

ISSUE **59**
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foodtalk

LEADING THE WAY Safa Rodas, City of Dreams

DIVIDE AND CONQUER Angliss Shenzhen announces new regional offices

LET THEM EAT BREAD Fu Xiaosheng of pioneering bakery Cycle&Cycle

THE CAT THAT GOT THE CREAM Smita Grosse of Grand Hyatt Hong Kong



Global
Gastronome
Michael Donlevy
The Langham, Hong Kong

THE LANGHAM
HONG KONG

Michael Donlevy
Culinary Director



angus

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angliss 全
WINE & BEVERAGE

Welcome to the 59th issue of foodtalk!

After what seems an eternity, there is no question that we are moving out of the dark days of COVID-19 and into a brighter, post-virus future. At the time of writing, Hong Kong is experiencing an average of just three positive cases per day, all imported. The situation around Asia is similar, with a few exceptions.

In terms of what is happening here at Angliss Hong Kong, we are definitely feeling the change. While we are guided by the same careful yet can-do attitude that has enabled us to not only survive but actually thrive throughout these challenging times, we are confident that the end is in sight.

We continue to work closely and maintain good relationships with clients, suppliers and all stakeholders, as we have since this difficult situation began unfolding earlier last year. We have always believed that clear communication is an essential business tool, and relied on this when conveying the news of our industry-leading hygiene precautions to combat the virus.

As the food and beverage market continues to recover, we are working more closely than ever with our global suppliers and partners to maintain the variety of stock and supplies our customers need.

We regularly invite clients and trade and brand partners to attend a variety of events including seminars, training, working lunch meetings and demonstrations at our tasting kitchen. These ensure we are on the same track and in touch with the latest market trends.

Our cover star this issue is industry veteran Michael Donlevy, now with The Langham, Hong Kong, who looks back over his successful career and the landscape post-COVID-19. We also have exclusive interviews with some of Asia's top up-and-coming culinary stars, as well as the usual news and features.

Enjoy the issue!

Johnny Kang
CEO - Asia

第59期的 foodtalk 隆重登場！

在經歷過極為漫長的艱難時期後，我們終於漸漸走出新冠疫情的陰霾，逐步邁向光明的後疫情時代。在我撰寫這篇序言的時候，香港的疫情正漸趨穩定，每天平均僅錄得3宗確診，全屬輸入個案。而亞洲各地的疫情亦同樣逐步回穩，不過少數地方仍處於水深火熱之中。

看著安得利香港現時經歷的一切，我們當然能夠感受到當中的變化。我們做事依然認真、謹慎，並相信世上無難事，而這種做事態度和信念使我們不僅能夠在充滿挑戰的時期得以繼續營運，更能夠妥善拓展業務。我們相信，黑暗很快便會過去。

自去年初開始經歷這困局以來，我們一直與客戶、供應商和所有持份者密切合作，保持良好的關係。我們始終深信，與各方清晰地溝通，是營商的重要策略之一。所以我們按照這套方針，積極向各方分享自身領先業界的衛生措施，傳達相關的防疫資訊，攜手抗疫。

現時餐飲市場持續復甦，因此我們與世界各地的供應商和合作夥伴致力建立更緊密的合作關係，以保證貨源充足，並能夠提供各式各樣的產品，滿足顧客的需要。

我們會定期邀請顧客、貿易夥伴和合作品牌到我們的 Tasting Kitchen 參與各類型的活動，包括研討會、培訓、商務午餐會議、以及烹飪示範等。這有助確保我們與各方的理念和步伐保持一致，並能充分掌握最新的市場趨勢。

我們今期的焦點人物是現時於香港朗廷酒店任職的 Michael Donlevy。這位業內資深大廚將會回顧自己成功的職業生涯，並展望新冠疫情過後的市況。另外，我們有幸邀請到多位在亞洲數一數二、前途無可限量的飲食界名人進行獨家專訪，亦會和各位分享城中熱話和專題報導，內容包羅萬有！

希望各位喜歡今期的內容！

江文喜
亞洲區首席執行官

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foodtalk



Editor in Chief / 總編輯：
James Stephen
Editor / 編輯：
Vivian Lau
Project Manager / 項目統籌：
Wisteria Lo
Creative Director / 設計及藝術總監：
Fanky Fu
Translation / 翻譯：
Spear Translation

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**Angliss Hong Kong Food Service
Limited**
47-51 Kwai Fung Crescent,
Kwai Chung, N.T. 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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Challenge and Opportunity

Photography by Chris Luk and courtesy of The Langham, Hong Kong

Michael Donlevy, Culinary Director, The Langham, Hong Kong, looks back over a long and successful career, and forward towards how the culinary industry can reinvent itself post COVID-19

FT (Foodtalk): What first inspired you to consider a career in food and cooking?

MD (Michael Donlevy): I had an interest in cooking from when I was young, and was encouraged to enjoy it, by helping my grandmother with baking cookies and her traditional festive cakes. As a teenager I was intrigued by the possibility of travelling and seeing the world while pursuing a career.

FT: You have spent much of your career in Asia. What's the appeal of this part of the world?

MD: Growing up in Sydney, Australia, we felt very

挑戰與機遇

香港朗廷酒店行政總廚 Michael Donlevy 回顧自己多年來輝煌的職業生涯，並展望餐飲業如何在經歷新冠肺炎疫情後重新出發

FT (Foodtalk): 是什麼原因最先促使你投身餐飲業呢？

MD (Michael Donlevy): 我自幼喜歡烹飪，會幫忙祖母焗製曲奇餅和在慶祝佳節時製作傳統的蛋糕，當時家人亦鼓勵我要享受煮食。而在我年輕的時候，有機會到世界各地遊歷，增廣見聞，同時為自己投身職場做好準備。

FT: 我知道你在亞洲工作了頗長時間，這個地區對你來說有什麼吸引之處呢？

MD: 我在澳洲悉尼長大，那個城市讓我感覺仿似在亞洲地區生活一樣。我的同學、當地的餐廳、出售食物的市場、以及市中心的生活等等，到處都流露著亞洲的色彩。所以，當我初到香

☞ Working with a great team and fine ingredients is always exciting
and when the buzz kicks in for service, it's game on! ☜

「能和頂尖的團隊共事，並以優質的食材烹調美食，實在非常振奮人心」

much part of Asia. Schoolmates, local restaurants, the food markets, inner city life – the influence of Asia was everywhere. After landing my first role in Hong Kong there was instantly a feeling of connection, especially as I had family here. One opportunity has led to another, with stints in Korea, China, Malaysia and Hong Kong again. It feels like home – I met my wife here, and my daughter was born here. Based at Langham Hospitality Group's headquarters in Hong Kong means being closer to where all the action is taking place. I am able to understand our business from a nearer perspective and work directly with our corporate office, engaging in activities that affect the entire company as a whole.

港就職時，便頓時覺得有一份親切感，我更在這個城市裏組織了家庭。而機遇一浪接一浪，我陸續到訪韓國、中國內地、馬來西亞等地，其後又再次來到了香港。這個城市彷彿是我的家，我在這裏遇到我的妻子，而我的女兒亦在此處出生。朗廷酒店集團的總部設於香港，代表著我們更接近公司的核心地帶。我能夠從更近距離地了解我們集團的業務，並可以與我們的總辦事處直接聯繫溝通，一同商討及處理關乎到公司整體運作的重要業務。

FT：你曾在不少知名的酒店集團任職，能與我們分享一下當中有什麼難忘的經歷嗎？

MD：從在悉尼希爾頓酒店開始投身職場至今，我多年來的職業生涯中有很多難忘的經歷。我一直不斷在學習，汲取經驗，期



FT: You have had stints with several renowned hospitality groups – can you pick out some highlights of your time with them?

MD: My career has had many highlights, from my first work experience with The Sydney Hilton up until today. It is always about the learning, the experiences, and the people you meet on the journey. From the formative days on the job, working with talented colleagues and wanting to acquire their skills, to my time spent in Europe – all those events were important. The opportunities to share and develop through local and international collaborations were invaluable. There have been innumerable memories along the way, from private chef's tables, to last minute catering for the arrival of private 747 jets, to watching festive ice carvings topple! Recent memories include getting out of the kitchen in support of food recycling and upcycling initiatives, and gifting custom Langham afternoon tea boxes and masks to thank medical workers.

FT: Were there any mentors influential in your career? What did you learn from them?

MD: Yes, mostly family, but also from friends in other industries, former chef bosses, colleagues and hoteliers. Over the years I have learned a lot from many people

間遇到不同的人。我與有才幹的同事一同工作，努力增進自己的廚藝，在事業上追求進步，其後在歐洲工作，這一切的經歷對我而言都非常重要。透過餐飲業中一些本地和國際間的合作，我得到非常寶貴的機遇，當中有很多深刻的回憶，例如曾為客人準備私人訂製的用餐體驗，曾因為要招待私人波音747客機上的一眾客人而忙到最後一刻，更曾目睹節日冰雕倒下；而最近，我不只待在廚房，還努力地支援食物循環再用及升級改造方面的工作，亦為辛勞的醫護人員送上精美的朗廷下午茶餐盒及口罩，這些回憶對我而言都十分難忘。

FT：你在職場生涯中有遇到任何啟蒙導師嗎？你從他們身上學到什麼？

MD：當然有，我的啟蒙導師主要是我的家人，亦包括從事不同行業的朋友，如我過往的上司、同事、以及酒店老闆等。多年來，我從很多不同的人身上獲益良多，所以我亦希望將自己學到的技巧傳授給其他人，這是餐飲業一貫的傳統。自我踏入職場以來，一直有很多人幫助和指導我，我真的很榮幸能與富有經驗及備受推崇的人一同工作。

FT：在飲食業的各項業務範疇中，你最喜歡哪個部分？你現在還有機會拿起勺子烹調美食嗎？

MD：能為顧客送上美食，我感到非常有趣和很有滿足感，而我亦很享受待在廚房工作。能和頂尖的團隊共事，並以優質的食材烹調美食，實在非常振奮人心。當我們接到顧客的點菜訂單時，便代表是時候工作了，我現時仍會參與日常營

“ I love the fun and good times great food can bring our guests – while we are also enjoying ourselves in the kitchen ”

「能為顧客送上美食，我感到非常有趣和很有滿足感，而我亦很享受待在廚房工作」

and in turn, hope I have been able to pass on skills, as is the tradition of the industry. There are many who have influenced my career and continue to share advice and knowledge. I have been fortunate to work with some really experienced and respected people.

FT: What is your favourite aspect of the F&B operation? Do you still get the occasional opportunity to wield a ladle?

MD: I love the fun and good times great food can bring our guests – while we are also enjoying ourselves in the kitchen. Working with a top team and fine ingredients is always exciting, and when the buzz kicks in for service, it's game on! I am still involved in daily operations and

運的工作，並在有需要時提供協助或親自下廚。我會一直做好本份，分享自己的得著，提供指導，亦會給予後輩空間，讓他們得以成長。

FT: 你能和我們分享一下，在你的職場生涯中，最具挑戰性的時刻是什麼時候嗎？

MD: 在過去24個月，我們因為新冠疫情而面對前所未有的挑戰。疫情顛覆了全球的局面，我們需要改變傳統的營運模式，否則會面臨倒閉的危機。我們試行了很多不同的方案，如以外賣和餐盒的形式提供食物，用盡一切辦法來維持業務。幸運的是，我們沒有失去任何一位同事，而現時大家都希望這段艱難時期快將完結。



Main St. Deli



Wagyu beef burger

assist or drive where necessary. I'm always there to do, share, teach and give others the space to grow.

FT: What were some of the most challenging moments you found yourself faced with during your career?

MD: It's difficult to see past the last 24 months in terms of challenges, due to the Covid-19 pandemic. It's been a global game-changer, and traditional business models have had to adapt or close. We have been trying different things – takeaway, dinner boxes – anything to keep the operation going. Thankfully we have not lost any colleagues, and now hopefully the end is in sight.

FT: What's the story behind the seemingly random month you spent at Michelin-starred Restaurant Schote in Essen, German, last year?

MD: My wife is German and we had moved home to Germany from Malaysia after the job there finished and before our planned return to Hong Kong. My daughter had to attend school, I was looking for something to keep me busy, wanted to experience restaurant operations in Germany and needed the language practice. Restaurant Schote has been recognised with a Michelin star – its chef and patron Nelson Mueller is very creative and has two restaurants on the site, plus catering, and another operation in the wine district of Rhinegau. I got in touch to volunteer my help and he was kind enough to let me meet and work with his vibrant

FT: 我知道你去年曾在位於德國埃森的米芝蓮一星級餐廳 Schote 工作了大約一個月，為什麼你會有這個看似忽發奇想的想法呢？

MD: 我的妻子是德國人，在我完成馬來西亞的工作後，我們一家便從馬來西亞搬到德國，其後才計劃回到香港。我的女兒要上學，所以我想尋找一些事情去做，打發一下時間，亦希望可以體驗德國的餐廳是如何營運的，並需要練習一下德語。米芝蓮一星級餐廳Schote的主廚兼出資人 Nelson Mueller 富有創意，掌管兩間餐廳，在萊茵高葡萄酒產區亦有發展業務。我主動聯絡他，自薦到他的餐廳幫忙，他人很好，願意讓我與他的團隊見面，並一起工作。他的國際化團隊富有活力，我很高興能和他們共事，亦十分佩服他們擁有很強的適應能力。即使面對新冠疫情，Nelson的團隊仍能想到新方法擴展業務。我們使用歐洲出產的優質農產品製作美食，質素讓人讚不絕口。



and internationally team. It was nice, refreshing, and I was impressed with how resilient they were, finding new ways to grow the business in spite of Covid-19. The quality was fantastic, utilising some of the best produce in Europe.

FT: What are some of the key lessons you have learned throughout your career? And would you pass them on to young people entering the industry?

MD: We know this is a career of passion, and that hospitality takes a special commitment. From learning, sharing, experiencing, I encourage development, through research, sampling and practice. We should share and pass on, where possible in our operations, so the collective memory and experience of the team is enhanced and to realise that it is teamwork that gets the operation done. Be creative, and have some fun!

FT: What are the main challenges and opportunities facing the F&B sector over the next few years? What trends do you anticipate?

MD: The challenge, over the next 24 months will be to find enough people to re-enter the industry. The pandemic has seen the closure of operations, and the talent chain has been disrupted. With this come both great opportunities for people looking for employment, and a challenge on existing operations to stay competitive in the changing market. Consumption of food has changed, with most people seeking new culinary experiences from home. While travel remains limited, the growth of diversified regional restaurant



Lobster laksa

FT: 回顧你的職場生涯，你認為當中最重要的得著是什麼？而你會向投身飲食業的年輕人傳授你的這些得著嗎？

MD: 我們都知道，投身這個行業需要滿懷熱誠，亦需要承諾用心款待顧客。我鼓勵年輕人好好學習、分享及體驗，並用心鑽研菜式、抽樣試驗成果和勤加練習，從中增進技巧。我們亦應該在營運業務期間，盡可能分享和傳授自己的經驗和得著，令團隊的集體回憶和寶貴經驗得以傳承，從而增強團隊的業務技巧，並令大家明白到團隊合作的重要性。而且，我們要富有創意，亦要樂在其中！

FT: 在未來數年，你認為飲食業主要面對什麼挑戰和機遇？你預計未來的趨勢會是怎樣呢？

MD: 在未來2年，我們主要面對的挑戰會是要招攬足夠的人手重回飲食業。疫情導致不少餐廳倒閉，影響了我們招募人才。這為有意尋找工作的人帶來寶貴的機遇，同時亦令現存的餐廳需要想辦法在持續變

“ We know this is a career of passion, and that hospitality takes a special commitment. From learning, sharing, experiencing, I encourage development, through research, sampling and practice ”

「我們都知道，投身這個行業需要滿懷熱誠，亦需要承諾用心款待顧客。我鼓勵年輕人好好學習、分享及體驗，並用心鑽研菜式、抽樣試驗成果和勤加練習，從中增進技巧」

concepts including Japanese, Chinese, Thai, Malaysian, Indonesian, Korean and more will continue.

FT: What is your favourite food to cook and eat with family and friends?

MD: Sometimes the inspiration comes from what we find at the market on the day, other times we theme it to try something different. We like to cook with friends, and used to have BBQ, Indian, Thai, Korean, Italian, Spanish, Malaysian and other nights, where everyone has a task, and it made for many fun evenings. We look forward to these gatherings returning! In the meantime we continue to cook well at home, enjoy new restaurants and stay healthy.

化的市場上保持競爭優勢。飲食方面的消費模式已經改變，大部分人都希望在自己身處的城市發掘嶄新的餐飲體驗。現時大家仍難以出國旅遊，所以我預計日本菜、中菜、泰國菜、馬來西亞菜、印尼菜、韓國菜等多元化的餐廳會繼續冒起。

FT: 你最喜歡與家人、朋友一起烹調和享用什麼美食呢？

MD: 有時候，我們烹調美食的靈感源自當日在市場內找到的食材，而有時候，我們亦會作新嘗試。我們很喜歡和朋友一同下廚，曾一起燒烤，炮製印度菜、泰國菜、韓國菜、意大利菜、西班牙菜、馬來西亞菜等，亦試過各自負責烹調不同菜式，一起度過愉快而有趣的晚上。我們很期待再次舉辦這類型的聚會，而同時，我們亦會繼續在家烹調美食，發掘新餐廳，並保持身體健康。🍴



Palm Court



The Authentic Taste of Italian Heritage

One of Italy's leading producers of traditional charcuterie products, Casa Modena safeguards its unique legacy while constantly looking to the future

With a history going back to 1857, Casa Modena is a leading producer of charcuterie products and cheeses. The Italian brand is part of GSI, one of Italy's largest food production companies, which produces over 117,000 tons of products at 13 plants, and employs 1,800 people globally. It also has dedicated teams focusing on the development of international markets.

Casa Modena has earned a peerless reputation for the quality and taste of its wide range of distinctive and innovative products. These include Italian salami and cold meats, hams, dry sausages and other typical Italian specialties. Angliss carries a selection of the company's most popular products, including Parma ham, salami, ham, sliced mortadella and air-dried Bresaola salt beef.

始終如一的經典 意式滋味

作為意大利數一數二的傳統熟食產品生產商，Casa Modena 一直堅守自身獨特的傳統，同時積極放眼未來

Casa Modena 的品牌故事始於1857年，多年來致力生產優質的熟食產品和芝士。這意大利品牌是GSI集團旗下一間大型意大利食品生產公司，在全球各地設有13個工場，生產超過117,000噸食品，並擁有多達1,800名員工。而品牌更特設多個專門團隊，主力開拓國際市場。

Casa Modena combines the finest selection of Italian meats, spices and natural aromas, blended and assembled by experienced and skilled artisans, to produce unique and inimitable products.

The quality of Casa Modena products is demonstrated in many ways. The authentic flavours of Emilia Romagna mean not only eating well, but also the daily discovery of our love of simplicity, and the Italian food and wine tradition of eating in the company of others.

Tradition and legacy are factors which motivate Casa Modena to look to the future, constantly seeking new solutions for continuous improvement. The company maintains a strong connection to the land and communities, emphasising the sustainability of the supply chain and respect for both the environmental and the welfare of animals.



Casa Modena用心製作一系列優質而創新的產品，無論是在品質方面，還是在味道方面，都獲得各界一致好評，傲視同儕。這品牌的產品包括意大利莎樂美香腸和凍肉、火腿、臘腸、以及其他經典的意大利美食。安德利特別搜羅這品牌中多款受歡迎的產品，包括巴馬火腿、莎樂美香腸、火腿、意式熟火腿、以及風乾鹽醃牛肉等。

Casa Modena嚴選最優質的意大利肉品、調味料和天然香料，再由經驗豐富的專業工匠精心融合和調配各種食材，打造出各款獨一無二的特色產品。

Case Modena對品質的追求，體現在多個方面。愛美利亞-羅曼尼亞地區的地道意式風味不

只在於品嘗美食，亦在於與摯愛一同從日常生活中尋覓簡約的美好，品嘗意大利美食及體驗傳統的葡萄酒文化。

品牌傳統和經典元素是推動Casa Modena邁步向前的動力，促使品牌不斷發掘新構思，持續改良產品。公司與大自然和諧共處，與社區保持緊密的聯繫，並非常重視生產過程中的可持續發展，亦尊重環境保育和動物的福祉。



A Fresh Representation

Photography courtesy City of Dreams

Safa Rodas, Chef de Cuisine at L'ATTITUDE, a vibrant French bistro at City of Dreams in Macau, explains her can-do approach to life, and why she believes her native Filipino cuisine deserves greater international recognition

FT(Foodtalk): Your family in Maasin City in the Philippines has a restaurant, and encouraged you to pursue a culinary career. What did you learn at the restaurant, and particularly enjoy?

SR(Safa Rodas): I grew up watching my mother cooking, making sure her dishes had the right seasoning and balance of flavours. She could be picky with food, but this is a trait that's helped me refine my sense of taste, which is invaluable to me as the head chef of L'ATTITUDE.

總廚界的女新星

位於澳門新濠天地的「風雅廚」是一間充滿活力的法式小酒館，餐廳總廚 Safa Rodas 為我們分享了凡事皆有可能的工作態度，以及為何相信菲律賓的地道美食，值得受到更多國際認同

FT(Foodtalk)：您的家人在菲律賓馬新城擁有一間餐廳，並鼓勵你發展烹飪事業。你在家人的餐廳中學到了什麼？有什麼事令你特別喜歡？

SR(Safa Rodas)：成長期間，我常常在媽媽身邊看著她下廚，並認真地選擇合適的調味料，務求令味道恰到好處。雖然她對食物相當挑剔，但卻從中讓我訓練出靈敏的味覺。對於身為「風雅廚」的總廚，這是一個難能可貴的優點。



“ I am able to put my personal touch and cultural background gained from my experience and interests in the menu at L'ATTITUDE, adding a contemporary and generous approach ”

「我能按照自己的文化背景將個人風格發揮出來，並將過去經驗所給我的靈感融入菜式之中，為「風雅廚」設計時尚豐富的菜單」

FT: Your college in the Philippines gives students internship opportunities at Alain Ducasse restaurants around the world, which enabled you to work at Benoit New York, a modern French bistro. Within six years you had become executive sous chef. How was that experience, and what did you learn from Ducasse?
SR: We start by learning the foundation of his cuisine, and that was imbedded in my culinary career since the beginning. Discipline, rigour and passion are his core values that I live by every day when I come to work. Those qualities became even more crucial to me when I took up the role of head chef at L'ATTITUDE because I'm leading a talented and passionate team here. The journey to where I am now was never easy, but every step was a determining factor to achieving this milestone.

FT: 你在菲律賓所就讀的學院，安排學生到Alain Ducasse在世界各地開設的餐廳中實習，因而讓你有機會在紐約的時尚法式小酒館Benoit中工作，並在短短六年時間便成為行政副總廚。這段期間你有什麼經歷？同時在Ducasse 身上學到了什麼？
SR: 實習期間學生需要先掌握Ducasse的基礎烹飪知識，這些知識從一開始便對我的烹飪生涯影響深遠。紀律、一絲不苟和對烹飪的熱愛，都是Ducasse的核心價值觀，我每天上班時都需要牢牢緊記。當我成為「風雅廚」的總廚時，由於需要帶領著一班出色和熱愛烹飪的廚師工作，因此這些價值觀對我來說便變得更加重要。一路走到今天，雖然我認為一切都從不輕鬆容易，但是事業能達到今天這個里程碑，過程中的每一步都是關鍵。



Grilled octopus, zucchini, herb condiment



L'ATTITUDE

FT: Have any other mentors helped you, and in what way?
SR: My mentors from school and the chefs I've worked with over the past years greatly shaped my work ethic and discipline. I learned a lot from each one, not just theory and skills, but most importantly, the intangible things needed to succeed in the kitchen. Skills and knowledge can always be learned and passed on, but character and attitude are more important things to cultivate. I've witnessed them struggle, work hard, and overcome obstacles, and they continue to inspire me every day to do the same.
FT: What was it like spending so long in New York, one of the world's most exciting cities, and a culinary trendsetter? What were your takeaways?
SR: New York will always have a special place in my heart. It is the place that broke me and built me up at the same time. I've shed blood, sweat and tears (literally and figuratively) there. "If I can make it there I'll make it anywhere" is exactly true to my experience. You only learn the hard way, and it definitely was for me. The only way to survive and thrive is to keep up, learn from every failure, and take it as a valuable lesson on to the next step. That's why moving to Macau to helm the kitchen of L'ATTITUDE was kind of a natural decision for me and I was very excited to embrace this new challenge.

FT: 有沒有哪些前輩曾經幫助過你？如果有，他們如何幫助你？
SR: 學校中的前輩和多年來在工作中遇到的廚師，在培養我作品德和紀律上有著深刻的影響。我從他們每一位身上學到的不僅是烹飪理論和技巧，更重要的是一些在追求理想烹飪事業中所需的無形「資產」。技巧和知識時刻都有機會學習和傳承，但是特質和態度的培養才更加重要。我親眼目睹他們刻苦耐勞、不怕困難地工作，這些工作態度每天都鞭策我要同樣地努力。
FT: 紐約是全球其中一個最精彩的城市，長時間留在這個開創美食潮流的地方，給你帶來什麼體驗？從中有什麼收穫？
SR: 在我心目中紐約永遠有著它的獨特地位。在那裡，我既有過不快的經歷，亦有過乘風破浪的時刻，當中充滿著血汗和淚水。「只要能屹立於此，四處都能打開一片天」這句話，正正就是我的寫照。對我來說，艱苦的日子便是難得的學習機會。只有堅持不懈，視每次錯誤為寶貴的經驗，並從中汲取教訓勇往直前，才能站穩陣腳、茁壯成長。正是這個原因，讓我自然而然地決定來到澳門執掌「風雅廚」的廚房，以充滿期待的心情接受這個新挑戰。
FT: 對於餐廳品牌從Voyages轉變成L'ATTITUDE，你有什麼看法？你如何重新設計菜單？
SR: 雖然餐廳的英文名字改變了，但是仍然秉承著一直以來休閒法國小酒館的概念，為客人提供傳統的法國美食。Ducasse的理念一直都深深影響著我心中的烹飪哲學，這一點從「風雅廚」的特色可以反映出來。此外，我亦能按照自己的文化背景將個人風格發揮出來，並將過去經驗所給我的靈感融入菜式之中，為餐廳設計時尚豐富的菜單。

“ For a young Asian woman to lead a passionate and motivated team is an achievement, and I will continue to put on the work ”

「對於一個來自亞洲的年輕女性而言，能帶領一隊熱情積極的烹飪團隊已是一項成就，我將會繼續努力」

FT: How did you find the transformation of the restaurant from Voyages to L'ATTITUDE and how you've reinvented the menu?

SR: Although we have rebranded, the restaurant remains true to its concept of a casual French bistro serving traditional French cuisine. My core culinary philosophies are deeply ingrained from the Ducasse ideals and this is reflected at L'ATTITUDE. I am also able to put my personal touch coming from my cultural background and also inspirations gained from my experience in the menu, adding a contemporary and generous approach.

FT: You are working with a very multicultural team at Morpheus. What challenges and benefits does this throw up?

SR: I have always worked with dynamic and multicultural teams and wouldn't have it any other way. The mix of different cultures, disciplines and background not only adds to the challenge, but also sets a different tone in the working environment. The benefits heavily outweigh any potential tensions. There is a great exchange of ideas,

FT: 在摩珀斯酒店，與你共事的團隊成員來自不同的文化背景。你認為當中帶來了什麼挑戰和優勢？

SR: 工作期間，我有幸能經常與充滿活力，來自不同文化背景的團隊合作。將不同文化、職系和背景的人集結起來，不僅會帶來更多挑戰，更會令工作環境出現不同的風格。然而，這樣組成的團隊所帶來的優勢，遠遠將當中任何潛在的緊張關係比下去。無論是討論工作發展還是設計菜式，以至分享人生經歷，團員彼此間都能有相當充實的交流。每位團隊成員的獨到見解和精闢意見，對整間餐廳的成功來說是一個關鍵的因素。

FT: 你認為你的成功，會否鼓勵更多菲律賓廚師從事高級餐飲工作？

SR: 雖然我覺得自己距離成功還是言之尚早，但是仍希望能啟發更多國內的廚師和年輕人。在一個仍然以白人男性為主導的行業裡，能夠參與其中已表示能發揮自己的代表性。對於一個來自亞洲的年輕女性而言，能帶領一隊熱情積極的烹飪團隊已是一項成就，我將會繼續努力。假如這樣能協助國內同胞在業界找到各種機會，我會因此感到相當欣慰。



Our beef Wellington, truffled jus



L'ATTITUDE Bar

either at work developing and creating dishes, or when sharing life experiences. The insights and contributions of each team member are essential to the success of the organisation as a whole.

FT: Do you think your success will inspire more chefs from the Philippines to aspire to top jobs in fine dining?

SR: While I am not quite there yet, I hope I can inspire more chefs, and young people generally in my country. It's also about representation, in an industry that remains dominated by white males. For a young Asian woman to lead a passionate and motivated team is an achievement, and I will continue to put on the work. If this means helping open the eyes of my countrymen of the oceans of possibilities available, then I am content.

FT: Filipino cuisine has not caught on internationally as has Thai, Japanese, Vietnamese and others. Why do you think this is and what do you value about your home cuisine?

SR: The Philippines is home to a lot of different cultural influences brought about by hundreds of years of colonisation, and this is reflected in our unique and varied cuisine. We also have regional specialties everywhere, with many interpretations of our dishes, which is both beneficial and challenging. The biggest hurdle to overcome is for us to unite to promote our cuisine internationally. We are not quite there yet, but I believe we have made progress. A lot of Filipinos are starting to represent our food, developing ways to innovate dishes to be more widely recognised by the global market, but at the same time staying true to its foundation.

FT: 相比泰國菜、日本菜、越南菜和其他菜式，菲律賓菜目前仍未受到國際重視，你認為原因是什麼？你對家鄉的菜式有什麼評價？

SR: 菲律賓蘊藏著很多不同的文化特色，從我們各種獨特菜式中可見一斑。此外，我們亦在世界各地以不同的演繹方式來炮製各種地區特色美食，這種別具挑戰性的方法對推廣菲律賓菜式有很大幫助。其中要克服的一大障礙，是我們要團結起來，



☺ Skills and knowledge can always be learned and passed on, but character and attitude are more important things to cultivate ☺

「技巧和知識時刻都有機會學習和傳承，但是特質和態度的培養才更加重要」

FT: You have made it to a relatively senior role quite quickly in your career. How have you achieved this, and what advice would you give other young people thinking about joining the industry?

SR: Take it one step at a time. The idea of achieving something great may put pressure on you, but if you take that journey step by step, it will always be much easier. Take each day as it goes, try to find meaning and purpose in every single task and accomplish it with confidence. It also means a lot to have a good mentor who you can look up to and take inspiration from.

FT: You obviously have a solid understanding of French cuisine – what other cuisines do you enjoy and could see yourself exploring in the future?

SR: My own native cuisine! I am not that confident to take on Filipino dishes, maybe because I grew up really enjoying the food cooked by experts, and maybe a fear of failure, but I am always open to this idea, hopefully with a Filipino mentor to guide me.

在國際上推廣菲律賓美食。雖然目前仍未達到這個目標，但我相信大家正朝著這個方向努力。很多菲律賓人都開始推廣我們的美食，以及研究各種方法來設計新菜式，一方面期望更廣泛地得到全球市場的認同，另一方面仍忠於菲律賓菜的固有特色。

FT：在事業發展中，你只花了幾年時間便晉升到相對高級的職位。你是怎麼做到的？對於其他有意入行的年輕人，你有什麼忠告？

SR：我認為做事應該按步就班。雖然實現偉大的目標可能會令人感到壓力，但是只要循序漸進，過程便會比較輕鬆。珍惜每一天，嘗試發掘每一項工作的意義，然後懷著自信去完成。此外，如果能找到一位可視為榜樣和從他身上找到啟發的好前輩，便能獲益更多。

FT：大家都知道你對法國菜有很深入的了解。但除了法國菜外，你還喜歡哪些其他的菜式？未來有什麼值得探索？

SR：我會選擇菲律賓的地道菜式！對於烹調菲律賓菜，我信心不大，可能是因為從小便鍾情於專業廚師所炮製的菜式，因此擔心自己所烹調的比他們遜色。但是我時刻都樂意研究菲律賓菜，並希望有菲律賓菜的前輩可以指導我。 🍴

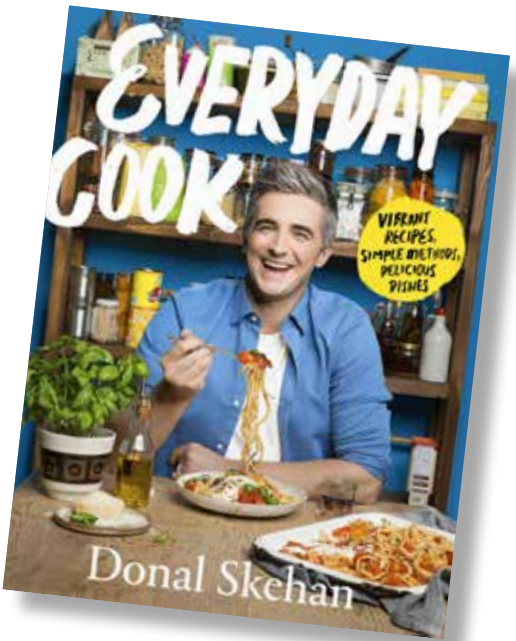


Vanilla and red berries millefeuille

Everyday Cook: Vibrant Recipes, Simple Methods, Delicious Dishes (2021)

Donal Skehan, Hodder & Stoughton

Quick and easy meals when you need something fast but don't want to compromise on flavour? Donal Skehan's Everyday Cook is the one you'll always keep in your kitchen



《日常烹飪大全：多元化食譜、簡易製作、美味佳餚》2021

作者：Donal Skehan 出版商：霍德與斯托頓出版社

想快快吃一頓飯，但又不想吃得隨便——頓便捷又烹調輕鬆的美味菜式是你所尋覓的嗎？那麼Donal Skehan所著的《日常烹飪大全》將會是一本你常備於廚房的秘笈

隨著英國天氣變涼和日照時間變短，Donal Skehan按照英國時令所創造出的完美食譜大全，將為大家帶來一道道令人感到溫暖、欣慰的傳統菜式。不過，即使你是生活在氣候炎熱的地區，也一定會在《日常烹飪大全：多元化食譜、簡易製作、美味佳餚》這書中找到自己喜歡的美食。

這本書是Skehan著作的第10本烹飪書，書中涵蓋眾多精彩內容，為你帶來日常烹飪的絕妙靈感，助你製作出「一鍋料理」的簡易菜式和美味可口的甜點，當中載有快煮食譜、15至30分鐘內即可輕鬆製作的簡易料理、以及非常適合「提前備餐」飲食方式和冷凍儲存的秘訣。

書內亦搜羅了來自世界各地的多元化菜餚，如脆皮烤鴨生菜包、「一鍋料理」焗普羅旺斯燉菜、烤車厘茄手工圓麵配羅勒和布拉塔乳酪，以及香脆蛋炒飯等，亦包括經典的英式菜餚——英式鮮魚批配薯蓉，以及免焗檸檬忌廉批、酒香布朗尼蛋白脆餅蛋糕和青檸批等糕點。

Skehan的職業生涯非常多姿多彩，既是電視界名人，又是主持人和攝影師，甚至曾擔任男子樂隊Streetwize的歌手。不過，他更為人所熟知的是他主持的電視節目「下廚用餐再燃燒」(Cook, Eat, Burn) 和著有《廚房英雄》(Kitchen Hero)和《Donal教你輕鬆煮超級美食》(Donal's Super Food In Minutes) 等書，以及在「做個小廚神」(MasterChef Junior) 和「美食頻道兒童明星」(Food Network Star Kids) 等電視節目中擔任嘉賓。同時，Skehan經營的YouTube頻道廣受大眾歡迎，擁有超過100萬訂閱者。

無論你身在何處，總會有些時候，特別想吃一頓能令自己滿心感到溫暖的佳餚，而Donal Skehan的這本新書將會滿足你的一切需要，當中還會提供膳食規劃建議和令你獲益良多的餐飲見解。 🍴

In true British fashion as the weather gets cooler and the nights close, Donal Skehan has created the perfect recipe book to satisfy with classic, warm, comforting meals. However, even if you live in hotter climes you will definitely find something to love in *Everyday Cook: Vibrant Recipes, Simple Methods, Delicious Dishes*.

Skehan's 10th cookbook is filled with great ideas perfect for the everyday cook, one-pan meals, as well as tantalising desserts. They include quick recipes, 15-30-minute meals and recipes perfect for meal prepping and freezing.

The variety of dishes from across the globe includes Crispy Hoisin Duck Lettuce Wraps, One-pan Oven-roasted Ratatouille, Roast Cherry Tomato Pici with Basil & Burrata and Crispy Egg Fried Rice Bowls. There is a classic British dish in Fish Pie with Velvet Mash Topping, while desserts offer No Cook Lemon Cream Pie, Boozy Brownie Meringue Cake and Key Lime Pretzel Pie.

Skehan has enjoyed a full career, appearing as a television personality, presenter and photographer, and was even a former singer in the boy band Streetwize. He is better known however for his television series Cook, Eat, Burn and previous books Kitchen Hero and Donal's Super Food In Minutes, as well as guest appearances in shows such as MasterChef Junior and Food Network Star Kids. Skehan runs his popular YouTube channel which has over one million subscribers.

Wherever you are in the world, there'll always be a time when all you want is a warming meal and Donal Skehan's new book will give you what you need in spades. The book also includes meal planner suggestions and helpful notes.

The Ultimate Diet?

Offering weight loss and health benefits with only a moderately small lifestyle change required, you may be soon joining the multitude who have discovered the miracle of the keto diet

The ketogenic, or keto diet has become incredibly popular over the last few years through marketing itself as a high-fat, medium-protein, low-carbohydrate programme that brings lots of additional health benefits alongside weight loss. It is believed to help reduce the side effects of issues such as diabetes, cancers, epilepsy, Alzheimer’s disease and other conditions.

Similar to the Atkins diet, keto obtains more calories from fat – up to 90% – and fewer from carbohydrates. A ketogenic diet typically limits carbs to a maximum of 50 grams per day, about as much found in a medium-sized banana. This means out with bread, rice, potatoes

終極飲食減肥法？

生酮飲食法讓你只需稍微調節你的生活習慣，即可有效減輕體重。來體驗生酮飲食法帶來的奇蹟效果，成為眾多生酮飲食者的一分子！

近年，生酮飲食法漸趨流行。生酮飲食法的重點在於高脂肪、中蛋白和低碳水化合物的飲食，有助身體健康，減輕體重，亦有助減低糖尿病、癌症、癲癇、老年癡呆症及其他健康問題的副作用。



and pasta, and in with fish and shellfish, vegetables like kale, broccoli, and cauliflower, meat and poultry and eggs. Both healthy unsaturated fats – contained typically in nuts and avocados – and saturated fats, such as palm and coconut oil, lard, butter and cocoa butter are also firmly on the menu.

Those who stick faithfully to a keto diet will see fast results, depending on their starting point. However, those embarking on this journey should be aware of some of the downsides. Consuming too much unsaturated fat is not recommended, and nutrient deficiency may be an issue for those not eating a wide enough variety of vegetables, fruits and grains. The liver and kidneys may also be affected.

Alarmingly, constipation (keto diet is low in fibrous foods like grains and legumes) and mood swings may also make their presence felt.

However, millions of successful dieters have lauded keto as the only weight-loss programme that not only works for them, but is also possible to stick with through thick and (ideally) thin. If nothing else has worked, this might be the diet for you!

生酮飲食法與無澱粉飲食法原則類近，高達90%的熱量攝取來自脂肪，並大量減低碳水化合物的攝入。一般生酮飲食限制每天攝取最多50克碳水化合物，等同於一根中型香蕉所含份量，因此不能進食麵包、米飯、馬鈴薯及粉麵，但則可進食魚類、貝類、蔬菜（如羽衣甘藍、西蘭花及椰菜花）、肉類、家禽及雞蛋。同時也可攝取不飽和脂肪（例如果仁和牛油果）以及飽和脂肪（例如棕櫚油、椰子油、豬油、牛油和可可脂）。

視乎每人的情況，嚴格執行生酮飲食法的人一般很快便能看到效果。但如果你決定開始嘗試生酮飲食法，就必須要知道它的缺點。首要是確保自己不會攝入過多不飽和脂肪。其次，如果你沒有將不同類型的蔬菜、水果和穀物加入飲食餐單的話，很可能會造成營養不良，甚至可能影響肝臟和腎臟健康。

同時，由於生酮飲食中較少食用穀物和豆類，攝取纖維量較低，有機會出現便秘和情緒波動問題，需要特別留意。

當然，依然有數以百萬計的人將生酮飲食法視為唯一有效，而且能堅持到底的減肥飲食法。如果你已經嘗試過其他減肥方法但均不見效，生酮飲食法很可能是你的救星。



Limitless Possibilities

Chef Thibault Chiumenti, Executive Chef, The St. Regis Singapore, has had a dream career, working under legendary chefs and in exotic destinations around the world. The basic fundamentals of the craft are paramount, whatever you are in your career, he insists

Photography courtesy The St. Regis Singapore

FT(Foodtalk): Many chefs credit their grandmothers with their earliest cooking experience, as you do. Can you describe that first excitement of creating real food?
TC(Thibault Chiumenti): One of my fondest memories is cooking with my mother and grandmothers for family reunions. This was what we looked forward to, when our cousins would gather at my grandmother's house for a fresh, simple meal mostly using fruits and vegetables from our garden. Creating the menu would start from picking produce, and I remember being very excited to be able to select what we would be preparing. The first 'real' food I created was roasted chicken with sautéed potatoes, as well as the signature chocolate cake I learned from my mother and grandmothers.

煮出無限可能

一直以來，新加坡瑞吉酒店行政總廚 Thibault Chiumenti 都希望能夠與傳奇級的廚師一起工作，以及在世界各地富有異國特色的地方發展事業。他堅信不論從事任何職業，最重要還是掌握好當中的基本功

FT(Foodtalk): 很多廚師都像你一樣，視自己的祖母為烹飪的啟蒙老師。你可形容一下首次下廚時的興奮感受嗎？
TC(Thibault Chiumenti): 我的其中一個最美好回憶，就是與母親和祖母一起為家庭聚會下廚。每當堂兄弟姊妹聚首在祖母家，吃一頓主要以我們花園裡種植的新鮮蔬果來烹調的家常

FT: You have had some great experience – starting your career in Paris before going on to work in Bangkok, Marrakech, Hong Kong and Singapore. Can you sum up your cultural takeaways from these amazing experiences?

TC: As an apprentice chef, you learn the basics of cooking and a culinary style inspired by the chefs you work under. I was very privileged to be able to work in the kitchens of great chefs in those cities, each of which had distinct cuisine and great food culture. From discovering beautiful organic vegetables in New York’s Union Square Friday market, exploring the spice markets in the medina of Marrakech, to the variety of street food in Bangkok, the quality of live seafood in Hong Kong, and Singapore’s fantastic hawker culture – I owe my culinary personality and style to these experiences.

FT: You have spent more time in Thailand than any other location in your career. What was the appeal of the country?

TC: Thailand holds a very special place in my heart. I spent a decade in one of the most culturally rich and culinary diverse countries in the world, and would do it all over again. Thai cuisine is unique in that you can discover the different flavours and fragrances of each



Brasserie Les Saveurs



region through it. Thai people are also wonderfully kind and friendly and really helped me feel at home there. Most importantly, I also met my wife in Thailand!

FT: 你在巴黎展開烹飪事業，隨後亦到過曼谷、馬拉喀什、香港和新加坡工作，並得到相當豐富的經驗。從這些精彩的體驗中，你有什麼文化上的收穫？

TC: 身為學廚，你不僅需要學習基礎的烹飪知識，同時在跟隨其他廚師工作時，亦會受到他們的薰陶而形成自己的烹飪風格。這幾個城市都擁有獨特的美食和令人嚮往的飲食文化，幸運地我能夠在當地跟隨出色的廚師工作。我曾試過在紐約聯合廣場的週五市場中發掘鮮嫩的有機蔬菜；在馬拉喀什探索麥地那的香料市場；在曼谷品嚐各式街頭小食；在香港細味頂級海鮮美食；以及在新加坡了解地道的小販文化。我的烹飪特色和風格，都是從這些經歷中發展出來。

FT: 在事業生涯中，你留在泰國的時間比任何其他地方都長。當地到底有什麼魅力？

TC: 泰國在我心目中佔著一個非常特殊的地位。當地是全世界其中一個擁有最豐盛文化，蘊藏最多烹飪特色的國家。我在泰國度過了十年時光，未來有機會的話亦希望能重遊舊地。泰國

Working in the kitchen is a high-stress environment, and cannot be accomplished without great teamwork – to create the best food and a memorable experience for our guests

「廚房本身是一個充滿壓力的工作環境，假如不能發揮良好的團隊合作精神，便難以為客人炮製頂級的美食和給他們美好的體驗」

菜的獨有特色，在於你可以透過品嚐當地美食來了解各區菜式的不同風味和鮮香。另外，泰國人亦非常和藹友善，給我賓至如歸的感覺。最重要的是，我在泰國認識了我太太！

FT: French cuisine is incredible rich and varied, from haute cuisine to brasserie style. Can you explain your approach and philosophy with this amazing food culture?

TC: Growing up in Vaux-Sur-Seine, close to Paris, my family had a garden with beautiful harvests of fruits and vegetables each season. That is where I learnt the concept of seasonality and a love for locally grown products. I try to bring this philosophy of fresh, local produce with me wherever I go. My philosophy with French cuisine is ‘less is more, focusing on the flavours

FT: 法國菜極之豐富多樣，從奢華菜式到酒館小食都應有盡有。你能透過這種精彩的飲食文化，來解釋你的烹飪方針和哲學嗎？

TC: 我在鄰近巴黎的塞纳河畔沃長，家裡的花園每季都有新鮮的蔬果收成，這使我了解到時令食材的概念，並且特別鍾情於當地種植的產品。因此無論身在何處，我都會嘗試秉承這種運用當地新鮮食材的哲學。談到法國菜，我認為「簡單就是美，每道菜式應專注發揮出二星或三星級食材的味道」。我希望透過這種方針來突出這些食材天然可口的味道，而不是令菜式在上碟時五味雜陳，過於複雜。



Foie gras de canard poele

“There is nothing more pleasing than running the kitchen like a well-oiled machine during busy service. Watching your team focused and excelling, creating delight for our guests, gives me a lot of satisfaction”

「在繁忙的日子裡將廚房管理得有條不紊，是最叫我享受的時刻。當一邊觀察著團隊專心一致地工作，一邊為客人精心炮製各種美食，這種滿足感實在難以形容」

of two or three star ingredients in each dish. My hope with this approach is to highlight the beautiful, natural flavour of these ingredients, and not overcomplicate the final dish.

FT: You have had solid Michelin star experience, at L’Espadon at the Ritz Paris, as well as with renowned French chef Daniel Boulud at his Restaurant Daniel in New York. Other than the obvious credibility it bestows, what did Michelin teach you?

TC: Learning under Chef Michel Roth at L’Espadon in Ritz Paris and Chef Daniel Boulud in New York taught me the fundamentals of how to make a culinary career. It was as much about work ethic as it was cooking. I studied their discipline to the craft, attention to the smallest details, and how even renowned chefs constantly try to improve themselves and aim for

FT: 您曾經在巴黎麗茲酒店的 L’Espadon 餐廳，以及在紐約的 Daniel 餐廳與法國名廚 Daniel Boulud 一起工作，並累積了紮實的米芝蓮星級工作經驗。米芝蓮星級除了令你的烹飪事業帶來更多聲譽外，還從中讓你學到什麼？

TC: 在跟隨巴黎麗茲酒店 L’Espadon 餐廳主廚 Michel Roth 和紐約主廚 Daniel Boulud 學習期間，兩位大廚曾教導我在烹飪事業上需具備的基本知識，其中不僅要學習烹飪技巧，還要注重職業操守。我發現他們對工藝有一種自發的執著；以及對小節有著無比的專注。即使已身為名廚，亦會不斷努力地改進自己，力臻完美。此外，我學會其中一件最重要的事就是要建立強大的團隊精神。廚房本身是一個充滿壓力的工作環境，假如不能發揮良好的團隊合作精神，便難以為客人炮製頂級的美食和給他們美好的體驗。

FT: 你一直主張運用時令食材，並在新加坡瑞吉酒店提出了一個從農場到餐桌的企劃。你可以形容一下這個企劃嗎？

TC: 酒店一直強調採用本地生產的食材，並與新加坡、馬來西



perfection. One of the most important things I learnt is the importance of a strong team identity. Working in the kitchen is a high-stress environment, and creating the best food and a memorable experience for guests cannot be accomplished without great teamwork.

FT: You are an advocate for using seasonal ingredients and have initiated a farm-to-table project at The St. Regis Singapore. Can you describe that project?

TC: We focus on local produce, working with farmers, producers and suppliers in Singapore, Malaysia and the region. Our eggs, salad leaves, as well as fresh fish are from Singapore and vegetables mostly come from a chemical-free farm in Cameron Highlands in Malaysia. There is a lot of great quality produce locally, and we believe it's important to support our local producers to encourage the growth of the industry – which is for the good of all of us.

亞和區內的農夫、生產商和供應商合作。我們的雞蛋、沙律蔬菜和鮮魚都是產自新加坡，而其他蔬菜則大部份產自馬來西亞金馬崙高原的無化學物農場。本地有很多優質的農產品，我們必須支持本地生產商以鼓勵行業發展，從而讓大家都能享受到新鮮健康的食材。

FT: 你是「微笑泰國」的義工，這對你來說有什麼意義？

TC: 我很感恩自己能過著舒適的生活，亦因此認為回饋社會大眾是一件十分有意義的事。我們從2009年開始舉辦活動，初時曾經安排血清反應呈陽性的孤兒探訪曼谷的野生動物園。能看見孩子面掛笑容，對我們來說便是最有價值的回報，因此往後每年都會將這種精神延續下去。

FT: 對於在烹飪事業上以你為目標的年輕人，你有什麼建議？

TC: 我建議從第一天開始便要培養出對工作的熱誠，而且要永不停步地學習。要成為出色的廚師，雖然第一步離不開要好好掌握各種基本知識，但是更加需要像對待家人一般與身邊每一位共事的人相處，以及將顧客視為親人般招待。廚師的工作很具挑戰性，雖然要處理數之不盡的食材，還要顧及食物的

“ Working as a chef is an exciting experience – there are so many diverse ingredients, textures, aromas, flavours for you to work with and the possibilities are limitless ”

「廚師的工作很具挑戰性，雖然要處理數之不盡的食材，還要顧及食物的質感、香氣和味道，但只要有熱誠和創意，便有無窮無盡的可能性」

FT: You volunteered with Smile Thailand – why was that important to you?

TC: Giving back to society and the community means a lot to me, as I feel fortunate to lead a comfortable life. Our first activity was in 2009, when we organised an outing to Bangkok's safari world for seropositive orphan children. Seeing the happiness of the kids was the best gift for us, and it was something that we continued every year.

FT: What's your advice for young people who want to reach your level in the industry?

TC: Be passionate from the very beginning, and never stop learning. Mastering the basic fundamentals is the first step to being a great chef, but the second is treating the people you work with as family, and serving your guests as you would your loved ones. Working as a chef is an exciting experience – there are so many ingredients, textures, aromas, flavours to work with and the possibilities are limitless. It's all down to your passion and creativity! You can cook the same dish, in many different ways. You will never be bored working a day in the kitchen, if you have that passion. The most rewarding feeling for me is seeing the smiles and joy from your guests when they eat your food.

FT: What gives you the most pleasure at this point in your career?

TC: There is nothing more pleasing than running the kitchen like a well-oiled machine during busy service. Watching your team focused and excelling, creating delight for our guests, gives me a lot of satisfaction!

FT: What's your perfect meal?

TC: The one shared with the people I love. Food brings people together. I remember my favourite meals – whether prepared simply or sophisticatedly – by the people I shared it with.

質感、香氣和味道，但只要有熱誠和創意，便有無窮無盡的可能性！即使是同一款菜式，卻有著無數的烹調方法，因此只要有熱忱，在廚房工作永遠不會讓人沉悶。對我來說最大的獎勵，就是看見客人在品嚐自己的菜式時流露出微笑和喜悅。

FT：在你事業生涯的這個階段，你最享受的是什麼？

TC：在繁忙的日子裡將廚房管理得有條不紊，是最叫我享受的時刻。當一邊觀察著團隊專心一致地工作，一邊為客人精心炮製各種美食，這種滿足感實在難以形容！

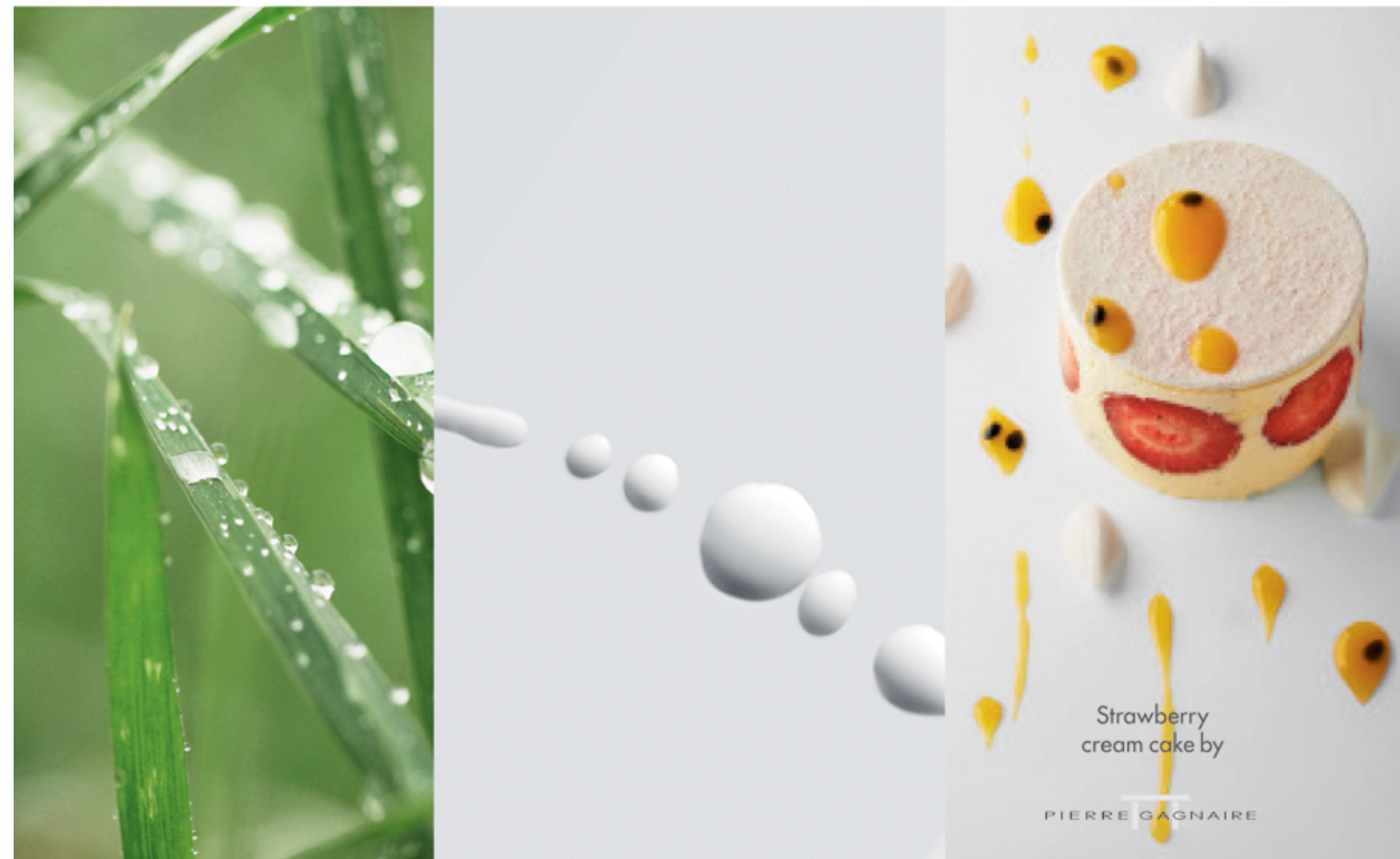
FT：你認為怎樣才算是完美的菜式？

TC：我認為菜式是否完美，在於能否與摯愛一起享用。食物將人與人的關係變得密切，不論是簡單還是精緻的菜式，只要能與大家一起分享，便是完美的菜式。



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Moving with the Times

Smita Grosse of Grand Hyatt Hong Kong explains the importance of teamwork, healthier desserts and the welcome challenges of social media

FT(Foodtalk): While you have had a classic French pastry and dessert training, how do you think your home nation of Mauritius and subsequent international work placements has influenced your cuisine?
SG(Smita Grosse): Away from Mauritius for 17 years to the Middle East, America and Asia, I gained a lot of knowledge and experience about different cultures and food. It is important for me to understand the culture and culinary tastes of different people in everywhere I work, so I can twist my style in order to deliver what my guests like. I always think if the quality of the product is consistent and flavourful you can win loyal customers!

FT: How did it feel to become Grand Hyatt Hong Kong's first-ever female executive pastry chef?
SG: I feel proud to work with such a great team. Even under stress or busy operations, we face every challenge together as a family. Sometimes we just have to believe in ourselves, be strong, passionate and most importantly, give all of your heart and dedication to what you're doing. This is what I think is the key to success.

FT: Heading a team of 30, producing the breads, pastries and desserts for all 11 of the hotel's restaurants and bars as well as around 200 month events is a big responsibility – how do you make it all work?
SG: Again, it's a team effort. I believe you can only build a good team if you are working together, and are valued as a chef, contributing and teaching. I encourage my team members to go for competitions, and use my



與時俱進

香港君悅酒店的糕餅總廚 Smita Grosse 重視團隊合作，提倡推出健康甜品，並樂於面對社交媒體帶來的挑戰

FT(Foodtalk): 你曾接受培訓，鑽研製作傳統法式糕點和甜品，而我知道你來自毛里裘斯，亦曾陸續在世界各地任職，你認為這對你推出的甜品有什麼影響呢？
SG(Smita Grosse): 我離開了毛里裘斯長達17年，陸續到訪中東、美國及亞洲等地，從中獲得很多有關各國文化和美食的知識及經驗。這些經歷對我來說非常重要，令我了解到世界各地的文化和各國人民的飲食喜好。我在各地工作時，便可以因應不同顧客調節自身的糕餅風格，炮製出顧客喜歡的美食。我一直深信，只要食物的品質始終如一，致力製作出美味可口的甜點，便可以贏得一眾忠實顧客！

FT：你作為香港君悅酒店的第一位女性糕餅總廚，能和我們分享一下你的感受嗎？
SG：我非常榮幸能和如此優秀的團隊合作。即使承受沉重的壓力和繁重的業務，我們亦會像一家人一樣，一同面對各項挑戰。有時候，我們只要相信自己，保持堅強，滿懷熱誠，而最重要的是要全心全意地投入工作，便可以取得成功。這就是我的成功之道。

personal time to support them if necessary. The secret is to success is to love what you do, and do your best to fulfil your responsibilities.

FT: Do current trends in the industry, such as social media, healthier desserts, gluten free and more make the job of the pastry chef more challenging?
SG: These challenges make my job even more interesting! Social media has broadened my horizon, to be more creative, think outside the box and learn new techniques. Creating healthier desserts is not difficult by using ingredients such as honey as a substitute for sugar. Quite a lot of guests are gluten free, and I have created a few recipes, such as the new 'autumn breeze' cake. The ongoing changes push and motivate us to keep learning.

FT: Elle & Vire Excellence whipping cream has become widely used in the bakery and pastry industry. As a professional pastry chef, why is it your first choice?
SG: Elle & Vire is recognised for its consistency, quality and natural dairy flavour. It has been my favourite since I was an apprentice in 2005, making a simple panna cotta dessert! It gives a consistency on the texture, creaminess and taste whenever I make desserts. I have worked in many places, and this is the cream that I often use in most of my recipes.



FT：你要領導成員多達30人的團隊，為酒店內11間餐廳和酒吧製作各式麵包、糕點和甜品，更要為約200個按月定期舉辦的活動提供糕餅。你責任如此重大，是怎樣勝任各項任務呢？
SG：就如我之前所說的，這是整個團隊的功勞。我認為各成員要共同努力，互相尊重彼此廚師的身份，並互相教導和學習，才可建立一個良好的團隊。我會鼓勵我的團隊成員參加比賽，有需要時亦會善用自己的私人時間來支持他們。我認為成功之道在於喜歡自己的工作，並全力以赴，做好自己的本分。

FT：飲食業現時正流行社交媒體、健康甜點、無麩質飲食等元素。你認為這些趨勢會對糕餅師帶來更多挑戰嗎？
SG：這些挑戰令我的工作變得更加有趣！社交媒體有助我擴闊眼界，跳出思想框框，想出更多具創意的構思，亦學習到更多新技巧。只要選取較健康的食材，例如以蜂蜜取代砂糖，製作健康甜品便不是什麼難事了。我們不少顧客都不吃含麩質的食物，所以我創作出數個新甜品，如全新推出的「秋意」蛋糕。持續變化的流行趨勢是推動我不斷學習的動力。

FT：我知道烘焙及糕點界內愈來愈多人選用法國鐵塔牌淡忌廉。作為一個專業的糕餅師，你能分享一下為什麼這款淡忌廉是你的首選呢？
SG：因為法國鐵塔牌的產品獲公認為品質始終如一，而且帶有天然的牛奶香味。自我於2005年成為學徒起，便很喜歡選用這個品牌的淡忌廉，我當時用來製作簡單易做的意式奶凍！這令我每次製作甜品，口感都能保持一貫的水準，既軟滑又美味。我曾在不同地方工作，而這款淡忌廉一直是我做各式甜品時經常使用的食材。

AUTUMN BREEZE.....



Gluten Free Pumpkin Sponge

- Ingredients**
- | | |
|------|----------------------|
| 100g | Raw almond paste 70% |
| 100g | Pumpkin paste |
| 30g | Baked pumpkin |
| 80g | Eggs |
| 20g | Egg yolks |
| 10g | Cornstarch |
| 25g | Ground almond |
- Put the almond paste, pumpkin paste and baked pumpkin in the robot coupe
 - Add a bit of eggs and start to mix
 - Add rest of the eggs gradually followed by ground almond
 - Mix until smooth and pipe in the mould 20g
 - Bake at 165°C for 14 min

Pumpkin Crèmeux

- Ingredients**
- | | |
|------|---------------------------------------|
| 600g | Elle & Vire Excellence Whipping Cream |
| 375g | Fresh baked pumpkin paste |
| 1g | Salt |
| 150g | Egg yolks |
| 150g | Honey |
| 4pc | Sheets gelatin |
- Combine the Cream, pumpkin purée, and salt in a medium pot and bring the mixture to a boil over a low heat
 - Temper in the egg yolks and sugar
 - Heat the mixture to 80°C
 - Bloom the gelatin and add to the mixture

Pecan Praline Spread

- Ingredients**
- | | |
|------|---------------|
| 250g | Pecan toasted |
| 1pc | Vanilla bean |
| 125g | Sugar |
| 80g | Water |
| 5g | Salt |
| 10g | Praline paste |
| 10g | Cacao butter |
- Make a caramel with the sugar and water, add vanilla and salt, and add the pecan nuts
 - Mix all together and pour to a silpat to cool down
 - Robot coupe a paste add the cocoa butter an praline

Maple Whip Ganache

- Ingredients**
- | | |
|-------|---------------------------------------|
| 1800g | Elle & Vire Excellence Whipping Cream |
| 110g | Gelatine mass melted |
| 400ml | Maple syrup |
| 360g | Mascarpone |
- Mix all the ingredients using a handblender and leave to rest 24hr
 - And whipped to use



Pumpkin Glaze

- Ingredients**
- | | |
|------|----------------------|
| 200g | Pumpkin puree boiron |
| 100g | Cream |
| 300g | Water |
| 200g | Glucose |
| 140g | Caster sugar |
| 0.2g | Cinnamon powder |
| 10g | Pectine |
| 3g | Citric |
| 1g | Gold powder |
- In a bowl, scale pectin and mix it well with sugar
 - Heat water, cream, puree in a saucepan with glucose, add cinnamon powder
 - At 50°C, sprinkle in the sugar/pectin mixture while whisking thoroughly until boil
 - Add the acid and the gold powder and hand blend

Décoration : Tulip, Chocolate Décor





Fish and chips (tasteatlas.com)

Whatever You Call it, Fusion is Here to Stay!

While the term ‘fusion’ is not in as wide circulation as its heyday of a decade or more ago, the concept underlying this blend of international ingredients is still very much in vogue

There was a period, especially during the 1980s and 90s, when you could hardly visit any restaurant, from modest bistro to Michelin-starred palace, without hearing the word ‘fusion’ bandied around like a magic new ingredient.

Although restaurants are now less keen on the term, probably because of its rather dated connotations, the concept – of blending ingredients from around the globe, often fairly randomly – is still very much with us, and more popular than ever.

The irony is that the mixing of culinary influences has actually been around in one shape or form for hundreds, if not thousands of years. In Macau, Portuguese colonial influences combined with classic Chinese cuisine has produced much-loved dishes including African chicken, combining curry spices, peanut butter, oyster sauce and potatoes. Meanwhile minchi blends minced beef with diced potatoes, seasoned with Worcestershire sauce, topped with a fried egg and served with white rice.

無論叫法怎變 「融合菜」歷久常新

雖然與10多年前的全盛時期相比，現時比較少人會用「融合菜 (Fusion) 」一詞，不過當中混合配搭各國食材的概念，實際上仍然十分盛行

有段時期，特別是在八、九十年代，無論你是到小型的餐館，還是到米芝蓮星級餐廳，「融合菜」一詞總是不絕於耳，彷彿這是一種帶有魔法的嶄新元素。

餐廳現時不太熱衷使用這個詞語，或許是因為這詞聽起來十分俗氣、過時，但是，融合世界各地食材的概念，其實不時會無意中在我們生活中出現，甚至比以往更常見。

不過諷刺的是，其實數百年來，甚至上千年來，在烹飪時混合各地食材和元素的做法一直都存在的。例如在澳門，葡萄牙留下的殖民地色彩和傳統的中式菜餚互相融合，創作出多款備



Peking-style short rib tacos (con poullos)

In Vietnam, you don't need to search hard to discover the delicious bánh mì. A popular local sandwich mixing meat, often pate, with pickled vegetables, chillies and coriander, served on a baguette, often with mayonnaise, the French influences are easy to see, revealing Vietnam's colonial past.

Tex-Mex cuisine has also been popular for generations. In addition to ingredients popular in Mexico, like beans, meat and peppers, it borrows ingredients from outside the country, such as cheese, and spices including cumin.

California cuisine is often described as a fusion culture, inspired by Italy, France, Mexico and East Asia, and even Britain's iconic fish and chips could be considered an early fusion dish due to its combining of ingredients from Jewish, French, and Belgian cuisines.

But for those considering creating their own version of fusion food, they would be better off spending their time cooking, rather than worrying what to describe it as!

受青睞的菜式，包括「非洲雞」，當中揉合了咖喱香料、花生醬、蠔油和薯仔等食材，而「免治」則是碎牛肉配搭薯仔粒，以噏汁調味，再放上一隻煎蛋和配上白飯。

在越南，你可以不費吹灰之力便輕易找到美味的越式法包。這款非常受歡迎的地道三明治以法包夾著肉片，塗上肝醬，再加入醃菜、辣椒和芫荽，有時候會配上蛋黃醬作點綴，當中可明顯看出法國文化的元素，反映出越南曾是法國的殖民地。

「德墨菜」亦是世世代代都受到人們的喜愛。這款料理除了採用墨西哥的熱門食材，如豆、肉和胡椒等，亦會加入一些國外的食材，包括芝士及孜然等香料。

而加州美食則常被視為多國飲食文化融合的結晶，取材自意大利菜、法國菜、墨西哥菜和東亞菜，甚至連英國著名的炸魚薯條，也可算是較早期出現的融合菜式，因為這款美食結合了來自猶太菜、法國菜和比利時菜的食材。

不過，對於那些考慮自己創作全新融合菜的人來說，他們還是應該專注於鑽研烹調技巧，那總比費煞思量地為這些菜式命名來得實際！👩🍳



Lemongrass pork banh mi (sprinklesandsauce.com)



The Beauty of Baking

Photography courtesy Cycle&Cycle

Former policewoman Fu Xiaosheng always had a dream – to launch a company that not only produced innovative bakery products, but also turn people on to a richer, more authentic and rustic way of living

FT(Foodtalk): Baking and bread is clearly very important to you, but before starting your bakery you joined the police for seven years. Did that influence your following career in any way?

FX(Fu Xiaosheng): My love and obsession with bread was the greatest motivation for me to quit my job and start a business. After seven years in the police, I entered the kingdom of bread as a novice, relying purely on my passion and love of baking. Studying baking techniques in Japan and France I met many teachers and friends who were invaluable in my journey. After taking on board both eastern and western influences in baking, I wanted to move beyond traditional bread research and development,

烘焙美學

浮小笙作為一名曾經的員警，卻一直有一個不平凡夢想 — 不僅要創立一個有新意的麵包公司，還要讓人們过上豐富、真實和質樸的生活

FT(Foodtalk): 烘焙糕點和製作麵包對你來說固然重要，不過你在開設麵包店之前，曾擔任警察長達7年。這經歷對你其後的職場生涯有影響嗎？

FX(浮小笙): 促使我離職創業最大的原因是我對於麵包的熱愛。我任職警察7年後，便毅然決定在毫無相關經驗的情況下投身烘焙業，這完全是因為我對烘焙滿懷熱誠和喜愛。我在日本和法國學習烘焙技巧期間，遇到了很多良師益友，對我的追夢有很大的幫助。在汲取了東西方的烘焙精髓後，開始思考如何製作結合國人飲食偏好的麵包，如何讓麵包走進更多人的生活日常，可能正因為我不是一個專在技術領域出身的麵包師，給了我更多關於產品的想像空間和破框思考的可能性，用不同的視角、思維思考和經營烘焙企業，賦予了Cycle&Cycle獨具包容性的麵包基因。

“ My love and obsession with bread was the greatest motivation for me to quit my job and start a business ”

「促使我離職創業最大的原因是我對於麵包的熱愛」

and started to think about how to make bread that would appeal to Chinese people. Not being very technically minded probably worked in my favour, as I let my imagination run riot, thinking outside the box and not even considering practical limitations! This different perspective has given Cycle&Cycle its unique bread gene.

FT(Foodtalk): You studied bakery arts in Japan and Europe, most notably with Japanese ‘bread master’ Toyo Yamazaki. What did you learn from him, beyond technical skills?

FX: Although baking does have a technical requirement, this is a just a part of becoming a skilled baker. What I learned more from Mr. Yamazaki was attitude – rigor, good practice, a craftsman spirit and respect for the baker’s art. While it’s impossible to make bread well without being meticulous, and first setting rules, I also studied baking for three years with a French Meilleurs Ouvriers de France teacher, who taught me the importance of a more flexible and relaxed approach. He emphasised not only precision skills, but also creativity and enthusiasm.

FT: Where did the name cycle&cycle come from? And what’s the philosophy of the brand and the key to your success?

FX: At first I considered names related to baking terms, such as flour, sun, and seeds, but we eventually chose a play on my name, which means endless life. Another way to express endless life is a cycle, representing continuous improvement and breakthroughs, which kind of sums up what we are doing here. The key to success begins with a great product and service. It is not an ‘internet celebrity brand’ that lasts just a few days, it’s a brand that can be trusted by the public every day. Only delicious and innovative products inspire genuine emotion, becoming loved by customers. We have initiated a variety of bread study tours, cooking sessions, and various other activities.

FT: What are the characteristics of Japanese-style bread, compared to European-style bread? You have said you enjoy innovating to create a fusion?

FX: European-style bread is more often enjoyed as an accompaniment with other dishes, while Japanese-style bread is very rich, eaten as a staple, a snack or dessert, and more heavily seasoned. In the past few years I have made lots of local-style bread which caters to the public’s taste and has been welcomed. This includes rice wine and

FT：你除了在日本和歐洲學習烘焙藝術，更是日本冠軍麵包大師山崎豐的得意門生。你能跟我們分享一下，除了烘焙技術，你還在大師身上學到什麼？

FX：擁有精湛的烘焙技巧當然重要，但這只是成為一位出色烘焙師的必要條件之一。我從山崎先生身上學到更多的是烘焙時需要抱持的態度——做麵包要一絲不苟、進行充分的練習、秉承工匠精神和並要尊重烘焙師的烘焙藝術。不過當然，如果製作過程不嚴謹認真，是不可能製作出美味的麵包，這是做麵包的首要法則。此外，我還跟隨一位法國mof. Ludovic老師學習烘焙工藝達三年，他教會我明白到採取靈活的方式、更輕鬆的狀態做麵包，做出不僅是重視精準技藝的法式麵包，同時激發你充滿創意與熱情的大腦。

FT：你為什麼會將麵包店命名為Cycle&Cycle呢？而品牌的理念和你的成功之道又是什麼呢？

FX：最初，我打算用與烘焙有關的字詞為麵包店命名，如麵粉、太陽及種子等，但是我們最終決定用我的名字的引申



“ When Cycle&Cycle develops new products, the consumer experience is paramount. How is the sweetness level? Is there enough filling? Will customers be moved when they eat it? ”

「每當我們 Cycle&Cycle 推出新產品，都非常重視顧客體驗。麵包的甜度如何？餡料足夠嗎？顧客享用這個麵包時會讚不絕口嗎？」

nut European buns; plum-dried vegetable French sticks; Wormwood pork floss bread; vegetable and mushroom edamame buns; Wushan roast chicken sandwiches; Yunnan small potato bread and more.

FT: Can you explain about the training school you set up and what you hope to achieve?

FX: Not everyone is as lucky as I have been, studying internationally, with amazing teachers helping me. It was because of this I wanted to open a teaching school to let others understand what I experienced and enjoy the magic of food. I want to share the correct techniques for making bread with those who also love it. In this way I can spread the message of healthy and delicious bread and inspire young people to pursue their dreams.

FT: There are many red bean-based bakery products throughout Asia – what makes your signature red bean buns so popular?

FX: This was one of our first products when we launched, and no one was making a mashed red bean bun in China at that time. It was also winter, and the cold weather plus the hot red bean bun was an instant success. The filling is generous, and it is not too sweet. When Cycle&Cycle

意義，取一個與無盡生命有關的名字，而無盡生命的另一個說法就是循環和生生不息(cycle)，意義層面有不斷向上，不斷突破，沒有終點，不斷在路上的意思。這正是我們現在所做之事。而要取得成功，關鍵在於產品和服務的品質。我們不是要開設一間只「紅」數天的「網紅店」，而是要創立一個一直廣受大眾信賴和支持的品牌。只有美味和創新的產品才能引起大家的共鳴，備受客戶的喜愛。我們亦舉辦各式各樣的麵包遊學團、烹飪課程和其他各種活動，在麵包中引發對食物的關注、自然的思考、人文話題的發酵，從而領悟生活的意義，發現生活裡被低估的美與驚喜。

FT：與西式麵包相比，日式麵包有什麼特點呢？你曾說過，你喜歡發揮創意，以體現東西方文化的融合，是嗎？

FX：歐式麵包更多時候作為主食，搭配料理一起享用;而日式麵包，豐富性很強，有主食類，有點心類，也有調理類(鹹口)，兼顧了主食、甜品、點心、零食等各個場景需求。對，我喜歡把當地食物融入到麵包裡，做符合國人口感偏好的麵包。不管是用柔軟的日式麵團還是簡單的法式麵團。根據想要呈現的麵包風味，來選擇不同的麵糰融合在地食材，這幾年做過黃酒堅果歐包，梅乾菜法棍，艾草肉鬆麵包，野菜蘑菇毛豆包，吳山烤雞三明治，雲南小土豆麵包等等。

“I wanted to open a teaching school to let others understand what I experienced and enjoy the magic of food”

「我想開設一所培訓學校，讓別人了解我的經歷，並體驗美食的魔力。
我想與志同道合的人分享製作麵包好的技術」



develops new products, the consumer experience is paramount. How is the sweetness level? Is there enough filling? Will customers be moved when they eat it?

FT: You have also been very popular as an influencer on Weibo, with 750,000 followers. How have you won and maintained this support?

FX: I am always very honest on Weibo, and this has helped me bond with my followers – it's like we have been growing up together. Many of our company's employees joined the team because of the warm and attractive portrayal they have seen of Cycle&Cycle on Weibo.

FT: Bread products seem to have unlimited appeal in China. Can you explain this apparently never-ending demand?

FX: Bread's natural and rustic warm and soft taste is hugely appealing. In today's fast-paced lifestyle, bread's hand-made, simple and delicious nature has become warms the hearts of people caught in a busy urban life.

FT: What's next for the brand? What upcoming bakery and dessert trends do you anticipate?

FX: China is a vast territory with a traditionally rich and diverse food culture, but much of this is slowly disappearing due to increasingly industrialisation and homogenisation. The main direction of Cycle&Cycle's vision is to adapt and create a unique local eastern food culture via a new Chinese-style bakery. We have also launched a magazine focusing on bread and life.

FT: 你能跟我們介紹一下你所開設的培訓學校，並分享你希望實現的目標嗎？

FX: 不是每個人都像我一樣幸運，有機會到世界各地學習，有優秀的老師幫助自己。正因如此，我想開設一所培訓學校，讓別人了解我的經歷，並體驗美食的魔力。我想與志同道合的人分享製作麵包好的技術。透過開設學校，我可以推廣健康而美味的麵包，亦能激勵年輕人追求夢想。

FT: 亞洲地區內有很多主打紅豆產品的麵包店，你認為是什麼原因令你的招牌紅豆包如此受歡迎呢？

FX: 紅豆包是我們開店初期推出的產品之一，技術上是壓扁的方式做的紅豆包，國內一開始並沒有人在做。而且當時正值冬天，寒冷的天氣令熱乎乎的紅豆包頓時大受歡迎。餡料比例很多，又不會太甜。每當我們Cycle&Cycle推出新產品，都非常重視顧客體驗。麵包的甜度如何？餡料足夠嗎？顧客享用這個麵包時會讚不絕口嗎？

FT: 我知道你亦是一位很受歡迎的微博「網紅」，關注人數多達75萬。你是怎樣得到粉絲的支持，又是怎樣令他們繼續支持你呢？

FX: 我在微博上一直誠實地做自己，有助令我與支持者的關係更親近，彷彿我們是一起成長的。我們公司很多員工都是因為



FT: Apart from baking, what are your other interests? What do you like to do with your friends or family at weekend?

FX: I have many hobbies, most related to nature. I like flower art, outdoor activities and traditional Chinese medicine culture. On weekends I spend half of my time at home, reading, cooking, playing games and watching movies, and half my time going out, biking, playing sport, hiking and visiting parks, etc.



在微博上被Cycle&Cycle的溫馨氛圍所吸引，才決定加入我們團隊的。

FT: 麵包產品在中國似乎有無限的吸引力。你能解釋一下這種看似永無止境需求的現象嗎？

FX: 麵包是一種自然、樸實、口感鬆軟、且能溫暖人心的食物，溫暖柔軟的口感會給人一種自然溫暖的治癒力。在現今這個生活節奏急促的時代，品嘗簡約而味美的手工製麵包，能為繁忙的都市人帶來一絲的溫暖。

FT: Cycle&Cycle的品牌未來有什麼計劃？你預計烘焙和甜品界會有什麼趨勢？

FX: 中國地大物博，擁有豐富而多元的飲食文化，但隨著工業發展愈來愈發達，各種產品的品質和類型愈來愈統一，不少飲食文化正漸漸消失。所以，我們Cycle&Cycle的主要目標就是要成為一間嶄新的中式麵包店，在日趨工業化同質化的今日，如何因地制宜，發掘創造當地獨有的飲食文化，從而創出獨特的本地東方飲食文化。另外，我們也推出了關於麵包和生活的雜誌。

FT: 除了烘焙，你還有其他興趣嗎？你和家人、朋友會在週末做什麼？

FX: 我有很多興趣，主要與大自然有關。我喜歡花藝、戶外活動和傳統中藥文化。在週末，我有一半時間留在家裏閱讀、下廚、玩遊戲和看電影，另一半時間則會外出踏單車、做運動、行山和到公園散步等。 (多)

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Sharing Event Brings the Baking Brilliance

The recent Dynamic Baking World organised by Angliss Guangzhou saw attendees learn how to use top ingredients to create a variety of exciting bakery products

Angliss Guangzhou recently hosted 'Dynamic Baking World: Sharing from Chen Fu Guang' event at Bakersway Patisserie, Xiamen, co-organised with Miaolin Foods and master baker Chen Fu Guang. Clients including around 45 pastry chefs from Fujian were able to watch demonstrations on how to bake bread and then taste it, and exchange their personal baking experiences.

As a pastry chef and entrepreneur, Mr. Chen discussed his extensive professional career during the sharing session, explaining aspects related to baking, ranging from his skills and techniques to philosophies behind his baking business. Guests fully interacted, making excellent points, brainstorming ideas and asking intelligent questions, to which Mr. Chen provided detailed answers.

Thanks to Mr. Chen's entertaining presentation and the assistance of Angliss China's Bakery Technical Consultant, Ian Lin, Angliss Guangzhou clients learned how to bake various types of bread using quality ingredients from brands such as President, Kiri, Tiptree, Cacao Barry, Nissin and Aldia during the seven-hour sharing session.

Nine types of bread were freshly baked on the day, including red wine bread, showa toast, lisfood sausage ciabatta, brioche, toast, apple caramel cinnamon rolls, President financiers and palmiers.

After attending Mr. Chan's sharing session, guests learned more about how to incorporate ingredients from quality brands to bake different kinds of delicious bakery products. They also enjoyed a fun and instructive day with a master baker and industry colleagues.



「萬千變化的明星麵包」

最近由安得利廣州舉行的萬千變化的明星麵包分享會，讓客戶們學習如何使用頂級材料製作各種令人興奮的烘焙產品

安得利與苗林食品及陳撫洸老師，最近在廈門名點薈舉行了一場名為「變化萬千——陳撫洸的明星麵包分享會」。45位福建地區的麵包師傅齊聚一堂，學習、分享及品鑒麵包。陳撫洸老師從麵包技藝到烘焙的經營理念，都一一為在場的客戶講解。

在分享會上，陳撫洸老師從麵包師的角度和經營者的角度，和大家分享了很多有趣的經驗，一整天的講習課，大家認真地做記錄，專注思考，提出了不少專業而有趣的問題，陳師傅亦一一解答。

在陳撫洸師傅幽默的講解中，及安得利中國區麵包技術顧問林術滄師傅的協助下，一天的分享會不知不覺接近尾聲。在7個小時的分享，客戶們品鑒了如何使用品牌總統、凱芮、緹樹、可司百利、日清製粉及愛迪亞製作多款麵包。

當天出爐的9款產品，包括紅葡萄酒大麵包、昭和吐司、利得馥腸仔恰巴塔、布里歐、生吐司、蘋果焦糖肉桂卷、總統費南雪與蝴蝶酥等。

參加了陳撫洸老師的分享會後，客戶們更加了解如何使用這些優質品牌的產品製作出與別不同的麵包。



Chocolate Ace Spreads the Sweet Dessert Love

Angliss Shenzhen hosted a dessert workshop for its clients featuring world-class Cacao Barry products, presented by one of the most highly qualified chocolate experts in the industry

Two Cacao Barry dessert-sharing sessions for customers of Angliss Shenzhen hotel and baking channels recently took place, with guests learning to use superb Cocoa Barry products from Daniel Zhou, Head of the Barry Callebaut Chocolate Academy Shenzhen.

Chef Daniel graduated from the Ecole Internationale de Pâtisserie Olivier Bajard, a prestigious French bakery college, certified as a CAP-registered pastry chef with national certification. Following his attainment of his dessert master diplôme certificate in 2017, he went on to become the first non-French recipient of the qualification of Meilleur Ouvrier de France (MOF) Chocolatier.

During the sharing session, Chef Daniel demonstrated his skills in combining chocolate and other ingredients to unlock the full potential of unique Cacao Barry products. With his refreshing and dynamic approach, the eminent chocolatier inspired attendees to come up with more creative and exciting ideas they in turn can share.



可可百利甜品分享會

安得利深圳為客戶們舉辦了一場甜品分享會，介紹世界級可可百利的產品，並由業內最資深的朱古力專家之一為是次分享會講解

於6月及7月，百樂嘉利寶集團深圳朱古力學院 (Barry Callebaut Chocolate Academy Shenzhen) 的負責人 Daniel Zhou 為安得利酒店及烘焙渠道的客戶安排了兩場可可百利風味甜品分享會，與客戶們交流各種可可百利產品的使用方法等等。

Daniel Zhou畢業於法國殿堂級烘焙學院 Ecole Internationale de Pâtisserie Oliver Bajard，先後獲得法國《CAP註冊甜品師》和《CAP註冊朱古力師》國家認證及2017年獲得甜品 Master Diplôme 證書。並於2018年作為助手，協助 Paul Occhipinti 獲得MOF朱古力師，是歷史上第一個參加MOF Chocolatier的外國人。

是次的分享會 Daniel 大師透過朱古力與不同食材的配搭，充分發揮了可可百利朱古力不一樣的味道，給客戶不一樣的味蕾體驗，激發他們更多的創作靈感。



New Offices Open to Handle Growing Business

Angliss Shenzhen announces new Nanchang and Shantou offices and general managers

Angliss Nanchang and Angliss Shantou – both under Angliss Shenzhen – have opened new offices in order to better serve their growing client base in their respective cities.

Shantou Food Service Ltd., formerly known as Shantou Longjia Food Ltd., has been jointly established by Angliss Shenzhen and Shantou Longjia. Prior to the new office development, Angliss Shenzhen had already been cooperating with Shantou Longjia for more than 10 years.

Occupying an area of more than 3,000 square metres, Longjia has existing professional sales and delivery teams, as well as a processing centre and demo kitchen. Heading up the new office as general manager is Mr. Cai Weidong.



Meanwhile Angliss Nanchang Food Service Ltd., formerly the office and warehouse of Changsha company in Nanchang City, has quickly won a large market share.

Angliss Hunan Food Service Ltd. previously offered service in Jiangxi province, setting up a representative office in Nanchang in March 2019. The Nanchang market has steadily increased to the point where the group saw it necessary to upgrade the representative office into an individual company, as to offer better service to clients.

Angliss Nanchang covers an area of 360 square metres, of which 290 square metres are warehouse, including dry, air-conditioned, cold and frozen storage. The company is equipped with a professional sales team, vehicles and delivery team. Mr. Ding Xiaoliang has been appointed as the general manager of Angliss (Nanchang) Food Service Ltd.

Clients of both Angliss Nanchang and Angliss Shantou can be assured of even better, closer service thanks to the establishing of their new offices.

設立新辦事處 繼續拓展業務

安得利深圳宣佈於南昌和汕頭設立分公司，由新上任的總經理帶領團隊，繼續拓展公司業務

安得利南昌和安得利汕頭均隸屬於安得利深圳，隨著南昌和汕頭兩地的客戶日益增加，為了提供更優質的服務，因而特意於這兩個城市設立直屬分公司。

安得利汕頭食品服務有限公司 (前身為汕頭龍佳食品有限公司) 由安得利深圳和汕頭龍佳共同成立。而早在設立直屬分公司之前，安得利深圳已經和汕頭龍佳合作了超過10年。

安得利汕頭食品服務有限公司佔地逾3千平方米，備有專業的銷售和送貨團隊，並設有自家的加工中心及演示廚房。新設的直屬分公司由蔡偉東先生出任總經理一職，負責領導團隊。

而同時，安得利南昌食品服務有限公司 (前身為安得利湖南公司的辦事處和貨倉) 在當地的市場佔有率也不斷增長。

安得利湖南餐飲有限公司過去曾在江西省為客戶提供服務，於2019年3月在南昌設立代表辦事處。南昌市場一直穩步增長，集團認為有必要提升代表辦事處的規模，設立獨立公司，從而為客戶提供更優質的服務。

安得利南昌佔地360平方米，當中290平方米為貨倉，用來存放乾貨食品、冰鮮食品、冷凍食品和急凍食品等產品。公司備有專業的銷售、運輸和送貨團隊，而丁小亮先生獲委任為安得利南昌食品服務有限公司的總經理。

全賴新設立了分公司，安得利南昌和安得利汕頭的客戶便能確保享有更佳的服務，公司與客戶之間的聯繫亦可以更密切。



Hitting the Road on a Presidential Mission

Angliss Beijing, Angliss Shanghai and Lactalis Group jointly held roadshow tours across the summer with the theme ‘More Than One Choice of Cream’

A series of roadshows aimed at promoting new President cream products and packaging took place recently in Beijing and Hangzhou, organised by Angliss Beijing, Angliss Shanghai and Lactalis Group.

Entitled ‘More Than One Choice of Cream’, the events attracted many well-known bakers, hoteliers, catering professionals and food lovers to learn about the features of new President products, which included spray cream, sour cream and cooking cream, as well as innovative new packaging.

Guests also had the chance to discover creative recipes from Guillaume Comparat, a five-star hotel executive chef, and Sebastian Zhong, Technical Support with Lactalis China, who were invited to manage the cooking and pastry sections respectively.

At the tours, Chef Guillaume demonstrated a variety of exquisite dishes utilising President cream. They included scallop carpaccio with whipped cream perfumed with ‘Buddha’s hand’ citrus and shizo oil; caviar and egg cocotte with smoked lardons and chive sour cream; yellow chicken roulade with Yunnan morels in a yellow wine reduction; and slow-cooked toothfish with smoked timut pepper cream and crayfish essence. By perfectly blending the cream with other ingredients, Guillaume created harmonious tastes that thrilled everyone’s taste buds.

Meanwhile Chef Sebastian presented a range of mouthwatering desserts during the tour, including swiss roll, sour cream fruit cup, fermented rice sour cream puff,



總統巡迴發佈會

法國蘭特黎斯集團與優質食材供應商安得利於夏季在北京和杭州舉辦了主題為「奶油，不止一種」的總統產品發佈會

此次法國蘭特黎斯於北京和杭州舉辦的發佈會，旨在推廣總統奶油新包裝及新產品上市。

活動當日，眾多知名烘焙、酒店、餐飲人士以及美食愛好者前來，到場瞭解總統奶油的新包裝及新產品，並學習大師多種的創意配方。

安得利與總統為了展現新品奶油的多種使用方法，分別邀請了兩位大師：五星酒店西餐大廚Guillaume Comparat主理烹飪場，及蘭特黎斯技術顧問鍾峰主理烘焙場。

西餐大師Guillaume於現場示範了多款料理，包括生扇貝薄片佛手柑厚奶油/魚子醬、法式雞蛋盅/煙熏培根/香葱酸奶油、雲南羊肚菌嫩雞肉/黃酒奶油醬汁、低溫慢煮南極鱈魚/帖木兒花椒熏奶油/鰲蝦精華。Guillaume大師把奶油與其他食材完美地融合了一起，使其相得益彰。

and sour cream namelaka carrot cake. The cream puffs, with their sweet wine sour cream, crispy texture and charming bunny shapes, were the centre of attention.

The supreme skills of the chefs, coupled with the high-quality President cream products, resulted in a wide range of outstanding savoury and dessert dishes that wowed all attendees. In the future Lactalis and Angliss plan to introduce more high-quality ingredients and create more delicious possibilities for their valued customers.



鐘峰大師亦於現場示範了多款甜品，包括女王瑞士卷、酸奶油波波杯、甜酒酿酸奶油泡芙、酸奶油Namelaka胡蘿蔔蛋糕。值得一提的是甜酒酿酸奶油泡芙，口感酥脆，創意酒釀味奶油，加上可愛兔子外形，趣味十足。

活動當日西餐和甜品的菜式十分多元化，大廚技藝精湛，加上總統奶油高品質的產品，演繹出不同的菜式。未來，蘭特黎斯與安得利將繼續為客戶提供更多優質食材，創造更多美味可能。





Sustainability on the menu

Simon Rogan’s one Michelin star and Michelin Green Star recipient, Roganic, is continuing its mission to raise awareness of the importance of sustainable practice and development within the hospitality industry. Together with friends from the local F&B industry, Roganic will launch Roganic & Friends of Sustainability, a series of dining events and collaborations throughout October.

www.facebook.com/RoganicHongKong

設計可持續餐單

Simon Rogan的米芝蓮一星和米芝蓮綠星餐廳Roganic繼續履行其使命，致力在餐飲旅遊業界提倡可持續發展和鼓勵實踐相關措施。Roganic餐廳與本地餐飲業界好友攜手合作，將於10月推出「永續之友系列」，舉行一系列精彩的活動，包括晚宴、以及與各方合辦的計劃等。

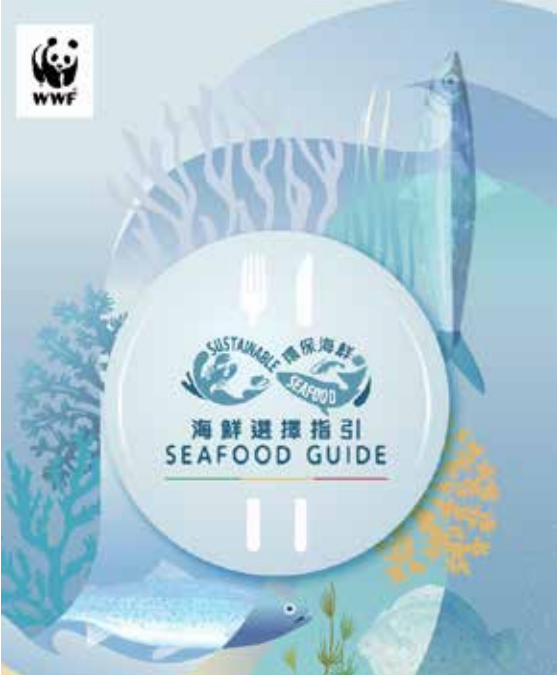
WWF launches new seafood guide

WWF Hong Kong has launched an updated version of its well-known seafood guide. The guide promotes consumption of green and sustainably produced seafood by classifying seafood items as “Green – Recommended”, “Yellow – Think Twice” or “Red – Avoid” so consumers and suppliers can choose responsibly and minimise their impact on the world’s oceans. WWF Hong Kong also urges the seafood industry to provide more transparent information on product labelling.

wwf.hk/seafood-guide-en

世界自然基金會發佈最新版《海鮮選擇指引》

世界自然基金會香港分會（WWF）發佈新修訂的《海鮮選擇指引》。這份為人熟知的指引目的為推廣選用環保及以可持續形式捕撈或養殖的海鮮，將海鮮種類分為「綠色－建議」、「黃色－想清楚」或「紅色－避免」，鼓勵消費者及供應商作出負責任的選擇，減少對全球海洋的損害。WWF同時促請海鮮業界於產品標籤上更公開透明地發放相關資訊。



Chefs unite for #OnigiriForLove

The #OnigiriForLove project, established in Japan, has inspired Hong Kong chef Richard Ekkebus to unite the city through a Michelin-starred charity event. As part of the worldwide campaign, exclusive onigiri was rolled and sold to raise money for two local charities. Along with the partners of RŌNIN and Sake Central, the two-week charity event included some of Hong Kong’s most talented chefs.

[#onigiriforlove](https://www.instagram.com/onigiriforlove)



廚師齊心支持 #OnigiriForLove

源自日本的#OnigiriForLove計劃啟發到香港廚師Richard Ekkebus舉辦一場米芝蓮星級活動，號召全城支持。為響應這個全球計劃，一眾廚師精心製作和賣出獨家發售的日式飯團（onigiri），為香港兩間本地慈善機構籌款。除了有合作夥伴RŌNIN 及Sake Centra的支持外，這個為期兩星期的慈善活動亦邀請到香港的一些優秀廚師參與。

HOFEX makes a successful return to Hong Kong

Leading food and hospitality tradeshow, HOFEX, returned to Hong Kong’s Hong Kong Convention and Exhibition Centre on September 7-9. The biennial show, now in its 19th edition, was rescheduled in response to COVID-19 restrictions. This year’s show introduced its first digital event, HOFEX Connect, offering one-stop online business matchmaking services. ProWine Hong Kong, the international trade fair for wines and spirits also took place.

www.hofex.com



HOFEX戴譽回港 圓滿結束

頂尖食品餐飲及酒店設備商貿展 HOFEX 於9月7日至9日再次在香港會議展覽中心舉辦。這個每兩年舉辦一次的展覽至今已來到第19屆，早前曾因為要配合新冠疫苗的防疫措施而需要改期。是次展覽更首次推出數碼活動－HOFEX Connect，為大家提供一站式線上商貿配對服務，同場加映國際葡萄酒與烈酒貿易展覽會 ProWine Hong Kong。

Videos explore what makes great chefs tick

A new six-part video series, ‘Fueling the Culinary Fire’, offers a special glimpse behind the scenes and inside the minds of leading Michelin-starred chefs in Hong Kong and Macau. The videos, by Marriott Bonvoy, bring viewers into the world of Michelin star dining, and tell the stories behind the inspirations, passions and philosophies that have brought these chefs to the pinnacle of their professions.

www.marriott.com/



Pic: Morning Studio, South China Morning Post

從短片了解廚師如何燃起烹飪之火

一連6集的全新短片系列「燃起烹飪之火」，讓大家能了解到香港和澳門頂尖米芝蓮星級廚師的幕後故事和內心想法。這些由萬豪旅享家製作的短片帶領觀眾走進米芝蓮星級餐飲世界，講述這些廚師的靈感、熱誠和理念，如何把他們推向事業的巔峰。



World’s best restaurants revealed

Tripadvisor has announced the winners of its 2021 Travelers’ Choice ‘Best of the Best’ Restaurants awards, with five new categories of must-visit restaurants, based on traveller reviews, ranging from fine dining to casual eateries. The title of U.S. No. 1 Fine Dining restaurant went to three Michelin star Inn at Little Washington in Washington, Va. For the full list see website.
www.tripadvisor.com/TravelersChoice-Restaurants-cFineDining-g1

全球最佳餐廳名單出爐

Tripadvisor根據旅行者的評價，公佈了2021年旅行者之選「最佳餐廳」獎項的得獎餐廳，當中新增了包括高級餐廳及休閒食堂在內等五類必去的餐廳。美國排名第一的高級餐廳是位於維珍尼亞州華盛頓的米芝蓮三星餐廳Inn at Little Washington。完整得獎名單請參閱網站。



Chef Tom Aikens opens first Southeast Asian Restaurant in Jakarta

Tom Aikens, a celebrity Michelin-starred chef from the UK, opened his first restaurant in Southeast Asia in September. On the 62nd floor of The Langham Jakarta, the European restaurant – named Tom’s – will be a mix of British and French influences, prepared simply, using seasonal produce. Aikens worked under Pierre Koffmann and Joel Robuchon, and at 26 was the youngest chef to achieve two Michelin stars.
www.langhamhospitalitygroup.com/en/media/latest-news/chef-tom-aikens

名廚Tom Aikens在雅加達開設首間東南亞地區餐廳

英國米芝蓮星級名廚Tom Aikens於9月開設了他在東南亞的第一間餐廳－名為Tom’s的歐陸餐廳。餐廳位於雅加達朗廷酒店62樓，將融合英國菜和法國菜的特色，並以簡單純粹的方式烹調時令食材。Aikens曾跟隨Pierre Koffmann和Joel Robuchon工作，在26歲時更成為最年輕的米芝蓮二星級廚師。

Sheraton Grand Macao expands F&B options

The Sheraton Grand Macao has opened The Conservatory, a new dining destination containing three distinct experiences – a British pub and restaurant, Cantonese restaurant and tearoom, and candy and confectionery store. Three Bottles pub serves a wide variety of beer and other drinks as well as traditional pub fare, the Tea Room offers grab-and-go from breakfast until late while Chaan serves noodles and dumplings.

www.londonermacao.com/hotels/sheraton-macao.html



澳門喜來登大酒店全新餐廳登場

澳門喜來登大酒店開設了「喜公館」，這是一間能為顧客帶來三種不同體驗的全新餐廳，結合了英式酒吧和餐廳、粵菜館和茶室，以及糖果店。喜公館內的「叁」酒吧提供各式啤酒，亦有供應其他飲品和傳統佐酒小食；「茶室」會從早到晚提供方便外帶的餐點；而「餐」則供應麵條和餃子等美食。

GINSTR shows winning spirit in London

Germany’s small distillery GINSTR picked up the coveted gold medal in the Gin & Tonic category at the International Wine & Spirit Competition 2021 held recently in London, with its Stuttgart Dry Gin. GINSTR prevailed against over 600 gin manufacturers from 90 countries. The distillery was founded in 2016 and is now available in 29 countries. Its two owners originally developed the brand as a hobby.

www.stuttgartdrygin.com

GINSTR在倫敦贏得比賽

德國小型釀酒廠GINSTR憑其Stuttgart Dry 乾酒，於最近在倫敦舉行的2021年國際葡萄酒及烈酒大賽中，獲得了令人夢寐以求的乾通寧組別金牌，戰勝了來自90個國家的600多家乾酒製造廠。該釀酒廠成立於2016年，其產品目前在29個國家有售。而GINSTR的兩位擁有人最初是出於興趣，才決定開發這個品牌。



EU launches food campaign in Thailand

The ‘Colours by Europe. Tastes of Excellence.’ campaign, which promotes European Union agricultural food products, was launched in Thailand with the goal of raising awareness of the quality, authenticity, safety and sustainability of EU agricultural products. After China, Japan and the United States, the EU is Thailand’s fourth largest trading partner, accounting for 7.5 percent of the country’s overall trade.

<https://colours-by-europe.eu/en/home>

歐盟在泰國舉行美食節

「源自歐洲的色彩，享味歐洲美食節」在泰國舉行，目的為推廣歐盟的農產品，讓大家品嚐得到優質、地道、安全和可持續的歐盟農產品。歐盟是泰國第四大貿易夥伴，佔泰國整體貿易的7.5%，僅次於中國、日本和美國。





Branches

Singapore 新加坡
Angliss Singapore Pte Ltd
232 Pandan Loop, Singapore 128420
T. +65 6778 8787 | F. +65 6778 3966

Macau 澳門
Angliss Macau Food Service Limited
196-242 Rua dos Pescadores, Edf Industrial Ocean II Fase, 4-Andar C & D, Macau
安得利澳門飲食服務有限公司
澳門漁翁街196-242號海洋工業中心2期4樓C&D室
T. +853 2886 2886 | F. +853 2886 2828

Beijing 北京
Angliss Beijing Food Service Limited
Rm A120, 168 Dayang Road, Chaoyang District, Beijing
安得利 (北京) 食品貿易有限公司
北京市朝陽區大洋路168號院A120室
T. +86 10 8908 3501 | F. +86 10 8586 4880

Tianjin 天津
Angliss Beijing Food Service Limited - Tianjin Branch
Rm 320, Yunhan Building, 185 Qinjian Road, Hongqiao District, Tianjin
安得利 (北京) 食品貿易有限公司天津分公司
天津市紅橋區勸業道185號雲漢大廈320室
T. +86 22 8729 0198

Shenyang 瀋陽
Angliss Shenyang Food Service Limited
1-11-12, 10-2 Hunnan West Road, Hunnan New District, Shenyang
安得利 (瀋陽) 食品貿易有限公司
瀋陽市渾南新区渾南西路10-2號1-11-12
T. +86 24 8122 1688 | F. +86 22 8122 1688

Shijiazhuang 石家莊
Angliss Shijiazhuang Food Service Limited
Rm 1107, Block E, Haiyuetiandi, 66 Yuhua West Road, Qiaoxi District, Shijiazhuang City, Hebei Province
安得利石家莊食品貿易有限公司
河北省石家莊市橋西區裕華西路66號海悅天地E座1107室
T. +86 311 8262 1608

Shandong 山東
Angliss Shandong Food Service Ltd
Rm 1418, Quanjing Yayuan Commercial Building, Shizhong District, Jinan City, Shandong Province
山東安得利食品貿易有限公司
山東省濟南市市中區泉景園商務大廈1418室
T. +86 531 8711 9769

Shanxi 山西
Angliss Shanxi Food Service Ltd
Rm 925, 9F, Feiyun Apartment, 186 Pingyang Road, Xiaodian District, Taiyuan City, Shanxi Province
山西安得利食品有限公司
山西省太原市小店區平陽路186號飛雲公寓9層925室
T. +86 351 8065 567

Jilin 吉林
Bidcorp Jilin Food Service Ltd
11th Zhonghuan District Intersection Of Dongsanma Road And Tianbao Hutong, Nanguan District, Changchun City, Jilin Province
吉林省烘焙故事食品有限公司
吉林省長春市南關區東三馬路與天寶胡同交匯中環十一區
T. +86 431 8471 6222

Shanghai 上海
Angliss Shanghai Food Service Limited
Rm 5B, Block 4, 100 Zixiu Road, Minhang District, Shanghai
上海安得列郎購食品貿易有限公司
上海市閔行區業秀路100號4號樓5B
T. +86 21 6073 2060 | F. +86 21 6073 2050

Hangzhou 杭州
Angliss Hangzhou Food Service Limited
Rm 4001, 4F, Block 1, 1298 Danonggang Road, Jiangnan District, Hangzhou
杭州安鐸利食品有限公司
杭州市江幹區大農港路1298號1幢4層4001號
T. +86 571 8680 0215

Nanjing 南京
Bidfood Nanjing Ltd
Shop 32, 2F, Second Hall, 249 Changhong Road, Jianye District, Nanjing City, Jiangsu Province
南京安必福食品有限公司
江蘇省南京市建鄴區長虹路249號二廳二樓32號商舖
T. +86 25 8675 9306 | F. +86 25 8622 8102

Hefei 合肥
Angliss Hefei Food Service Ltd
4F, Block 54, Phase 1, Liandong U Valley Binhu International Enterprise Port, Fanhua Avenue Intersection Of Jilin Road, Baohe District, Hefei City
合肥必利食品有限公司
合肥市包河區繁華大道與吉林路交口聯東U穀濱湖國際企業港1期54樓4樓
T. +86 551 6556 2125

Guangzhou 廣州
Angliss Guangzhou Food Service Limited
21F, No. 83 & 85 Baiyun Road, Yuexiu District, Guangzhou
廣州安得利福斯食品有限公司
廣州市越秀區白雲路83及85號21層
T. +86 20 8921 9188 | F. +86 20 8921 9168

Chengdu 成都
Angliss Chengdu Food Service Limited
No. 870 Gangtong North Fourth Road, Chengdu Modern Industrial Port North Area, Piddu District, Chengdu
成都安得利福斯食品有限公司
成都市郫都區成都現代工業港北片區港通北四路870號
T. +86 28 6482 6608 / +86 28 6496 6001

Chongqing 重慶
Angliss Chengdu Food Service Limited - Chongqing Branch
Rm 6, 3F, 95 Erlang Chuangye Avenue, Jiulongpo District, Chongqing
成都安得利福斯食品有限公司-重慶辦事處
重慶市九龍坡區二郎創業大道95號3樓6號
T. +86 23 6330 2009

Kunming 昆明
Angliss Kunming Food Service Limited
(Zhengming Cold Storage), Liangting East Road, Guandu District, Kunming
昆明安得利福斯食品有限公司
昆明市官渡區涼亭東路雲南 (鄭明冷庫)
T. +86 871 6319 4072

Xiamen 廈門
Angliss Xiamen Food Service Limited
Room 1503, No. 506, Xinglinwan Road Jimei District, Xiamen, China
廈門安得利福斯食品有限公司
廈門集美區杏林灣路506號1503室
T. +86 592 5635 636

Fuzhou 福州
Angliss Xiamen Food Service Limited - Fuzhou Office
Rm 302-303, 3F, Taikun Center, 166 Guanpu Road, Cangshan District, Fuzhou City
廈門安得利福斯食品有限公司-福州辦事處
福州市倉山區冠浦路166號泰坤中心3樓302-303室
T. +86 591 83650383

Foshan 佛山
Angliss Foshan Food Service Limited
No. 12 Jiangsha 2nd Road, Chancheng District, Foshan City
佛山安得利食品有限公司
佛山市禪城區張槎江沙二路12號
T. +86 757 8228 1651

Shenzhen 深圳
Angliss Shenzhen Food Service Limited
No. 1, Mabu Road, Bainikeng Community, Pinghu Street, Longgang District, Shenzhen, Guangdong Province
安得利(深圳)食品有限公司
廣東省深圳市龍崗區平湖街道白坭坑社區廂布路一號
T. +86 755 2885 7688 | F. +86 755 2518 5406

Nanning 南寧
Angliss Nanning Food Service Limited
Rm 107, Block 22, Guangxi-Asean International Medical And Health Electronic Information Technology Comprehensive Industrial Park, 9 Dingqiu Road, Jiangnan District, Nanning City
南寧安得利食品有限公司
南寧市江南區定秋路9號廣西-東盟國際醫療健康電子資訊科技綜合產業園22棟107號房
T. +86 771 3947 620 F. +86 771 3947 646

Xi'an 西安
Angliss Xi'an Food Service Limited
No.333, 10 Caotan Road, Caotan Ecological Industrial Park, Xi'an Economic & Technological Development Zone, Xi'an City, China
安得利(西安)食品有限公司
西安市經濟技術開發區草灘生態產業園草灘十路333號
T. +86 29 8873 4883 | F. +86 29 8873 4883

Zhengzhou 鄭州
Angliss Zhengzhou Food Service Limited
Changtong Industrial Park, Xiapo Yang Village, Laoyachen Office, East Section Of Jiangshan Road, Huiji District, Zhengzhou City
鄭州安得利食品有限公司
鄭州市惠濟區江山路東段老鴉陳辦事處下坡楊村長通工業園
T. +86 371 8991 0680 | F. +86 371 8991 0681

Hunan 湖南
Angliss Hunan Food Service Limited
3F, Block 1, Xinxing Technology Industrial Park, Muyuntuo Street, Tianxin District, Changsha City
Tianxin District, Changsha, Hunan, China
湖南安得利食品有限公司
長沙市天心區暮雲南托街道新興科技產業園1棟3樓
T. +86 731 8556 9552 | F. +86 731 8556 9553

Nanchang 南昌
Hunan Angliss Food Service Limited - Nanchang Branch
NEW Building 15, Weimafengshang community, Guangzhou road, Qingyunpu district, Nanchang City, Jiangxi Province
湖南安得利食品有限公司 (南昌分部)
江西省南昌市南昌縣小藍經濟技術開發區銀湖二路571號
T: +86 135 4897 7030

Wuhan 武漢
Angliss Wuhan Food Service Limited
Rm 1, 1-3F, Building D4, Phase 1 Huazhong Enterprise City, Douma River, Qinglong Branch, Wuhu Farm, Huangpi District, Wuhan
武漢安得利食品有限公司
武漢市黃陂區武漢農場青龍分場陡馬河華中企業城一期D4棟1-3層1室
T. +86 27 6180 0941 | F. +86 27 6180 0942

Haikou 海口
Angliss Haikou Food Service Limited
No. 22 Xingye West Road, Hong Kong And Macao Development Zone, Xiuying District, Haikou City, Hainan Province
海口安得利食品有限公司
海南省海口市秀英區港澳開發區興業西路22號
T. +86 898 6855 2916 | F. +86 898 6855 3455

Sanya 三亞
Angliss Sanya Food Service Limited
1-3F, Comprehensive Building A, Yuge Haiyun, Hongsha Community, Jiyang District, Sanya City, Hainan Province
三亞安得利食品有限公司
海南省三亞市吉陽區紅沙社區漁歌海韻A棟綜合樓(一至三層商業)
T. +86 898 8863 0068
F. +86 898 8863 0318 / +86 898 6595 4474

Zhuhai 珠海
Angliss Shenzhen Food Service Limited - Zhuhai Warehouse
1F, Block 3, No. 2 Pinggong West Road, Xiangzhou District, Zhuhai City, Guangdong Province
安得利 (深圳) 食品有限公司-珠海辦事處
廣東省珠海市香洲區屏江西路2號3棟1樓
T. +86 135 3052 1258

Other Branches

Pstry**G**lobal Food Service Limited
嘉 寶 食 品 有 限 公 司

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Flat B, 6/F, Magnet Place Tower 2, 38-42 Kwai Fung Crescent, Kwai Chung, N.T., Hong Kong
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香港新界葵涌葵豐街38-42號Magnet Place 2期6樓B室
T. +852 2494 1900 | F. +852 3145 0756
www.pastryglobal.com.hk

foodtalk 名廚坊
Shop 10, G/F Tower 1 Magnet Place, 77-81 Container Port Road, Kwai Chung, New Territories
香港西營盤第一街23號地下
Magnet Place一期地下10號舖
T. +852 2615 0822 | F. +852 2615 0855

Hong Kong Island shop:
G/F, 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

Kowloon shop:
G/F, 21 Nanking Street, Jordan, Kowloon, Hong Kong
香港九龍佐敦南京街21號地下
T. +852 2615 9187 | F. +852 2615 9287
www.foodtalk.com.hk

Sweet la Vie
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 2494 1935 | F. +852 2615 2210
www.sweetlavie.com.hk

Him Kee Food Distribution Company Limited
Flat B, 4/F, Magnet Place Tower 2, 38-42 Kwai Fung Crescent, Kwai Chung, N.T., Hong Kong
謙記食品貿易有限公司
香港新界葵涌葵豐街38-42號Magnet Place 2期4樓B室
T. +852 2836 6888 | F. +852 2440 0405

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香港新界葵涌葵豐街38-42號Magnet Place 2期4樓B室
T. +852 2494 2214 | F. +852 2702 1290

Miumi**I**
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MIUMI

Miumi International Food Company Limited
Flat A, 4/F, Magnet Place Tower 2, 38-42 Kwai Fung Crescent, Kwai Chung, N.T., Hong Kong
御海國際食品有限公司
香港新界葵涌葵豐街38-42號Magnet Place 2期4樓A室
T. +852 2494 4966 | F. +852 2439 4070
www.miumi.asia

Linson Global Seafood Trading Limited
隆順環球海產貿易有限公司
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 2573 7433 | F. +852 2838 4071

Miumi Tokyo Co., Ltd.
御海東京株式會社
Room 501, 2-6-3, Azabujuban, Minato-ku, Tokyo 106-0045 Japan
T. +81 3 6721 5689 | F. +81 3 6721 5693

Miumi Japan Food (A Division of Angliss Singapore Pte Ltd)
232 Pandan Loop, Singapore 128420
御海日本食品有限公司
T. +65 6777 2112 | F. +65 6779 7666

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T. +65 6275 9275 | F. +65 6863 3855

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深圳市高美食品有限公司
深圳市龍崗區平湖街道白坭坑社區廂布路1號寶盛工業區B區3B棟2-3樓
T. +86 0755-28856766

Bidfood China Limited
Rm 301, Block 5, 100 Zixiu Road, Hongqiao Town, Minhang District, Shanghai
安得利 (上海) 食品有限公司
上海市閔行區虹橋鎮業秀路100號5號樓301室
T. +86 21 6071 2300

GOURMET
CUISINE

Gourmet Cuisine Hong Kong Limited
Flat A, 6/F, Magnet Place Tower 2, 38-42 Kwai Fung Crescent, Kwai Chung, N.T., Hong Kong
高美食材香港有限公司
香港新界葵涌葵豐街38-42號Magnet Place 2期6樓A室
T. +852 2494 1967 | F. +852 2439 5055

Gourmet Cuisine Macau Fine Food Limited
Ern Macau, Rua Dos Pescadores N°S 166 – 190, Industrial Veng Hou 10° Andar B
高美澳門優質食品有限公司
澳門漁翁街166-190號永好工業大廈10樓B室
T. +853 2888 1155 | F. +853 2821 1039

Lou Lou Food Market
47-51 Kawi Fung Crescent, Kwai Chung, N.T., Hong Kong
香港新界葵涌葵豐街47-51號
E: info@louloufm.com
www.louloufm.com

GOURMET
PARTNER
Singapore

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

GOURMET
PARTNER
Malaysia

Gourmet Partner (M) Sdn Bhd
No. 12, Jalan Anggerik Mokara 31/48, Kota Kemuning, 40460 Shah Alam, Selangor, Malaysia
T. +603 5122 6601 | F. +603 5121 0601

GOURMET
PARTNER
Vietnam

Gourmet Partner Vietnam
M Floor, Phu Nu Building, 20 Nguyen Dang Giai, Thao Dien Ward, District 2, Ho Chi Minh City, Vietnam
T. +84 (0)28 363 615 71-72

Bidfood
Inspired by you

Bidfood Malaysia Sdn Bhd
No. 12, Jalan Anggerik Mokara 31/48, Seksyen 31, Kota Kemuning, 40460 Shah Alam, Selangor, Malaysia
T. +603 5131 6399 | F. +603 5131 9233
www.bidfood.com.my

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Angliss Food Service is proud to represent the following brands for Greater China markets. We have offices in Hong Kong, China, Macau, Malaysia and Singapore to serve all food service and retail customers.

Hong Kong Partners:



Hong Kong & China Partners:



China Partners:



Own Brands:



www.angliss.com.hk



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

