

ISSUE **60**
WINTER 2021

foodtalk

KEEP THE CUSTOMER SATISFIED **Franck Damianovitch** of Grand Lisboa Palace

SHARING IS CARING **Angliss Singapore** hosts education session

INNERMOST SECRETS **Harnessing the amazing power of probiotics**

DESTINED FOR GREATNESS **Tristin Farmer**, ZEN restaurant

The Creative Globetrotter

Paul McLoughlin

Cordis, Hong Kong



FONDÉ



EN 1825

Joseph Perrier

CHAMPAGNE



Founded in 1825, Joseph Perrier has been owned and run by the same family since five generations. The current CEO is Jean-Claude Fourmon and the 6th generation is in progress with Benjamin Fourmon, his son.

Champagne Joseph Perrier owns 21 hectares of vineyards, situated in the heart of the region on the right bank of the River Marne, around Hautvillers and Cumières – two villages classed 93% in the 'échelle des crus'. They are mostly planted with Pinot Noir but include 2 hectares of Chardonnay. The cellars stretch over three kilometres and date back to the Gallo-Roman period.

The Joseph Perrier house style is fruity with a fine mousse and long refreshing finish. The name 'Cuvée Royale' celebrates the elegance and history of cuvées once supplied to HRH Queen Victoria and King Edwards VII in years gone by. Indeed the royal connections with this prestigious house have remained strong throughout its continued history.

THE MARQUE OF AN EXCEPTIONAL HOUSE

angliss
WINE & BEVERAGE

Welcome to the 60th issue of foodtalk!

Good news – we are experiencing a period of stability as we continue to move out of the COVID-19 pandemic. Here in Hong Kong we are definitely feeling this improvement: cases have fallen markedly, and there is much speculation that borders will soon reopen. By the time you read this they may have already happened. If not, soon, hopefully!

Angliss has played its part – however small – in this return to normality. The company has managed to keep the business operational throughout, thus contributing to Hong Kong's status as one of the world's greatest and most robust business hubs.

Significantly, however, we have achieved this in the safest way possible via the considerable investment we have made in measures introduced to ensure comprehensive precautions throughout the entire food supply chain, from point of origin to delivery. We have also initiated industry-leading hygiene to ensure our storage and warehousing is completely contamination free.

We must again acknowledge the hard work, discipline and determination of every Angliss team member in this tremendous effort. Thank you, everyone.

In this issue we launch a new feature, ChefHub, a series of interviews with up-and-coming chefs, conducted by coach and manager of the Hong Kong Culinary National Team, Anita Cheng. Anita is an experienced and respected F&B professional who has worked with hundreds of chefs in creating innovative culinary concepts, and this series promises essential discussions with a new generation of chefs forging the future of the industry.

Our cover star this issue is industry legend Paul McLoughlin, Culinary Director at Cordis, Hong Kong. Paul has made the property his own, rejoicing in the creative freedom he is afforded, backed up by one of Hong Kong's top culinary teams.

We also have exclusive interviews with Asia's top up-and-coming culinary stars, as well as the usual news and features.

Enjoy the issue!

Johnny Kang
CEO - Asia

恭喜 foodtalk 邁向第 60 期！

好消息！香港正逐漸走出新冠疫情的陰霾，社會亦已開始回復昔日的活力！相信每一個香港人都能感受到一股重生的朝氣：確診宗數已大幅回落，同時預計邊境將會很快重開。當你閱讀這篇文章時，這一切可能已經成真；不然，美好的日子還是指日可待！

雖然安得利所作出的貢獻可能微不足道，但一直都為恢復常態而不斷努力作出新嘗試。疫情期間公司一直克服難關、繼續營運，並為香港保持作為世界其中一個最繁榮商業中心的地位，盡了一點綿力。

值得注意的是，在食物從原產地到供貨的整條食品供應鏈中，公司投放了大量資源以確保各方面皆做足全面的防疫措施，而最終亦能以最滿足各項防疫需求，順利為大家穩定貨源。此外，我們亦推出領先業界的衛生措施，以保證為儲存和倉庫帶來一個零感染的環境。

我們必須再一次感謝每位安得利團隊成員不辭勞苦、盡忠職守、堅毅不屈地工作，感謝大家。

我們在這一期 foodtalk 裡推出了一個名為 ChefHub 的全新專題，其中香港廚藝代表隊教練兼經理 Anita Cheng，將會為我們訪問一些廚藝界的後起之秀。Anita 是一位經驗豐富、備受推崇的餐飲界專業人士，並曾先後與幾百位廚師合力構思各種創新的餐飲概念。在這個新單元裡，她將會與一眾支撐業界未來發展的新生代廚師，談及他們的事業旅程。

在今期的封面故事中，我們將會介紹餐飲業的傳奇人物 Paul McLoughlin。他是香港康得思的餐飲總監，一直將餐廳視為自己的舞台，在無拘無束的環境下創作各種新菜式，當中還得到香港一些最優秀的烹飪界人才的支持。

另外，我們亦獨家訪問了幾位亞洲頂級的烹飪界明日之星，以及一如以往為大家報導其他最新消息和專題。

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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A Lightness of Touch

Photography by Chris Luk and courtesy of Cordis, Hong Kong

After several enlightening international experiences, Paul McLoughlin, Culinary Director Cordis, Hong Kong, has found his spiritual home at the innovative property, where his culinary creativity is given the freedom to soar

FT (Foodtalk): You have spent almost 14 years with Langham Hospitality Group, the last six of with Cordis, and all in Hong Kong. What appeals about the group, and Hong Kong?

PM (Paul McLoughlin): Firstly I enjoy the work culture and ethos at Cordis. As a relatively young company we are encouraged by management to think innovatively to help drive revenue and create an impact on the market. As trendsetters we have more flexibility compared to bigger chain hotels to help achieve results. Hong Kong people are industrious, curious and quick learners, so from

務實而靈活變通的管理思維

自從在世界各地工作而眼界大開後，香港康得思酒店餐飲總監 Paul McLoughlin 終於能在一個創新的空間裡找到自己的心靈歸宿，讓他可以在烹飪上發揮無窮無盡的創造力

FT (Foodtalk): 你已在朗豪酒店集團工作了差不多 14 年，其中最後六年在康得思酒店裡工作，期間一直留在香港。對你來說，朗豪酒店集團和香港到底有什麼吸引力？

PM (Paul McLoughlin): 首先，我很喜歡康得思酒店的工作文化和精神。這是一間相對較為年青的公司，管理層都鼓勵我們透過創新思考，來協助公司增加利潤，建立市場影響力。作為一間緊貼潮流的公司，我們相比其他較大型的連鎖酒店有更靈活的空間去追求目標。香港人勤奮好學，而且領悟能力高，因此從管理層的角度來看，做起事上來可以更得心應手。團隊中的每個成員都親切友善，從社交媒體便可反映出彼此友好的關係。此外，朗豪酒店集團亦相當注重可持續發展，這與我所

“Korea was a challenge in terms of language, culture, operational volume, multiple outlets, cuisine and unionisation. It was pretty much sink or swim, but after three years I knew I could work anywhere in the world”

「在韓國，不論是語言、文化、工作量、分店規模、菜式，以至如何團結廚房的成員，對我來說都甚具挑戰！雖然當時所有事情都只能靠自己解決，但經過三年的努力，我知道自己自此擁有走遍大江南北的能力」

a management perspective this makes my job easier. The entire team is so nice, which is reflected on social media. LHG is also extremely focused on sustainability, a topic close to my heart. Hong Kong is an Asian version of New York City – a vibrant place to live and work for people who like to hustle, while also offering numerous activities and many green spaces, which is great for my family. There is also a diverse culinary scene. My wife is Cantonese from Malaysia, and we love dim sum.

FT: Before Langham you had culinary stints in South Korea, Malaysia, Singapore, the UK and your native Canada. What were your takeaways from this varied international experience?

PM: All were different working environments with unique management style, operational volume and of course cuisine. It was tough, but at the same time helped me to grow to become the chef and person I am today. I

追求的目標同出一轍。至於香港，它是一個亞洲版的紐約市，不論是生活還是工作，對喜歡繁華熱鬧的人來說都是一個充滿活力的地方。另外，這裡亦擁有各種不同的消閒活動、綠化空間，以及世界各地的美食，十分適合一家大小享受天倫之樂。我太太是來自馬來西亞的廣東人，點心是我們最愛的美食。

FT: 在加入朗豪集團前，你曾經在南韓、馬來西亞、新加坡、英國和故鄉加拿大任職餐飲業。這些國際工作經驗給你什麼得著？

PM: 除了工作環境各有不同外，這些餐廳亦擁有自己的管理風格和運作規模，當然還有獨特的美食。工作雖然艱辛，但同時給我機會成長，以在今天成為一個擁有個人特色的主廚。20歲出頭的時候，我離開了蒙特利爾前往倫敦，目標是在米芝蓮星級餐廳中工作。我曾經在一間加拿大頂級的餐廳工作過，但自從完全掌握對廚房裡的一切後，便渴望到世界各地歷練一下，以進一步提升自己的廚藝。在新加坡 / 馬來西亞期間，我努力學習成為一個更出色的廚師；到了韓國後，更有機會擔當負責帶領廚房的主廚。然而，在韓國的餐廳，不論是語言、文化、



Seafood platter and Taittinger champagne set at The Garage Bar



left Montreal in my early 20s for London with the goal of working at Michelin-starred restaurants. I had been at one of Canada's top restaurants, but knew the kitchen inside and out, and felt the desire to travel and further develop my craft. In Singapore/Malaysia I learned to be a better cook and in Korea a better chef and leader. Korea was a challenge in terms of language, culture, volume, multiple outlets, cuisine (kimchi in everything!) and unionisation. I bought salt several times thinking it was sugar! It was pretty much sink or swim, but after three years I knew I could work anywhere in the world. A great challenge and experience I wouldn't change. In Asia the people are great and I love the food!

FT: Having grown up with Montreal's French cuisine, did you find there were differences when you experienced French cooking elsewhere in the world?

PM: Les Halles (now closed) was a Montreal gastronomic institution. It was one of the best French restaurants in Canada with a focus on classical French cuisine with modern touches, open 34 years with the same owner. It was difficult to get the job, and was a tough but great learning environment. I was fortunate to work under French national Chef Dominique Crevoisier, who became a father figure and mentor. I was the only non-French national in the kitchen so there was pressure in other ways as well. I learned the essential, classical French skills base, from where you can start 'creating' new dishes.

工作量、分店規模、菜式（每道菜式都有泡菜！），以至如何團結廚房的成員，對我來說都甚具挑戰，其中好幾次更試過分不清糖和鹽！雖然當時所有事情都只能靠自己解決，但經過三年的努力，我知道自己自此擁有走遍大江南北的能力。面對如此艱辛的挑戰和經驗，我從來沒有感到後悔。另外，亞洲人很友善，而且食物相當美味！

FT：年青時，你曾經在蒙特利爾從事法國菜烹調工作，這與你在世界其他地方體驗到的法國菜有什麼分別？

PM：Les Halles（已結業）是蒙特利爾的一個美食團體，更是加拿大其中一間最優秀的法國餐廳，特色是以現代手法來



“ Once I became chef de cuisine I instead treated my team as I would like to be treated – tough, fair and always respectful. People come to work, not be abused. Happy and motivated employees are productive employees ”

「當我成為行政主廚後，我便以將心比己的心態來對待我的團隊，亦即嚴厲、公平卻時刻互相尊重。這裡是工作而不是令員工受到虐待的地方，而且快樂和積極的員工，才能帶來最好的生產力」

No matter how modern the cuisine, the basic techniques are the same, especially sauces.

FT: You have had extensive experience at Michelin-starred restaurants. Did this inform your subsequent cooking and management style?

PM: I learned new techniques and recipes from those restaurants, as well as generous helpings of humility! At the best of times kitchens are challenging working environments no matter the level, but when you get to Michelin restaurants it is a different ballgame. The workload, long hours, pressure and expletives you will experience, and stamina, precision and speed demanded to perform at an elite level, usually six days a week for up to 18 hours a day, is incredible. Customers are paying top dollar and could be celebrating a special occasion, so we have an obligation to do our best. You are also working with some of the most expensive products in the world, so cannot screw it up. You need true passion, desire and

炮製經典法國菜，開業 34 年從未易手。要成為這間餐廳的員工絕不容易，而且工作相當辛苦，但同時亦提供了一個非常好的學習環境。我很幸運能夠跟隨法國國家級大廚Dominique Crevoisier 工作，他不僅是我的烹飪導師，更有如父親般對我照顧有加。在廚房裡，由於我是唯一一個非法國人，無形中在各方面都對我構成壓力。從各種基本知識、經典法國菜的烹飪技巧，以至「創作」新菜式的竅門，我都逐一學習。我了解到即使菜式如何新穎，講求的都是相同的基本技巧，而醬汁更是當中的精髓。

FT: 你在米芝蓮星級餐廳擁有豐富的工作經驗，這對你往後的烹飪和管理風格有什麼影響？

PM: 我從那些餐廳學到各種新的烹調技巧和方法，並且明白到謙卑學習的重要性！無論什麼級別的餐廳，廚房都是一個充滿挑戰的工作環境，可是只要進入米芝蓮餐廳，考驗才真正開始。沉重的工作量、冗長的工時、工作期間承受的壓力和指責，以及在精英廚房裡工作所需要的耐力、精確度和速度（而且一般每星期需要工作 6 天，每天最長 18 小時），實在不是三言兩語可以形容。客人可能為了慶祝人生的某個特別時刻



drive. Once I became chef de cuisine I instead treated my team as I would like to be treated – tough, fair and always respectful. People come to work, not be abused. Happy and motivated employees are productive employees.

FT: You have a reputation for experimental and fusion styles – can you give some examples of innovative dishes you have developed?

PM: As opening chef de cuisine for Saint Pierre restaurant (currently two Michelin star) in Singapore where we were doing modern French with Japanese influences, I had an early grounding in 'fusion'. This was over 20 years ago, when nobody was doing this culinary style except Tetsuya's in Sydney, and during my 2.5 years we won every award available. I do not pretend to be an expert in Japanese cuisine, but believe many international cuisines are fusion to varying degrees. I might use edamame beans or laksa paste in a prawn head emulsion for a seafood dish, or do a scallop with prawn mousse wrapped in nori, but would not say it is Malaysian, Japanese or fusion. It is using different ingredients because they work well together and taste good! I have successfully used nori and filo to wrap a lamb loin, and piment de piquillo sauce with fava beans and artichoke barigoule and olive dust. More recently I have done black cod with char siu marinade, and combined char siu, lamb belly, eggplant miso puree, brussel sprouts, crosnes and cordyceps flower.

FT: You are also a proponent of lighter culinary styles. French cuisine is very reliant on cream and butter, so has that been a challenge?

PM: Like everything, food trends and styles are constantly evolving, but the French classical culinary base will always remain relevant. It may use more butter and cream than other cuisines, but there is a time and place for everything. The growing popularity of degustation (tasting) menus, however, means it is impossible to eat so many rich dishes, so recipes have been lightened up. Combined with today's more health-conscious lifestyles, restaurants and chefs have had to adapt. While dining out should not necessarily be an everyday occurrence, the experience should be enjoyable and indulgent. My style of cooking favours lighter, fresher flavours. At the end of a meal you should feel satisfied, not satiated.

FT: What do you make of Mong Kok, Cordis Hong Kong's location and a dynamic, traditional yet rapidly evolving area with unique culinary traditions?

PM: I love working in such a diverse and exciting environment. We are at the heart of it all. It is one of the most densely populated places in the world, with electrifying energy. There are many colourful stores and



而不惜工本，因此我們有責任做到盡善盡美。此外，廚房裡的每個角落都是頂級的用具和食材，工作期間必須小心翼翼。在這種環境下，你必須擁有熱誠、夢想和動力才能堅持下去。當我成為行政主廚後，我便以將心比己的心態來對待我的團隊，亦即嚴厲、公平卻時刻互相尊重。這裡是工作而不是令員工受到虐待的地方，而且快樂和積極的員工，才能帶來最好的生產力。

FT：你憑著創新的實驗菜式和融合菜式而享負盛名。可否列舉一些你所創作的新型菜式？

PM：新加坡Saint Pierre 餐廳（目前獲列為米芝蓮二星級）主要提供具有日本料理特色的現代法國菜，由於我是當時開業的行政主廚，因此從那時起便對「融合」菜式略懂一二。20多年前，除了悉尼的Tetsuya 餐廳外，並無其他廚師製作這種菜式。在我於Saint Pierre 工作兩年半後，餐廳贏得了多個獎項。我並不是要充當日本料理專家，但相信目前很多國際美食，或多或少都具有融合的元素。我會在蝦頭奶油中加入日本毛豆或叻沙醬以炮製海鮮菜式，或者用紫菜包裹蝦醬來製作扇貝，但是我不會刻意稱這些為馬來西亞菜、日本菜或融合菜，相反將這些不同食材配搭起來的目的，全都是因為美味而已！我曾經成功用紫菜和薄脆酥皮來包裹羊扒，以甜椒醬配蠶豆，以及朝鮮薊加橄欖粉。最近，我又用上了叉燒醃料來做黑鱈魚，並將叉燒、羊肚、味噌茄子、抱子甘藍、甘露子和蟲草花混合入饌。

FT：你亦致力推動輕盈飲食，可是法國菜大多以奶油和牛油為配料，那麼是否很難在兩者之間取得平衡？

PM：雖然世界不斷轉變，飲食潮流和風格亦同樣日新月異，但是法國經典美食的基本元素卻始終如一。相比其他菜式，

“ For a chef cooking should be an evolution – your skills and recipes need to adapt and evolve over time ”

「對廚師來說，烹飪是一份不斷演化的工作，
其中烹調技巧和方法都需要隨著時間而調整和改變」

characters, and of course great street food to try. There are no pretensions: it is a bustling area with real people hustling to survive – a microcosm of yesteryear Hong Kong, yet also part of a visibly developing future. It is amazing to see the gentrification over the past 13 years I have been here.

FT: Have you had to adapt your culinary style depending on where you are working in the world? Can you provide any examples?

PM: For a chef cooking should be an evolution – your skills and recipes need to adapt and evolve over time. I am not cooking the same way I was five years ago, and probably not as even a year ago. I challenge myself to regularly come up with new dishes, not because I have to, but because I want to. My creative mind is like a muscle I must constantly exercise to be strong. A chef should be curious and strive to do better than yesterday. I am always thinking about food and looking for

法國菜可能使用更多牛油和奶油，但份量如何調配，都視乎每個地方當時的要求和口味。現時「試味套餐」越來越受歡迎，客人藉此可以品嚐到更多不同的菜式，但每碟菜式的份量便因此減少；再加上客人日漸注重健康飲食，因而造就了輕盈餐單的興起，餐廳和廚師們都需要追上潮流。雖然我們不會每一天都外出用膳，但每次都希望能夠盡情享受到各式美食。我的烹飪風格以清淡和清新的口味為主，讓客人用餐後能感到滿足而不是飽膩。

FT：旺角是一個充滿活力、發展迅速，卻又富有傳統特色的地方，而且到處都可以找到各式獨特美食，你對香港康得思酒店開設於這個地方有什麼看法？

PM：我很喜歡在如此多元和精彩的環境中工作。旺角是一個華燈滿佈、特色匯聚，亦是全世界其中一個人口最密集的地方。這裡設有很多五光十色的特色商店，當然還可以找到數之不盡的美食。在這個繁華熱鬧的地區，每個人都充滿活力，如果說它既是昔日香港的縮影，亦是這個城市未來發展的投射，確實一點也不誇張。過去13年來我一直在這裡工作，並見證著它逐漸演變成一個高雅和有品味的地方，著實令人驚喜。



Grass-fed beef, shitake, nori, Cevennes onion, marmite-eggplant emulsion, kimchi brussels sprouts, beef jus by Chef Paul



inspiration. Generally in Asia people are more sensitive to salt and sugar compared to western palates, which suits me as I lean towards the savoury side. Anything a good chef cooks should be balanced and focus on the five tastes – salt, acid, bitter, sweet, umami – I incorporate at least four in my dishes.

FT: You are serving very large number of guests daily at Cordis. How do you maintain the quality and consistency on that scale?

PM: Proper planning and having systems in place with strong organisation is key. It's essential to provide the team with the right tools and working environment to carry out their duties in the most operationally efficient way possible. Make sure you have the right people in the right place at the right time and get training and mentorship programmes in place with strong hands-on supervision. The core team members and supervisors must be switched on. I am very fortunate to have some of Hong Kong's best chefs working with me. Low turnover helps to maintain stability and consistency. Lead by example, inspire and motivate your team and create a happy working environment.

FT: 在世界各地工作，你是否曾經為配合當地人的口味而調整自己的烹飪風格？可否舉一些例子？

PM: 對廚師來說，烹飪是一份不斷演化的工作，其中烹調技巧和方法都需要隨著時間而調整和改變。我目前的烹飪方法與一年前比較可能已經有所分別，更遑論五年前。我會定期要求自己創作新的菜式，除了因工作需要外，我自己亦十分享受其中的過程。創意就好像肌肉般，要經常鍛鍊才能變得強大。廚師應該好學不斷，力求進步，因此我腦海中常常想著食物，並四出尋找創作靈感。一般來說，亞洲人比西方人對鹽和糖更加敏感，由於我本身亦傾向烹調較鹹的菜式，因此亞洲人的口味便與我不謀而合。一個優秀的廚師應能炮製出味道恰到好處的菜式，並在鹹、酸、甘、甜、鮮五種味道之間取得平衡，而我的菜式則最少會蘊含其中四種味道。

FT: 在康德思，你每天都需要招待非常大量的客人。在排山倒海的工作下，你如何穩定地保持食物的水準？

PM: 適當的規劃、完善的系統，再配合周詳的安排，便是其中的關鍵。正所謂工欲善其事，必先利其器，因此必須為團隊提供合適的工具和工作環境，才能讓他們以最有效的方式完成任務。同時，身為主廚亦要確保因應時間和地點來調配適當的人手，並且制定培訓和輔導計劃，實地監督團隊的工作情況。另外，團隊中的主力成員和主管必須集中精神，全神貫注。幸運地，我能與全香港一些最出色的廚師一起工作，員工流失率低亦有助保持團隊穩定和默契。身為主廚，我需要以身作則，啟發和鼓勵團隊，以及營造一個愉快的工作環境。 (P)



Spreading the Love

Beerenberg is an iconic Australian brand that has been producing some of world's most popular jam, honey and more for over five decades

Even by Australian standards of innovation and entrepreneurship, the story of how the Paech family went from immigrant arrivals in 1839 to one of the most successful global producers of jam, honey and other spreads is inspiring.

The family of five arrived from Germany almost 200 years ago along with 52 other families, establishing a village and farms in the Adelaide Hills, which they named Hahndorf. Grant and Carol Paech inherited the farm in 1969, and decided to diversify by planting strawberries on the lush pastures, which they initially sold from a roadside shed.

In 1971, when production reached consistent quantity and quality, the couple began making what still remains their most iconic and best-selling product today – strawberry jam. Realising they needed a name for the burgeoning new venture, they paid respect to the family's German roots with 'Beerenberg', meaning 'Berry Hill'.

果醬背後 的家族情懷

50 多年來，澳洲著名品牌 Beerenberg 一直為全世界帶來各種最受歡迎的果醬和蜜糖產品

Paech 家族從 1839 年移民到澳洲，到現在成為全球其中一間最成功的果醬、蜜糖和其他醬料生產商。即使以澳洲一貫的創新和創業標準來看，他們鼓舞人心的故事亦稱得上為典範。

約 200 年前，與其他 52 個家庭一起從德國遠赴澳洲的五位 Paech 家族成員，在阿德雷德山建立了一個村莊和農場，並命名為「漢道夫」。1969 年，Grant 和 Carol Paech 兩夫婦繼承了農場，並在這片綠悠悠的土地上種植不同種類的士多啤梨，並以在路邊開設的棚檔作為他們售賣農產品的起點。

1971 年，由於農場的收成不論在產量和品質上都漸趨穩定，於是兩夫婦便開始製作時至今日仍然是最著名和最暢銷的產品——士多啤梨果醬。隨著果醬的銷售業務發展一日千里，兩夫婦

Since then the 100% family-owned company has expanded exponentially, with following generations taking the reins and business going from strength to strength. It exports around 30% of its range of nearly 100 wholly Australian-made Australian jams, chutneys, gourmet relishes and sauces internationally, and employs about 100 employees.

All products are handmade using only the plumpest, juiciest fruit, to offer rich, vibrant, fresh-flavoured products. Alongside its mouthwatering strawberry jam, other best sellers include apricot, blackberry and raspberry jam, orange marmalade and honey. Many of their products are vegan and gluten free, with no artificial colours or preservatives.

Beerenberg is committed to excellence: from the quality of its ingredients to the people it employs, to its manufacturing methods and processes. The results speak for themselves – its products are sold in 24 countries, to five-star hotels, airlines and beyond. However, the company has never lost its dedication for authenticity and providing a true farm taste, thanks to the passion of the entire team.



認為他們的新公司需要一個名字，因此便以「Beerenberg」（意思是漿果山）命名，藉此緬懷家族在德國的歷史淵源。

此後，這間完全由家族持有的公司不斷擴展，並且在幾代成員的努力下，業務更是屢創高峰。公司現在擁有大約 100 位員工，生產接近 100 種百分百在澳洲製造的澳洲果醬、酸辣醬、調味料和醬汁，其中約 30% 出口到世界各地。

所有產品均採用最飽滿多汁的水果以手工精心製作而成，務求讓大家享受到口感濃郁、果味十足、新鮮香甜的滋味。除了令人食指大動的士多啤梨果醬外，其他暢銷產品還包括黃梅醬、黑莓和樹莓果醬、柳橙果醬和蜜糖。大部份產品都是素食及不含麩質，而且絕無人造色素和防腐劑。

從材料的品質、聘用的人才，以至生產方法和程序，Beerenberg 都力臻完美。他們的業務遍及 24 個國家，連五星級酒店、航空公司等服務業都採用他們的產品，成績有目共睹。然而，公司上下並未因此鬆懈，並憑著對果醬的熱情和對正宗澳洲製造的堅持，為世界各地提供真正源自農場的鮮味。🍓







Spiced mackerel cone with pickle and smoked mayonnaise

An Evolving Life Journey

Photography courtesy Grand Lisboa Palace Resort

After a career that has taken him around the world, Chef Franck Damianovitch, Culinary Director of Grand Lisboa Palace Resort Macau, believes that building team spirit, sustainability, and understanding the needs of customers is the key to success

FT(Foodtalk): Many chefs work in the industry because their families already had some involvement in F&B, but not only did your grandparents own a restaurant and butchery, your parents had a bakery business! This must have put you at a huge advantage from an early age in terms of acquiring skills?

FD(Franck Damianovitch): Growing up in a family that

豐富多變的人生旅程

主廚 Franck Damianovitch 是澳門上葡京綜合度假村的餐飲總監，在工作期間走遍世界各地後，他認為成功的關鍵在於建立團隊精神，提高團隊可持續發展的能力，以及了解客人的各種需要

FT(Foodtalk): 在餐飲業界，很多廚師都是因為家人曾經從事這個行業而入行。你不僅祖父母是餐廳和肉店的老闆，父母亦有經營自己的麵包店！在這個家庭背景下，你是否從小便擁有一個得天獨厚的環境去學習烹飪技巧？

FD(Franck Damianovitch): 在一個經營餐廳的家庭中成長，讓我從小便有機會接觸到與餐飲業相關的知識和學問，同時亦保留了很多難忘的回憶。祖父母當年將簡單的食材炮製

“ It is important to remain humble all the time
– this is the true key to success. As chefs we are here to transmit emotions
through our cooking, making our dishes the culinary stars ”

「時刻保持謙卑是成功的真正關鍵—身為廚師，我們透過美食來表達情感，
並希望讓菜式能像美麗的星空般，令人暫時忘卻煩憂」

runs restaurants I was given a lot of exposure, knowledge and understanding of the food and beverage industry from a young age. There were so many memorable experiences, and I still remember the smells, colours and beauty of the products my grandparents used, turning simple ingredients into exemplary dishes.

FT: After beginning your career in your native France, you went on to work in the UK, Turkey and China, and most recently Macau, where you have spent almost eight years. How has this international experience travel benefited your career and what have been the main takeaways?

FD: From working in various countries I was able to learn about different cultures and their cuisines. I explored their flavours, smells, products and techniques, and this helped me progress and advance in my cooking skills: defining

成可口菜式時所用過的材料，當中的氣味、顏色以至精緻的外觀，到了今天依然令我記憶猶新。

FT: 你在出生地法國展開了烹飪事業，隨後曾經踏足過英國、土耳其和中國，近年則來到澳門工作，而且更逗留了差不多八年時間。在世界各地工作的經歷，對你的事業有什麼幫助？當中有什麼主要得著？

FD: 在不同的國家工作，讓我有機會了解到各地的文化和菜式。我會仔細研究這些菜式的味道、氣味、材料以至烹調技巧，從而讓自己的烹飪技術更上一層樓，其中包括構思自己的方法來創作各種美食，以透過創新的菜式為客人帶來快樂。

FT: 你曾經與Yves Thuries、Fabrice Vulin 和 Jean-Paul Naquin 等殿堂級主廚共事，可否總括一下你從他們身上學到哪些重要技巧和知識？

FD: 他們在餐飲界的豐富經驗，讓我學懂虛心學習的重要性，並相信時刻保持謙卑是成功的真正關鍵。身為廚師，我們透過





The grand buffet western

an approach to creating my own recipes and transmitting happiness to guests through my creations.

FT: Having worked with legendary chefs such as Yves Thuries, Fabrice Vulin and Jean-Paul Naquin, can you sum up some of the key skills and lessons you picked up from them?

FD: I have learned from every experience that humility is necessary. It is important to remain humble all the time – this is the true key to success. As chefs we are here to transmit emotions through our cooking, making our dishes the culinary stars.

FT: What messages would you in turn pass onto young people looking to enter the industry?

FD: I would encourage them to experiment as much as they can in order to discover what they are really passionate about and truly love to do. They should work in different roles and restaurants, with various kinds of cuisine, and when they identify what works for them, pursue that. Cooking is much more than a job, it is a constantly evolving life journey.



Guincho sea

“ One of the keys to success lies in building team spirit.
It is essential that every team member share a common goal.
This ensures the team moves hand-in-hand in the same direction ”

「成功的其中一個關鍵，在於建立團隊精神。團隊中的每一位成員都必須心繫相同的目標，以確保整個團隊能以一致的步伐向著同一個方向前進」

FT: With your experience opening and operating large resorts worldwide, can you define what makes a successful launch in terms of F&B? And how to sustain that?

FD: One of the keys to success lies in building team spirit. It is important every team member share a common goal. This ensures the team moves hand-in-hand in the same direction. To sustain this team spirit, it is essential to apply solid leadership skills, a sense of fairness, understanding, respect and discipline.

FT: In 2019, you were inaugurated as a member of Maître Cuisinier de France in recognition of your contribution to the French culinary world. How did that make you feel?

FD: I was honoured to be introduced as a member of Maître Cuisinier de France by some of the most talented

美食來表達情感，並希望讓菜式能像美麗的星空般，令人暫時忘卻煩憂。

FT: 對於有意入行的年輕一輩，你有什麼說話想與他們分享？

FD: 我會鼓勵他們盡力作多方面的嘗試，以了解自己的喜好和真正喜歡的事情。他們可嘗試在各類型餐廳擔任不同的崗位，從中體驗各種菜式所涉及的工作。當他們知道什麼工作適合自己時，便應該全力以赴向著目標進發。烹飪並不只是一份工作，更是一段豐富多變的人生旅程。

FT: 在世界各地開設和營運大型度假村方面，你的經驗甚為豐富。可否分享一下在營運餐飲業務上怎樣才能旗開得勝？以及如何將成功延續下去？

FD: 成功的其中一個關鍵，在於建立團隊精神。團隊中的每一位成員都必須心繫相同的目標，以確保整個團隊能以一致的步伐向著同一個方向前進。如要令業務成功發展下去，那麼出色



French chefs. I will stay humble and continue to advance myself through my work experiences, learn from every chance I get, and share my knowledge with others.

FT: You are also acting President of the Disciples Escoffier International Macau, and have been part of the Michelin gala dinner for Hong Kong and Macau for several years. What are the responsibilities of this role and why is it important to you?

FD: I was equally honoured to be involved in organising several Hong Kong and Macau Michelin gala dinners in recent years. This gave me the chance to work alongside world-renowned Michelin-starred chefs, including Alain Ducasse, Allan Wong, Fabrice Vulin and many others. I was fortunate to be able to acquire some of their techniques and the creative spirit of innovation and evolution. While it is always challenging to organise dinners on that scale, I enjoyed them tremendously, and learned a good deal from the experience, from planning to execution.

FT: Sustainability is becoming a huge movement in F&B. How do you see this changing the industry moving ahead?

FD: This issue is now a global priority, and chefs play an integral role in working toward worldwide sustainability. At Grand Lisboa Palace we have committed to working with local small and medium-sized enterprises, which source and distribute products produced sustainably. We have also implemented sustainability measures such as using recyclable consumables, implementing a strict waste sorting policy and working with innovative waste treatment companies to ensure proper disposal. Rather than being discarded, many food by-products are used for plating, cocktails and seasonings for various dishes.

FT: For investors looking to put money in a restaurant concept right now, what would you see as a safe bet for ROI?

FD: The F&B industry is constantly evolving, so it is important to be alert to market trends. An example would be the food delivery and takeaway businesses that have grown rapidly during the pandemic. Customers are now looking for more than just good food; they actively seek innovation, inspiration and new dining experiences. It is therefore important for us to continuously reinvent



的領導力，處事公平公正，理解和尊重別人，以及遵循嚴格紀律，都是不可或缺的元素。

FT：為表揚你對法國烹飪界所作出的貢獻，2019 年你正式成為「法國廚師行業協會研究級別」的成員。你對此有什麼感想？

FD：能夠得到一眾最優秀的法國大廚推舉成為「法國廚師行業協會研究級別」的成員，我感到相當榮幸。我會繼續以謙卑的心來吸取工作經驗，把握每個學習機會，務求能夠精益求精，並且與其他人分享我的知識。

FT：你現時正擔任「埃科菲國際廚師協會（澳門）」的主席，以及這幾年都有參與香港和澳門的米芝蓮晚宴。這個職位到底有什麼職責？為何對你來說這麼重要？

FD：能夠在近幾年參與籌辦香港和澳門米芝蓮晚宴，我感到相當光榮。這讓我有機會與世界知名的米芝蓮星級主廚一起工作，包括Alain Ducasse、Allan Wong、Fabrice Vulin等等，並有幸從中學習他們的烹飪技巧以及創新和不斷改良食譜的精神。當然，籌辦如此大型的晚宴絕對是一項挑戰，但同時讓我在籌劃以至執行期間學到很多寶貴的知識，而且亦樂在其中。

FT：持續發展成為了餐飲業的一個大趨勢。你認為這個趨勢如何影響業界的發展？

FD：今天，全球都將持續發展放在首位，而廚師在餐飲業可持續發展上擔當著關鍵的角色。澳門有一些中小企專門從事採購和分銷可持續生產的產品，上葡京致力與這些中小企合作。此外，我們亦推行各種可持續措施，例如使用可回收的耗材，實施嚴格的垃圾分類政策，以及與創新的垃圾處理公司合作，以確保適當地處置廢物。我們亦不會隨便丟棄食物副產品，其中很多都會用作擺盤，調配雞尾酒，以及為其他菜式調味。

“ Customers are now looking for more than just good food;
they actively seek innovation, inspiration and new dining experiences.
It is therefore important for us to continuously reinvent ourselves ”

「客人除了注重食物質素外，亦相當講究創新、精彩和新穎的餐飲體驗。
因此，我們必須不斷因時制宜」

ourselves. Employers must also hire the right talent: individuals who are genuinely passionate, reliable and committed to the job and their own professional development.

FT: How has your approach to food and cooking changed since the beginning of your career?

FD: My work philosophy and love of the products has grown even stronger over time. What has really evolved is probably my approach in adapting to different situations. I have learned to first understand the needs of the customers, then figure out the right way to respond to these needs, and ultimately translate hard work and commitment into success we can all enjoy together.

FT: 對於目前有意將資金投放於餐廳概念的投資者而言，你認為怎樣才能得到穩健的投資回報？

FD: 餐飲業是一個日新月異的行業，因此投資者必須留意市場趨勢。舉例而言，疫情期間食物配送和外賣業務迅速地增長；另外，客人除了注重食物質素外，亦相當講究創新、精彩和新穎的餐飲體驗。因此，我們必須不斷因時制宜，而僱主亦必須聘用合適的人才，例如真心喜歡烹飪、做事可靠、克盡己任，以及願意追求專業發展的員工。

FT: 入行至今，你對食物和烹飪的看法有什麼轉變？

FD: 我的工作理念和對食物的熱愛，均隨著時間而日漸增強。我覺得真正的轉變是自己在不同情況下的適應能力。我明白到首先要了解客人的需要，然後找出合適的方法來回應他們的要求，最後將努力工作和對成功的追求，轉化成大家都能享受到的成就。 安



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Westgold's award-winning butter's rich flavour and deep golden colour starts with high rainfall, glorious sunshine, and lush green pastures on the West Coast of New Zealand's South Island. Our traditionally-churned butter making process results in a creamy and delicious product that is easy to work with, adding richness, flavour and volume to dishes, and shine and gloss to sauces.



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Santa Sleigh from *Westgold*TM

Butter Chocolate Cake

Ingredients

250g	Westgold unsalted butter
200g	Sugar
50g	Trimoline
275g	Eggs
250g	Cake flour
25g	Cocoa powder
5g	Baking powder

Procedure:

- Whisk the butter, sugar and trimoline until creamy, add the eggs slowly
- Last add the cocoa powder, cake flour and baking powder and fold in
- Bake at 180 °C around 15-20mins and use a skewer to check through

Homemade Orange Compote

Ingredients

300g	Skin orange and flesh
65g	Sugar
4g	Pectin NH
150g	Orange puree
40g	Mandarin puree

Procedure:

- Bring boil the whole orange to salt water and cool down in ice bath once boiling
- Repeat the process 3 times, and peel the skin and chopped to fine dice and the remaining flesh hand blend to a paste
- Mix both flesh and chopped skin, orange juice, mandarin juice and bring to boil
- Add the pectin and sugar mix and once boil take out and chilled before spread on the cake

Orange Cremeux

Ingredients

306g	Orange juice
2pcs	Orange zest
260g	Egg
183g	Castor sugar
31g	Gelatin mass
76g	Cocoa butter
336g	Westgold unsalted butter

Procedure:

- Bring to boil the juice pour in the eggs and mix sugar, mix well
- Cook until 75 °C like a cream anglaise
- Add the orange zest, and the gelatin mass
- Cool down to 40 °C on ice bath, add the butter and the cocoa butter
- Chill and use

Chocolate Mousse

Ingredients

72g	Milk
72g	Cream
27g	Egg yolk
13g	Sugar
2g	Gelatine
210g	60% dark chocolate
340g	Whipped cream

Procedure:

- Make a cream anglaise with the cream, milk, sugar and eggs
- Cook until 83°C
- Pour in the half melted chocolate and mix well, add the melted gelatine
- Last whipped the cream and fold in the above

Cocoa Butter Crumble

Ingredients

290g	Westgold unsalted butter
180g	Sugar
50g	Honey
160g	Almond powder
100g	Bread flour
120g	Cake flour
90g	Cocoa powder

Procedure:

- Gently cream the sugar, butter, honey
- Fold in the dry ingredient and rest the dough in the chiller
- Grate using a grater, keeping it cold and fill in the mold and bake at 180°C around 12-14 mins
- After bake cool down and spray with gold spray vivy

Red Glaze

Ingredients

75g	Water
150g	Sugar
150g	Glucose
100g	Condensed milk
80g	Gelatine mass
130g	White chocolate
25g	Red colour powder

Procedure:

- Water, sugar and glucose boiled 103°C
- Mix all and blend and use at 38-40°C





Celebrating Simplicity

From humble beginnings, Tristin Farmer, Executive Chef, ZEN restaurant, always had the belief that hard work and determination would see him rise to the top – but he's not finished yet

Photography courtesy ZEN restaurant

FT(Foodtalk): When you were working at the Peat Inn in your native Scotland as an apprentice, could you have imagined that a couple of decades or so later you would be in Singapore preparing sophisticated dishes at a Michelin-starred restaurant? Is this how you expected your career to work out?

TF(Tristin Farmer): While not location specific, I did imagine I would eventually work at this level. When I left school at 16, I was already hooked on the energy, passion and excitement of being a chef. I realised that if I worked hard and applied myself, there no barrier or limit to what I could achieve. I had a very humble childhood and there was no money to send me to expensive culinary school. So I put my head down, worked hard and had the ambition to make it to the top of the catering industry. I still have a lot more hard work ahead of me.

FT: What were the main takeaways after working at Gordon Ramsay's UK restaurants Claridges, Petrus and Restaurant Gordon Ramsay?

TF: Working for Gordon for so long is what made me the chef I am today. His energy, drive and vision were inspiring. He actively encouraged and promoted within the team. As you stayed longer, gained his trust, year by year the opportunities came. You were judged on your work and knowledge, not age. After five years in the group, I was promoted to head chef at Maze and retained the Michelin star for three years. In the end I was with Gordon for eight years. The main takeaways were discipline, organisation, working under pressure, refining every detail and always pushing standards for food and service. Second best was never accepted. I owe a lot to Gordon and still remember the lessons and guidance to this day.

FT: You have worked at many Michelin-starred restaurants, and earned them in your own right. Now as a three-star chef, how would you sum up your Michelin journey? What's the real motivation?

TF: It has taken me from apprentice, to London and around the world, and still challenges me every day. However, it is not about chasing Michelin stars, but creating the best food and experiences possible to make every customer happy. Whether polishing a place or serving caviar, if it's not nine or ten out of ten, do it



Buri

追求簡單的美味

從學徒出身並現職 ZEN 餐廳行政主廚的 Tristin Farmer，一直以來都相信只要努力不懈，堅持到底，便能攀登職業生涯的高峰。雖然今天他已創出了一番事業，但仍然繼續奮力向著不同的目標邁進

FT(Foodtalk): 當你在家鄉蘇格蘭的 Peat Inn 擔任學徒時，曾否想過幾十年後會在新加坡的米芝蓮餐廳內，負責主理各種精緻的佳餚美饌？這是你所期望的事業發展方向嗎？

TF(Tristin Farmer): 雖然我沒有具體想過要在哪個地方工作，但今天所做的的確就是我心目中理想的職業。當我在 16 歲離開學校時，心裡已有一股力量和熱情推動我成為一個廚師。我發現只要努力工作，盡力做好自己，便能在追求目標

“Simplicity – discovering a new ingredient and cooking delicious food with love and seeing the smiles is the best, most satisfying thing”

「我認為簡單就是美 – 因此發掘新的食材，用心烹調美味的食物，並看到客人吃得津津有味，就是最令人滿足的事」

again! Perfect the small details and the rest takes care of itself. Having worked in Michelin star restaurants most of my career it is now the norm. The key thing is that it's an impartial guide that cannot be influenced. It's a benchmark and a reward for your hard work, passion, energy and personality.

FT: Before Singapore you worked in Dubai, where you won Middle East Chef of the Year two years running, and Hong Kong. Did those experiences make an impression on your culinary DNA?

TF: Definitely. The biggest thing I have taken from my time working abroad is how to adapt to different environments. It pushes you out of your comfort zone and forces you to grow not only as a chef but a human being, learning to respect other cultures and learn from them. It's an ambition I always had and has taken my career to a new level. After working with Gordon, my goal was to transition from head chef, learn how to run a business, oversee projects and open a restaurant from scratch. While searching for this opportunity, [chef and restaurateur] Jason Atherton reached out to me, asking if I was interested in opening a new place for him in Dubai, which started my overseas adventures in the most challenging way!

FT: You have worked with many renowned chefs, but Björn Frantzén, owner of ZEN's parent restaurant Frantzén in Stockholm is considered a visionary. What have you learned from him, and other chefs?

TF: I learned so much from every chef I have worked for, but Bjorn has taken the way I see restaurants and business management to another level. His vision, creativity and cooking style are truly inspiring. But the biggest factor is the way he invests time, energy and money on every member of the team to get the best out of them. His philosophy is that the better they are, the better the restaurant and food are. And by providing an inspiring, stimulating and rewarding environment with the best facilities, there are zero recruitment problems.

的旅途上披荊斬棘。童年時由於家境清貧，家人無法讓我入讀學費高昂的烹飪學校，因此只能靠自己埋頭苦幹，勤力工作，期望有一天能在餐飲業中闖出一番事業。到了今天，我仍然有很多目標希望努力去完成。

FT：你曾經在英國由 Gordon Ramsay 創立的 Claridges、Petrus 和 Restaurant Gordon Ramsay 中工作，這些經驗給你什麼重要得著？

TF：全因為多年跟隨 Gordon 工作的經驗，才讓我今天能夠成為一個有少許成績的廚師。Gordon 的幹勁、魄力和遠見，都令我深受啟發。他經常鼓勵和提攜團隊中的成員，只要與他共事的時間越長，並且努力工作以贏得他的信任，你便能在事業上得到源源不絕的機會。他是一個唯才是用，不計較對方年齡的人。在團隊工作了五年，我獲晉升為 Maze 餐館的主廚，同時餐廳亦有三年獲得米芝蓮星級評分。我與 Gordon 合共一起工作了八年，並從中明白到工作時必須嚴守紀律、有條不紊、負重致遠、一絲不苟，以及時刻在食物和服務品質上追求更高的標準，即使出現少許瑕疵，亦不能輕易讓步。Gordon 對我照顧有加，直到今天我依然謹記他們的教誨和指導。



Beer poached crustacean, dill smetana

☺☺ Whether polishing a place or serving caviar, if it's not nine or ten out of ten, do it again – perfect the small details and the rest takes care of itself ☺☺

「無論是打掃餐廳還是為客人奉上魚子醬，假如無法做到盡善盡美，便應該重新嘗試以做得更好！只要在工作上專心致志，各方面的成就和嘉許便會自然前來」



FT: Zen's Nordic and Japanese blend is intriguing. What makes it work so well? Why are these cuisines so complementary?

TF: Both Nordic and Japanese cooking styles are uncomplicated, where the ingredients speak for themselves. Fermentation is a pillar of both, from lacto fermentation of fruits and vegetables, dry-aging meat in Nordic cuisine, to solid-state cultivation using koji mold. Working so well together, the cuisines have merged to the point they have almost become one.

FT: 你曾經在多間米芝蓮星級餐廳裡工作，並且憑實力為餐廳贏得了這些榮譽。現在你作為一位三星級主廚，可否總結一下你的米芝蓮經歷？是什麼原因推動你一直堅持目標？

TF: 我從學徒開始做起，並曾經在倫敦以至世界各地工作，到了今天在工作上依然面對著種種挑戰。然而，我並沒有刻意追求米芝蓮星級的榮譽，反而專心一致烹調最美味的菜式和提供最優質的餐飲體驗，務求讓每位客人都稱心滿意。無論是打掃餐廳還是為客人奉上魚子醬，假如無法做到盡善盡美，便應該重新嘗試以做得更好！只要在工作上專心致志，各方面的成就和嘉許便會自然前來。由於在事業上我大部份時間都是在米芝蓮星級餐廳中工作，因此已經習慣了這種工作環境。米芝蓮星級是餐飲界中一項公正的評分指標，廚師只要辛勤工作、對烹飪充滿熱誠和幹勁，再加上高尚的廚德修養，總有一天有機會得到這份榮譽。

FT: 在來到新加坡前，你曾經在香港和杜拜工作，其中更在杜拜連續兩年贏得年度中東廚師大獎。這些經驗有沒有對你的烹飪理念產生影響？

TF: 絕對有影響。當我在海外工作時，最大的得著便是學會如何適應不同的環境。這些經驗迫使我走出舒適區，不僅將自己培育成為一個稱職的廚師，更學懂了做人處事的技巧，以及尊重其他文化和虛心學習的重要性。一直以來，我都決心透過這些經驗來創出事業上的新高峰。在跟隨Gordon工作後，我的目標是晉升成為一名大廚，以及學習如何經營業務，管理項目和由零開始開設一間餐廳。當我四出尋覓這些機會時，[廚師和餐廳老闆]Jason Atherton向我招手，並問我是否有興趣在杜拜



“ The biggest thing I have taken from my time working abroad is how to adapt to different environments ... it pushes you out of your comfort zone and forces you to grow not only as a chef but a human being, learning to respect other cultures and learn from them ”

「當我在海外工作時，最大的得著便是學會如何適應不同的環境。這些經驗迫使我走出舒適區，不僅將自己培育成為一個稱職的廚師，更學懂了做人處事的技巧，以及尊重其他文化和虛心學習的重要性」

FT: Are you able to incorporate any Scottish ingredients at ZEN? And what do you think of Scotland's current fine dining scene generally?

TF: We source the best ingredients and seasonal produce direct from around the world, which of course come at a price. We do use Scottish hand-dived scallops, blue lobster and razor clams. I am biased to say Scotland has some of the best produce, especially game, shellfish and wild foraged ingredients. Scotland also has outstanding restaurants, cooking amazing food.

FT: With many diners tightening their belts during the epidemic, what strategies did you employ to maintain the operation?

TF: During the pandemic, costs across the F&B industry have increased, from ingredients to construction services. We had to learn and quickly adapt to restaurant closures, restrictions and ultimately takeout only. We have a philosophy to take each challenge as it comes, and not stress about things we can't control. Keep communicating with the team, be transparent, and protect the business and team.

FT: You have achieved a lot in the industry in a short space of time. What now gives you the most pleasure?

TF: Simplicity – discovering a new ingredient and cooking delicious food with love and seeing the smiles



Aged duck

與他一起開設一間新餐廳。就在這種情況下，我展開了一段甚具挑戰性的海外創業之旅！

FT: 你曾經與多位著名的大廚合作，其中認為在斯德哥爾摩 Frantzén 餐廳 (ZEN 的母餐廳) 的老闆 Björn Frantzén 最具遠見。你從他以及其他廚師身上學到什麼？

TF: 雖然與每一位廚師合作的經歷都令我獲益良多，但是在打理餐廳和商業管理上，將我的知識提升到另一個層次的正是 Bjorn。他的遠見、創意和烹調風格固然讓我深受啟發，但為了讓團隊能夠發揮最大的潛能，他在每位成員身上所投資的時間、精力和金錢，更是令我敬佩萬分。他認為只要擁有更出色的團隊，便能製作更優質的餐廳和菜式。此外，由於 Bjorn 致力提供一個既擁有優質設施，亦能啟發、激勵和獎賞團隊的工作環境，因此他的餐廳從來沒有在招募員工上遇到困難。

FT: Zen 所提供的北歐和日式融合美食大受歡迎，當中有什麼成功因素？為何這些菜式能夠配搭得如此出色？

TF: 北歐菜和日本菜的烹調方法不算複雜，從兩者所採用的食材便可略知一二。在這兩種菜式中，不論是水果和蔬菜的乳酸發酵方式、北歐菜式中的乾式熟成肉類做法，以至使用麴菌的固態培養方法，當中發酵都是一個不可或缺的程序。我們的確能將北歐菜和日本菜融合得天衣無縫，甚至讓人毫不察覺這是二合為一菜式。



ZEN



FT：你會在 ZEN 的菜式中採用任何蘇格蘭食材嗎？你對目前蘇格蘭的高級餐飲環境有什麼意見？

TF：Zen 一向都是直接從世界各地採購最優質的食材和時令產品，但當然會令成本提高。此外，我們亦會採用以手潛方式在蘇格蘭捕撈的扇貝、藍龍蝦和鯉子。我個人認為蘇格蘭擁有一些最上乘的食品，尤其是野味、貝類和野生食材。此外，當地亦有很多提供頂級美食的優質餐廳。

FT：面對疫情，很多客人都減少外出用膳。你有什麼策略來維持餐廳的營業額？

TF：在疫情下，從購買食材以至安裝相關的防疫設施，都令餐飲業的整體經營成本上升。無論是餐廳停業，實施防疫限制，還是最終只提供外賣服務，我們都需要詳細研究和靈活配合，同時學習如何不會因無法控制的突發事情而自亂陣腳。此外，我們亦以開放的態度與團隊保持溝通，以支持餐廳和團隊度過難關。

is the best, most satisfying thing. Also training young staff, working with them at your side and progressing and improving. It's truly rewarding when they go on to bigger and better things, to have played a small part in their success and journey.

FT: Outside of Michelin-starred cuisine, what is your favourite food to cook and eat?

TF: My favourite meal, while relaxing and unwinding after the weekend, is a simple Sunday breakfast – omelette, avocado, tomato salad, charcuterie, sourdough bread and a mug of black coffee.

FT：你花了很短時間便在業界中得到斐然的成績。目前有什麼能給你最大的滿足感？

TF：我認為簡單就是美 — 因此發掘新的食材，用心烹調美味的食物，並看到客人吃得津津有味，就是最令人滿足的事。此外，我亦喜歡栽培年輕員工，讓他們一邊跟隨自己工作，一邊學習和進步。只要能夠為年輕一輩在事業路上給予輕輕的扶持，並看見他們越來越出色，對我來說便是最好的回報。

FT：除了米芝蓮星級美食外，你最喜歡烹調和品嚐什麼食物？

TF：週末過後，我最喜歡在星期日早上輕鬆享受一頓簡單的早餐，其中煎蛋、牛油果、番茄沙律、熟食冷肉、酸種麵包和黑咖啡，便是我的最愛。 (名)



Friends with Benefits

While there has been a lot of talk about probiotics over the past few years, it's important to understand what these amazing creatures are and how they look after your health



Kimchi (Freepik)

Your stomach – where, according to estimates, up to 300 trillion bacteria are living – is your new best friend. This amazing depository of neurons and neurotransmitters is now considered by many doctors and scientists to be a second ‘brain’ – a lesser-known nervous system that communicates with our main brain and plays a key role in controlling overall health.

These ‘friendly’ gut bacteria have been linked to numerous health benefits, including weight loss, improved digestion, enhanced immune function, healthier skin and reduced risk of diseases such as irritable bowel syndrome, diarrhoea, eczema, oral, urinary and sexual health, allergies and colds.

So what can you do to encourage these internal pals, in order to get the most out of them?

First, though, let's touch on the difference between probiotics and prebiotics. According to authoritative health website healthline.com, probiotics are “beneficial bacteria found in certain foods or supplements, while

人體健康的良朋益友

過去幾年，有關益生菌的討論不絕於耳。對於這種如此神奇的微生物，我們不得不了解一下它們是何方神聖，以及如何能改善我們的健康

胃部是我們健康的重要夥伴，據估計當中有多達300萬億枚細菌。這個佈滿神經元和神經傳遞物質的器官，目前獲很多醫生和科學家視為人類的第二個「大腦」。事實上，腸胃是一個鮮為人知的神經系統，它不僅能與我們真正的大腦溝通，亦在控制我們的整體健康狀況上扮演著重要的角色。

腸道內的「友善」細菌能為我們的健康帶來多種好處，包括體重減輕、促進消化、增強免疫力、改善皮膚健康，以及減低患上腸易激綜合徵、腹瀉、濕疹、口腔問題、泌尿系統和生殖器官毛病、過敏和感冒等病症。



Yogurt (Freepik)



Tempeh (Ika Hilal Shutterstock)

prebiotics are “types of fibre that feed the friendly bacteria in the digestive system”.

So how do you boost your system with these health-giving agents? For a start, head to your local supermarket. Here you'll find yogurt, one of the best sources of probiotics. Also easy to track down is sauerkraut, a finely-shredded cabbage fermented with lactic acid bacteria.

You may need to locate an Asian store to find tempeh, a fermented high-protein soybean product with a mushroom-like flavour, originally from Indonesia but now popular worldwide as a meat substitute. Here you will also find kimchi, a fermented, spicy cabbage dish beloved in Korea and packed with probiotics.

The Japanese seasoning miso, made by fermenting soybeans is widely available, as is kombucha, a fermented tea drink.

Now there's no excuse not to boost those healthy bacteria – deliciously!

那麼，我們可以怎樣促進這些腸胃內的好朋友生長，以充分改善我們的健康？

首先，我們應了解一下益生菌和益生元的分別。根據健康權威網站healthline.com的資料，益生菌是指「能在某些食物或補充劑中找到的有益細菌」；而益生元則是「為消化系統內的有益細菌提供食物的纖維」。

我們應如何借助這些健康好幫手來提升身體的健康狀況呢？第一站我們可以先到超級市場，當中出售的乳酪便是其中一種含有最豐富益生菌的食物。此外，酸菜亦是一個理想的選擇，它是一種經乳酸菌發酵的切絲白菜，同樣含有大量益生菌。

天貝是一種以發酵方法製成，具有蘑菇香味的高蛋白質豆類食品。這種富含益生菌的食物，最初源自印尼，現在世界各地都流行將它作為肉類的替代品，但你可能需要在售賣亞洲食品的商店才能找到。另外，韓國人最愛的泡菜是一種經發酵的辣白菜，同樣是優質的益生菌來源。

透過發酵大豆製成的日本調味料麵豉，以及稱為康普茶的發酵茶飲，都是一些含有豐富益生菌的常見食品。

現在是時候透過各種美味食材，壯大我們腸道內的健康細菌軍團了！

Getting to the Bottom of Beef

Angliss Singapore hosted a beef education session for local food businesses as part of a worthwhile local initiative

As part of the E2I's network, empowering individuals and businesses to offer skills upgrading programmes, Angliss Singapore recently hosted a one-day masterclass to educate a small group of audiences from the local businesses on the various cuts of beef. In the process of live cutting demonstration, Damien Michelini, Senior Business Development Manager and trainer of the day, also explained the cooking application of the individual cuts.

Due to COVID-19 restrictions on large-scale events, a virtual format was adopted in order for Angliss staff to take part. The interactive session allowed participants to expand their knowledge of beef, and taste a recipe prepared by the company's corporate chefs.

The masterclass, demo and tasting equipped attendees with a deeper understanding of beef, leaving them looking forward to the next session.



現代版庖丁解牛

為配合當地一個別具意義的培訓計劃，安得利新加坡為當地的餐飲企業，舉辦了一個有關牛肉的教育活動

E2I (就業與職能培訓中心) 是一個協助個人和企業提供技能提升計劃的網絡。為配合這個網絡的倡議，安得利新加坡最近舉辦了一個為期一天的大師班課程，透過小組形式向來自當地企業的參加者講解牛肉各個部位的知識。在現場的切割示範過程中，於當日擔任導師的高級企業發展經理 Damien Michelini 亦與大家分享了每個牛肉部位的烹調方式。

因應新冠疫情對舉辦大型活動的限制，活動以虛擬的方式進行，讓安得利的員工亦可以參與其中。透過活動中的互動環節，參加者有機會增進他們對牛肉各方面的知識，以及試嚐一下由公司大廚炮製的牛肉美食。

參加者表示，這次大師班、示範過程和試味環節均讓他們對牛肉有更深入的認識，並對下次舉辦的活動充滿期待。





ChefHub

ChefHub is the place where you will meet our local chefs who may have had humble beginnings yet made something of their lives. Collectively, they have played an outstanding role in supporting and promoting Hong Kong as the culinary capital of Asia

在 ChefHub，大家將會認識到一些可能出身平凡，而成功創出了一番成就的本地廚師。他們在支持和推廣香港成為亞洲美食之都的路上，攜手作出了非凡的貢獻

Taking the Initiative

Flying the flag for the next generation of Hong Kong born and bred chefs, Calvin Choi explains why he joined the industry, what inspires him and the challenges he sees moving forward

In this first interview we are featuring Chef Calvin Choi. I have had the pleasure of participating in Calvin's culinary journey since 2011 when he was recruited to join the Hong Kong Culinary National Team. I have witnessed his growth over the years – from hardworking cook to talented, passionate chef, to become determined, organised, team-oriented and an always-learning chef leader.

Calvin is Executive Sous Chef of Aberdeen Marina Club, and before this he was the Executive Chef of Odea and the Steak Room at 1881 Heritage, the Old Marine Police Headquarters transformed into a cultural and shopping landmark in Tsim Sha Tsui, Kowloon. He was instrumental in creating the new dining experiences at its dining outlets and leading the culinary team there.

Anita: When did you decide that you want to be a chef and why?

Calvin: When I was three years into my job at the Hong Kong Jockey Club, I participated in an internal training competition. Even though I did not win a medal, I was impressed by how well the other competing chefs cooked and understood that I had much more to learn. It was then and there that I decided to become a chef, a good chef.

Anita: In your career, you must have worked with many chefs before, who inspired you most? And what did you learn from them?

Calvin: I have learned from many experienced chefs, yet

積極主動 堅持不懈

作為香港土生土長的廚師模範，Calvin Choi致力培育下一代，他解釋了加入餐飲行業的因由，是什麼激勵了他，以及他看到的未來挑戰

這次首度訪談的對象是主廚 Calvin 蔡俊輝。自 2011 年，Calvin 成為香港廚師代表隊的成員，我亦有幸與 Calvin 一起在烹飪的旅途上並肩同行，見證著這個勤奮、天才橫溢，且充滿熱誠廚師成就為一位堅持不懈、有條不紊、照顧團隊及時刻用心學習的廚師長。

Calvin 目前是深灣遊艇會的行政副總廚，過去曾經在 1881 公館（位於九龍尖沙咀，是從舊水警總部改建而成的文化購物地標）的 Odea 和 Steak Room 擔任行政總廚，他在帶領烹飪團隊為客人帶來嶄新的餐飲體驗上發揮了不可或缺的作用。

Anita: 你什麼時候及為什麼決意成為一個廚師？

Calvin: 在香港賽馬會工作的第三年，我曾經參加過一個內部培訓比賽。雖然當時並無贏得任何獎項，但對其他參賽廚師的優秀表現印象深刻，清楚看到自己的不足，當下便立志要成為一個廚師，一個好廚師。

Anita: 在事業生涯中，想必你曾經與很多廚師合作過。哪一位給你最大的啟發？你從他們身上學到什麼？

Calvin: 這些年來我得到多經驗豐富的主廚指點教導，2003 年加入 SPOON by Alain Ducasse 時才遇上我真正的師傅 - Laurent André。大師 Lauren 對我照顧有加，並將他從 Alain Ducasse 和 Alain Chapel 身上學到的知識傾囊相授。為了讓我更深入地了解法國料理，2008 年他安排我到巴黎 Alain Ducasse 烹飪培訓學校中學習。在與大師並肩工作的六年中，我認識到什麼是高級餐飲，及在廚房工作中對承諾、付出及謙遜的要求，而更重要的是，只有通過努力不懈，才能得到滿足、快樂和別人的尊重。



I did not meet my mentor and master until 2003, when I was recruited by Laurent André to join SPOON by Alain Ducasse. Chef Laurent took me under his wing, passing on knowledge acquired from his own masters, Alain Ducasse and Alain Chapel. To indoctrinate me with more in-depth knowledge in French cuisine, in 2008, I was sent to Paris to attend Cuisine Training School by Alain Ducasse. During the six years working side by side with the master, I learned what fine dining means and what a kitchen can demand in terms of commitment, sacrifice, and humility – and most importantly, what it returns in terms of pleasure, emotion, and human relations.

Anita: What do you consider your best skill as a chef?

Calvin: I am a meat guy. It was not until I worked at SPOON that I discovered the difference between the various cuts, and the many ways to cook a delicious meat dish. Over the years, with the masters I worked with, I learned how to select and store meats, the techniques and recipes for roasting, cooking, barbecuing, preserving, processing, and getting the most out of leftovers. With the knowledge and techniques I gained, and my passion for meat, I was promoted to head the Steakhouse at InterContinental Hong Kong. Every day was about cooking meat, from flash-fried steaks to more sophisticated styles, and everything in-between. From slow cooking for maximum flavour to hot smoking or creating the perfect hearty Sunday roast – it's all about unleashing the beautiful texture and flavour of the meat. It's not just the breed or cut that matters; it's also the cooking and pairing with other ingredients for exciting flavour combinations!

Anita: You have been to many world-class international competition, which journey do you remember most? What do you get out of all these competition experiences?

Calvin: Since joining the Hong Kong Culinary National Team in late 2011, I have had the chance to participate in many global culinary challenges, including the three most important competitions: the IKA Culinary Olympics in Germany, Salon Culinaire Mondial in Switzerland, and the Culinary World Cup in Luxemburg. In 2013 I was selected to represent Hong Kong at the Global Chefs Asia

Anita: 作為廚師，你認為自己最出色的手藝是什麼？

Calvin: 我是一個無肉不歡的人。直至我到 SPOON 工作，我才真正認識「肉」- 不同的部位，各種不同烹調肉類的方法。多年來，在大師們的指導下學會了如何挑選和儲存肉類，以及烘烤、烹煮、燒烤、保存、處理和善用剩餘食材的技巧和方法。憑著我所掌握到的知識和技巧，再加上對肉的熱愛，我獲晉升為香港洲際酒店扒房的主廚。期間，每天的工作都是烹調肉類，由煎牛扒，到精緻講究的菜式，不論是以慢火烹調來鎖住肉味，還是以煙薰，或完美豐盛的周日烤肉，通過不同的肉料理釋放漂亮的質感和風味。重要的不僅僅是肉的品種或部位，更要與其他食材組合配搭，以炮製出令人垂涎的菜式！

Anita: 你曾經參加過很多世界級國際比賽，哪一個令你印象最為深刻？有什麼得著？

Calvin: 自 2011 年底加入香港廚師代表隊後，我有機會參與多項全球廚藝挑戰，包括世界三大賽事，分別是：德國 IKA 奧林匹克烹飪大賽、瑞士的世界廚藝大師大賽，以及盧森堡的世界盃國際廚藝競賽。2013 年，我被選代表香港參與環球廚師大賽亞洲區選拔賽，贏得了冠軍並獲得了參加 2014 年在挪威舉行由 51 個參賽國家篩選的世界總決賽的席位，並在決賽中贏得季軍。這些競賽旅程讓香港廚師隊成員有機會從世界各地頂級烹飪團隊身上學習，不僅提供新的創作靈感，亦協助我們成為優秀的廚師、團隊導向的廚師長和有擔當的公民。

Anita: 你認為餐飲業未來會面對什麼挑戰？

Calvin: 我認為餐飲業今天面臨的最大挑戰是各級熟練員工的短缺以及如何吸引年青廚師入行。要讓業界在這個不確定的時代持續發展，我們必須讓年青人感到餐飲業是一個值得考慮投身的行業。此外，我們亦必須接受年青一代有不同的想法，了解他們的選擇和需要，重新思考我們的角色，以及學習各種新的溝通方法。無論未來有什麼挑戰，我們都需要更加努力去吸引、壯大和挽留業界的人才。

Anita: 你有什麼說話想與本地的廚師分享？

Calvin: 無論是渴望成為一名偉大的廚師，或只是為了糊口生活，我們都是選擇了以廚師為職業。我第一個領悟到的學問便是「成功沒有捷徑」。我們大多數人都希望第一天進入廚房



Suckling pig trio

Selection, where I won the championship and gained a place to attend the World Final in Norway in 2014, where I competed with finalists from 51 participating nations and achieved second runner-up. These competition journeys have given us the chance to learn from the best culinary nations in the world, not only providing new creative inspiration but also helping us become good chefs, team-oriented leaders, and responsible citizens.

Anita: What do you see as the challenges of the industry moving forward?

Calvin: Perhaps the biggest challenge facing our industry today is the shortage of skilled staff at all levels and how to attract the next generation of chefs. For the industry to survive and thrive in these uncertain times, it must become a career of choice for youngsters starting out. We must accept that the new generations are different, understand their preferences and needs, rethink our roles, and learn new ways of communicating. Whatever the future holds, we must all work harder at attracting, building, and retaining our teams.

Anita: What would you want to say to all our local chefs?

Calvin: We should always remember why we want to work with food – whether aspiring to become a great chef or simply be a cook earning an honest living. The first lesson I learned is that there are ‘no short cuts’. Most of us wanted to cook on our first day in the kitchen, but instead had to do mise en place (food prep) and probably hated it! Do not underestimate this important role however, it means “everything in its place”, so chefs have everything they need to do a great job.

Secondly, we should always ‘keep our knives sharp’, literally and figuratively. Honing your skills means to perform over and over until you master them. Watch, learn, and practice, so you will be ready when opportunities come knocking.

Last but not the least, respect yourself and your fellow chefs. We must always be humble, yet we should take pride in our job and every dish we serve to our customers. It’s an honourable job that deserves respect.



Roasted beef & braised beef cheek, slow poached short rib, cheese spaetzle, celeriac puree & port wine jus

便能掌鑊，不願意甚至厭煩做準備食材及其他周邊工作。但請不要低估這些工作的重要性，你的職責是「讓一切準備就緒」，沒有妥當準備的材料，廚師又何來完成出色美味的菜式！

其次，我們應該時刻「讓刀子保持鋒利」，不論是指真的把刀子磨好，還是指裝備好自己；意味著一遍又一遍地反覆磨練技巧，直到自己能好好掌握。用心觀察、學習和練習，為新機遇的來臨做好準備。

最後亦是最重要的：「尊重自己和共事的廚師」，我們必須懷著謙卑的心，同時應該為自己的工作及每碟為客人準備的菜式感到自豪。廚師是一份值得尊敬和光榮的工作。👨🍳

ABOUT THE HOST – ANITA CHENG

Mentor, coach and manager of the Hong Kong Culinary National Team, Anita Cheng is a culinary curator. She is the architect and executor of many city-level international mega events; she offers strategies, design, and management for culinary competitions, and for start-up restaurants or those that require remodelling. A seasoned professional who works seamlessly with western, pastry and Chinese chefs; she specialises in the creation of innovative western and Chinese crossover concepts and east meets west menus at international culinary challenge platforms. She is widely regarded by the industry as a go-to person for solutions and partnerships.

關於主持人 — ANITA CHENG

香港廚師隊導師、教練及經理，Anita 鄭瑋青是一位廚藝策展人。她是許多城市級國際大型活動的設計師和執行者；她為烹飪比賽、初創餐廳或需要改造的餐廳提供策略、設計和管理服務。她是一位經驗豐富的專業人士，與西餐、糕點和中餐廚師合作無間，擅長在國際烹飪挑戰平台上創造中西交融概念和東西方創意菜單。業界廣泛認為她是提供解決方案和建設合作關係的首選夥伴。



The Eight Great Traditions of Chinese Cuisine

China's vast size means that culinary styles can vary enormously across the country. Over the centuries, eight cuisines have become prominent – have you tried them all?

Chinese cuisine is some of the most sophisticated and authentic in the world, and over millennia eight distinct regional styles have emerged: Cantonese, Zhejiang, Jiangsu, Anhui, Fujian, Sichuan, Hunan and Shandong. And while the food of these regions has adapted and evolved over the years to suit modern lifestyles, much is still true to its roots.

Guangdong is close to the South China Sea, so Cantonese cuisine features seafood heavily. The most common form of cooking is stir-frying and steaming. This is also the region where dim sum originated, now popular worldwide.

Zhejiang cuisine is light and fresh, with fish from the region's rivers and lakes the main component of dishes. Popular dish: dong po pork.

Jiangsu offers light and mild tastes that have found favour across China. Popular dish: sweet and sour fish.

Anhui cuisine is renowned for its simple and delicious stewing and braising methods, resulting in fresh and tender dishes. Popular dish: pungent mandarin fish.

中國八大傳統菜式

中國地大物博，國內不同地方的佳餚在風格上亦有天淵之別。經過多個世紀的傳承，今天八種最膾炙人口的菜式，你又品嚐過了嗎？

中國菜可謂世界上其中一種最博大精深的傳統菜系，幾千年的歷史孕育出八種不同的地方風味，分別是廣東菜、浙江菜、江蘇菜、安徽菜、福建菜、四川菜、湖南菜和山東菜。雖然這些地方菜式已隨著年月不斷改良和演化，以配合現代人的生活要求，但是大部份都仍然秉承著它的傳統特色。

由於廣東位處南中國海一帶，因此廣東菜亦順理成章以海鮮為主，其中蒸和炒是最常見的烹調方法。此外，在世界各地大受歡迎的點心，亦是以廣東為發源地。

浙江菜講求清淡和鮮味，並採用來自當地河流和湖泊的鮮魚為主要食材，其中最受歡迎的菜式是東坡肉。

江蘇菜的味道自然而溫和，在全國各地都大受歡迎，最馳名的菜式是糖醋魚。



Dim sum (Dash Living)



Buddha Jumps Over The Wall (scmp.com)



Dong po pork (asiaone.com)



Sweet and sour fish (WordPress.com)

The Fujian region is rich in seafood, flora and fauna, and all plays a part in the region's rich cuisine. Popular dish: Buddha Jumps Over The Wall.

Sichuan is famous for bold flavours obtained from chili, garlic and its legendary numbing peppercorns. Its pungency and spiciness has made it popular around the world. Popular dish: ma po tofu.

Hunan cuisine is similar to Szechuan, with the addition of sour spiciness which blends well with varied flavours. Popular dish: fish head with chilli.

Last but not least, Shandong cuisine focuses on seafood, pork and vegetables, typically cooked quickly to maintain its texture and nutrition. Popular dish: braised sea cucumber with leeks.

安徽菜最為人所知的，是以簡單的燉煮方法來帶出食物的鮮味，因此鮮嫩可口的佳餚比比皆是，其中的代表作是辛辣桂花魚。

福建地區盛產海鮮和各種農產品，因此成為了福建菜的主要食材，最受歡迎的菜式是佛跳牆。

四川菜喜歡採用辣椒、蒜頭和具有獨特風味的花椒來炮製香濃辛辣的菜式，這種香辣滋味更在全世界發揚光大。著名的菜式是麻婆豆腐。

湖南菜與四川菜相似，當中加入的酸辣味能與其他不同的味道完美配合。最廣為人知的菜式是剁椒魚頭。

最後一種是山東菜，菜式以海鮮、豬肉和蔬菜為主要材料，並透過快速爆炒來保存食物的質感和營養。著名菜式有蔥燒海參。 名

The Witch's Feast: A Kitchen Grimoire (2021)

Melissa Jayne Madara, Nourish

Great food can be almost magical,
and in Melissa Madara's *The Witch's Feast*

If you're looking for a cookbook with connects food with mysticism, then Melissa Madara's *Witch's Feast* is definitely one for you. Packed with fun and interesting recipes such as roasted lamb in milk and honey, cheesecake baked in fig leaves, herbed fondue, lemongrass pavlova, roast chicken with Babylonian spices, fornacalia focaccia and pharmakos cakes, there's plenty to try.

Madara's grimoire (book of spells) is a fun take on traditional pagan recipes, zodiac themed meals, devotional meals to the planets, seasonal feasts to celebrate solstices and equinoxes, and practical spells – all edible, of course! She also includes the history behind many of these ancient dishes.

Describing herself as a witch, herbalist and chef, Madara accompanies readers to explore the five facets of the occult through food and traditional recipes.

Based in New York, Madara is a co-owner at Catland Books, which also sells candles, crystals and other metaphysical accessories. She is also an 'editrix' at *Venefica Magazine* and has been published in *The New York Times*, *Vogue*, *Susie Magazine* and *Fiddler's Green*.

Following these recipes creates a perfect autumn/winter feel when working in the kitchen to create inspiring dishes such as herb and allium (a vegetable in the garlic family) quiche with potato crust, radish salad with cherry blossom vinaigrette, edible flower dumplings and blackberry-pulled pork sandwiches.

For those who enjoy hosting, *The Witch's Feast* will enable you to wow friends with outré eats guaranteeing to evoke the most talked about dinner party of the year. While dishes can be fairly elaborate, recipes are straightforward to follow and ingredients mostly easy to find. Stuffed with intriguing culinary ideas, this book is full of delicious creativity for ambitious chefs keen to explore the more mystical side of eating.



女巫之盛宴： 烹飪魔法書《2021年》

作者：Melissa Jayne Madara 出版商：Nourish 出版社

美味佳餚幾乎是神奇的，Melissa Madara 的
《女巫之盛宴》更能展現當中的魔法

如果你想找一本充滿神秘色彩的烹飪書，那麼 Melissa Madara 的《女巫之盛宴》便絕對是你的不二之選。這本書囊括了多個極富趣味的食譜，當中包括牛奶蜂蜜烤羊肉、無花果葉焗芝士蛋糕、香草火鍋、檸檬草巴甫洛娃蛋糕、巴比倫香料烤雞、焗意式香草麵包和古希臘式 pharmakos 蛋糕等。

這本神奇的魔法書以有趣的方式演繹傳統的異教徒食譜、以十二星座為主題的餐點、向各行星致敬的菜式、以及慶祝冬至和春分的季節性盛宴，還會教你施展實用的咒語——當然，這些全都是可以食用的！Madara 還介紹了這些古老菜餚背後的歷史故事。

Madara 形容自己是一位女巫、草藥專家兼廚師，致力通過介紹美食和經典食譜，陪伴一眾讀者探索魔法神秘學的五大範疇。

Madara 居住在紐約，是 Catland Books 的共同擁有人。另外，品牌還有售賣蠟燭、水晶和各款設計抽象的配飾。她同時是《Venefica》雜誌的「編輯」，並曾在《紐約時報》、《時尚》雜誌、《Susie》雜誌和《Fiddler's Green》雜誌等刊物上發表文章。

只要按照這些食譜，你就可以為大餐時完美地營造出濃厚的秋冬氛圍，並製作出令人眼前一亮的佳餚，例如香草蔥香法式蛋批配薯皮（蔥是屬於大蒜類的一種蔬菜）、蘿蔔沙律配櫻花香醋、可食用的花餃子、以及黑莓手撕豬肉三文治。

對於喜歡大宴親朋的人來說，《女巫之盛宴》烹飪書將會助你炮製出奇特、魔幻的美食，讓到訪的親朋好友驚嘆不已，保證能夠成為本年度最為津津樂道的晚宴。雖然書中介紹的佳餚相當精緻，但食譜簡單明瞭，而且採用的食材大部分都很容易找得到。這本書滿載引人入勝的烹飪想法，並充滿了美味而具創新巧思的食譜，絕對適合渴望探索美食神秘的一面之廚師。🔮

Technical & Product Development Team, Angliss Asia

安得利亞洲技術及產品研發團隊





**SERVING THOSE WHO
SERVE GREAT FOOD**



Millennial Maestro

Photography courtesy Waldorf Astoria

Chef Justin Yeung, of Waldorf Astoria Xiamen, Guangzhou, explains how his ancestral roots, alongside more contemporary influences, informs his culinary style

FT(Foodtalk): For a young chef you have had some good work experience, leading to your current position. Are you satisfied with your career progress?

JY(Justin Yeung): For me a good attitude is more important than a high salary. I believe I have the positive spirit of people of Quanzhou city in accepting challenges that help me grow and increase my life experience.

FT: Having worked under Taiwanese chefs, can you describe how they have influenced your cuisine? You are also a proponent of southern Fujian food; are there any famous dishes you enjoy?

JY: Taiwanese chefs are renowned for their advanced and

千禧廚藝大師

廣州廈門華爾道夫酒店大廚Justin Yeung認為，除了當代社會的元素外，其家鄉的文化亦對自身的廚藝影響深遠

FT(Foodtalk): 你雖然年紀輕輕，但已累積了不少寶貴的工作經驗，現時更成為酒店大廚。你滿意自己職途上的發展嗎？

JY(Justin Yeung): 對我來說，擁有良好的態度，比獲得高薪厚職更重要。我認為自己具備廣州人的樂觀精神，勇於接受挑戰，這有助我不斷成長，並豐富自身的人生閱歷。

FT: 你曾跟隨台灣大廚工作，可以與我們分享一下這對你的廚藝有什麼影響嗎？另外，我知道你亦非常喜歡閩南菜，當中有什麼著名菜式呢？

JY: 擁灣廚師一向以想法前衛創新見稱，他們烹調的菜式會更多元化和更富趣味。至於閩南菜方面，源自南洋沙爹醬的沙茶醬便是其中一款廣受歡迎的閩南醬料。

☺☺ When I was first learning cooking, I wanted to understand all cuisines, including French, Korean, Japanese and more ☺☺

「當我最初學習烹飪時，很想了解各個菜系的美食，
包括法國菜、韓國菜、日本菜等」



Spicy seafood

original ways of thinking and their dishes are more diverse and interesting. In terms of Fujian cuisine, the famous shacha dipping sauce is one of the most popular Minnan condiments and originated from Nanyang satay sauce.

FT: You are familiar with Western as well as Chinese food and cite fusion cuisine as part of your repertoire. Can you give some idea of how these two very different gastronomic cultures influence each other for you?

JY: I like learning fresh ideas. I follow my culinary idol, Jereme Leung, whose modern approach to Chinese cuisine has influenced me, study his Chinese and western techniques, and from this have developed my own ideas. I plan to look at dishes from different countries and regions in order to inspire my continuous self-improvement and make further progress and breakthroughs.

FT: You have taken part in several chef competitions, winning prizes and being named as “star guest chef”. You also acted as a guest chef on the TV show “Go Home for Dinner”. How did you get involved in these and what did you learn from them?

JY: In terms of competitions, rather than taking part in everything, I choose quality events where I can work and learn alongside respected industry opponents. The TV

FT: 你對烹調西式和中式料理均駕輕就熟，亦喜歡創作中西合璧的創新美食。你可以說說，這兩種截然不同的飲食文化如何互相融合，助你炮製出新菜式呢？

JY: 我熱衷於了解創新的構思，而我在烹飪界追隨的偶像 Jereme Leung 正正擅長以新穎的方式演繹中式料理，令我深受啟發。我一直在努力鑽研他的中西式烹飪技巧，並從中獲得靈感，萌生自己的想法。我打算參考各國和各地區的菜式，務求增進自身的廚藝，不斷追求進步和新突破。

FT: 我知道你曾參加多個廚藝大賽，當中獲獎無數，更獲譽為「星級客席廚師」，亦曾在電視節目《回家吃飯》中擔任客席廚師。那麼你是為何參與這些比賽和節目，從中又有什麼得著呢？

JY: 我並不是所有廚藝比賽都會去參加，而是只會參加高質素的比賽，這樣我才可與備受推崇的業內對手切磋和向他們學習。另外，參演電視節目讓我能夠知道一些有趣的建議和想法，同時可以令一眾觀眾更了解中式美食和廚師所擔任的角色。

FT: 作為曾在著名黑珍珠餐廳工作的最年輕中國廚師，你有什麼感想呢？

JY: 黑珍珠餐廳指南令餐廳有更多機會透過各種渠道進行交流，並獲得更多曝光的機會，但同時亦帶來壓力。我曾是中国黑珍珠餐廳最年輕的廚師，但要不負這個名銜，便需要不斷進步和精益求精。



Crispy ginseng in vinegar sauce

“ With creative thinking, innovation in Chinese cuisine can be achieved through combining with international influences ”

「我發現只要有創新的構思，便可以通過結合各國的飲食文化，為中國菜注入新元素」

show provided interesting suggestions and ideas I gained from, while bringing greater knowledge about Chinese food and the role of chefs to a wider audience.

FT: How do you feel about being the youngest chef in China to have worked at a prestigious Black Pearl restaurant?

JY: Black Pearl provides opportunities to communicate through various channels and gain exposure, but it also brings pressure. I was the youngest chef at a Black Pearl restaurant in China, but to maintain this quality, I need to make progress and improvements.

FT: You enjoy participating in charity events. Can you explain why they interest you?

JY: It is meaningful to use my craft to help people. It has always been part of Minnan custom and culture for people to help each other and I am happy to continue this tradition.

FT: 我聽說你熱衷於參加慈善活動。你能分享一下為什麼你會對這類型的活動感興趣嗎？

JY: 因為我認為能夠用自己的手藝去幫助他人是特別具意義的。閩南的習俗和文化之中一直強調人與人之間要互相幫助，而我很高興能延續這個傳統。

FT: 你最喜歡烹調什麼菜系的美食？最喜歡吃的菜式又是什麼呢？你還想學習炮製其他菜系的美食嗎？

JY: 身為福建人，我非常喜歡福建菜，而福建菜當中又可分為「八大菜系」，八個地區的菜式各有風格，各具特色。當我最初學習烹飪時，很想了解各個菜系的美食，包括法國菜、韓國菜、日本菜等。隨著累積的經驗愈來愈多，我發現只要有創新的構思，便可以通過結合各國的飲食文化，為中國菜注入新元素。

FT: 中國餐飲業急劇增長，因此愈來愈強調創新。你對中國食品在未來幾年的發展有何看法呢？你在最近幾個月又觀察到什麼趨勢呢？

JY: 從2008年開始，我留意到餐飲業每五年左右便會經歷



Fresh Cheng Chinese Restaurant



Prawn balls with satcha glaze

FT: What is your favourite cuisine to cook? What do you most like to eat? Are there other cuisines you would like to learn to prepare?

JY: As a Fujian native, I prefer this cuisine. It is known as the “Eight Fujian cuisines”, as there are eight distinctive regional styles, all significant. When I was first learning cooking, I wanted to understand all cuisines, including French, Korean, Japanese and more. With more experience, I found that with creative thinking, innovation in Chinese cuisine can be achieved through combining with international influences.

FT: As the restaurant sector grows exponentially in China, there is a constant demand for innovation. How do you see Chinese food developing over the coming years? What trends have you observed in recent months?

JY: From 2008, I have observed the restaurant sector go through a process of evolution every five years or so. From 2008-2013, fusion and more ‘artistic’ dishes were popular; 2013-2018 cuisine became more sophisticated and international; in 2018 there was a return to focus on ingredients and traditional cooking methods to highlight the characteristics of regional dishes. I predict Chinese regional cuisine will become more prominent and popular internationally in the future.

演變。由2008至2013年，融合菜式和更著重「藝術感」的菜式開始流行；由2013至2018年，美食變得更加精緻和國際化；在2018年，餐飲業則再次強調食材的選擇和傾向採用經典的烹飪方法，以突顯各個菜系的特色。而放眼未來，我預料中國各大菜系在世界各地將會愈來愈受到重視和歡迎。

FT：你有打算在世界各地工作嗎？如果有機會，你會希望在哪个地方工作呢？

JY：新加坡具有特色美食和閩南文化背景，並能夠包容和融合多個不同民族，加上擁有強大的經濟實力，因此對我而言極富吸引力。新加坡也充滿福建和潮州的特色，所以我認為這個地方十分適合我。

FT：你當時已經在中國一家老字號餐廳工作，為什麼會決定到華爾道夫酒店任職呢？

JY：因為當時華爾道夫酒店想引入福建菜，便委任我負責統籌這個重要的項目。時至今日，我認為自己這十年的努力都是值



“ I predict Chinese regional cuisine will become more prominent and popular internationally in the future ”

「我預料中國各大菜系在世界各地將會愈來愈受到重視和歡迎」

FT: Do you have ambitions to work internationally?

Where could you see yourself travelling if opportunities were available?

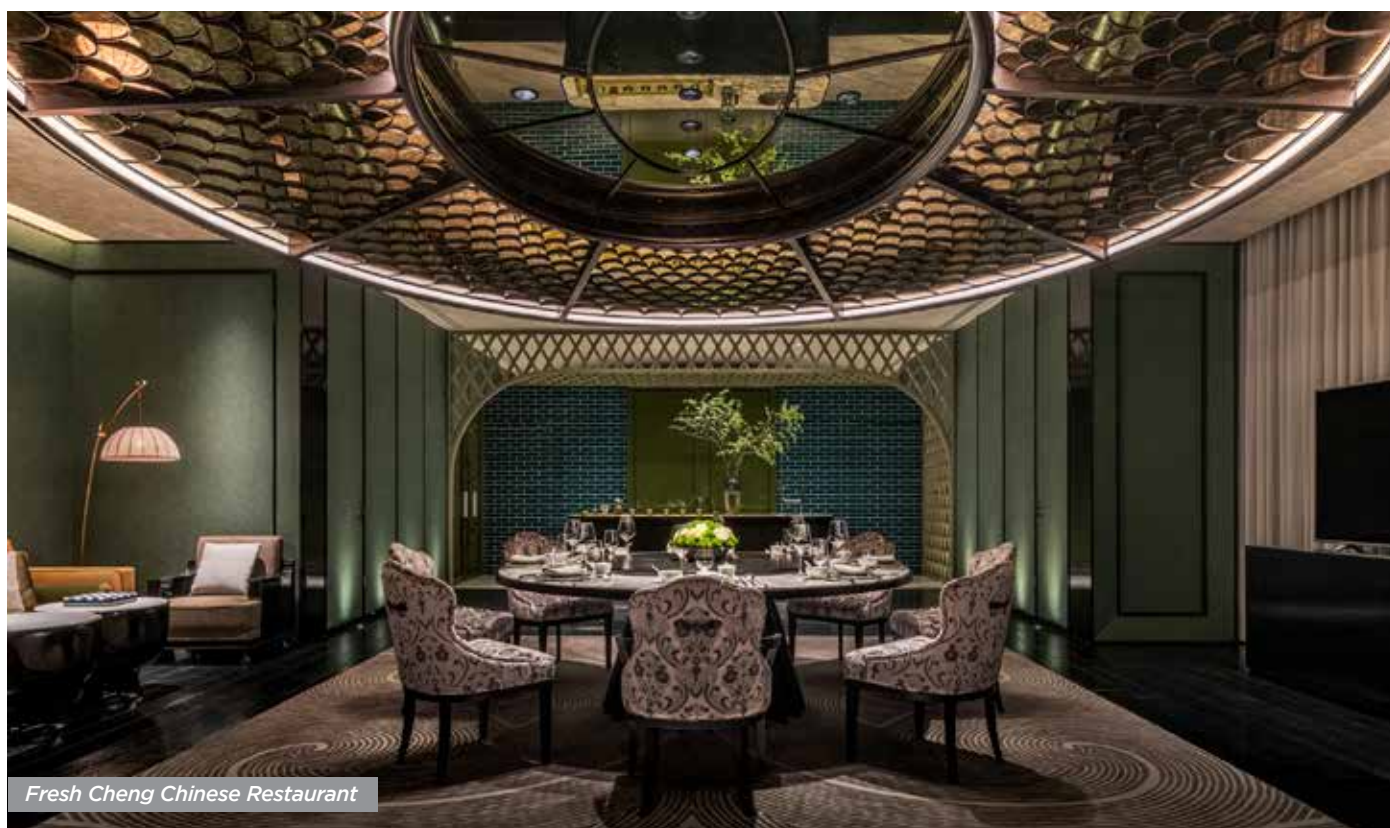
JY: Singapore's food and Minnan culture, and its inclusivity and the integration of different ethnic peoples, combined with a strong economy, appeals to me. There are also a lot of Hokkien and Teochew elements, so it would be a good fit.

FT: Why did you want to work at the Waldorf Astoria while already at a well-established restaurant in China?

JY: The property was looking to introduce Fujian cuisine and entrusted me with the responsibility to handle this important project. Now I feel that all my hard work over the past ten years has been worth it. I was the first one to bring Fujian cuisine to a luxury hotel, and became the youngest Chinese executive chef in the industry. I have always been determined to learn more, and will continue to make a contribution to the promotion of Fujian cuisine. Looking ahead towards the end of my career I see myself teaching, and passing on what I have learned.



得的。我是第一個把福建菜帶到豪華酒店的人，更成為業內最年輕的中國行政總廚。我一直求知若渴，希望繼續為推廣福建菜出一分力。展望我職業生涯的後期階段，我應該會更專注於教學，並致力傳授自己多年來的得著。👤



Fresh Cheng Chinese Restaurant



New Zealand Grass Fed Lamb



From Our Family Farms

Free Range | No Added Hormones



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New Zealand's only 100% farmer
owned red meat co-operative

A Sweet Exchange

A French pastry sharing session created by Angliss Guangzhou for Zhuhai Chimelong Group Co., Ltd provided wonderful desserts and inspiring cuisine

Angliss Guangzhou recently organised a French pastry sharing session for Zhuhai Chimelong. Angliss Guangzhou also shared the company's development history and introduced its technical service teams to Zhuhai Chimelong.

The session was followed by a lunch, jointly presented by Western Food Technical Advisers Chef Raymond Yu and Chef Chao Wang. The superb meal included a wide variety of dishes, including black truffle and beef pastry box, kun bu cured beef carpaccio, grilled Russian rib-eye steak with herb butter, slow-stewed New Zealand Silver Fern farm steak and Thai style prawn pasta with sour spicy sauce.

Guests were full of praise for the quality of the ingredients and the chefs' masterful cooking skills, marking a great success for a fun and wonderful feast.

In the afternoon section, some guests were invited to visit the Angliss Guangzhou's Jinpan Warehouse, while others followed Chef Tom Lv, the China Dessert Technical Adviser, to gain a greater understanding of French pastry. While listening to Chef Tom's introduction to the French pastry recipes, guests also had a chance to taste the specially prepared desserts. Thirteen delicious desserts were presented, including black sesame yuzu cheese chantilly, blueberry cheese cream cake, Hokkaido raw milk cloud rolls, Japanese pumpkin caramel rolls and matcha-covered berry chocolate cake rolls.

In the harmonious atmosphere of the sharing session, guests gained a better understanding of French pastry and admired the delicacies. Everyone enjoyed a wonderful afternoon filled with inspiring insights and the sweet flavour of cream.



甜蜜的交流

安得利廣州為珠海長隆集團舉辦了一場法式西點分享會，提供精美的甜品和啟發靈感的美食

安得利近月攜手珠海長隆，成功舉辦了一場法式西點分享會。藉此，安得利向珠海長隆分享公司的發展歷程、技術服務團體，然後一起共用午餐。

午餐菜品由西餐技術顧問余明輝師傅和西餐技術顧問王超師傅共同打造，菜式包括黑松露和牛酥盒、鯤布鱈生牛肉薄片、香草黃油烤俄羅斯極佳肉眼、低溫慢燉紐西蘭銀蕨農場牛小排、泰式風味大蝦意粉等等。賓客們對食材的品質及師傅的烹飪技巧都讚不絕口，是一場愉悅又美妙的味蕾盛宴。



分享會來到下午，一部分賓客參觀金盤倉庫，其餘賓客跟著中國區甜品技術顧問呂冠漳師傅學習法式西點的奧妙。賓客們一邊聽呂師傅對法式西點做法的講解，一邊品嚐為他們精心預備的甜品。師傅們一共準備了13款甜品，包括黑芝麻柚子芝士香緹蛋糕、芝士藍莓鮮奶油蛋糕、北海道生乳雲舒卷、日式南瓜焦糖捲及抹茶覆莓朱古力蛋糕捲等等。

分享會現場氣氛和諧融洽，賓客在一片歡笑聲中學習和品嚐。這是一個充滿香甜奶油味和收穫滿滿的下午！

Open for Business!

Angliss Kunming celebrates grand opening ceremony attended by management team and VIP partners

The grand opening ceremony of Angliss Kunming Food Service Limited was successfully held recently, with Mr. KK Tse, General Manager of Angliss Guangzhou Food Service Limited, and members of the management team marking the development milestone. Mr. Jonewei Deng, Deputy General Manager of Angliss Kunming, delivered a speech at the ceremony, wishing Angliss Kunming a bright future and prosperous future growth.

The ribbon cutting ceremony was officiated by Mr. KK Tse, Ms. Vivian Yeung, Deputy General Manager of Angliss Guangzhou, Mr. Wen Gang Yuan, General Manager of Jinpan Warehouse, Mr. Chris Ou, General Manager of Angliss Chengdu, Mr. Alex Zhang, General Manager of Angliss Xiamen, and Mr. Jonewei Deng, Deputy General Manager of Angliss Kunming. Mr. Tse, Mr. Ou and Mr. Deng jointly announced the launch of Angliss Kunming, and wished the company prosperous business and future success.

Following the ceremony, the senior executives were invited by Mr. Deng to visit the warehouse, while Mr. Tse welcomed the team, as well as provided guidance for their work. Angliss Kunming's VIP partners were also invited to celebrate the grand opening and share the joy. Angliss will continue providing customers with quality ingredients and excellent services moving forwards.



昆明安得利開業典禮!

昆明安得利福斯管理團隊及合作夥伴出席並慶祝盛大的開業典禮

昆明安得利福斯食品有限公司於近月舉行了開業典禮。廣州安得利福斯總經理謝國基先生等眾多高層親臨助陣，共同為昆明安得利新的發展里程碑揭開序幕。昆明安得利副總經理鄧江偉先生在開業典禮上致詞：展望未來的美好，昆明安得利奮勉前進，生意興隆、財源廣進!

廣州安得利福斯總經理謝國基先生、副總經理楊玲小姐、金盤總經理袁文剛先生、成都安得利總經理區琮傑先生、廈門安得利總經理張青國先生、昆明安得利副總經理鄧江偉先生為開業典禮剪綵。並由謝總、區總、鄧總共同為昆明安得利揭幕，祝願昆明安得利生意興隆、前程似錦。

隨後鄧總帶領眾多高層參觀倉庫，謝總對團隊表示歡迎及鼓勵，並在工作上給予指導。到了晚上，昆明安得利盛情邀請昆明VIP合作夥伴，共同慶祝昆明安得利開業大吉。安得利將一如既往地為客戶提供更優質食材與服務。



All About the Beauty of Beef

Angliss Shenyang Food Service hosts
Silver Fern Farms Reserve beef demonstration and tasting event

Angliss Shenyang Food Service recently held a beef tasting event at the FOTILE Shenyang experience store. Jerry Shen, General Manager of Business Development (Meat Products) of Angliss Greater China, introduced the beef and demonstrated the art of beef cutting to Angliss Shenyang customers and industry colleagues.

During the event, Mr. Shen exhibited cutting skills for different parts of beef, including bolar blade, blade and sirloin, introduced how to use the cuts in catering and make good use of the remaining parts of beef. Following this display of superb skills, Mr. Wei Tong, Angliss Culinary Chef, then cooked and served finely cut reserve beef from Silver Fern Farms. Customers were impressed by the various tender and juicy cuts the quality brand delivered.

All Silver Fern Farms reserve beef is free-range, without the use of growth hormones or antibiotics. Only the top 4% highest quality animals are selected for production.

A business exchange section, where customers and the Angliss sales team were able to share insights and experience, followed the demonstrations.

Through the demonstration and exchange session, it is planned to introduce exceptional Silver Fern Farms reserve beef to Angliss Shenyang customers and share more cooking inspiration with peers in the catering industry. Angliss will continue to explore more outstanding ingredients with industry colleagues and partners.



牛肉之美

安得利(瀋陽)舉辦銀蕨精備牛肉示範和品嚐活動

安得利(瀋陽)食品貿易有限公司於近月在方太瀋陽城市體驗店舉辦了一場牛肉品鑒會。我們邀請了安得利集團大中華區肉類發展部總經理-沈志龍先生現場進行牛肉知識講解及部位分切。

沈老師現場為大家講解了牛前腿眼肉(保樂肩)、牛板腱、牛西冷等牛肉部位的分切技巧，同時分享了各部位在餐飲中的最佳應用方法及如何把剩餘的牛肉部位妥善利用。

銀蕨農場精備系列牛肉使用草地自由放養方式，同時保證不使用激素以及抗生素，並對每一隻牛進行評級，只有4%的最優質產品能夠通過評級系統(100頭優質牛種中僅精挑出4頭)。

隨後，安得利廚師魏童將分切好的銀蕨精備牛肉進行烹飪。到場客戶品嚐到不同部位，肉香四溢及柔嫩多汁的銀蕨牛肉，大家對此讚歎不已。

活動結束後，餐飲客戶與安得利銷售進行商務交流。我們希望可以通過本次分享和交流，結合銀蕨牛肉的卓越品質，帶給大家更多餐飲使用方法的靈感。未來，我們也會繼續與大家探索更多優質食材！



Angliss Shanghai Wows at Bakery China Show

The 9th Bakery China Summit attracts big professional audience to discuss industry issues; Angliss Shanghai highlights top ingredient brands



Angliss Shanghai was invited to attend the recent 9th Bakery China Summit and showcase its wide range of top quality baking related products. The prestigious two-day event saw nearly 100 industry experts and entrepreneurs deliver speeches and take part in discussions on current and future industry issues. More than 400 industry chain suppliers and brands joined the summit as exhibitors, and it was live streamed with over 450,000 views.

Taking place at the Sofitel Shanghai Hongqiao, the show also attracted many well-known bakers, hotel groups, catering sector representatives and gourmets to explore and learn about the diverse possibilities of baking. During the event, talented Shanghai chefs prepared a wide tasting selection of bakery products, including croissant, black forest cup, lemon cheese, coconut caramel coffee rolls and chocolate puffs, created using exceptional ingredients from President, Les vergers Boiron, Cacao Barry, DGF, Nissin, Tiptree and Hero.

Many visitors were attracted to the Angliss booth, where they received first-hand demonstrations of the infinite possibilities of traditional and more innovative baking styles. After tasting the desserts and breads, all customers appreciated the perfect texture and aroma of the delicacies.

Angliss Shanghai 於中國國際焙烤展覽會上大放異彩

第九屆中國國際焙烤展覽會吸引了眾多專業人士討論行業話題；Angliss Shanghai 並重點推介頂級食材品牌

中國國際焙烤展覽會 (Bakery China) 在上海虹橋新華聯索菲特大酒店於近月舉辦了為期兩天的 2021 第 9 屆中國焙烤行業發展高峰論壇 (Bakery China Summit) - 融合共生向未來。

此次中國焙烤行業發展高峰論壇邀請了近 100 位行業專家和企業家演講嘉賓共同探討行業前瞻議題、發佈與解讀多個行業報告，400 多家產業鏈供應商與品牌商以參展參會的方式參與。兩天的論壇全程現場直播，線上觀看人次累計超過 45 萬。Angliss Shanghai 於現場展示了總統、寶茸、可可百利、DGF、日清、緹樹、英雄等高品質品牌的烘焙相關材料，向大家展現了焙烤的無限創作可能。

當日，眾多知名焙烤、酒店、餐飲人士以及美食愛好者前來，到場瞭解及分享焙烤的創作可能。Angliss Shanghai 的廚師們還製作了可頌、黑森林杯、檸檬芝士、深椰焦糖咖啡卷、朱古力泡芙等給大家試食，攤位前人潮不絕，客人們對我們的產品於甜品和麵包的使用及所製作出完美的口感和香氣表示讚賞。





Bakehouse opens Tsim Sha Tsui store

Popular bakery Bakehouse by Grégoire Michaud has opened a takeaway outlet in one of Hong Kong's busiest districts, Tsim Sha Tsui. The new store will offer its signature handcrafted artisanal breads and pastries. Bakehouse T.S.T. will also be launching new items as well as a selection of freshly baked goods to be offered exclusively.

www.bakehouse.hk

Bakehouse尖沙咀店正式開業

由Grégoire Michaud創立的著名麵包店 Bakehouse，在香港最繁華地區之一的尖沙咀開設了另一間外賣服務分店。除了提供一系列以手工製作的招牌麵包和糕點外，Bakehouse尖沙咀店亦將會推出各式全新產品以及獨家發售的新鮮出爐美食。



BIFTECK opens to delight steak lovers

French-Japanese steakhouse BIFTECK has opened at QRE Plaza, Wanchai, introducing beef cuts from Japan, USA, Belgium and Australia featuring creative cooking. BIFTECK extends the fusion concept of Causeway Bay sister restaurant Le Reve, marrying traditional French and Japanese flavours to showcase the skills of veteran Japanese, French and Italian fine dining executive chef Ken Kwok.

www.facebook.com/bifteck.hk

BIFTECK 新扒房將吸引大批牛扒愛好者朝聖

糅合法日料理特色的扒房BIFTECK現已在灣仔的QRE Plaza開業，透過創新的烹調方法為全港市民帶來源自日本、美國、比利時和澳洲的頂級牛肉美食。BIFTECK延續了位於銅鑼灣姐妹餐廳Le Reve的融合菜式概念，透過將傳統的法式和日式味道結合，讓客人以味蕾去體驗資深行政主廚Ken Kwok的日式、法式和意大利式烹調技巧。

Wellcome supermarket launches new concept

Homegrown supermarket brand Wellcome has launched a new concept at Kennedy Town's Westwood mall. Wellcome Fresh is designed to offer an unparalleled grocery experience with 23 themed zones and premium produce sourced from all over the globe. Set across 50,000 sq ft, the new store is the largest Wellcome in Hong Kong.

www.wellcome.com.hk/en



惠康超級市場開設全新概念店

本地超級市場品牌惠康最近在堅尼地城的西寶城，開設了一間全新的概念店。這間名為惠康「鮮」級市場的概念店佔地 50,000 平方尺，是全港最大型的惠康分店，當中分為23個主題區域，並透過搜羅全世界的優質產品，為客人提供獨一無二的超市購物體驗。

Cookie Smiles charity pop-up features 12 leading chefs

Social enterprise Cookie Smiles partnered with 12 celebrity chefs to give back to the city's disadvantaged communities this Christmas. The chefs – including Agustin Balbi and pastry chef Joanna Yuen from Ando, Richard Ekkebus and pastry chef Valentin Mille from Amber at The Landmark Mandarin Oriental and Cookie DPT's Wil Fang – created exclusive gingerbread men using a variety of exclusive ingredients.

<https://cookiesmiles.com.hk>



12位頂級廚師為Cookie Smiles 的慈善快閃店出一份力

社企Cookie Smiles與12位著名廚師合作，在今個聖誕為社區內的弱勢社群帶來一個溫暖的佳節。部份參與的廚師包括來自 Ando 餐廳的 Agustin Balbi 和糕點師 Joanna Yuen、來自香港置地文華東方酒店 Amber 餐廳的 Richard Ekkebus 和糕點師 Valentin Mille，以及來自 Cookie DPT 的 Wil Fang。他們運用各種不同的獨家食材，精心焗製只此一家的薑餅人曲奇。

Izakaya and lounge opens

Contemporary urban izakaya and lounge Kacho Fugetsu has opened at CUBUS in Causeway Bay. Spanning 5,300 sq ft over two split-levels twinning premium izakaya fare above a theatrical speakeasy lounge, the creative, contemporary izakaya menu includes premium jet-fresh sushi and sashimi, smoky kushiyaki grilled meat, seafood and vegetable specialties, Japanese-style tapas, tempura and kamameshi kettle rice and classic desserts.

www.kachofugetsuhk.com



全新居酒屋及酒吧

富有現代都市風格的居酒屋兼酒吧華鳥風月，已正式登陸銅鑼灣的CUBUS。全店佔地5,300平方尺，並且分為上下兩層，其中下層是一間時尚酒吧；上層則是別具一格的日式居酒屋。在創意十足的現代居酒屋中，客人可品嚐到新鮮空運的頂級壽司和刺身、煙熏串燒烤肉、海鮮及蔬菜特色美食、日式小吃、天婦羅和釜飯，以及各式經典甜品。



Miral opens Yas Bay Waterfront with range of dining experiences

Yas Bay Waterfront in Abu Dhabi has welcomed visitors to the capital's newest hotspot. Developed by Miral, the destination offers an array of restaurants including Paradiso, the brainchild of renowned restaurateur Nicole Rubi and Michelin-star Chef Pierre Gagnaire, Asian-inspired fare in Akiba Dori and fusion flavours at Asia Asia, and Hunter and Barrel, which makes its first appearance in Abu Dhabi.

https://miral.ae/what_we_do/yas-bay/

由Miral開設的亞斯灣海濱，為客人提供一系列優質餐飲體驗

位於阿聯酋首都阿布扎比的亞斯灣海濱，最近成為了遊客的一個全新好去處。這個由Miral負責發展的熱點，邀請了一系列經過精心設計的餐廳進駐，其中包括由著名餐廳老闆 Nicole Rubi 和米芝蓮星級主廚 Pierre Gagnaire開設的Paradiso餐廳、為客人帶來亞洲風味美食的Akiba Dori、專長炮製融合菜式的Asia Asia，以及首次登陸阿布扎比的Hunter and Barrel餐廳。



Dusit International to manage luxury resort in Hangzhou, China

Dusit International, one of Thailand's leading hotel and property development companies, will open Dusit Thani Tianmu Mountain, Hangzhou, a luxury resort in Lin'an County within Hangzhou, later next year. As well as 160 villas and guest rooms, the property will feature an all-day dining restaurant and Chinese restaurant and two ballrooms with adjoining function rooms.

www.dusit-international.com

都喜國際將於中國杭州開設豪華度假村

泰國頂尖的酒店及物業發展公司都喜國際，將會在明年稍後時間於杭州臨安縣開設一個名為「Dusit Thani Tianmu Mountain, Hangzhou」的豪華度假村。除了160間別墅和客房外，度假村內亦將提供一間全天營業的餐廳和中式餐館，以及兩個與多功能廳相連的宴會廳。

EU promotes superb Italian produce

The European Union and producer Centro Servizi Ortofrutticoli have launched 'The European Art of Taste: Italian Fruit & Veg Masterpieces', a campaign to promote exceptional Italian fare from the country's leading producers. The promotion underlines the heritage of delicious, nutritional produce, sharing knowledge and insights of origin and history with guaranteed quality and safety assured by the European Union's certification of excellence.

www.europeanartoftaste.com

得到歐盟大力推廣的意大利頂級美食

歐盟聯同意大利蔬果服務中心 (Centro Servizi Ortofrutticoli) 合作推出「歐洲味覺藝術：意大利蔬果大師之作」計劃，以推廣由意大利頂級生產商提供，並且在品質和安全上得到歐盟優質認證的頂級意式美食產品。這次活動旨在推廣美味且健康的意大利傳統美食，並向外界分享意式食品在起源和歷史方面的知識和背景。



Anantara adds New York Palace in Budapest

Anantara Hotels, Resorts & Spas has announced the addition of Anantara New York Palace Budapest Hotel to its portfolio. The palatial building was built in 1894 and boasts 185 guest rooms and suites, with restaurant outlets including White Salon serving quintessential Hungarian cuisine, The New York Café fine dining, The Poet Bar, the Deep Water Room offering all-day dining, and the Atrium.

www.anantara.com/en/new-york-palace-budapest

安納塔拉的紐約樂天宮酒店進駐布達佩斯

安納塔拉酒店、度假村及溫泉公司宣佈，旗下將會增添一間名為安納塔拉紐約布達佩斯樂天宮酒店的新成員。酒店開設於一座在1894年興建的宏偉建築物內，並且提供185間客房和套房及設有各式餐廳，其中包括主打匈牙利地道美食的White Salon、高級餐廳The New York Café、The Poet Bar、提供全天候餐飲服務的Deep Water Room，以及 Atrium等等。



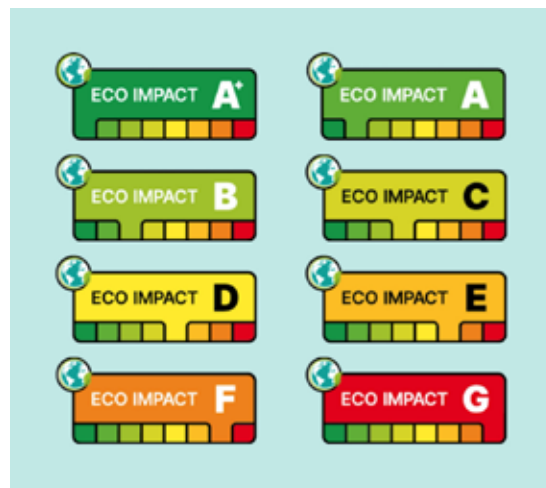
New food labels show 'eco scores' under UK pilot scheme

An 'eco score' label will be added to selected ranges of food and drink as part of a new pilot scheme backed by some of the UK's biggest brands and supermarkets. Ranging from red G to green A+, the traffic light-style environmental impact grading system is intended to help consumers choose more sustainable goods and encourage innovation.

www.foundation-earth.org

在英國試行計劃下顯示「生態評分」的全新食品標籤

在一些大型品牌和超級市場的支持下，英國推出了一個全新的試行計劃，其中將會為一系列選定的食品和飲品加上「生態評分」標籤。在這個採用交通燈方式的環保影響評級系統裡，產品將得到由綠色A+級至紅色G級的評分，目的是協助顧客選擇更可持續發展的產品，以及推動食品業的創新。





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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
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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
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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山西路2號3棟1樓
T. +86 135 3052 1258

Other Branches



PastryGlobal Food Service Limited
Flat B, 6/F, Magnet Place Tower 2, 38-42 Kwai Fung Crescent, Kwai Chung, N.T., Hong Kong
嘉寶食品有限公司
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
香港新界葵涌貨櫃碼頭路77-81號
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
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www.foodtalk.com.hk



Sweet la Vie
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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



Natural and Organic Global Limited
Flat B, 4/F, Magnet Place Tower 2, 38-42 Kwai Fung Crescent, Kwai Chung, N.T., Hong Kong
安機源優質食材有限公司
香港新界葵涌葵豐街38-42號Magnet Place 2期4樓B室
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Miumi International Food Company Limited
Flat A, 4/F, Magnet Place Tower 2, 38-42 Kwai Fung Crescent, Kwai Chung, N.T., Hong Kong
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Linson Global Seafood Trading Limited
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御海日本食品有限公司
T. +65 6777 2112 | F. +65 6779 7666



FoodPride
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Shenzhen Goodmaster Food Co Ltd
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No.1 Mabu Road, Bainikeng Community, Pinghu Street,
Longgang District, Shenzhen
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麻布路1號寶盛工業區B
區3B棟2、3樓
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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紫秀路100號5號樓301室
T. +86 21 6071 2300



**GOURMET
CUISINE**

Gourmet Cuisine Hong Kong Limited
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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
Em 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
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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.

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CAVIAR
ONE

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