

foodtalk



so fresh!

>> Angliss Discovery Culinary Tournament 2012 >> Inside **Press Room Group** >> Farm to Fork - **Savoury Choice**

>> 安得利美饌廚藝大賽2012 >> 專訪**Press Room Group** >> 從農場到餐桌的**Savoury Choice**

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47-51 Kwai Fung Crescent, Kwai Chung, N.T., Hong Kong
香港新界葵涌葵豐街47-51號
T. +852 2481 5111 | F. +852 2489 8861

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Macau sole distributor:

Angliss Macau Food Service Limited 安得利澳門飲食服務有限公司

52-58 Rua dos Pescadores, Edf, Industrial Ocean II Fase 4-Andar C & D, Macau

澳門漁翁街52-58號海洋工業中心2期4樓C&D室

T. +853 2886 2886 | F. +853 2886 2828



Angliss Beijing Food Service Limited
安得利(北京)食品貿易有限公司
#59, Shunhuang Road, Huanggang
Chaoyang District, Beijing, China
北京市朝陽區黃港順黃路59號
T. +86 10 8586 1619 | F. +86 10 8586 4880



Angliss Shanghai Food Service Limited
上海安得利郎晴食品貿易有限公司
5/F., Block B, No.4 Building, No.1 Hongqiao Headquarters
No.100 Zixiu Road, Shanghai, China
上海市閔行區虹橋鎮紫秀路100號(近吳中路·合川路)
虹橋總部1號4號樓5樓B座
T. +86 21 6073 2060 | F. +86 21 6073 2050



Angliss Shanghai Food Service Limited - Hangzhou Branch
上海安得利郎晴食品貿易有限公司 - 杭州辦事處
5/F, Unit 6, No.1118 DongXin Road
XiaCheng District, Hangzhou, China
杭州市下城區東新路1118號506室
T. +86 571 8681 0896 | F. +86 571 8681 0196



Angliss Guangzhou Food Service Co. Limited
廣州安得利福斯食品有限公司
Unit 01-08, 25/F, Jia Xing Square, 22 Bai Yun Road
Guangzhou, China
廣州市越秀區白雲路22號嘉星廣場2501-2508室
T. +86 20 8323 5497 | F. +86 20 8323 5446



Angliss Chengdu Food Service Co. Limited
成都安得利福斯食品有限公司
Unit 09-10, 26/F, Building A, Long Hu San Qian Xing Zuo
Construction of North Road Section 3, Chenghua District
Chengdu, Sichuan, China
成都市成華區建設北路三段2號龍湖三千星座A幢26樓09-10室
T. +86 28 8315 2822 | F. +86 28 8315 0922



Angliss Shenzhen Food Service Limited
安得利(深圳)食品有限公司
Building 3B, Block B, Baosheng Industrial District,
No. 1 Mabu Road Bainikeng Village, Pinghu Town,
Longgang District, Shenzhen, China
深圳市平湖鎮白坭坑村麻布路1號寶盛工業區B區第3B棟
T. +86 755 2885 7688 | F. +86 755 2585 3675
www.anglissshenzhen.com.cn



Angliss Haikou Food Service Limited
海口安得利食品有限公司
Villa #23, Midhill Garden, 1 Jin Mao Zhong Lu
Haikou, Hainan, China
海口市金貿半山花園別墅23棟
T. +86 898 3109 8853 | F. +86 898 6595 4474



Angliss Macau Food Service Limited
安得利澳門飲食服務有限公司
52-58 Rua dos Pescadores, Edf, Industrial Ocean
II Fase 4-Andar C & D, Macau
澳門漁翁街52-58號海洋工業中心2期4樓C&D室
T. +853 2886 2886 | F. +853 2886 2828



Angliss Singapore Pte Ltd.
232 Pandan Loop, Singapore 128420
T. +65 6778 8787 | F. +65 6778 3966
www.angliss.com.sg



PastryGlobal Food Service Limited
嘉寶食品有限公司
Unit B, 3/F., Yoo Hoo Tower, 38 Kwai Fung Crescent
Kwai Chung, N.T., Hong Kong
香港新界葵涌葵豐街38號Yoo Hoo Tower 3樓B室
T. +852 2494 1900 | F. +852 3145 0756
www.pastryglobal.com.hk



L'Atelier du Goût Hong Kong
賞味坊
Shop A2, G/F, Yoo Hoo Tower, 38 Kwai Fung Crescent
Kwai Chung, N.T., Hong Kong
香港新界葵涌葵豐街38號大鴻輝中心二期地下A2舖
T. +852 2615 0638 | F. +852 2615 2210
www.atelierdugout.com.hk



foodtalk
名廚坊
Kowloon shop:
Ground Floor, 38 Kwai Fung Crescent
Kwai Chung, N.T., Hong Kong
香港新界葵涌葵豐街38號地下
T. +852 2615 0822 | F. +852 2615 0855

Hong Kong Island shop:
Ground Floor, 23 First Street
Sai Ying Pun, Hong Kong
香港西營盤第一街23號地下
T. +852 2615 0338 | F. +852 2559 3938
www.foodtalk.com.hk



Him Kee Food Distribution Company Limited
謙記食品貿易有限公司
3/F., East Asia Industrial Building, No.2 Ho Tin Street
Tuen Mun, N.T., Hong Kong
香港新界屯門河田街2號東亞紗廠工業大廈3樓
T. +852 2440 0756 | F. +852 2440 0405



Gourmet Cuisine Limited
高美食材有限公司
Unit B, 9/F., Yoo Hoo Tower, 38 Kwai Fung Crescent
Kwai Chung, N.T., Hong Kong
香港新界葵涌葵豐街38號Yoo Hoo Tower 9樓B室
T. +852 2494 1968 | F. +852 2439 5055



Gourmet Partner (M) Sdn Bhd
No.7, Jalan Anggerik Mokara 31/45, Seksyen 31
Kota Kemuning, 40460 Shah Alam
Selangor Darul Ehsan, Malaysia
T. +603 5122 1601 | F. +603 5122 0601



Gourmet Partner Singapore Pte Ltd.
232 Pandan Loop
Singapore 128420
T. +65 6602 0790 | F. +65 6778 0153



PastryGlobal Singapore
232 Pandan Loop
Singapore 128420
T. +65 6778 8787 | F. +65 6778 3966

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Angliss Hong Kong Food Service Ltd.
47-51, Kwai Fung Crescent, Kwai Chung
New Territories, Hong Kong
T. +852 2481 5111 | F. +852 2489 8861
info@angliss.com.hk | www.angliss.com.hk

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安得利香港餐飲有限公司
香港新界葵涌葵豐街47-51號
電話: +852 2481 5111 | 傳真: +852 2489 8861
info@angliss.com.hk | www.angliss.com.hk



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Editor-in-Chief 總編輯 **Janice Leung**
Editor 編輯 **Grace Chan**
Project Manager 項目統籌 **Winnie Wong**
Creative Director 設計及藝術總監 **Lucia Cahyaningtyas**
Chinese Translation 翻譯 **A Chan of RR Donnelley**

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Kowloon:

G/F, 38 Kwai Fung Crescent, Kwai Chung, New Territories 香港新界葵涌葵豐街38號地下
T. 2615 0822 • F. 2615 0855

Hong Kong Island:

G/F, 23 First Street, Sai Ying Pun, Hong Kong 香港西營盤第一街23號地下
T. 2615 0338 • F. 2559 3938

www.foodtalk.com.hk



“...I look forward to working with you all
in forging a most exciting future ahead.”

“展望未來，我期望與大家一同繼續努力、邁步向前！”

Welcome to Issue 24 of Foodtalk.

As summer heats up, so is Angliss. Our new projects simply get more exciting by the day! In July, we hosted our first Angliss Discovery – Culinary Tournament 2012 with the theme LOHAS (Lifestyles of Health and Sustainability). We witnessed an exciting finals day in L’Atelier du Goût where talented chefs from Hong Kong and Macau created remarkable dishes celebrating a sustainable lifestyle and showcasing fine ingredients such as lamb from Alliance, live lobster from Clearwater, foie gras from Feyer and hangar steak from Cedar River Farms. Do read our special report on the event.

I’m delighted to announce that Angliss Hong Kong has recently acquired Jetstar (Tsukiji) Hong Kong Company Limited, a Japanese food distribution company serving some of Hong Kong’s best Japanese restaurants, hot pot eateries, clubs and food wholesalers. It specialises in all kinds of Japanese frozen food, air shipment of perishable seafood and sauces, and quality food from all around the globe, such as Kobe beef, Kurobuta, tuna, and sashimi-grade scallop and shrimp.

On a retail level, we welcome our second gourmet shop, foodtalk in Sai Ying Pun, which opened late May to serve the many gourmants on Hong Kong island.

In this issue, we have also introduced the new Restaurant Insider column, delving deep into the business side of successful restaurant groups and uncovering their keys to success. We hope you’ll enjoy this fresh perspective.

With my increased responsibilities as Managing Director – Asia Region, I have the honour and pleasure of leading Angliss Singapore, and Gourmet Partner in Singapore and Malaysia, as well as my existing teams in Greater China. I look forward to working with you all in forging a most exciting future ahead.

Johnny Kang
Managing Director – Asia Region

歡迎閱讀第24期的Foodtalk!

夏日炎炎，安得利的新一輪活動亦源源不絕，持續為大家帶來驚喜！在7月份，以「樂活一族」(LOHAS)為主題的首屆安得利美饌廚藝大賽2012已圓滿舉行。來自香港及澳門的參賽廚師於賞味坊聚首一堂，在決賽當日大展身手，炮製出一系列色香味美的菜式，並不忘將可持續生活模式的概念融入其中。他們採用的高級食材包括Alliance羊後膝、Clearwater活龍蝦、Feyer鵝肝以及Cedar River Farms的牛肝連肌。請細閱本期專題文章，以得知當日比賽的盛況。

此外，我亦藉此機會欣然宣佈，安得利香港最近已成功收購捷達（築地）香港有限公司。這間日本食品分銷公司向來為本港多間頂級日本餐廳、火鍋店、會所及食品批發商服務，專門供應各種日本急凍食品，並以空運方式提供海鮮及醬料，同時分銷來自全球各地的優質美食，如神戶牛、黑豚、吞拿魚，以及刺身級別的帶子及鮮蝦。

至於零售方面，我們第二間foodtalk名廚坊已於5月底在西營盤順利開幕，為香港島的一眾食家提供便捷的零售服務。

本期亦推出了全新的「餐廳內幕」欄目，令讀者能深入了解成功餐飲集團的營運點滴，一窺其成功之道。希望大家都會喜歡這個新的專欄。

本人最近獲委任為亞洲區董事總經理，職責日多，除了統領現有的大中華地區團隊外，亦須負責管理安得利新加坡以及新加坡和馬來西亞的Gourmet Partner，令我感到既高興又榮幸。展望未來，我期望與大家一同繼續努力、邁步向前！

江文喜
亞洲區董事總經理



ACCIDENTAL VISIONARIES

不經意打出一片天

Press Room Group, founded by childhood friends Alan Lo, Paulo Pong and Arnold Wong in 2006, wasn't intended to be a "Group". What started as a one-off project, The Press Room brasserie, parlayed into today's burgeoning empire of twelve outlets and a wholesale bread and cheese business (they distribute the storied Neal's Yard Dairy cheeses from the United Kingdom, for instance), employing around 350 people. Alan Lo tells us more.

2006年，羅揚傑、龐建貽和黃子超合力創辦Press Room Group。三人自小相識，成立公司只是一時興之所至，初時並未想過要建立一個集團。從The Press Room這間小店伊始，集團不斷蓬勃發展，現已成為擁有12間餐廳及麵包和芝士批發業務的王國（如負責分銷英國著名的Neal's Yard Dairy芝士），僱用員工約350人。羅揚傑將在下文娓娓道來箇中的經歷。



F (Foodtalk): How did the Group begin? Why was it started?

L (Alan Lo): We started out as three friends who wanted to introduce good-quality, European comfort food to Hong Kong and create restaurant concepts that blend heritage, art and culture. As a big city, Hong Kong was missing something. We had all lived and worked abroad, and we thought that there were all these really cool restaurants abroad where it's not fine dining, it's not chi-chi but the vibe is very good and everyone's having a good time, but we don't see that here.

F: What are the Group's core values?

L: The three of us (Lo, Pong and Wong) share the same vision and values. Instead of just opening restaurants, we wanted to create unique concepts which fuse unpretentious, comfortable dining with contemporary design and local culture.

F (Foodtalk): 你們是怎樣創立現時的飲食集團？為何有這樣的構想？

L (Alan Lo): 我們三個朋友最初合作開業，是希望將優質的歐洲舒心美食引入香港，並開創一些能夠融合傳統、藝術和文化的餐廳概念。香港作為一個大都會，其餐飲界當時確實仍有所缺漏。我們三人都曾到外地生活、工作，而且都發現當地總有許多優秀餐廳：不一定是高級餐館，亦不一定是故作風雅之所，而是氣氛絕佳、讓食客都能盡情享受的餐廳，但這類餐廳在香港可謂無處可尋。

F: 集團的核心理念是甚麼？

L: 我們三人[羅、龐和黃]都持相同的願景和理念。我們不僅著眼於經營餐廳，更想創造一些獨特的餐飲概念，將輕鬆自在的用餐體驗與時尚的設計和本地文化互相融合。

F: What kind of an experience are you trying to communicate to diners?

L: As childhood friends, we keep trying to carve out the vision for Hong Kong – one that celebrates the marriage of heritage and modernity. And this is what we strive to achieve in many of our projects – injecting new, creative ideas to revitalize the old Hong Kong, without losing its soul. It is the celebration of local culture and contemporary thought that has helped long-forgotten districts find new prominence.

F: What is the most challenging thing about the restaurant business?

L: Hong Kong is inherently very difficult. It's very expensive. You don't want to end up having a business where you just pay rent to the landlord, so you need to be very careful. And just in terms of the natural quality of spaces in Hong Kong, it's very difficult to find a New York-style, downtown industrial space—there's nothing like that. Everything is malls... and malls... and another mall, and we wanted to get away from that.

F: How about a most challenging time/instance?

L: Every restaurant opening has its challenging moments. If I had to pick one, it will be The Pawn because the space itself is a heritage building.

F: 你們希望為食客帶來何種體驗？

L: 我們三人自小相識，一直著意為塑造香港的願景出一分力，而我們認為這個願景應該注重傳統和現代性的有機融合。這正是我們眾多項目所致力實現的目標，即為老香港注入嶄新、創新的意念，加以活化而無損箇中精髓。保育本地文化，融入當代思維，是協助久被遺忘的香港舊區重拾活力之途。

F: 你們的餐飲事業所面對的最大挑戰是甚麼？

L: 在香港營商須面對一些根本性的難題，如成本十分高昂。任何店主都不會希望需要將全盤收入付諸業主，所以選址方面必須特別小心。此外，由於本港空間的特性所限，要找尋好像位於紐約中心地段工業用地的那種舖位相當困難。根本沒有這類地點，到處都只是林林立立的商場，我們當時都希望能有所突破。

F: 最具挑戰的時期/經歷是甚麼？

L: 每間餐廳在開業時都必須面臨多種挑戰。談到最具挑戰的一次經歷，莫過於The Pawn的開業，因為其位處一棟歷史建築物之內。

F: 你們目前亦從事芝士進口，這項業務是你們一早已計劃開展，抑或是在餐廳開業後才開始構思？

L: 我們有批發業務部門，並供應即日烘焗的歐式麵包，而且擁有自家的芝士熟成室。

瞭解市場的狀況實屬關鍵。餐飲業者必須審視潛在顧客的組成，為他們設身處地想想甚麼食品會令他們鍾情雀躍，再據此創製食品。我們總是力求創新，卻不愛嘩眾取寵。歸根究柢，美味的食物、週到的服務以及豐富的飲品和酒類選擇，始終是一間餐廳的重心所在……這是我們一直堅守的原則。批發優質的麵包及芝士，與我們的業務理念正好吻合。

The Pawn



F: You also import cheeses - was this always the plan, or did it come about after opening the restaurants?

L: We offer artisan bread baked daily for both wholesale and retail, and also have an in-house cheese maturing room.

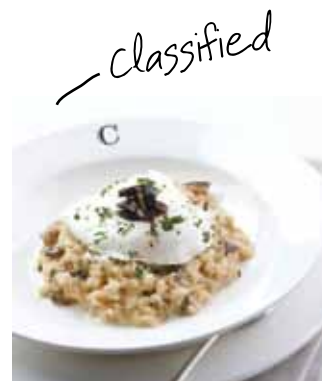
It's important to understand the market. You look at your potential customer mix and you work backwards to create something that they will like or get excited about. We are always interested to create something new, but not in a gimmicky sense. At the end of the day, a restaurant should always be about good food, good service and good selection of drinks or wine... we don't tamper with that. Offering wholesale bread and cheese fits in with what we do.

F: What are your plans for the future?

L: Press Room Group has always had both short-term and long-term expansion plans as evidenced by the number of dining concepts and brands we've launched in the last 5 years, and will continue to do so. We currently have a 3-5 year plan in place.

Given we are headquartered in Hong Kong, Greater China presents the biggest potential. But we're also open to opportunities throughout the region.

Many of our concepts were inspired by their locations – i.e. The Pawn, Press Room and The News Room – so would therefore be difficult to replicate elsewhere. However, Classified was envisioned as a collection of neighborhood cafés featuring premium artisan cheeses, gourmet coffees, boutique wines and handcrafted breads. This concept is primed for expansion and will work well in almost any setting. It represents European-style casual al fresco dining, which is an aspirational experience for most Asian cities.



F: 你們有甚麼未來大計？

L: Press Room Group向來都有短期和長期的擴張計劃。在過去五年，我們就推出了多個餐飲概念和品牌以擴張業務，未來亦將陸續有來。集團現已訂定一項為期3-5年的計劃。

由於我們的總部設於香港，大中華市場對我們來說蘊藏着最大的發展潛力，但我們亦會在區內發掘其他商機。

我們許多概念的靈感都源於餐廳的所在地點，例如The Pawn、Press Room 以及 The News Room，因此這些概念都很難再實踐到其他餐廳上。Classified則致力經營一系列位於小社區的咖啡室，供應高級精選芝士、上等咖啡、精美酒品以及手製麵包。這種概念將予推展，幾乎在任何環境中都切實可行，是歐洲式舒適露天餐飲概念的寫照，對居於亞洲大部分都市的人來說是一種不可多得的體驗。

Press Room Group's Stable of Restaurants 旗下餐廳一覽

- **The Press Room (opened 2006) – an all-day bar and brasserie.**
(2006年開業) 一間營業至夜深的酒吧及餐室。
- **Classified (the first branch in Sheung Wan opened in 2006) – a collection of seven outlets each combining a café and retail store.**
(2006年首間分店於上環開業) 擁有七間分店，兼營咖啡室及零售店。
- **The Pawn (opened 2008) – complex occupies four former tenement houses dating back to 1888 and is spread over three storeys, incorporating a living room, a dining area and a rooftop garden.**
(2008年開業) 設於四棟前身為唐樓、早於1888年落成的建築物之內，三層的餐廳分別為起居室、用餐區及屋頂花園。
- **SML (opened 2009) – a casual venue offering a menu of international dishes that can be ordered in three sizes – small, medium and large.**
(2009年開業) 一間氣氛輕鬆的餐廳，提供全球各地美食，並有大、中、小三種份量可供選擇。
- **The News Room (opened 2011) – serves contemporary comfort food in a stylish, relaxed setting.**
(2011年開業) 供應新派的舒心美食，環境入型入格，氣氛非常輕鬆。
- **The Principal (opened 2011) offers an innovative menu that strikes synergy between tradition and innovation.**
(2011年開業) 提供創新的餐飲選擇，傳統創新共冶一爐。

Master Chocolatier Demo

貝可拉巧克力產品示範

In the world of chocolatiers and pastry professionals, Stéphane Leroux is a name to behold. With his wizardry with chocolate, he has joined the ranks of MOF and won numerous international pastry competitions. His demonstration with Belcolade chocolate then, is simply not to be missed. Expect to be awed by cutting edge concepts and techniques.

Puratos Chocolate (Belcolade) Seminar

12 September

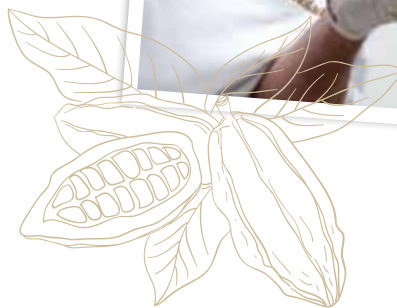
L'Atelier du Goût, Shop A2, G/F, Yoo Hoo Tower
38 Kwai Fung Crescent, Kwai Chung, Hong Kong

許多以巧克力謀生的甜點廚師應該對史迪芬·勒魯Stéphane Leroux都不陌生，除了因為他是MOF與多次世界甜點比賽冠軍得主之外，對於用巧克力來模擬各種材質的手藝也是他的拿手絕活。大師將於九月份來港顯技，為貝可拉(Belcolade) 巧克力產品作示範，屆時定能激活本地巧克力烘焙概念及產品制作技藝。

焙樂道巧克力(貝可拉)產品示範會

9月12日

香港新界葵涌葵豐街38號大鴻輝中心二期地下A2鋪賞味坊



A Taste of New Zealand

品鑒新西蘭美食

New Zealand Trade and Enterprise has organized its first New Zealand Food Connection on June 28 in The Ritz-Carlton. The event provided an excellent opportunity for New Zealand companies and their local distributors to showcase their food products to clients from food service sector.

Author of BEST COOKBOOK IN THE WORLD 2010 awarded by the GOURMAND COOKBOOK AWARDS Robert Oliver has developed recipes of his culinary creations, including the succulent Alliance lamb rack and other seafood products.

新西蘭貿易發展局於6月28日假香港麗思卡爾頓酒店舉辦了首次新西蘭美食與飲料推介會。是次活動讓新西蘭公司及其分銷商向餐飲業客戶展示及推介一系列味自天然的食品。

【2011美食家世界食譜書大獎】作者新西蘭名廚羅伯特·奧利弗 (Robert Oliver) 亦以場內展示的新西蘭食材製作成一系列的味自天然食譜，食材包括肉汁豐富的Alliance Pure South 羊鞍以及其他海鮮產品。

ANGLISS DISCOVERY



Culinary Tournament 2012

安得利美饌廚藝大賽2012

Angliss was proud to present the first edition of the Angliss Discovery Culinary Tournament, held on 12 July 2012 in Angliss's state-of-the-art L'Atelier du Goût facilities in Hong Kong.

第一屆安得利美饌廚藝大賽已於2012年7月12日在擁有先進設備、位於香港葵涌的賞味坊圓滿舉行。

The competitors, from Hong Kong and Macau, participated in one of two tournament categories: Master Chef and Junior Chef. Master Chefs competed individually, while Junior Chefs, who must be 25 years of age or under on the day of the tournament, competed in groups of two.

參賽者來自香港及澳門，分別參與精英組及新秀組的賽事。精英組的參賽者以個人形式參賽；新秀組則規定參與者於比賽當日須未滿25歲，並以二人一組的形式參賽。

Master Chef

CONTESTANTS

- Chan Sze Ling – Hong Kong Jockey Club
- Vicky Cheng – Liberty Exchange / Liberty Private Works
- Elson Cheong – Galaxy Macau
- Choi Wai Kai – Grand Hyatt Macau
- Anthony Fletcher – The Pawn
- Jeongin Hwang – Pierre at Mandarin Oriental Hong Kong
- O Man Kit – Hong Kong Convention and Exhibition Centre
- Yuen Chi Hin – InterContinental Hong Kong
- 陳思靈 - 香港賽馬會
- Vicky Cheng – Liberty Exchange / Liberty Private Works
- 張家誠 - 澳門銀河酒店
- 蔡懷佳 - 澳門君悅酒店
- Anthony Fletcher – The Pawn
- Jeongin Hwang - 香港文華東方酒店「Pierre」餐廳
- 柯文傑 - 香港會議展覽中心
- 袁志騫 - 香港洲際酒店

Junior Chef

CONTESTANTS

- Cheung Ka Wai & Kwok Wai – Royal Plaza Hotel
- Chow Ting Ting & Chow Yuen Ying – The Mira Hong Kong
- Lam Chi Fung & Hung Kam Wo – AGE Group
- Lam Mei Ling & Yeung Siu On – The Hong Kong Club
- Lao Ka Hou & Otilia Novo – Institute For Tourism Studies
- Leung Fai Cheung & Yuen Ying Fai – Al Bistro Mediterranean Restaurant & Bar
- Li Ka Ming & Tsang Tsz Ching – Watermark
- Mok Cheok Kit & Chan Mei Kei – Sands Macao
- 張嘉偉、郭偉 - 帝京酒店
- 周婷婷、鄒宛瑩 - The Mira Hotel Hong Kong
- 林志豐、孔淦禾 - AGE Group
- 林美玲、楊晁安 - 香港會
- 劉啟豪、Otilia Novo - 澳門旅遊學院
- 梁輝祥、袁英暉 - Al Bistro Mediterranean Restaurant & Bar
- 李嘉銘、曾枳澄 - Watermark
- 莫卓杰、陳美琪 - 澳門金沙酒店



In both tournaments, the chefs were given 120 minutes to complete two courses – an appetiser and a main course. In the Master Chef Tournament, the designated ingredients were whole Feyeel frozen raw goose foie gras for the appetizer, and chilled US Cedar River Farms hanging tender for the main course. For the Junior Chefs, the designated appetiser ingredient was Clearwater live lobsters from Canada, and for the main course, it was chilled Alliance lamb hind shank.

The overarching theme for the competition was LOHAS – Lifestyles of Health and Sustainability – hence aside from their culinary technique and artistic flair, the chefs were also required to demonstrate their ecological and ethical awareness.



Judges were required to score on mise-en-place and cleanliness, correct professional preparation, practical, up-to-date presentation, delivery of the theme “LOHAS”, and taste.



在兩個組別的賽事中，參賽廚師都必須在120分鐘的指定時間內完成兩道菜式，包括一道前菜及一道主菜。在精英組的賽事中，規定前菜須採用原個Feyeel急凍鵝肝，主菜須選用美國Cedar River Farms的急凍牛肝連肌。新秀組方面，則規定前菜須採用加拿大Clearwater活龍蝦，主菜須選用Alliance的冰鮮羊後膝。

是次比賽的主題是「樂活一族」(LOHAS)，即注重健康及可持續性的一種生活模式。因此，廚師除了需施展自己的廚技及藝術天賦外，亦需表現出對生態和道德問題的重視。

評判以多個評審標準給予評分，包括參賽者的準備工作及衛生、專業正確的準備、實用性、富現代感的外觀、「樂活」之主題表達以至味道等等。



Junior Chefs Lam Mei Ling and Yeung Siu On of The Hong Kong Club, for instance, devised an energy-saving method of cooking their lamb shank, while Lam Chi Fung and Hung Kam Wo, chefs from the AGE Group in the Junior category made mashed potatoes in a healthier way, replacing butter with organic milk.

For many contestants in the Junior Chef category, it was their first time in a competition. Li Ka Ming of Watermark said, "we were a little nervous but we finally made it", while Leung Fai Cheung of Al Bistro Mediterranean Restaurant & Bar mentioned "we had time left over".

The Junior Chef category was won by the team behind Sands Macao, followed by Al Bistro Mediterranean Restaurant & Bar and The Hong Kong Club, while Pierre's Jeongin Hwang topped the Master Chef category, followed by Chan Sze Ling of the Hong Kong Jockey Club and Yuen Chi Hin of the InterContinental Hong Kong.

"I was happy with the dishes when I sent them off," Jeongin Hwang said, "I pushed hard during training". It paid off, as he also received the 'Best of the Best' award, given to the team or individual with the highest score among all contestants, and as his prize, will be off on a culinary tour of Paris in October this year, led by General Manager of Gourmet Cuisine Limited, Jerome Heuze.

以香港會的林美玲和楊晔安兩位新秀廚師為例，他們就開創了一種烹調羊膝的節能方式；至於同屬新秀組、AGE Group的林志豐和孔淦禾，則以有機牛奶代替牛油來烹煮薯蓉，締造出更加健康的煮食方法。

對新秀組的許多參賽者來說，這是他們首次參加比賽。Watermark的李嘉銘表示：「我們最初有點緊張，但最後仍能順利完成。」至於Al Bistro Mediterranean Restaurant & Bar的梁輝祥則說：「我們還剩下一點時間呢！」

新秀組賽事最後由澳門金沙酒店的隊伍勝出，Al Bistro Mediterranean Restaurant & Bar及香港會則分別獲得第二和第三名；精英組賽事則由「Pierre」餐廳的Jeongin Hwang奪冠，亞軍和季軍則分別由香港賽馬會的陳思靈和香港洲際酒店的袁志騫奪得。

Jeongin Hwang說：「在完成菜式的一刻，我感到相當滿意。訓練期間，我的確付出了很大的努力。」他的付出並無白費，而且更是所有隊伍和個人參賽者中得分最高的一名，因此同時勇奪「至尊榮譽獎」，獎品則是在本年10月參加由高美食材有限公司總經理Jerome Heuze所率領的巴黎美饌交流之旅。

Angliss was honoured to have the city's most highly respected and experienced chefs Mark Hellbach, Rudy Muller and Jennings Pang as the panel of judges for the competition.

"It was encouraging to be able to experience food from younger chefs who are aware of the LOHAS lifestyle," remarked head judge Mark Hellbach. The judges felt that in general, the contestants displayed a vast range of innovative concepts, and that the competition allowed them to showcase them in the structured, professional, impressive facility that is L'Atelier du Goût.

In his closing speech, Johnny Kang, Angliss Managing Director – Asia Region, revealed that this first tournament in Hong Kong signals the beginning of many more to come. Tournaments will be held in China, Singapore, Malaysia and Macau, to eventually produce an Asian champion who will go on to compete on an international level.

此外，安得利相當榮幸能夠邀請到享負盛名、經驗豐富的本港名廚Mark Hellbach先生、Rudy Muller先生及彭萬昌先生擔任是次比賽的評判。

評判團主席Hellbach先生表示：「能夠看到年輕的廚師發揚『樂活』精神，品嚐到他們烹調的美食，實在令人鼓舞。」三位評判均認為，參賽者整體上都能展現出多元而創新的概念，是次比賽令他們得以在擁有專業設備、井井有條的賞味坊中大顯身手。

安得利亞洲區董事總經理江文喜先生於比賽結束時致辭，表示首輪比賽雖已在香港圓滿舉行，但賽事仍陸續有來。日後將分別在中國、新加坡、馬來西亞及澳門舉行其他比賽，務求在最後選出亞洲區冠軍，繼而在國際廚壇上與其他名廚一較高下！





MASTER CHEF CONTESTANTS 精英組參賽者

From L to R: Winny Burg, Choi Wai Kai (Grand Hyatt Macau), Vicky Cheng (Liberty Private Works/Liberty Exchange), Yuen Chi Hin (InterContinental Hong Kong), Elson Cheong (Galaxy Macau), Jeongin Hwang (Pierre, Mandarin Oriental Hong Kong), Anthony Fletcher (The Pawn), O Man Kit (Hong Kong Convention and Exhibition Centre), Chan Sze Ling (Hong Kong Jockey Club)

由左至右：Winny Burg、蔡懷佳、Vicky Cheng、袁志騫、張家誠、Jeongin Hwang、Anthony Fletcher、柯文傑、陳思靈



JUNIOR CHEF CONTESTANTS 新秀組參賽者

From L to R: Michael Nip, Lao Kai Hou & Otilia Rodrigues Novo (Institute For Tourism Studies), Chan Mei Kei & Mok Cheuk Kit (Sands Macao), Chow Yuen Ying Margaret & Chow Ting Tin Christine (The Mira Hong Kong), Yeung Siu On & Lam Mei Ling (The Hong Kong Club)

由左至右：Michael Nip、劉啟豪和 Otilia Rodrigues Novo、莫卓杰和陳美琪、鄒宛瑩和周婷婷、楊晁安和林美玲



JUNIOR CHEF CONTESTANTS 新秀組參賽者

From L to R: Michael Nip, Lam Chi Fung & Hung Kam Wo (AGE Group), Tsang Tsz Ching & Li Ka Ming (Watermark), Cheung Ka Wai & Kwok Wai (Royal Plaza Hotel), Leung Fai Cheung & Yuen Ying Fai (Al Bistro)

由左至右：Michael Nip、林志豐和孔淦禾、曾積澄和李嘉銘、張嘉偉和郭偉、梁輝祥和袁英暉



WINNERS OF JUNIOR CHEF CATEGORY 新秀組得獎者

From L to R: Johnny Kang, Yuen Ying Fai & Leung Fai Cheung (Al Bistro), Mok Cheuk Kit & Chan Mei Kei (Sands Macao), Lam Mei Ling & Leung Siu On (Hong Kong Club)

由左至右：Johnny Kang、梁輝祥和袁英暉、莫卓杰和陳美琪、林美玲和楊晁安

Master Chef

WINNING DISHES!



Warm Tasting Goose Foie Gras & Foie Gras Crème Brulee by Yuen Chi Hin



Grilled Hanging Tender Beef with Snail & Pepper Sauce, Rolled Raw Hanging Tender & Grilled Cuttlefish with Sesame by Jeongin Hwang



Foie Gras Royale & Foie Gras with Sea Urchin on Toast by Jeongin Hwang



Beef Duo with Pine Nut Crust & Porcini Cream by Chan Sze Ling



Judge Mr Rudy Muller presents prize to Master Chef Champion – Jeongin Hwang (Pierre, Mandarin Oriental Hong Kong)
評判Mr Muller 頒獎予精英組冠軍Jeongin Hwang(香港文華東方酒店Pierre餐廳)

Junior Chef

WINNING DISHES!



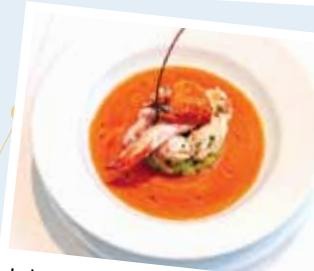
Judge Mr Jennings Pang presents prize to Junior Chef Champion – Mok Cheuk Kit & Chan Mei Kei (Sands Macao)
評判彭萬昌先生頒獎予新秀組冠軍莫卓杰、陳美琪(澳門金沙酒店)



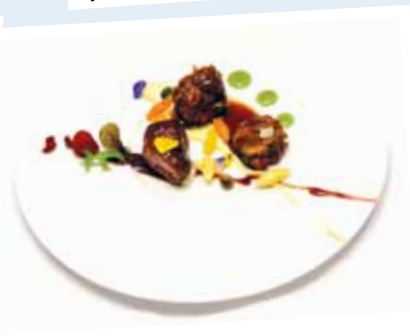
Lobster 4 Façon by Mok Cheuk Kit & Chan Mei Kei



Braised Lamb Hind Shank with Mash Pumpkin in Port Wine Sauce by Lam Mei Ling & Yeung Siu On



Lobster Salad with Special Dressing & Gazpacho by Leung Fai Cheung & Yuen Ying Fai



Lamb for Tusino Cooking by Mok Cheuk Kit & Chan Mei Kei



The Many Truths about *Locavore Eating*

有關「土食者」的二三事

The term “locavore” is a fusion of the word “local” and the suffix –vore, as in omnivore. It denotes a person who eats food that is locally produced and of late, it has become a major food trend. In 2007, locavore became “word of the year” in the Oxford American Dictionary, further cementing the importance of the concept in society.

「土食者」一詞與「雜食者」有點相像，它融合了「本土」和「食者」兩詞。簡單來說，這是指那些喜歡購買和進食本土生產食品的人士，而「土食」近年更成為了一種潮流。在**2007年**，「土食者」的英語「*locavore*」就成為了牛津美式英語辭典的「年度英語單詞」，足見這個詞語在現今社會已經變得相當重要。

Soon, there were restaurants popping up all over the world advertising that their food was grown within a radius of a certain distance from the restaurant, as well as numerous books discussing, documenting and promoting the idea, such as *The 100-mile Diet* by Alisa Smith and J.B. MacKinnon.

The central argument in eating locally, or reducing “food miles”, as the distance travelled between farm to table came to be known, is the reduction of one’s carbon footprint. The longer the distance travelled, people logically argued, the more fossil fuels one would be using in the transportation of this food. A durian grown in the cool hills of Cameron Highlands in Malaysia, for instance, would need to get on a truck, an aeroplane and possibly another truck to get to even cooler Canada. The trucks and plane all consume petroleum, which emit greenhouse gases. Pretty straightforward, right?

Well, no, says a slew of scientists. As early as 2008, Dr. Adrian Williams of the National Resources Management Centre at Cranfield University in the United Kingdom was quoted in an article in *The Observer* in saying, “The concept of food miles is unhelpful and stupid. It doesn’t inform about anything except the distance travelled”.

今時今日，全球各地的許多食肆都標榜其食材是在餐廳方圓若干英里以內種植或飼養的。此外，也有不少的文書討論、探討及推廣此一理念，例如是Alisa Smith與J.B. MacKinnon合著的《一百英里之內的食物》(*The 100-mile Diet*)。

進食本土食物或減少「食品英里數目」（即農場以至餐桌之間的距離），其目的是要降低我們的碳排放。土食者所持的理據是，如果農場和餐桌之間的距離越遠，耗用於運送這些食物的化石燃料就越多。以馬來西亞金馬倫高原(Cameron Highlands)清涼山區所生產的榴槤為例，如果要運送到天氣更加寒冷的加拿大，就可能需要經過多重貨車和飛機運送才能成事。這些交通工具都會耗用石油，而燃燒過程中會產生溫室氣體。這答案聽來是不是簡單不過呢？

但有些科學家對這種說法卻不以為然。早在2008年，《觀察家報》在一篇報導中就引述英國克蘭菲爾德大學(Cranfield University)國家資源管理中心的Adrian Williams博士指出：「食品英里數目這個概念是相當愚蠢的，對環保幫不了甚麼忙。除了使我們得知有關食品運送的距離之外，並不能提供其他甚麼有用的資訊。」

For consumers in the United Kingdom, a locally-grown tomato might have caused more emission of greenhouse gasses than a tomato grown in Spain and shipped to Britain. As the U.K. is too cold for growing tomatoes, greenhouses need to be warmed up by power. In Spain, however, the tomatoes grow under the natural Mediterranean climate. They might then be shipped to the U.K., and ships use very little power compared to huge greenhouses.

But don't write off the locavorism just yet. Food miles shouldn't be the only reason for which one should eat locally.

The culinary world is now very familiar with Rene Redzepi, chef of the world's number one restaurant three years in a row now, according to the San Pellegrino's World's 50 Best Restaurants Awards. At his restaurant, Noma, they only use ingredients that are from the immediate region. His reason is not so much food miles, but the preservation of local crops, that is, crop diversity.

Just as tomatoes don't naturally flourish in Britain, crops all have their natural habitats and places where they thrive. The uniqueness of natural environments means that no country, city or plot of land will be exactly the same. In the wild, each spot of land will have its own native plants that are most suited to that environment.

To feed the world's ever-expanding population, however, human civilisation has led to the development of large-scale agriculture and homogenised crops to maximise efficiency. This has been so successful that, as reported by the United Nations' Food and Agricultural Organisation (FAO) in 2010, 75% of crop diversity was lost between 1900 and 2000. This FAO report urged nations to actively preserve plant varieties – "There are thousands of wild crop relatives that... hold genetic secrets that enable them to resist heat, droughts, salinity, floods and pests," then - FAO director general Jacques Diouf said.



Rene Redzepi

對英國的消費者來說，本地種植蕃茄所導致的溫室氣體排放，可能要比在西班牙栽種然後運往英國的蕃茄還要多；原因是英國天氣寒冷，種植蕃茄所用的溫室需要電力來保持一定的溫度。但在西班牙，蕃茄卻可以在地中海天然的和暖環境中生長。即使它們最終會以貨船運送到英國，但與那些耗電量甚巨的溫室相比，其所使用的能源實在微不足道。

但土食主義也不是一無是處的。我們應該進食本土食品，食品英里數目並不是唯一的原因。

在餐飲業的世界，Rene Redzepi現時已經成為了家傳戶曉的名字，其所擔任主廚的餐廳，已經連續三年獲「San Pellegrino全球最佳餐廳50強」選為全球最佳餐廳。在這間名為Noma的頂級餐廳中，其所採用的食材都是來自附近的地區。Redzepi之所以這樣做，並不盡是為了要減少食品的英里數目，而是希望能夠保存當地農作物的多樣性。

就像蕃茄並非英國土生土長的植物一樣，其實農作物也有最適合其生長的天然棲息地。由於天然環境是獨一無二的，所以世界上沒有兩個國家、兩個城市或兩塊地是完全一樣的。在野生的環境中，每塊土地都有最適合在該環境中生長的原生植物。

由於全球人口持續增加，人類利用各種科技和知識，發展大規模農業及均質農作物(homogenised crops)，以提高農業活動的效率及應付對食物的龐大需求。根據聯合國糧食及農業組織2010年的報告，有關舉措可謂相當成功，但也導致了1900年至2000年之間農作物的多樣性減少了75%。這份報告促請全球各國努力保存植物的多樣性。時任聯合國糧食及農業組織秘書長的Jacques Diouf就指出：「野生農作物的親戚可以說是有成千上萬之多……它們所蘊含的基因奧秘，使其能夠抵禦高溫、乾旱、鹽化、洪水及蟲害。」

挪威政府、全球農作物多樣性信託基金及北歐遺傳資源中心在2006年就成立了「斯瓦爾巴全球種子庫」，足見農作物的多樣性是非常重要的。這個種子庫儲存了全球所有種子的「後備副本」，一旦大型地區性或全球性糧食危機不幸爆發，例如瘟疫使一種屬主糧角色的農作物消失時，這個種子庫就能大派用場。



“...diversity of diet, founded on diverse farming systems, delivers better nutrition and greater health, with additional benefits for human productivity and livelihoods.”

“農業系統如果能夠保持其多樣性，我們的食物也可以較為多元化，食物的營養價值提高，我們的健康也就更好。無論是對人類的生產力或生計，都會大有裨益。”

The importance of crop diversity can be seen when the Norwegian government, the Global Crop Diversity Trust and the Nordic Genetic Resource Center set up the Svalbard Global Seed Vault in 2006. It is a facility to hold “spare copies” of all the world’s seeds in case of large-scale regional or global food crises, such as an epidemic that will wipe out a major staple crop.

The shrinking diversity of the foods we eat are causing malnutrition and other health problems. At the World Nutrition Rio Congress 2012 held in Rio de Janeiro in April, the Biodiversity for Food and Nutrition Project was launched. Emile Frison, Director General of Bioversity International, the group behind the project, says, “diversity of diet, founded on diverse farming systems, delivers better nutrition and greater health, with additional benefits for human productivity and livelihoods”. The bottom line is, local agriculture is also the sustainable solution to feeding poverty-stricken areas.

Back at the Nordic Food Lab – the facility that provides research support for Noma and the Nordic movement – chefs and scientists are looking at everything from seaweed to ants. The movement is driven largely by the Manifesto for the New Nordic Kitchen, ten principles by which Nordic food should move forward, as seen by Claus Meyer, the restaurateur behind Noma. Meyer has the Nordic kitchen in mind, but his principles can be applied locally, all around the world. Also, the manifesto suggests that food is not just about taste. His first point: “To express the purity, freshness, simplicity and ethics we wish to associate with our region”, as well as his fifth: “To promote Nordic products and the variety of Nordic producers – and to spread the word about their underlying cultures” make it clear that by preserving genes, we also preserve cultures.

The environment, hunger, genes, culture – so, which shade of locavorism do you prefer?

全球食物的多樣性日漸降低，會導致營養不良及其他的健康問題。在2012年4月於巴西里約熱內盧舉行的世界營養大會中，就宣佈推出「食物及營養生物多樣性計劃」。負責有關計劃的國際生物多樣性中心秘書長Emile Frison表示：「農業系統如果能夠保持其多樣性，我們的食物也可以較為多元化，食物的營養價值提高，我們的健康也就更好。無論是對人類的生產力或生計，都會大有裨益。」但其實最重要的是，發展本地農業，可以持續地解決貧困地區的糧食問題。

至於為Noma及北歐相關運動提供研究支援的北歐食物實驗室，當中的廚師和科學家所研究的對象由海藻到螞蟻都有。而推動這次運動背後的理念在「新北歐廚房宣言」(Manifesto for the New Nordic Kitchen) 中可見一斑。在這份宣言裡，Noma的創辦人Claus Meyer是餐館東主，他提出了指導北歐飲食業未來發展的十項原則。雖然這些原則本來是針對北歐的飲食業，但同時也適用於全球各地。宣言亦指出味道並不應該是食物的唯一要素。他的第一個原則：「為了表現食物的純正、新鮮、簡潔及倫理，我們希望與所屬地區建立更緊密聯繫。」至於第五點則是：「推廣北歐的產品以及當地各種不同的食品生產者，使全球能夠更加認識其背後的文化」。明顯地，透過保存有關的基因，我們將能更好地保存北歐的文化。

環保、飢餓、基因、文化—你支持的是「土食主義」的哪一方面？



PLENTY

by Yotam Ottolenghi

Yotam Ottolenghi的素食烹飪書Plenty

Many who have visited or lived in London will be familiar with the chic Ottolenghi chain, founded by Israeli chef and restaurateur Yotam Ottolenghi and partner Sami Tamimi, who is originally from Palestine.

The duo have created a series of deli-like food outlets where one can buy colourful, delicious salads and other light fare. Only one of the Ottolenghi chain is a sit-down café, but they have also recently opened a bistro named NOPI.

The food at Ottolenghi hit it off with Londoners, and it gained such popularity that Yotam himself was invited to write a food column for The Guardian newspaper. His column was initially called The New Vegetarian, although Ottolenghi was never a vegetarian restaurant, and neither is he a vegetarian.

In the introduction to his vegetarian cookbook, Plenty, which was released in 2010 but only recently available in Asia, Yotam provides his rationale for being asked to write a vegetarian column by saying that at his background, growing up in Israel, surrounded by fresh fruits and vegetables, and the reliance on grains as staples, meant that he has a deep connection and appreciation with vegetarian ingredients.

Although seemingly written for home cooks, professionals in East and Southeast Asia in particular, may feel inspired by Ottolenghi's usage of fruits, vegetables and grains. It is a unique mix of his Middle Eastern heritage, European upbringing, Mediterranean influence and subsequent experience in London, which infuses flavours and concepts from India, China and so on thanks to immigration.

He has a fondness for cheeses from the Mediterranean as well, in addition to aubergines, which get their own section in the cookbook. The book's sections aren't organised in any traditional or logical order, but come as intuitive groups, but with a clear recipe-by-recipe contents page at the front, it is easy to navigate.



image: www.eatandrelish.com

許多曾遊覽倫敦或在當地居住的人士，可能都熟悉Ottolenghi這間別具特色的連鎖食店。這間小店是由以色列裔廚師及餐廳東主Yotam Ottolenghi，以及其夥伴、由巴勒斯坦移居英國的Sami Tamimi所創立的。

在這間兩人所開，類似熟食店的小食店中，你可以購買到色彩繽紛、滋味十足的沙律和其他輕膳。在眾多的Ottolenghi連鎖食店中，只有一間是設有座位的，但最近兩人也開了一間名為NOPI的小餐館。

倫敦居民對Ottolenghi的食物十分受落。由於該店廣受歡迎，Yotam甚至獲《衛報》邀請撰寫飲食專欄。他的專欄最初名為「新素食者」(The New Vegetarian)，但Ottolenghi並非一間素食餐廳，而Yotam本人也不是素食人士。

Yotam在其2010年所推出的素食烹飪書Plenty（該書最近才能在亞洲買到）的引言中娓娓道來為何會獲邀撰寫素食專欄，個人背景，以至其成長於以色列的種種趣事。他自少居住的地方到處都有各種新鮮蔬果，日常會以五穀作為主要食糧，所以他對素食的食材有著很深厚的感情，也非常鍾愛這些食材。

雖然這本書的目標讀者群似乎是在家烹飪的人士，但是東亞及東南亞的專業廚師應會對Ottolenghi有關蔬果和五穀的創意烹調方法特別感到興趣。由於Yotam本身擁有獨特的中東文化，再加上成長於歐洲，受到地中海情調的薰陶以及倫敦大都會中印度、中國等外來移民文化的影響，他所創造的菜式包含了非常獨特的概念和味道。

他除了非常喜歡使用茄子外（書中有一章節是關於「茄子」的），也特別鍾情於來自地中海的芝士。他這本書並不是以傳統、邏輯形式編排，而是使用了相當直觀的方法，書前的目錄頁清晰地以菜譜作分類，翻閱相當容易。

FROM FARM GATE TO DINNER PLATE

「從農場到餐桌」的優質豬肉



Pigs by Savoury Choice farm in Alberta, Canada are nourished by the crisp, clean water running down from the Rocky Mountains and nutritious barley, peas, wheat, soy, minerals, and vitamins from the region, with no animal matter fed to them, ever. The common feed additive Ractopamine is never used and only a minimal amount of antibiotics are used. In fact, according to the Canadian Food Inspection Agency's (CFIA) standards, there are no regulatory antibiotic residues found in any of our premium pork products.

加拿大亞爾伯達省Savoury Choice 農場的豬隻均飲用來自洛磯山脈清新而潔淨的水源，並以區內飽含大麥、豌豆、小麥、大豆、礦物質和維生素營養豐富的飼料所餵養，絕不含其他動物成份。我們的豬隻從不被餵飼常見的瘦肉精，而抗生素亦只會限時限量使用。事實上，根據加拿大食品檢驗署 (CFIA) 的標準，Savoury Choice農場的所有優質豬肉產品從未驗出殘留受監管的抗生素。

Savoury Choice's processing facilities are HACCP (Hazard Analysis and Critical Control Points) accredited, federally inspected, and British Retail Consortium (BRC) certified. With state of the art packaging and refrigeration, Savoury Choice's pork offers consistent extended shelf life to customers all around the globe.

The philosophy is simple: "Healthy pigs make for tasty and nutritious pork". This farm-to-fork focus is what makes Savoury Choice's pigs stand out from the rest. Combining traditional farming know-how with modern-day technology and safety standards, Savoury Choice is able to produce a superior product that has better fat composition, firmness, flavour and colour development.

The feed has been specially developed to produce healthy, quality meat. Barley is one of the main components of the feed rations, which results in fat that is whiter and firmer than what other producers, who use corn as the staple of their pigs' diet, can offer. The product has a richer texture and taste. While some manufacturers feed their pigs with byproducts like DDGS (Dried Distillers Grains with Solubles, a byproduct of ethanol production), which is a less expensive alternative, to ensure quality, there is no DDGS or other byproducts in Savoury Choice feed. Neither is there Ractopamine, a beta antagonist drug commonly used as an artificial feed additive to promote leanness in pigs and cattle. Antibiotics are for therapeutic use only, under the strict requirements of the Canadian Quality Assurance (CQA). Long withdrawal periods are also applied; they go well beyond the guidelines set by Health Canada. This ensures that there are no regulatory traces of antibiotics found in any of Savoury Choice products.



Producers must not only commit to raise hogs that meet Savoury Choice's quality standards, but they must also agree to adhere to their hog production and animal welfare policies. We have established strict feeding guidelines that all our producers must follow – not only does this make for healthier pigs, it makes for great tasting pork.

Our proprietary "trace back" system gives all of our producers online access to extensive reports that assess the quality of their hogs. This program is the backbone of Savoury Choice progressive improvement initiative, and it gives them the ability to guarantee that their pork products are not only great tasting, but were produced with a 'farm to fork' commitment to quality.



Savoury Choice的加工設施榮獲危險分析及關鍵性監管點 (HACCP) 的認可資格，並由聯邦政府進行審查，以及取得英國零售聯盟 (British Retail Consortium (BRC)) 的認可資格。我們配置最先進的包裝和冷卻設備，為全球各地顧客提供始終如一長保鮮期的 Savoury Choice 豬肉產品。

我們的營運理念相當簡單：「快樂健康成長的豬隻才可供應吃得安心的健康豬肉！」我們重視從農場到餐桌的每一個步驟，令 Savoury Choice 的豬隻得以傲視同儕。Savoury Choice 結合傳統的農業技術以及現代化的科技和安全標準，令我們所生產的優質產品不論在脂肪成份、結實度、味道和顏色方面，均取得更佳的表现。

我們特別配製的飼料使到所生產的豬隻能夠更健康、更優質。大麥是我們飼料的主要成份，使豬隻的脂肪更白、更結實，勝過其他豬農以玉米為主要食糧所飼養出來的豬隻。因此，我們產品的質感和味道均較為豐富濃郁。當其他豬農都紛紛以較便宜的副產品如 DDGS (可溶固形物的乾酒糟，乙醇生產的副產品) 來飼養豬隻時，Savoury Choice 農場堅持不將 DDGS 或其他副產品加入飼料，以確保豬肉的品質。同樣，我們的農場也絕不採用瘦肉精來飼養豬隻。瘦肉精是屬於 β 受體對抗劑 (beta antagonist) 的藥物，常用作人造飼料添加劑以增加豬隻和牛隻的瘦肉。我們的豬農遵守加拿大質量保證 (CQA) 計劃的嚴格規定，只使用抗生素作治療之用。而在豬隻屠宰之前，更設有一段很長的休止期不使用抗生素，時間遠較加拿大衛生署 (Health Canada) 發出指引所規定的為長。此舉確保了 Savoury Choice 的所有產品均不殘留有受監管抗生素的痕跡。

在供應豬隻方面，豬農不單必須保證符合 Savoury Choice 的品質規定，同時亦必須同意遵守我們在生產豬隻和動物福利待遇方面的政策。我們制定嚴格的餵飼指引，規定全體豬農必須遵從—透過這些措施，我們得以飼養更健康的豬隻，生產更美味的豬肉！

本公司獨家專利的「追溯」系統，方便所有豬農上網瀏覽詳細的報告，查閱其豬隻品質的評核結果。這個系統是 Savoury Choice 得以不斷改進產品質量的最重要部分，更有助確保我們的豬肉產品香口美味，秉承「從農場到餐桌」的優質生產原則。

To Eat or Not to Eat



Throughout history, humans have put themselves through all kinds of diets. 「吃」與「不吃」之間
歷史上，人類嘗試過各種不同的節食方法。

The Liquid Lunchers 以「酒」代餐

After winning The Battle of Hastings in 1066, it is said that William the Conqueror became extremely fat, so much so that he could no longer ride his horse. Legend had it that in order to lose weight, he locked himself in a room to stop himself from eating. All he allowed himself to consume was alcohol. One may assume that he got so drunk that he forgot about eating. As we now know, the calorie content of alcohol is rather high, so it comes as no surprise that the king was reportedly so fat that he was unable to fit into his own coffin. Despite this, the alcohol diet came back into fashion around the 1960s, when books such as *Eat, Drink and be Thin* by Joseph Alsop (1965) and *The Drinking Man's Diet* by Robert Cameron (1964) were released.



據說征服者威廉(William the Conqueror)於1066年在黑斯廷斯一役打勝仗後，變得非常肥胖，以致無法繼續策騎其駿馬。傳說他為了減肥，把自己困在一間房子裡，不吃任何食物，並只准許自己喝酒。許多人以為他喝醉了，所以忘記吃東西。但實情是酒精的卡路里含量也相當高。據稱最後這位國王胖得未能被放入棺材，這是一點也不令人驚訝的。但是，這種「酒精餐」在1960年代左右再次流行起來，當時出版的相關書籍包括Joseph Alsop (1965年)的*Eat, Drink and be Thin* 以及Robert Cameron (1964年)的*Drinking Man's Diet*。



The Grapefruit Diet 西柚餐

Also known as the Hollywood Diet, the general idea was that one would eat nothing but grapefruit for around two weeks, and end up with a body worthy of the silver screen. With so little calories per day, little wonder that one might lose weight. But it wasn't just the low calories count that had people interested, it was the claim that grapefruit contains certain enzymes that can break down fat. Recent studies have shown that there is indeed such an enzyme, naringenin, but before you order a truckload of them, it should be noted that those tests have only suggested a linkage and scientists have still not found a definitive link. Some also suggest that this was a marketing tactic employed by the citrus industry in the United States.

西柚餐也稱為荷里活餐單。簡單來說，這就是指連續兩個星期左右只吃西柚，其他就甚麼都不吃。據說這就能夠得到明星般的苗條身型。每天攝取的卡路里這麼少，難怪可以減輕體重。但西柚餐之受人歡迎，並不全因為它的卡路里含量甚低，亦由於其含有某些可以化解脂肪的酵素。新近研究的確發現一種稱為「柚皮素」的有用酵素；但在你打算大量攝取這種酵素之前，請注意有關研究只顯示兩者有關聯，而科學家仍未發現兩者存在必然的因果關係。有些人甚至說，這只不過是美國柑橘行業的一種市場推銷伎倆而已。

The Great Masticator 大咀嚼者

In the 1900s, there was a man named Horace Fletcher, also known as "The Great Masticator". He was so named for the diet he promoted - chewing each bite of food 32 times (once for each tooth), even liquids. It is said that his followers included John D. Rockefeller, Mark Twain and Henry James. He said that this method, which he coined "Fletcherizing", would give one more energy with less food. At age 60, he famously did a series of obscure physical tests against college athletes, in which he came out superior every time. In addition to extensive chewing, he preached the importance of learning about the waste one produces after eating, that is, to examine one's excrement. He became a millionaire travelling around the globe to speak about and promote this diet, and wrote several books about this lifestyle, including *The New Glutton* (1906) and *Fletcherism: What It Is or How I Became Young at Sixty* (1923). Ironically, he died aged 69.



在二十世紀初，有一位綽號「大咀嚼者」、名為Horace Fletcher的男士。他之所以有這個外號，全因為其所推廣的飲食方法，那就是每件食物都需要咀嚼32次（每隻牙一次），即使液體亦如是。據說他的追隨者包括約翰·洛克菲勒、馬克·吐溫和亨利·詹姆斯。他以自己的姓氏所轉化成的動詞「fletcherizing」來命名這種進食方法。通過這種方法，人們可以進食較少的食物，但所獲得的能量則較多。在60歲時，他與一群大學田徑運動員進行了一連串的體能比拼，得到了廣泛的注意，而且每次他都能壓倒對手。除了頻密咀嚼以外，他亦提倡要留意自己在進食之後所排出的糞便。他週遊列國，到處演講以宣揚自己的飲食理念，其後更成為了一名百萬富翁。此外，他也撰寫了幾本有關這種生活模式的書籍，包括*The New Glutton* (1906年) 和 *Fletcherism: What It Is or How I Became Young at Sixty* (1923年)。但諷刺的是，他在69歲時就與世長辭。

The Graham Cracker 格蘭漢餅乾



Graham crackers, biscuits originally made from wholewheat flour, were created by a Presbyterian reverend by the name of Sylvester Graham. Unlike most in the ministry, however, Sylvester Graham is credited for bringing vegetarianism to America, helping to establish the American Vegetarian Society in 1850. He created a diet called the Graham System, which condemned the consumption of meat, alcohol and tobacco and so on. It encouraged such things as a high-fibre diet - for which he introduced the cracker, a constant source of fresh air (no closed windows regardless of the weather), cold baths and firm mattresses. Graham believed that an unhealthy diet leads to lust, and sexual desire is the root cause for every human ailment. Graham is said to have given and published many lectures on the subject, with such titles as "Lectures to Young Men on Chastity". His theories became so popular that there were even boarding houses dedicated to this lifestyle.

格蘭漢餅乾由全麥麵粉所製，是一位名為Sylvester Graham的長老會牧師所發明的。有別於教會內其他大部份牧師，Sylvester Graham最廣為人知的是他將素食主義帶入美國，並於1850年協助創立美國素食者協會。此外，他亦發明了一種名為「格蘭漢系統」的飲食方法，並認為吃肉、喝酒和吸煙等是錯誤的。他指出我們應多進食高纖食物，所以就發明了一種全麥餅乾，並提倡我們應多呼吸清新空氣（無論天氣如何，都不應關窗）、沖冷水浴和睡硬床墊。格蘭漢認為不健康的飲食會引起慾望，而性欲是人類各種疾病的根源。據稱格蘭漢曾舉行多場圍繞上述課題的演講，並付梓出版。「年輕人貞潔講座」(Lectures to Young Men on Chastity) 就是一例。他的理論在當時相當受歡迎，甚至出現了以其生活模式作為藍本的公寓。



PUTTING ON *The Ritz*

What do Vladimir Putin, Hillary Clinton and President of Kazakhstan Nursultan Nazarbayev have in common? They've all eaten meals created by **Chris Southwick**!

俄羅斯總統普京、美國國務卿希拉里和哈薩克總統納扎爾巴耶夫三人共通之處是甚麼？那就是三人都吃過名廚**Chris Southwick**所炮製的美食。

After an accident left him unable to play American football and thus causing him to miss out on a scholarship, Southwick committed himself to his other passion – the culinary arts, and graduated from the Pennsylvania Culinary Institute as valedictorian of his class. He's been in numerous kitchens under The Ritz-Carlton Hotel Company worldwide, working in Moscow, Palm Beach, Sarasota, Pasadena in California and Cleveland, gaining the hotels' restaurants various accolades along the way. He was asked to apply his extensive experience to the opening teams of Ritz-Carlton properties in Grand Cayman, Tokyo, Georgetown, Half Moon Bay, Beijing, New Orleans and Philadelphia.

From bustling, cosmopolitan cities, to glamorous, relaxed resort destinations, Southwick has seen them all, and since 2010 he has been putting his experience to good use in leading the food and beverage team at The Ritz-Carlton Sanya as Executive Chef. With 450 guest rooms, as well as eight food and beverage outlets, a wedding chapel and the region's largest spa, managing everyone's victuals on the property is no small feat. From the sunny shores of China's Hawaii, Southwick takes a minute out of his busy schedule to talk to us about his philosophies, passions, advice for young chefs, and his mother's cooking.

Southwick因為一次意外未能參加美式足球，因此與體育獎學金失諸交臂。自此他轉投另一愛好—專心鑽研廚藝，其後入讀賓夕法尼亞烹飪學院，最後更以學生代表身份於畢業禮上致詞。畢業後，他於麗思卡爾頓酒店公司全球各地的酒店餐飲部工作，包括莫斯科、加州棕櫚灘、薩拉索塔和帕薩迪納以及克利夫蘭，同時為酒店的餐廳取得了多項殊榮。由於他在酒店餐飲服務擁有廣泛的經驗，因此曾為大開曼島、東京、喬治城、半月灣、北京、新奧爾良和費城開辦麗思卡爾頓酒店的團隊提供意見。

Southwick所服務的酒店，既有位處熱鬧繁華大都會之地，也有景致怡人的休閒渡假勝地。自2010年起，他充分利用其經驗負責帶領海南島三亞麗思卡爾頓酒店的餐飲部團隊，並擔任其行政總廚。酒店擁有450間客房、八個餐飲場地、一間專為結婚而設的小教堂，以及區內最大型的水療設備，要管理當中眾多的飲食事務，絕非易事。海南島三亞素有的「中國夏威夷」之美譽，以下是Southwick從其密密麻麻的時間表中抽出幾分鐘，在陽光普照的岸上為我們娓娓道來他對飲食的理念和熱愛，並談及對年輕廚師的忠告，以及令他母親的手藝。

你是如何成為廚師的？

我很愛吃，而且喜歡用雙手創作，和看人們享用美食後臉上所流露出的滿足表情，所以就成為了一名廚師。

How did you become a chef?

I became a chef because I love to eat and create things with my hands and to see the expression on people's faces when they have enjoyed a meal.

Was it your dream to become a chef, or simply fate?

It was a little of both, I first was trying to receive a scholarship to play American football but also was already cooking and loved what I was doing. It turns out that I broke my leg badly in playing, so I couldn't receive the scholarship to play anymore. I then only had the choice to become a chef.

Tradition and innovation – which is more important to a chef, in your opinion?

I think that the word is classic, not tradition. I think that they both play an important role in cooking. You need to know the classics very well so that you can then manipulate them to become innovative with them by doing them differently with your own rendition of a classic.

What is the best part of your job?

The best part of my job is the freedom I have to create what ever I want to with my team. I love working with people and consolidating all of our ideas together to create excellence.

And the least enjoyable part?

Paperwork, paperwork, paperwork.

In your career so far, what has been the most rewarding experience?

The most rewarding so far would be the opportunity I had to open the Ritz Carlton Moscow. I was the opening executive chef so I got to create everything in the food and beverage department from scratch with my own personal touch.



Sand live cooking station

你是自少就夢想成為廚師，抑或單純是命運的安排？

兩者都有一點吧。我本來希望參與美式足球並申請相關的體育獎學金，但那時我亦已經開始烹飪並樂在其中。但後來在一次比賽中腳部嚴重受傷，因此就不能再繼續申請獎學金。廚師最後就成為我另一選擇。

你認為傳統與創新—哪一樣對廚師較為重要？

我認為「經典」一詞較為恰當，而不是「傳統」。我覺得「經典」和「創新」在烹飪中都是相當重要的元素。你需要深入瞭解經典菜式，才能將它們完全掌握並加以創新，再用你自己的方法去重新演繹出一道經典菜式。

你的工作中的最棒的地方是甚麼？

我的工作最棒的地方就是可以與團隊成員隨心所欲自由創作各種菜式。我喜歡與人合作，將大家各種的意念結合再創造出完美的佳餚。

最討厭的又是甚麼？

沒完沒了的文件工作。



The Ritz-Carlton, Sanya



Pearl Restaurant

What about the most interesting experience?

Getting to work in Tokyo at the new Ritz-Carlton. The products in Japan are by far the best I have ever seen and used.

What advice do you have for young chefs with regards to their career in the kitchen?

It doesn't come overnight. It takes blood, sweat and tears for a long time to become a chef. There are no shortcuts and it takes extreme dedication.

What do you do in your spare time? Do you cook?

I love to play golf in my spare time. I also like to cook at home or my wife on the BBQ. There's nothing better than a cold beer and BBQing.

What is your favourite dish to cook?

I would say a torchon of foie gras. I think its very simple yet delicate in the preparation.

What is your favourite dish to eat?

My favorite dish to eat would be caviar. After living and working in Moscow, Black Russian caviar and Champagne are always my celebration food.

If you could have anyone, a chef or otherwise, to cook you a meal, who would it be, and why?

I would have to say my mother. When she prepares food it's simple and straightforward. It's that comforting food that makes you at ease. I would have to say it would be her Hungarian Chicken Paprikash.

可以分享一下在你迄今的事業生涯中，最令你感到滿意的一次經驗嗎？

至今令我最滿意的就是開辦莫斯科麗思卡爾頓酒店。我是這家酒店的首任行政總廚，所以餐飲部的一切都由我從零開始創造，但也因此每件事物都流露著我的個人特色。

最有趣的經驗又是甚麼？

就是在東京新開業的麗思卡爾頓酒店工作。日本的食材是我至今所見過和用過最上乘的食材。

對於年輕一輩有志入行的人，你有甚麼忠告給他們？

要成為一名出色的廚師並不是一朝一夕的事。除了血汗之外，還要有很多的淚水。成功絕無捷徑，你需要全情投入。

閒時你最愛做甚麼？你會在家煮食嗎？

閒時我喜歡打高爾夫球，也愛和太太在家燒烤。沒有甚麼比得上一杯冰凍啤酒再加上燒烤的樂趣。

你最喜歡煮的菜式是甚麼？

我會說是鵝肝醬卷。煮法既簡單，但又不失精緻。

你最愛吃的菜式是甚麼？

我最愛吃的菜式是魚子醬。在莫斯科生活和工作過後，俄羅斯黑魚子醬和香檳便成為了我慶祝時的必備美食。

如果你可以請人為你炮製一頓飯，可以是一位廚師或其他人，你會請誰和為甚麼？

我會請媽媽為我做菜，因為她所炮製的菜式十分簡單直接，吃了會令你心裡很舒服，特別是她所煮的匈牙利重奶油炖雞。

BEEF BURGER PATTIES



- 牛隻全由玉米餵飼，肥瘦比例適中
- 肉質鬆軟，肉味濃郁
- 一包四塊，每塊65克，份量充足
- 有原味及香辣味兩款口味

安得利漢堡扒「夏日親子廚藝班」

凡於8月9日或之前一次過購買兩包或以上安得利漢堡扒產品，將購買之正本單一收據，連同姓名、身分證首4個字及聯絡電話，於8月12日或以前（以郵戳為準）寄往安得利香港餐飲有限公司（地址：新界葵涌葵豐街47-51號，信封面請註明〈安得利漢堡扒親子廚藝班〉收）即可參加抽獎，並有機會贏取「夏日親子廚藝班」名額一個（共30個名額）學習製作美味食譜。活動詳情如下：

活動日期：2012年8月18日（星期六）

活動地點：Six Senses Cooking Studio

導師：著名烹飪導師韋兆嫻小姐

備註：得獎者可攜帶一位7歲或以上之小童出席親子廚藝班

有關是次抽獎詳情，可致電3102 8094 與偉訊公關推廣有限公司聯絡

產品於全線一田百貨，吉之島及崇光百貨，部分百佳及惠康內發售

推廣生意的競賽牌照號碼：38753



HEALTH IS SWEET

甜得健康



We often think of pastries as guilty pleasures, but as **Chef Jason Tsoi**, R&D Director of Angliss Greater China, tells us, it needn't be that way. Let us eat cake!

我們往往為品嚐甜點而感內咎，但事實卻未必如此；且聽安得利大中華區研發總監蔡捷中先生如何闡明。

Many people are health conscious nowadays and one of the first things they will cut from their diets is sugar and pastries. Are pastries already lighter than they used to be, and how so?

In recent years, consumers have become much more conscious of healthy eating, expecting ever higher dietary standards of their cakes, ice cream, chocolates, desserts and beverages. In addition to the taste and look of foods, people have also become more exacting about sweetness and ingredients used.

Chefs have also realized that they need to cut down on the sugar level in desserts. In Taiwan, bubble tea chains led the food and drink sector in acting on this, dividing their beverages into three sweetening levels: tiny amount of sugar, half amount and normal. This has gone down very well with consumers. As health awareness grows, pastry chefs have also been aware of the need to lower the level of sweetness in cakes, by substituting granulated sugar with trehalose or replacing some of cane sugar with sweetener. Trehalose not only lessens the sweet taste somewhat, but also enhances the quality of foods, making it a hot favourite among pastry chefs and within the bakery industry. But as trehalose is still much more expensive than granulated sugar, it has not yet been widely adopted.

If there is a client who is diabetic, and they asked you to make them a cake, what are some ways you can substitute certain ingredients so that they can at least eat a little?

For diabetics, I would substitute cane sugar in the recipes with sweetener, and animal fats and oils with vegetable equivalents, such as olive oil. When baking cakes, chefs should avoid ingredients that are forbidden for diabetic customers, so that they can enjoy their foods without any worries.

現今很多人都著重健康，他們首先會減少進食糕點及糖，廚師們是否注意到這一個低糖新趨勢？現時的糕點是否已反映此趨勢，情況是怎樣？

最近這幾年消費者對於吃得健康，意識變得很高，對於蛋糕，冰淇淋，巧克力，甜品和飲品的要求越來越高，除了好吃又要漂亮外，甜度及使用的原料要求也越來越高！

廚師們也意識到要降低甜點中的糖度，台灣最早意識到要降低甜度的是連鎖泡沫紅茶業者，他們將茶飲的甜度分成少糖、半糖及正常甜度三個等級！此舉非常受到消費者認可。隨著健康意識抬頭，烘焙業廚師們也注意到要將蛋糕中甜度降低，將砂糖改用海藻糖或代糖取代一部份的蔗糖，來降低蛋糕的甜度。海藻糖除了能使口感上較不甜外，還能提升產品的品質，所以廣受烘焙業廚師的喜愛；但也因為海藻糖比砂糖要貴的多，所以還不是很普及。

如果有一位患有糖尿病的顧客需要你為他/她做一個蛋糕，你會用甚麼方法去取替某些食材，讓顧客可以食得健康一點？

對於有糖尿病患者，我會將食譜中的蔗糖改為代糖，動物性油脂改為植物性油脂如(橄欖油)！避開糖尿病患者禁忌的食材來製作蛋糕，讓糖尿病的顧客吃得安心無負擔。





**What are some tips and tricks when using these substitutes?
What must the chef look out for/be wary of?**

Sometimes, it may not be that easy to replace the granulated sugar in desserts with trehalose or sweetener. For example, in baking Macaron, cane sugar cannot be replaced with other types of sugar as the sugar content is just not sufficient to create the shape and sheen required. On top of that, for products such as jams and marmalades, pâte de fruit and other kinds of confectionery, you need to experiment beforehand and tweak the recipe to get it just right. However, there are no such issues with other, frozen desserts such as mousse cake, ice cream or chocolates.

What are some “trendy” fruits to use recently in pastries?

Last year, the French company Les vergers Boiron launched a series of frozen fruit and vegetable purees, including tomato, red pepper, cantaloupe, cucumber and watermelon, which became wildly popular among chefs. The vegetable and fruit purees have very high nutritional value, and have been used by many chefs in Europe, Japan and Taiwan. They have found their way into pastry and dessert preparation in many kitchens. And pastries and desserts made with purees have become sought-after foods for customers.

I believe the use of this type of vegetable and fruit puree in cakes and desserts will become more common in the future. Suppliers will continue to launch purees in special new flavours, giving chefs free rein to their creativity in coming up with tasty and healthy dessert snacks.

What are some of the trickiest fruits you’ve used in pastries, and what are some important things to remember when using them?

The fruit least easily paired with other flavours is kiwi fruit. Kiwi fruit has a bland and slightly tart taste, and it becomes even blander when used on mousse. If it is used as a main flavour ingredient, then you face a challenge in pairing it with other flavours. I would usually use something that is either lighter than the kiwi, or with chocolate which has a starkly contrasting taste.

As for the cooking process, since kiwi fruit is highly acidic, if the acidity is not removed when kiwi fruit is being heated, the gelatine that is added will not set properly since it will be dissolved. And then the mousse will not set. So, if using any acidic fruit puree for mousse, be sure to boil off the acidity.

當廚師使用這些取替品時，有沒有一些方法及技巧需要注意？

有時，砂糖在某些甜點中是不容易被海藻糖或代糖取代的。例如製作Macaron時就無法將蔗糖轉換為其他的糖。因為其糖度不夠，Macaron便無法烤出它該有的形狀及光澤！還有果醬，水果軟糖及其它烘焙類產品都需要先做測試，再適度調整配方；至於其他冷凍的加工甜品如慕斯蛋糕、冰淇淋、巧克力等都沒有太大問題。

近期糕點行業流行使用那些較為特別的水果？

去年法國寶茸公司(Les vergers Boiron)推出了一系列蔬果類的果茸，包括番茄、紅甜椒、哈密瓜、小黃瓜、西瓜等，廣受廚師們的喜愛。由於蔬果果茸含有非常高的營養價值，故此在歐洲、日本和台灣，已有很多的廚師應用於糕點及甜品製作上，而製作出的甜點非常受消費者吹捧！相信未來這類型的蔬果果茸會越來越普及地被應用於糕點上！供應商將會再陸續推出特別的新口味的果茸，屆時廚師們又可發揮無限創意，製作出美味又健康的糕點。

你曾經用過，最難應付操作的是哪些水果？當你使用這些水果時，最要注意的是甚麼？

較為局限搭配其他口味的水果大概就是奇異果了！且製作上也是需要注意！在味道搭配上，因為奇異果的味道不是特別明顯且偏酸，將其用於慕斯後，味道上就更不明顯。如果以它為主要味道的話，在搭配其他口味上就會較難；通常會搭配比奇異果味道還輕的，或是反差大一點的巧克力！

在製作上，因奇異果酸性高，如在加熱過程中沒有確實煮開破酸就加入吉利丁，這會使吉利丁被分解掉，無法達到凝結的作用，令慕斯不能定形，所以用酸性的果茸來製作慕斯時，務必將果茸煮開至破酸！

Crown Jewel



Helmed by French chef Guillaume Galliot, formerly of Raffles Beijing and more illustrious fine diners, this elegant, new restaurant in Macau's City of Dreams stands elegantly amidst the neon-lit Cotai Strip, Macau's newly developed boulevard of gaming and entertainment.

The Tasting Room

3/F Crown Towers
City of Dreams, Macau
www.cityofdreamsmacau.com

Picking up on Peru



Hong Kong's first Peruvian restaurant opens in Central, with a diverse menu of items rarely seen on Hong Kong menus. From ceviche to tacos, the emphasis is on fresh ingredients with the unique taste of the South American nation.

Chica

26 Peel Street
Central, HK

Hip Hangar

Steakhouses are often associated with the pinstripe suits of corporate entertainment, but with its urban edginess, this new meat eaters' destination is changing that. Expect to find house-made cocktails

and steaks from all around the world, including Cedar River Farms in Colorado, United States.

Blue Butcher

108 Hollywood Road
Sheung Wan, HK
www.bluebutcher.com

Restaurant and Bar 2012

Now in its 10th year, this is one of the region's leading fine dining and bars shows. The event will include exhibitors of fine food and beverage distributors in Hong Kong and Greater China, it will also host the Grand Final of the World Siphonist Championship, the Hong Kong Barista Championship, the Hong Kong International Beer Awards, House Wine Awards and more. There is a rich programme of activities featuring mixologists in the Cocktail & Spirit Theatre, and chefs such as those a part of the prestigious chefs association Disciples Escoffier.

11-13 Sep

HKCEC, 1 Expo Drive
Wanchai, HK
www.restaurantandbarhk.com

Hong Kong Food Expo

One of Hong Kong's largest food-related events, this whopping five-day expo is open to both trade and the public, and will feature food and beverage from Hong Kong, as well as all around the globe. Cooking demonstrations, tastings and other food events are sure to keep the region's foodies happy. There will be a Gourmet Zone, and the Expo will run concurrently with the Hong Kong International Tea Fair and the International Conference & Exhibition of

the Modernisation of Chinese Medicine & Health Products.

16-20 Aug

HKCEC, 1 Expo Drive
Wanchai, HK
www.hkcec.com

御膳房

這間新餐廳座落於澳門新濠天地，在路氹金光大道這條霓虹閃耀、最新發展的博彩及娛樂大道上盡展華麗氣派；主理餐廳的法籍主廚Guillaume Galliot更甚具名氣，曾服務於北京萊佛士飯店及多間著名高級餐廳。

澳門新濠天地皇冠度假酒店3樓

www.cityofdreamsmacau.com

Chicha

這是香港首間秘魯餐廳，於中環區開業，其多元化的菜式在本地實屬少見。由酸橙汁醃魚以至粟米夾餅，所用的都是非常新鮮的食材，盡顯南美菜餚獨一無二的風味。

香港中環卑利街26號

Blue Butcher



扒房予人的印象往往是高級行政人員消遣流連之處，但這間散發時尚都會魅力的新餐廳卻令人耳目一新。餐廳既提供自家調製的雞尾酒，亦有來自世界各地的多款牛扒，包括美國科羅拉多州雪松河農場出產的美味牛扒。

香港上環荷里活道108號

www.bluebutcher.com

香港餐飲展2012



RESTAURANT
& BAR 香港餐飲展
11th - 13th Sep 2012
Hong Kong Convention & Exhibition Centre

這項區內的餐飲業盛事今年將踏入十週年，除了有來自本港及大中華地區的眾多餐飲分銷商參展外，亦會舉行世界虹吸式咖啡師大賽總決賽、香港咖啡大師賽、香港國際啤酒獎、香港餐飲展駐店酒大獎頒獎典禮等等。在「花式調酒廳」內，調酒師將會在一系列別開生面的活動中大獻奇技，而來自頂尖大廚協會Disciples Escoffier等的一眾國際級大廚亦將聚首一堂，為大眾主持多個活動。

9月11至13日

香港灣仔博覽道1號
香港會議展覽中心

www.restaurantandbarhk.com

香港美食博覽

這是香港最大型的美食盛事之一，為期五天的盛大活動將會對業界及公眾開放，展出的飲食產品來自本港以至全球各地。烹飪示範、試食及其他各項活動，必定能令區內的美食愛好者盡興而歸，會場內更特設「尊貴美食區」。博覽將與香港國際茶展、國際現代化中醫藥及健康產品展覽會暨會議同期舉行。

8月16至20日

香港灣仔博覽道1號
香港會議展覽中心

www.hkcec.com

The Cat That Got the Cream

Bangkok's newest luxury boutique hotel lands on the scene with just 39 rooms and suites, sitting on 3 acres of prime property on the banks of the city's major aquatic artery, the Chao Praya River. The hotel features stunning antiques set against stunning design by world-renowned designer and architect Bill Bensley. Beautifully presented Thai fare can be found at the hotel's restaurant, Chon Thai, which also offers cooking classes.

The Siam

3/2 Thanon Khao
Vachirapayabal, Dusit
Bangkok, Thailand
www.thesiamhotel.com

Bangkok in Brooklyn

In more Thai-related news, American chef Andy Ricker brings his winning formula from Pok Pok in Portland, Oregon to the Big Apple. The tables have been full since day one, but it has sparked some debate – some say it's the most authentic Thai food they've ever had, while others question why it's possible that the significant number of chefs of Thai origin in the city haven't garnered such media interest and acclaim.

Pok Pok NY

127 Columbia St.
Brooklyn, New York, USA
www.pokpokny.com

Australia's Best Restaurants

We've all heard of the San Pellegrino World's 50 Best Restaurants list. Downunder, the national newspaper The Australian has launched its

own version of a top restaurants list for country. Aside from a list compiled by the paper's own food editorial, namely, John Lethlean and Necia Wilden, another respected food critic Simon Thomson will also be part of the panel, as well as contributors from each state. Most intriguing perhaps is the People's Choice Awards, where the public can nominate and vote. Results are released July 28.

www.theaustralian.com.au/lifefood-wine/hot-50-restaurants

Food and Hotel Thailand



As Asia's preeminent resort and travel destination, the Thai hospitality industry is one worth keeping an eye on. Now in its 20th year, this well-reputed exposition attracts exhibitors from all around the region and the world, showcasing a wide variety of food and wine, foodservice technologies as well as spa and hotel goods and services. It will also host Thailand's 18th International Culinary Cup.

5-8 Sep

Bangkok International Trade & Exhibition Centre (BITEC)
8 Bangna-Trad Road (Km.1),
Bangna, Bangkok, Thailand

7th Annual StarChefs.com International Chefs Congress

The ICC is a three-day event organised by one of the world's best industry e-magazines, StarChefs.com. More than 70 of the world's most influential

and innovative chefs, pastry chefs, mixologists and sommeliers present the latest techniques and culinary concepts to their peers. The theme for this year is Origins and Frontiers: The Archeology of Modern Cuisine. Presenters are highly acclaimed chefs and food and beverage professionals from America and around the world, including Mathias Dahlgren, Marcus Samuelsson and Angela Pinkerton.

30 Sep – 2 Oct

Park Avenue Armory, 643
Park Ave, New York, USA
www.starchefs.com/cook/events/icc/2012

食物環境俱佳之選

曼谷的豪華精品酒店The Siam 最近開幕，雖然佔地僅3英畝，只有39間客房及套房，但地理位置卻非常優越，座落於該市水上交通要道昭披耶河河畔的核心地段。酒店內以一系列古董擺設為點綴，與全球知名設計師暨建築師Bill Bensley的巧妙設計相映成趣。酒店內的Chon Thai餐廳更為賓客提供賣相精美的泰國特色菜餚，亦會不時舉辦烹飪班。

席捲紐約布魯克林區的泰國熱

另一則有關泰國美食的消息：美國名廚Andy Ricker繼早前在俄勒岡州波特蘭市Pok Pok餐廳取得優異成績後，現在再下一城，打算在有「大蘋果」之稱的紐約市再次施展成功秘技。餐廳在開幕當天起就一直座無虛席，但亦引發了一番爭論：有人在用膳後認為餐廳的泰國菜極為地道，但另一些人卻質疑媒體為何從未如此注視和稱譽過市內的眾多泰裔廚師。

澳洲最佳餐廳

我們都聽過「San Pellegrino全球最佳餐廳50強」。最近，澳洲的全國性報章《澳洲人報》(The Australian)也推出了自己的澳洲全國最佳餐廳名單。負責制定該名單除了有報章的飲食版編輯John Lethlean及Necia Wilden外，還包括享負盛名的美食評論家Simon Thomson以及每個省份的撰稿人。當中最有興趣的當是「食客最喜愛的餐廳」，公眾既可提名，亦可投票。結果已於7月28日公佈。

泰國食品展及酒店用品展

泰國是亞洲其中一個最成功的度假及旅遊目的地，該國的餐旅業的發展值得我們多加留意。泰國食品展及酒店用品展已經踏入第20年，將於9月5日至8日舉行，這項盛事吸引了來自區內以至全球各地的參展商。展場內除了展出一系列不同的食品、酒、飲食服務科技產品、水療和酒店產品及服務外，還會舉行泰國第18屆國際廚藝盃比賽。

第7屆StarChefs.com國際廚師週年大會

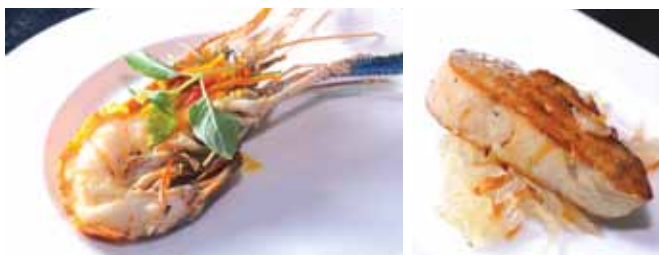
國際廚師週年大會(ICC)為期三天將於9月30日至10月2日舉行，是由全球首屈一指的飲食業網上雜誌StarChefs.com所舉辦。會上，來自世界各地最具影響力、最具創意的廚師、糕點師、調酒師和侍酒師將聚首一堂，為同業展示最新的技巧及烹調概念。本年度大會的主題是「現代美食的考古學：起源與前沿」(Origins and Frontiers: The Archeology of Modern Cuisine)。主講者都是美國及全球享負盛名的廚師和餐飲業專業人士，包括Mathias Dahlgren、Marcus Samuelsson及Angela Pinkerton。



Thai chefs for Charity at the box, Hong Kong

泰國名廚在港獻技為慈善出力

On May 3, fifty influencers of Hong Kong's food and beverage industry gathered at the box in the International Finance Centre in Hong Kong for a dinner prepared by six of Bangkok's top chefs. The dinner was an auction item at last year's Bangkok Chefs Charity Gala Dinner, which Angliss Hong Kong won. This Gala Dinner is held annually in Bangkok and hosted by Gourmet One. In 2011, funds were raised for Border Patrol Police Schools under the patronage of H.R.H. Princess Maha Chakri Sirindhorn.



The twelve-course dinner was constructed around the theme of European classics, with occasional dips into Thai flavours. Guests were presented with dishes such as terrine made from trimmings, braised cabbage rolls, and green curry with lobster. The chefs behind the dinner were Nobert Kostner of The Mandarin Oriental Bangkok, Erwin Eberharter of Dusit Thani Bangkok, Mark Hagenbach of Grand Hyatt Erawan Bangkok, Leslie Stronach of InterContinental Bangkok, and Michael Hogan of JW Marriott Hotel Bangkok.

On a similar vein, Angliss Hong Kong will soon be releasing a book, "A Platter of Love", documenting the charity work of eight renowned Hong Kong chefs.



在5月3日，本港飲食界50名舉足輕重的人物齊集香港國際金融中心，一嚐由六位曼谷頂尖廚師所炮製的晚宴。這頓晚宴是去年曼谷廚師慈善晚宴的拍賣項目之一，最終由安得利香港奪得。該慈善晚宴由泰國的Gourmet One主辦，是每年均於曼谷舉行的盛事。在2011年，慈善晚宴所籌得的善款已撥捐泰國詩琳通公主殿下成立的邊防巡警學校。

是次這12道菜的盛宴以歐洲經典菜式為主，但亦滲透一些泰國的特有風味。賓客可享用的菜式包括肉屑批、焗菜卷以及青咖喱龍蝦。主理這次盛宴的名廚包括曼谷文華東方酒店的Nobert Kostner、都喜天闕曼谷的Erwin Eberharter、曼谷君悅酒店的Mark Hagenbach、曼谷洲際酒店的Leslie Stronach以及曼谷JW萬豪酒店的Michael Hogan。

此外，安得利香港即將推出一本名為《A Platter of Love》的新書，以記錄香港八位著名廚師的善行。



香港區恒天然烘焙大賽2012

Fonterra Foodservices Pastry Challenge 2012

Hong Kong

比賽主題 Theme :

芝·味·濃·情
Cheese Indulgence

新晉廚師組 Junior Chef Category

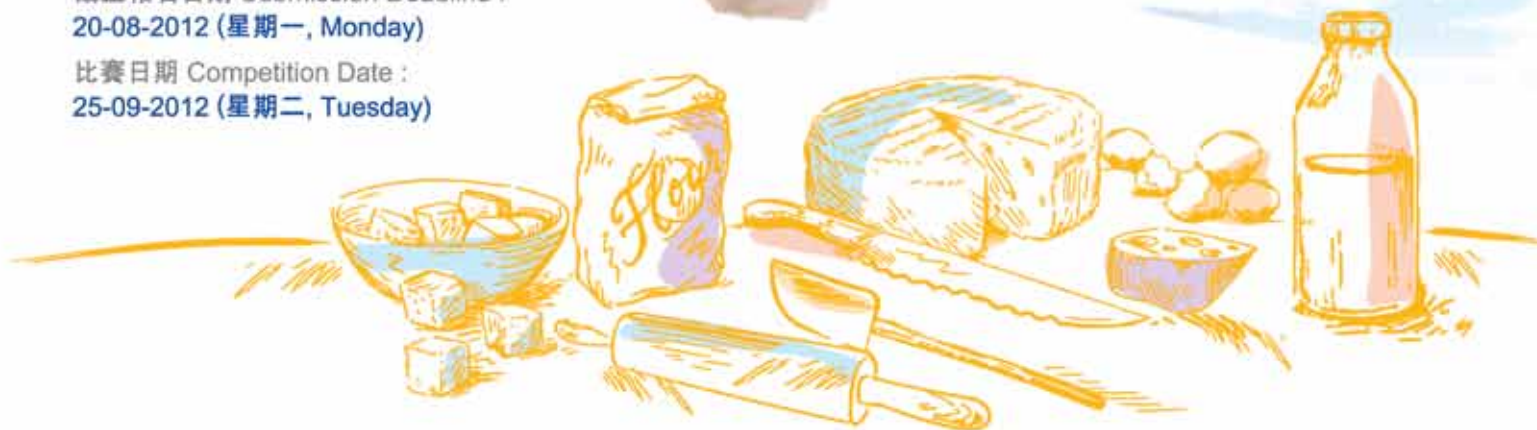
截止報名日期 Submission Deadline :
30-07-2012 (星期一, Monday)

比賽日期 Competition Date :
04-09-2012 (星期二, Tuesday)

專業廚師組 Professional Chef Category

截止報名日期 Submission Deadline :
20-08-2012 (星期一, Monday)

比賽日期 Competition Date :
25-09-2012 (星期二, Tuesday)



比賽細則及報名表格可於2012年6月25日起，往www.fonterrafoodsolutions.com.hk網頁下載或電郵致fonterra@visiongroup.hk索取。查詢電話: (852) 3102 8093
For competition details and application form, please visit www.fonterrafoodsolutions.com.hk or email to fonterra@visiongroup.hk starting 25 June 2012. Enquiry: (852) 3102 8093

協辦機構 Co-organized by:
Angliss Hong Kong Food Service Limited



支持機構 Endorsed by:
Hong Kong Bakery and Confectionery Association
Hong Kong Chefs Association



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Anliss Hong Kong Food Service Limited
 安得利香港餐飲有限公司
 47-51 Kwai Fung Crescent, Kwai Chung, N.T., Hong Kong
 香港新界葵涌葵豐街47-51號
 T. +852 2481 5111 | F. +852 2489 8861
 E. info@anliss.com.hk



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