

Global Gourmet



May-June 2020



Balance From Farm To Table
平衡之道

Global Gourmet 2020 Chef par Excellence Culinary Competition 环球美味全民卓越大厨 2020 烹饪大赛



In Continual Pursuit of Culinary Excellence & Harmonious Diversity

精益求精，追求卓越，多元的和谐共存

The 8th Edition of the annual Global Gourmet Chef par Excellence Culinary Competition has expanded its coverage to influence and engage more participants, professionals and non-professionals, in pursuit of culinary excellence via major social network sites online.

Registration: May 1 - June 15
Competition: May 1 – September 30

Follow the videos and live-streaming of the two groups, professionals and non-professionals, in actual competitions on Weixin, Weibo, Douyin, Tencent, Bilibili and more. Also, keep track of the proceedings in the monthly issues of Global Gourmet magazine.

With the thematic pursuit of "Harmonious Diversity", Global Gourmet and its partner, le Cordon Bleu, will grant winners of the 2020 Chef par Excellence prestigious awards and industry recognitions, plus one week, all expenses paid, culinary exchange program at Le Cordon Bleu in Europe, the Pacific, or Asia.

For more information
log on to Global Gourmet official wechat: 环球美味 or official blog: weibo.com/newwc

作为环球美味举办的第8届全国烹饪大赛，环球美味全民卓越大厨 2020 烹饪大赛全新升级，不仅有专业大厨的参与，更有美食达人的加入。除了延续传统的线下比赛模式，同时将比赛延伸至线上平台，结合网络直播、短视频的形式，在保持赛事一贯专业度的前提下，让比赛更具互动性、参与性和趣味性，力求打造属于全民的卓越大厨烹饪大赛。

报名时间：2020年5月1日-2020年6月15日
赛事时间：2020年5月1日-2020年9月30日

本次大赛分为“专业厨师组”和“美食达人组”，赛事进程将以直播和短视频的形式在抖音、腾讯，以及B站呈现，《环球美味》杂志也将同步对整个赛事进行全程报道。

环球美味全民卓越大厨 2020 烹饪大赛将继续与蓝带国际学院合作，共同探寻“多样化的和谐共存”。除了表彰之外，大赛最高奖项“卓越大厨”称号获得者将有机会免费前往蓝带国际学院位于欧洲、亚洲、大洋洲的校区进行为期一周的交流学习。

比赛报名正在进行中，欢迎前来报名参加！了解更多报名信息，请扫描二维码或发送邮件咨询：

邮箱：Chinanwc@126.com

了解更多大赛相关信息，请关注环球美味微信公众号（环球美味）以及官方微博（weibo.com/newwc）



专业组报名通道



达人组报名通道



Photo by CHIARA YE
Courtesy of Rive Gauche
The PuXuan Hotel and Spa



Global Gourmet

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❁
MICHELIN
2020

THE Georg

一次等待 与毕生追寻

在疫情肆虐的时节，
那些安静的西餐厅在做什么？
在众多餐厅加入外卖行列的时刻，
西餐厅在等待什么？

位于老北京中心的 The Georg 玉河一院子，春色已染上枝头。主厨 binbin 和他的团队，十分期待在这样草长莺飞的季节里再次听到宾客们的欢声笑语。这段时间，为了打造新一季的绝美风味，binbin 为团队布置了每日功课，去探寻新鲜食材，并潜心钻研每种食材的可塑性和多样性。在磨练中等待。The Georg 收到了许多朋友的询问，习惯了与 The Georg 一起追随四季风味的宾客们，好奇主厨在这一季如何以美食来演绎人们对季节的细致感触。

由丹麦设计大师 Peter Bundgaard 操刀设计的玉河一院子，以无与伦比的环境为人们提供着源源不断的生活方式灵感。四合院的架构下，是一年四季风情万种的院落和简洁雅致的空间。美食是起点，与之交相呼应的艺术空间、人文气场与设计细节，在不经意间塑造出 The Georg 独特的文艺气质。

去年秋天，主厨 binbin 曾去北欧拜访当地名厨。切磋技艺之余，他更坚定了一直以来的追求，即用简单的元素，最大限度地烘托当季食材的风味。这种极简风格意味着背后更复杂的工艺，当然也就要求厨师更高超的本领与永不枯竭的感受力。未来的季节菜单，The Georg 将会采用以套餐为主的形式。其中深意，是希望引领顾客去拥有完整的美食体验，感受每道菜品之间起承转合的美妙节奏。新一季的菜单中，将有诸如 M12 牛肉这种京城绝无仅有的顶级食材，最终它们将会如何呈现？我们拭目以待...



In Search of Balance 对平衡的探寻



The foremost key for musical harmony is Balance, whether performed by a choir, an orchestra, or a band. Balance is how each and every voice or musical instrument in an ensemble comes together in delicate proportions to achieve equilibrium of sound, timbre, intensity, and dynamics. This is of course different from a single performer called soloist.

Balance applies to everything in life, as it is crucial for everything in nature, animate and inanimate, from the beginning of time. This is a fundamental law from both standpoints of science and theology, more specifically evolution and creation. And, what better example can there be of the crucial role of balance than with the centuries old philosophy of Traditional Chinese Medicine (TCM): The core principle being "The balance between Yin and Yang" for wellbeing.

Past and present pandemics have acquired intriguing names, such as the "Black Plague", "Measles", "Ebola", "Spanish Flu", "HIV AIDS" and most recently, "Covid-19". Like the seasons of the year they often return, but virtually as evolving cycles of catastrophe. And each virus serves as another timely reminder of mankind's continuing, foolhardy disruptions of the balance of the global ecological system.

Yet, perhaps nature does have its own way of seeking out the balance essential for its existence in what we may term as force majeure, such as tsunami, destructive weather pattern, forest fire, and viral epidemic. Unless humanity, with all its

differences and diversity, learns to come together as ONE in conserving our ecology, global chaos is inevitable with each nation a soloist, having its selfish, non-cohesive agenda.

"Harmonious Diversity" has been a thematic calling of our publication, reinforced with our industry events, such as the annual Chef par Excellence Culinary Competition. For over ten years, our editorials and activities have consistently engaged those within the culinary, food, beverage, and hospitality industries to appreciate and embrace that which is sustainable, traceable, safe, and natural.

And, to broaden the reach of our annual culinary competition beginning this year, we are expanding our online platform to serve both professionals and non-professionals, including food aficionados in the practice of Culinary Excellence. By engaging millions of viewers across many of the most popular social networking sites, such as Weixin, Weibo, Tencent, Now, Douyin, Bilibili, etc., we hope that our call for Harmony in Diversity will encourage and increase environmental awareness with regard to the importance of protecting our planet's food resources and the critical balance between our ecology and our lifestyles.

无论是合唱团、管弦乐队还是流行乐队，乐曲和谐的关键就是平衡。平衡是指合奏中的每个声音或乐器以微妙的比例组合在一起，以实现声音、音色、音阶的高低和旋律的平衡。当然，这完全不同于只有单个表演者的独奏。

平衡适用于生活中的所有事物，因为它从时间

伊始就对自然界中的一切（无论有生命还是无生命）至关重要。从科学和神学的角度来看，这是一条基本定律，更具体地说是进化和创造。而且，没有什么能比古老的中医哲学更能说明平衡的重要作用，因为中医的核心原则就是讲究“阴阳平衡”。

过去和现在的流行病都以一些有趣的名字命名，比如黑死病、麻疹、埃博拉、西班牙流感、艾滋病，以及最近的“新冠病毒”。正如一年四季的变换，病毒也会经常回访，但实际上是作为灾难的演变周期。每一种病毒都能及时地为人类敲响警钟，是他们肆意破坏了全球生态系统的平衡。

然而，也许大自然有它自己的方式来寻找平衡，我们称之为不可抗力，如海啸、破坏性的气候、森林火灾和病毒流行。除非人类学会接纳和包容不同与多样，团结一致保护我们的生态，否则全球的混乱将不可避免地使每个国家成为一位独奏者，实施其自私的、无凝聚力的议程。

“多样的和谐共存”一直是我们杂志的主题口号，并通过我们组织举办的行业活动得到进一步加强，例如年度卓越大厨烹饪大赛。十多年来，我们的刊物和活动一直致力于推广和发展烹饪、食品、饮品和酒店行业，将可持续的、可追溯的、安全的和自然的食材与产品发扬光大。

而且，为了扩大我们年度烹饪大赛的范围，我们将从今年开始扩展在线平台板块，以服务于专业人士和非专业人士，包括同样追求卓越烹饪的美食爱好者们。呼吁众多社交网站和平台上数以百万计的观众们参与进来，如微信、新浪微博、腾讯、抖音、B站等，希望我们的主题“多样的和谐共存”可以鼓励和提高人们对环境的认知，意识到保护我们星球的食物资源、生活方式与生态间平衡的重要性。



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来自欧洲的红金，伴您消解炎炎酷暑



炎夏即将来临，伴随高温到来的往往是食欲不振。虽然每天需要摄入的热量在减少，但同时却必须补充大量流汗损失的水分。一旦补充的水分和营养不足，人体将面临脱水带来的各种严重后果。

蔬果因此成为夏季的理想主食，它们热量低而水分含量高。尤其是西红柿，无论口感还是营养皆是个中翘楚。您知道吗，西红柿兼具水果和蔬菜的特性！它富含维生素和矿物质盐，94%的水分含量也使其成为维护人体水分平衡的超级明星，缓解高温带来的水分流失。

同时西红柿还富含番茄红素，有助于抗衰老；作为类胡萝卜素的一种，它可以增强皮肤在夏天光照下的防御能力。

那么为何选择欧洲红金西红柿？因为它们在果实甜度达到峰值时采收，然后立即罐装，保有优质新鲜西红柿的所有风味、香气和特性。它们保藏在罐头里，静静等待您的开启，为您带来新鲜、清爽而又多汁的美味体验。欧洲红金，愉悦炎夏的绝佳蔬果选择，无法抵挡的美食诱惑。



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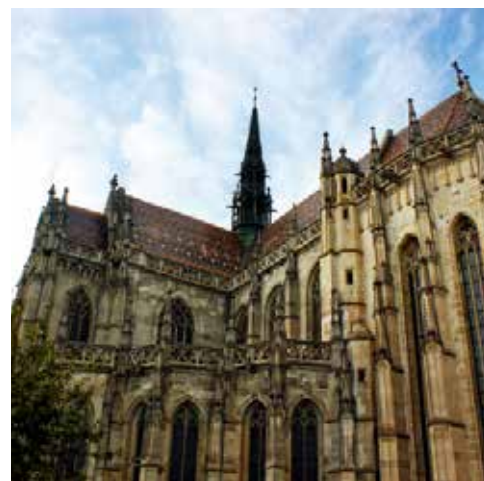


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环球美味厨师荟

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“日铸珍珠开小缶，银波煮酒湛华觞。槐阴渐长帘枕暗，梅子初尝齿颊香。”南宋诗人陆游为我们勾勒出春夏相交之时最美的样子。

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photo by Ricky Xu

生活 lifestyle

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Kitchen Beauty

厨房之美

by Eveline Chao

Safe, natural, and cheap beauty treatments can be found right under your nose and just in the kitchen cupboard.

你的面前或你厨房的橱柜里就有安全、天然、经济的美容护理产品。



Like everyone else out there, I'm always receiving the most boring, and usually pointless, email forwards in my inbox. However, a forward I received just yesterday managed to catch my eye. It was a link to an article in the Daily Mail, stating that, according to research by a natural deodorant company called Bionsen, the average woman puts 515 different synthetic chemicals on her body every day.

Accompanying the piece was a chart that aggregated a lot of information I've heard before, but had never seen presented together in one place – that shampoos, deodorants, lotions, makeup, hair products, nail polish, makeup, and various other products contain parabens, sulfates, and a zillion other chemicals that have been linked to all sorts of scary health issues, ranging from fertility problems to allergies to hormonal disruptions to respiratory problems, cancer, and more. The most worrisome point for me personally, since I love perfume and wear it nearly every day, was that perfume often contains benzaldehyde, which is linked to kidney damage. The possible link between nail polish and fertility issues, and also problems in developing babies, was not exactly thrilling to hear either.

Articles about these kinds of scares come out all the time and it's hard to separate out what's of genuine concern and what's nonsense. But even if you take a skeptical attitude towards the piece, it was a good reminder nonetheless that we have plenty of completely natural, safe beauty treatments available to us straight out of the kitchen, and that they are worth trying out. And as a bonus, they're all much, much cheaper than commercial beauty products.

For example: For people with oily skin, a small bottle of astringent or toner at the drugstore can cost 80 RMB or more, but a little bit of 5 RMB white vinegar with water is just as effective, and has been a tried and tested home treatment for ages. Just mix a few drops of white vinegar with a splash of water, apply it to a cotton pad, rub gently over your skin, and then rinse your face afterwards with water. Both the friction from the cotton pad and the acidity of the vinegar exfoliates dead skin cells and renews skin.

Or, take a tip from the ancient Egyptians who used to bathe in milk and honey. Milk contains lactic acid, an exfoliant, and honey is a humectant, which moisturizes. Next time you take a bath, add a little milk and honey and let yourself soak in the tub for a little longer than usual. I don't have any specific amounts to follow, but just enough of each to feel like something's happening, but not so much that it feels gross to soak in! Or, if you must insist on concrete amounts, let's say 3 cups of milk and 1 cup of honey, and soak for 20 minutes.

Olive oil is another wonderful, completely natural, and completely safe beauty product. The ancient Greeks valued beautiful long hair and used to put olive oil as conditioner for their hair. Just rub some olive oil into your hair (the cheapest stuff is fine – no need for virgin or extra virgin olive oil in this case), put a shower cap on, and go watch a DVD

or otherwise entertain yourself for 90 minutes before washing it off. You can also rub olive oil into your skin as an alternative to lotion and other chemical moisturizers.

As with other beauty products, there exist some safe deodorant alternatives out there that use tea tree oil or other antiseptics instead of aluminum. But, for the most all-natural and inexpensive approach, you can try swiping your underarms with a slice of lemon when things start getting a little "un-fresh" down there.

和所有人一样，我的收件箱里总是收到一些无聊的，通常也是最没有意义的转发邮件。然而，昨天收到的一封转发却引起了我的注意，这是《每日邮报》的一篇文章的链接，文章称，根据一家名为美之泉的天然体香剂公司的研究，普通女性每天会在身上使用515种不同的合成化学物质。

文章附着一个聚集大量我之前听说过但从未一起呈现的信息的图表，洗发水、体香剂、乳液、化妆、头发产品、指甲油和各种其他含有防腐剂、硫酸盐和无数其他化学物质的产品，它们与各种可怕的健康问题，包括生育问题、过敏荷尔蒙紊乱、呼吸问题和癌症等等联系在一起。对我个人来说，最让我担心的是，因为我喜欢香水而且几乎每天都要使用，香水里经常含有苯甲醛，而苯甲醛会损害肾脏。指甲油和生育问题以及婴儿发育问题之间可能存在联系，听起来也不容乐观。

关于这种恐慌类的文章层出不穷，很难区分哪些是真正值得关注的，哪些是毫无意义的。但即使你对这类文章持怀疑态度，它们也很好地提醒了我们。其实，我们有很多完全天然、安全的美容护理产品可以直接从厨房里获得，且值得一试。更重要的是，它们比商业美容产品便宜得多。

例如对于油性皮肤的人来说，在药店买一小瓶收敛水或爽肤水需要花费80元甚至更多，但是5元成本的加水的白醋也一样有效，而且这是一种久经考验的家庭护理方法。只需将几滴白醋和少许水混合，涂在化妆棉上，轻轻擦在皮肤上，然后用水冲洗干净脸部即可。棉垫的摩擦和醋的酸性都能脱落死皮细胞，使皮肤新生。

亦或是向古埃及人学习，他们习惯在洗澡中加入牛奶和蜂蜜。牛奶含有乳酸，是一种去角质剂，而蜂蜜是一种保湿剂。下次你洗澡时，加一点牛奶和蜂蜜，让自己泡在浴缸里的时间比平时长一点。我没有任何具体的量要遵循，添加的量只需要足够让你感觉像发生了什么，但又不会太多让你泡澡过程感觉恶心即可。如果你需要一个参考，可以尝试使用3杯牛奶和1杯蜂蜜，浸泡20分钟。

橄榄油是另一种美妙的，完全天然和安全的美容产品。古希腊人重视美丽的长发，并习惯在头发里使用橄榄油进行护理：只需在头发上抹点橄榄油（最便宜的就可以了——这种情况下不需要初榨或特级初榨橄榄油），戴上浴帽，在洗头之前，去看DVD或者自我娱乐90分钟。你也可以在皮肤上涂抹橄榄油，作为乳液和其他化学保湿剂的替代品。

和其他美容产品一样，市面上也有一些安全的体香剂替代品，它们使用茶树油或其他防腐剂来代替铝。但对于最纯天然、最便宜的方法是，当你的腋下的开始有点“不新鲜”的时候，你可以试着使用一片柠檬擦擦。



The Original Eco-Friendly Cooler

原始的环保清凉饮料

by Jane Ram



As the temperature rises, switch off the air conditioner and cool down the most natural way. Many centuries ago our ancestors discovered that slow consumption of something cold made a very efficient way to cool the human system. Be eco-friendly as you reach for the ice cream, gelato or sorbet. Use a small spoon to make the treatment as effective as possible. Repeat as often as required.

Commercial ice cream contains some items that fitness fanatics would definitely try to avoid. But, if you have a simple sorbetiere or ice cream machine, depending on the ingredients, your home-made cooler can even be regarded as health food. A traditional sorbet is basically a combination of sugar, lemon juice and fresh fruit. Cut out the sugar and voila! But you will need an efficient machine to ensure that the end product is not a mass of ice crystals or a simple chunk of ice. Bear in mind that the sugar is there for a purpose - it lengthens the product's shelf life. If you feel like something more nourishing, add a little skim milk or white of egg to make a sherbet. Traditional sherbet contains no more than 2% of milk solids - what's not to like about that?

Gelato is a much misunderstood and abused term. It is the Italian word for ice cream, but these days it is usually applied to ice cream made in the "Italian way", meaning without cream, but using milk plus egg yolks to enrich the product. The lack of air makes the texture dense and rich, with a creamier mouth-feel than regular ice cream despite the lower fat content.

Officially ice cream is classified as such if it contains at least 10% milk fat, although premium brands usually have considerably more. These days chefs are pushing boundaries in all directions including the making of ice cream. Dare to be different seems to be the guiding principle as we see a succession of outlandish-sounding



ideas, most of which seem to vanish without trace after customers turn down their thumbs.

That said, I like the sound of black pepper and tamarind, the signature flavour at the Cinnamon Lakeside Hotel in Colombo. And I am intrigued by the Thai-inspired creation at one of Britain's most famous stand-alone restaurants, The Hardwick in Abergavenny, Wales. Chef Stephen Terry uses a basic anglaise mix, sweetened with palm sugar and flavoured with lime leaf, chilli, coriander and lemongrass. Terry does offer more conventional flavours like Vanilla alongside a galaxy of delights including malted milk chocolate, peanut butter and jelly, local honey with stem ginger, treacle tart, Seville orange marmalade or honeycomb and milk chocolate chip.

Endless creativity runs through the ice cream selection at Karma Kandara resort on Bali. Executive Chef Steven Grande and his team make ice creams, gelato, and sorbets in-house, daily. "On average, we offer 8-10 types and flavours ranging from the usual suspects to unique artisanal flavours. Throughout the year, guests will find items such as sour cherry and brazil nut ice cream, pina colada sorbet made from local pineapples and coconut water, and a revolving variety of exotic and local fruit sorbets. One of my favourites that will appear on the menu towards the festive season is peppermint candy cane ice cream, with frozen bits of candy cane churned into a standard ice cream base recipe that has more milk in it than normal recipes - the texture is wonderful with an almost ice-milk like density but still enough richness to give the silky textural qualities that makes ice cream what it is. My father used to make this at home during the holidays, anywhere from July 4th (Independence Day in the USA) to Christmas - as well as randomly throughout the year as he saw fit.

"Another favorite is crème fraiche and purple basil sorbet, which I use as a component to another dish rather than as a dessert item. I have used this sorbet as a component to gazpacho and although contrasts in temperature on a dish are normally composed of a warm or hot item paired with something cold, the combination of a chilled soup with a bite of frozen sorbet and the flavour of purple basil with tartness from the crème fraiche is really delightful. It also goes well with tuna. A dish that I do often combines the sorbet with beautiful sashimi tuna belly and a touch of bottarga with Olio Verde (a pure olive oil from Italy with wonderful grassy flavours). In addition to providing the pungent aspect of the dish, the bottarga also serves the role of creating a layer between the tuna and sorbet to keep the tuna from becoming discolored or frozen as it would in direct contact with the aa."

当温度上升时,关掉空调,用最自然的方式降温。许多世纪以前,我们的祖先就发现,慢慢食用冷的东西是一种非常有效的冷却人体系统的方法。选择冰淇淋、意式冰淇淋或雪芭时就是特别环保的一种方法:使用一个小勺子服药即可,并根据个人所需的量,重复这个动作。

商业冰淇淋中含有一些健身狂绝对会尽量避免的食物。但是,如果你有一台简单的冰沙机或冰淇淋

机,根据不同的原料搭配,你自制的冰淇淋或雪芭甚至可以被视作健康食品。传统的雪芭基本上是糖、柠檬汁和新鲜水果的混合物,如果把糖拿掉的话,你瞧瞧!但是你需要一台有效的机器来确保最终产品不是一堆冰晶或一块简单的冰。记住,糖的存在是有目的的——它延长了产品的保质期。如果你想要更有营养的食物,可以加一点脱脂牛奶或蛋清来制作冰冻果子露。传统的冰冻果子露所含的奶固形物不超过2%,你说这有什么不好呢?

意式冰淇淋是一个被误解和滥用的术语。在意大利语中,它指的是冰淇淋,但如今它通常被用来指使用“意大利方式”制作的冰淇淋,即不加奶油,而是用牛奶加蛋黄来丰富产品,不含空气使冰淇淋的质地更稠密和丰富,尽管脂肪含量较低,但口感比普通冰淇淋更柔滑。

从冰淇淋的官方定义来讲,要求含有至少10%的乳脂,尽管高档品牌通常含量更多乳脂。如今,厨师们在各个方面都在突破界限,包括冰淇淋的制作。敢于与众不同似乎是我们的指导原则,因为我们看到了一系列听起来稀奇古怪的主意,虽然其中大多数主意在顾客不接受后似乎消失得无影无踪。

即便如此,我喜欢黑胡椒和罗望子的味道,这是科伦坡肉桂湖畔酒店的招牌风味。我对英国最著名的独立餐厅之一,位于威尔士阿伯加文尼的哈德威克餐厅的泰式创意很感兴趣。主厨 Stephen Terry 使用了一种基本的英式混合酱,加入棕榈糖、柠檬叶、辣椒、香菜和柠檬草调味。Terry 提供了更多的传统口味,如香草口味,以及一系列的美味,包括麦芽牛奶巧克力、花生酱和果冻、当地蜂蜜与干姜、糖浆挞、塞维利亚橘子果酱或蜂巢状的牛奶巧克力片。

在巴厘岛的卡马坎德拉度假村,冰淇淋的选择带着无穷无尽的创意,行政主厨 Steven Grande 和他的团队每天都在餐厅内部制作冰淇淋、意式冰淇淋和雪芭。“平均而言,我们提供 8-10 种从普通到独特的自制口味。一年里,客人将发现如酸樱桃和巴西坚果冰淇淋,一种由当地菠萝和椰子水制作的朗姆雪芭,和丰富多样的异国与当地水果结合的雪芭。另外,我最喜欢的,且会出现在节日期间的菜单的冰淇淋是薄荷甘蔗冰淇淋,少量冷冻的干蔗搅拌均匀成标准冰淇淋基础配方,和普通配方相比有更多的牛奶,拥有几乎和冰牛奶一样的质地,但足够丰富的丝滑保留冰淇淋本身应有的口感和品质。我父亲过去常常在假期里(从7月4日的美国独立纪念日到圣诞节,以及他认为一年里任何合适的时间)在家制作这类冰淇淋。

“另一个我喜欢的雪芭是法式奶油和紫色罗勒雪芭,我把它们作为另一道菜的配料,而不是甜点。我用这个雪芭作为西班牙番茄冷汤的配料,虽然这道菜通常是由一道温热或热菜配上一些凉食,使用雪芭使得这道菜和传统做法的温度相差很多,但是一道带着一点冷冻雪芭、法式酸奶油、紫罗勒风味的辛辣味汤,真的令人愉快。这种雪芭和金枪鱼也很配,我经常做的一道菜是把雪芭和漂亮的金枪鱼腩生鱼片、撒上意大利的纯正橄榄油和金枪鱼子。除了给这道菜提供辛辣的味道,金枪鱼子还作为金枪鱼和雪芭间的隔层,防止金枪鱼直接接触雪芭而导致变色或冷冻。”

Edible Small Solutions to Sustainable Seafood

可持续性海产品的食物解决方案

Photos by Ricky Xu



THE SITUATION NOW

情形

- ◆ 70% of our planet is water – also our biggest garbage dump. 我们的星球 70% 是由水组成的，而这也是我们星球上最大的垃圾场
- ◆ 90% of the ocean's large predatory fish has been depleted – sharks and whales top the list. 海洋中 90% 的大型食肉鱼类已经近乎灭绝，其中鲨鱼和鲸鱼位列首位。
- ◆ Over 70% of the world's commercial marine fish stocks are over exploited – driving some species near extinction. 世界上超过 70% 的商业海洋鱼类资源被过度开发，导致一些物种濒临灭绝。
- ◆ Over 88 million tons of seafood is taken from the ocean yearly – sucking life out of it. 每年有超过 8800 万吨的海产品从海洋中捕捞上来，海洋逐渐的不再充满生命力。
- ◆ Irresponsible and over fishing exterminates marine life and its habitat – ours included. 不负责任和过度捕捞消灭了海洋生物，摧毁了他们，同时也破坏了我们的栖息地。
- ◆ Mercury pollution travels from the mines to the sea – ultimately to our plates and stomach. 汞污染从矿山传播到海洋——最终汞的归属地却在我们的餐盘上。

◆ Coral reefs are dying – so is the ocean's food chain. 珊瑚礁和海洋的食物链正在死亡。

◆ Ocean dead zones are increasing – 400 and the count continues. 海洋死亡区域增加到 400 个，而且还在继续。

◆ Ocean acidification soars with carbon emission – Ocean's PH Balance backtracks 35 million years. 随着碳排放，海洋酸化加剧——海洋的 PH 值平衡倒退 3500 万年。

THE SOLUTION FORWARD

解决方案

Within the "Value Chain" linking the fishermen and seafood suppliers to the markets and consumers, Chefs and diners play equally important roles as all the rest. The choices are there for us to select the seafood duly certified as sustainable. Global Gourmet hereby takes the initiative to provide some simple yet palatable guidelines as follow:

在连接渔民和海鲜供应商，以至到市场和消费者的“价值链”中，厨师和食客与其他所有人一样扮演着同样重要的角色。面对众多选择，我们可以选择那些被正式认证为可持续的海产品。环球美味提供了一些简单但美味的指南：

1. Look for seafood gathered under prescribed quotas and harvested scientifically without destroying the sea beds or harming other marine species. The Fisheries and Marine Institute of Memorial University of Newfoundland provides the world's largest prototype simulator of marine habitat for research and development of sustainable fishing.



在不破坏海床或伤害其他海洋物种的情况下，寻找在规定的配额下采集并以科学的方式收获的海产品。纽芬兰纪念大学的渔业和海洋研究所为可持续渔业的研究和开发提供了世界上最大的海洋栖息地原型模拟器。

2. Reach for the lower and smaller food chain. Smaller seafood includes mussels, sardines, mackerel, oysters, and squid, among others. These small species tend to be plentiful and even tastier. 选择较初级和较小型的食物链，较小的海产品包括贻贝、沙丁鱼、鲭鱼、牡蛎和鱿鱼等。这些小品种往往数量很多，甚至更美味。

3. Go for the wild seafood harvested within regulated quotas. For one, the wild coldwater shrimps from the Atlantic Ocean, particularly Newfoundland, are the best bet for sustainability, let alone their exquisite taste. 在规定的限额内捕捞野生海产品。举个例子，如来自大西洋的野生冷水虾，尤其是来自纽芬兰地区的，是可持续性和极致美味海产品的最佳选择。

4. Opt for New Zealand. While not necessarily a perfect definition of sustainability, it has stricter fishing and farming standards than other parts of the world, particularly for fish and selfish. 采购来自新西兰的海产品。虽然这不一定是可持续性的完美定义，但与世界其他地区相比，尤其是对鱼类和满足私心的需求，它有着更严苛的渔业和农业标准。

5. If not wild, select properly farmed seafood. Better still, select those from farms that simultaneously produce green energy, growing algae, and creating jobs.

如果不是来自野生，亦可以选择被良好养殖的海产品，且海产品最好选择来自于那些同时生产绿色能源、种植藻类和创造就业机会的养殖农场。

6. Eat local. Reduce carbon footprints and energy consumption from transporting and shipping seafood across countries and regions by eating local. Also, in the interest of reducing food waste, seasonality should prioritize frozen freshness, while raw freshness as secondary. 食用本地海产品。通过食用本地食品，可以减少跨国家和跨地区进行海产品运输而产生的碳足迹和能源消耗。为了节约能源，海产品的季节性的新鲜度排在冷冻选项之后。

7. Create demand for unpopular or invasive aquatic species. These include the proliferating Asian swamp eels, Chinese mitten crabs, mud snails, rusty crayfish, spiny water flea, flathead catfish, and clubbed tunicate, among other pestering water creatures. This is the ultimate test for culinary creativity and innovation.

创造对不受欢迎或具有侵略性的水生物种的需求。这些生物包括大量繁殖的亚洲沼泽鳗鱼、中华绒螯蟹、泥螺、锈色的小龙虾、带刺的水蚤、扁头鲶鱼和棒状被囊类生物，以及其他令人烦恼的水生生物。这是对烹饪创意和创新的终极考验。





Paprika is one of the central spices of both Hungarian and Spanish cooking, and a healthy ingredient worth incorporating into any diet. It is made from drying and grinding various types of peppers, and its flavor can vary from sweet and mild to richer, spicy, or very hot, depending on what types of peppers are used -- bell peppers, chili peppers, tomato peppers, etc. -- and whether the heat-giving seeds are removed before they are ground. There are also many variations in color depending on the pepper, ranging from deep brownish-red to bright orange. The way it is ground -- very fine or coarse -- affects the taste as well.

Hungarian paprika as used in cooking tends to be sweeter, though they have a full range of flavors and often keep a container of hotter, more pungent paprika at the table for guests to flavor their food to taste. Paprika releases its flavor when heated so for maximum flavor, the spice should be added to hot oil but without letting it burn or caramelize (due to the sugar content). Hungarians typically saute onions in pork fat until the onions soften, then add in the paprika and take the pan off the burner. This forms the base of Hungarian dishes ranging from goulash to Hungarian chicken.

Spanish paprika, known to Spaniards as pimentón, is quite different, because of its distinctive smoky flavor, brought about by smoking the peppers with oak wood. It's an ingredient in Spanish sauces as well as many soups, stews, and other heavy dishes that fit well with the rich smoky flavor. Outside of Spain, look for something called "smoked paprika."

Americans tend to treat paprika more as decoration than as a real cooking ingredient, usually sprinkling it over cold foods like deviled eggs and potato salad. The splash of red looks pretty but doesn't give much flavor.

Even so, it's well worth using paprika any way you can, because this spice has impressive health properties. Paprika peppers have seven times the Vitamin C that oranges have, and the spice is high in other antioxidants as well. Researchers have found it to have antibacterial benefits, and it's also a stimulant, making it helpful in improving circulation, normalizing blood pressure, and aiding in digestion through increased production of saliva and stomach acids.

Next time you cook, try stirring paprika into heated oil and brushing it

over fish, chicken, or other meats, as long as liquid is involved in the cooking process -- drier, high-heat cooking will cause the paprika to burn. You can also sprinkle over it over bland-looking dishes that need some color -- rice, salad, omelets, potatoes or french fries, pop corn, whatever. It's also good in soups, chili, or stews, or stirred into pasta sauce.

红辣椒粉是匈牙利和西班牙烹饪的主要香料之一，是一种健康的，值得融入到各种烹饪食物的配料。它通过研磨各种类型的干辣椒制成，而且口味非常多样，从甜味、温和，再到更为浓郁的辣味或非常辛辣。这些多样的口味取决于使用什么类型的辣椒（如灯笼椒、辣椒、番茄椒等），以及在研磨之前是否去籽。同时，根据使用不同的辣椒，颜色也有很多变化，从深棕红色到亮橙色不等，而且它研磨的方式不同，即研磨得非常精细亦或是粗糙，也会影响口感。

在烹饪中使用的匈牙利红辣椒粉往往更甜，尽管它们有各种各样的口味，并且经常在餐桌上放一盒更辣、更刺激性的红辣椒粉让客人自己调味。辣椒粉在加热后会释放出它本身的味道，为了达到最佳的味道，辣椒应该加到热油中，但不要让它燃烧或烧焦了（因为含糖量）。匈牙利人通常用猪油炒洋葱，直到洋葱变软，然后加入辣椒粉，把锅从炉灶上拿下来。这形成了匈牙利菜（从炖牛肉到匈牙利鸡肉）的基础。

西班牙的红辣椒粉，西班牙人称之为 pimentón，是非常不同的，因为它独特的烟熏味，是用橡木熏制的辣椒带来的。它浓郁的烟熏味，和西班牙酱汁以及许多西班牙式汤、炖菜和其他重口味菜肴的配料很相配。在西班牙以外的区域，可以找到一种叫做“熏制辣椒粉”的东西。

美国人更倾向于把红辣椒粉当作装饰点缀，而不是真正的烹饪原料，通常会在冷食，比如魔鬼蛋和土豆沙拉上撒上红辣椒粉。散落的红色点缀看起来很漂亮，但没有给菜品带来多少味道。

即便如此，红辣椒粉值得在任何你认为可以使用到的地方进行应用，因为这种香料有令人深刻印象的健康特性。红辣椒粉的维生素 C 含量是橘子的 7 倍，而且它还富含其他抗氧化剂。研究人员发现它有抗菌的功效，而且它还是一种兴奋剂，有助于改善血液循环，调整血压，并通过增加唾液和胃酸的分泌来帮助消化。

下次做饭的时候，试着把辣椒粉加入热油中搅拌，然后涂抹在鱼、鸡肉或其他肉类上，也可以尝试在任何有液体的情况，因为干燥和高温的烹饪环境会导致辣椒粉燃烧。你还可以把它撒在普通的菜品上，如米饭、沙拉、煎蛋卷、土豆或炸薯条、爆米花等等，以增加一些色彩。当然，把红辣椒粉用在做汤、辣椒、炖菜，或者拌到意大利面酱里也是非常不错的。

The Never Ending Journey

永无止境的旅程

by Peter Alatsas
Photos by Ricky Xu



It has been said that life is a game, and that everything is invented – presumably in the mind. The idea takes on a new meaning in Greece. Being of Greek origin, I am forever trying to reconcile past and present. In any case, I find myself somewhere in between: nowhere. Generally speaking, this predominantly seafaring nation is a magnanimous and friendly place, made up of mostly emotionally charged and highly impulsive wanderers and dreamers who are just as quick to tears as to laughter. Paradoxically, when overcome by joy they are moved to tears; when sad, they laugh. I reckon that such a complexity mainly springs from two ideas: one, that worrying is futile, and secondly, not taking themselves too seriously.

In the famous novel, *Zorba the Greek*, by Nikos Kazantzakis, Zorba is full of dreams and a zest for life that includes misplaced optimism. This fictional character is a metaphor for the appreciation of joy and sadness that co-exists in life. His pursuit of happiness for its own sake reaches a point of madness. There are real-life examples, as well: the (rather wasteful) Greek tradition of breaking plates whilst in a state of euphoria or joy is a nicer, gentler form of madness, if there is such a thing.

Hardship and disappointment are a function of everyday life, but their effects can be minimized with travel and restoration. Travel offers a change of scenery. Anecdotal evidence suggests that a mere change of scenery is both relaxing and therapeutic, and helps restore one to a state of well-being, much like the effect of a good cry. Tears, by one definition, are a form of restoration; they help to return us to a happier state of being and elation. Such is the complexity of life.

Maintaining a positive mental attitude even in the worst of times is essential. The idea of "Wanting" to feel good all the time is a start. A pathos to keep on going when all else fails, or when things can't get any worse: easier said than done, but not impossible. Positive words, in a way, act as catalysts or as coping mechanisms. Oftentimes, certain negative words like "loneliness" and "boredom" become self-fulfilling prophecies in that you get the behavior you expect. Imagine a world without these words. Let's take them out of our vocabulary altogether. Let us not become a manifestation of the very negative words or ideas that we think and speak.

On final reflection, perhaps it's the beauty of the place that brings out the best and worst in us. The mythical gods blessed Greece with an abundance of beauty, words, and stories to inspire and invigorate the body, mind, and spirit. And, of course, without a past there is no future. Perhaps this is why the relentless pursuit for meaning is an endless endeavor in such a place, we well. Nowhere is this more prevalent, at least in my view, than in Greece. You will invariably enjoy the trip. The journey, however, never ends.

有人说，生活是一场游戏，大概一切都是脑中虚构的。这个想法在希腊有了新的含义，作为一个希腊人，我一直在努力调和过去和现在。无论如何，我发现自己总是处于两者之间：无处可去。总的来说，这个以航海为主导的国家是一个宽容且友好的地方，由最心潮澎湃和极度冲动的流浪者和梦想家组成，他们的眼泪和笑声来得一样快。矛盾的是，当他们被快乐征服时，他们会感动得流泪；悲伤得不能自己时，他们却会大笑。我猜想这种复杂性主要来自两个方面：一是担心是徒劳的，二是不要太过认真。

尼科斯·卡赞特扎基斯的著名小说《希腊人佐巴》中，佐巴充满梦想，对生活充满热情，也包含了错位的乐观主义。这个虚构的人物也隐喻着对生活同时存在的快乐和悲伤的欣赏，他为追求幸福本身到了近乎疯狂的地步。现实生活中也有这样的例子：（相当奢侈的）希腊人在极度兴奋或高兴的时候摔盘子的传统是一种更友好、更温和的疯狂行为。

困难和失望是日常生活的一部分，但它们可以通过旅行和修复以最小化其影响。旅行能让人观看不一样的风景。证据表明，仅仅改变一下环境就能让人放松，也能起到治疗作用，还能帮助人恢复健康状态，就像大哭一场一样的效果一样。眼泪，根据一种定义，是一种修复的形式，他们帮助我们回到一个更快乐和情感的状态。这就是生活的复杂性。

即使在最糟糕的时候，保持积极的心态也是至关重要的。“想要”一直感觉良好的想法就是一个开始。当其他一切都失败了，或者事情不会变得更糟的时候，总会令人感到感伤，虽然说起来容易做起来难，但这并非不可能。在某种程度上，积极的话语起到了催化剂或应对机制的作用。通常，某些负面词汇，如“孤独”和“无聊”，会成为自我实现的预言，因为你会得到你所期望的行为。想象一个没有这些单词的世界，让我们把它们一起从我们的词汇表中删除吧，让我们不要成为那些我们所想和所言的非常消极的话或想法的载体。

最后再反思一下，也许正是这个旅程的美丽之处：让我们展现了最好和最坏的一面。神话中的众神赋予希腊许多美好的东西、文字和故事，以激励和鼓舞我们的身体、心灵和精神。当然，没有过去就没有未来。也许这就是为什么在这样一个地方，对意义的不懈追求成为一种永无止境的努力。至少在我看来，这种情况在希腊最为普遍。你一定会喜欢这次的旅行。然而，这段旅程永远不会结束。





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photo by Ricky Xu

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Tommy Lee Jae Jin 李载珍
Sean Hu 胡高杰



Jessica-Préalpato



Linda Fu



Louie Ye



Tommy Lee Jae Jin



Sean Hu

Goddess of Pastry

烘焙界的天后

by Dominic Bauquis



In the world of pastry, Jessica Préalpato shines as 2020 "Best Pastry Chef", a much deserved recognition awarded by the French Gault et Millau Guide during a ground-breaking announcement late last year. And, what is even more significant is the fact that for the first time in the history of pastry, a lady pastry chef won the award against all her male counterparts.

Jessica Préalpato works with the Alain Ducasse at his restaurant housed in the famous Plaza Athénée Hotel in Paris. The motto residing at the core of her culinary craft and artistry pays homage to what she calls "Desseralité", a term coined from two expressions: Dessert and Naturalité or Natural. This term is vividly translated in her pastry creations in which taste and authenticity of each ingredient is meticulously preserved, while bold combinations unfold the harmonious dynamics in flavors, textures, and presentations.

Desseralité perfectly fits the current trend towards healthier living, as with



lighter desserts without the overwhelming dough, mousse, cream, and sugar. For her, focus is on locally sourced ingredients, and as well as a clear definition of origins, altogether clearly stated in her menu. Her works exemplify her unwavering principle: "Choosing the right product at the right time for achieving subliminal end results". Moreover, her works of excellence are continually driven by her unending curiosity and enthusiasm to evolve and innovate. Kudos to Jessica!

Rest assured, guests at her table can forever expect the unexpected. A typical example would be one of her boldest signature desserts "Hop Pancake, Caramelized Barley, and Frozen Dark Beer". The pastry masterpiece unfolds a unique sensorial experience around the beer and its subtle bitterness. More exceptional works she does include the "Roast Citrus with Honey Vinaigrette, Crispy Peanuts and Soymilk" and "Roast Peach (barbecue-style) on Bed of Sorrel and Peach-lemon Sorbet on the side".

Other than her Gault et Millau award, Jessica Préalpato was also named "World Best Pastry Chef" by the "World's Best 50 Restaurants" last year, joining the league of pastry luminaries such as Pierre Hermé and Dominic Ansel.

This is the first time ever for a pastry chef to win both accolades in succession, and a lady at that. For this, Jessica Préalpato reigns unquestionably as the Goddess of Pastry.

在烘焙界，Jessica Préalpato 被去年底发布的法国《戈耳与米约》指南评为“2020年最佳饼房厨师”，这是她在一个首创新性评选中获得的当之无愧的荣誉。更重要的是，这是烘焙界的史上第一次，由一位女性饼房厨师击败了所有的男性同行，赢得了这个奖项。

Jessica Préalpato 与 Alain Ducasse 在他位于巴黎著名的雅典娜广场酒店的餐厅工作。她的座右铭时刻围绕烹饪技艺和艺术的核心，就是向她的“Desseralité”致敬。“Desseralité”是由甜品（Dessert）和天然（Natural）这两个词组合而成。这一术语在她的糕点创作中得到了生动的诠释，每一种原料的本味都被精心保留，而大胆的组合更放大了其风味、质地和呈现上的和谐互动。

“Desseralité”非常适合当前的健康生活潮流，例如口味较轻的甜点，没有大量的面团、慕斯、奶油和糖。对她而言，重点在于本地食材上，包括对新鲜农产品来源的明确说明，这些都反映在她的菜单中。她的作品体现了自己坚定不移的原则：“在正确的时间选择正确的产品以实现潜意识的最终结果。”而且，她的作品启发来自她源源不断的好奇心和想要不断发展和创新的热情。

大可放心，她的餐桌上总会呈现意外的惊喜。一个典型的例子就是她最大胆的招牌甜点之一——啤酒花煎饼、焦糖大麦和冰冻黑啤酒。这件杰作围绕啤酒及其微妙的苦味呈现出独特的感官体验。她的其他创意作品还有蜂蜜醋汁烤柑橘、脆花生和豆奶，以及烤桃子（烧烤风格）配桃味柠檬冰霜和酸模叶。

除了获得《戈耳与米约》的奖项外，Jessica Préalpato 还在去年被世界 50 佳餐厅评审团评为“全球最佳饼房厨师”，与烘焙大师 Pierre Hermé 和 Dominic Ansel 齐名。

这是第一位饼房厨师首次连续获得这两项荣誉，而且是一位女士。在这一点上，Jessica Préalpato 无疑是烘焙界的天后。

Woman's Magic Touch

让热情点石成金



Linda Fu started her career in the hospitality industry by joining the Cold Kitchen at Portman Shangri-La Hotel in 1990. Her first leg in the cold kitchen subsequently led her to become a pastry chef. Immensely lured by the irresistible aroma of pastry and dessert, she considers this as the most wonderful thing in the world.

Spending seven years in becoming a pastry chef, Linda started as an apprentice and subsequently moved to Grand Hyatt in 1999 to become a full-fledged pastry chef for the rest of her professional life.

Linda considers herself a perfectionist. For her, pastry and dessert is both an art and a career that never stop to stimulate her thinking and nurture her patience. "Every single dessert that I create is a treasure that fulfills me to no end," she exclaimed.

While the profession of pastry is still dominated by men, Linda believes that the fairer gender is by nature more attentive to details and with touches more delicate and sensitive. These are contrasting qualities to that of the male counterparts who tend to



be more grandiose and impressive with their works. She attributes the reason behind the scarcity of female chefs to the fact that: "Women, with their motherly instinct and birth role, tend to focus more on their families, particularly at the later stages of their lives. This makes the chef's career much tougher to engage, because creativity and design are extremely time consuming and completely drain a person's energy."

Looking forward, Linda plans to focus more on training young apprentices claiming that: "Many of them have the basic pastry skills acquired from schools and are passionate and eager to further learn and improve. I would like to impart all the baking skills and techniques from my life long experiences to help them grow and become future outstanding pastry chefs."

As for the young generation of aspiring pastry chefs, Linda gently reminds: "In order to be successful, one must have endless perseverance. The time spent, the efforts made, and the continual demand for high standards, as with ingredients, techniques, and artistry make up the formula for success in benefiting oneself and the customers as well."

1990年，付薇加入波特曼香格里拉酒店西厨冷餐部，开始了酒店行业的职业生涯。最初，她在冷餐学习，直到后来接触到了西点，它所散发出来的香气，让她觉得是这世间最美妙的调味剂。因此在机缘巧合下，她从冷餐转到了西点烘焙部。

从学徒做起，付薇不知不觉就坚持了7年，并成长为一名西点主厨。1999年，她慕名加入了当时中国第一高的地标酒店——上海金茂悦大酒店，担任饼房厨师长至今。

在付薇看来，自己是一个完美主义者，甜点的制作不单是她追求的一项事业，更像是去打造艺术品，需要长时间的耐心打磨和思考，所以她将自己设计制作的每一款甜品都看作珍宝。用她的话来说就是：“这让我很开心，也很有成就感。”

尽管厨师行业以男性为主导，付薇认为女性厨师在烘焙上偏重细节和细腻感，而男性厨师的作品会更为大气和华丽。至于女性厨师的稀缺性，她指出：“女性具有母亲的本能，在以后的阶段往往更注重家庭。这使其作为厨师的职业生涯更加艰难，因为创意和设计十分消耗精力和时间。”

在未来，付薇会将更多的精力放在培养年轻一代学徒。她说道：“现在，很多学徒在学校里掌握了烘焙西点的基础，也充满热情和学习的渴望。我希望能将毕生所学和经验都传达给他们，让他们能在实践中体会和进步。”

对于想要成为卓越饼房厨师的年轻一代，付薇想说：“要成为一名优秀的饼房厨师，一定要有毅力。付出汗水和时间，坚持高品质与高标准，无论对客人的周到，亦或是对食材的慎重，你终将获得回报。”



Master with Many Hats

头顶无数光环的饼房厨师



Louie Ye is an exceptional chef who wears many hats in the world of desserts and pastries, which include: Founder of LA Fantasia and Top Chef College; Vice-President of SRCA Western Cuisine Committee, WACS International Referee, member of jury for FHC China International Dessert and Baking Competition, counsel for Pastry World Cup and China Dessert Championship, and jury member for World Chocolate Masters, among others.

For the past 20 years, Louie has earned the recognition as world-class chocolate master, working with Michelin-starred restaurants and excelling with his own style in the art of dessert and pastry craft. Over the years, he has won various world pastry competitions, among which was the International Cooking Olympic (IKA). Also, as a renowned dessert master, he is familiar personality on TV shows and pastry programs. Having worked with Jean-Georges at his Michelin-starred restaurant and Park Hyatt, Louie later established his own La Fantasia and Top Chef Cooking Studio. Other than operating on his own turf, he is at the same time engaged in training upcoming pastry chefs, as well as conducting research and development for a number of global food brands.

For Louie, the profession of pastry and dessert making occupies the entire waking hours of a chef: From making fresh breads and pastries at dawn to the last course of dinner late into the evening. Such work soaks up the chef's energy, both mind

and body. Energy aside, special traits such as artistry, creativity, and innovation make the unending endeavor that can only be fueled by passion, and in turn sustained by inspiration and enthusiasm. This type of work is similar to the medical profession, requiring time to mature and developed into something that can be immensely rewarding or even lucrative. Sudden success is but luck or by chance, which is short-lived without doubt.

Louie further substantiated the multi-faceted nature of pastry craft into areas of specialization, as with breads, cakes, and sweets, including chocolates. Just by mastering the basics would require years of practice, particularly with chocolate. While specializing in cakes and desserts, chocolate for Louie is more of an interest than forte.

While pastry is a tradition and inherent part of the western lifestyle, Louie sees pastry being at its birthing stage in China. He also considers the impatience of Chinese pastry chefs to catch up with the west as a deterrent factor that resorts to copying, reproducing, and short cuts at the expense of originality and creativity. On the other hand, he has great admiration for Japan and its pastry craft that has developed into an exceptional and unique style of its own favored by one and all.

For aspiring pastry chefs, Louie gently reminds that: "Persistence is the key to success be it in pastry or other fields of pursuit. When persistence is coupled with purity of intension and clarity of understanding, one can go the extra mile to exceed boundaries. Any career is short-lived when impulse and impatience set in."

作为一名出色的厨师，叶卫在甜品和烘焙界的造诣极高，头顶光环无数，包括：上海餐饮烹饪行业协会西餐专委会常务副主席；（WACS）世厨国际裁判；FHC 中国国际甜品烘焙大赛主裁判；糕点世界杯、中国甜品锦标赛技术指导专家；世界巧克力大师赛评委；中国国家甜品队教练；国家职业技能竞赛裁判员等等。作为世界级甜品大师，叶卫代表了中国西点界的最高水准，并开创了国内料理化甜品的先河，20 年的世界一流

酒店与 6 年的米其林餐厅工作经验，使他成为能跻身于世界甜品大师行列的极少数华人。

自 2001 年开始，叶卫便获奖不断，在盘式甜品、婚宴蛋糕、展品、面包、巧克力蛋糕、冰雕等门类国际赛事中都荣获冠军，可谓是少有的全才西点师。2016 年 10 月，他带领中国国家烹饪队参加 IKA 奥林匹克国际烹饪大赛，并为中国争得历史性的银牌。如今的叶卫不再顶着米其林三星餐厅“Jean-Georges”饼房主厨，或是上海柏悦酒店饼房行政总厨的光环，他在 2015 年创立了自己的甜品王国——LA Fantasia(幻品)以及 Top chef cooking studio(顶厨学院)。叶卫纵横于米其林餐厅、高级酒店、社会饼房三大系统，广泛的知识面能融合不同体系的工艺，使产品不但国际化，更能符合市场的需求。

对叶卫而言，制作糕点和甜点占据了他所有的时间，从黎明时制作新鲜的面包和糕点，到深夜的最后一道晚餐。这样的工作耗费了厨师的全部身心。除了体力，特殊的技能（如艺术性、创造力和创新性）连线成不间断的过程，只有通过热情来推动，才能激发出灵感，并延续激情。在他看来，这类类似于医学专业，需要时间的培养和成长，才能带来巨大回报。突如其来的成功只是靠运气或机会，非常短暂。

他用行动进一步证实了手工艺的多面性，包括面包、蛋糕和糖果，以及巧克力的专项技术。而且，仅仅是掌握基础知识就需要多年的实践，尤其是巧克力。在这个舞台上，叶卫选择专门研究蛋糕和甜点，尽管巧克力或许更有趣。

糕点和甜点是西式生活方式的重要组成部分。在叶卫看来，它们的发展在中国仍处于诞生初期。世界各地的饼房厨师因急于赶上西式糕点的展台，导致了普遍的模仿，而不是创造，或自主创新。相反，他很欣赏日本人如何使糕点和甜点的手艺变得独特而本土化。在未来，他希望可以结合一些中国的原材料，做一些有中国特色的东西。

对于未来想成为饼房厨师的年轻人，他的建议就是坚持，任何一个行业里都有很多诀窍，但只有理解了它的内涵和精髓，路才能走得更长。切忌浮躁多变，最后前功尽弃。



Sweet Relentless Pursuit

不懈追求 终成卓越



Korean-born Tommy Lee Jae Jin has been working as pastry chef for the past 20 years with the Hyatt Group, starting with Grand Hyatt Seoul. Today, he is the Executive Pastry Chef at Park Hyatt Shenzhen.

Like many of his contemporaries in Korea, Tommy was not without his share of struggles in pursuing the chef's career, more so in a culture influenced by the Confucian philosophy where men were supposed to be educated for greater things than kitchen chores. Nonetheless pursue he did by studying cooking in a Korean culinary school. At that time, the idea of pastry never occurred to him. After his studies, job opportunities were scarce due to the IMF financial crisis confronting Korea. But, by a stroke of fate he landed on a job at the ice cream station of Hyatt hotel where he was assigned to make ice cream. The job lasted for the next five years and paved way for him to enter the world of dessert and pastry. In a nut shell, Tommy's pastry career started with earning a living as necessity, flourishing into fascination and turning to love.

Continuing his career with the Hyatt Group, Tommy was subsequently assigned as

Sous Chef at Park Hyatt Busan. Two year later, he was promoted to a higher position involving menu development and kitchen management. And finally in 2017, Park Hyatt Seoul invited him to join as Pastry Chef, giving him great freedom to create desserts on his own. Subsequently, his two impressive years of work garnered for him the posting as Executive Pastry in Shenzhen.

For Tommy, dessert making demands high precision and attention to details, a challenge he continues to hurdle without relent. Despite the recognitions he has earned on the way, Tommy humbles himself in regard his achievements, saying: "I am not sure if I am contributing to the development of confectionery in China, since it is a diverse culture and region where I could not stop learning and discovering. All I can impart and share are the lessons and experiences I have accumulated through the years, from a commie to what I am today. All the way, I am driven by pure motivation and sheer hard work."

This job is not easy as some young people might think. Once, Tommy even discouraged his nephew from choosing this career, saying that: "Creativity, patience, stamina, and a never surrendering spirit are essential to this trade. If one sees himself or herself having such qualities, then by all means pursue the chef's dream. If not, it would be better to search elsewhere."

Tommy has observed that females are increasing in numbers as chefs, and in particular, specializing in pastry and dessert. "When I joined Hyatt years ago, only two out of 52 were women, but now has been dominated by them. I believe pastry craft is quite suitable for the woman's personality; for it is an art that requires delicate, fine, and sensitive touches that only the feminine gender can render."

来自韩国的李载珍先生已与凯悦集团共事逾 20 年，他最早在首尔柏悦酒店担任饼房厨师，如今担任深圳柏悦酒店的饼房行政总厨。

和韩国的许多同龄人一样，李载珍在追求厨师职业的过程中也并非一帆风顺，尤其是在一个深受儒家文化影响的环境中，对男人教育的传统观念是做比厨房杂务更重要的事情。尽管如此，他还是在一所韩国烹饪学校学习烹饪料理。在那个时候，他从来没有想过会做糕点。在他完成学业后，韩国面临金融危机，就业机会减少，命运的安排使他得到了一份在凯悦酒店冰淇淋站的工作。从为客人承装冰淇淋到制作冰淇淋，他干的就是五年。这份工作为他进入甜点和烘焙的世界铺平了道路，从工作的需要起步，逐渐发展成着迷，最后转向热爱。

继续在凯悦集团成长的过程中，李载珍与柏悦酒店的结缘始自韩国釜山，在釜山柏悦酒店的两年间，他参与了更多关于菜单的制定工作以及厨房的管理流程，为进一步的成长奠定了基础。在 2017 年，他晋升为西点主厨，加入了久负盛名的首尔柏悦酒店，展现出自己在烘焙与甜品制作方面的非凡技能。2019 年，他加入深圳柏悦酒店，延续着自己的柏悦美食美酒之旅。

对于李载珍而言，甜点制作需要高精度和对细节的关注，这是他不断迎接的挑战。尽管李载珍已经在业内获得了很多认可，但他依然为人谦逊，“我不确定自己是否能为中国糕点业的发展做出什么贡献，但在中国的工作经验令我收获良多，也感受了颇多。我希望可以用我初入职场所把握住的以及错失的经历，为我身边的同事传达一种观念，那就是任何人只要愿意，都成为饼房厨师并实现理想。”

“这项工作并不如年轻人想象的那么容易。我的侄子也有问过我饼房厨师这份职业如何，但我并没有推荐他去尝试。”他说道：“创造力、耐心、耐力、挑战精神是成为一个合格的饼房厨师的核心基础。当然，你不可能从一开始就拥有一切，但你所从事的工作应该融入自身的深刻洞见与精密思考。如果你有这样的想法，我建议你可以试试这份虽然不易却极具吸引力的工作。”

李载珍也观察到，越来越多的女性成为饼房厨师，他说道：“当我加入凯悦酒店时，52 位厨师里只有 2 位是女性，当然这是很久以前的事了。但我认为女性的精细认真更适合做糕点，尤其受现在年轻一代以及潮流影响，精致美观的糕点更受市场的追捧。”



Unique Personality in Pastry

卓尔不群 饼房人杰



Sean Hu, Executive Pastry Chef of InterContinental Beijing Sanlitun, excels in the culinary artistry of pastry and has been raising the bar of desserts at the hotel to the next level of excellence. Hailing from China Taiwan, Sean majored in Information Technology (IT) at the Southern Taiwan University of Science and Technology. But by a stroke of fate, his premeditated career in IT took a pivotal turn for him to become a pastry chef, inspired and driven by the fascinating rainbow and magical aroma of breads, pastries, desserts, and sweets.

Sean has been in profession for over eight years now, starting with Shangri-la Tainan to other establishments such as Shangri-la Far Eastern Plaza Hotel, Pasadena Fine Dining Restaurant, and Shangri-la Sydney, to name a few. Among his mentors include luminary chefs such as 3-Michlen stars pastry chef Eric Pras and the renowned Australian pastry chef Anna Polyviou with whom Sean polished his



skills, as with chocolates for one.

Located at the capital's trendiest district, InterContinental Beijing Sanlitun prides itself with an array of Sean's artistic pastry and dessert creations. As the Executive Pastry Chef of the stylish hotel, Sean oversees the pastry kitchen and manages a team of ten in developing new desserts and baked products for the Lobby Lounge, Char bar & grill, Top Tapas, Ying Chinese Restaurant, Executive Lounge, and various events such as Banquets.

"For me, vanilla is the key ingredient," Sean asserts, "for it provides me with inspiration and endows all desserts with a soul. I use only top quality ingredients in bringing out their natural tastes and aromas in delicate proportion and harmony." Looking back, at the age of 17, Sean chanced upon "Mont Blanc", a chestnut dessert that changed his life. "I still remember the taste of my very first experience with French pastry. Its light and soft texture was amazing perked with some crunchiness from the Italian meringue. The moment was for me a piece of paradise which stirred my way into the world of pastry and bakery." Sean exclaimed. "When I first started, I was marveled by the diversity of pastry, such as chocolate, ice cream, bonbons, fondant cake, candies, and even the bread. This prompted me into globe-trotting to broaden my horizon. And in Tokyo alone, I went through over 30 dessert shops within three days."

For Sean, the work of a pastry chef requires one's entire being in perfecting the intricate and exacting craft, waking up at dawn and working into the wee hours of the night. Seasonality and authenticity of ingredients are among Sean's uncompromising demands. "Learning from



the wisdom of the past together with one's background are important factors in reflecting the unique character and culture in dessert creations. Without saying, aesthetic is equally important and for this, I take my inspiration from paintings in art galleries and as well taking walks in nature", Sean says. "The components of desserts are rich and varied. Yet, with different techniques, such as the application of liquid nitrogen and molecular gastronomy, nuances are created. However, flavor being the essence of food remains paramount." Sean is also an advocate of local ingredients, as with the use of Yunnan raspberries and coffee beans in his remarkable tiramisu, and as well strawberries from Dandong, Liaoning Province, and edible flowers and herbs from Shunyi in Beijing.

Recalling the sad passing of his grandmother, Sean has been remorseful of



not being at her side while being preoccupied at work. "Now I know better how to balance my time between work and family", he says.

And as for the aspiring pastry chefs, Sean has this to say: "Working in the kitchen can be tough and stressful, but don't be overcome by mistakes, such as burnt cakes or split cream. Staying positive and humble and as well being grateful and passionate at work are virtues for success. Last but not least, teamwork is essential to growth by which learning and sharing with one another are made possible."

Looking forward, Sean aims at contributing to the pastry industry, saying that: "I love to be of help in developing the future of the pastry industry by imparting to the young generation of pastry chefs the creative inspirations and technical know how I have acquired. Only by sharing our knowledge and experiences with one another can we build a bright future for the industry."

胡高杰担任北京三里屯通盈中心洲际酒店的饼房总行政总厨，他尤其擅长甜品与烘焙的艺术创作，并将酒店的甜品标准提升到新的高度。胡高杰来自中国台湾，毕业于台南科技大学的信息技术专业。但是，命运的转折让他放弃了IT领域的职业规划，成为了一名饼房厨师，原因就是那些香气诱人的彩虹色面包、蛋糕和甜品。

从香格里拉台南远东国际大饭店到香格里拉台北远东国际大饭店、帕萨迪纳高级餐厅、悉尼香格里拉大酒店等，胡高杰已经从业8年多了。他的导师有多位著名的厨师，如米其林三星饼房厨师Eric Pras和著名的澳大利亚饼房厨师Anna Polyviou。与他们的共事，让胡高杰受益匪浅，学到了很多制作技巧，尤其是巧克力甜品。

北京三里屯通盈中心洲际酒店位于首都最时尚的潮区，也让胡高杰的艺术糕点和甜品创作得以充分展现。作为时尚酒店的行政饼房厨师，胡高杰负责监督厨房厨房，并管理着一个由10人组成的团队，为大堂吧、恰牛扒房、热点西班牙餐厅、盈中餐厅、行政酒廊及宴会制作并研发甜品



和烘焙产品。

“对我来说，香草是关键成分。”胡高杰说道：“因为它给我灵感，赋予所有的甜点以灵魂。我只使用高品质的食材，将它们的自然味道和芳香以微妙的比例和谐展现出来。”回首往事，胡高杰是在17岁时偶然发现了“蒙布朗”，这种改变了他一生的法式栗子甜点。“我仍然记得第一次吃它的味道。它轻盈又柔软的质地，加上一些意大利蛋白酥皮的香脆，那味道简直不可思议。那一刻对我来说仿佛步入天堂，也将我带入甜品和烘焙的世界。”胡高杰惊叹道：“刚入行时，我被各式各样的糕点所吸引，比如巧克力、冰淇淋、夹心糖、软糖蛋糕、糖果，还有各种面包。这促使我周游世界以开阔视野。仅在东京，我三天内就逛了30多家甜品店。”

对胡高杰来说，饼房厨师需要全身心地投入到细致而严格的制作中去，从黎明开始，工作到凌晨似乎是家常便饭。食材的季节性和本真性是他无法妥协的要求。“从过去的经验教训中总结智慧，再结合自己的成长背景，可以在甜品创作中反映出独特的个人风格。如何将我们的文化背景融入甜点是我一直致力的目标。当然，美感也非常重要。休息时，我特别喜欢到美术馆或是户外走走，从墙上的一幅画到街道上的一幢建筑或是大自然的一山一田、一花一草都是我的灵感来源。”胡高杰说道：“甜点的组成元素多元丰盛。我们可以运用不同的技巧去赋予其多变化性，例如液氮或是其它分子料理的手法，来改变食物的形态或口感。但是回归到食物的本质，好吃才是根基。”胡高杰也是本地食材的倡导者，比如在他的提拉米苏中使用了云南覆盆子和咖啡豆、辽宁丹东的草莓，以及北京顺义的可食用花和香草。

回忆起外婆的不幸逝世，胡高杰一直悔恨自己太忙于工作而不在外婆身边。他说：“现在，我学会了如何在工作与家庭之间取得平衡。”对于有抱负的饼房厨师，他这样说：“在厨房工作压力非常大，不要因为一时犯的错误而耿耿于怀。如果你把蛋糕烤糊了，或是奶油打花了都没有关系，从错误中学习，并时刻保持积极正面的态度尤为重要。保持积极、谦虚，对工作充满感恩和热情是成功的美德。最后，团队合作对于实现相互学习和共同成长至关重要。”



全民饮奶新时代 蒙牛助力打开餐饮重启键



在疫情常态化的大环境下，健康意识的快速提升以及宅家线上业务的增加，“互联网+”、“每天一杯牛奶”成了人们喜闻乐见的热词。为了帮助中小餐饮企业“危中寻机、化危为机”，赋能中小餐饮复工复产，助力餐饮行业的快速复苏，结合“网络直播带货”这种时下最追捧的形式，蒙牛携手世界中餐业联合会、美菜平台，以“餐饮+品牌+平台+直播”的跨界合作共同开启了“美好生活加点料”超级品牌日系列活动，通过提供优质优惠的产品、输出解决方案，以及直播教学等方式，打造创新融合的招牌产品，积极引导餐饮企业拓展思路，拉动内需。

蒙牛一直以来消费者为中心，凭借自身强烈的社会责任感，引领倡导营养与健康的理念。在疫情之初便广泛向医疗工作者、社会秩序保障单位以及奋战在抗疫一线的各行各业进行物资驰援，9天内6次累计捐赠7.4亿元款物，用营养守护逆行英雄。

在洞察到受疫情巨大冲击的国内餐饮业曾一度按下“暂停键”后，积极布局各类到家、到店业务，众多乳品及营养专家专业讲解，联合线上餐饮供应链平台以及众多商家商户，共同为广大消费者提供营养健康的饮食文化。对餐饮业复苏回暖、提升消费活力具有重要作用。

4月20日下午3:00-4:00由蒙牛、美菜、世界中餐业联合会携手举办的主题为“美好生活加点料”的直播活动一经播出就引发热烈反响。整场直播既有世界中餐业联合会给广大餐饮老板们带来的权威餐饮业降本增利的指导，也有餐饮名厨现场以蒙牛品质牛奶为原材料制作的美食，蒙牛乳业创新研发专家现场教授营养秘诀，更有吃货们期待的现场试吃、品鉴名厨美食环节。可谓是集看点、亮点于一体的直播盛宴，开播观看量立即冲到17.3万人，当天累计播放量251万次，评论互动2万余条！

蒙牛首次触电线上餐饮渠道直播，即以“餐饮+品牌+平台+直播”的跨界合作打出了一套漂亮的组合拳：B端通过菜品结合、产品价格直降降低餐饮门店运营成本，C端通过差异化产品、一键式购物体验加强消费者沟通，反向推动餐饮门店的前台销售增长。B端+C端强结合，线上线下载发动，给商户及消费者带来一站式的购物新体验，引领餐饮业迈上复苏快车道！

通过一系列的“暖心、实惠”的赋能活动，增强广大餐饮商户及消费者对“美好生活的向往”的信心，蒙牛还将充分发挥拓宽渠道的能力和自身资源优势，与餐饮业携手共创，持续发力，用专业的服务和品质好奶守护大家的健康生活！

Pacific Trim: The Reality TV Show in a Fight to the Death

拯救太平洋：与死神抗争的真人秀

by Susan Chenery
Sydney Morning Herald

Foodies and medicos are hoping a reality TV show can help change dangerously unhealthy eating habits across the South Pacific

美食家和医生们希望透过真人秀的节目，帮助南太平洋地区的人们改变危险的、不健康的饮食习惯。

Great bruised clouds hang low over Suva Harbour, Fiji. Mist rises from the forest on the jagged mountain range in the distance. At first light, the water is silvery and still in the bay. Container ships float on the waterline outside the port. Battered cars bump down uneven roads past the faded grandeur of colonial buildings. Not far away, the municipal market is coming to life with all its colour and noise.

At Suva's Grand Pacific Hotel, a camera crew is setting up. Television people are sitting at a long table talking about food and what it means to the people of the south Pacific. There's nostalgic talk of a time when a wedding would be planned around the crops which would be planted for the feast a year ahead. A way of life that's vanishing – with dire consequences.

It might not look like it on this quiet cloudy morning, but a revolution is under way. A peaceful one with lots of delicious food involved, but a social movement that is deadly serious in its intent and urgency. Because away from the luxurious resorts, the picturesque tropical islands that rise out of the ocean, the swaying palm trees of the tourist idyll, in the unadorned villages and towns, the island nations of the south Pacific are engulfed in a health crisis.

Diseases that were almost unheard of 30 or 40 years ago – diabetes, cardiovascular trouble, anaemia, uncontrolled hypertension and obesity – are rife. Strokes are affecting people in their 20s and 30s, while every eight hours a Fijian loses a part of a lower limb to diabetes. Such diseases are responsible for 70 per cent of all deaths across the south Pacific, which, according to the World Health Organisation, accounts for all 10 of the world's most obese countries.

Cheap but convenient processed food – alongside excessive smoking, alcohol consumption and lack of exercise – is to blame. Fatty meats, cans of corned beef, turkey tails and soft drinks – high-

salt, high-sugar, energy-dense food – has for many families replaced freshly grown produce. Tinned fruit has flooded in even as mangoes have been falling from the trees. Various regional governments and agencies have tried to address the problem, funding awareness campaigns, raising taxes on sugar and banning certain food items, but the statistics show the situation is not improving.

Now, a new reality TV cooking show, Pacific Island Food Revolution, aims to help reverse the trend. Filmed in Tonga, Samoa, Fiji and Vanuatu and expected to air across the south Pacific region from this month, and later in Australia and New Zealand, it will carry the message of healthy eating into the home via the same medium as the advertisements for all those sweet and salty packaged goods: the telly.

Funded by the Australian and New Zealand governments, Pacific Island Food Revolution follows the same format as other reality TV cooking shows, with contestants from Tonga, Samoa, Fiji and Vanuatu facing heats and finals before a winner is crowned. The cooking challenges are based on issues the region faces. Creating healthy baby food might not sound like a glamorous culinary art, but it is critical in countries like Vanuatu, where one in three babies are stunted by poor nutrition in the first five years of their lives.

The revolution is being led by Robert Oliver, a 58-year-old New Zealander who grew up in Fiji and Samoa, where his father was a social worker. "When you look at pictures from the 1970s and early '80s, they were just wonderfully fit, healthy people," says Oliver, who is host and executive producer of the program. "The diet was carb-heavy, fish-heavy, veg-heavy. But if you take out the greens and put in processed food and have a sweet drink, then you have a sugar bomb, because the carbs convert to sugar."

Oliver worked as an executive chef in the US for more than 20 years,



Filming of Pacific Island Food Revolution in Suva, Fiji



Host Robert Oliver (left) with HRH Princess Pilolevu of Tonga in Nuku'alofa, Tonga

opening Pacific island-themed restaurants, working with Mary Cleaver, a pioneer of New York's sustainable cuisine movement, then opening "farm to table" restaurants in the Caribbean. But after losing money during the 2008-09 global financial crisis, he returned to the south Pacific, where he set about researching his 2010 book, *Me'a Kai: The Food and Flavours of the South Pacific*.

He discovered how - thanks to a deluge of marketing hyping imported foodstuffs - traditional, nutrient-rich fresh produce was being replaced by processed, packaged junk. People began to feel ashamed of their own food, regarding it as backward. "To be told your food is not good enough is very destructive," says Oliver. "Food is our cultural sense of self. The story of the food is the story of the people. It is a collection of flavours and memories."

When *Me'a Kai* was voted Gourmand's Best Cookbook in the World in 2010, it was an international gastronomic upset and a stunning reversal of fortune for Oliver. He continued his exploration of south Pacific food culture with his TV series *Real Pasifik*, which screened in 40 countries, and became a UN Development Programme Pacific advocate for food, sustainable development and wellbeing. In 2014, while a judge on New Zealand's *My Kitchen Rules*, he decided to adapt the popular format for the good of the islands, spending the next four years working to get the program up and running.

At the show's kitchens, set up in the ballroom, there is a blur of steam and chopping, as knives fly through chilli, coriander, pawpaw. The juice of mango and pineapple runs through fingers; there's mashing and pounding, huge banana leaves are wrestled with, coconuts are sliced with machetes.

"Look into the past," Oliver tells the contestants. "Look into that knowledge. Freshen it up and bring it us." He turns to me: "We are taking something that is so dire, scary and daunting and replacing it with laughter and joy. It is a complete flip."

I ask Fijian contestant Mohammed Shamin Ali how he made the

incredible herb-crusted smoked fish he has plated up. "You start by heating the volcanic rocks until they are white," he advises. I tell him I don't think I'll be able to get volcanic rocks in Australia. "That's all right," he says enthusiastically, "you can use ordinary river rocks." He and his cooking partner, Manasa Bolawaotabu, had to drop out of culinary school because their families couldn't afford it, so they started washing dishes in restaurants. Now they work in resorts on the islands of Vita Levu and Malolo, cooking French, Italian - anything but Fijian food. "Our main goal is to open a restaurant that is totally Fijian with all local produce," Ali tells me.

Tongan contestants Sela Latailakepa and Taufu Halateu sing hymns to each other as they cook. Ample ladies exuding kindness and calm, they comfort the other contestants. They are the wives of church ministers, grandmothers who are used to cooking monumental feasts for ecclesiastical events and making do.

"Church ministers don't get the best wages in Tonga, so we can't go and get all the hams and all those expensive meats," says Latailakepa. "We just work with what our husbands grow in the garden. We experiment with traditional recipes; we do get adventurous in our kitchens. Some of our recipes work well and some have been a flop." Halateu's husband was a tad non-plussed when she disappeared for a week to go on television, but "once we explained everything to him he cried tears of joy".

Oliver knows getting this TV competition to change attitudes towards food will be a long game, one in which everything from social media to soap operas and song will be co-opted to the cause. "We recognise that it is going to take about five to eight years, and it might change shape," he says. "To incite the will and the passion, it has to be total



One of the Pacific region dishes cooked for the show. Photo PIFR Faanati Mamea



One of the Pacific region dishes cooked for the show. Photo PIFR Faanati Mamea



Contestants Lucy and Maeva of Vanuatu

immersion. You will have to be under a rock not to hear about it. Television only goes so far."

Dr Jone Hawea, 42, is a Fijian surgeon who deals every day with diabetes, and a judge on the show. His wards at Lautoka Hospital, the nation's biggest, are full of the stench of the rotting flesh that he will have to amputate. "Rotten feet, rotten legs."

The day before our interview, he amputated a 47-year-old man's leg at the hip. "There are only two options: you either save your rotten limb and lose a life, or save your life and lose a limb," he says. "My people are getting amputated at the ages of 30 to 40, when they are supposed to be the most productive. Diabetes was almost an unknown issue in Fiji before 1970, so if you follow the footprints it is processed food entering our kitchens, the emergence of food as a commodity, that changed everything for us."

Referred to as Dr Beautiful by the other judges, he has a godlike presence on the set. "The fortunate and unfortunate thing about us is we are non-readers," he says. "We don't make decisions based on what we read. Because of our communal way of life, we are more affected by what other people think. We change our behaviour based on what the coconut wireless tells us, the gossip."

All the more reason, he adds, to take the same strategies used to sell fast food to promote healthier lifestyles. Television, he believes, will be an effective tool in what is literally a fight to the death.

密布的乌云压在斐济苏瓦港的上空。雾气从远处波浪起伏的山脉与森林中升起。天一亮，海湾里的水就变成了银色，静止不动。集装箱船漂浮在港口外的水线上。破旧的汽车在崎岖不平的道路上颠簸着，驶过已褪色的宏伟的殖民地建筑。在不远的地方，市政市场正恢复生机，色彩缤纷，人声鼎沸。

在苏瓦的太平洋大酒店，一个摄制组正在搭建。电视工作者们正围坐在一长桌旁，谈论食物以及食物对南太平洋人民的意义。有一种古老的说法，在某个年代的婚礼是围绕作物来安排的，而这些作物会提前一年种植，为宴会做准备。这是一种正在消失的生活方式，伴随着极端的后果。

多云的清晨，一切看起来都很安静，但一场变革正在进行。这是一场和平的运动，涉及到很多美味的食物，同时又是一场严肃认真的社会运动，因为它目的明确，而且已经迫在眉睫。因为远离豪华的度假村、风景如画的热带岛屿、山水田园里摇曳的棕榈树之外，在那些朴素的村庄和城镇，南太平洋的岛国陷入了一场健康危机。

30 或 40 年前几乎闻所未闻的疾病——糖尿病、心血管疾病、贫血、高血压和肥胖——现在正流行。20 多岁和 30 多岁的人会受到中风的影响，而每 8 个小时就有一个斐济人因为糖尿病而失去部分下肢。根据世界卫生组织的数据，南太平洋地区的所有死亡人数中，有 70% 都是由这类疾病导致的。而全球最受肥胖困扰的 10 个国家，都位于南太平洋地区。

罪魁祸首就是廉价但方便的加工食品，以及过度吸烟、饮酒和缺乏锻炼。肥肉、腌制牛肉罐头、火鸡尾和软饮（高盐、高糖、高能量的食物）已经取代了许多家庭新鲜种植的农产品。即便在芒果纷纷从树上掉落下来的时候，水果罐头依然如洪水般涌入。各个地区的政府和机构都试图解决这个问题，为宣传活动提供资金、提高糖税、禁止某些食品，但统计数据 displays，情况并没有得到改善。

现在，一个新的真人秀烹饪节目《太平洋岛国食物革命》旨在帮助扭转这一趋势。该影片在汤加、萨摩亚、斐济和瓦努阿图拍摄，预计从本月开始在南太平洋地区播出，随后在澳大利亚和新西兰播出，它将通过与那些垃圾食品相同的广告媒介，即电视播放，将健康饮食的信息传递给千家万户。

由澳大利亚和新西兰政府资助的《太平洋岛国食物革命》采用与其他真人秀烹饪节目相同的形式，来自汤加、萨摩亚、斐济和瓦努阿图的参赛者需要进行预赛和决赛，才能夺冠。烹饪挑战基于该地区面临的问题。创造健康的婴儿食品可能听起来不像是一种迷人的烹饪艺术，但在瓦努阿图这样的国家，这是至关重要的。在瓦努阿图，有三分之一的婴儿在出生后的头五年会因营养不良而发育迟缓。

这场革命是由 58 岁的新西兰人 Robert Oliver 领导，他在斐济和萨摩亚长大，父亲是社会工作者。作为项目的主持人兼执行制片人，Oliver 说：“当你看上世纪 70 年代和 80 年代初的照片时，你会发现他们都是非常健康的人。饮食主要是碳水化合物、鱼类和蔬菜。但是，如果将绿色蔬菜取出，放入加工食品，再喝甜饮料，那么你就吃了一颗糖炸弹，因为碳水化合物会转化为糖。”



Contestants Jeremiah and Antonio of Samoa

Oliver 在美国担任行政总厨已有 20 余年，与太平洋可持续发展运动的先驱 Mary Cleaver 合作，开设了以太平洋岛屿为主题的餐厅，然后在加勒比海开设了“从农场到餐桌”的餐厅。但是在 2008 至 2009 年全球金融危机期间亏损之后，他回到了南太平洋，开始研究他 2010 年出版的著作——《Me'a Kai: The Food and Flavours of the South Pacific (南太平洋的食物和风味)》。

他发现，由于对进口食品的大肆宣传，传统的、营养丰富的新鲜农产品被加工过的、包装好的垃圾食品所取代。人们开始为自己的食物感到羞愧，认为它是落后的。“被告知你的食物不够好是非常具有破坏性的”，Oliver 说：“食物是文化意义上的自我。食物的故事就是人的故事。它是味道和回忆的集合。”

当《Me'a Kai》在 2010 年被 Gourmand 评为全球最佳菜谱书时，这是国际美食界的一次颠覆，也带来 Oliver 命运的转折。他通过电视节目《Real Pasifik》继续探索南太平洋的饮食文化，该节目在 40 个国家播放，并成为联合国太平洋开发项目中食品、可持续发展与健康的倡导者。2014 年，尽管在新西兰《我的厨房规则》节目中担任评委，他为了岛民的利益，决定适应流行的形式，在接下来的四年中致力于推进和提升南太平洋饮食文化的项目。

在节目现场的厨房里，刀挥舞在辣椒、香菜和木瓜之间，蒸汽弥漫，令人眼花缭乱。芒果和菠萝的汁液流过手指；巨大的香蕉叶在相互角力，椰子被切成薄片。

“回顾过去，” Oliver 告诉参赛者。“深挖所学的知识，温故而知新，再展示给我们。”他转向我说：“我们正在用欢笑和快乐来代替那些极端、可怕、令人畏缩的东西。这是一个完全的翻转。”

我问斐济的选手 Mohammed Shamin Ali，他是如何制作这道令人难以置信的香草烟熏鱼的。他建议：“首先要加热火山岩，直到它们变白为止。”我告诉他，在澳大利亚我可能无法得到火山岩。他热情地说：“没关系，您可以使用普通的河石。”他和他的烹饪搭档 Manasa Bolawaotabu 因家庭负担不起不得不从烹饪学校辍学，于是他们开始在餐馆洗碗。现在，他们在维塔莱武和马洛洛岛上的度假村工作，烹饪法餐、意大利餐，唯独没有斐济菜。Ali 告诉我：“我们的主要目标是开设一家完全使用当地食材的斐济餐厅。”

来自汤加的选手 Sela Latailakepa 和 Taufu Halateu 一边做饭，一边互相唱赞美诗歌。她们身材丰满，散发着善良和镇静的的气质，也为其他参赛者带来抚慰。她们是教会牧师的妻子和祖母，经常为盛大的教会活动准备宴席。

“牧师们在汤加得不到最好的工资，所以我们不能去买所有的火腿和那些昂贵的肉。”Latailakepa 说道：“我们只是利用丈夫在花园里种的东西，用传统的食谱做实验。我们在厨房里确实有些冒险精神。一些食谱效果不错，但也有些失败了。”当 Halateu 为了参加电视节目而消失了一周，她的丈夫有点不知所措，但是“一旦我们向他解释了所有的事情，他就喜极而泣了。”

Oliver 知道，通过这场电视竞赛来改变人们对食物的态度将是一个漫长的过程，从社交媒体到肥皂剧，再到特别编制的歌曲，一切都要作出努力。“我们意识到这将需要大约 5 到 8 年的时间，才可能有大体改变。”他说：“要激发意志和激情，这需要完全沉浸其中。你不得不全身心的投入。电视只能走这么远。”

现年 42 岁的 Jone Hawea 博士是斐济的一名外科医生，他每天都要治疗糖尿病患者，同时也是该节目的评委之一。他所在的劳托卡医院是斐济最大的医院，病房里满是腐肉的恶臭，都来自“烂脚、烂腿”，他不得不将其切除。

在我们采访的前一天，他刚为一个 47 岁男子进行了截肢手术。“只有两种选择：要么挽救腐烂的肢体而失去生命，要么挽救生命并失去肢体。”他说：“我们的人民很多在 30 至 40 岁之间被截肢，那时他们本应是生产力最高的人。1970 年之前，糖尿病在斐济几乎是一个不为人知的问题，因此，如果您遵循足迹，就知道了是加工食品进入我们的厨房，食物作为商品的出现，改变了我们的一切。”

其他评委称他为“美丽博士”，他在片场犹如神一般的存在。“我们的幸运和不幸在于，我们不读书”，他说：“我们不能根据阅读内容来做决定。因为我们公共的生活方式，更容易受到别人想法的影响。我们会根据椰子电台的八卦来改变自己的行为。”

他补充说，更重要的是，我们应该采取与推销快餐相同的策略，以促进更健康的生活方式。他相信，电视将会成为一种有效的工具，在这场名副其实的殊死搏斗中发挥作用。



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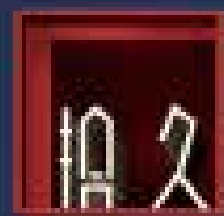


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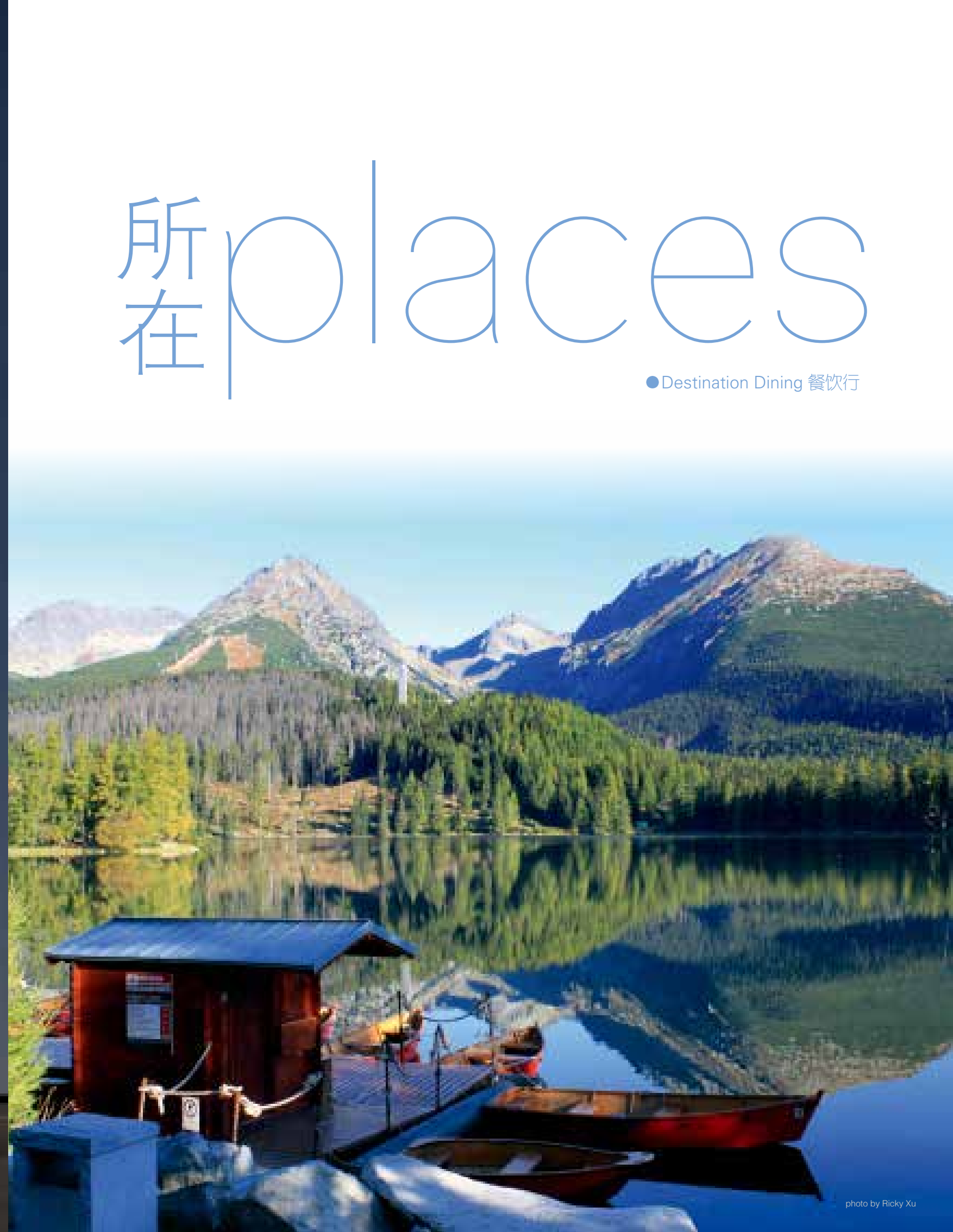
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In Shunyi as it is
in Sanlitun

从三里屯到顺义
Hulu的蜕变

Shunyi, an upscale suburban district in Beijing, differs from other residential areas with regard to urban landscape and lifestyle. Shunyi resembles a posh, self-contained village that is well planned, spacious, stylish, and peaceful, surrounded by parks, greeneries, and ponds.

While Shunyi is populated by upscale residents, it is also the prestigious address of WAB international school, children's nursery, pastry shops, artisanal cheese craft, art gallery, corporate offices, and the Boating Olympics. It is also a popular destination for wining, dining, leisure, and shopping. The absence of concrete high-rises and noise from the adjacent international airport and cargo terminals is the result of good, forward urban planning. With the



human scale in right proportion, Shunyi is alluring and inviting for all ages and walks of life.

Here, a new and much awaited restaurant, HULU @ WAB, opened in May this year right after Beijing lifted its lockdown from the corona viral epidemic. The restaurant shines as another flagship of the TRB Group founded by Ignace Leclair, who envisioned his restaurant chain to reach and serve all market niches in Beijing. Under the TRB Group restaurant brands are two fine-dining flagships: TRB Hutong and TRB Forbidden City, followed by three casual dining flagships: Hulu Taikooli, Sanlitun; Merci @ Joy City; and the new TRB@WAB. Other than restaurant operations, TRB also takes pride in its TRB Delivery, an online catering network that delivers TRB gourmets door-to-door. Differentiating itself from the ordinary fast food galore, TRB's delivery service was especially endearing during the lock down period for bringing the joy of dining into homes and offices.

HULU @ WAB is located on no. 8 Laiguangying East Road F2, right next to WAB International School. Wooden flooring, furniture, and drop ceiling give the restaurant a natural, relaxing, and friendly feel. Dividing the interior set-up of 13 tables and al fresco set-up of 15 tables on the terrace are glass curtains. The transparency lets the sunshine in and allows visual continuity, altogether creating a harmonious blend of the exterior and interior dining soiree. As for privacy, an exclusive dining room for 10 persons is available for private functions and gatherings.

Prior to materializing his plan, Ignace engaged the neighboring community in his round of needs analysis. This led him to extend his Hulu in Sanlitun to Shunyi, creating a similar social environment with reasonable pricing and good food to meet the needs of the residents and visitors in the area. The new Hulu in a cozier and more intimate environment is set to deliver the same quality of food and beverage services TRB is renowned for. All-day dining menu, featuring modern European-inspired cuisine and beautiful wine selections come together in providing the same dining pleasure in Shunyi as it is in Sanlitun, albeit both being miles apart.

"Our kitchen and service teams are mainly local talents who clearly understand the needs and expectations of the local market. Together with my



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personal experience in the hospitality industry, we are dedicated and passionate in providing each and every guest with our signature tender, loving care." Ignace promises. And, diners who have been to Hulu Sanlitun can surely bank on his words.

Looking back to the trying period of lock down during the covid-19 epidemic, Ignace recalls: "It was the common reaction of consumers to become wary and cautious of social dining. Like all restaurants, my business also suffered substantially. However, my team and I decided to take advantage of the quiet phase to be more innovative with our business. After investing huge amount of time and effort, we branched into a sustainable operation mode, Hulu Delivery, with our weekly menus, easy cooking kits, wine and cocktail selections well packaged and delivered to homes and work places. All that we have done, whether in dining or catering, we continue to do in the best interest of our customers and the community whom we so genuinely serve."

作 为北京市朝阳区的一个高档郊区，顺义在城市景观和生活方式上都独领风骚。它就像一个豪华的、自给自足的村庄，规划健全，又宽敞、时尚、宁静，周围还环绕着公园、绿地和池塘。

顺义住满了高档居民，所以也配备了 WAB 国际学校、托儿所、面包房、手工奶酪坊、美术馆、共享办公室和奥运会划船项目等。此外，它也是休闲购物、享食喝酒的热门目的地。由于颇有前瞻性的良好城市规划，邻近的国际机场和货运站并没有高层建筑和嘈杂的噪音。顺义的人口比例恰到好处，因此吸引了不同年龄层，来自各行各业的人们。

今年 5 月，在北京的新冠疫情防控进入常态化后，一家备受期待的新餐厅——Hulu @ WAB 开业了。这家餐厅是由 Ignace Leclair 创立的 TRB 集团的另一家旗舰店，他希望将自己的连锁餐厅不断延伸，直到覆盖北京所有的市场领域。目前，TRB 集团旗下包含两家高档餐厅，即 TRB Hutong 和 TRB Forbidden City，以及三家休闲餐饮旗舰店，即三里屯的



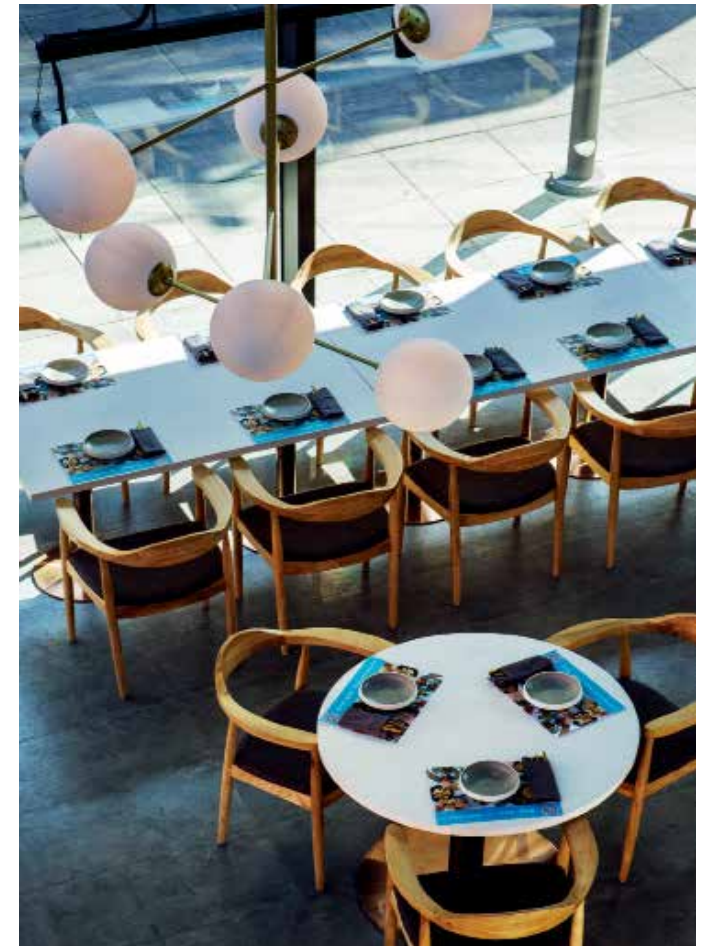
Hulu、大悦城的 Merci 和新开业的 TRB@ WAB。除了餐厅运营，TRB 的外卖服务——TRB Delivery 也是一大亮点，这是一个线上的餐饮服务网络，可以将美味的食物送至食客家中。与其他快递送餐不同的是，TRB 的外卖服务在隔离期间特别受欢迎，因为它在送餐的同时，也向家庭和办公室传递了用餐的乐趣。

Hulu @ WAB 位于朝阳区来广营东路 8 号二层，就在 WAB 国际学校的旁边。木质的地板、家具和吊顶为餐厅营造出自然而轻松的感觉。玻璃幕布将室内与室外的空间隔开，室内布置了 13 张桌子，露台布置了 15 张桌子。透明的玻璃让阳光射入室内，同时又保持了视觉的连续性，从而将室内与室外的空间和谐相连，构成绝佳的饕餮之所。对于需要私密空间的食客，餐厅配有可容纳 10 人的专用餐厅，用于主题活动和聚会。

在落实计划之前，Ignace 在周边社区进行了需求分析。这让他决定将三里屯的 Hulu 扩展到顺义，以合理的价格和美味的食物营造一个类似的社会环境，以满足该地区居民和游客的需求。新开的 Hulu 环境更加舒适和私密，食物的品质与服务都保持了 TRB 一贯的水准。全天候菜单包括现代欧式风味美食和精选葡萄酒，享食之趣丝毫不亚于三里屯的 Hulu。

“我们的厨房和服务团队主要是本地人才，他们清楚地了解本地市场的需求和期望。加上我在酒店业的个人经验，我们致力于为每一位客人提供我们品牌特有的细致关爱。” Ignace 承诺说。去过三里屯 Hulu 的食客，必然会相信他的话。

回顾抗击新冠病毒的艰难时期，Ignace 说：“消费者对社交餐饮变得越来越谨慎，这是一种普遍的反应。和所有餐馆一样，我的生意也受到了严重影响。然而，我和我的团队决定利用这段‘安静’的时间，使我们的业务更具创新性。在投入了大量的时间和精力之后，我们进入了一个可持续经营的领域——Hulu Delivery，我们准备了每周更新的菜单、简单的烹饪工具、精心包装的葡萄酒和鸡尾酒，安全地送到各家各户和不同的工作场所。我们所做的一切，无论是餐饮，还是外送，都是为了我们真诚服务的顾客和社区的利益。”





Beijing



Beijing's Westside Story 北京的西部故事

by Ricky Xu

The Westside of Beijing comes to life as it pulsates with mushrooming numbers of shopping center, festive park, bubbly bar and chic restaurant. Adding to its dazzles and sparkles is JE, a stylish and trendy designer restaurant and bar newly opened on April 29 this year at 69 Fuxing Road in Haidian District.

JE, abbreviation for Just Enjoy, stands on the sprawling ground of the glitzy, multi-level Live Plaza in front of the imposing Olympic Basketball Stadium as backdrop. JE is remarkably chic, unique, and inviting. But more significantly, it showcases a design masterpiece that differentiates JE from other restaurant interiors in the city. While its façade is stoic, the elevated entrance opens to a dramatic and lofty oasis for wining and dining, evoking the "wow" effect.

Uncluttered visual line spans the panorama of entire place, starting from a cozy waiting lounge, next to a

welcoming bar, onto the festive main dining hall that resembles an airy courtyard bathe in skylight. Behind the dining quadrangle are inner sanctums, being private dining rooms and a spacious ballroom for big and small functions. These rooms are separated from the main dining by translucent, sliding partitions: An ingenious way of blending exclusive space with inclusive, total dining experience.

Focal points converge at the magnificent red winding staircase, gracefully ascending like a fluid sculpture to the huge terrace above the restaurant. The terrace garden when completed will become the center of attraction for open air soiree at the Westside of the capital.

Kudos to Miss Iris Kang, daughter of



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JE owner, Kang Jianyi, for illustrating a remarkable design concept backed by her four years design studies at the Central Saint Martin's in London. The concept is well translated into all facets of the restaurant interior, as with every detail and finishing, such as table tops, fixtures and furniture, décors, colors, materials, and uniforms, altogether exuding a harmonious blend of her Chinese cultural heritage and western flair. Simply stated, the design strikes a delicate balance between tradition and trend in both setting and dining.

JE prides itself with its unique version of Beijing cuisine, best describe as refined and innovative, apropos for palates and lifestyles of the young generation. Wines to pair are also thoughtfully selected with trend-setters in mind. The fine collection of international wines is put together by sommelier and wine curator, Li Meiyu.

Among the many signature dishes in the menu include: The iconic Beijing roast duck, braised fresh fish head, and slow-cooked soy beef, plus a colorful array of traditional Beijing snack food and appetizers imbedded

with delightful surprises.

JE befits the name of the place that is worth visiting even if it takes long traveling time or even a detour to Just Enjoy.

几年来,北京的西部地区焕然一新,时尚新潮的购物商场、精心修剪的公园、热闹欢乐的酒吧和高朋满座的餐厅都如雨后春笋般不断涌现。在这里,一家全新理念的时尚设计餐厅也于今年4月29日隆重开业,她就是JE,位于海淀区复兴路69号。

餐厅的名字“JE”其实是“Just Enjoy”的缩写,位于华熙LIVE·五棵松综合娱乐购物中心内,以五棵松篮球公园为宏伟的背景墙。JE北京的设计别具一格,由先锋设计师跨界打造东西方美学设计双重美感,在极简风格中巧妙融入中式的对称美学,打造出诗意典雅的“新中式”格调。

行云流水的视线效果将餐厅的全景一览无遗,从舒适亲切的等候厅到迎宾酒吧,再到红色贯穿的享食空间,犹如置身通风的中式庭院,沐浴在透过天窗的阳光之中。美食和美酒殿堂的背后隐藏着5间私人包房和可容纳40人的多功能厅。



设计师从故宫中提取色彩及元素,以紫禁城红、绿、金宫廷文化代表色为灵感,于细节处彰显东方之美。餐厅正中央最显眼的位置是衔接上下两层以“中国红”飘带为设计理念的回旋式楼梯贯穿,营造出丰富的交错感,如雕塑般的设计美感,成为整间餐厅的灵魂。

JE全新的设计理念要归功于Iris,她在伦敦圣马丁学院完成了四年的设计研究。Iris将室内设计完美细化至所有细节,包括制服、桌台布置、固定设施、家具和一切装饰,将她骨子里的中国文化底蕴与西方美学完美融合,演绎传统与潮流的平衡与和谐。

餐厅甄选新鲜应季食材,结合传承与创新,运用京鲁菜传统地道的烹饪手法,加以创意融合菜设计灵感,呈现传承技艺味道,颠覆视觉享受的“新派京菜”。为了满足现代人轻食、养生健康的生活理念,餐厅还以24节气作为创作灵感,不断推出时令新品。同时,由重量级顶尖侍酒师李美玉坐镇,她定制的“葡萄酒画廊”酒单精选20余款拥有时尚艺术酒标的佳酿,带给食客红酒与艺术的升华体验。

JE北京的招牌菜品包括JE甄选烤鸭、家烧清水鱼头、低温慢煮和牛、芝薯达礼,以及一系列北京风味小吃和开胃菜,带来多重惊喜。总之,这是一家值得专门前往亲自体验的餐厅。





Shanghai



Beauty Unfolds in the Marriage of Shanghainese & Cantonese Cuisines

本帮之根 粤菜之韵

As Shanghai gets back on its feet, like all other cities in China, after the restrictive lockdown of the pandemic, one of the most rewarding things is "freedom from want", allowing the palates and stomachs to bask in the great pleasures of social dining, other than compromising with routinary home cooking.

And, among the best places in town to immerse in the joy of fine dining is at Yue Chinese Restaurant, located on the second floor of Sheraton Shanghai Waigaoqiao Hotel.

Well-appointed with 451 spacious rooms and suites, reflecting indoor swimming pool, luxurious health club, and elegant function rooms, the hotel opens to a spanning, well manicured golf course and scenic views of the river. The hotel is located



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at the Pilot Free Trade Zone in Pudong New Area. Its proximity to the expressway and subway makes commuting easy and swift like a breeze. Moreover, the nearby Shanghai Disneyland is definitely a plus for those who seek more thrills and amusements beyond hotel respite.

The hotel prides itself with its Yue Chinese Restaurant designed to exude the quiet elegance and sophistication of a classic mansion. The restaurant has 12 exclusive dining rooms for business, private, and family affairs. Each room is named after a chosen flower in suggesting oriental charm. Food served at the restaurant showcases an exquisite ensemble of gourmets that unfolds the beauty of marriage between Shanghainese and Cantonese cuisines.

At the helm of the kitchen is newly appointed Chef de Cuisine, Oliver Wu, who can be best described as the guardian of freshness and quality. He started his career at the age of 17 and has accumulated a wealth of experience over 20 years, working with prestigious dining establishments, including a two-Michelin stars restaurant in Shanghai.

Over the years, Chef Wu managed to develop his own culinary style by marrying the approach and techniques of novel Cantonese cuisine with classic Shanghainese cuisine, resulting to higher level of culinary refinement and artistry. Guests and diners at Yue Chinese Restaurant will not only take pleasure in Chef Wu's menu, but also engage in a dining experience that is lasting and



Chef Oliver Wu



memorable.

随着新冠疫情防控进入常态化，人们的生产生活秩序也开始全面恢复。如果居家的时间让不会做饭的你受尽委屈，现在正是出门巡游给味蕾寻欢的最佳时机。其中，位于上海外高桥喜来登酒店的采悦轩中餐厅就是解馋游玩的好去处之一。

上海外高桥喜来登酒店位于浦东新区外高桥自由贸易区，邻近高速公路和地铁线，地理位置十分优越。此外，它也是距上海迪士尼乐园较近的国际化酒店之一。酒店拥有 451 间装饰典雅的客房及套房，配备室内泳池、高尔夫球场、健康中心等设施。客房宽敞且装修精美，还能欣赏到美丽的河景。

延续上海外高桥喜来登酒店中式宅邸的理念，位于酒店二层的采悦轩中餐厅，设计基于中国传统风格，却不乏新颖格调的设计理念，营造出温馨独特的用餐环境。12 个以花为名高贵典雅的私人包房彰显尊贵和私密，宽敞的空间配合私密的氛围，精致的菜单以及恰到好处的服务，是举办各种小型商务宴请、家庭聚会的不二之选。

餐厅主打精心烹调的中式菜肴，由新晋主厨吴俊领衔，致力以新鲜的食材和精湛的厨艺悦动每一位食客的味蕾。吴师傅怀揣着对食物与烹饪的浓厚兴趣于 17 岁步入餐饮行业，并将这份热情延续至今。他拥有超过 20 年的从业经历，凭借自己高超的烹饪技巧和独到的料理哲学将采悦轩的菜品水准提升到全新的高度。

吴俊先生曾在上海米其林二星中餐厅效力多年，将本帮菜和新式粤菜理念融会贯通，还习惯性地利用周末时间走遍大街小巷去研究当季新鲜食材。对美食的热爱驱动着他不断创新与成长，在实践中研究各种食材的搭配和不同烹饪技巧手法的组合。

凭借对技艺的不断打磨与锤炼，精选上乘食材，沿袭经典风味，吴师傅将为每一位到来的喜来登宾客呈现味蕾上的艺术之旅。



Hangzhou



Early Flavors of Summer in Hangzhou

初夏寻味下杭州

The timeless beauty of Hangzhou is best described in the popular Chinese cliché "Paradise in Heaven as it is in Hangzhou". With a history of over two millennia, Hangzhou is today a major world destination, located at the Yangtze River delta. People come not only for its picture-perfect landscape, but also for its fine cuisine.

Among Hangzhou's noted landmarks, natural and man-made are: The iconic West Lake, tranquil Jiangnan Water Town, beautiful Xixi National Wetland Park, ancient Lingyin Temple, towering Liuhe Pagoda, historical Liangzhu Ruins, and the magnificent engineering wonder, Beijing-Hangzhou Grand Canal, to name but a few.

The best time to visit Hangzhou is right in between the last of spring and first of summer. Without saying, local Hangzhou cuisine make up the total



Chef Alex Ge



sensorial and unforgettable Hangzhou experience, particularly at this time of the year.

Among the outstanding dining destinations in the city is Senses Seafood Grill Restaurant, located on the 5th floor of the InterContinental Hangzhou. The interior is best described as elegant, soothing, and natural with wooden furniture and soft lighting. Visual drama of the surrounding unfolds through the picture windows from dusk to dawn.

The restaurant features an array of premium local and imported fresh seafood and meats, such as king crabs, scallops, snappers, Australian lobsters, Australian Tomahawk steak and M12 steak, among others. The bright open kitchen contributes to the excitement of dining, sizzling and engaging like a culinary theater.

At the helm of the kitchen is Chef Alex Ge who oversees his brigade from cutting and slicing to cooking and presentation, ensuring that each dish and each bite result to guest satisfaction.

Influenced by his mother at his tender age, Alex loves cooking from the very start and chose the chef's career. This also drove him to travel and discover the multitude of regional cuisines and flavors. Freedom of spirit also opened Alex to embrace new culinary concepts and techniques, coupled with different ingredients and flavors, in developing his own style.

Some of Alex's recommended dishes include: Assorted Garden Vegetables; Spaghetti with Chicken Tomato and Mexico chilli Sauce; and Sautéed Seabass with Tomato and Passion fruit. For the classic Italian spaghetti, a special Mexican chili sauce is used with traditional pasta in creating layers of flavor from sour and sweet to spicy. As for the seabass, it is slow-cooked at low temperature into golden then coat with a mixture of herbal sauce. The unique flavor comes from passion fruit and sun-dried tomato Alex applied during preparation. To try is to believe and each visit warrants many returns.



“上有天堂，下有苏杭”中提到的“杭”正是已有 2200 多年历史的杭州，它不仅风景秀丽，更透着江南水乡的婉约。从西湖美景、西溪湿地、灵隐寺、六和塔、良渚遗址等名胜古迹，到工程伟大的京杭大运河，无不令人惊叹不已。如今恰逢春末夏始，正是观光游览杭州的黄金时节。

出游之趣自然少不了尝鲜当地的美食。杭州不仅风景迷人，餐桌之味更独具特色，不负“鱼米之乡”的美誉。其中，位于杭州洲际酒店五楼的味·道海鲜餐厅更是不容错过的好去处。

味·道海鲜餐厅主打顶级海鲜，包括澳洲龙虾、帝王蟹、扇贝、鲷鱼等，更有澳洲战斧牛排及 M12 牛排等上等食材。室内装潢雅致精巧，暖色的灯光映照在木质餐桌上，营造出温馨舒适的用餐氛围。夜晚时分，透过玻璃窗，绚丽的城市夜景一览无余。

在敞亮的开放式厨房，由主厨葛伟伟带领着他的团队为每一位食客奉上新鲜烹饪的菜品，从料理台上的切割、准备、烹煮，再到最后的摆盘，每一个细节都在葛师傅的精心把控下，以确保食物在入口的那一刻呈现最佳的口感。客人也可以在料理台旁，静静地欣赏一道道美食出品的全过程。

葛伟伟从事厨师行业深受其母亲的影响，母亲精湛的厨艺让他从小就对美食有着不一样的情怀。从事厨师以来，他在全国各地游走，每到一地方就会试着寻找当地的特色风味。这样的生活不仅造就了他极具适应性和敢于尝试新鲜事物的个性，也对他的烹饪理念产生了深厚的影响。他开始以当地盛产的食材与自己的创意进行搭配，逐渐形成自己独特的烹饪风格。

葛师傅的推荐菜品包括田园什锦春季蔬菜、墨西哥辣味茄汁鸡肉面、煎海鲈鱼意式番茄百香果等。他在经典的茄汁鸡肉意大利面中加入墨西哥特别腌制辣椒，将酸甜的口味与墨西哥的热辣相融合，让食客在享用主食之时，感受到一种别样的墨西哥风情。同时，他在煎海鲈鱼两面涂上香料与意式面包制成的酱，让其香味充分渗透至鱼肉中，又搭配了百香果和番茄，既达到提鲜的效果，又不会遮盖鱼肉本身的香味，可谓别出心裁。还有更多创意菜肴等待您亲临品鉴。



Farm-to-Table Dining Going Global

从农场到餐桌走向全球化

by Dominic Bauquis

The Farm-to-Table (or Farm-to-Fork or Farm-to-Chopsticks) approach had a humble beginning, tracing its start to the U.S. during the 60's and 70's. Over the decades, people doubted whether or not the approach, like most, was just a mere passing trend. But surprisingly, the approach re-surfaced and started to grow exponentially in the last 15 years.

Inarguably, Farm-to-Table approach provides strict guidelines and is significantly focused on the ethics and good practices of food production. The principles promoted by "Farm to Table" cover issues such as: Ensuring food safety and traceability; reducing carbon footprints in consideration of proximity; preserving freshness and seasonality of food by minimizing transport distance; ensuring food quality; and supporting local agriculture and farmers.

早在六七十年代的美国，“从农场到餐桌”（或“从农场到叉子/筷子”）的兴起并不引人注目。尽管在过去的几十年里，人们一度怀疑这种方法是否只是一种短暂的趋势，但在过去的 15 年里，它开始呈指数增长。

毋庸置疑，“从农场到餐桌”的方法提供了严格的指导方针，更重要的是，它以食品生产的道德规范和良好实践为中心。“从农场到餐桌”倡导的原则涵盖的内容很多，包括确保食品安全和可追溯性；尽量减少碳足迹；尽量缩短运输距离，以保持食物的新鲜和季节性；确保食品质量；支持当地农业和农民等等。

CHINA 中国



Roganic Hong Kong

The Farm-to-Table approach has become a full-blown worldwide movement, including China. In Beijing for example, the Peninsula Hotel now works directly with 22 farms, all fully certified by either the Chinese or the US Governments. The certification assures the sustainable production, organic standard of food products, including vegetables, fruits, meat and honey and as well their freshness and seasonality. The hotel also has its own greenhouse for growing fresh herbs to supply its two top-end restaurants, Jing and Huang Ting.

Many top-end restaurants in Beijing are on the same page in regard sourcing of vegetables, herbs and other ingredients from reliable organic farms within the suburbs of the capital. In this arena, light shines on the Roganic Restaurant in Hong Kong, which won the Editor's Pick for '2020 Restaurant of the Year' during the Hong Kong Dining Awards in recognition of the forward-thinking of the restaurant in regard seasonal Farm-to-Table dining, sustainability, and local farming.

从农场到餐桌已经成为一场前面开展的全球性运动，在中国亦是如此。例如，北京王府半岛酒店现在与22家农场直接合作，所有农场都获得了中国或美国政府的全面认证。该认证确保可持续生产有机标准的食品，包括蔬菜、水果、肉类和蜂蜜，并且保证它们的新鲜和季节性。酒店也有自己的温室，用来种植新鲜的香草，供应两家高档餐厅——JING 餐厅和凰庭餐厅。

北京的许多高档餐厅都从京郊可靠的有机农场采购蔬菜、香草和其它食材。在这一方面，香港的 Roganic 餐厅艳压群雄，它在香港众多餐厅中一举夺得编者之选的“2020 年度餐厅”奖，表彰该餐厅在季节性的农场到餐桌享理念、可持续性，以及与当地农业合作的前瞻性。

FRANCE 法国



Le Clos des Sens

In Annecy, France, Chef Laurent Petit of 'Le Clos des Sens', awarded 3-Michelin stars in 2019 and featured in Global Gourmet Magazine, dedicated a 100 kilometers radius around the restaurant for showcasing the landscape of all ingredients (other than coffee beans) used in the restaurant. The 1,500 square meters permaculture garden, blanketing the gentle slope of the restaurant property, provides over 200 varieties of vegetables, fruits, herbs, aromatic plants, condiments, and edible flowers all year round.

在法国的安纳西，Le Clos des Sens 餐厅的主厨 Laurent Petit 在 2019 年获得了米其林三星，并登上了《环球美味》杂志。他在餐厅周围 100 公里的范围内展示了餐厅所使用的所有食材（除了咖啡豆）。1500 平方米的永久种植花园，围绕着缓坡上亭亭玉立的餐厅，全年提供超过 200 种蔬菜、水果、香草、芳香植物、调味品和可食用花卉。

SWITZERLAND 瑞士



Schloss Schauenstein



In Switzerland located at the town of Fürstenuis is 'Schloss Schauenstein', a restaurant regarded as the world's smallest. It coveted the Sustainability Award by the World's Best 50 Restaurants in 2019 in recognition of Chef Andreas Caminada's unrelenting pursuit of sustainable farming and food production. His estate, where the tiny restaurant is located, features orchards, woods, and hunting ground, including three greenhouses and lush gardens. Chef Caminada works closely with a nearby organic farmer and several cooperatives with local smallholdings that grow vegetables and herbs on pre-order basis. His effort for self-sufficiency does not stop here. The restaurant roasts its own coffee beans and bakes its own organic bread in a wood-fired bakery on the castle grounds. To no surprise, the restaurant got the highest score of 94% in the audit completed by 'Food Made Good Global', the auditing associate of the World's Best 50 Restaurants Sustainability program.

位于瑞士菲尔斯特瑙镇的 Schloss Schauenstein 餐厅被认为是世界上最小的餐厅。为了表彰厨师 Andreas Caminada 对可持续农业和食品生产的不懈追求，餐厅获得 2019 年世界 50 佳餐厅的“可持续发展奖”。他的庄园，也就是小餐馆所在的地方，以果园、树林和狩猎场为特色，包括三个温室和郁郁葱葱的花园。厨师 Caminada 与附近践行有机种植的农民和几个合作社密切合作，这些合作社与当地的小农场合作，需提前预定需要的食材与原料，再由他们进行种植。同时，他并没有放弃自给自足。餐厅自己烘焙咖啡豆，在城堡里一家烧木头的面包店里烘焙自己的有机面包。不出所料，这家餐厅在“Food Made Good Global”的评审中获得了 94% 的最高分。它是世界 50 佳餐厅可持续发展项目的评审伙伴。

HOLLAND 荷兰



De Kas



In Holland, on the outskirts of Amsterdam, is 'De Kas'. The restaurant is housed in a glass conservatory and is regarded as the finest in the city. Its menu is "prix fixe" with five courses based on the freshest ingredients available for combining with the finest seafood and other treats. Guests can actually pay a visit to the adjoining hothouse of green crops. The visit provides visitors with an idea of how other produce are grown by the nearby farms.

De Kas 位于荷兰阿姆斯特丹的郊区。这家餐馆坐落在一间玻璃温室里，被认为是城里最好的餐厅。它的菜单是“固定价格”，包含的五道菜都基于最新鲜的食材，搭配最好的海鲜和其他美食。客人们可以参观毗邻温室的绿色作物，方便了解附近的农场是如何种植其他农产品的。

COPENHAGEN 哥本哈根



Noma

'Noma' in Copenhagen, run by iconic Chef René Redzepi, serves its menu in accordance with three time frames, using fresh ingredients at their peaks through the year. His seasonal seafood menu runs from winter to spring; vegetable menu from summer to early fall; and games and forest season runs within the hunting season. Most of the ingredients are sourced from local farmsteads, or grown on site, or foraged from nearby estates.

哥本哈根的 Noma 餐厅由名厨 Rene Redzepi 经营，餐厅按照三个时间段供应菜单，将食材应用在全年之中其新鲜度的峰值。他的季节性海鲜菜单从冬天持续到春天；蔬菜菜单从夏季延续到初秋；在狩猎季节提供野味和森林中的鲜味。大部分食材都来自当地的农场，或在本家种植，或从附近的庄园采摘。

SPAIN 西班牙



The trail of Farm-to-Table movement also made its marks in southern Europe. 'Azurmendi' in the Basque Region of Spain (a short ride from Bilbao) adopts a sustainable and eco-friendly approach to dining. Unlike most restaurants, arriving guests are not directly led to their tables, but are served delicious bites in the different sections of the restaurant. Each section allows guests interaction with the chefs and wait staffs for closer engagement and experience. On top of the restaurant is the 'Centro De Sostenibilidad' showcasing a sustainable garden growing vegetables, herbs, citrus, figs, and strawberries, among others, used by the restaurant.

“从农场到餐桌”的理念也在欧洲南部留下了印记。西班牙巴斯克地区的 Azurmendi 餐厅（距离毕尔巴鄂很近）采用了一种可持续的、环保的就餐方式。与大多数餐厅不同的是，到达的客人不会被直接带到他们的餐位上，而是在餐厅的不同区域享用美味的小吃。这样可以让客人与厨师和服务员互动，以加深参与感和体验感。在餐厅的顶部是“Centro De Sostenibilidad”，展示了一个可持续的花园，种植蔬菜、香草、柑橘、无花果和草莓等，供餐厅使用。

ITALY 意大利



In Alba, Piedmont Region of Italy, the Piazza Duomo Restaurant has its own impressive garden, showcasing the passion of its 3-Michelin stars Chef Enrico Crippa who cultivates his own herbs, flowers, fruits and greens. Other ingredients in his menu are supplemented by the Monsordo Bernardina Estate.

在意大利阿尔巴的埃埃蒙特地区，Piazza Duomo 餐厅有自己的花园，展示了米其林三星厨师 Enrico Crippa 对烹饪的热情，他自己种植香草、鲜花、水果和绿色蔬菜。菜单上的其他食材都是由 Monsordo Bernardina 庄园提供的。

THE U.K. 英国



In the UK, the "Pig Properties", lead the way with respect to Farm-to-Table concept. The kitchen gardens pulsate as the heart of the hospitality complex, oozing with mouthwatering flavors. The restaurants focus on seasonality and authenticity reflective of the British garden farm fare. Other than its own produce, food ingredients are sourced within a radius of 25 miles.

在英国，“Pig Properties”引领了从农场到餐桌的概念。厨房花园作为酒店综合体的心脏，散发着令人垂涎的味道。餐厅注重美食的季节性和本真性，展现了英式花园农场的魅力。除了自己的农产品，其他食品原料都是在方圆 25 英里内采购的。

THE U.S.A. 美国



The Inn at Little Washington

In the U.S., self-taught Chef Patrick O'Connell was amongst the first to have pioneered Farm-to-Table cooking. He opened 'The Inn at Little Washington' from an old garage located in a town of less than 200 people. Over the last four decades, Patrick's humble beginning morphed into a temple of gastronomy, leaning on modern French techniques. He coveted his third Michelin star in 2019 to become one of the 14 restaurants in the US with such Michelin status.

Another catchy restaurant is Blue Hill at Stone Barns, located at Pocantico Hills. The restaurant was established by Chef Dan Barber in a former dairy barn located on land donated by the late David Rockefeller Sr within the nonprofit 'Stone Barns Center for Food & Agriculture'. The restaurant mostly sources its produce from its own farm on the property. Here, guests are not served with a regular menu, but instead one that is tailored to their preferences and tastes.

The overall 'Grazing, Pecking, Rooting' menu may have 20 to 40 courses but each limited to a few bites. The ensemble would easily take three to four hours to finish. And in lieu of sherbets as intervals between dishes, a field trip is arranged for diners to go for a farm adventure, in which diners are led to discover hidden areas of the property such as the compost room, in-house bakery, and potato plantation, among others. The meal resumes afterwards and this makes dining utterly unique, enriching, and unforgettable.



Blue Hill at Stone Barns



在美国，自学成才的 Patrick O'Connell 是率先倡导从农场到餐桌理念的厨师之一。他在一个不到 200 人小镇的旧车库里开了 The Inn at Little Washington。在过去的 40 年中，Patrick 白手起家，依靠现代法国技术，将一个小餐馆打造成美食圣殿。他在 2019 年摘得米其林三星，成为美国 14 家获此殊荣的餐厅之一。

另一家引人注目的餐厅是位于 Pocantico Hills 的 Stone Barns 的 Blue Hill。这家餐厅是由大厨 Dan Barber 在一家旧奶牛场中建立的，位于已故 David Rockefeller Sr 捐赠的非营利性石仓粮食与农业中心内。这家餐厅主要从自己的农场采购农产品。在这里，不为客人提供常规菜单，而是根据他们的喜好和口味为其量身定制。

整个“放牧、啄食、生根”菜单可能有 20 到 40 道菜，但每道菜的份量很小。整个过程持续 3 到 4 个小时。用一场野外旅行替代作为菜品间隔的冰霜，让食客进行农场探险，去发现那些隐藏的区域，比如堆肥室、室内面包房和马铃薯种植园等等。随后继续用餐，使这次享食体验独特、丰富、难忘。

SOUTH AMERICA 南美



Quintonil

South America is no exception in the Farm-to-Table movement, and this can be illustrated by restaurants in Mexico: 'Flora's Field Kitchen' in Baja and 'Quintonil' in Mexico City; 'Astrid & Gaston' in Lima, Peru; 'Tegui' in Buenos Aires, Argentina; and 'A Casa do Porco' in São Paulo, Brazil; to mention a few.

在从农场到餐桌的运动中，南美也不例外，墨西哥的餐馆就说明了这一点：巴哈的 Flora's Field Kitchen 和墨西哥城的 Quintonil；秘鲁利马的 Astrid & Gaston；阿根廷布宜诺斯艾利斯的 Tegui；和巴西圣保罗的 A Casa do Porco 等等。

THE PACIFIC 太平洋

Needless to say, Australia is a leading force in the Farm-to-Table movement with its new generation of innovative chefs and creatively themed restaurants mushrooming from the cities to the countryside. Among these are: 'Brae' at Birregurra, Victoria, owning 12 hectares farmland along the Otway Ranges hinterland providing up to 90% of the fare served by the restaurant; 'The Farm', on the outskirts of Byron Bay, prides itself with a sustainable 35 hectares property of gardens, flower sheds, and animal pasture for pigs and cattle, altogether providing ingredients for its main restaurant, 'Three Blue Ducks', from free-range pork, honey, vegetables, chicken, eggs, etc.; and 'Acre', located in Sydney's Inner West, where 70% of vegetables come from its own garden grown by the seasons. Acre prides itself with the Garden Plate, featuring the freshest selection of the day's harvest, served whether pickled, cooked, or raw.

毋庸置疑，澳大利亚是从农场到餐桌运动的领导力量，其新一代的创新厨师和以创意为主题的餐馆在城市和乡村迅速发展。其中包括：位于维多利亚州比瑞奎拉的 Brae，在奥特韦山脉沿线腹地拥有 12 公顷的农田，为餐厅提供 90% 的食材；拜伦湾郊区的 The Farm 拥有 35 公顷的可持续发展的园地，包括花园、花棚与养殖猪和牛的牧场，为其主要餐厅——Three Blue Ducks 提供食材，包括猪肉、蜂蜜、蔬菜、鸡肉、鸡蛋等；以及位于悉尼内西区的 Acre，那里 70% 的蔬菜都来自于四季种植的自家花园。Acre 的“花园盘”最受人欢迎，精选当天最新鲜的收获，可以腌制、熟制或生食。

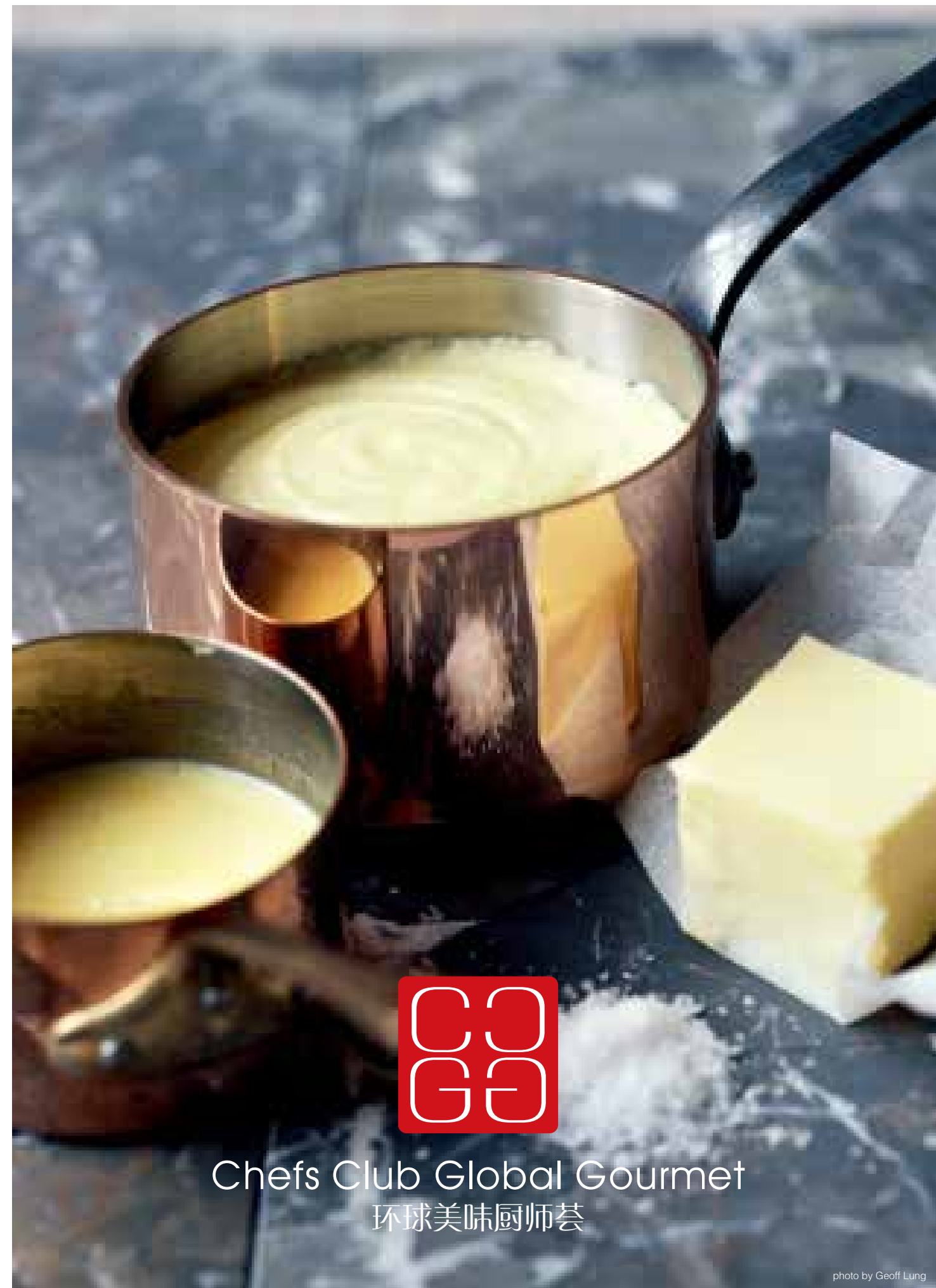


The Farm-to-Table or Farm-to-Fork or Farm-to-Chopsticks, however one prefers to call, has become the best sustainable approach to agriculture and food consumption, creating a new norm globally and as well dictating a wiser way of life that truly bonds man and nature as ONE.

农场到餐桌，农场到叉子或农场到筷子，无论怎么称呼，它都已经成为食物和农业保持可持续性的最佳方式，在全球范围内创造了一种新的规范，引领着一种明智的生活方式，可以真正地、可持续地将人与自然联系在一起。



— LA —
CHANSONNIÈRE
蘭頌



Chefs Club Global Gourmet
环球美味厨师荟

photo by Geoff Lung



Gao Xinyu 高新宇

Hailing from Beijing, Gao Xinyu majored in nutrition, after which he joined DaDong Roast Duck Restaurant in June 1998. Mentored by Master Chef Dong through the years, Gao is unquestionably well trained in culinary skills and techniques. To further improve himself, Gao self-studied kitchen management. He rose from the ranks to become Executive Chef of Beijing DaDong Roast Duck Company, Ltd. in 2007 and as well senior specialist in Chinese epicure. Today, Gao is the General Manager for Quality Control and Executive Chef at DaDong Nanxincang branch.

高新宇来自北京，主修营养配餐专业。自1998年6月加入北京大董烤鸭店至今，师从国家烹饪特级大师董振祥先生，钻研学习烹饪技术，并利用业余时间自修烹饪管理专业。2007年，他获得中餐烹饪特级技师，后任北京大董烤鸭店有限责任公司行政总厨。如今，他担任大董烤鸭店有限责任公司质检督导部总经理、南新仓总厨。



DaDong Sea Cucumber with Young Wheat 董氏新麦烧海参

Ingredients

120g sea cucumbers, 50g fresh young wheat, 3ml cooking wine, 2ml dark soy sauce, 5ml light soy sauce, 1g sugar, 100ml chicken stock, 50g leeks, some cooking oil

Method

1. Steam wheat until cooked.
2. Sauté leeks in little cooking oil until fragrant then add wine and chicken stock. Bring to a boil.
3. Add in sea cucumbers and let simmer until tender and cooked then combine with wheat as shown.

原料

120克海参、50克新麦、3毫升料酒、2毫升老抽、5毫升酱油、1克白糖、100毫升鸡汤、50克大葱、少量油

做法

1. 新麦米蒸熟备用。
2. 起锅放入少量的底油，将葱煸香，烹料酒，加入调料和高汤。
3. 海参放入汤中小火烧至入味，最后加入新麦米收汁。



Risotto with Pink Heart Abalone 意大利米塘心鲍鱼

Ingredients

1 abalone, 100g risotto, 150ml broth, 3ml oyster sauce, 2ml dark soy sauce, 1g sugar, 15ml truffle oil, 2g salt, 80ml cream

Method

1. Cook risotto with water and cream.
2. Slow-braise abalone in broth with oyster sauce for 12 hours.
3. Arrange risotto on serving plate and top with braised abalone.

原料

1 只鲍鱼、100 克意大利米、150 毫升高汤、3 毫升蚝油、2 毫升老抽、1 克白糖、15 毫升松露油、2 克盐、80 克奶油

做法

1. 米加水 and 奶油煮熟。
2. 将鲍鱼用原汤烧透。
3. 米饭垫底，上面码放鲍鱼装盘。

Baked King Crab with Puning Bean Paste 普宁豆酱焗帝王蟹

Ingredients

100g king crab, 20g Puning bean paste, 30g crab mushrooms, 100g garlic, 200ml shallot oil

Method

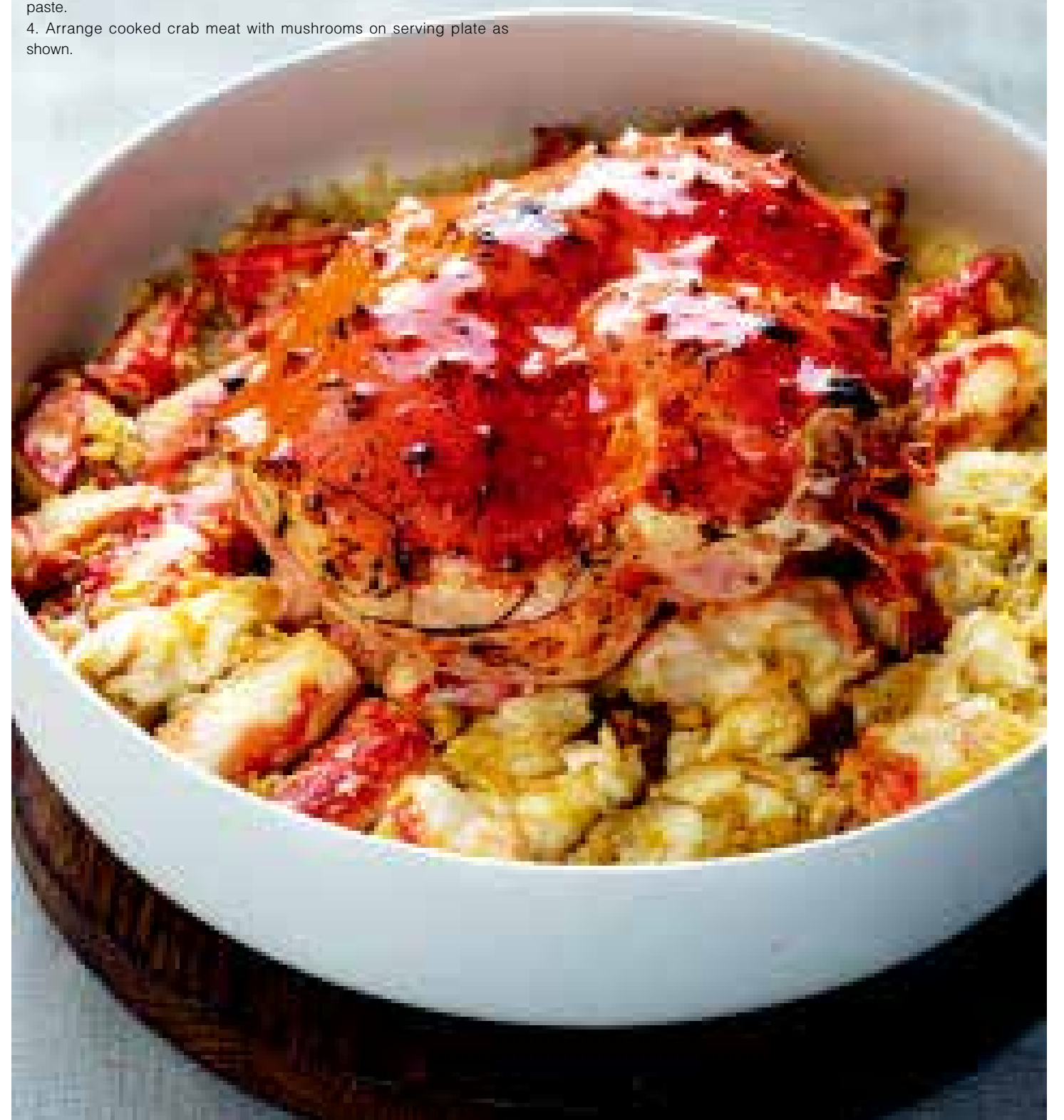
1. Take crab meat from claws and marinate with bean paste.
2. Heat clay pot and sauté garlic till golden, add in crab meat then braise for 13 mins.
3. Blanch mushrooms with hot water, pat dry and marinate with bean paste.
4. Arrange cooked crab meat with mushrooms on serving plate as shown.

原料

100 克帝王蟹、50 克普宁豆酱、30 克蟹味菇、100 克蒜子、200 毫升葱油

做法

1. 取蟹腿肉，用普宁豆酱腌制入味。
2. 沙煲烧热，煸蒜子，放入蟹腿肉焗 13 分钟。
3. 蟹味菇焯水，用普宁豆酱入味。
4. 取出熟蟹肉，配蟹味菇装盘即可。





Zhou Songzhu 周松竹

With over 20 years experience, Zhou Songzhu is a member of World Federation of Chinese Catering Industry as Young Chinese Culinary Artist specialized in Huaiyang and Jiangnan cuisines. Today, Zhou is Chef du Chinese Cuisine at Marriott Nanjing South Hotel, aiming at providing diners with optimum palatal and visual pleasures on the plate. Zhou excels in traditional Chinese cuisine coupled with creative western techniques in refining Huaiyang cuisine with his own style and surprising touches.

周松竹是国家烹调技师、世界中餐业联合会委员、中国青年烹饪艺术家，具有20年的烹饪经验，擅长淮扬菜和创意江南菜，现任南京景枫万豪酒店中餐行政总厨。他的烹饪理念是不仅要味道做到极致，还要将艺术搬上餐盘，让味觉与视觉的享受完美交融。他希望用西餐手法使中国传统烹饪流光溢彩，使得形简意丰的“淮扬菜”跃然餐盘。



Artistic Baijia Lake 意境百家湖

Ingredients

100g old hen, 100g red meat, 100g pork ribs, 5g black truffles, 10g red meat, 10g Matsutake mushrooms, 10g bamboo shoots, some dry ice, some bamboo leaves (for décor)

Method

1. Make soup base with old hen, red meat, and pork ribs.
2. Add Matsutake mushrooms and bamboo shoots and continue to stew.
3. Mince remaining meat with truffles for stuffing in dumplings then steam to cook.

Plating

Arrange bamboo shoots on serving plate. Place dry ice around steamed dumpling then add water to create smoke and decorate with bamboo leaves as shown.

原料

100克老鸡、100克赤肉、100克排骨、5克黑松露、10克肉馅、10克松茸、10克竹笋、少许干冰、竹叶（装饰）

做法

1. 用老鸡、赤肉、排骨炖制汤底。
2. 炖盅里加入松茸、竹笋，与炖好的汤底一起炖制。
3. 将包好的松露小笼包放入蒸屉蒸熟。

摆盘

盘中加入熊猫竹，周围放入干冰，淋开水即可。

Mango Foie Gras 芒果鹅肝

Ingredients

200g foie gras, 300g mangoes, 50g whipped cream, 5g salt, 20g sugar, 10g seaweed gel, some edible flowers

Method

1. Trim foie gras and cook until well done.
2. Puree foie gras with whipped cream, salt, sugar, and seaweed gel till smooth.
3. Pour puree in any mould as desired and refrigerate to form.
4. Combine 5g seaweed gel with mangoes and puree then filter.
5. Glaze foie gras and make molecular caviar with mango puree.

Plating

Arrange foie gras on rectangular serving plate, garnish with mango caviar and edible flowers as shown.

原料

200 克鹅肝、300 克芒果、50 毫升淡奶油、5 克盐、20 克糖、10 克海藻胶、少许三色堇花

做法

1. 鹅肝去筋膜，后煮透。
2. 将鹅肝、淡奶油、盐、糖、海藻胶打碎至细滑。
3. 注入模具，放入冰箱凝固待用。
4. 芒果果浆加入 5 克海藻胶，打磨过滤。
5. 将凝固好的鹅肝裹上打好的芒果果浆。

摆盘

取一长方盘，将鹅肝错落有致摆放，撒上芒果鱼子，配以三色堇即可。



Braised Abalone and Pork Belly 鲍鱼红烧肉

Ingredients

80g pork belly, 8 fresh abalones, 5ml dark soy sauce, 20ml light soy sauce, 50g crystal sugar, 10g shallots, 10g ginger, 100ml Shaoxing rice wine, 2L water, 5g black truffles, some edible flowers, some sorrel leaves, some red currant, some beetroots

Method

1. Steam pork belly for 30 mins. then cube.
2. Heat 2L water in clay pot, add in dark and light soy sauces, crystal sugar, shallots, ginger, and Shaoxing rice wine.
3. Add in pork and abalones to slow braise over low heat for 1 and 1/2 hour. Reduce to almost dry.

Plating

Arranged braised abalone and pork on warm plate then garnish with black truffles, red currant, beetroot, edible flowers, and sorrel leaves as shown.

原料

80 克五花肉、8 头鲜鲍鱼、5 毫升老抽、20 毫升生抽、50 克冰糖、10 克小葱、10 克生姜、100 毫升花雕酒、2 升水、5 克黑松露、少许红加仑、少许红菜头、少许三色堇、少许酸模叶

做法

1. 将五花肉蒸至 30 分钟，切正方块。
2. 砂锅中加入 2 升水，加入老抽、生抽、冰糖、小葱、生姜、花雕酒。
3. 放入五花肉和鲍鱼，文火焖至一个半小时，收汁即可。

摆盘

将收好汁的鲍鱼与红烧肉放入加热的盘中，依次摆放红加仑、红菜头、三色堇、酸模叶即可。



Jason Liu 刘禾森

Hailing from China Taiwan, Jason Liu is a rising star among the new generation of millennial chefs. Having engaged in chef's career for the past 12 years, Jason is predominantly inspired and influenced by two culinary paradigms: French epicure and molecular cuisine. His cooking style is creative and eclectic, striking a delicate balance between western culinary presentations and Chinese flavors, interpreting the diversity of flavors and indigenous ingredients he discovered while travelling around China. Today, Jason is at the helm of the kitchen as Executive Chef of Ling Long Restaurant in Beijing.

刘禾森来自中国台湾，是90后新生代厨师中冉冉升起的新星。在法式料理与分子料理的专业熏陶下，他在台湾走上厨师的职业生涯，现已入行12年。不拘一格是他喜欢的烹饪风格，他融合了西式料理的烹饪方法与呈现形式，将自己行走于中国大地感受到的不同风土之味精致演绎，展现出中国美食的广袤与精髓。如今，让刘禾森大展身手的所在就是北京的Ling Long餐厅，他在餐厅担任行政总厨一职。

Snapper Carpaccio Chaoshan Style 潮汕魚生

For snapper

Ingredients
1 live snapper

Method

Place live snapper in ice water and let freeze to retain blood and full flavor then cut and marinate with slightly salted water. Fillet fish against grain as thin as possible and refrigerate.

For fish sauce

Ingredients

200ml Puning bean paste, little spiced peanut, little sautéed white sesame, little ginger, little fried garlic, little soybean sauce, little peanut oil, some pure water, some homemade scallop reduction, little xanthan gum

Method

Blend all ingredients till smooth then add in xanthan gum.

For coriander oil

Ingredients

150g coriander leaves, 200ml grape seed oil, 0.7g coriander seeds

Method

Slow heat all ingredients till 60°C and keep for 5 mins. Add in blender to blend well and keep in refrigerator for one night then pass through cheesecloth the next day.

Other ingredients (as desired)

caviar, dried turnip (diced), cryptotaenia, shallots (soaked in ice water), basil, chili strip (soaked in ice water), coriander sprouts, turnip coriander, garlic (soaked in ice water), Hawaii nuts (sliced), lemon leaves, sea salt flakes

Plating

Arrange snapper fillets on serving plate and dress with fish sauce,

coriander oil, and garnish with other ingredients as shown.

鱼生

原料

1条活鲷鱼（将活鱼放入冰块中冻死，让血保留在白身鱼肉中增添风味，片开鱼后滴少量盐水）

做法

将鲷鱼逆纹切成薄片，越薄越好，放置冰箱冷藏。

鱼生酱

原料

200毫升普宁豆酱、少许酒鬼花生、少许炒香的白芝麻、少许生姜、少许炸蒜酥、少许酱油、少许花生油、适量饮用水、少许自制干贝浓缩液、少许黄原胶

做法

将普宁豆酱、酒鬼花生、白芝麻、姜、蒜酥、酱油、花生油、水和扇贝浓缩液放入料理机中打碎至完全无颗粒，加入黄原胶。

香菜油

原料

150克香菜叶、200毫升葡萄籽油、0.7克香菜籽

做法

将香菜、香菜籽和葡萄籽油低温加热至60°C，保持5分钟后放入料理机打至均匀，放入冰箱冷藏一晚，隔日用纱布过滤。

配料（根据个人喜好）

鱼子酱、萝卜干丁、三叶芹、干葱（泡冰水）、罗勒、辣椒条（泡冰水）、香菜苗、萝卜苗、生蒜条（泡冰水）、夏威夷豆（切片）、柠檬叶（切细丝）、海盐片

摆盘

将鲷鱼如图摆盘，淋上鱼生酱、香菜油，以配料调味并装饰即可。



Pork Belly With Pickles 酸菜白肉



For pork belly

Ingredients

1kg Mongolian pork belly with skin (soaked in salt water for 24 hours), 10g garlic, 1L pure water, 40g salt, 620ml cooking rice wine, 100ml Shaoxing rice wine, 10g ginger, 3g thyme, 3g black pepper, 200ml salad oil

Method

Marinate pork belly with all seasoning ingredients, vacuum to sous vide at 72°C for 12 hours.

For coriander oil

Ingredients

150g coriander leaves, 200ml grape seed oil, 0.7g coriander seeds

Method

Slow heat all ingredients at 60°C for 5 mins. Place in blender to puree then refrigerate overnight. Pass puree through cheesecloth the next day.

For garlic flavored olive oil

Ingredients

100g garlic, 170ml extra virgin olive oil, 50ml grape seed oil, 0.5g turmeric powder

Method

Pour olive oil and grape seed oil in pan then sauté garlic till fragrant. Add sautéed garlic, raw garlic and turmeric powder in blender and blend well. Refrigerator overnight then pass through cheesecloth the next day.

For stock

Ingredients

1 old duck, 1kg pork ribs, 500g pork tenderloin, 1kg pork back bones, 500g pork shoulder blade

Method

Blanch all ingredients and stew over soft fire, and reduce to 5L.

For consommé

Ingredients

25g ginger, 1kg pickled cabbages, 10pcs egg white, 500g pork leg (minced), 5L stock

Method

Add all ingredients in the prepared stock and reduce to 3L in the way of French consommé. Blend in cornstarch to thicken the soup.

Ingredient for garnish

bamboo fungus, fresh lily, sliced celery, coriander sprouts, yellow chrysanthemum flowers

Plating

Arrange sliced pork belly at center of serving plate then pour on consommé. Garnish with bamboo fungus, fresh lily, sliced celery, coriander sprouts, and yellow chrysanthemum flower as shown.

猪五花

原料

1 千克蒙古带皮猪五花（盐水浸泡 24 小时）、10 克蒜、1 升饮用水、40 克盐、620 毫升料酒、100 毫升绍兴黄酒、10 克姜、3 克百里香、3 克黑胡椒、200 毫升色拉油

做法

将猪五花用调味料腌制，放入低温慢煮机，以 72°C 低温慢煮 12 小时。

香菜油

原料

150 克香菜叶、200 毫升葡萄籽油、0.7 克香菜籽

做法

将香菜、香菜籽和葡萄籽油低温加热至 60°C，保持 5 分钟后放入料理机打至均匀，放入冰箱冷藏一晚，隔日用纱布过滤。

蒜味橄榄油

原料

100 克蒜、170 毫升特级初榨橄榄油、50 毫升葡萄籽油、0.5 克姜黄粉

做法

锅内倒入两种油，用冷油炒香 40 克大蒜。将炒香的蒜与剩余的 60 克生蒜和姜黄粉放入料理机打匀，冷藏一夜，隔日用纱布过滤。

酸菜肉汁汤底

原料

一只老鸭、1 千克猪排、500 克里脊肉、1 千克猪筒骨、500 克扇子骨

做法

将全部食材洗净焯水，小火煮入味，浓缩至 5 升。

清汤

原料

25 克姜、1 千克酸白菜、10 个蛋白、500 克猪腿肉（绞）、5 升酸菜肉汁汤底

做法

将原料加入汤底，按照法式清汤的方法浓缩，吊出 3 升清汤，再勾芡。

装饰原料

竹荪、鲜百合、生芹菜片、香菜苗、黄菊花

摆盘

将五花肉切薄片摆在汤盘中心，倒入清汤，以竹荪、鲜百合、香菜苗、芹菜片、黄菊花装饰。

Abalone with Chicken Jus 鸡汁鲍鱼



For abalone

Ingredients

200g fresh abalone, 5g ginger (sliced)

Method

Sous vide abalone at 85°C for 6 hours then pan fry slightly until aromatic.

For chicken broth

Ingredients

2 old hens, 1kg pork ribs, 1.5kg pork leg bones, 1.5kg chicken wings, 2 chicken skeletons, some chicken lard

Method

Stew hens and pork till flavors fused in broth. Add in chicken lard and continue to boil then remove floats till clear.

For crab stock

Ingredients

200ml chicken stock, 2 crabs, 30g dried scallop, 50g fried garlic, 20g pumpkin puree, some cornstarch

Method

Add all ingredients to chicken stock then vacuum and sous vide at 85°C for 6 hours. Remove crabmeat and scallop from liquid then finely shred. Combine both with filtered soup. Add cornstarch to thicken soup.

For chargrilled turnip puree

Ingredients

600g chargrilled turnips, 400ml chicken stock, 5g xanthan gum, 50g chicken lard, 5g salt

Method

Blend turnips, chicken stock, and chicken lard till smooth. Add in xanthan gum and season with salt.

Ingredients for garnish

sea grapes, red alga, corallodiscus, kelp, pine nuts, chicken oil

鲍鱼

原料

200 克鲜鲍鱼、5 克姜片

做法

将鲍鱼以 85°C 低温慢煮 6 小时，轻微煎下表面以增加香气。

鸡汤

原料

2 只老母鸡、1 千克猪排、1.5 千克猪腿骨、1.5 千克鸡翅尖、两只鸡架骨、鸡油

做法

将鸡肉和猪肉煮到没有味道，鸡油放下去飘起来就捞起。

蟹肉高汤

原料

200 毫升鸡汤、2 只梭子蟹、30 克瑶柱、50 克炸蒜子、20 克南瓜泥、少许淀粉

做法

将食材加入鸡汤，以 85°C 低温慢煮 6 小时过滤，将蟹肉与瑶柱拔丝，放入过滤好的汤汁后勾芡。

炭烤白萝卜泥

原料

600 克炭烤白萝卜、400 毫升鸡汤、5 克黄原胶、50 克鸡油、5 克盐

做法

用鸡汤将萝卜煮至软烂，打成泥，加入黄原胶，盐调味。

装饰原料

海葡萄、红藻、石花、海带、松子、鸡油



Giovanni Parrella

Hailing from Napoli, Giovanni Parrella was raised in a typical Italian family. His father owned a large construction company and had planned for him to take over the family business. However, Giovanni's passions lay elsewhere and by the age of 12, he was set to take on a chef's career. He began working in the kitchen of a Neapolitan restaurant. From his humble beginnings, Giovanni worked his way to top kitchens across the world through 30 years. He has been inspired by the diversity of culinary cultures and techniques in cities such as Istanbul, Mumbai, and Beijing, while well footed on his own Italian culinary heritage. For the last five years, Giovanni has been the Executive Chef at one of Vietnam's most luxurious 5 star hotels, The Reverie Saigon, member of The Leading Hotels of The World.

在那不勒斯长大的 Giovanni Parrella，父亲拥有一家大型建筑公司，曾计划让他担任接班人。但是 Giovanni 从小就对烹饪产生了浓厚的兴趣，并坚定地选择了厨师这一职业。早在 12 岁，他就开始在那不勒斯的餐厅工作。如今，Giovanni Parrella 大厨拥有 30 多年的烹饪经验，走遍世界各地的顶级厨房，包括伊斯坦布尔、孟买和北京等一些烹饪文化颇为深厚的地区。在每一段经历中，Giovanni 都虚心以学，研究并吸收不同菜系的精华。同时，他根植于故乡的文化，将地道的意大利风味融入自己研发的菜品中。过去五年，他一直在越南最豪华的五星级酒店之一——西贡万韵酒店担任行政总厨的职务，该酒店隶属于立鼎世酒店集团。



Ossobuco Ravioli 小牛膝意饺

For ravioli dough

Ingredients
500g flour, 100g semolina flour, 8 egg yolks

Method

1. Combine all ingredients and knead to make ravioli dough. Apart from egg yolks, mix dough on lowest speed with hand mixer.
2. Lightly dust work surface with flour to knead dough by hand until smooth.
3. Firmly wrap dough in cling film and re-ridgerate.

For ravioli filling

Ingredients
300g pre-cooked ossobuco, 1 shallot, 1/2 red pepper, 1 organic lemon, 2 sprigs marjoram, 1 sprig lovage, 4tbsps veal stock, 50g butter for frying, ground pepper to taste, grated pecorino cheese to taste

Method

1. Finely chop ossobuco.
2. Peel shallot and dice. Same for pepper.
3. Wash and dry lemon then grate the rind.
4. Cut remaining lemon in half and juice.
5. Wash and dry herbs. Remove leaves and finely chop.
6. Fry diced shallot and pepper small amount of butter.
7. Add ossobuco then one tbsp lemon juice and 4tbsps veal stock. Let liquid evaporate

then remove mixture from heat and stir in grated lemon peel and herbs. Season with pepper and let cool.

Plating

1. Roll dough thinly to make two long pasta strips.
2. Place teaspoon size scoops of filling in center of one strip approximately four centimeters apart.
3. Lightly brush egg yolk around each scoop of filling.
4. Carefully place second strip on top of the first, pressing down firmly around each scoop of filling then cut into individual ravioli.
5. Boil raviolis in salted water to cook until float then remove by using slotted spoon.
6. Further drain briefly then serving on pre-heated plates.
7. Sprinkle with freshly grated pecorino (as desired).

方饺面团

原料
500 克面粉、100 克粗面粉、8 个蛋黄

做法

1. 使用手动搅拌机以最慢速度将两种面粉揉在一起。
2. 在厨房的工作台上轻轻撒上面粉，用手将面团揉至表面光滑。

3. 用保鲜膜把面团紧紧地包起来，使它不透气，放在冰箱里。

饺子馅

原料

300 克炖好的小牛膝、1 个红葱头、1/2 个红辣椒、1 个有机柠檬、2 枝马郁兰、1 枝欧当归、4 汤匙牛肉汤、50 克黄油、适量现磨胡椒、适量现磨羊乳干酪

做法

1. 将牛膝肉剁碎。
2. 青葱去皮切丁，辣椒也同样如此。
3. 将柠檬洗净并擦干，将果皮磨碎。
4. 把剩下的柠檬切成两半，榨汁。
5. 将香草清洗并擦干。取下叶子切细碎。
6. 用黄油炒香葱末，加入胡椒碎。
7. 放入小牛膝，加入 1 汤匙柠檬汁和 4 汤匙牛肉汤。收汁后关火，加入磨碎的柠檬皮和香草，用胡椒调味，冷却即可。

摆盘

1. 将面团擀成两个长薄片。
2. 将一茶匙大小的馅料放在其中一个面皮中间，间隔约 4 厘米。
3. 在每团馅料周围刷上蛋黄液。
4. 将第二片意大利面小心地放在第一片上方，用力按压每一团馅料，然后切出单独的饺子。
5. 用盐水煮沸。当饺子飘起时，用漏勺捞出。
6. 沥干水分，然后放在预热的盘子上。
7. 如果需要，撒上新鲜磨碎的羊乳干酪。

Seafood Fritto 油炸海鲜拼盘

Ingredients

300g squid (cut into rings), 100g shrimp (shelled and cleaned), 1 small yellow zucchini (thinly sliced), 1 small green zucchini (thinly sliced), 1 small eggplant (thinly sliced), some oil for deep frying, 4 sprigs parsley, 2 lemons (halved), 250g mayonnaise, 10 ml saffron reduction, salt and pepper to taste, 100g mixed salad leaves (preferably lettuce), 150g semolina, 150g refined flour

Method

1. Mix semolina and refined flour thoroughly in large mixing bowl.
2. Prepare saffron mayonnaise by combining saffron reduction, mayonnaise, and seasonings.
3. Clean seafood thoroughly and slice vegetables.
4. Thoroughly coat seafood and vegetables with flour and semolina mixture then deep fry till golden and crisp. Season with salt and pepper.
5. Remove all fried items from oil and drain on paper-lined plates. Season every item with salt and pepper.
6. Garnish with parsley, quartered lemon, fresh lettuce (or other greens), and saffron mayonnaise.

原料

300 克鱿鱼（切成圈）、100 克虾（去壳并洗净）、1 个小的黄色西葫芦（切薄片）、1 个小的绿色西葫芦（切薄片）、1 个小茄子（切薄片）、适量油炸用油、4 枝欧芹、2 个柠檬（切半）、250 克蛋黄酱、10 毫升藏红花汤、适量食用盐、适量胡椒粉、100 克混合蔬菜色拉（最好是生菜）、150 克粗面粉、150 克精制面粉

做法

1. 在一个大碗里将粗面粉和精制面粉充分混合。
2. 在蛋黄酱中倒入藏红花汤，制成藏红花蛋黄酱，调味备用。
3. 将海鲜洗净，准备好需要切片的蔬菜。
4. 将海鲜和蔬菜用面粉和小麦粉完全包住，炸至金黄酥脆，以盐和胡椒调味。
5. 将所有油炸食品从油中取出，装入有纸衬的盘子中沥油，用盐和胡椒调味。
6. 用欧芹、柠檬角、新鲜生菜（或其他蔬菜沙拉）和藏红花蛋黄酱装饰。



Apple & Almond Tortina 苹果杏仁挞

For sweet paste

Ingredients

100g flour, 25g icing sugar, 50g butter (solid), 1ml vanilla essence

Method

1. Dice butter into flour and coat with icing sugar and vanilla essence.
2. Rub butter into flour to resemble bread crumbs.
3. Bind mixture with little water if necessary to form dough.
4. Cover dough and chill in fridge for 1hour.
5. Roll dough at 2.5mm thick to line tart mold.

For apple filling

Ingredients

100g apple (peeled), 20g brown sugar, 10g butter, 1g cinnamon powder, 3g raisins

Method

1. Peel and remove core of apple then slice.
2. Add butter to flat pan on low heat to melt.
3. Add brown sugar and apple to pan. Keep stirring until apple is cooked but still firm. Add soaked raisins to mixture.

For almond filling

Ingredients

100g butter, 100g sugar, 80g eggs, 40g flour, 100g almond powder, 1ml vanilla essence

Method

1. Cream butter with sugar.
2. Add salt and vanilla essence.
3. Add eggs slowly and continue creaming butter.
4. Mix flour with almond powder and add to

mixture.

5. Stir to create smooth batter. Do not over mix.

For caramel sauce

Ingredients

100g sugar, 30ml water, 20g glucose, 10g butter, 50ml cream, 25ml milk

Method

1. Cook sugar, water, and glucose until caramel color.
2. Remove from heat and slowly add butter.
3. Mix cream and milk slowly.
4. Whisk till mixture is smooth.

Plating

Add almond filling till $\frac{1}{4}$ in lined sweet paste mold, top with apple filling and bake at 170°C till golden. Remove and serve hot with caramel sauce.

甜面团

原料

100 克面粉、25 克糖粉、50 克黄油、1 毫升香草精

做法

1. 将黄油切丁，与糖粉和香草精一起混入面粉中。
2. 搅拌黄油，直到形似面包屑。
3. 必要时，往面粉中加入少量水，以形成面团。
4. 包好面团并于冰箱中冷藏 1 小时。
5. 将面团擀至 2.5 毫米厚，铺入挞模。

苹果馅

原料

200 克苹果（削皮）、20 克红糖、10 克黄油、1 克肉桂粉、3 克葡萄干

做法

1. 将苹果去皮、去核，切成薄片。

2. 在平底锅中倒入黄油，小火加热，让其融化。

3. 将红糖和苹果倒入锅中。不断搅拌，直到苹果煮熟，但保证苹果仍然是硬的，再加入浸泡过的葡萄干。

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杏仁馅

原料

100 克黄油、100 克白糖、80 克鸡蛋、40 克面粉、100 克杏仁粉、1 毫升香草精

做法

1. 将黄油和白糖搅成糊状。
2. 加入盐和香草精。
3. 慢慢加入蛋液，继续使黄油乳化。
4. 将面粉和杏仁粉混合，加入混合物（3）。
5. 搅拌以使面糊光滑，不要搅拌过度。

焦糖酱

原料

100 克白糖、30 毫升水、20 克葡萄糖、10 克黄油、50 毫升奶油、25 毫升牛奶

做法

1. 将白糖、水和葡萄糖一起煮至焦糖色。
2. 从炉火上移开，慢慢倒入黄油。
3. 将奶油和牛奶混合在一起，慢慢倒入。
4. 搅拌直至混合物光滑。

摆盘

倒入杏仁馅，约占烤模的四分之一。在表层加入苹果馅，将其放入烤箱以 170°C 烤至金黄色，取出后趁热抹上焦糖酱即可。



Paul Then Seh Chon 邓锡漳

As one of Singapore's most celebrated chefs, Chef Paul Then She Chon has been internationally trained for over 30 years in food and beverage operations and management. Through the years, he had worked with various Michelin-starred restaurants around the world in countries such as Germany, The U.K., France, Switzerland, Italy, Singapore, Thailand, and Japan. Well seasoned French cuisine, Paul displays great enthusiasm and talent in combining Oriental and Western elements in creating his own unique culinary style and artistry. Today, Paul is the Executive Chef of OCTAVE Institute, Suzhou.

邓锡漳是新加坡最著名的厨师之一，拥有丰富的餐饮运营与管理经验。他的职业生涯跨越了30多年，烹饪足迹遍布全球各大城市的米其林星级餐厅，包括德国、英国、法国、瑞士、意大利、新加坡、泰国和日本等。他尤其擅长法国料理，并用极高的热情和天赋，将东西方的烹饪元素巧妙结合，形成独具特色的烹饪风格。如今，他担任苏州音昱水中天的行政总厨。

Coriander Marinated Chicken Salad 香菜鸡肉沙拉

For chicken and marinade

Ingredients

120g chicken breasts, 100g yogurt, 20ml mustard oil, 5g red chili powder, 5g turmeric powder, 5g five-spice powder, 10g sea salt, 5g ground black pepper, 10g ginger, 10g garlic, 5ml lemon juice

Method

1. Slice chicken breasts then marinate with salt, lemon juice, ginger and garlic. Set aside.
2. Warm mustard oil and blend with yoghurt. Add in red chili and turmeric powder. Mix well.
3. Continue marinate chicken breast with mixture (2) then refrigerate for at least 1 hour.
4. Roast chicken breast in oven at 210°C for 10 mins.

For coriander sauce

Ingredients

100g fresh coriander leaves, 50g fresh mint leaves, 10g garlic, 10g ginger, 10ml lemon juice, 10g sea salt, 1 green chili, 10g fresh yogurt

Method

Blend all ingredients together and check the seasoning.

Plating

Toss greens with olive oil and plate in center. On the side, place strips of chicken breast and drizzle some coriander sauce. Serve either warm or cold as desired

鸡胸肉和腌料

原料

120 克鸡胸肉、100 克酸奶、20 毫升芥末油、5 克红辣椒粉、5 克姜黄粉、5 克五香粉、10 克海盐、5 克黑胡椒碎、10 克姜、10 克蒜、5 毫升柠檬汁

做法

1. 切开鸡胸肉，加入海盐、柠檬汁和姜蒜拌匀备用。
2. 芥末油和酸奶混合，加入五香粉、红辣椒粉、姜黄粉、黑胡椒碎，搅拌均匀。
3. 把制作好的鸡肉腌料加到鸡胸肉中，保证完全覆盖鸡肉，并在冰箱中保存至少 1 小时。
4. 然后在 210°C 的温度下烤鸡胸肉 10 分钟。

香菜酱

原料

100 克新鲜香菜叶、50 克新鲜薄荷叶、10 克大蒜、10 克生姜、10 毫升柠檬汁、10 克海盐、1 片青辣椒、10 克酸奶

做法

把除了海盐之外的所有配料放进料理机打碎，根据个人口味用海盐调味。

摆盘

蔬菜用橄榄油搅拌均匀然后放入盘子中央，烤好的鸡胸肉切成条状，放在蔬菜的一侧，然后淋上香菜酱。根据个人的口味，可以选择热食或冷食。





Seared Scallop with Cauliflower Veloute 香煎扇贝配花菜泥

Ingredients

120g scallops, 100g cauliflower, 20g onions, 10g leeks, 10g garlic (minced), 20g sea salt, 10g ground black pepper, 50g white mushrooms, 10ml balsamic vinegar, some olive oil, some micro greens, some edible flowers

Method

1. Sauté mushrooms and garlic with olive oil on non-stick pan, season with salt and black pepper. Set aside.
2. Marinate scallop with salt and pepper. Pan-fry scallops with olive oil till golden on both sides.
3. Sauté onions, garlic and leeks till fragrant, add in cauliflower and vegetable stock to cook cauliflower. Season with salt then let cool. Blend well in blender to get smooth cauliflower puree.

Plating

Arrange cauliflower puree in center and place two scallops beside. Arrange few pieces of tossed mushrooms. Drop little balsamic on top then garnish with micro greens and edible flower.

原料

120 克扇贝、100 克花椰菜、20 克洋葱、10 克大葱、10 克大蒜、20 克海盐、10 克碎黑胡椒、50 克白蘑菇、10 毫升意大利黑醋、少许橄榄油、少许可食用花、少许微型绿蔬

做法

1. 烧热不粘锅，加入少许橄榄油，将蒜末和白蘑菇爆香。调入少许黑胡椒碎和海盐，铲出备用。
2. 扇贝用海盐和黑胡椒腌制。平底锅烧热，放入橄榄油，扇贝煎至两面金黄。
3. 烧热平底锅，加入橄榄油，爆香洋葱、大蒜和大葱，加入花椰菜炒香。加入蔬菜高汤至没过花菜表面，中火煮至花菜完全熟透。加入少许海盐调味，待凉，放入料理机搅拌至顺滑的花菜泥。

装盘

将花菜泥放入盘的中央，把煎好的扇贝放在花菜泥的一侧。在扇贝的两侧加入几片煎香的白玉蘑菇，滴入意大利黑醋，然后以微型蔬菜和食用花装饰。



Chefs Club



Anthony Sousa Tam 谭志豪

Hailing from Macau, Anthony Sousa Tam has Macanese cuisine flowing in his blood. His 20 years career as chef started in London. Subsequently, he traveled and worked in many noted restaurants across the world to include such countries as The Netherlands, Japan, and Azerbaijan, among others. Anthony is now Executive Chef of Thought For Food at The Living Room by OCTAVE Institute. Staying true to his roots and culinary mantra, Anthony is driven by the global trend towards healthy dining and organic food in delivering his impressive culinary creations for the delight of each and every diner.

谭志豪来自中国澳门，拥有超过 20 年的烹饪经验。他的职业生涯始于伦敦，随后在世界各地多家享誉盛名的餐厅掌勺，包括荷兰、日本和阿塞拜疆。他独具匠心的创意和精心设计的菜式不仅征服了当地食客，更赢得了社会名流的青睐。随着人们对健康养生的日益关注，谭志豪也一直在倡导和推崇这种饮食态度，与音显品牌的合作便缘于彼此对用心饮食理念的契合。他现在担任音显品牌旗下意膳坊的行政总厨。谭志豪坚持选用至优食材，以天然的烹调方式还原食品本味，讲究可持续、自然、有机，希望能通过菜肴、烹饪方法、服务和氛围，为客人带来别样的身心体验。

Potato & Kale Soup 土豆羽衣甘蓝浓汤



Ingredients

100g black quinoa, 1 egg yolk, some wheatgrass, 20g kale, 3 asparagus, 2 potatoes

Method

1. For low temperature yolk: Slow-cook egg in 63°C water for one hour. Remove yolk then flush with water.
2. For potato soup: Peel and slice potatoes then boil with coriander in chicken soup. Mash together until even to make soup.
3. Boil quinoa and asparagus till cooked. Set aside.

Plating

Arrange yolk, quinoa, and asparagus in deep plate, pour in potato soup and garnish with kale and wheatgrass.

原料

100 克黑藜麦、1 个低温蛋黄、适量冰草、20 克羽衣甘蓝、3 个芦笋头、2 个土豆

做法

1. 制作低温蛋黄：将蛋黄放入 63°C 水中慢煮 1 小时，取出蛋黄，冲水待用。
2. 制作土豆汤：土豆切片，加香菜煮软，并加入一些鸡汤，一起打碎呈粘稠状。
3. 将藜麦、芦笋煮熟待用。

摆盘

将冲水后的蛋黄，煮熟的藜麦芦笋放入碗中，倒入土豆汤，最后以羽衣甘蓝和冰草点缀即可。

Lotus & Yam Potato 莲藕 & 香芋饼

Ingredients

2 lotus roots, 80g yams (mashed), 20g quinoa, 20g buckwheat, 5g corianders

Method

1. Slice lotus roots to 1cm thick then blanch for 15 seconds.
2. Boil yam (with skin) to super soft, peel, and place in grinder to mash. Season with black pepper.
3. Place mashed yam over lotus root then bake in oven for 4 mins.
4. Blanch spinach for 30 seconds then mash by food grinder.
5. Boil and cook quinoa and buckwheat.

Plating

Arrange quinoa, buckwheat, and mashed spinach on serving plate as shown.

原料

2 片莲藕、80 克香芋泥、20 克藜麦、20 克荞麦粒、5 克香菜苗

做法

1. 将莲藕切 1 厘米厚片，放在沸水中煮 15 秒。
2. 香芋带皮煮制软烂，去皮后，放在筛网或研磨器磨碎。加入黑胡椒调味。
3. 将香芋泥放在莲藕片上，放入烤箱内烤 4 分钟。
4. 菠菜在沸水中烫 30 秒，放在搅拌机内打碎成菠菜泥。
5. 将藜麦和荞麦煮熟，备用。

摆盘

将煮熟后的藜麦、荞麦和菠菜泥如图摆盘。





Paul Qian 钱麟

With 28 years culinary experience, Paul Qian is now Executive Chinese Chef of Cordis, Shanghai, Hongqiao, a towering, upscale hotel flagship of the Langham hospitality brand. A native of Shanghai, Paul has been remarkably innovative with Shanghainese cuisine by incorporating touches and refinements of Cantonese epicure. Diners who visit Cordis are sure to indulge in the joy of experiencing Shanghainese gourmets lavished with the magical touches and creative nuances of Paul.

钱麟拥有近 28 年的中餐烹饪经验，现担任朗廷酒店集团旗下高端品牌酒店——上海虹桥康得思酒店中餐行政总厨一职。作为地道道的上海人，钱师傅将沪上风味和粤式口味完美融合，在传统粤菜的基础上注入上海本地特色并进行巧妙的创新，既保留了粤菜的精髓，又展现出海派风情。

Mixed Sea Food and Zucchini Soup 海鲜节瓜盅

Ingredients

250g Cantonese zucchini, half scallop, 1 Thailand shrimp, 5g gloeostereum incarnatum mushrooms, 10g sea cucumbers, some chicken stock

Method

1. Peel zucchini and remove pulp, then blanch with boiling water.
2. Put zucchini in bowl and pour in chicken stock to stew for 20 mins.
3. Blanch scallop, shrimp, mushrooms, and sea cucumbers with boiling water then add to zucchini and continue to stew for 2 mins.
4. Plate as shown.

原料

250 克广东节瓜、半个北海带子、1 个泰国草虾、5 克榆耳、10 克海参、适量高汤

做法

1. 将节瓜去皮去瓤后焯水。
2. 将节瓜放入汤碗，倒入备好的上汤后炖煮 20 分钟。
3. 将带子、草虾仁、榆耳、海参及节瓜丁一同焯水，置于炖好的节瓜盅内，再一起炖制 2 分钟。
4. 摆盘如图。



Drunken Shrimp with Peas 翠豌豆醉虾菇

Notes: Before cooking, insert shrimp with bamboo stick to keep shrimp straight and dehydrate.

Ingredients

250g mantis shrimps, 100g peas, 250ml Shaoxing rice wine, 5g preserved plums, 20g sugar, 10ml light soy sauce

Method

1. Combine rice wine, preserved plums, sugar, and soy sauce to make marinade.
2. Boil mantis shrimps till cooked and let cool in ice water for 10 mins.
3. Peel shrimps and marinate for 8 to 12 hours.
4. Cook peas and let cool.

Plating

Arrange peas on serving plate top with shrimps and finish with marinade.

注：在进行烹饪前，先用竹签穿过虾身以保持虾肉竖直形状并方便排出虾身内部水分。

原料

250 克带膏皮皮虾、100 克蜜豆仁、250 毫升陈年花雕酒、5 克话梅、20 克糖、10 毫升生抽

做法

1. 用陈年花雕、话梅、糖及生抽调成汁水。
2. 将皮皮虾用水煮熟，放入冰水中冷却 10 分钟。
3. 把去壳的虾肉浸泡在调好的汁水中 8 至 12 个小时。
4. 将蜜豆仁烫熟后冷却。

摆盘

将蜜豆仁铺在盘子底部，皮皮虾叠放于蜜豆仁之上，最后淋上汁水。



Steamed Scallops, Towel Gourd, Garlic Sauce, Bean Sauce 胜瓜双味蒸北海道子

Ingredients

3 sea scallops, 250g towel gourds, 15g fermented bean sauce, 15g minced garlic (as sauce), 25ml seafood soy sauce, 5g green onions (chopped), 15g scallions (shredded), 2g red pepper (shredded), 5ml cooking oil

Method

1. Cut towel gourds and stir fry with hot oil. Blanch and drain.
2. Slice scallops horizontally to 6 pieces, place each over sliced towel gourds then add garlic sauce on 3 batches and bean sauce on another batch.
3. Steam over high heat for 5 mins.
4. Sprinkle with chopped green onions then pour on hot oil.

Plating

Arrange 6 pieces towel guards and scallops on serving plate, partly garlic sauce and partly bean sauce. Pour over seafood soy sauce and garnish with scallions and red peppers as shown.

原料

3 个北海道子、250 克广东胜瓜、15 克豆豉、15 克蒜蓉、25 克海鲜豉油、5 克葱花、15 克葱丝、2 克红椒丝、5 毫升食用油

做法

1. 将胜瓜斜刀切段，过油后再焯水，随后沥干水分。
2. 切开北海道子后平铺在胜瓜段上，再加入蒜蓉和豆豉。
3. 大火蒸煮五分钟。
4. 出锅后撒葱花，淋上热油。

摆盘

一盘装 6 个，一半为蒜蓉口味，一半为豆豉口味。淋上海鲜豉油，中间部分以葱丝和红椒丝点缀。

不忘初心 牢记使命

励精图治 再创辉煌



华仕康医疗器械有限公司从成立至今，一直致力于健康观念和产品的传播。从身体健康、心理健康、到思想健康，全方位进行健康的呵护。从成立至今为数以万计的 personal 和家庭送去了健康的福音。本人和团队，入住东北至今，也获得了受益者的爱戴和拥护。所以企业也提出了一心全意为人民健康事业服务的使命。在未来的时间里，将不断完善健康体系，为引领更多人和家庭走向健康幸福的美漫人生而努力。



优食净食机

净化食物有害物质，从入口开始保障食品安全，捍卫身体健康





董味

English translation & interpretation by Ricky Xu

董味 牛肝不如菌 Mushroom Tastier than Beef Liver



菌子有好多命名的方法。大致从名字能感受味道，譬如，见手青，就觉得像个愣头青，不大好惹；猴头蘑，长的就像猴脑袋，毛茸茸的；羊肚菌，活生生的羊肚子。我喜欢竹荪，她还有一个名字，叫雪裙仙子，有雅味。好吃还要说，有肉名的黄牛肝菌、鸡油菌们，牛肝真是不如菌。

Mushroom is called by many names,
Reflective of its various features and flavors, and to wit:
Jian Shou Qing
A large head mushroom that turns blue as if shy at the slightest touch;
Monkey-Head
A mushroom with hairy head like that of a playful monkey;
Morel
A mushroom resembling the tender stomach of a tiny lamb.
Amongst them, the mushroom I prefer is Xue Qun Xianzi,
A name well christened for fungus on bamboos growing like a tube,
Also resembling a fairy in white sash fine and dainty.
Yet, the fairest of them all would be
The Chanterelle and Niu Gan Jun or Yellow Porcini,
The latter suggesting the taste like liver of beef
Yet both, in fact, are tastier than meat.



董味 被晒干的小伙儿 Sun-dried Shrimps

烟台烹饪大师程伟华先生时不时的给我寄来他“天天渔港”的长岛金钩海米。我一直想知道这个晒干后的虾肉，全国都有啥叫法。因为如春谷成米，北方大部分地区叫海米。山东地区叫金钩（或特指一种鹰爪虾的海米。鹰爪虾色泽金黄，形状像一把钩子，故得名“金钩海米”）。

“开洋”是江浙吴语区人的叫法。

金钩海米我最得意的吃法是冲“师娘紫菜汤”。紫菜要用汕头的或厦门头手的，酱油用“酱油哥”的酱油，不用鸡汤，只用开水更不要放味精。放十来个金钩海米，点点儿香油、茺荳、葱花。品尝金钩海米、酱油、香油、紫菜、茺荳、葱花混合的味道，才觉如此有真意。

海米有好多吃法，比如拌芹菜；芹菜用西芹，西芹比起国产土芹味道清淡许多，这样才突出金钩的味道。海米不要泡的太软，软不软的时候，才有嚼劲。先吃海米再吃西芹，嘴里是有层次的清香。还有一吃法：海米泡水后，过油炸酥脆，炝炒圆白菜；海米酥酥的香，再加上洋白菜的锅气脆。空口吃，下饭，都合宜。

午后有阳光，透过窗子，下午茶可以有一盘金钩海米。金钩海米更金红，氤氲的茶息都有了暖色。我爱上了金钩海米的纯粹，有时候会随手抓几颗，放嘴里嚼，鲜、香，还有慢慢出来的甜。有一些滋味是晒去水分，更醇厚。比如鲜贝和瑶柱，比如龙眼和桂圆，比如小伙和大叔。

Chang Island Golden Hook dried shrimps are from Yantai, Shandong
A delicacy Master Chef Chen Weihua often sends to me
From his restaurant, Tian Tian Yu Gang, in that vicinity.

Curious was I on how dried shrimps were called in China
By different names in different regions across the land.
Hai Mi, or rice of the sea, refers to its size by northern folks.
In Shandong, they call it Golden Hook for its shape and hue.
And, Kai Yang is what it's called by the locals in Zhejiang and Jiangsu.

Golden Hook I prefer to use and apply
In making a dish called "Seaweed Soup by My Mentor's Wife".
None others than seaweed from Shantou or Xiamen it should be.
Soy sauce should be "Brother Soy" specifically.
No need for chicken stock. Boiling water works just fine.
A dozen dried shrimps ready to combine
With a bit of sesame oil, some coriander and green onions.
The resulting mixture of flavors and tastes is sublime.
There are more ways than one with dried shrimps actually,
As with celery, finer than Chinese parsley,
Perking up the dish with all its authenticity.
Be sure to soak shrimps initially, but just for awhile
Then add celery with its delicate scent to combine.
Another way is to soak the shrimps then deep fry to crisp
Then sauté cabbage and add in the shrimps.
This is a simple dish to go with rice on the side.

On a lazy sunny afternoon,
A plate of golden hook and a cup of soothing tea,
Come together in creating an atmosphere of glee.

I have fallen in love with golden hook
So much so at times I just grab a handful to chew.
The salty sweet taste and delicate scent are simply great.

Other items like scallops and longan
Are items with stronger taste when dried by the sun.
And, this might as well be a satire of middle-aged men.



董味 我要吃口肉肉 Craving for Meat

黄州东坡雪堂猪肉，
少水慢火肥香不瘦。

无以为样才学，
留下一嘴涎水，
我要吃口肉肉。

题记“大董小味”华贸店，红烧肉不骚不腥，一飙肥肉化且整，瘦肉入口不塞牙，真是一块好肉！今天检查“大董小味”红烧肉，想起少年时，过春节的念想：我要吃肉肉。现在想起来，嘎嘎嘎。

The best way with meat is done by Dongpo Snow House,
A restaurant at Huanggang District in Hubei Huangzhou.
Pork is slowly braised with lesser water and milder heat,
Rendering the meat tender and aromatic with texture that is fatty,
A delicious dish no one could resist.

Braised Pork with Brown Sauce,
Served at Taste of DaDong, a branch located in China Central Mall,
Taste as good with irresistible aroma and mouthwatering flavor.

A sumptuous piece of pork is used and cooked to perfection.
Its layer of fat virtually melts in the mouth,
Whereas soft and tender is the lean portion.

Checking out my restaurant I chanced upon the dish today,
The enticing piece of meat brought back my childhood days,
Particularly when celebrating each Festival of Spring
Meat never ceases to be my insatiable craving.
The thought of which I laughed like a duck, quack, quack, quack.



吃花椒宜老友说新话，不悲秋 New Topic with Old Friends on Sichuan Pepper 董味

寒露时，天高气躁，晓寒露浓。前两天 @熊丽电台 拿来她家韩城花椒，才知道，大红袍产在陕西韩城。

讲花椒之前，先讲个花胶的故事。

那天请一朋友吃饭，主菜是“红花汁鲈鱼花胶”。鲈鱼花胶很贵重，朋友想看看没烹饪前的干货什么样，我立刻吩咐办公室人员把花胶取来。一会儿取来了，我和客人都笑不可支。取来的是韩城花椒。

这些天正是陕西韩城摘花椒的季节。

韩城有两样东西。最著名是史学家司马迁，二是大红袍花椒。在当地有这样一句话，用来形容韩城人喜读书：下了司马坡，秀才比驴多。芝川镇和桑树坪两地的大红袍花椒为最好，穗大粒多、皮厚肉丰、色泽红亮。当地椒农都是靠天吃饭，摘花椒盼的是阴天，但晒花椒盼的是大晴天，因为花椒只有经过四五个小时的曝晒才能晒出色泽鲜红亮丽的“大红袍”。花椒采收季，整座城市都弥漫着浓浓的麻麻味儿，那天 @熊丽电台 送花椒带了一身的椒麻味儿，打开花椒塑封袋，花椒浓重麻麻味道，舌尖有了酥酥的感觉。

初春时，我用花椒芽炆象拔蚌，花椒芽是麻麻酥酥清新的；夏天用绿花椒再炆象拔蚌，清香中有了浓郁的麻香。寒露时的新花椒已经是芳香浓郁、醇麻厚重。

前日吃野生大比目鱼，用麻辣水煮法。
大比目鱼去骨，大块吃肉，极嫩滑。配料为泡莴苣，清脆酸爽。
秋天吃花椒，宜老友，但说新话，兴致渐浓而不悲秋。

Cold Dew, the 17th lunar phase of the year begins,
Chilly at dawn covered with dew instead of rain.
Xiong Li brought me some pepper corns few days ago
Referred as Da Hong Bao from her hometown at Hancheng in Shan'xi.
'Twas my first encounter with Da Hong Pao and its originating territory.

On the topic of Hua Jiao or Sichuan pepper, first let me tell a story
Of fish maw, also called Hua Jiao, at a dinner with a friend.
Braised Dried Croaker and Fish Maw with Saffron Sauce was served.
Curious was my friend about the dried fish maw.
So I asked for some samples to show.
But, brought to us was Sichuan pepper instead of the maw.
We could not help but laughed aloud.

It is now the season of Sichuan pepper at Hancheng in Shan'xi.

Hancheng prides itself with the legend of Sima Qian and Da Hong Pao,
By importance, the folks deemed Da Hong Pao second only to the scholar,
Clearly prioritizing literature over the spice without doubt.
Da Hong Pao, indigenous to Sichuan and Sangshuping Towns are the best.
The fleshy corns in scarlet hues grow full and dense.
Local farmers on nature's weather they depend,
Relying on cloudy skies for the picking and sunny days for drying.
Da Hong Pao, a name christened for the pepper by its color,
A description befitting the pepper cloaked in deep red robe.
Its scent during the picking fills the air
Even Xiong Li came with the fragrance in her hair.
Opening the bag of pepper corns, the tongue is virtually numbed by the smell.

Come early spring, I perk up my cold dish of geoduck with Sichuan pepper,
Its corns still fresh in green render the dish a refreshing yet numbing taste.
Fresh Sichuan peppers picked during the Cold Dew of spring
Are crunchy and spicy with a numbing sting.
The dish of wild halibut fillets in chili oil with Sichuan pepper corns I did
And matched it with sour crunchy preserved lettuce leaves.
Sichuan pepper is good as well for autumn Season
Shared in the company of good old friends to perk up the autumn gloom.



心软如子
Heart Tender as Seed

新荣记张勇兄给我一些精选“软籽石榴”尝。“精选”也几为新荣记之标签。这软籽石榴粒大饱满，色泽紫红，籽软甘怡。想到袁枚说过，“大抵一席佳肴，司厨之功居其六，采买之功居其四”，又说“物性不良，虽易牙烹之，也无味也”。新荣记石榴是好石榴，生意也是好生意，我看人确也良善。反之，人性良善好食材聚之，名誉寰中。新荣记正反皆宜。借张勇兄紫红石榴，试做石榴青稞沙拉，以饷众家。

Zhang Yong, founder of Xin Rong Ji Restaurant, sent me some pomegranates.
Each fruit came with a label as special selection of the restaurant.
Red deep as purple, the fruits were juicy and sweet,
With seeds so tiny and tender so good to eat.
The fruits evoked the quotes by Yuan Mei, gourmet writer of Qing Dynasty,
That gourmet is a ratio of six to four, more of cook craft than ingredients.
But, good ingredients could stand alone without need for craft.
The pomegranates reflect the outstanding business and team at Xin Rong Ji,
And in turn, their performance is reflective of quality of their fruits.
So inspired was I in creating a pomegranate salad with barleys
For sharing with my friends and family.



黄油蟹焗饭
Buttery Crab Baked on a Bed of Rice



八月台山。毒阳晒出黄油蟹，正是油满膏肥时。去年价格就让人咋舌；今年，越发吃不起了。那就换个法子吃吧，“黄油蟹焗饭”，蟹膏依旧美，蟹饭更肥香。病入膏肓好嗨呀。

August in Taisan marks the season for its indigenous crab.
Under the scorching sun, crabs on the lake
Burst with oily fats and luscious roes.
With prices this year soaring unreachably high,
What better way with this pricy treat but to bake it on a bed of rice
On which paddy fats and roes like butter flows
Indeed a dish in a day oozing with sumptuous flavors to satisfy.

割烹
日屋岡
HOSHIOKA



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The Charisma of Slovakia

国小魅力大

Text & Photos by Ricky Xu

Slovakia, referred to as the "Little Big Country" is like a gem, small yet glistens with immense charm. Slovakia is located right in the heart of Europe and takes a little more than ten days to travel across the country, starting from its second largest city, Kosice, neighboring Hungary at southeast, to Bratislava, its capital at southwest next to Vienna.

Journeying across the "Little Big" country is best via the scenic route along Danube River, crossing the Carpatian Mountains where every picture taken, whether by camera or mobile phone is perfect for keeps or to show as with the photos herein.

有“国小魅力大”之美誉的斯洛伐克，坐落于欧洲中心。从邻近布达佩斯的斯洛伐克第二大城市科希策到毗邻维也纳的首都匈牙利，仅需十天，即可纵览全国。

游览的最佳路线就是沿着多瑙河而行，踏上北部的路途，穿越喀尔巴阡山。一路走来，每一个所到之处，无不展现着斯洛伐克的独特风采，令人深陷于这个小小国家的无穷魅力。

Kosice, the old capital of West Slovakia, was designated in 2012 as the cultural capital of the European Union for reason that it has the richest and most diverse cultural heritage in European. Tracing back history, Kosice was once the gateway to Slovakia from its neighboring territories, such as Hungary, Ukraine, and more. The interaction and synergy among diverse peoples and cultures resulted to Kosice being uniquely colorful and historical.

Bratislava, the modern capital of Slovakia, is a destination that never fails as the poignant moment of every visit. It is practically the summation of everything that defines Slovakia, and as well the final destination that best concludes the entire journey. Bratislava showcases the old and the new, both traditional and trendy with respect to arts and architecture, food and wine, fashion and design, music and festivities.

科希策是斯洛伐克东部的中心城市，2012年这里将成为欧盟的文化中心。科希策多元的文化遗产反映了斯洛伐克与匈牙利、乌克兰以及其他周边邻国的历史往来。这座城市的历史可以追溯到奥匈帝国时期，那时科希策是进入斯洛伐克的门户。

来斯洛伐克，必定不能错过布拉迪斯拉发。这座城市就是斯洛伐克的缩影，丰富的历史、文化、艺术、建筑，构成了这个古老城市的风貌，传统与现代在这里相映成趣，好客的人民、美食美酒、绚丽民俗，让人流连忘返。

Picture Perfect 如画风景



The Danube River



View of Sirbske Pleso

The entire Slovakia is endowed with majestic mountains, lush valleys, rolling hills, pristine waters, mystic caves, and therapeutic springs. The landscape resembles a colorful tapestry woven through time, wherein nature and culture, history and people, tradition and trends intertwine into a canvass that is virtually magical and alluring.

The High Tatras, a colossal mountain range, spans across Slovakia from Austria to the Black Sea. The range is composed of 25 peaks. Its tallest summit is the Gerlach Peak, 2,655 meters above sea level.

The Tatra peaks unfold unending picture-perfect sceneries from one point to another, composing an imposing, snowy and jagged skyscraper that counts among the few natural wonders of the world. Other than a popular tourist destination and photographers' paradise, the peaks are also exciting hubs for nature seekers, mountain climbers, skiers, cyclists, and adventurers, including those seeking respite and meditation. Here, every comer is tempted to embark on the one-of-a-kind funicular ride that traverses over the peaks without a single supporting pylon. The breathtaking ride starts from Lomnický Sedlo

all the way up to the Lomnický Stit 2,633 meters high. Upon reaching the top, a quaint watering hole called Café "Dedo" (grandfather) is a welcoming respite where a sip of hot chocolate or freshly brewed coffee soothes like heaven and nowhere on earth.

群山叠翠、山谷蜿蜒、溪流潺潺、神秘的洞穴、丰富的温泉，在这里，自然与文化、艺术与建筑、过往与现在，交织出一幅画卷，独一无二、永恒不朽。

高塔特拉山从奥地利延伸到黑海，占地 341 平方公里，其中 260 平方公里位于斯洛伐克境内，最高峰位格尔特拉赫峰，海拔达到 2,655 米，更有其他 25 座山峰高于 2,500 米。

高塔特拉峰不仅是摄影爱好者的天堂，也是该地区最大的旅游目的地。这里是摩托车运动员、高山远足者、攀爬者、滑雪爱好者、自行车运动员、家庭外出游玩的胜地。从 Lomnické Sedlo (山谷) 到 Lomnický Stit (山峰) (2,632 米) 之间没有支撑柱的高空索道绝对是振奋人心的经历。在 2,633 米处有一家小而温馨的咖啡馆，名叫“Dedo (祖父)”。山间小憩，可以欣赏壮阔山景、天地寥廓，感受山风阵阵、惬意心头，还可以喝到浓香的热巧和咖啡。



At the Gerlach Peak



Bojnice Chateau



Chapel at Bojnice Castle



24K ceiling of the Golden Room at Bojnice Castle



Bratislava Castle

Castles and Chateaux 城堡和庄园



The Spis Castle Photo courtesy of Slovak Tourism Board

The spanning hillsides of Slovakia are accentuated with ancient castles, each with its story to tell; some of love and romance, others of tragedy or crowning glory. Besides the imposing castles are beautiful chateaux nestled in lush gardens from one valley to the other, showcasing the grandeur and opulence of European kingdoms in the past.

Among the best preserved ancient architecture is the Bojnice Castle, towering over the western outskirts of a quiet town. The castle, dating back to the Renaissance period, has a giant crown of thorns on top of its steeple. The crown tell tale of a king's heartbreaking story of love and devotion. The castle was later renovated into a Neo-Gothic fortress which now houses countless rare collections, forming part of Slovakia's National Museum.

A beautiful manor stands at the sprawling Krasna Horka estate in Betliar. The property dates back to 1881 and was once owned by the legendary Andrasi family. The architecture is a mix-match of different styles, ranging from Classic to Neo-Gothic. A labyrinth of lavishly adorned chambers showcases the extravagant lifestyles of the nobilities in the past.

The Bratislava Castle, built in the 13th century, overlooks the storied Amber and Danube trade routes. The castle was reconstructed in the 15th century by Hungarian King Sigmund to be his pompous seat of throne, which continued to be court for imperial coronation from the 16th to 18th centuries. Subsequently, Empress Maria

Theresia renovated castle to become the imperial palace that housed royalties from one era to the next. Unfortunately, the palace was engulfed by a big fire, after which it was rebuilt in 20th Century into its original form. The rebuilt castle has four turrets, functioning as venues for major political and cultural events today.

穿行于斯洛伐克连绵起伏的山地，成百上千的城堡点缀其间，宛若历史长河中的遗珠洒落山间。每一个城堡都有自己的故事，好似一段凝固的旋律，回响着欧洲大陆曾经的辉煌。在曾经的皇家要塞中，坐落着美丽的庄园，浪漫与恢弘，战火与硝烟，在爱的照耀下，闪烁着绚丽的光彩。

坐落于波切尼斯小镇西郊的波切尼斯城堡是保存最为完好的城堡之一。有关城堡的最早记载可以追溯到 12 世纪，城堡部分保持着哥特与

文艺复兴风格。波切尼斯城堡里有关荆棘皇冠的绘画讲述了城堡主人悲喜交加的爱情故事。经过重新修缮，如今这座新哥特式的建筑里陈列着斯洛伐克国家博物馆的珍品系列。

1881 年，贝特里亚庄园领主的官邸坐落在克拉斯娜霍尔卡产业，其主人为传奇的 Andrasi 家族。从古典到哥特，这个官邸糅杂了多种建筑风格，过度精致的内廷更是映衬出贵族家庭奢华的生活方式。

始建于 13 世纪的布拉迪斯拉发城堡位于具有历史意义的琥珀和多瑙河贸易路线上，15 世纪的时候，匈牙利国王西吉斯蒙德重新修葺，将其作为自己的宫殿。在 16-18 世纪之间，这座城堡同时也是国王加冕礼的举办地。女皇玛利亚特蕾西亚再次重建了城堡，将其作为其统治王朝的象征。经历一场大火之后的布拉迪斯拉发城堡在 20 世纪初再次修葺，如今这座拥有四个炮台的城堡是官方的文化宣传要地。



Krasna Horka Castle



Water, the source of life is also a therapy for health. Few places in the world compare with Slovakia with proliferating number of natural thermal springs. Throughout Slovakia, springs gush from the depths of the earth with pure thermal water rich in minerals and elements of medicinal value for curing various ailments, such as rheumatism, insomnia, motion sickness, stress, and heart diseases. Water therapy traces back many centuries where people from neighboring territories would come to heal. Today, people from all over the world come for the wellness therapy Slovakia has to offer from its eternal thermal springs. .

The Piestany Health Spa is a sprawling complex, priding itself with a long tradition of thermal water therapy. Here, thermal water is provided by nine springs with water drawn from 2,000 meters beneath the earth. The spa offers a selection of therapeutic programs from beautification and rejuvenation to therapeutic and healing rituals. The programs vary with selections of natural elements, such as sulfuric mud, soft salt rocks, pro-biotic bacteria, micro plants and flowers. The programs also come with health diets and meals, including recreational activities, such as tennis, horse riding, cycling, swimming, golfing, and jogging. Without saying, well-appointed hotel accommodations are available for overnight and extended stays.

水，是生命的源泉。世界上鲜少有地方能够像斯洛伐克一样，拥有如此数量众多的喷泉，从地底汹涌而出的泉水富含矿物质，对一些疾病如风湿病、失眠、晕动症、压力、疼痛等有治疗功效。理疗性温泉水疗遍布整个斯洛伐克，其中一些的历史甚至能追溯到几个世纪以前。每一家水疗都自己独特的健康和美容理疗项目，但是共同点即是在奢华的享受中，带来身心的彻底放松。

Piestany 健康水疗历史悠久，环境优美。这里的温泉矿物水源自 9 个温泉，在地上绵延 2000 米。特别定制的理疗方案利用矿泉水的特性、硫磺土、松软的岩石、以及特别的微生物，不仅有美容的功效，还能治疗疾病。Piestany 健康水疗内典雅的温泉酒店提供各项娱乐休闲活动，包括高尔夫、自行车、网球、骑马等等。富有创意的健康餐饮，美味精致，不可错过。



Wines and Caves 葡萄园和葡萄酒

Slovakia in autumn is veiled in gold from the ripening colors of corns and sunflowers, and as well maturing vineyards. Visiting Slovakia is incomplete without a trip through the Small Carpatian Wine Route onto the legendary Tokay Region, the cradle of the iconic Tokay wine. The wine ranges from dry to sweet, light to intense, and is loved by many across the world. Both Hungarians and Slovaks lay claim on Tokay wine, but only history will tell of its origin.

当玉米和向日葵的金黄染尽原野之时，山腰处却是葡萄园的一派鲜绿。斯洛伐克葡萄酒个性独特，融入了当地家族酿造者的热情和传统，饮下一口，便能感觉其中的真情实意。在斯洛伐克，走一遍小喀尔巴阡葡萄酒之路，方能领略托卡伊地区佳酿的芳醇甜香。从干型到甜型，从清淡到浓郁，这里的葡萄酒俘获了世界各地爱好者的芳心。



Tokay region prides itself with many ancient caves, functioning as wine cellars. The Mala Trna wine cellar is one of them stocked with Tokay wines, slumbering in wooden barrels awaiting to be bottled and enjoyed.

Interestingly, the cellar caves were originally tunnels where Slovaks hid and took refuge from the Turkish invaders in the 16th and 17th centuries. Decades after, villagers discovered the caves stocked with wines, and the wines tasted much better than those stored above ground. This phenomenon points to the constant humidity of 95% and temperature of 10C under the caves. While the Turks continued on and off to raid the villages, the villages were enterprising enough to use the caves as wine cellars for their prized wines.

Further studies show that Cladosporium Cellare, a natural mold indigenous to Tokay region, grows profusely on the surfaces of the caves. The mold is discovered to be beneficial for winemaking by way

of regulating humidity, filtering air, and eradicating harmful bacteria. The beauty of Tokay wine gave it its official label of recognition in 1655.

托卡伊地区拥有许多像酒窖一样的古老洞穴。Mala Trna 酒窖就是其中一个，用于存放托卡伊葡萄酒，这些葡萄酒安静地沉睡在木桶里，等待着被装瓶饮用。

有趣的是，这些酒窖原本是在公元 16-17 世纪土耳其入侵时期当地人的避难所。数年之后，村民发现了这些藏着葡萄酒的洞穴，而且葡萄酒的口感比在地上存放的好很多。这要归功于地下 95% 的恒定湿度和 10°C 的低温。尽管后来依然遭受到土耳其的零星进攻，但是村民们开始种植葡萄，并将这些避难所作为酒窖存放珍贵的葡萄酒。

进一步的研究表明，Cladosporium Cellare 是一种在托卡伊地区自然生长的霉菌，并在洞穴的表面大量繁殖。通过调节湿度、过滤空气和杀灭有害细菌，该霉菌对酿酒产生了很大益处。托卡伊葡萄酒的魅力使其在 1655 年获得了官方认证。





Flavors of Slovakia 传统风味集锦

Slovakian cuisine is the epitome of culinary tradition, and when served on the table, culture is virtually edible.

Generations of Slovak chefs continue to be guardians of authenticity, tradition, and natural food. Diners can rest assured that potato, lamb, pork, and other ingredients taste exactly as they are and should be. Among the popular Slovakian dishes include fresh sheep cheese, creamy potato puree, potato crepe, roast goose and games, slow-cooked goulash, sweet pepper. The absence of additives, fills, and decors makes flavors uniquely and unmistakably Slovakian.

斯洛伐克美食就传统烹饪的缩影。在斯洛伐克的每张餐桌上，传统成为食物的一部分。

无论年长或是年轻，斯洛伐克的厨师都致力于传递食物本身的特性，土豆、羊肉、猪肉，无论用何种手法烹制，都必须保持其本身的原味。新鲜的羊奶酪、奶油土豆泥以及口味浓郁的土豆可丽饼，鹅肉与野味烤至刚好、文火炖牛肉、甜椒等都是令人垂涎的传统美味。在斯洛伐克美食文化中，创新并不只是为了创新，而是一种能够加强斯洛伐克自身美食特色的手段。从传统到现代，从城市到乡村，在斯洛伐克，随处都可以找到有趣的餐厅。





Prayerful Cathedrals 丰富多彩的 宗教文化

Gothic cathedrals in numbers soar with spires and stipules toward heaven like prayers. The kaleidoscope of intricate murals, sculptures, mosaic, and stain glass is a beautiful site for beleaguered eyes. Lofty and elaborate interiors echo with prayers like peaceful sanctuaries. As church bells toll, festivity, fields and city centers stand still in solemn prayers, unfolding the soul of Slovakia.

Among the many magnificent cathedrals is the Sta. Elizabeth Cathedral at Kosice, a Gothic architectural masterpiece and an incredible assemblage of wooden sculptures at the altar, depicting the entire story of Christianity.

哥特式的教堂直入云霄，雕刻彩绘如同凝固的旋律，述说遥远的故事。令人目不转睛的壁画、错综复杂的雕塑、色彩缤纷的马赛克、巧夺天工的彩绘玻璃、精致复杂的圣坛上是神圣的殿堂，是尘世间天堂的缩影。随着婚礼行进的队伍一路前行，圣洁的光辉普照四周，那是来自神的祝福。教堂钟鸣，一切归于沉静。

众多宏伟的建筑之中，科希策的圣·伊丽莎白大教堂是哥特风格的代表作品，这里的圣坛展示了神的光辉，引导人们一步步走向身心的净土。





Folk Arts and Crafts 本土艺术

While Slovakia progresses, its ancestors left priceless cultural heritage and treasures well kept and cherished through generations. Many well preserved arts and crafts, edifices, relics, and natural reserves have been recognized and listed by the UNESCO under its World Cultural and Natural Heritage.

Vlkolinec is a cultural reserve in the UNESCO heritage list. Vlkolinec is a village of wooden dwellings still occupied by villagers going about their daily lives. Cicmany is another such village that unfolds to visitors today as a fantasy land. The exterior of the village houses are covered with hand paintings as intricate as the embroideries on the villagers' attire. The village resonates with melancholic sound of the Fujara, a pipe played by lonely shepherds.

历史变迁，斯洛伐克的先辈们为其留下无数珍贵的自然和人文遗产。艺术、工艺、建筑、自然景观，均被列入联合国教科文组织世界文化遗产名录。

Vlkolinec 是联合国教科文组织文化遗产名录中的一个文化保护区。它是一个由木制住宅组成的村庄，村民们仍然在这里过着他们的日常生活。Cicmany 是另一个这样的村庄，向游客展现了一个梦幻之地。来自传统织物上的精美图案设计装饰着房屋，村庄里回响着牧羊人牧笛的悠远乐声。



The Fujara, quaint villages, grandiose cathedrals, and ancient castles, as well as indigenous sheep cheese are but a few of Slovakia's rich cultural heritage frozen in time and prized by each and everyone who passes by.

悠扬的 Fujara (斯洛伐克乐器) 笛声、古色古香的村庄、宏伟壮观的大教堂、古老悠久的城堡，以及当地自制的羊奶酪，共同交织成斯洛伐克丰富文化遗产的一部分，时间仿佛在此驻足，为每一位游客留存着最珍贵的画面。



Takakura

高仓

庚子年初春渐浓，疫情将过之季，高仓摩登割烹汇聚中、日两位主厨，在北京燕莎汇佳大厦店四手联弹，为新客，老饕奉献以《愈春》为主题的日本料理，满足大家久违的食欲、眼福，期待您的光临！
界时，莎莉表姐将为每位尊贵客人定制专属的菜单！



醇饮 drinks

●Wine Choice 葡萄酒之选 ●Wine Sense 美酒觉 ●Wine 葡萄酒 ●Cocktail 鸡尾酒



Lionel Le Gal

Hailing from France, Lionel Le Gal has been in China for the past 15 years, playing an active role in the business of wine promotion and sales. He set foot in Shanghai as a student and thereafter engaged in the business of wine with well-established local and global brands. During his wine pilgrimage in China, Lionel traveled to different wine regions such as Shandong, Ningxia, and Yunnan to discover local winemaking and at the same time conduct wine events and trainings. Looking back, Lionel considers his stint with one of the pioneers in Ningxia, now a leader in wine trade, as among his most satisfying contributions. Today, Lionel shares his insights and knowledge as a wine writer for wine publications and also acts as an assessor for Global Gourmet in recognizing wine service excellence among hotels and restaurants in China.

Lionel Le Gal来自法国，在过去的15年里一直积极参与中国的葡萄酒贸易事业。他以学生身份来到上海，之后分别加入了本土和全球知名葡萄酒品牌。Lionel在中国进行葡萄酒之旅期间，曾去过山东、宁夏和云南等不同的葡萄酒产区，以发现当地的葡萄酒酿造工艺，同时进行葡萄酒活动和培训。回顾过去，Lionel认为曾与宁夏的一位葡萄酒先驱共事的经历最令他引以为荣，因为他们促成了其在葡萄酒贸易的领导者地位。今天，Lionel在众多葡萄酒刊物中分享他作为葡萄酒作家的知识及见解，还担任《环球美味》卓越餐饮服务的评委之一，以表彰酒店和餐厅在葡萄酒服务方面的卓越表现。

La Vie En Rosé

桃红人生



Greetings to all!

While online digital network is replacing real time events in unprecedented mode, Mother Nature is getting back in control. Here, I would like to pay respect to the front liners, in particular the medics, who have been risking their lives to save others. Addressing the on-going challenges, online transactions, particularly door-to-door deliveries and courier services have become indispensable in China as it is everywhere in the world.

As days get longer and warmer in the Northern hemisphere, the season cannot be more apropos for celebrating spring and the first sun bath, especially for those who have graduated from quarantine and confinement. As for those privileged with private balconies and terraces, basking in the warmth of sunlight with all the colorful blooms has never been so welcoming and true to the cliché “La vie en rosé” !

大家好！当线上数字网络以前所未有的方式取代实时实时时，大自然母亲又重新掌控了一切。在这里，我要对那些冒着生命危险拯救他人的一线战士们，尤其是医务人员们表示敬意。为了应对持续的挑战，线上交易，尤其是方便快捷的快递服务，已在中国和世界各地变得不可或缺。

北半球的白天越来越长，天气也越来越暖和，这个季节最适合沐浴在春天的阳光里举杯欢庆，尤其是于对那些从隔离和观察中解放的人们。至于那些拥有私人阳台和露台，可以尽情享受阳光，欣赏五颜六色的花朵的人们，便是拥有了从未如此珍贵的“玫瑰人生”！



Macérée v.s. Saignée The Art of Rosé Wine

There are two major ways to produce rosé wine: "Maceration" (skin contact) and "Saignée" (bleeding). The maceration method is used when rosé wine is the primary product. After the dark-skinned grapes are crushed, their skins remain in contact with the juice for a short period normally from one to three days. The must is then pressed and the skins are discarded from the fermentation process, similar to making red wine. The longer the skins are left in contact with the juice, the more intense the color of the resulting wine becomes.

When winemakers want to add more tannins and color to a red wine, some of the pinkish juice from the must is removed at an early stage. This is known as the Saignée method, a French term meaning "bleeding". As a result, the red wine remaining in the vats is intensified due to the reduced volume of juice in the must, while the must involved in the maceration becomes more concentrated. The pink juice that has been removed can be fermented separately to produce the rosé.

What to Expect of Rosé Wines

Color, fruit, freshness, and new friends... There is an extra sense of friendliness when it comes rosé wine; for rosés are associated with the sun and beach, evoking the sense of enjoyment and a carefree lifestyle. After all, rosé is all about color, fruits, freshness, and minerality. There are countless shades of pink, ranging from transparent to brownish pink.



Chinese Rosé Wine Selection 6 Labels 4 Regions

Travel I did around China to pick a selection of rosé wines from different wine regions: NingXia, ShanDong, XinJiang and HeBei. I chose wines on the bases of taste qualities and drinkability for reasons that wines are generally made to be enjoyed and shared in many occasions and also spontaneously. And, this is especially true with rosé wines.

Another notable criteria focus on the blend, not only Cabernet Sauvignon, but also with others varieties, such as Syrah and as well other choices in wine making, such as saignée and organic management. Most of those cuvées are minimalistic or of low production (usually below 5,000 bottles) and not produced every year.



Needless to say, this selection is not easy to find.

1. Domaine Chandon China, Brut Rosé, Helan Mountain East, NingXia, NV
2. Chateau Nine Peaks, PINKKER, Qingdao, Shandong, 2018
3. Xige Estate, Jade Dove Rosé, QingTongXia, NingXia Eastern Helan Mountains, 2017
4. TIANSAI Vineyards Skyline of Gobi, Rosé, Yanqi, Xinjiang 2018
5. Chateau Densho, Rosé wine, Fangshan, Hebei, 2016
6. Chateau Bolongbao, Organic Pink wine, Fangshan, Hebei, 2015



Rosé Beyond Pink

Far beyond a simple beverage, rosé connects with a lot more people and domains. As a matter of fact, it has been taking the center stage through music festivals and movie production, as well as co-branding with fashion shows, publications, furniture, apparels, and accessories; plus of course those streaming and networking online. Notably, off-line events are becoming increasingly sophisticated where wine, food, and entertainment come together in various creative themes and engagement offers.

From such catchphrases as "Drink Pink", hash tags, lifestyles, and image to packaging and branding, there are countless ways to build up momentum and expand the rosé universe. In fact, creative concepts and new ideas have been popping up intensively for the last five years in this pinkish arena.



Men's Rendezvous with Rosé

Men and their affinity with rosé wines have been getting closer than ever in the recent years, gearing away from its stereo-type impression of femininity and a faux selection, whether in social gatherings or casual dates. Since the summer of 2015, the shift from the feminine to masculine image saw men starting to "drink pink" without blushing, a welcoming alternative to drinking beer. Meabtime this trend comes with a touch of class and refinement.

Creative Marketing Communication

For wine marketers, an accurate read of market trends would allow better chances of capturing new market niche, strengthening brand awareness, increasing product appreciation and customer loyalty.

A case in point, year 2019 saw famous Irish MMA fighter and boxer Conor Mc Gregor going out of his way to pull an April-Fool's joke, a simple but effective gimmick that took time and investment to make, involving packaging design, visual production, and website creation. Such powerful stint dawned on me that creative thinking can be so powerful in capturing new clientele for his whisky brand, and by which its brand statement "Real Men Drink Whisky" is clearly and vividly conveyed.

Similarly, Josh Cellars, a winery in Napa Valley, was equally successful in breaking the traditional code in outreaching the market of bikers via sponsoring the Sturgis Motorcycle Rally in South Dakota. This move is aimed to drastically changed the perception of pink wine as a girly drink to one that exudes the image of masculinity, personified by tattooed guys in leather; and why not? Bikers are known for being passionate with their precious machines just as they would with a bottle of good wine.

Multiple contents on the social media would illustrate just how many faceted reactions have been created on a glass of Josh's pink wine. Playing with creative clichés for paradigm shifts were keys to Josh Cellar's successful wine story and engament. This attests that demography is more than just a age and income tick box. It is also

about lifestyle and attitude. Josh Cellars marketing activation program was very coherent with its core values, using the image of bikers and military as its selling points encased in various campaigns such as "Toast to Heroes" with National Volunteer Fire Council and Operation Gratitude or the more recent "Trees for Troops".

Upon this writing, I do sincerely hope that the wine industry in China would go beyond the literal descriptions of wines it produces and other than just meeting international quality standards and specification. It is about time to move forward on the marketing front. Developing ingenious ways to promote rosé wines by thinking out of the box, as with creative branding and packaging ideas with more fun and exciting ways to outreach the market, yet without losing touches of the unique Chinese culture.

Last but not least, it is equally effective and relevant to instill social consciousness in marketing and communication to gain trust and loyalty of the consumers—at-large and be truly contributory to a better world, altogether visualized through the wine spyglass.

"Vive La vie en Rosé"!

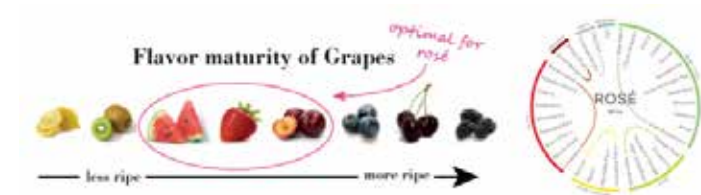
桃红葡萄酒的艺术

酿造桃红葡萄酒主要有两种方法：“浸渍法”和“放血法”。当以桃红酒为主线产品时，一般采用浸渍法。深色皮的葡萄被碾碎后，果皮会与汁液保持短时间的接触，通常是1到3天。然后将其压榨，在发酵过程中将果皮丢弃，与酿造红葡萄酒相似。果皮与葡萄汁接触的时间越长，葡萄酒的颜色就越深。

当酿酒师想要给一款红酒增加更多的单宁和颜色时，在早期就会舍弃一部分浅粉色的葡萄汁。这就是所谓的“Saignée”，其实是一个法语术语，意思是“放血”。如此一来，红酒的颜色就会加深，因为果汁的体积减小了，浸渍时酒的浓度增加了。取出的粉色汁液可以单独发酵，酿成桃红。

桃红葡萄酒的特点

颜色、果味、新鲜，还有新的朋友……。一提到桃红葡萄酒，就会有一种特别的亲切感。玫瑰总是与阳光和海滩联系在一起，唤起一种无忧无虑的生活方式。其实，桃红葡萄酒的特点可以用颜色、果香、新鲜和矿物质来概括。而她的粉红色有无数种色调，从透明到褐粉色不等。



中国的桃红葡萄酒之选（4个产区的6款酒）

我在全国各地旅行，从宁夏、山东、新疆和河北不同的葡萄酒产区挑选了一些桃红葡萄酒。选择的依据是其口味、品质和易饮性。因为不管什么场合和原因，葡萄酒都是供大家享用和分享的。桃红葡萄酒尤其如此。

另一个值得注意的标准是混酿，不仅是赤霞珠，也有与其他品种的搭配，



如西拉，以及酿酒方法的其他选择，如有机和放血。大部分特酿是极简主义的或低产量的（通常低于5,000瓶），并且并非每年生产。不用说，这样的选择并不容易找到。

1. 酷悦轩尼诗夏桐（宁夏）酒庄有限公司，夏桐传统工艺粉红天然高泡葡萄酒，中国宁夏贺兰山东麓，NV
2. 九顶庄园，PINKKER，中国山东青岛，2018
3. 西鸽酒庄，玉鸽宋彩桃红，青铜峡，宁夏贺兰山东麓产区，2017
4. 新疆天塞酒庄，天塞桃红葡萄酒，焉耆，新疆，2018
5. 丹世红酒庄，红桃红葡萄酒，河北房山，2016/17/18/19
6. 北京波龙堡葡萄酒业有限公司，年波龙堡有机桃红葡萄酒，北京房山，2015

不止于粉红色

桃红葡萄酒不仅仅是一种简单的饮品，还将更多的人和不同领域连接起来。事实上，它已经占据了活动现场的中心舞台，如音乐节和电影院，以及与时装秀、出版物、家具、服装和配饰的品牌合作；当然还有那些线上媒体和直播。值得注意的是，线下活动正变得越来越复杂，葡萄酒、食品和娱乐在各种创意主题的活动中逐渐一体化。

从“粉红饮品”的印象、拼凑的标签、生活方式到包装和品牌，有无数种方法可以打造桃红葡萄酒的形象，扩展它的影响力。事实上，过去的五年里，在桃红葡萄酒的舞台上，创意概念和新的想法层出不穷。



男性逐渐接收桃红酒

近年来，男性们对桃红葡萄酒也更加青睐，无论是在社交场合还是休闲约会中，他们已经摆脱了对其女性化和虚假选择的刻板印象。从2015年夏天开始，桃红酒的饮用者呈现从女性到男性的转变，很多男性开始毫无顾忌地“喝桃红酒”，这是替代啤酒的一种不错选择，同时又多了一丝经典和优雅的气质。

创意的市场营销与传播

对于葡萄酒营销者来说，准确地解读市场趋势，将有助于他们抓住新的利基市场，增强品牌知名度，提高产品的价值和忠诚度。

一个典型的例子是在2019年，著名的爱尔兰综合格斗运动员和拳击手Conor Mc Gregor用他自己的方式开了一个愚人节玩笑，这是一个简单但有效的打趣，需要时间和投资，包括包装设计、视觉制作和网站创建。这让我意识到，创造性思维可以如此有力地为他们的威士忌品牌吸引新客户，通过这种方式，他的品牌宣言“真男人喝威士忌”得到了清晰而生动的传达。

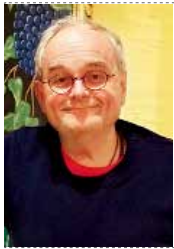
同样，纳帕谷的酿酒厂 Josh Cellars 通过赞助国际性摩托车爱好者大会“Sturgis Motorcycle Rally”，也成功打破了传统规则，拓展了摩托车爱好者的市场。这极大地改变了人们对桃红葡萄酒作为少女饮品的看法，使之散发出皮衣纹身男所代表的阳刚之气；而且为什么呢？众所周知，骑自行车的人对他们的宝贝机器充满热情，就像他们对一瓶好酒一样。

社交媒体上各种各样的内容可以证明，一杯 Josh 的桃红酒会产生怎样的多面影响。Josh Cellar 葡萄酒成功的关键在于如何将陈词滥调创意发挥，进行思考模式的转换。这证明了一个事实，即人口统计学不仅仅包括年龄和收入，它也关乎生活方式和态度。Josh Cellars 的营销激励计划与它的核心价值观非常一致，以摩托车车友的形象作为卖点，口号是“向英雄们致敬”。

在写这篇文章的时候，我真诚地希望中国的葡萄酒行业能够超越对其葡萄酒的文字描述。除了满足国际质量标准 and 规范外，现在是时候在市场营销方面取得进展了。在不失去中国独特文化的前提下，通过创造性的品牌和创意包装，以更有趣、更令人兴奋的方式拓展市场，开发出桃红葡萄酒独具一格的推广方式。

最后，以酒杯为媒介或载体，在营销和传播过程中灌输对葡萄酒的社会意识，以赢得广大消费者的信任和忠诚，并为更美好的世界做出贡献，同样非常有效和至关重要。桃红人生万岁！





Fred Tibbitts, Jr.

Fred Tibbitts, Jr. heads a Social entrepreneurship operated as an NGO, Fred Tibbitts & Associates or "FTA", keeping all expenses to a minimum and donating all profits to those less fortunate in Asia Pacific and the United States. FTA is committed to easing the suffering of those less fortunate. FTA does direct intervention, charity relief for individual, very poor families in Cambodia and Thailand. FTA has offices at Bangkok, Thailand; and Phnom Penh, Cambodia.

常驻在曼谷和纽约的田博华是全球最著名的品酒顾问之一，他为众多的连锁酒店及餐厅提供咨询。还参与过许多国家重要的餐饮会展以及项目。大量相关的著作及评论发表，在业界，一时洛阳纸贵。

Global Wine Revolution The Fun Has Just Begun 全球葡萄酒的革命好戏才刚刚开始

Globalization now affects all aspects of our lives, no matter our location on planet earth. And the positive effects of globalization on the wine industry are inspiring a global wine revolution that is increasingly changing nearly every aspect of how wine grapes are planted, grown and harvested as well as how wine is produced, transported, sold and served. As the news is all good, it's safe to say that the fun has just begun for everyone who enjoys wine.

For starters every industry, including the wine industry is going "Green" to reduce the effects of global warming, greenhouse gases and to conserve the earth's precious resources. So vineyard farming practices, from organic to responsible traditional, solar panels to save on electricity in the production and storage of wine; lighter weight glass, new hi-tech PET bottles and the latest innovations in alternative packaging, such as "tetra pac" to save on shipping costs; more fuel efficient trucks and railroads; more energy efficient distribution centers and local delivery systems and a host of other new technologies are making a big difference in how from the grape to the glass the wine industry is undergoing nothing less than an amazing transformation.

But the most visible effect for the average wine consumer across the world and now as well in China in wine shops and supermarkets; and in clubs & bars, restaurants and hotels is the increasing diversity of quality or "premium" wines from around the world becoming available for purchase. In the case of China there are now high quality wines on the market that are produced in China and made with 100% premium wine grapes all grown and bottled in China: This is a far cry from the many "China" wine labels that most tourists and many consumers thought were produced from grapes grown in China, but were instead probably 90% imported grapes (That had been shipped in huge containers of grape concentrate from all corners of the globe) mixed with probably 10% domestic grapes.

And the fun of tasting wines from China and around the world is attracting a multitude of our upwardly mobile Chinese who have never

before been interested in trying imported wines and developing a "wine palate". This revolution of new consumers is fostering many related businesses to spring-up everywhere from wine appreciation classes for the general public to certified wine sommelier training classes for the hotel and restaurant wine professionals to wine and food pairing instruction for chefs as well as the serious wine consuming public. As a result of these trends and the projected growth of the domestic consumption patterns for premium and luxury products of every description, over time China is expected to become the number one imported wine market in the world. And don't think the world of wine producers has forgotten the oft repeated truth that "If every adult in China drank just one glass of imported wine daily the world could not produce enough wine to satisfy the demand". My how times are changing.

So, let's say you want to begin your wine odyssey by exploring the wines of the world: What to do and how to go about it? You can start by visiting your favorite supermarket and a nearby wine shop with a good selection of Chinese and imported premium wines. See all the different countries represented in their wine selections and decide the price range within which you are prepared to invest to learn your way around the wide world of Chinese and imported premium wines. In the broadest terms you may choose from red, white, rose or "blush", dessert (extra sweet) and sparkling or Champagne wines. I suggest you begin by asking the sales assistant for a good value in a red and a white for someone just beginning his wine journey.

If you still have the budget after selecting the red and white, go for a California "White Zinfandel", considered a "blush" wine and a good value in a "Cava" sparkler from Spain or a "Franciacorta" sparkler from Italy. And finally, ask the sales assistant for suggestions on what would be the best foods to serve with each wine. Okay, now, just one more stop before you race home to let the fun begin: You need to be sure you have the right wine glasses to fully appreciate the nose and the flavors of your premium wines, so go to the glassware section of



your favorite household goods store and buy a set of four large red, four large white and four sparkling "flutes", so that you are always ready to share your favorite wines with friends.

Okay, so you're home, the wine glasses are at the ready and it's time to open the wine. I always start the evening with a glass of friendly white wine and since it is a pity to drink without eating, be sure to have some snack foods for "grazing" that complement the wines. A great way to go before a meal is to prepare small squares of your favorite wine-friendly cheese with Italian or French baguettes. For dinner you might serve a red meat and enjoy your bottle of red wine; however if you are having say a nice white fish, just stay with your white wine. As for the Cava or Prosecco, since sparkling wine and Champagne go with all foods, another way to go is just to start with your sparkling wine and stay with it right through the meal.

But what about your wine journey when you venture out to one of your favorite restaurants, clubs, bars or hotels? No worries, just study the wine list and ask the waiter or wine specialist what they recommend for someone just beginning to learn about wines. Ask for a recommendation for a wine before dinner and one with your dinner; and of course be sure to re-confirm with the staff that the dinner wine they recommended will go well with the foods you finally decide for your first course and also your main course.

And that's it: You're now on your way to becoming a true wine connoisseur before you know it. What will determine how quickly you go from novice to expert will be your dedication to trying as many different wines as possible from around the world every time you dine out and always shopping for wine whenever you go to the supermarket to purchase food for dinner. Let the fun begin! I am **Red Fred**, over & out.

无论我们在地球上的什么地方，全球化现在已经影响到我们生活的各个方面。全球化对葡萄酒行业的积极影响正在激发一场全球葡萄酒革命，这场革命正在日益改变葡萄酒的葡萄种植、生长和收获，以及葡萄酒的生产、运输、销售和服务的几乎每一个方面。因为所有的消息都是好的，可以肯定地说，每位享受葡萄酒的乐趣的人才刚刚开始。

首先，包括葡萄酒行业在内的所有行业都在走向“绿色”，以减少全球变暖和温室气体的影响，保护地球宝贵的资源。因此，葡萄园种植的做法，从有机到对传统的负责，太阳能电池板以节省在生产过程中和葡萄酒储存所需的电能；通过更轻量的玻璃，新的高科技PET瓶和最新的创新可替代包装，如“利乐包装”以节省运输成本；更节能的卡车和铁路；更多的节能配送中心和本地配送系统，以及大量其他的新技术，正在改变着如何从葡萄到葡萄酒杯的过程，葡萄酒行业正经历一场惊人的变革。

但对世界各地的普通葡萄酒消费者以及现在中国的葡萄酒商店、超市、俱乐部、酒吧、餐馆和酒店而言，最明显的影响是人们可以买到来自世界各地的不同品质或优质葡萄酒。在中国市场上现在有高品质的葡萄酒在中国使用100%生长在中国的优质酿酒葡萄进行生产和瓶装；这和许多“中国”葡萄酒标签，大多数游客和许多消费者认为酿酒的葡萄生长在中国，但其实可能是90%进口葡萄（从世界各个角落通过大的集装箱运输葡萄浓缩汁）和大约10%的国内葡萄混合而成的想法恰恰相反。

品尝来自中国和世界各地的葡萄酒的乐趣，正吸引着社会地位不断上升的中国人，他们以前从未对品尝进口葡萄酒和培养“葡萄酒品尝水平”感兴趣。这场新消费者的革命催生了许多相关的行业，从面向普

通大众的葡萄酒鉴赏课程，到面向酒店和餐厅葡萄酒专业人士的葡萄酒侍酒师培训课程认证，再到面向厨师和认真的葡萄酒消费群体的葡萄酒和食品搭配指导。随着这些趋势的发展，以及各种高档和豪华产品的国内消费模式的增长，假以时日，中国有望成为世界上最大的进口葡萄酒市场。不要以为世界葡萄酒生产商已经忘记了一个经常被重复的事实：“如果中国的每个成年人每天只喝一杯进口葡萄酒，世界就无法生产出足够的葡萄酒来满足需求”我们的时代一直在变！

那么，让我们假设你想从探索世界葡萄酒开始你的葡萄酒奥德赛之旅：该做什么以及如何着手？你可以从你最喜欢的超市和附近的葡萄酒商店开始，那里有很多中国和进口优质葡萄酒可供选择。看看所有不同的国家的精选葡萄酒的代表，决定你准备投资学习了解全球在中国和进口优质葡萄酒的价格区间。最宽泛而言，你可以选择红葡萄酒、白葡萄酒、玫瑰葡萄酒或粉红色葡萄酒，甜点（特别甜）和起泡酒或香槟酒。我建议你先问问销售助理，对于一个刚刚开始葡萄酒之旅的人来说，买红葡萄酒和白葡萄酒哪个更划算。

如果你在选择了红葡萄酒和白葡萄酒后还有预算的话，那么就选一款加州的“白仙粉黛”（它被认为是一款粉红色葡萄酒），西班牙的卡瓦起泡酒或意大利的Franciacorta起泡酒比较划算。最后，询问销售助理关于每种酒搭配哪种食物最好的建议。好了，现在只需要再多一步你就可以跑回家开始葡萄酒之旅的乐趣：你需要确保你有正确的葡萄酒杯，以便取悦你的味觉和鉴赏你的优质葡萄酒，所以去你最喜欢的家庭用品商店的玻璃器皿区域，买一套带有四个大的红色的，四个大的白色的以及四个气泡的杯子，以便于你总能准备好与朋友分享你最喜爱的葡萄酒。

好了，你到家了，葡萄酒杯准备好了，是时候该开酒瓶了。我总是以一杯温和的白葡萄酒开始我的夜晚，如果只喝酒而不进食任何东西是一种遗憾，所以一定要吃一些零食作为葡萄酒的补充。餐前的一个好方法是准备你最喜欢的适宜葡萄酒的小方块奶酪和意大利或法国的长棍面包。晚餐你可以上一份红肉，享用一瓶红酒；然而，如果你正在享用一条美味的白鲑鱼，那就继续享用你的白葡萄酒吧。至于卡瓦或普罗塞克，因为起泡酒和香槟可以和所有的食物搭配，另一种方法就是从你的起泡酒开始，一直到用餐结束。

但是，当你去你最喜欢的餐厅、俱乐部、酒吧或酒店探索葡萄酒，你的葡萄酒之旅会是什么样的呢？不用担心，只要研究下酒单，问问服务员或葡萄酒专家，他们会给刚开始学习葡萄酒的人推荐什么酒就好了。在用餐前和用餐时请对方推荐一杯酒；当然，一定要与工作人员再次确认，他们推荐的晚餐葡萄酒需要和你最终决定的第一道菜和主菜相搭配。

就是这样：在你意识到之前，你已经在成为一个真正的葡萄酒鉴赏家的路上了。决定你从新手到专家的速度有多快的，将取决于你每次外出就餐时尝试尽可能多的来自世界各地的葡萄酒，以及无论何时去超市购买晚餐食物时都要购买葡萄酒的决心。让好戏开始吧！我是**红色猫头鹰**。



Tersina Shieh

Shifted from a career in marketing to become a wine professional, wine judge, wine writer, and winemaker. Some 10 years ago she landed in England to pursue her growing interest in wine and enrolled in a 2-year wine growing course for 'Higher Diploma in Wine Studies'. The training had the Hong Kong city girl dig earth, climb hills, and drive tractors to learn everything about vineyards. Her jobs connected her to South Africa and Southern France, including three vintages in Algarve, Portugal at Sir Cliff Richard's winery, Adegado Cantor.

来自香港，从一名成功的市场人员转变为葡萄酒专业人士和酿酒人。10年前，谢德兰辞职转行做葡萄酒。在英国，她获得了“葡萄酒研究高级认证”，整个培训耗时两年，涉及葡萄生长和葡萄酒酒酿制。挑战变成了热爱，开拖拉机、挖土，每天的课程让谢德兰了解了葡萄园。期间，她在附近的葡萄园做兼职，毕业之后，她在克里夫·理查德爵士位于葡萄牙阿尔加夫的歌手酒窖工作。



The Next Level of Food and Wine Pairing 美食与美酒搭配的新高度



Canadian Francois Chartier wears many hats – sommelier, chef, vintner and wine merchant. When I met him at Wynn Palace in Macau, he was the flavour expert presenting 'The Art and Science of Food, Wine and Flavour' to over 100 sommeliers, chefs and media.

His food and wine matching concept is aromatic synergy. Each ingredient has a dominant aroma molecule, and by combining ingredients sharing the same molecule, the result is greater than the sum of its parts (1+1=3) and the pairing greatly enhanced. Francois illustrated this by showing us spider maps of different food and beverages that share the same molecule. All we need is to do is to be creative and pick ingredients from same chart to work wonders.

Sotolon is the molecule shared by smoked Pu-er tea, soy sauce and 10YO Sauternes (sweet wine), amongst others. Francois swore that poached salmon in smoked Pu-er tea drizzled with soy sauce served with the 10YO Sauternes would be a heavenly match. Similarly, roasted lamb with mint and parsley on root vegetables will be perfect with a Pouilly-Fumé (Sauvignon Blanc from Loire, France) because mint, parsley, root vegetables and Sauvignon Blanc all share the same anise molecule. However the same roasted lamb with lots of rosemary should be paired with a Riesling, regardless if it is

dry or sweet, because the common aroma compound of rosemary and Riesling is terpenes. The list goes on...

Armed with this concept, Francois worked with Ferran Adrià, head chef of renowned elBulli restaurant (now closed) in Spain and designed a sushi using black olives paste, black pepper water, puffed wild rice wrapped in smoked nori wrap to match with a Syrah. He also created a series of chocolate for Cacao-Barry to match with different wines. One of Francois' latest projects is the revolutionary sake blending at Tanaka Sake Brewery (traditional sake is not blended). He is planning to come back in a few months to present his sake creation.

After the masterclass, Francois curated the Pearl of Burgundy gala dinner matching seven dishes paired with seven wines and a tea. Some of the dishes, like the oyster poached in liquorice water, couscous of Brazil nuts and mandarin; and chocolate dome 'Tournedos Rossini style' with foie gras were so creative that they prompted a fair bit of discussion among guests.

Sommeliers and chefs are familiar with this flavor pairing concept but Francois explained the science behind the concept. It opens up the pairing world for us to combine seemingly unrelated ingredients





but taste good together, such as roasted green asparagus and dark chocolate paired with a typical Napa Cabernet Sauvignon that we sampled at the end of the masterclass.

Having said that, I think we have to be careful not to be too show off in front of consumers. Imagine the reaction of a table of diners when sommeliers explain to them that have to order a Sauvignon Blanc with roasted lamb because of the magic anise molecule. Wine is complicated enough for average consumer and to impose the scientific reasoning of pairing on them will just put them off wine totally. Sommeliers and chefs should use this tool behind the scene to provide an enjoyable but stress-free evening for guests.

Watch Wynn Palace news for the next Francois Chartier event.

来自加拿大的 Francois Chartier 有很多头衔，比如侍酒师、厨师、葡萄酒生产商和葡萄酒贸易商。当我在澳门永利皇宫遇见他时，他是一位风味专家，向超过 100 位侍酒师、厨师和媒体们介绍了“美食、美酒和风味的艺术与科学”。

他的美食美酒搭配理念是芳香的协同作用。每种成分都有一个占主导地位香气分子，将共享同一分子的成分组合起来，其结果要远大于各个部分的总和 (1 + 1 = 3)，并且搭配效果被大大增强。为了解释这个原理，

Francois 向我们展示了共享同一分子的不同食品和饮品的网络图。我们需要做的就是发挥创造力，从同一张图表中挑选成分以创造奇迹。

葫芦芭内酯是烟熏普洱茶、酱油和 10 年苏玳甜酒等具有的共同分子。Francois 发誓，用烟熏普洱茶慢煮鲑鱼，并淋上酱油，佐以 10 年苏玳甜酒，将是无与伦比的完美搭配。同样，用 Pouilly-Fumé (法国卢瓦尔的长相思葡萄酒) 搭配烤羊肉与薄荷、欧芹等根类蔬菜也是非常美妙的，因为薄荷、欧芹、根菜和长相思具有相同的茴香分子。但是，同样是烤羊肉，如果配以大量迷迭香，却应与雷司令搭配，无论是干型还是甜型，因为迷迭香和雷司令共同的香气成分是萜烯。这样的例子还有很多。

秉承这一理念，Francois 与西班牙著名的斗牛犬餐厅 (现已关闭) 主厨 Ferran Adrià 合作，并设计了一种寿司，使用黑橄榄酱、黑胡椒水和熏制海苔包裹的膨化野米制成，配酒选择了一款西拉。他还为可可百利制作了一系列巧克力，以搭配不同的葡萄酒。Francois 最新的项目之一是在田中酒造龟甲藏酿造的调配清酒 (传统清酒未调合)，堪称革命性的创举。他计划在几个月后回来，介绍他的创意清酒。

大师班结束后，Francois 筹办了“勃艮第明珠”主题的正式晚宴，以七道菜搭配七款葡萄酒，以及一款茶。其中的一些菜品，如甘草水煮生蚝、巴西坚果燕麦粉和柑橘，还有巧克力穹顶下的罗西尼牛排和鹅肝也颇有创意，引起了来宾的广泛讨论。

侍酒师和厨师对风味搭配的概念都很熟悉，但 Francois 解释了该概念背后的科学原理。它为我们打开了搭配的大门，使我们将看似无关的食材结合在一起，却能得意外的味道，例如烤绿芦笋和黑巧克力与典型风格的纳帕赤霞珠葡萄酒搭配，我们在大师班结束时进行了尝试。

话虽如此，我认为我们必须谨慎，不要在消费者面前过分炫耀。试想一下，当侍酒师推荐吃烤羊排必须要搭配长相思，理由是他们共同的茴香分子时，客人在餐桌上的反应。葡萄酒对于普通消费者而言已经足够复杂了，如果将搭配的科学强加于他们，就会使他们选择不喝酒。侍酒师和厨师应在背后推波助澜，利用这一科学为客人提供一个愉快而轻松的夜晚。

如果想了解 Francois Chartier 的下一活动，请关注澳门永利皇宫的新闻。



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Welcoming Summer 迎夏清饮

The interval between spring and summer is always the best time of the year. The short but wondrous season is primetime for picnics, outings, and gatherings, whether with family, lovers, or friends. And, gatherings with sumptuous food cannot do without superfluous drinks in welcoming summer and bidding farewell to spring.

For fixing large pitchers of sangria and icy drinks, nothing beats the help of creative recipes for both alcoholic and non-alcoholic concoctions to add sparkle and delight in place of the usual iced coffees and teas.

And so, Global Gourmet takes pleasure in sharing five recipes for making light, refreshing cocktails that are perfect for the time being.

“日铸珍芽开小缶，银波煮酒湛华觞。槐阴渐长帘枕暗，梅子初尝齿颊香。”南宋诗人陆游为我们勾勒出春夏相交之时最美的样子。

此时也是户外野餐的最佳时节，携三五好友，提一壶浊酒或提前调制好的色彩绚烂的鸡尾酒，亦是浮生一大乐事。是时候放下手中的热茶或咖啡，来一波清凉解渴的饮品派对了。

本期，环球美味杂志为您挑选了5款鸡尾酒，简单易做，又清新舒爽，完美迎接炎热夏天。



Thyme Gin & Tonic 百里香金汤力

Ingredients

30ml gin
1 bottle Fever-Tree Mediterrean tonic
some ice cubes
lemon and thyme (for garnish)

Method

Fill tall glass with ice, add gin and top with tonic water. Garnish with lemon and thyme.

原料

30 毫升金酒
1 瓶芬味树地中海汤力水
一些冰块
柠檬和百里香（装饰）

做法

将海波杯装满冰，倒入金酒，再倒满汤力水，以柠檬片和百里香装饰。



Sherbet Mocktail

果露鸡尾酒（无酒精）

For fruit syrup (900ml)

Ingredients

10 lemons
2 grapefruits
2 oranges
600g sugar

Method

Peel lemons, grapefruits and oranges then place peels in large metal bowl. Reserve fruit and keep in fridge for use. Add sugar and bash into peels with muddler or flat-ended rolling pin. Do this for about 15 mins. then cover with clingfilm. Let set for 24 hours in cool, dry place.

Bash peels every now and then to fuse oil with sugar. Once thick syrup is formed, add juices of lemons, oranges and grapefruit then mix well and strain. Decant into sealable bottle and refrigerate for 1 - 2 weeks.

For mocktail

Ingredients

25ml freshly squeezed grapefruit juice
20ml fruit syrup
some ice cubes
soda water
large grapefruit peel (for garnish)

Method

Pour grapefruit juice and fruit syrup in wine glass filled with ice cubes. Top with soda water and stir gently. Garnish with one grapefruit peel.

果味糖浆（900毫升）

原料

10 个柠檬
2 个葡萄柚
2 个橙子
600 克糖

做法

将柠檬、葡萄柚和橙子削皮，并将皮放在一个大金属碗中。将削皮的水果先放冰箱冷藏。向金属碗中加入糖，用捣棒将皮与糖捣碎，捣大约 15 分钟，用保鲜膜包裹后放置干燥阴凉处 24 小时。

期间可以不断捣几下，让果皮的油尽量释放到糖中。当糖浆变得粘稠，将柠檬、橙子和葡萄柚榨汁，然后加入糖浆。搅拌并过滤入可密封的瓶中。放入冰箱冷藏 1-2 周。

无酒精鸡尾酒

原料

25 毫升鲜榨葡萄柚汁
20 毫升果味糖浆
一些冰块
苏打水
葡萄柚皮（装饰）

做法

将葡萄柚汁和果味糖浆倒入装满冰块的葡萄酒杯中，倒入苏打水，慢慢搅拌。以葡萄柚皮装饰即可。



Mango and Coconut Rum Daiquiri (Serves 2)

芒果椰味朗姆得其利（2大份）

Ingredients

200ml mango purée
1 lime (juiced)
2 tbsps sugar syrup
150ml coconut rum
some ice cubes
fresh mango slices (for garnish)
mint leaves (for garnish)

Method

Combine mango purée, lime juice, sugar syrup, coconut rum and ice in blender then blitz until smooth. Pour into tall glasses and garnish each with mango slices and fresh mint leaves.

原料

200 毫升芒果泥
1 个青柠（榨汁）
2 汤匙糖浆
150 毫升椰子朗姆
冰块
新鲜芒果片（装饰）
薄荷叶（装饰）

做法

将芒果泥、青柠汁、糖浆、椰子朗姆和冰块放入调酒壶中，摇匀。倒入海波杯中，以芒果片和新鲜薄荷叶装饰即可。

Rebujito Cocktail 西班牙雪莉鸡尾酒

Ingredients

60ml fino sherry
120ml lemonade (7Up or Sprite)
some mint leaves
some ice cubes
lemon slices (for garnish)
some soda pop (7Up or Sprite)

Method

Fill highball glass with ice cubes and fresh mint leaves then pour in fino sherry and top up with soda pop. Add more ice cubes and one lemon slice to garnish (optional).

原料

60 毫升菲诺雪莉酒
120 毫升柠檬汽水（七喜或雪碧）
少许薄荷叶
一些冰块
柠檬片（装饰）

做法

将海波杯装满冰块和薄荷叶，倒入雪莉酒，最后倒汽水。继续加冰，以柠檬片装饰即可。



Mango & Pineapple Fizz 芒果菠萝菲兹

Ingredients

10ml gin
10ml rum
20ml mango juice
10ml pineapple juice
20ml flower syrup
some soda
some ice cubes
seasonal flowers (for garnish)

Method

Combine gin, rum, mango juice, pineapple juice, syrup and ice in shaker and shake well. Strain into champagne flute. Top with soda and garnish with flower.

原料

10 毫升金酒
10 毫升朗姆酒
20 毫升芒果汁
10 毫升菠萝汁
20 毫升花味糖浆
苏打水
一些冰块
应季花朵（装饰）

做法

调酒壶中倒入金酒、朗姆、芒果汁、菠萝汁、糖浆和冰块，摇和均匀。滤入香槟杯中，倒满苏打水，以花朵装饰即可。



Opera BOMBANA Celebrates 7th Year Anniversary Opera BOMBANA 7周年庆典



Right after Beijing cleared its lockdown from the corona viral epidemic, Opera BOMBANA timely celebrated its 7th Anniversary on May 15 and 16 this year. Facing the challenges ahead, the restaurant team, led by its Manager Valentina Battagello, pushed forward with the two-day celebration well attended by special friends, returning diners, food lovers, and loyal associates. Signature dishes among an array of remarkable Italian cuisine were prepared by mainstay Chef Rain Xing, while Chef Filippo Mazzanti showcased his amazing ensemble of Italian breads, pastries, and desserts. Adding to the sparkles of Opera BOMBANA is the new al fresco dining concept at its spacious and lofty terrace. This is where the drama of Opera unfolds under the sky, whether cozy and romantic or casual and festive, however diners choose to wine and dine, altogether delivered by the team's impeccable food and wine service.

在北京的新冠疫情防控进入常态化之后，Opera BOMBANA 在 5 月 15 日、16 日举办了 7 周年庆典活动。面对目前的挑战，餐厅团队在经理 Valentina Battagello 的带领下通力合作，成功举办了为期 2 天的庆典活动，并邀请到很多特别嘉宾、朋友、常客、美食爱好者和忠实的粉丝们。活动上的意大利风味美饌由行政副总厨那瑞亲自制作，而饼房厨师长 Filippo Mazzanti 献上了琳琅满目的面包、糕点和甜品。最引人注目的是餐厅新开辟的户外享食区域，宽敞而开阔的露台，让食客在享用美食美酒之余，呼吸新鲜的空气，感受舒适的阳光，或仰望美丽的星空。



Fragments of Eternity 时代印记

Pangu Yinji Jewelry Design presents its latest line of jewelry, capturing the purest and most natural state of rare precious gems collected and dating back to as early as the Han (206BC - 220AD), Tang (618 - 907), Liao (907 - 1125) and Qing (1644-1911) Dynasties. Pangu Yinji embraces cutting-edge craftsmanship; simple and sincere artistic expressions; and a holistic approach to jewelry design with nature at its core. Pangu Yinji Jewelry Design lends a modern yet spiritual aura in framing its antique gems capturing fragments of eternity and endowing the wearer with timeless charm and quiet sophistication.

盘古印迹通过镶嵌从汉朝（206BC - 220AD）、唐朝（618 - 907）、辽朝（907 - 1125年）和清朝（1644-1911）存留的稀有且珍贵的宝石，借以宝石最纯净和自然的状态展现最新潮的珠宝设计。盘古印迹融合了前沿设计，简单和真实的艺术表现，且以自然为核心作为其整体的设计方式，以充满现代感的触觉和天生的灵性设计，通过历史悠久的宝石的点缀，宛如时代印记，赋予了佩戴者其永恒的魅力和温文尔雅的感觉。



panguyinji.taobao.com
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Mystic Galactic Orbit into Sake Wine in Beijing 日本顶级冻结清酒“秘藏和银河铁道”的品鉴会

Hoshioka, the new Japanese fine dining restaurant, hosted a unique, exclusive tasting event of the rare frozen sake wine. The event was organized by Vino Attitude, sole distributor of Galaxy Railway Sake. Creatively theme "Mystic Galactic Orbit", the event engaged select personalities on an experiential journey into sake and gourmet pairing in the blissful afternoon on April 18.

The selection for sake tasting involved 7 to 10 years "raw" wines, aged between 0C and 3C degrees and kept under storage and transport conditions of -18C, ensuring complete dormancy of the yeast by which the wine dawns like sleeping beauty to be awakened only by its avid lovers. Two such rare wines from the 3-century old Japanese Tanaka Sake Brewery, were opened for tasting by guests, among whom included Wang Bing, noted sake educator; Hei Jaintao, host of CCTV Golf channel; Rebecca Li, co-founder of Vino Attitude; Ricky Xu, publisher of Global Gourmet Magazine; and Derek Wan, creator of Hoshioka Restaurant; among others. Each wine was paired to perfection with an ensemble of authentic umami Japanese flavors

prepared by the restaurant chefs, resembling the Kaisake cuisine.

4月18日恰逢周末，银河铁道北方区总代理酷藤睿思酒业携手米其林二星大厨坐镇的“星网”日餐厅举办了日本顶级冻结清酒“秘藏和银河铁道”的品鉴会。来宾有清酒界赫赫有名的王兵校长、CCTV高尔夫频道客座主持黑建涛先生、酷藤睿思酒业共同创始人李静，以及《环球美味》的出版人徐正纲先生等，京城名嘴齐聚一堂，共同品鉴当晚的主角，即有着300年历史的日本千代龟酒造匠心出品的长期熟成冻结生酒——秘藏和银河铁道。

0-3摄氏度低温熟成7年和10年的“生酒”，被置于零下18度的仓储条件和全程冷链运输的呵护中，从而确保酵母处于完全的休眠状态，好比睡美人静待王子的一吻。只有这样，才能将酒造希望表达的风味一丝不差地传达给有幸品尝到这两款珍藏的消费者。冻结清酒的配餐与温度以及酒的演化状态密切相关，讲求循序渐进。“星网”出品的每道菜从摆盘到味道都堪称精品，与酒从冰沙到冰水，再到回温的每个状态搭配得天衣无缝，让嘉宾们享受到极致饕味的卓越体验。



Ohmine Sake for Afternoon Delight in Spring 春日午后邂逅“而今”

On the 5th of May, Hoshioka hosted another exclusive sake wine tasting event, organized by Ohmine with its superb, mystic sake editions. Nestled within the beautiful arcade of the winning architectural complex at Beijing's plush Central Park, Hoshioka is a remarkably well designed Japanese restaurant that personifies the universal truth of "Simplicity is Beauty", and as well validates the principle of minimalism that "Less is More". The Zen-like dining oasis, founded by Derek Wan, has an interior that allows food and wines to unfold and speak for themselves, making the venue perfect for private food and wine engagements that are truly personal and experiential. Here, guests were welcome with flowing fine champagne, followed by a well-thought menu of authentic Japanese delicacies for pairing with one sake after another.

5月2日下午，割烹星网迎来日本最潮的清酒品牌“而今”的系列作品，特别举办了独家品鉴会。坐落在北京骏豪中央公园获奖建筑群的美丽拱廊中，割烹星网是一家设计精良的日式餐厅，体现了“简单就是美”的普遍真理，并证实了“少即是多”的极简主义原则。由Derek Wan创建的禅宗主义餐饮绿洲，内部设计精美雅致，让美食与美酒的风采一展无遗，成为举办个性化私人美食与美酒活动的理想场所。当日，割烹星网还精心设计与酒款适合的怀石风会席，让宾客领略美食与美酒的琴瑟和鸣之悦。



World Marselan Day 世界马瑟兰日



World Marselan Day (WMD) was initiated by Jim Boyce in 2018 as a tribute to Paul Truel, creator of Marselan wine. This year, being its 3rd edition, WMD was held in Shanghai on April 27, the day Paul Truel was born in 1921. Lionel le Gal, founder of VinEssentials, was the coordinator of the event, enjoined by CLOVITIS in sourcing the participating wineries from NingXia, ShanDong, and Hebei. Other than paying tribute to Paul Truel, the event also aims to heighten awareness and appreciation Marselan and its unique story.

VinEssentials, founded by Lionel le Gal, is a boutique consulting agency specialized in wine mainly active in Asian and Chinese markets. CLOVITIS is a company set up in 2012 by Mrs. Xiao Yan Laio specialized in viti-viniculture in China. The two companies came together in contributing to the highly enriching Marselan Day. Co-hosted by Lionel le Gal and Alexandre Souzy, the tasting event was very fun and rewarding for wine lovers, particular for those who have not tasted Chinese wines, such as the Chinese Marselan. Guests were highly impressed with the exceptional quality of the wines

世界马瑟兰日 (WMD) 由北京的葡萄酒爱好者和消费者倡导者 Jim Boyce 于 2018 年发起, 旨在鼓励人们打开并品尝使用马瑟兰葡萄品种所酿造的葡萄酒。今年, 第三届世界马瑟兰日 (WMD) 活动于 4 月 27 日在上海举办, 以纪念其培育者, 出生于 1921 年同一天的 Paul Truel。VinEssentials 的创始人 Lionel le Gal 是本次活动的协调者和主持人, 与 CLOVITIS (克洛维斯国际酿酒顾问团队) 一起组织了本次活动, 并前往宁夏、山东和河北寻找合作的酒庄。

VinEssentials 是一家专门从事葡萄酒的精品咨询公司, 主要活跃于亚洲和中国市场。CLOVITIS (克洛维斯国际酿酒顾问团队) 是一家扎根于中国的专业的葡萄栽培与葡萄酒酿造咨询公司, 由廖晓燕女士于 2012 年创立。两家公司联手, 让世界马瑟兰日的活动大放异彩。在 Lionel le Gal 和 Alexandre Souzy 的主持下, 品鉴活动生动有趣, 也让葡萄酒爱好者们收获良多, 尤其是对于那些从未品鉴过中国葡萄酒, 比如马瑟兰的消费者。到场宾客纷纷对马瑟兰佳酿的突出品质赞叹不已。





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Mandarin Oriental Wangfujing Beijing Delivers New Cantonese Flavor 北京王府井文华东方酒店紫膳餐厅呈现新品粤菜



结合季节性元素，在广受客人喜爱的粤菜单品基础上，北京王府井文华东方酒店紫膳于近日推出一系列经典与创新元素兼具的粤菜新品。在紫禁城建成600周年之际，以更丰富的菜单选择、更融合的创新口味，在经典粤菜基础上推陈出新，呈现给宾客色、香、味、型以及潮流风尚兼具的餐饮体验。

新菜单突出了粤菜和西餐不同菜系及西餐在食材选择、调料调味和烹饪技法上的有机融合，赋予粤菜更丰富的创新演绎。值得推荐的菜品包括文华鲍鱼煲、沙拉虾仁果球、碧绿川汁虾球、百花炸蟹钳、蛋白黑松露炒饭等。

在广受欢迎的双生金鱼饺、香煎野菌包、盆栽小萝卜等招牌点心的基础上，新菜单还增加了XO酱萝卜糕、健康潮流的竹炭流沙包和蜜汁叉烧包等新尝试。同时，紫花冠鼎饺、香椿苗核桃仁选用轻快、爽口的食材，是应季尝鲜的不二之选。

此外，北京王府井文华东方酒店还特别推出奢享逸居，在2020年6月30日前入住酒店，尊享完整24小时入住、灵活退房服务及每日人民币888元的签账权，适用于餐厅零点、紫色浪漫下午茶、MO Bar鸡尾酒及洗衣熨烫服务，将每次入住变为奢享都市假期。

Beijing Style Hot Pot with High Quality Lamb 北平三兄弟涮肉·立盘不掉先行者



位于北京饮食名片——簋街的北平三兄弟是一家“真材实料，眼见为实”的涮肉馆，精选以高品质而闻名业界的乌珠穆沁羊肉，并首创立盘盛装的摆盘方式，成为北京，乃至全国“立盘不掉”涮肉餐厅的先行者，令多家餐厅争相效仿。

除了造型别致，这样新颖的摆盘形式也是为了突出羊肉的品质，只有最新鲜的羊肉，没有注过水，并且排酸到位，才能让羊肉依靠自身的胶原蛋白贴在盘子上久立不掉，涮起来汤清无沫，肉嫩不膻。因此，北平三兄弟涮肉于2017年获得中国烹饪协会颁发的“中餐科技进步奖”，不仅在业界得到广泛认可，更促进了全行业羊肉品质的大提升。

如今，北平三兄弟获奖无数，并先后在北京洋桥和北京劲松又开出两家门店，走向连锁经营模式。除了必点的乌珠穆沁鲜羊肉之外，还有野韭菜花酱、红糖饼、老北京风味点心等招牌菜品不容错过。



天福茗茶创建于1993年，是一家集茶叶自产、制、销、科研、文化于一体的综合性茶叶连锁专卖店，天福集团旗下企业。本着“根植福建、香传全国、名扬世界”的经营思路，截至2019年9月26日止已在大陆地区开设了1147家直营连锁店，业务范围遍及全国，产品远销美、加、东南亚地区。天福集团在福建的福州、漳州、安溪、四川的乐山、浙江的新昌等名茶原产地，建有大规模的茶叶或茶食品加工工厂，分别加工绿茶、茉莉花茶、乌龙茶、铁观音、龙井等各地名茶和茶食品。天福集团在产品安全、卫生、品质、口感特色方面严格管理。





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电话：+86 20 8396 1234转3398



花园里的西班牙风情

上海世茂皇家艾美酒店欧赛朵西班牙扒房推出全新双人下午茶，邀您与密友在室外迷人的夏日酒廊尽情享受西班牙的随性、热情与奔放。地道的红枣嵌辣香肠、精选伊比火腿配蜜瓜、烟熏三文鱼芝士饼干、炸芝士土豆丸等带来与众不同的味蕾体验。吮指回味的甜点选择有西班牙炸油条配香浓榛子巧克力酱、甜而不腻的芝士蛋糕和西班牙焦糖布丁。双人下午茶仅需238元净价，包含两款指定饮品。
电话：+86 21 3318 9999转7022



上海环球港凯悦酒店天际餐吧华丽回归

上海环球港凯悦酒店47楼天际餐吧重新对外营业，在这个即将到来的夏天，带你开启隐藏于繁华都市的露台烧烤Party。酒店标志性尖顶下的两个室外露台特别推出露台烧烤新体验，以冰爽鲜啤搭配炙烤肉排，沉醉在璀璨的星空下，举盏畅叙，度过一个难忘的夜晚。天际餐吧露台烧烤套餐售价人民币198元净价/位，含一杯生啤，另有零点菜单可供选择。
电话：+86 21 6215 1234转6260



上海虹桥康得思酒店推出放题式周末自助晚餐

即日起至8月29日，上海虹桥康得思酒店西悦·驿站西餐厅全新推出放题式周末自助晚餐，宾客可任意点取菜单上的各式美味，由工作人员有条不紊地端到面前。本季放题自助晚餐主打日式火锅、日式料理以及小龙虾，当然还有各式烧烤、中西式美食、印度档口、缤纷甜品等更多自助美味待您来解锁。周五及周六晚，每位人民币188元起，可通过酒店官方微信商城下单。
电话：+86 21 5263 9628



日本米其林二星寿司名厨增田励内地首店——“植庭寿司”登陆深圳

日本寿司之神小野二郎嫡传弟子增田励首度进军内地市场，倾力打造以顶级寿司为主的“植庭寿司”，于5月起落户深圳。植庭寿司严选各类日本顶级食材，主厨增田励以Omakase形式精彩演绎最正统的江户前寿司，为深圳饕客带来前所未见的纯正日本寿司饕宴。自5月15日开始试营业，期间仅供应晚餐，每位人民币2380元，加收10%服务费。
电话：+86 755 2394 1378



菁禧2020春夏赏味

近日，上海菁禧荟数十道全新“潮”味上线。空运抵沪的潮汕本季鲜蔬、嫩笋、白茄、脆瓜、一应俱全。日本、欧洲、南非等全球鲜货，缤纷上架。从马粪海胆 & 卡露伽鱼子酱、鱼子酱香椿冻牛舌、豌豆薄壳米、春笋拌螺片、海蜇芥兰双脆、咸梅汁拌青瓜马蹄番茄、羊肚菌炖水鸭、金蚝扣南非鲜鲍鱼、酸梅番茄煮大马友鱼到手工虾丸煮冬瓜球、白芦笋炆竹蛭王等等，总有一款合您心意。



心悦·自然主题下午茶

深圳星河丽思卡尔顿酒店携手享有百年盛誉的法国品牌娇兰联袂呈现心悦·自然主题下午茶。酒店饼房行政厨师长Alan以娇兰旗下经典产品为灵感，匠心打造一系列雅致甜点与小食，搭配法国娇兰于大堂酒廊精心营造的浪漫氛围及精致礼赠，为宾客呈现幽雅迷人的下午茶灵感之旅。周一至周五：398元/套（含双人份下午茶及两杯精选咖啡或茶）；周六至周日：488元/套（含双人份下午茶及尊享精选香槟两杯）；788元/套（含双人份下午茶及尊享精选香槟一瓶）。
电话：+86 755 2222 2222



全新香荟，精彩纷呈

上海外滩茂悦大酒店香荟自助餐厅于5月呈现全新餐台，以提供现场烹饪新鲜美食的全新料理台惊艳亮相。同时，6月起小龙虾盛宴无限量回归。八种口味小龙虾为夏日的餐桌增添一抹亮色。现餐厅推出晚餐自助餐券买10赠2的特惠活动，即以净价人民币2100元购得10张晚餐餐券，同时获赠2张晚餐餐券。餐券有效期至2020年12月30日，可于酒店官方微信平台购买。
电话：+ 86 21 6393 1234转6322



万豪国际集团携手“饿了么”于49城130余家酒店开启餐饮外送服务

万豪国际集团携手中国领先的本地生活服务平台饿了么打造新消费体验，将精美可口的星级酒店餐饮安心送达宾客每日餐桌。此次合作旨在充分发挥双方各自所长，依托万豪国际强大的餐厅阵营，通过延伸酒店消费场景，让宾客随时随地皆可享用品质安心美食。万豪国际更是深刻洞察宾客在各种用餐场景中的不同偏好，秉承一贯的创新精神和诚挚周到的服务态度，致力于进一步提升宾客服务。



天泰轩津菜大师匠心打造健康美食新体验

即日起至6月30日，天津丽思卡尔顿酒店天泰轩津菜大师张伟津匠心打造八道特色健康美味，包括红烧黑五花猴头菇、明虾片烩鲜芦笋、薏米莲子余官燕、软溜花鱼扇、鸡汤时蔬真菌菇、花胶蟹粉白玉盅等，带来一场健康的津味之旅，以精益求精的传统烹饪技术，为食客充分展现万千滋味。
电话：+86 22 5809 5196



可持续发展领导品牌OATLY噢麦力与星巴克开启“GOODGOOD星善食TM主义”

近日，全球植物蛋白领导品牌OATLY噢麦力宣布加入星巴克中国发起“GOODGOOD星善食™主义”行动，倡导消费者积极探索“对自己好，对地球好，让好变更好”的环保生活方式。OATLY专注于研究燕麦近30年，致力于让植物奶成为更多家庭厨房餐桌的首选。星巴克中国将在中国内地所有门店引入OATLY燕麦奶，全新推出3款以植物燕麦奶为基底的饮品。



炸鸡大师Popeyes在沪举行媒体尊享尝鲜会

风靡全球的炸鸡大师Popeyes近日在其位于上海市淮海中路566号的中国大陆首家旗舰店举办了媒体尊享尝鲜会，邀请国内主流新闻媒体及知名意见领袖提前体验Popeyes旗下备受赞誉的炸鸡系列美食。国内知名脱口秀演员吴星辰也受邀来到活动现场，为媒体朋友们带来一场精彩的“吃鸡”脱口秀表演。



薪火源之屋呈现日式烧肉新体验

薪火源之屋，源于日本的日式烧肉专门店。创始人冈田雅道先生，19岁起投身日式料理的世界，作为专业的料理人，将日式的味道带到上海，让更多的食客体验到日式烧肉的美味及文化体验。薪火源之屋不仅在环境上要求精细，主打产品烧肉的食材挑选也精益求精，精选澳大利亚、美国、新西兰的优质和牛肉，搭配秘制酱汁，每一口都是精挑细选的好味道。
电话：+86 21 5042 1211



上海金山假日酒店广场活动招募

上海金山假日酒店广场具有多功能设计，整个空间划分为三个区域，阶梯人文空间、咖啡人文空间和人文教室。阶梯人文空间挑高7米，可容纳70-90人，适合举办座谈、新书发表、媒体发布等活动。咖啡人文空间可容纳80-100人，适合媒体发布、主题活动举办。人文教室有A、B、C三间多功能人文教室，可各自独立，也可打通，适合20-60人亲子活动、员工进修。
电话：+86 21 6089 2252



BELMOND推出“明日时光”实现未来旅行梦想的通行证

Belmond 开启旅行探险的新时代，推出“明日时光”通行证，诚邀宾客展望未来的旅行时光，重新想象充满旅行机遇的世界。“明日时光旅行通行证”不设有效期限，附赠Belmond的增值礼遇，既可以作为礼物，也可以用于“保存”未来的旅行计划。从简单的小确幸、备受珍视的奢华体验，到自然探索和具有特殊意义的庆典，沉浸于Belmond美好旅程的惬意与悠闲。



绍兴凯世精品酒店推出夏季礼遇

绍兴凯世精品酒店全新推出夏季礼遇，让你周末出游畅玩卡丁，自由玩乐高尔夫，品味绍兴美食，无论是亲子出游还是情侣度假，凯世探索之旅，都让你的假期更加精彩。酒店坐落于浙江国际赛车场内，离浙江卡丁车中心仅10分钟车程，可轻松前往鉴湖高尔夫俱乐部、柯岩风景区、乔波滑雪场。官方微信商城售价1599元，含豪华山景房一晚，双人早餐、双人卡丁车体验、翡荔阁浓情双人套餐、双人鉴湖高尔夫练习场畅打2小时。
电话：+86 575 8997 0000



山西省首家万怡酒店于龙城太原开业

万豪国际集团近日宣布太原万怡酒店盛大开业。太原万怡酒店作为山西省内首家万怡酒店，标志着万怡酒店品牌在大中华区业务版图的持续扩张，以“燃情并进”的全新品牌定位，为更多商旅宾客带来优质的住宿体验。酒店精心打造183间舒适便捷的客房和套房，每间客房均配备舒适床品以及高速无线网络，让宾客消除旅途劳顿，享受舒心旅程。
电话：+86 351 755 8888



西安钟楼诺富特酒店新开业

西安钟楼诺富特酒店位于西安市中心的钟楼商圈，坐拥核心区区位优势，让游客尽享商务便捷。距西安北站仅25分钟车程，离咸阳国际机场约40分钟车程，同时无缝对接地铁2号线“钟楼站”。步行数分钟便可轻松到达钟楼、鼓楼、回民街等著名旅游景点，同时毗邻南门城墙、碑林博物馆、SKP等热门旅游目的地及商业购物中心。



千岛湖诺富特酒店开业了

千岛湖诺富特酒店坐落于景色秀丽的国际花园城市——杭州市淳安县千岛湖镇。酒店地理位置绝佳，交通便捷，临湖而建，千岛湖山水尽收眼底，是亲近自然的理想选择。酒店拥有190间房，其中包含亲子房、Loft房、套房等多达十余种房型，满足各类宾客的住宿需求。



深圳鹏瑞莱佛士酒店任命

深圳鹏瑞莱佛士酒店近日迎来名厨郭元峰的加入，任命其为行政副总厨兼云璟中餐厅行政总厨。年轻的郭元峰大厨拥有坚实的从业资历，师出利苑的他在入行23年间屡获殊荣，入选中国烹饪大师、世界粤菜百名工匠、改革开放40周年杰出总厨之列。在加入云璟之前，郭师傅在广州丽思卡尔顿酒店担任中餐厅行政总厨，并在任职5年期间，两度率领团队为餐厅赢得米其林一星及黑珍珠二钻荣誉。



济南鲁能希尔顿酒店及公寓总经理任命

希尔顿近日任命马伟华女士为济南鲁能希尔顿酒店及公寓总经理。马伟华女士拥有18年酒店从业经验，曾先后在各大国际连锁品牌酒店担任市场销售管理要职及专业培训公司担任酒店增收增销顾问。在此任命之前，马伟华女士于希尔顿旗下中国区首家全方位服务式公寓酒店济南鲁能希尔顿就任业务发展总监一职。



欧特家酒店集团最新任命

近日，欧特家酒店集团宣布了最新人事任命，Timo Gruenert博士将正式接任Frank Marrenbach先生担当集团首席执行官。以“企业在合作危机中的收购合并”为研究主题完成吉森大学的博士学位后，Timo Gruenert于2005年正式加入欧特家集团，从事管理合伙人助理工作。2009年，Gruenert联合主持了欧特家酒店集团的创立，此后一直担任共同执行董事和首席财务官。过去11年，Gruenert见证了欧特家酒店集团的稳步成长，从当时4家奢华酒店增长到如今的9家。