵復興運動的美國美食作家Sandor Katz；各種醃菜；Jinjuu以泡菜和辣椒醬炮製的石頭鍋飯



Across the globe, the growth of artisanal brewing methods – watched over by experts who demand a flavourful, well-served pint – means beer is being taken seriously, and starting to rival wine as a rewarding complement to good food. 全球各地的啤酒專家，各出奇謀，釀製各具特色而味道出眾的手工啤酒，使手工啤酒有力與葡萄酒一爭長短，成為各種佳餚的最佳配搭。 **By Robin Lynam**

The brews brothers

啤酒新氣象

Beer and wine have been enjoyed since Neolithic times, but while equally venerable, they have seldom been accorded equal status. Over time, a culture of connoisseurship grew up around wine, but beer has functioned primarily as a thirst quencher with a kick, though there has traditionally been a greater seriousness about brewing in Belgium, the Czech Republic, Germany and the British Isles.

Among those countries, only Germany is historically an important producer of high-quality wine, but artisanal production of beer in diverse styles has been able to thrive in all of them in modern times, despite a general drift towards increasingly anonymous and mass-produced suds made by large multinational brewing groups.

In the United States, until quite recently the giants of the industry had the market almost to themselves. Much has changed. Although big players such as Anheuser-Busch InBev (the world's largest brewer) and Molson Coors remain dominant, since the 1980s the craft-beer sector has grown exponentially, generating a proliferation of American microbreweries, craft breweries and brewpubs where beer is brewed on the premises. Their success has inspired an international trend towards smaller-scale production of beers aimed at discerning and individualistically minded drinkers.

Seriousness about beer service has increased in parallel with the popularity of craft beer, which a significant number of people are now choosing as a partner for food. Restaurants are coming under pressure to offer expanded beer lists and to upgrade to appropriate glassware. And “beer sommeliers” are advising diners on what to choose.

While not all of them are qualified for that role, formal accreditation as a beer expert can be achieved through the Master Cicerone Certification Program, which is now widely recognised as the beer world's equivalent to

關於飲用啤酒和葡萄酒的記載最早見於新石器時代，只是二者雖然有同樣悠久的歷史，卻沒有同等的地位。當品嚐葡萄酒已形成一股鑑賞文化，啤酒卻仍然只是人們拿來解渴的刺激飲品。不過也有地方例外，比利時、捷克、德國和不列顛諸島一直以來對啤酒釀製的態度都相當認真。

上述地方（包括傳統上也是優質葡萄酒重要產地的德國）所產出的手工啤酒各具特色，向來深受現代的啤酒愛好者歡迎。不過，這些地方的市場卻慢慢有被大型跨國釀酒廠大量出品的毫無個性的啤酒侵佔之勢。

美國的情況卻有點不同，大型釀酒廠一直壟斷市場，直到近年才出現轉變。雖然業界龍頭如世界最大釀酒廠Anheuser-Busch InBev和Molson Coors仍然主導市場，但自1980年代開始，美國手工啤酒業迅速發展，小型釀酒廠、手工啤酒廠和自行在現場釀製啤酒的啤酒吧如雨後春筍般湧現。這些啤酒廠的成功，在全球掀起小型啤酒廠的風潮，迎合那些講究品味和個人風格的飲家。

隨著手工啤酒越來越受歡迎，許多顧客會把啤酒當作佐餐之選，有關啤酒的服務也越見重要。換言之，餐廳的啤酒選擇會隨之增加，對啤酒杯的要求亦相應地提升，為客人進餐點酒提供意見的「啤酒侍酒師」也應運而生。

現時部分啤酒侍酒師並未達到應有的水平，但坊間已發展了一套認證系統，有意成為認可啤酒專家的人可參加啤酒鑑賞大師證書課程Master Cicerone Certification Program的考試。該課程以guide（指導）的古字cicerone命名，在啤酒業界的地位相當於葡萄酒業內由侍酒師大師協會頒發的葡萄酒侍酒師資格。

the wine-service qualifications issued by the Court of Master Sommeliers. The name Cicerone derives from an archaic word for “guide”, and Ray Daniels, founder and director of the Cicerone Certification Program, gives a very straightforward reason for his decision to establish it.

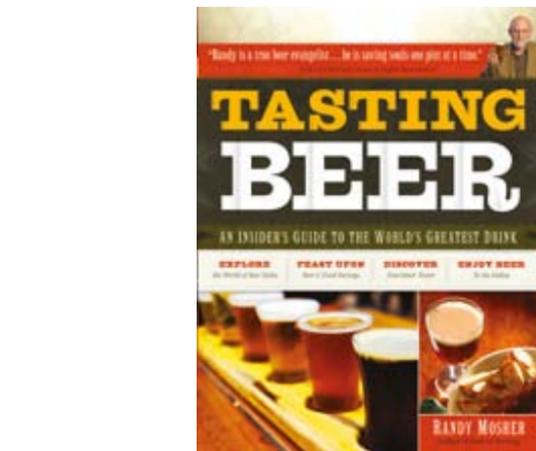
“Bad beer!” he declares. “As a long-time beer lover and an increasingly educated beer-industry member, I recognised that beer was often being mishandled and ruined by people in the business. Also, I regularly encountered servers and bartenders who didn’t know anything about the beers they were serving, or, at times, anything about beer at all. I felt there was a huge need to raise the level of knowledge about beer and its service for everyone who worked with beer, from the brewery to the server. I devised the Cicerone Certification Program with an eye toward encouraging and rewarding people for improving their professional knowledge.”

The idea took a while to catch on. Daniels launched his programme in January 2008, and made slow but steady progress towards general acceptance over its first two years. Then applications to take the course and exams started to flood in. More than 85,000 certificates have now been issued at four levels of competence. Certified Beer Server is a “first-level certification for those who work with beer”; Certified Cicerone is a “certification for professionals dedicated to beer”; Advanced Cicerone a “designation of distinctive expertise and tasting skill”; and Master Cicerone is described as the “ultimate test of beer expertise”.

The programme is designed for professionals, but the first tier in particular also appeals to enthusiasts keen to improve their understanding of a complex subject. Those at the second tier or above, Daniels says, generally have a professional reason for taking the demanding exams. He is not a believer in rubber-stamping. “The whole point of having a certification is for it to have meaning,” he says, “so we have been careful to maintain our standards for the exams over the years.”

Only 13 people have attained Master Cicerone certification so far (10 from the US, one from Canada and two from the United Kingdom), but closer to home, 41 people on the Chinese mainland and 57 in Hong Kong are listed as having qualified as either a Certified Beer Server or a Certified Cicerone. “I’d say we are pretty internationally diverse,” says Daniels. “We have just launched our first full translation of the programme, into Spanish, and we have some other offerings in the works, including plans to do something in Asia.”

One of the textbooks to which aspiring Cicerones are directed is Tasting Beer by Chicago-based brewer and educator Randy Mosher. He believes that beer is at least as versatile a partner for food as wine, and singles out pairing with cheese as an area in which it is superior. It’s a point on which Daniels concurs. “Because of its astounding variety,” Mosher insists, “there is a beer for almost any conceivable food choice.”



Because of its astounding variety, there is a beer for almost any conceivable food choice.

由於啤酒種類繁多，任何可以想像得到的食物都可以找到與之匹配的啤酒

– Randy Mosher

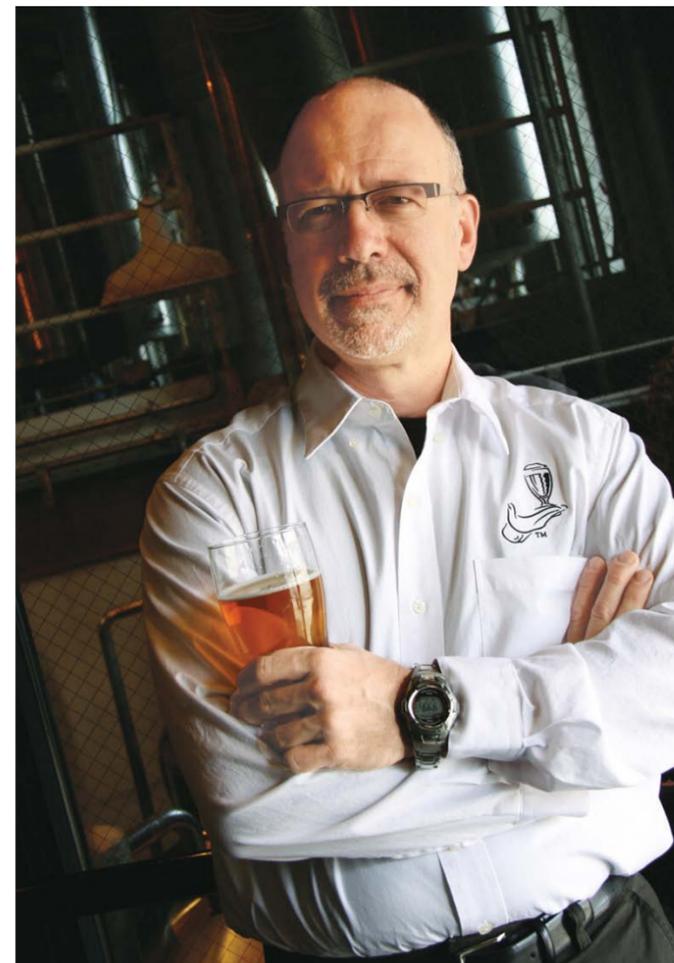
創辦人兼總裁Ray Daniels對於創辦課程的原因直言不諱：「作為多年的啤酒愛好者和資深的業內人員，我發現難以入口的啤酒，常常是行內人錯誤處理啤酒所造成。我也常遇到對所供應的啤酒甚至任何啤酒都一無所知的侍者和調酒師，因此覺得有需要提升業界從業員（包括釀酒師以至侍者等）的啤酒知識和倒酒技巧。設立啤酒鑑賞大師證書課程，就是要鼓勵並獎勵肯花工夫增進啤酒專業知識的人。」

課程剛剛開始的時候有點慢熱。Daniels於2008年1月推出這個課程，頭兩年進展相當緩慢，然後才為大家所接受，報讀課程和應試的人數一下子急升。課程共分為四個級別，現已合共頒發逾85,000張證書。啤酒侍酒師證書是「啤酒從業員的入門認證」；啤酒鑑賞師證書頒給「對啤酒抱有熱忱的專業從業員」；高級啤酒鑑賞師則是「對啤酒有獨到專業知識和品鑑能力的肯定」；至於啤酒鑑賞大師則代表「擁有終極的啤酒專業知識」。

這個課程雖然為業界從業員而設，但初階課程也深受想要增進知識、了解這個複雜課題的啤酒愛好者歡迎。不過第二階段或以上課程的學員，都是因應職業需要而參加這些要求極嚴格的考試。Daniels解釋，他個人並不喜歡橡皮圖章式的考核機構，「證書必須有其實際意義，因此我們多年來都謹慎地維持考試的水平。」

課程推出至今只有13人獲得啤酒鑑賞大師的資格，其中十人來自美國，一人來自加拿大，兩人來自英國。至於在中國內地和香港，則分別有41人和57人考獲啤酒侍酒師或啤酒鑑賞師的資格。Daniels表示：「學員來自世界各地，我們剛剛亦將課程全部內容翻譯成西班牙文。另外也收到其他地方的邀請，包括到亞洲區發展。」

證書課程的教科書之一《Tasting Beer》（品味啤酒）由芝加哥釀酒專家兼教育家Randy Mosher撰寫，作者相信，啤酒與食物的多元配搭，至少可以媲美葡萄酒，更直指啤酒配芝士簡直無與倫比；這一點Daniels也表示贊成。Mosher還強調：「由於啤酒種類繁多，任何可以想像得到的食物都可以找到與之匹配的啤酒。」



RANDY MOSHER PORTRAIT BY JONATHAN LEVIN; RAY DANIELS PORTRAIT BY MATT TAPLINGER

「我們以印度淡啤酒（IPA）配藍芝士，讓啤酒的苦味及汽泡消除脂肪的油膩感，而啤酒花的草青特質跟青霉菌則配合得天衣無縫。含果仁味、產自巴斯克地區的綿羊芝士如P'tit Basque或Ossau-Iraty，配合略帶焙烤風味的棕色艾爾啤酒，不只能令果仁的味道更為突出，如果烘烤味道夠濃的話，甚至會讓人誤以為在吃烘過的芝士三文治。如果想進一步提升這方面的味覺享受，可以波特啤酒配瑞士格呂耶爾硬芝士，或司陶特黑啤配頂級帕瑪森芝士同級但更香甜溫和的意大利Piave芝士，甚至嚐嚐帝國司陶特啤酒，配搭焦香濃郁、質感像肉、發酵三年的荷蘭高達芝士。至於德國巴伐利亞的小麥啤酒配新鮮軟滑的意大利布拉塔水牛芝士，則完全是另一種風味，會讓人產生吃水蜜桃忌廉雪糕的錯覺。」

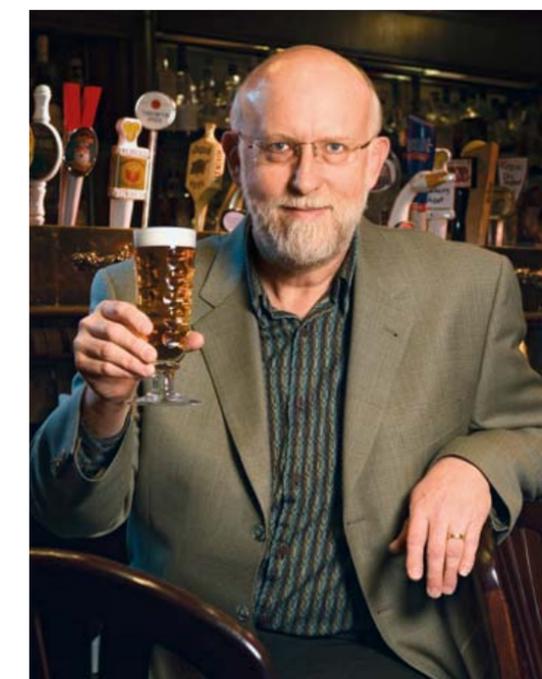
居於三藩市的Rich Higgins是13位認可的啤酒鑑賞大師之一，又是釀酒師兼認可侍酒師，他認為用啤酒配合食材的濃淡味道最重要。Higgins解釋：「如果吃清淡的雜菜沙律或手握壽司，卻飲用酒精濃度高、味甜渾厚的大麥啤酒，啤酒的味道會蓋過菜餚的鮮味。同樣，肥膩味濃的香燒五花腩或臭豆腐也會蓋過清新怡人的皮爾森啤酒，也就無法嚐到啤酒的麵包香和草本味道。」

「最理想是將相輔相成的味道放在一起。如果啤酒和菜餚同時都有某種味道，就能突顯該味道，效果會相得益彰。舉例說，含烘烤香和果仁味的琥珀色艾爾啤酒和棕色艾爾啤酒，適宜配合散發焦香的烤肉及炒香菇和時蔬，如港式燒鵝瀨粉與英式琥珀色艾爾啤酒的配搭就堪稱完美。同樣道理，色澤光亮、味帶檸檬和胡椒香的比利時塞松啤酒，最宜配合帶柑橘和胡椒香味的菜餚如酥炸海鮮、椒鹽鮮魷及炸雞伴七味粉和柚子汁等。」

要做到上述的完美配搭，酒吧和餐廳需要配備不同種類的啤酒存貨，因此要設計出一張平衡各種需要的啤酒清單，就相當考工夫。啤酒專家Mosher說：「負責設計啤酒清單的人，有責任確保不論怎樣的搭配，客人都可以嚐到最優質的啤酒。」

Opposite: Tasting Beer by Randy Mosher
This page, clockwise from left: Ray Daniels; the Young Master brewery in Hong Kong; Randy Mosher

對頁：Randy Mosher的啤酒天書《Tasting Beer》（品味啤酒）
本頁左圖起順時針：Ray Daniels；香港少爺啤酒廠；Randy Mosher





a delicate dish like a green salad or tai nigiri with a rich, sweet, boozy beer like a barley wine, the barley wine will run over the dish and you will only be able to taste the beer," he says. "Conversely, intense lacquered pork belly or *chao* tofu will overpower a delicate beer like a pilsner. You won't be able to taste the beer's delicate breadly and herbal notes.

"Incorporating complementary flavours can be delicious. You can amplify certain flavours if they're present in both the dish and the beer, and

"We use blue cheese and IPA as a demonstration of how the bitterness and carbonation can deal with the fatty richness, while the herbal nature of hops seems to link to the blue mould. With nutty cheeses, such as Basque sheep cheese like P'tit Basque or Ossau-Iraty, a slightly toasty brown ale reinforces the nuttiness nicely, and if there is enough toastiness can recreate the impression of a grilled cheese sandwich without resorting to actual toasted bread. And you can scale this up, through porter and Gruyère to stout and Piave, which is similar to Parmigiano but sweeter and less pungent, and finally to an imperial stout paired with a three-year Gouda with all its caramel-ly, meaty richness. At the other extreme, a fresh burrata paired with Bavarian hefeweizen conjures up a flavour image of peaches-and-cream ice cream."

An important consideration, in the opinion of San Francisco-based Rich Higgins (one of the 13 Master Cicerones, a brewer and also a certified sommelier) is matching the intensity of food to beer. "If you pair

create more of a good thing. For example, the toasty, nutty flavours of amber and brown ales are delicious with the Maillard-browning flavours of roasted meats and pan-fried mushrooms and vegetables. Hong Kong-style roast goose noodle soup is perfect with an English-style amber ale. For the same complementary reasons, the bright, lemony, peppery flavours of Belgian-style saisons are delicious with citrusy, peppery dishes like fritto misto, chicken karaage with togarashi and a yuzu dipping sauce, and salt-and-pepper squid."

For those sorts of pairings to be possible, bars and restaurants obviously need to stock a greater range of beers, and are addressing the challenges of arriving at a well-balanced list. "The person behind the beer list does have an obligation to be a thoughtful gatekeeper of quality for his or her customers, whatever the mix," says Mosher. "That's what keeps people coming back.

"The beer scene, at least in the US, is so complicated that one almost has to rely on the help of others, and the publicans are there on the frontlines. Obviously, some variety – of gravity, alcoholic strength, colour, hoppiness, mouth feel, stylistic origin – are things to consider, but there are some very successful beer bars that will have no part in that kind of even-handedness. Personally, I love the variety, and am sure that is a primary reason we created craft beer after a century in the wilderness."

Higgins also stresses the importance of keeping up with trends in craft beer, among which he singles out bitter, aromatic, hop-forward IPAs, Belgian style sour beers (including some aged for years in oak casks), beers with fruit added for complexity, including grapefruit and mango, and traditional-style pilsners brewed with German and Czech hops that add herbal, peppery, grassy bitterness.

Craft beers from all over the world can now be found thousands of miles from where they were brewed, but Higgins (who visited Hong Kong in 2016 to participate in a promotional event at Landmark, called Appreciate the Craft) also points out that quality craft beers are brewed locally in many locations, and says he was impressed by those from Hong Kong breweries Black Kite, Gweilo, Hong Kong Beer Co, Tipping Point and Young Master.

"At its best, beer is a simple pleasure for the consumer, and the job of beer service should be to keep it that way," says Daniels. "But putting a beautiful, properly poured and good-tasting beer in front of the consumer means that a lot of things have to be done correctly. As a result, the people who work with beer need to know a lot in order to get it right. When everything goes well, the consumer never realises how hard everyone is working to deliver that simple pleasure."

RICH HIGGINS PORTRAIT BY MARK OLMIER LE BLANC

Opposite, clockwise from top left: A selection of Hong Kong's Young Master craft brews on tap; beer complements cheese beautifully; students mastering the art of beer pouring as part of the Cicerone Certification Program
This page: Master Cicerone Rich Higgins

對頁左上圖起順時針：不同味道的香港少爺啤酒；啤酒與芝士的漂亮配搭；啤酒鑑賞證書課程學生學習倒酒技巧
本頁：啤酒鑑賞大師 Rich Higgins



「Incorporating complementary flavours can be delicious. You can amplify certain flavours if they're present in both the dish and the beer, and create more of a good thing
最好是將相輔相成的味道放在一起。如果啤酒和菜餚同時都有某種味道，就能突顯該味道，效果會相得益彰」

– Rich Higgins

「市面上的啤酒種類多而複雜，至少在美國就複雜得要專家把關，而酒館老闆就站在最前線。品評啤酒通常要考慮濃度、酒精強度、色澤、啤酒花苦味、口感、原本風格等元素，但也有成功的啤酒酒吧對啤酒的多樣化不感興趣。我個人喜歡這些變化，也肯定這是手工啤酒經過一個世紀的沉寂後再次興起的主因。」

Higgins強調要緊貼手工啤酒的趨勢，他特別指出要留意以下幾款啤酒：味苦帶香及以啤酒花主導的IPA啤酒，比利時的酸啤酒（包括在木桶陳年的）、添加水果如葡萄柚、芒果等令味道更豐富的啤酒，以及採用德國和捷克啤酒花釀造及帶有草本、胡椒和草澀味的傳統皮爾森啤酒。

他亦指出，雖然現時手工啤酒已行銷全球各地，但其實許多地方都有自己出產的優質本地手工啤酒。Higgins曾於2016年到香港參加置地廣場舉辦的推廣活動 Appreciate The Craft，並對香港的黑鷹、鬼佬啤酒、香港啤酒、Tipping Point及少爺等釀製的手工啤酒留下深刻印象。

Daniels表示：「啤酒對顧客來說是輕鬆享受，啤酒的侍酒服務也應該保持簡單輕鬆。不過，如何才能在顧客面前優美地、恰當地把美味的啤酒倒進酒杯中，背後確實包涵許多學問，啤酒從業員需要掌握更多知識方能把工作做好。如果一切都能進行得恰如其分，顧客根本不會察覺，這種簡簡單單的享受背後，原來是許多人共同努力的結果。」

KOKS' chef Poul
Andrias Ziska forages
for seaweed in the
Faroe Islands

法羅群島餐廳KOKS主廚
Poul Andrias Ziska正在
採集海藻



Rather than a flavour of the day to be quickly forgotten, the trend for foraging appears to be growing and chefs around the world are heading into the wild to discover Mother Nature's finest ingredients. 全球各地的廚師紛紛深入野外，發掘大自然賦予我們的最佳食材。這股採集野生食材的風潮方興未艾，相信短期之內都不會退潮。 **By Rachel Read**

Where the wild things are

大自然的呼喚

There was a time when the word "foraging" sparked images of *Boy's Own* survival missions, of living off the land merely to stay alive. Today, however – thanks in part to a little restaurant in Copenhagen called Noma, which became world-renowned for its use of wild, indigenous ingredients – foraged food is the biggest thing to hit fine dining since sliced sourdough.

"There has undoubtedly been a Noma effect – that's when our business really started to grow," says Chris Bax, a trained chef who, with his wife Rose, co-founded Taste the Wild, a company that runs seasonal foraging courses and wild-cooking workshops in the English county of Yorkshire. "However, we had been going a while before that and found that people were getting more and more interested in the provenance of the food they were eating. Foraging for yourself gives you ultimate control over that."

No one knows that more than Elijah Holland, a forager and chef whose company, Nature's Pick, supplies wild produce to many of Australia's top restaurants. His encyclopaedic knowledge of wild ingredients, in fact, earned him the position of head forager at Noma Australia (Holland arrived for his first meeting with Noma's head chef, René Redzepi, touting 300 boxes of wild produce). "There's a growing interest for people wanting to know the story of their food and where it comes from," Holland explains. "Using and respecting the land to make something pure and wholesome with a moral story, where nothing but the ingredients shine, is why foraging is so important."

Poul Andrias Ziska, head chef at KOKS, which became the first restaurant in the Faroe Islands to be awarded a Michelin star earlier this year, believes cooks and diners are looking for new things to experience. Ziska's hyper-local approach

曾經，說到採集野生食材，人們只會聯想到野外求生的冒險故事。然而，今時今日，採集野生食材是繼天然發酵的酸種麵包後，於高級餐飲業界掀起的另一個熱潮。這股熱潮的出現，部分原因要歸功於哥本哈根的小餐廳Noma，他們以採用在當地蒐集到的野生食材入饌而蜚聲國際。

Chris Bax是位受過正統培訓的廚師，他與妻子Rose在英國約克郡一同創辦Taste the Wild公司，主要舉辦時令野生食材採集課程和野外烹飪工作坊。Chris說：「無可否認是Noma帶動這股熱潮，我們的業務也是在那時候開始迅速增長。不過，我們在那之前已成立了好一段日子，並發現大家越來越關心食材的出處，而親自採集是控制食材品質的最有效方法。」

說到採集野生食材，應該沒有人比Elijah Holland擁有更豐富的知識。他是廚師，也是野生食材採集專家，其公司Nature's Pick為澳洲多家頂級餐廳提供野生食材。事實上，Holland猶如一本野生食材百科全書，這亦令他獲聘為澳洲Noma餐廳的野生食材採集主管；他首次與Noma餐廳主廚René Redzepi見面時，就帶上300盒地道野生食材同行。Holland解釋：「顧客們對吃進肚裡的食物及食材的出處越來越關心。採集野生食材之所以重要，原因是我們以合乎道德的方法，對大地懷著尊敬的心情，以它出產的食材為主角，烹調出純粹又健康的菜式。」

KOKS於今年初成為法羅群島首家米芝蓮星級餐廳，其主廚Poul Andrias Ziska認為，食客和廚師都在尋找新的體驗。Ziska對烹飪的取態極為地道，他和員工會親自為餐廳採集所有食材，從群島的海域（包括海藻森林）及連綿的山脈帶回大量野生食

to cooking sees him and his team foraging for all of the restaurant's ingredients themselves, bringing wild produce back from the island's seas (including its seaweed forests) and rolling hills to create a uniquely Faroese cuisine. "The fact that we use native wild herbs brings us closer to our nature, and that is what we want our guests to experience," Ziska says. "They should feel where in the world they are, and what the landscape tastes like."

Ask Ziska about his favourite local ingredients, and his passion bubbles over. "Angelica is the one herb that is the most Faroese," he says. "It was used for medicinal purposes, so people commonly had angelica gardens, which they would protect from sheep and the harsh winds with stones. Lovage is always fantastic, too. It's a sign of summer for us and can be used for everything. But there is always a way to use what we have around us. We even use grass! We juice the grass to make gels, sauces, ice creams and granitas."

The fact that these wild plants are so dependent on individual climates, habitats, altitudes and even soil types means that they are far more country-specific than cultivated produce, and this has an obvious appeal for chefs eager to showcase the unique ingredients that best represent their surroundings.

Discovering the UK's wild ingredients was "incredibly inspiring, like finding a brand-new store cupboard full of exciting and unique tastes and textures", says Bax. "The Yorkshire Dales make me think specifically of two things: sweet cicely, a beautiful culinary herb with a strong aniseed taste and scent, and the bilberry, a wild cousin of the blueberry that - in my world, anyway - makes the best pie in the world!"

Holland says location inspires him to create dishes that reflect both his personal style of cooking and the area itself, and he feels that certain wild ingredients best sum up his Australian homeland. "Mountain pepper is a beautiful example of our rugged and tantalising country," he says. "It's an intense and fiery species, with its berries, leaves, sticks, wood and bark all having many uses. Lemon aspen's deep aroma and flavour really proclaims wild Australia's versatility."

Holland has cooked with foraged ingredients in countries as far afield as Mexico, New Zealand and the Philippines, and can now add China to the list, having just opened his own restaurant, The Locksmith, in Foshan. "It's such a big and extraordinary country," he says, "and there's so much here, it's crazy: wild pepper, mugwort, Chinese wine berries, torch ginger, waxberries and yellow stem figs, to name a few."

The Locksmith also boasts a garden from which Holland can harvest produce, and even the restaurant's cocktails make use of wild plants. Recent Locksmith creations include a charcuterie board showcasing

This page: Picking sweet cicely in the UK
Opposite, clockwise from top left: Chris and Rose Bax; a salad of wild herbs, seaweed, fermented peas with a parsley and horseradish sauce at KOKS; chef Elijah Holland of The Locksmith; his litchi dessert

本頁：在英國可採集到的野生食材歐洲沒藥
對頁左上圖起順時針：
Chris Bax和Rose Bax；KOKS的野生香草、海藻及發酵豌豆沙律配歐芹及辣根醬；The Locksmith主廚Elijah Holland及其荔枝甜品

“The fact that we use native wild herbs brings us closer to nature, and that is what we want our guests to experience”

採用土生的草本植物令我們更接近大自然，我們也希望帶給顧客相同的體驗，讓他們透過食物感受到自己身處的世界，以及品嚐到在當地自然環境產生出的美味

— Poul Andrias Ziska



材，炮製風味獨特的法羅群島菜式。他表示：「採用土生的草本植物令我們更接近大自然，我們也希望帶給顧客相同的體驗，讓他們透過食物感受到自己身處的世界，以及品嚐到在當地自然環境產生出的美味。」

問到Ziska最喜歡哪種地道食材，他馬上滔滔不絕地說：「白芷是屬於法羅群島的土產，一向以藥用為主，所以不少人家中的花園均有種植，並以大石圍著，防止羊隻及強風破壞。獨活草亦是一種十分奇妙的植物，在夏天才能發現其蹤影，而且是一種百搭的食材。其實周圍環境信手拈來的植物都可以變成食物，即使是青草也可以用來榨汁，然後做成凝膠、醬汁、雪糕及沙冰。」

這些野生植物只在特定氣候、生態環境、海拔甚至土壤中生長，所以只有在某些國家才能找到，不似那些養育的禽畜或人為種植的農產品，無處不在。一些廚師熱切希望展示代表他們四周環境的獨特食材，對他們而言，這些野生食材無疑十分吸引。

Chris Bax表示，發掘英國可食用野生食材的過程「十分富啟發性，就像是發現了一大櫃味道和口感都令人充滿驚喜、十分獨特的嶄新滋味。約克郡谷地令我想起兩種食材：外表美麗又可以入饌的歐洲沒藥，帶有強烈的茴香籽味道及香氣；以及類似藍莓的野生植物歐洲越橘，以它做的餡餅，對我來說是世上最美味的！」

澳洲人Holland表示，所在地能給他靈感，創作既可代表其烹調風格又富地道風味的菜式。他認為某些野生食材確實能反映故鄉的特色：「味道濃烈辛辣的山椒是很好的例子，展示澳洲原始和迷人的一面：其果實、葉子、樹枝、樹幹及樹皮都各有其用途。阿斯彭檸檬強烈的香氣和味道，正好代表澳洲野外多樣化的特色。」



KOKS IMAGES BY CLAES BECH-POULSEN



It's a natural progression that chefs want to cook as close to nature as possible, as that's where the most delicious flavours come from

廚師希望盡量採用天然食材是理所當然的事，因為大部分美味的食材都來自大自然

— Jock Zonfrillo

foraged local spices such as mugwort and wild pepper leaves, and a river-prawn fettuccine featuring foraged purple oxalis and fuchsias, as well as carrot tips, marigolds and nasturtiums from the garden.

Living abroad inspired James Viles, an Australian chef and owner of Biota Dining restaurant in New South Wales (NSW), to begin using foraged ingredients. He had previously worked in acclaimed restaurants in Europe, Asia and the Middle East, including Michelin-starred Tantris in Munich and Spoon by Alain Ducasse in Hong Kong. "I began to think it was important to go back to my roots and where I grew up, to open a restaurant with honesty," Viles explains. "It's about listening, learning and always adapting to Mother Nature."

The huge size and varied climate of NSW gives Viles access to a diverse range of ingredients all year round, including within Biota's own grounds. "Growing up in the region, I know where things are, and I always keep a few spots secret," the chef says. "To the north, there are many fruit and native-plant species, and to the colder south, there is an abundance of mushrooms, native berries and winter weeds. I love cooking with wild mushrooms. There are so many in the forests local to the restaurant, and there's nothing better than a bowl of fresh mushrooms and burnt butter in front of the fire during winter in the [NSW] Highlands."

Jock Zonfrillo, chef and owner of Adelaide's acclaimed Restaurant Orana, agrees with Viles' approach. "When it comes to fine dining, it's a natural progression that chefs want to cook as close to nature as possible, as that's where the most delicious flavours come from," he says. "In Orana, we cook a lot with native ingredients, not just for their deliciousness but as respect for the first Australians whose land we share."

Zonfrillo was first introduced to foraging as a child in his native Scotland, where he would pick sorrel to cook for his grandfather while on fishing trips. After a successful career in the UK, working with the likes of Marco Pierre White, he relocated to Australia and swiftly became fascinated with Aboriginal food culture. The result was Orana, where his menus use about 70 wild native ingredients per cycle (cycles are based around the Aboriginal system of six seasons rather than four). "It's my interpretation of Australian

Holland曾在不同的國家如墨西哥、新西蘭及菲律賓等地工作，以當地的野生食材烹調美食。現時中國亦榜上有名，因為他剛在佛山開設了The Locksmith餐廳。他說：「中國地大物博，食材數之不盡，包括花椒、艾草、懸鉤子、火炬薑、楊梅及水同木果等等。」

餐廳亦自設園圃種植食材，甚至以野生植物調配雞尾酒。Locksmith的最新菜式包括熟食冷肉盤配野生香料如花椒葉和艾草等，以及河蝦意大利闊條麵配野生三角紫葉酢漿草、吊鐘花及園圃種植的小胡蘿蔔、金盞花和旱金蓮。

位於澳洲新南威爾斯的餐廳Biota Dining，主廚James Viles曾在歐洲、亞洲及中東等地的知名餐廳工作，當中包括位於慕尼黑的米芝蓮星級餐廳Tantris，以及香港的Spoon by Alain Ducasse。他表示，在外國居住給予他許多靈感，並令他開始使用野生食材。Viles解釋：「我開始想應該要回到自己的根源，我長大的地方，真心誠意地經營一間餐廳，向大自然學習，以及聆聽並適應大自然。」

新南威爾斯幅員廣闊，氣候變化十分大，意味著Viles全年可以取得各式各樣的食材，有些甚至是來自Biota餐廳所在範圍的土地上。Viles形容：「我在這區長大，知道該去哪裡尋找所需材料；我也會保留幾個秘密地點不說出來。在北面，大量的水果和多種野生植物；在南面，天氣較冷，有大量菇菌、野漿果及冬季雜草。我愛烹調野生菇菌，在餐廳附近的森林可以採集到許多菇菌。在新南威爾斯高地過冬，沒有什麼比得上坐在火爐前，吃著牛油炒鮮菇菌那麼寫意。」

阿得萊德著名餐廳Orana的創辦人兼主廚Jock Zonfrillo也有同感，他說：「在高級餐飲業中，廚師希望盡量採用天然食材是理所當然的事，因為大部分美味的食材都來自大自然。在Orana，我們之所以採用地道食材，不單因為味道，還因為我們想向跟我們分享這片土地的澳洲原住民致敬。」

Zonfrillo於蘇格蘭出生，孩提時代就與野生食材結緣，彼時已採摘酸模葉煮給要出海捕魚的祖父吃。他曾在英國為Marco Pierre White等工作並獲得一定成就，其後搬到澳洲，並很快被當地原住民的飲食文化所吸引，因此開設了Orana餐廳。按當地原住民的曆法計算，每年有六季而不是四季，每季稱為一個周期，每個周期餐廳都採用約70種野生食材入饌。他說：「這是我對澳洲菜的詮釋，訴說澳洲原住民及今日澳洲文化的故事，在Orana用膳的顧客不單可以更了解澳洲這個國家，亦包括其人民。」

為了保護澳洲的地道食材，Zonfrillo成立基金會The Orana Foundation，旗下的研究及發展機構Australian Food Culture Enterprise，會分析傳統食材及成立有關資料庫，以及想方設法去推廣這些食材，並將其應用在當代的菜式上。

居於悉尼的野生食材採集專家兼得獎文化工作者Diego Bonetto，不時主辦野生食物導賞團及烹調工作坊，他亦相信採集食材並不是曇花一現的現象。他表示：「Noma帶起的潮流並非空穴來風，René Redzepi只是重拾古人的智慧，將之應用在高級餐飲。人們因為意識到，與大地、農產品和季節性的連繫，是保存我們的文化的基礎，故此對野生食材產生了更大的興趣。」

「我們現在明白要保護生態環境，就要與之重新連繫，大部分參加工作坊的人士不是廚師，而是年輕家庭，他們希望子女能在成長中更了解生態系統。餐廳供應的應該是人們所想要的食物，而不是反其道而行。」

Opposite, clockwise from top left: Orana's chef Jock Zonfrillo; chef James Viles of Biota Dining; Biota Dining; Orana以球莖甘藍、佛螺菩提、多里戈胡椒和酢漿草烹調的佳餚

This page: Foraging for wild mushrooms

對頁左上圖起順時針：Orana主廚Jock Zonfrillo；Biota Dining主廚James Viles；Biota Dining餐廳；Orana以球莖甘藍、佛螺菩提、多里戈胡椒和酢漿草烹調的佳餚

本頁：採集野生菇菌

cuisine, which tells a story of the first Australians and Australian culture today," Zonfrillo explains. "People dining at Orana can get a real sense not just of Australia the country, but also of the people."

In order to safeguard the future of indigenous Australian ingredients, Zonfrillo set up the Orana Foundation that includes a research and development facility, the Australian Food Culture Enterprise, which will analyse and document such traditional ingredients and look at ways in which they can be promoted and used in contemporary cooking.

Diego Bonetto, a Sydney-based foraging expert and award-winning cultural worker who runs wild-food tours and cooking workshops, also believes that foraging is no flash in the pan. "The Noma effect did not come out of a vacuum," he says. "René Redzepi just picked up age-old knowledge and applied it to fine dining. The main reason that people are more interested in wild produce is because we now realise that the connection to land, produce and seasonality is a necessary skill to keep in our cultural make-up."

"We are now realising that to safeguard our ecological future, we need to reconnect. The great majority of people coming to my workshops are not chefs but young families. These are people who want their kids growing up with ecological literacy. The restaurants are serving what the public wants, not the other way round."

Bonetto has even helped to develop an app, Wild Food Map, aimed at documenting these wild-food resources on a worldwide scale. "We intend to promote understanding and care for ecologies," he says. "We want to promote knowledge, and with knowledge comes respect and care. Foraging is about establishing relationships with the environment. It is not free food; it is a gift. Always understand cycles, abundance and fragility, and be grateful for what you've been given."

Many chefs and restaurants, Bonetto adds, are taking advantage of media attention to promote responsible, localised, sustainable, low-waste narratives. "I really hope this is not a trend," he says, "but rather the start of the new humanity that is engaged, informed, responsible and about caring for all species."

Holland concurs, whilst also sounding a note of caution about those jumping on the foraging bandwagon. "There needs to be real care and passion about it; that you love and care for the environment as much as yourself," he says, "and that you want it to thrive and be available for people for years to come."

Bax agrees, adding that chefs who use wild ingredients just to make their menus sound interesting will most probably stop using them when the next trend hits. "But those that truly understand what delights we find in the wild will keep on using them well, adding diversity and interest as well as great taste to their dishes," he argues. "We have, through gastronomy, reconnected with something from our distant past, and I do not think that will fade. Wild ingredients are not just great because they are wild. They are truly great ingredients that have made their own space in our larders."

“We want to promote knowledge, and with knowledge comes respect and care. Foraging is about establishing relationships with the environment”

我們的用意是推廣有關知識，有了認識之後，自然會尊重及愛護大自然。採集野生食材的目的是與自然環境建立關係

— Diego Bonetto



Bonetto更協助發展一個名為Wild Food Map的應用程式，旨在收錄世界各地野生食材的資料。他解釋：「我們的用意是推廣對生態環境的了解和保護，幫助傳遞有關知識，有了認識之後，自然會尊重及愛護大自然。採集野生食材的目的是與自然環境建立關係，這些食物不是免費的，而是大自然給我們的禮物。我們要明白大自然的循環周期、豐富物產和脆弱的地方，並對這些恩賜心存感激。」

Bonetto補充，不少大廚及餐廳利用媒體宣傳社會責任、本地化、可持續發展、減廢等。他說：「我真的希望這不只是個潮流，而是一種嶄新人文文化的開始，那就是參與其中、了解和負責任的態度，並且關心所有物種。」

Holland也深有同感，但同時提醒人們不要因為追趕潮流而去採集野生食材。他說：「採集野生食材的人必需是真正關心及熱愛自然環境，就像愛護自己般，希望它能蓬勃發展，在未來的日子能繼續為人類提供所需。」

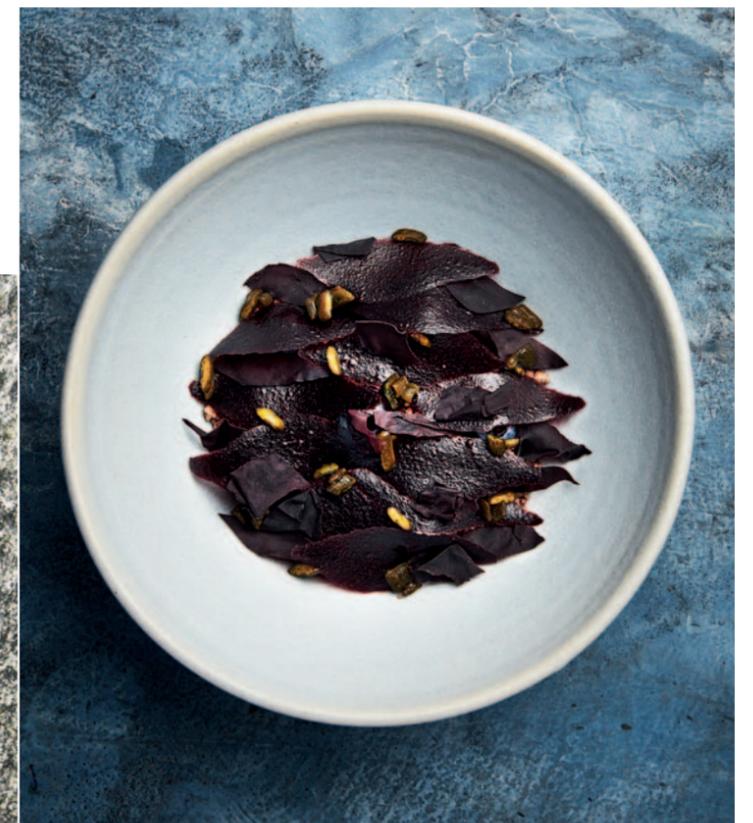
Chris Bax十分同意並補充，為了令餐單看起來更吸引而採用野生食材的廚師，好大可能在下一個潮流出現時，就放棄用野生食材。「但那些真正了解野生食材味道的廚師們，會繼續好好利用這些材料，為菜餚增加豐富的變化和口味。透過美食我們與遙遠的過去連在一起，我相信這種連繫會歷久不衰。野生食材不是因為生長在野外而特別好，而是因為本身真的很美味，令我們不得不在食物架上騰出空間擺放它們。」

This page: Learning the ins and outs of foraging with Diego Bonetto

Opposite, clockwise from top left: Bonetto in action; Bonetto explores the relationship between people and their natural environments by bringing plants together for an installation in Sydney, Australia; Mousse

made from dulce, crystallised dark chocolate, fermented blueberries and leaves made from dried blueberries; and Grass Granité, both at KOKS

本頁：Diego Bonetto 分享採集野生食材的最新趨勢
對頁左上圖起順時針：工作中的Bonetto；Bonetto在悉尼的植物裝置，探討人類和自然環境的關係；KOKS以紅藻、黑朱古力和發酵藍莓做的慕絲配乾藍莓做的葉片，以及Grass Granité(青草刨冰)



DIEGO BONETTO IMAGES BY ARTOPZ, JOHN CAUSLEY & NISA MACKIE

There's more to the modern theme park than hair-raising rides, vertigo-inducing cable cars and Lego, with many now serving up everything from gourmet burgers and truffle soup to artisan gelato and first-rate French favourites. 今天的主題樂園不僅以刺激的機動遊戲、令人暈眩的纜車和樂高積木等為賣點，許多更加入高級漢堡包、松露湯、手工意大利雪糕和一流法國菜等美食作招徠。 **By Steve Cray**

Menus of 快樂 ● 的饗宴 Merriment

Fancy coq au vin with a classy French wine after a rollicking ride on a rollercoaster? It may seem a world away from the traditional hotdog, but many of the world's great theme parks are now offering international haute cuisine and on-trend culinary treats to top off the thrills and spills of a family day out.

"As a theme park that welcomes more than six million guests from all over the world every year, our restaurants and food kiosks offer a diversity of cuisine that caters to different tastes and cultures," says Joseph Leung, Executive Director of Food and Beverage at Ocean Park in Hong Kong. "Chefs make use of diverse cooking styles to present authentic cuisines from various parts of the world and unleash their creativity to prepare a wide range of distinctive dishes."

At Ocean Park, visitors can visit seven themed restaurants and more than 40 food kiosks, each unique in its own way. "We strive to offer a variety of choices for our guests. Different outlets cater different needs. For instance, guests looking for quick-filling options are offered a range of grab-and-go light treats at our food kiosks. Those hoping to sit down and have a pleasant meal can dine out at Neptune's Restaurant, enjoying a fine dining experience. When we design menus, we take into consideration the nature of different outlets and the purposes they serve to decide what types of food we offer," adds Leung.

Having a wide range of dining options and menu items is key. Walt Disney World Resort's Epcot theme park in Florida has no fewer than 51 food and beverage outlets and is consistently lauded for offering some of the best food in the entertainment-park business. With fare from the US, Canada, Mexico, Morocco, the UK, France, Norway, Germany, Italy, China and Japan, it is best known for its Chefs de France restaurant that serves up authentic brasserie-style French cuisine targeted at an international audience.

"When designing our menu, we look for the best produce available. We try to appeal to all cultures while still remaining as traditional as possible," says Jérôme Bocuse, President of JBI, LLC, the company that operates Chefs de France. The menu includes French favourites such as French Onion Soup, Beef Bourguignon and Crème Brûlée.

令人心跳加速的過山車之旅結束後，來一客法式紅酒燉雞配上等法國佳釀壓壓驚如何？傳統上，想到主題樂園，就會想到熱狗，但現時全球許多大型主題樂園已紛紛引入世界各地的精緻佳餚和潮流美食，讓到樂園度假的客人，不但可以享受一天緊張刺激的遊戲，也可以獲得口服上的滿足，為旅程錦上添花。

香港海洋公園餐飲業務執行總監梁啟誠表示：「公園每年接待超過600萬名來自世界各地的旅客，園內的餐廳和小食亭因此需要提供各式各樣的餐飲膳食，滿足不同的口味和文化。我們的廚師除了善用各種烹飪風格，呈現世界各地的地道菜式之外，也會發揮創意，為遊人準備各種不同的特色佳餚。」

海洋公園內共有七間各具特色的主題餐廳及逾40個小食亭。梁啟誠續道：「我們努力為遊人提供各種選擇，不同的食肆應付不同的需要。舉例說，求快的遊人可以在小食亭買到多種適合邊走邊吃的小食；想要坐下來輕鬆用膳的人，則可以到海龍王餐廳享用精心烹調的佳餚。我們設計餐單時也會考慮不同食肆的性質及目的，然後才決定推出哪類食物。」

提供廣泛的餐飲和菜式選擇極受主題樂園重視。位於佛羅里達迪士尼樂園度假區內，素以優質美食享譽業界的Epcot主題樂園，就至少有51間餐廳食肆，網羅美國、加拿大、墨西哥、摩洛哥、英國、法國、挪威、德國、意大利、中國及日本等地的美食佳餚。在這些餐廳之中，供應地道法式小館菜式的Chefs de France最享負盛名。

Chefs de France的餐牌上有洋蔥湯、紅酒燉牛肉、焦糖燉蛋等經典法式佳餚。餐廳母公司JBI, LLC總裁Jérôme Bocuse表示：「我們設計餐單時，會考慮有哪些當季的時令優質農產品。我們嘗試滿足文化背景各不相同的旅客，同時盡量保持傳統。」





This page, clockwise from top: Sweet treats at Les Halles Boulangerie Patisserie at Epcot; Tail Spin Diner's gourmet burgers made with the finest British beef; Pizzolino food truck

for fresh, rustic pizza, both at Dreamland Margate; Legoland Dubai; Brown Derby Cobb Salad at Hollywood Studio's Hollywood Brown Derby

本頁左上圖起順時針：Epcot主題樂園Les Halles Boulangerie Patisserie 餐廳的甜品；Dreamland Margate樂園內的Tail Spin Diner餐廳以頂級英國牛肉炮製的美味漢堡包，以及售賣新鮮薄餅的Pizzolino餐車；杜拜樂高樂園；荷李

活影城Hollywood Brown Derby餐廳的招牌菜Brown Derby Cobb沙律

At Legoland Dubai, an international selection of culinary delights is also available. "If we had to use one word to describe our offering, it would be diverse," says Carles Colome Grau, the theme park's executive chef. "Dubai is a multicultural city. When we designed the menus, we had to ensure we could cater for the hundreds of nationalities that not only call Dubai home, but also visit daily." Yet it is a local dish that is star of the show. "Our star dish is the lamb makhboush. It is a traditional local lamb stew cooked with rice, served at Market Restaurant, and is very popular." This shows that while there is a need to cater internationally, local flavours are often appreciated by visitors as a showcase of a nation's or locale's cuisine.

Ocean Park has taken this into consideration with its Old Hong Kong attraction – an immersive walk-through area featuring streetscape and architectural styles of the city from the 1950s to the 1970s – where visitors can feast on local delicacies such as Chinese herbal tea, poached egg with tea, egg waffles and fish balls made from sustainably-sourced seafood.

Disney theme park Hollywood Studios in California also showcases local, traditional fare at its Hollywood Brown Derby restaurant, one of 24 food and beverage outlets at the park. It specialises in authentic American cuisine, recreating dishes from the original Brown Derby restaurant, which opened in Los Angeles in 1926. Here, the Cobb salad is one of the menu highlights. "This salad was iconic before it was even on the menu at the Disney recreation of the historic California restaurant," says Chef de Cuisine Craig Schleider. "As the story goes, Brown Derby owner Bob Cobb tossed the first version as a late-night snack for a Tinseltown movie star. The Disney version sticks to the original, with finely chopped greens, turkey breast, eggs, blue cheese, bacon and avocado."

Whether it is international cuisine or local specialities that make it onto a theme park's menu, ensuring food is good quality is key. It is something that can easily be compromised given a theme park's high turnover, but is increasingly on the radar of chefs and their teams. At Legoland Dubai, for example, Grau says, "We have a very well trained staff and equipped restaurants to ensure we deliver the best food and service. Daily trainings and consistency are the keys."

"In order to maintain the food quality with the high turnover we must implement the right processes, and chef's training is essential," agrees Bocuse. "Training begins with the basics of cooking techniques as well as following food safety guidelines."

Ocean Park is dedicated to providing visitors with outstanding dining experiences. In a new Higher Diploma in International Theme Park and Event Management programme launched by the International Culinary Institute and supported by Ocean Park, students are encouraged to learn about catering operations and culinary skills as part of the course, highlighting how important this is to fully understanding theme park operations.

While there is emphasis on quality, ensuring that visitors can order what they want is another aspect that theme parks are placing high on their list of priorities, and having access to healthier options is one important consideration. "I have found over the years that when you visit a theme park, all you get is not-so-healthy food," says Grau. "We want to ensure we have a big variety to cater for all allergens and diets."

☞ If we had to use one word to describe our offering, it would be diverse
 如果要用一個詞語來概括我們的餐飲供應，
 那就是百花齊放 ☞
 – Carles Colome Grau

杜拜樂高樂園也供應世界各地的菜式，行政總廚Carles Colome Grau表示：「如果要用一個詞語來概括我們的餐飲供應，那就是百花齊放。杜拜是多元文化城市，我們設計菜式時，必須確保可以滿足來自數以百計不同種族的人，包括當地居民及日常到訪的旅客。」不過樂園最受歡迎的始終是地道佳餚，「我們的招牌名菜是由Market餐廳供應的傳統羊肉香料飯，很多客人點選。」由此可見，儘管主題樂園有必要提供各地菜式，但遊客一般比較欣賞能夠反映國家和地方特色的本土菜餚。

海洋公園的「香港老大街」正是以本土特色小吃招徠，這個以1950至70年代的香港街景及經典建築為主題的景點，售賣涼茶、茶葉蛋、雞蛋仔以及符合可持續發展原則捕獲的海鮮製造的魚蛋等。

位於加州的迪士尼樂園「荷李活影城」有24間餐廳，其中The Hollywood Brown Derby同樣以傳統本地美食為賣點，供應地道美式佳餚。餐廳以1926年開業的洛杉磯老店Brown Derby命名，並重現其招牌菜式如Cobb沙律等。主廚Craig Schleider說：「早於迪士尼重開這間歷史悠久的加州餐廳以前，Cobb沙律已是經典名菜。據說，這原是Brown Derby東主Bob Cobb為一位荷李活影星做的宵夜小吃。迪士尼的Cobb沙律忠於原版，材料仍然是切成小塊的蔬菜、火雞胸肉、雞蛋、藍芝士、煙肉及牛油果。」

不管是國際菜式還是本地美食，最重要的還是確保食物的質素。主題樂園要應付流動迅速的大量遊客，很容易就會在品質上妥協，但樂園裡的廚師和助手對食物的品質控制已越來越警惕。以杜拜樂高樂園為例，Grau表示：「我們的員工訓練有素，餐廳設備優良，可以確保提供最優質的食物和服務。日常訓練和穩定性相當重要。」

Bocuse深有同感，他表示：「在人客川流不息的情況下，如果想保持食物質素，就必須實施正確程序。廚師的訓練當然不可或缺，除了廚藝，遵守食物安全指引也是訓練的一部分。」

海洋公園也致力確保遊人擁有美好的飲食體驗，在其與國際廚藝學院攜手推出的新課程「國際主題樂園及項目管理高級文憑」中，餐飲營運及廚藝亦是學員必修內容之一，可見要掌握主題樂園營運的全面知識，這也是不可或缺的一環。

強調食物質素之餘，確保遊客吃到想吃的東西也一樣重要，而提供健康膳食也是主題樂園的首要考慮之一。Grau解釋：「我憑多年的經驗發現，在主題樂園吃到的東西都不太健康。因此，我們希望能提供多元化的美食，滿足有食物敏感和有不同飲食需要的人士。」

食客日益關心食物來源，對可持續發展的關注也持續提升。對設有海洋生物展館的主題樂園如海洋公園等來說，這是必須正視的議題。梁啟誠表示：「我們作為

Being mindful of what they eat, diners are becoming more aware of sustainability issues, too. In a theme park where seafife is exhibited in attractions, such as Ocean Park, it is essential that these issues are addressed. "As a leading conservation advocate, we began to offer sustainable seafood dishes in 2009," says Leung. "Our restaurants provide menus that echo the key conservation messages delivered in animal exhibits and educational programmes and use only sustainably-sourced seafood."

A reflection of other global culinary trends can be seen at theme parks, too. Street food is having its moment in the spotlight, and at Dreamland Margate in the UK, which recently underwent a £25 million (HK\$250 million) refit, the focus is on just that. While the rides hark back to Dreamland's early days, the food is "altogether more contemporary, with vendors inspired by London's booming street-food culture, offering a changeable feast of cuisines ranging from wood-fired pizza to Mexican tacos".

Whatever the meal, it's about making it memorable to keep people coming back. "Our biggest satisfaction is the enjoyment of our guests. For a vast majority of them this is one of their first experiences with French cuisine and we want to entice them for some more," says Bocuse.

Hollywood Brown Derby strives to create unforgettable moments with a memorable drinks list. "Our beverage philosophy is to keep the menu exciting," says Schleider. "We give guests options that represent many different wine regions of the world, but we focus mostly on California wines, being The Hollywood Brown Derby. We try to stay away completely from product that one can find in supermarkets. We feature many themed wines that are associated with Hollywood stars or movies as well as speciality cocktails named after stars. This all gives our guests something to remember that made their dining experience extra special."

Fresh, new experiences and seasonal events can draw return visitors as well as a different crowd. Ocean Park offers Halloween-themed dishes and Midsummer Breeze menus, the latter designed, for example, to help guests beat the heat when they visit at the height of summer. A recent innovation is the Chill Out @ The South culinary fiesta that took place in March and April this year. "This is an opportunity to indulge one's senses and taste some of the finest cuisines and beverages from around the world, whilst experiencing a variety of spectacular entertainment at one of Hong Kong's popular theme parks," says Vivian Lee, Executive Director of Business Development and Education at Ocean Park. "We immersed guests in fine food presented by award-winning and Michelin-starred restaurants and chefs. To complete the experience, we arranged wine tasting workshops, wine pairing lessons and cooking demonstrations for our guests," Lee added.

Choice, innovation and the ability to offer something unique drive visitors' enjoyment and likelihood to return. "Giving our guests the chance to choose from a different selection is an important factor," says Grau. "People visit Legoland Dubai from all around the world to have an awesome experience. Our variety of food options complements their experiences and keeps them returning again and again."

It seems that increasingly theme park patrons will not only be heading home with tales of rollicking rollercoasters and hair-raising rides, but also of refined dining experiences and creative culinary exploits. 🍷

Our biggest satisfaction is the enjoyment of our guests. For a vast majority of them this is one of their first experiences with French cuisine and we want to entice them for some more

客人開心地享受食物，是我們最快樂的事。對許多客人來說，這是他們第一次品嚐法國菜，我們希望他們可以

因此喜歡上法國菜 🍷

— Jérôme Bocuse

環保先鋒，早在2009年已開始供應環保海鮮菜式。公園的餐單都與園內的動物展館和教育項目所傳達的主要保育訊息互相呼應。園內餐廳及小食亭亦只會選用環保海鮮食材。」

主題樂園的餐飲趨勢也深受全球的美食潮流影響。街頭美食目前正大行其道，位於英國的Dreamland Margate主題樂園不久前耗資2,500萬英鎊（約2.5億港元）翻新設施，街頭美食正是這次裝修的焦點之一。雖然Dreamland的機動遊戲回到樂園早期的模樣，但樂園供應的食物卻「富有當代特色，營運者從倫敦蓬勃的街頭美食文化取材，提供變化多端的食物，如柴火燒烤的薄餅和墨西哥玉米卷等。」

不論什麼餐飲，重點是要客人留下印象，吸引他們再次光臨。Bocuse說：「客人開心地享受食物，是我們最快樂的事。對許多客人來說，這是他們第一次品嚐法國菜，我們希望他們可以因此喜歡上法國菜。」

Hollywood Brown Derby餐廳以別出心裁的酒單讓客人留下難忘回憶。Schleider解釋：「我們挑選飲品時的重點是保持酒單多姿多采，為客人提供世界各地不同酒區的選擇，但我們畢竟是以荷李活命名的加州餐廳，酒單的重點當然要放在加州佳釀身上，同時亦提供許多與荷李活影星和電影有關的主題葡萄酒及以明星命名的雞尾酒。我們亦盡量不進在超級市場有售的產品。這樣的酒單可以讓客人留下深刻印象，製造獨特的用餐體驗。」

嶄新的體驗和節慶活動不但可以吸引舊客重遊，也能開拓新客源。海洋公園的萬聖節主題菜式，以及專為炎夏而設、為遊人消暑解熱的盛夏美食狂熱餐單就是好例子。今年3至4月舉辦的Chill Out @ The South美酒佳餚盛會也非常創新，海洋公園業務拓展及教育執行總監李玲鳳表示：「遊人既可於香港其中一個最受歡迎的主題樂園觀賞精彩的娛樂節目，同時也可以盡情品嚐世界各地的美酒佳餚，這樣的機會十分難得。我們除了請來得獎無數的餐廳和米芝蓮星級廚師為遊人炮製美食，還安排了品酒課堂、餐酒配搭工作坊及烹飪示範等。」

豐富的菜餚選擇及充滿創意和與別不同的美食均可以提升訪客的興致，促使他們故地重遊。「為客人提供各種各樣的美食舉足輕重，世界各地旅客是為了尋找精采刺激的體驗而來，到杜拜樂高樂園，我們豐富的食物選擇可以讓整個體驗更圓滿，吸引他們一次又一次回來。」Grau如是說。

看來以後暢遊主題樂園之後，不僅會對過山車等驚險刺激的機動遊戲留下難忘回憶，也會對精緻的佳餚和充滿創意的美食留下深刻印象。🍷



This page, clockwise from right: Dining al fresco at Hollywood Brown Derby; Pan-seared Black Grouper at Hollywood Brown Derby; visitors enjoy the Pop & Rock Beer Fest as part of Ocean Park's culinary fiesta; Ocean Park's Chill Out @ The South

本頁右圖起順時針：Hollywood Brown Derby餐廳的戶外用餐區及煎黑石斑；遊人在香港海洋公園的「Chill爽啤酒音樂夜」開懷暢飲；海洋公園Chill Out @ The South美酒佳餚盛會



IMAGES BY DISNEYWORLD, DREAMLAND MARGATE, OCEAN PARK HONG KONG

Floral Flavours 花樣甜食

Guy Krenzer channels a range of skills with his sweet treats for Maison Lenôtre

Guy Krenzer 施展各種烹調技藝，為 Maison Lenôtre 創作林林總總的甜點美食

By Rachel Duffell

Leafing through the pages of a book on trade careers, it was the role of deli-caterer that a young Guy Krenzer chose for himself. Several decades later, Krenzer is Executive Chef and Creative Director of Maison Lenôtre, a retailer of fine takeaway food, event caterer, and provider of culinary education for both professionals and amateurs through its revered École Lenôtre. Krenzer has also been awarded the Meilleur Ouvrier de France twice, a prestigious honour bestowed upon the best craftspeople in France.

Maison Lenôtre, whose staff conducted a course at the International Culinary Institute in August, is particularly well-known for its pastries, and one of Krenzer's signature dishes is his Fleurs d'Été, or Summer Flowers. The dessert is comprised of shortbread, lemon biscuit, lemon cream and cheesecake mousse, and embellished with Lenôtre strawberry jam, wild strawberries, white chocolate, decorative icing motifs and edible flowers. Its many different elements, and the various culinary techniques required in their creation, make it a challenge to put together, but ensure that the resulting dessert is a feast for all the senses.

年輕時期的 Guy Krenzer 翻開一本介紹各種職業的書，然後為自己選定到會廚師這條路。幾十年後，他成為 Maison Lenôtre 餐飲集團的行政總廚兼創作總監，並兩次獲得地位崇高的法國最佳工藝師獎 (MOF)。Maison Lenôtre 是高級外賣店兼到會公司，同時亦透過旗下知名的 École Lenôtre 廚藝學校開班授徒，為職業和業餘廚師提供受訓機會。該校導師也剛於 8 月，在 ICI 教授短期課程。

Krenzer 為以甜點著名的 Lenôtre 創作了一款名為 Fleurs d'Été (夏天的花) 的招牌甜品，由牛油酥餅、檸檬餅乾、檸檬忌廉醬、芝士蛋糕慕絲、Lenôtre 的士多啤梨醬、野生士多啤梨和白朱古力製成，並加上糖霜和食用花瓣裝飾。這款蛋糕包含眾多元素，製作時需要運用多個烹調技巧，最後成品要做到形狀、顏色和味道俱佳，對廚師來說是一大挑戰。



IMAGE BY C. FACCIOLI

Paul Wong 黃亞保

Director and Executive Chef of Cloudland Chinese Cuisine, Graduate of Master Chef Course in Chinese Cuisine, Chinese Culinary Institute (CCI)

雲來軒董事兼行政總廚，中華廚藝學院大師級中廚師課程畢業生

By Vivian Mak

“

I start my day by cooking dumplings that I wrapped the day before as breakfast for my children. I put a lot of vegetables into the stuffing to make sure that they consume enough healthy food each day.

我每天的第一件事，便是烹煮前一天包好的餃子作為孩子的早餐。餃子餡料多菜少肉，確保他們每天也進食足夠的健康食品。



I then drive them to school and go for a simple breakfast by myself at a local *cha chaan teng*, as I need a cup of Hong Kong-style milk tea to pick me up.

I usually arrive at the restaurant at around 11 o'clock. If there is a booking from an important guest, I will brief the chefs, managers, and waiters on what to cook, any preferences of the customer with regards to flavours, and how the dishes should be served. These days I seldom work in the kitchen but play more of a management

role. We have about 35 staff including three dim sum chefs and three barbecue chefs working in the kitchen – all have worked with me for years, and they know my requirements well.

After lunch, the restaurant is relatively quiet, and I can focus on paperwork and designing any menus for special guests. Usually, for returning customers, I will try to add a few new dishes to a menu for them. I will then need to write down the recipes and describe the dishes for my chefs. Sometimes, I will meet food

ingredients merchants – they come from all over the world. It is rare that I will join the staff for an early supper, but instead I will often go for a cup of coffee.

Before the dinner session starts, I conduct a general briefing to two departments separately: first to the floor manager and waiters, and then to the chefs – mainly on compliments and complaints from customers, so that we know what to improve on.

The restaurant closes at around 11 o'clock at night,

but I will stay behind for more paperwork. By the time I get home, it is already midnight; at which point I will drink some soup or have some dinner before going to bed.

As my wife once said to me, I have no holidays – but although the chef's life is a busy one, I do take time off in July and August, our low season, to go on some short trips with my family.

接著便會駕車送他們上學，然後到茶餐廳吃個簡單的早餐——我需要港式奶茶提神。

約11時我便到達餐廳，如果當天有重要的客人訂座，我便向廚師、經理和侍應講解菜式、客人的口味喜好，以及菜式的賣相等。我近來已甚少親自下廚，改為負責管理。餐廳約有35名員工，包括三名點心師傅及三名燒臘師傅，他們都和我合作多年，深知我的要求。

餐廳在午市後客人較少，我可以專心處理文件，為特別客人設計菜單。如果是回頭客，我便會加上數款新菜式，並且會仔細寫下菜譜向廚師解釋。有些時候，我會趁這段時間與來自世界各地的食材供應商會面。我很少與員工在「落場」時間一起吃晚飯，反而經常到外面喝杯咖啡。

晚市開始前，我會分別與樓面經理、侍應和大廚進行簡報，主要是反映客人的讚賞和投訴。這樣才可以汲取教訓，努力改善，讓餐廳精益求精。

餐廳在晚上11時打烊，但我會完成所有文件工作才離開，回到家通常已是午夜，那時才喝碗湯或吃晚飯，然後就寢。

我太太曾經說過我年中無休，從來沒有假期。雖然廚師的生活是這樣，但我會盡量在7月和8月這些淡季的日子裡，抽空與家人參加一些短線旅遊。

Recipe for success 成功秘訣

The International Culinary Institute (ICI) and its sister institutions, the Hotel and Tourism Institute (HTI) and the Chinese Culinary Institute (CCI) provide students with an array of fun and educational opportunities

國際廚藝學院及與其相輔相成的酒店及旅遊學院和中華廚藝學院積極提供機會，讓學生不僅可以在校內增長知識，更可與專家交流及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



Tasting victory 勝券在握

The Hong Kong International Culinary Classic, held during HOFEX in May, is one of Hong Kong's most prestigious F&B events. This year, students and graduates of CCI and ICI showcased their talents and were awarded in the competition. Dicky Li and Grace Chan, graduates of ICI's Diploma in European Cuisine, clinched gold in the Hot Cooking-U25 Apprentices: Two to Tango category. Representing Hong Kong, the young duo went on to win Best Overall in the International Culinary College Competition in June, competing against teams from South Korea, New Zealand, England and Denmark. The experience gained from these competitions stands Li in good stead for October when he competes in the WorldSkills Abu Dhabi 2017.

於5月HOFEX期間舉行的「香港國際美食大獎」是香港餐飲業界的矚目盛事。中華廚藝學院及國際廚藝學院學員及畢業生在賽事中榮獲多個獎項，其中國際廚藝學院歐陸廚藝文憑畢業生李緒彥和陳紀儒更奪得「西式烹調—現場熱盤烹調 (25歲以下/學徒) 二人探戈組別」金獎。兩人於6月再接再厲，代表香港參加「國際廚藝學院大賽」，與來自南韓、紐西蘭、丹麥及英國的廚藝學員較量，並獲得「全場最佳」獎。李緒彥將於10月出戰於阿布札比舉行的「世界技能大賽2017」，這兩次參賽經驗為他增添不少信心。

Grape expectations 美酒之旅

New Zealand is home to a treasure trove of wine producers, and in late March F&B students of the Hotel and Tourism Institute attended a wine tour. As well as studying in a local F&B institute, they visited vineyards to learn about winemaking techniques, and taste the region's wines. There were also trips to local markets to enhance knowledge of pairing the wines with local produce.

今年3月底，修讀酒店及旅遊學院餐飲與項目管理課程的學生，遠赴酒莊雲集的紐西蘭進行葡萄酒考察之旅。旅程中，學員除了到當地一間餐飲學院上課學習之外，也走訪了多個葡萄園及酒莊，了解葡萄酒釀製過程及品嚐該產區的佳釀。他們亦把握機會到當地的菜市場參觀，認識本土食材，藉此增進餐酒和食物配對方面的知識。



Global exchange 國際交流

Students of ICI are encouraged to broaden their horizons through global cultural exchanges and professional internships. Graduate Michelle Leung joined the ICEX Training Program in Spanish Gastronomy and Tapas last year. The six-month programme included training at famed Spanish Chef Paco Roncero's two-Michelin-starred restaurant (above) and the chance to get acquainted with local Spanish cuisine through field trips to vineyards and jamón and cheese manufacturers. In May, students Tracy Ho and Ivy Mak embarked on a fulfilling week's internship at Fischer's, renowned

British Chef Max Fischer's Michelin-starred restaurant in the UK. August saw Tony Au complete a four-month internship at El Celler de Can Roca, the Roca Brothers' acclaimed restaurant in northern Spain (below).

國際廚藝學院一直鼓勵學員參與海外交流活動及實習，拓闊視野。去年，畢業生梁秀婷參加了為期半年的「西班牙商務公署西班牙美食培訓計劃」，於西班牙名廚Paco Roncero名下的米芝蓮星級餐廳實習（左圖），期間並到不同酒莊及火腿和芝士製造廠參觀，認識當地美食。今年5月，學員何梓欣及麥芷穎前往英國名廚Max Fischer的米芝蓮星級餐廳Fischer's實習一星期。另外，獲選到Roca三兄弟位於西班牙北部的餐廳El Celler de Can Roca實習的學員歐浩然（下圖），亦於8月完成四個月的旅程，獲得了寶貴的經驗。





Risotto, created by students of ICI
國際廚藝學院學生精心烹調的意大利飯



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