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THE FUTURE OF FOOD

Clean meat and edible insects

未來食糧：
人造肉類與食用昆蟲

SAKE IN THE SPOTLIGHT

Japanese rice wine goes global

清酒的進擊：
日本米酒邁向世界

VIRGILIO MARTINEZ

Cooking with the altitudes and ecosystems of Peru

以海拔區和生態系統特色入饌的佳餚

From Paris to New York, across Asia, Africa and beyond, vegetarian dining is no longer purely the preserve of hippies and hipsters. Award-winning chefs are creating plant-based dishes that are imaginative, tasty and subtly sophisticated, as well as being healthful and environmentally friendly. 從巴黎到紐約，從亞洲到非洲，席捲全球的素食潮流已不再是趕時髦的玩意，在不少屢獲殊榮的名廚努力下，各種以植物為主的菜式不但創意滿溢和精緻可口，更符合健康和環保之道。 **By Payal Uttam**

Green planet 綠色地球

It's late afternoon in a sleepy corner of Paris' seventh arrondissement. Silver-haired chef Alain Passard strides into the office of his three-star Michelin restaurant, L'Arpège, and smiles warmly, then quickly turns his attention to three yellow quinces on a table. Plucked from a 100-year-old tree, they are a gift from a colleague, and Passard takes one, closes his eyes and inhales deeply. "The smell is so intoxicating, I could fall asleep next to it," the Frenchman exclaims theatrically, cradling the fruit. "Not a single cologne can rival nature. A fish would never smell like this, nor would chicken. That for me is interesting. That's a source of inspiration."

Once, the idea of Passard, a celebrated *rôtisseur* (a chef specialising in the cooking of meat), swooning over a piece of fruit would have seemed ridiculous. "You went to L'Arpège for a *côte de boeuf*, a *quasi de veau*, but then – in a flash – there was a plate of carrots instead," says the chef, who, in 2001, shocked the culinary world by wiping meat off his menu, erasing every dish that had earned him his stars. "Everyone warned me that it was a death sentence," Passard says, admitting that his restaurant initially lost many customers. But he was determined. "It was about renewing myself," the 61-year-old says. "Vegetarian cooking was a book that hadn't been opened by many people, which made it special."

Passard has since become something of a poster boy for vegetarian cuisine in Europe, and 60 per cent of visitors to L'Arpège opt for his seasonal vegetable tasting menus, which feature dishes ranging from an intricate Céleri-Rave Carpaccio adorned with Walnut and Pear, to multi-coloured Vegetable Ravioli in a delicate Consommé, made with fresh produce from Passard's own farms. His appearance on award-winning Netflix series *Chef's Table*, along with a new wave of green-thumbed culinary geniuses, has raised the profile of plant-based cuisine. "I think the decision I took had direct consequences on many chefs and households," he says, arguing that Michelin's seal of approval is helping to convert sceptics.

時近傍晚，在巴黎第七區一個寧靜的角落，一頭銀髮的法國籍名廚Alain Passard笑意盈盈地來到其米芝蓮三星餐廳L'Arpège。他甫踏進辦公室，視線隨即被桌上三個黃色木梨所吸引。這些木梨是一位同事所贈，摘自一棵百年老樹。Passard隨手拿起其中一個，閉目深深一吸後，抱著梨子誇張地讚歎道：「這樣的香氣令人陶醉，簡直有催人入夢的作用。任何古龍水都比不上大自然的芳香，就算是魚肉和雞肉也沒有這樣的香味。我很喜歡大自然的香氣，那是我的靈感來源。」

Passard以烹調肉類菜式成名，曾經是著名的烤肉大廚，現在竟然陶醉於水果的香氣，這是多麼不可思議的事。2001年，Passard毅然刪走餐廳的所有肉類菜式，將每一道曾為他帶來星級榮譽的佳餚拿掉，此舉震驚整個餐飲界。他打比喻說：「試想像，客人原本來L'Arpège吃牛肋扒或小牛腿肉，但電光火石之間卻變了一碟紅蘿蔔。全世界都警告我這樣做等於自尋死路。」Passard承認最初餐廳流失了不少客人，但他主意已決，現年61歲的他解釋：「當時素食烹調還是一本鮮有被人翻開的書，是很特別的一部分。」

自此之後，Passard成為歐洲素食烹調的代表人物。L'Arpège的客人有六成都衝著他的時令蔬菜嚐味套餐而來，菜式包括精緻的核桃梨子芹菜薄片，以至以自家農場的新鮮蔬果熬湯煮成的色彩繽紛的上湯蔬菜意大利餃。Passard獲邀亮相Netflix的得獎節目《主廚的餐桌》，加上一批專注素食烹飪的天才廚師湧現，素食烹調的地位得到進一步提升。Passard說：「相信我當時的決定直接影響了不少廚師和家庭。」當然，能夠獲得米芝蓮的肯定，也釋除了不少懷疑論者的疑慮。

近年，「無肉星期一」這類潮流在世界各地逐漸大行其道，素食菜式也比以往更精巧、五花八門和富創意。以往曾被戲稱健康或潮流玩意的素食菜式，今日已躋身高級美食的殿堂。Pietro Leemann是歐洲第一家獲得米芝蓮星級榮譽的素食餐廳Joia的廚師，他指出：「過去五、六年間，人們的飲食態度轉變得相當快，變得更注重健康。基於健康的考慮，大家不再像以往那樣嗜肉，並且開始關注環保。我大部分顧客都不是素食者，但很多都是思想開明的美食家。」

Il Sole a Occidente
at Joia
Joia餐廳的Il Sole a
Occidente菜式



PHOTO BY BRAMBILLA SERVANI



Trends such as ‘meatless Monday’ have gathered momentum worldwide in recent years, and vegetarian dishes are more sophisticated, varied and imaginative than ever before. No longer relegated to health-food havens and hipster hangouts, vegetable-heavy menus have entered the temples of haute cuisine. “In the last five to six years, people have changed very fast to become more health-conscious,” says chef Pietro Leemann of Joia in Milan, the first vegetarian restaurant to gain a Michelin star in Europe. “It’s no longer possible to eat so much meat because people are becoming sick. They are also concerned about the planet. Most of my guests are not vegetarians. Many of them are gourmands with an open mind.”

A long-time vegetarian himself, Leemann grew jaded with European nouvelle cuisine in the 1980s. “Every chef in Europe was cooking in the French style, and their creativity stayed more or less the same,” he says, describing such dishes as heavy and unbalanced, with too much protein, sugar and fat. Trips to China and Japan were turning points for the chef, who became fascinated with Asian cuisine and adopted meditation, tai chi and yoga.

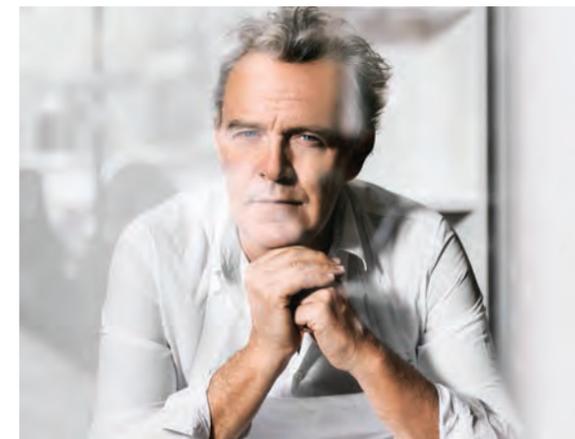
Today, Leemann incorporates Asian ingredients and cooking techniques in cuisine he calls his own, and which fuses Chinese, Japanese, European, French and Indian influences and flavours. His poetically-named dishes include A Door for Paradise (an almond and corn gazpacho, served with warm smoked vegetables, a young beetroot pesto and truffle sorbet) and The Alchemist (composed of fermented pumpkin, parsnip, burdock and shiitake, cooked in a wood-scented broth served with fresh wasabi and sauerkraut flavoured with juniper; the centrepiece of the dish is a hot stone, taken from a nearby river, which sits inside the soup to infuse it with a special flavour).

In Asia itself, many chefs are increasingly creative with plant-based menus. Tony Lu is at the forefront of the push, and his one-Michelin-starred restaurant, Fu He Hui in Shanghai, for instance, is famous for haute Buddhist vegetarian cuisine. Melding Chinese and Western ingredients and cooking methods, Lu embraces a light, healthy approach. Instead of trying to imitate meat (so often the case with Buddhist cuisine in China), he champions vegetables in dishes such as a plum speared with a strip of lotus root, or meaty porcini mushroom smoked in a jar, and served with a mushroom dip accompanied by a shot of fruit vinegar.

Further afield, chef Selassie Atadika, who previously worked in aid with the United Nations, has been garnering acclaim for her restaurant Midunu (which roughly translates as, “Come, Let’s Eat”) in Accra, capital of the African nation of Ghana. Atadika is among a growing number of chefs introducing plant-based dishes to menus due to environmental concerns. Though born in Ghana, Atadika grew up in New York, and she was surprised,

Opposite, clockwise from top left: Un Indovino mi Disse at Joia; Homard at L’Arpège; Colori, Gusti e Consistenze at Joia; Chef Pietro Leemann of Joia
This page: L’Arpège’s Chef Alain Passard

對頁左上圖起順時針：
Joia的Un Indovino mi Disse菜式；L’Arpège的「龍蝦」；Joia的Colori, Gusti e Consistenze菜式及大廚Pietro Leemann
本頁：L’Arpège大廚Alain Passard



“Vegetarian cooking was a book that hadn’t been opened by many people, which made it special
當時素食烹調還是一本鮮有被人翻開的書，是很特別的一部分”
– Alain Passard

Leemann本身已茹素多年，早在1980年代已開始厭倦歐洲當時的新派菜式。他說：「整個歐洲的廚師都採用法式烹調方法，菜式大同小異，欠缺創意。」他指那些菜式全部都味道濃郁但營養有欠均衡，蛋白質、糖和脂肪都太多。後來，他到中國和日本旅行，成為他人生的轉捩點，令他迷上了亞洲菜式、冥想、太極和瑜伽。

今天，Leemann將亞洲食材和烹調手法融入自家的烹飪風格之中，菜式融會中、日、歐、法和印度等地菜餚的風格和口味。他創作的佳餚不少都有富詩意的名字，例如天國之門（杏仁粟米涼湯伴溫暖的煙燻蔬菜、小紅菜頭醬及松露雪葩）和煉金術士（木香上湯煮發酵南瓜、歐洲蘿蔔、牛蒡及香菇，伴以新鮮山葵及以杜松調味）的酸菜；上湯中央放一塊由附近河邊找來並已燒熱的石頭，以增獨特風味。

至於亞洲本身，不少廚師炮製的素食菜式愈來愈富創意，其中一位先驅者便是盧惲明，他位於上海的米芝蓮一星餐廳福和慧，便以精緻的齋菜馳名。盧惲明擅長融會中西食材及烹調方法，菜式風格清新健康。中國大部分齋菜餐廳都有不少的素肉菜式，但盧惲明的餐廳卻不一樣，素肉絕無僅有，拿手菜式包括李子包蓮藕，以及於瓶子裡煙燻的豐腴多汁的牛肝菌伴蘑菇汁醬和果醋等。

在非洲國家加納的首都阿克拉，有間名叫Midunu（來大快朵頤吧）的餐廳，讓這間餐廳聲名大噪的大廚Selassie Atadika曾為聯合國工作，是近年愈來愈多因為關注環保而引入素食菜式的廚師之一。出生於加納的Atadika在美國紐約長大，她回到故鄉後赫然發現，當地的飲食習慣已變得非常倚重外來食品。為了扭轉這局面，她在菜式中採用了不少富有特色的本地蔬菜和穀物，包括寄生在棕櫚樹上的小蘑菇、木薯葉，以及一種帶有濃郁堅果味的南瓜籽。Atadika將這種南瓜籽烤熟後去殼，再與慢烤過的本地蘑菇一起煮成濃湯。

on returning to her homeland, to discover how the local diet had changed to rely on imported foods. To counter this situation, her menus champion exotic local vegetables and grains, including tiny mushrooms found on palm trees, cassava leaves and a type of squash seed that has a bold, nutty flavour. Atadika uses the latter to make a soup, roasting and hulling the seeds and adding a locally foraged, slow-roasted mushroom.

Inspired by her travels in Africa, Atadika experiments with traditional cuisine from various countries. She is also interested in resurrecting forgotten foods, such as Bola Bola, a dish made from a high-protein leafy vegetable, and which was eaten during lean times in Ghana. "But how do you take something that is so healthy and make it exciting again?" Atadika asks. "How do you make bean leaves sexy?" Her solution is a steamed dumpling made with the greens combined with corn meal and seasoned with a potent chilli peanut oil.

Concern for the future of Africa underpins Atadika's enticing dishes. Her humanitarian work with the UN, and a degree in geography and environmental studies, have motivated the chef to look at big-picture issues, such as desertification and health: high blood pressure, diabetes and obesity have been connected to meat-heavy diets on her continent. She is optimistic about the future, however, because Africa is rich in produce. With nutritious native grains such as fonio and millet, she says, "we have a lot of the solutions right in front of us".

In stark contrast to Atadika, maverick chef Amanda Cohen, of New York restaurant Dirty Candy, has another agenda. "We are about celebrating vegetables ... not about health, politics or the environment," says Cohen, who argues that vegetables can be an indulgence and should not be treated as second-class citizens on a menu. Once described as the Willy Wonka of plant-based food, Cohen is known for turning classic dishes on their heads and serving up fare like Broccoli Dogs, in which a hotdog sausage is replaced with grilled, smoked broccoli, and Eggplant Foster, a dessert in which the usual bananas are cast aside in favour of flambéed aubergine paired with basil crème anglaise and lemon ice cream.

While it's hard to snag a table at Dirty Candy (Cohen has turned away the likes of Leonardo DiCaprio on busy nights), that was not always the case. "Before vegetarian chefs were pretty disregarded," she says, "Nobody knew our name. It took years of putting myself out there for people to realise I was a trustworthy chef and this was a trustworthy type of cuisine, that we weren't trying to put one over on you."

Cohen opened her restaurant in 2008, in fact, and while it took several years for the culinary world to catch up, she believes there is still some way to go. "It really does feel like we are pioneers in this world," she says. "It's an adventure. That's what it was like in the beginning, and it still feels like that now."



☞ How do you take something that is so healthy and make it exciting again?
 怎樣才能夠將如此健康的東西變成美味的菜式? ☞
 — Selassie Atadika

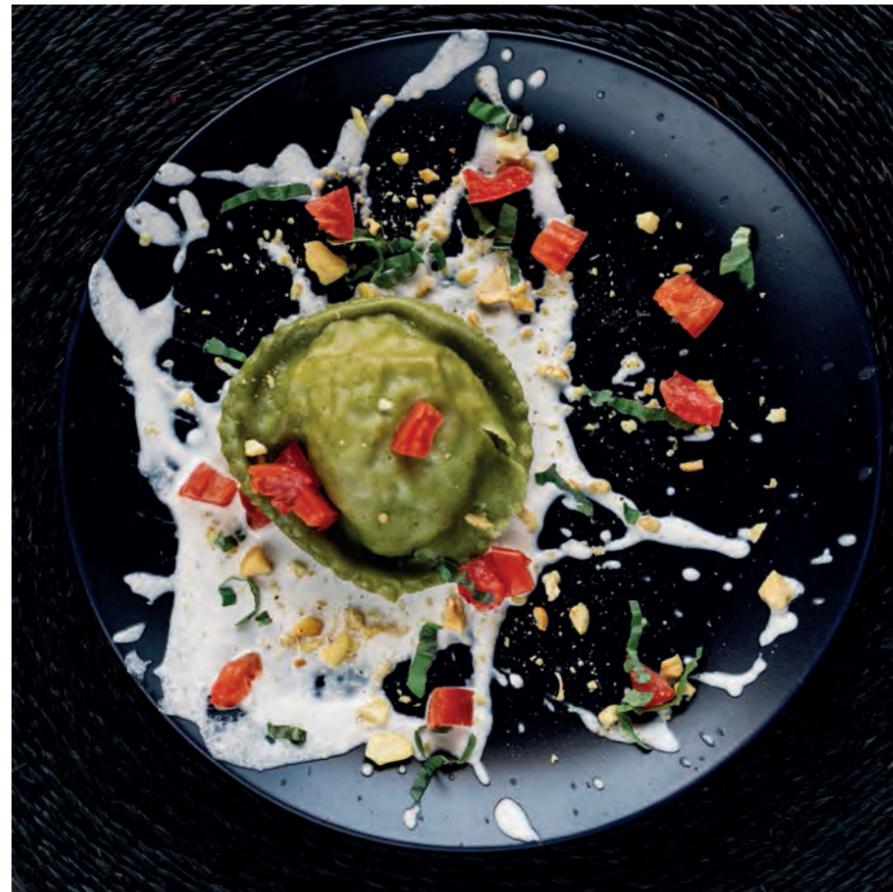
Atadika從遊歷非洲的旅程中獲得靈感，嘗試炮製不同國家的傳統菜式。她又喜歡重現已被人遺忘的美食，譬如加納人貧困年代常吃的Bola Bola——以一種蛋白質含量甚高的葉類蔬菜烹調而成。她自問：「怎樣才能夠將如此健康的東西變成美味的菜式？怎樣才可以令豆葉變得吸引？」結果她想出以這種蔬菜混合粟米粉做成蒸餃，再以濃烈的辣椒花生油調味。

對非洲未來的一份關注成為Atadika創作可口菜式的原動力。她曾在聯合國負責人道工作，加上擁有地理和環境研究學位，促使她關注沙漠化這類宏觀議題及健康問題。在非洲，以肉為主的飲食習慣導致高血壓、糖尿病和癯肥等毛病。不過，由於非洲物產豐盛，所以這位廚師對未來仍抱樂觀態度。她說，不少本地穀物如非洲全小米和黍都是營養豐富的食物，「其實很多解決方法就在我們眼前。」

紐約餐廳Dirty Candy大膽創新的廚師Amanda Cohen，想法與Atadika截然不同，她說：「我們應該強調蔬菜本身……不必扯上健康、政治和環保等問題。」她指蔬菜本身就很好吃，不應被視為餐牌上的次選。Cohen被譽為素食運動的先鋒，以顛覆各式經典菜式聞名，炮製出諸如西蘭花熱狗（以烤煙過的西蘭花代替香腸）和火焰茄子（以茄子代替慣常使用的香蕉，配以羅勒蛋奶醬及檸檬雪糕）等。

如今，Dirty Candy一桌難求，Cohen便曾經因為客人太多而推掉里安納度·狄卡比奧等名人，但餐廳早年的生意並非如此暢旺。她說：「以往，素食廚師頗受忽視，沒人認識我們。我花了多年努力才讓人們相信我是值得信賴的廚師，相信素食也可以是可口的，不是裝神弄鬼來騙人的。」

事實上，Cohen於2008年已開設其素食餐廳，飲食界要多年後才追上來。不過她相信素食烹調仍有進步空間，她說：「感覺就好像我們是這世界的先驅。這是一趟冒險之旅，一開始便有這種感覺，即使到今天，這感覺仍然強烈。」



PHOTOS COURTESY OF DIRTY CANDY AND MIDUNU

Opposite: Chef Selassie Atadika at work at Midunu
 This page, clockwise from top left: Egusi Ravioli; Tubani (steamed bean pudding), Wild Hibiscus Leaves, Spiced Cashews, Shea Butter and Shallots, both at Midunu; Peking Peas at Dirty Candy

對頁：Midunu廚師 Selassie Atadika在試味
 本頁左上圖起順時針：Midunu餐廳的南瓜籽意式餃子，以及蒸豆糕伴野木槿葉、腰果、乳木果和青蔥；Dirty Candy的蜜糖豆菜式