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Health is Wealth



Paradigm *Shift*

The Way to Health and Wealth

思维转移

通往健康和财富的道路

"Paradigm Shift" was a scientific term fathered by Thomas Kuhn. The term itself had shifted from one application to another: from sociological to psychological and from managerial to an overused marketing buzzword.

Setting aside technicalities, paradigm shift is best understood as an awakening driven by "change" to see the same thing (or issue) in a totally different way. In the past, it took people years to revolutionize their thinking that the world is round and not flat; and that the earth is indeed NOT the center of the universe. But today, with computers, internet, and cell phones as the catalysts of change, our principles, policies, norms, and values are as easily replaced as we rapidly shift our paradigms; some for better and some for worse.

In the world of gastronomy, perceptions and approaches to food are also experiencing paradigm shifts: from substantive to sustainable; from elaborate back to basics; from artificial to natural; from imported to local; and from junk to health.

For this issue we chose "Health" as the topic, a subject all too common yet we challenged our writers and editors to convey their imaginative insights for our readers. Fred, in his "Wine Sense" whipped—up his daily recipe for healthy food and wine; while Jane, Eveline, and Nicolas present their health exposés ala their divine literary crafts.

As for our travel feature, we take you on a sensorial journey to Slovakia, the enchanting land of castles and chateaux, traditional gastronomy, and therapeutic oasis. See the "Little Big Country" in the heart of Europe as it unfolds the many splendors connecting man with his past and present.

May this issue come as a subtle reminder that "Health is Wealth". Moreover, may the invaluable contributions of successful chefs,

restaurateurs, and hospitality elves in the following pages trigger a gentle paradigm shift that the word "I" is indeed NOT the center of the universe.

“思维转移”是一个由Thomas Kuhn提出的科学术语，这个术语本身的应用也在经历着变化，从社会性转到心理学，从管理理念到过度使用的营销流行语。

抛开技术性的解释不说，思维转移的最好理解是，对同一事物（问题）看法的彻底改变。过去，人们经过多年的革命才改变了对地球是圆是扁的看法，认识到地球并不是宇宙的中心。今天，利用计算机、因特网、手机，我们分析各种变化，我们的价值观念、意识形态、生活模式等同样在飞速发生着各种变化，一部分变好，一部分变坏。

在美食的世界里，对于食物的理解也经历着“思维转移”：从以数量取胜到可持续发展、从复杂精细到简单基本、从人工到天然、从进口到本地、从温饱到健康。

本期《新西餐》选择“健康”为主题。作为一个挑战作者和编辑的命题，田博华推荐了他的每日健康餐酒搭配，而赵懿、Jane、Nicolas则为我们带来了他们对于健康饮食的各自诠释。

在本期的旅游专题中，我们带领您前往斯洛伐克，林立的古堡和酒庄、传统的美食、水疗绿洲，这个位于欧洲中心的“小国”以其灿烂的历史文化和时代风情为您展示了无限的魅力。

希望在读完本期之后，大家对于“健康即是财富”有了更新的理解。同时，也希望这些大厨、餐厅经营者、服务业精英人士的成功故事能够让你我更好地进行“思维转移”——其实，我并不是世界的中心。“I” is indeed NOT the center of the universe.



徐正纲 执行主编

Richard Xu, Executive Editor-in-Chief

Eating Healthy 健康饮食

By Jane Ram

Healthy eating used to mean being condemned to a round of virtuous but dull meals. Modern chefs, however, are competing with one another to please their customers by producing meals that are light on calories, high on healthy ingredients AND, above all, delicious and interesting. The concept of Spa cuisine is not new, but it has taken on a new lease of life in today's increasingly health-conscious environment.

Chef Don Lawson at Anantara Bophut in Koh Samui holds regular 'healthy' cooking classes for which demand has more than doubled over the past year, "If the divine creator has taken pains to give us delicious and exquisite things to eat, the least we can do is prepare them well and serve them with great ceremony and in the most natural way possible!" he says.

Chef Lawson prides himself on getting the maximum flavor out of available ingredients as he shows eager students how to prepare a new-style "tasting" menu that combines texture, color, and fresh, cool ingredients.

Hong Kong-based raw food chef Cheah Mankei says her first tip for a healthy life is to install a good water filter system at home to ensure the quality of water for drinking, washing and bathing. She grew up in rural Malaysia where she learned the value of fresh, organic, local and seasonal produce first hand. She encourages clients to adopt healthy food preparation methods using raw and living food. Juicing, blending, dehydrating or cooking under low heat, light steaming or boiling enable you to get the best out of good foods, she says. For a healthy digestive system she advises clients to incorporate into their diet some fermented or cultured food like kimchi, sauerkraut, kefir, yoghurt or rejuvelac that contains friendly bacteria (*Lactobacillus acidophilus*).

Melo Spa at the Hyatt Regency in Shatin emphasises a number of local ingredients in its well-being menu. Executive Chef Cheung Hongman is a native of this region of Hong Kong and he grew up with full awareness of some of the health-promoting properties of some everyday items. He uses Shatin Pomelo in a number of menu favorites. It is more than a natural source for vitamin C and potassium, he says, as it also helps digestion and is cholesterol-free. He takes pride in introducing guests to local organic honey, which promotes digestive health and skin hydration. A honeycomb in a special frame is one of the star attractions on the hotel's breakfast buffet table. It catches the eye as it drips its golden magic gently into the elegant serving bowl.

Healthy food is food that keeps all its natural nutrients and flavors, says Stephen Dion, Executive Chef at Hansar Samui. Famous for his creativity, he combines his native French Canadian skills with first-hand understanding of flavors and ingredients from around Asia (especially Thailand). In his

signature French-Mediterranean menus he provides a unique and memorable epicurean experience for resort guests, but he is also very much aware of the food value of the ingredients with which he works.

Chilean sea bass (or Snow fish) is a signature ingredient for Chef Dion. Being caught in the wild these fish are free of the growth hormones that are customarily fed to farmed fish. He favors sous vide cooking whereby the fish is poached at 62 degrees inside a vacuum bag filled with a high quality extra virgin olive oil. This technique is healthier than traditional pan frying at high heat using butter. Sous vide cooking allows the fish to retain all its natural flavours and juice as well as its minerals and vitamins producing a lower LDL (bad cholesterol) level. The Omega-3 fatty acids in oily fish have a positive impact on blood pressure and cholesterol and are likely to reduce the risk of strokes, he reminds us. Other nutrients such as vitamin D, the element selenium (Se), and certain proteins in the fish also bring considerable health benefits, he adds.

Carbohydrates slow our immune system, causing laziness, advises Chef Dion, who exudes good health. He recommends a diet high in protein and fibre. Tomatoes are wonder foods, he says, as they contain valuable antioxidants that help improve skin texture and color and purify the blood. They help protect the liver from cirrhosis as well as dissolving gallstones. Their natural antiseptic properties can help protect against infection. Their nicotinic acid content helps to lower high cholesterol and prevent heart disease. Tomatoes are rich in vitamin K that helps to prevent haemorrhages and they also contain lycopene (the natural red pigment) that is a powerful antioxidant and a powerful anti-cancer weapon.

健康饮食常常被定义为正直而无趣的餐饮。如今，厨师之间竞争激烈，他们通过制作低卡路里、富含营养，可口有趣的菜肴来赢得消费者的心。水疗美食并不是一个全新的理念，但是在今天，在这个对健康的关注不断提升的社会里，这一理念对于改善生活品质还是有些作用的。

来自苏梅岛安娜塔拉海滩的厨师Don Lawson应邀经常举办“健康”烹饪课程，今年举办的次数是去年的两倍。“如果神圣的造物主费尽心力带给我们美味精致的食物，我们至少应该慎重小心的准备，并以最自然的方式享受。”

Lawson总是能够从手边的原料中获取最丰富的口味，并展示给求知若渴的学生，告诉他们如何准备全新的、融合了材质、色彩、新鲜、新奇食材的“美味”菜谱。

香港的生食厨师Cheah Mankei说过健康的首要步骤就是在家中安置一个良好的水过滤系统确保饮用水和生活用水的品质。她生长在马来西亚的乡村，熟稔新鲜、有机、本地、时令的意义。她鼓励客人们采用健康的食物制作方式，比如生食等。榨汁、搅拌、脱水、在低温下烹制，蒸煮可以确保你获得食物中最营养的部

分。对于一个健康的消化体系，她建议客人在食谱中加入一些发酵的食物如朝鲜泡菜、德国泡菜、俄国酸菲尔（由牛奶发酵而成的酒）、酸奶、含有益生菌类的食物。

位于沙田凯悦酒店的Melo水疗强调一系列以使用本地食材为主的健康菜单。行政总厨张师傅在香港土生土长，他对于每天摄取食物的健康特性了如指掌。张师傅喜欢在菜单中加入沙田柚，沙田柚富含维生素C和钾，他说这有助于消化，同时不摄取任何胆固醇。他还为客人带来当地的有机蜂蜜，不仅能帮助消化还能对皮肤起到保湿的作用。特殊形状的蜂巢是酒店早餐自助餐桌上引人注目的亮点，当透亮金黄的蜂蜜滴入碗中时，相信大家都会被其吸引。

“健康食物能够保留所有的天然养分和口味。”苏梅岛Hansar的行政总厨Stephen Dion说。他将法国加拿大技法与亚洲（特别是泰国）的食材相融合。在他的招牌法式-地中海风格菜单中，他为度假村客人带来了独一无二的而且令人难忘的美食体验的同时，亦忠实体现食材本身的价值。

智利海鲈鱼（或鳕鱼）是Dion的招牌菜。Dion喜欢采用不含生长

激素的野生鲈鱼，加入初榨橄榄油，以真空袋包裹，在62摄氏度下烹制。真空烹饪技法比传统采用黄油的高温油煎更加健康，这种技法可以让鱼保持其自然的味道，矿物质和营养，降低低密度脂蛋白的水平。鱼肉中的Omega-3脂肪酸对于稳定血压和胆固醇有积极的作用，能够降低中风的危险。其他的营养成分如维生素D、硒、鱼肉蛋白等也能带来一定的健康作用。

Dion大厨说，碳水化合物能够降低免疫系统的功能，使人精神不振。他建议健康的菜谱必须富含蛋白质和纤维。西红柿是神奇的食物，富含数量可观的抗氧化物，能够改善肤质、颜色，清洁血液。它还有助于防止肝硬化、融化胆结石。这些天然防癌特性可以预防传染，其中的烟酸可以降低胆固醇，预防心脏病。西红柿富含维生素K，可以预防脑溢血；所含的番茄红素（自然的红色部分）是强效抗氧化剂，也是抗癌利器。

Poached Chilean Seabass with Cannellini Bean Puree, Baby Spinach, Edible Flowers & Tomato Jus

清蒸智利海鲈鱼配Cannellini豆酱、小菠菜、可食用花和番茄汁

Recipe by chef steephon Dion at Hansar Samui

Ingredients:

160g Chilean seabass (Chili), 20g cherry tomato (Chiang Mai), 20g Galateo olive oil (Italy), 15g amaranth, 1g wild rocket (Chiangmai), 5g lemon & lime skin, 5g Galateo Balsamico (Italy)

Method:

Soak the amaranth overnight, strain, dry and deep fry until crunchy. Place the portion of the fish in a vacuum pack, then slow cook the fish with 10g of the Galateo extra virgin olive oil at a temperature of 59C for 8 minutes. If you don't have a slow cooking machine, poach the fish with 100ml Galateo extra virgin olive oil after the fish reaches the temperature of 59 degrees celsius.

Prepare the cherry tomato soup, cut the tomatoes in half and season with whole garlic, chili, salt, sugar. Then boil it for approximately 20 min; mix everything together except the whole garlic. Pass through a fine sieve and seasoning again if necessary.

Prepare the wild rocket salad, season it with Galateo Balsamico vinegar reduction and top with grated Parmesan.

Add the tomato soup as a base, serve the fish in the center of the soup plate, add sea salt and grated lemon zest, then top with wild rocket lettuce. Season with Galateo Balsamico and sprinkle the crispy amaranth on the top of the wild rocket lettuce salad.

原料:

160克智利海鲈鱼（智利）、20克樱桃西红柿（清迈）、20克Galateo橄榄油（意大利）、15克苋菜、1克芝麻菜、5克柠檬和



柠檬皮、5克Galateo意大利香醋

做法:

将苋菜浸泡一晚，沥干水分，烘干直到变脆。将部分鱼肉放在真空包装袋中，加入10克Galateo初榨橄榄油在59℃下慢煮8分钟。如果你没有慢速烹调机，可以在温度达到59℃的时候，以100毫升Galateo初榨橄榄油浸泡鱼肉。

樱桃西红柿汤

将西红柿切半，以大蒜、辣椒、盐、糖

调味。煮大约20分钟，将除大蒜外的所有食材混合一起。滤渣，并根据需求调味。

芝麻菜沙拉

芝麻菜调味，加入Galateo意大利香醋浓缩汁，以碎帕玛森干酪点缀其上。

西红柿汤做底，将鱼肉放在汤盘中，加入海盐、柠檬、柠檬皮，以芝麻菜点缀。在芝麻菜沙拉上撒上脆的苋菜，滴上Galateo意大利香醋调味。



California Rolls (Serves 4)

加州卷 (4人份) Recipe by Chef Mankei Cheah Photo by Sol Wellness Spa

Ingredients:

4 sheets nori seaweed, 8 leaves romaine (optional), 2 tablespoons spicy miso paste, or 62.5ml basil pesto or sesame mayonnaise, 1000ml alfalfa sprouts, 1 avocado, thinly sliced, 125ml non smoked paté, 125ml shredded carrot (about 1 carrot), 1/2 julienned red bell pepper, Tamari for dipping (optional)

Method:

1. Lay one sheet of nori, shiny side down, on a bamboo sushi mat. If using, place two leaves of romaine on the nori, leaving the edges of the leaves sticking out. Using the back of a teaspoon, lightly spread approximately 1 1/2 teaspoons of the spicy miso paste, or 1 tablespoon of the basil pesto or sesame mayonnaise on the nori or romaine leaves.
2. Along the edge of the nori closest to you, layer sprouts, avocado, 2 tablespoons of non smoked paté, carrots, and red bell pepper.
3. To roll, grip the edges of the nori sheet and the sushi mat together with your

thumbs and forefingers, and press the filling back toward you with your other fingers. Using the mat to help you, roll the front edge of the nori over the filling. Squeeze it with the mat; then lift the mat and continue rolling.

4. Just before completing the roll, dip your index finger in water and run it along the far edge of the nori sheet. This will seal the seam of the roll.

5. Cut the roll into 6 pieces with a serrated knife.

6. Fill, roll, and slice the other sheets of nori the same way. Arrange on a plate and serve immediately, with a small bowl of tamari for dipping, if desired.

California Rolls make stunning and delectable appetizers at parties, as well as satisfying sandwich substitutes in lunch boxes.

原料:

4张Nori海苔、8片长叶莴苣叶(可选)、2汤匙辣味噌糊(62.5毫升罗勒香蒜酱或芝麻蛋黄酱)、1000毫升苜蓿

芽、1个朝鲜蓟,切成薄片、125毫升三文鱼酱、125毫升胡萝卜碎(1个胡萝卜)、半个红辣椒,切丝、酱油(可选)

做法:

1. 取一片海苔,亮面朝下,放在寿司帘上。将两片莴苣叶放在海苔上,叶子的边缘留在外面。使用茶匙背,将1茶匙半辣味噌糊平铺,或者将1汤匙罗勒香蒜酱或芝麻蛋黄酱在海苔或是莴苣叶上平铺
2. 沿着距离你最近的海苔,铺上苜蓿芽、朝鲜蓟、2汤匙三文鱼、胡萝卜碎、红辣椒
3. 卷的时候,将海苔的边缘与寿司帘用拇指和食指握紧,用另外的手指将内馅按压。使用寿司帘卷起海苔的另一边。用寿司帘压紧,放开后再继续卷
4. 在完成卷之间,用食指将海苔的边缘沾上水,这样可以将加州卷的边缘封上
5. 将寿司卷用锯齿刀切成6块
6. 然后按照同一步骤再卷其他的海苔。将切好的加州卷放在盘上,搭配一小碗酱油也可以

加州卷既可以作为宴会的开胃菜,也可以在午餐时,替代三明治食用。

Chilled Tartar of Scottish Sea Trout with Cucumber & Yoghurt 苏格兰海鳟鱼配黄瓜和酸奶

By Chef Stephen Dion at Hansar Samui

Ingredients

80g ocean trout (Scottish Sea Trout), 40g cucumber (European), 20g sweet & sour pickling juice, 5g natural yoghurt (Italian), 5g dehydrated natural yoghurt, 15g avocado

Method:

Drain the natural yoghurt overnight and strain. Once strained, transfer into a piping bag and make small pipings of 5 grams on Dehydrator Excalibur trays; dehydrate until crispy. For the portion of the Scottish sea trout, cut into fine cubes, add lemon juice, red onion dice, fresh Italian flat parsley and Dijon mustard, then season with salt and pepper. Add the cucumber juice to the sweet and sour. (sweet and sour mixture is lime juice, soda, and sugar.) For every 40g cucumber juice, we will add 15g of sweet and sour. The combination of the cucumber and the sweet and sour will give a zesty tangy flavor. For plating please add the sweet and sour cucumber juice with the caviar pearls in a chilled shooter glass. In a small ring add the seasoned ocean trout tartar, a slice of avocado, dehydrated natural yoghurt and some spinach leaves.



原料:

80克海鳟鱼（苏格兰海鳟鱼）、40克黄瓜（欧洲）、20克甜酸汁（柠檬汁混合苏打水和糖）、5克天然酸奶（意大利）、5克脱水天然酸奶、15克鳕鱼

做法:

将天然酸奶沥水一碗，过滤。放入管状袋中，每管5克，然后放到食品脱水机中处理，脱水直到干脆。将苏格兰海鳟鱼切

成小块，加入柠檬汁、红洋葱块、新鲜意大利扁欧芹、法国第戎芥末酱，并以盐和胡椒粉调味。随后放入黄瓜和酸甜汁。40克黄瓜汁，需加入15克酸甜汁，将两者混合会带来比较刺激性的味道。装盘时，将酸甜黄瓜汁加入鱼子珍珠，放入冰镇过的子弹杯中。在一个小环中加入海鳟鱼塔塔、鳕鱼片、脱水天然酸奶、一些菠菜叶即可。

Pumpkin Soup (Serves 4) 南瓜汤（4人份）

Recipe by Menkei Cheah Photo by Sol Wellness Spa

Ingredients:

750ml peeled and diced raw pumpkin or butternut squash, 1 diced Fuji apple, kernals of 1 ear of corn, 1 diced red bell pepper, 1 avocado, 250ml water, 1 tablespoon fresh minced ginger, 1 piece garlic (optional), 1 teaspoon sea salt, raw pumpkin seed and fresh herbs to garnish

Method:

1. In a high speed blender combine butternut squash, apple, corn, red bell pepper, water, ginger, garlic and sea salt. Process until smooth, add avocado and a little more water for the right consistency.
2. Season to taste and garnish with raw pumpkin seed and fresh herbs before serving.

This is a hearty warm winter vegan soup rich in vitamin A & C.

原料:

750毫升生南瓜或者冬南瓜，去皮、切块、1个富士苹果、切块、1片新鲜玉米核、1个红辣椒，切块、1个朝鲜蓟、1杯水、1汤匙新鲜碎姜、1瓣大蒜（可选）、1茶匙海盐、生南瓜子和新鲜香草，点缀



做法:

1. 在高速搅拌器中将冬南瓜、苹果、玉米、红辣椒、水、生姜、大蒜、海盐搅拌，加少许水，搅拌均匀

2. 调味，加生南瓜子和新鲜香草点缀

这是冬季里，特别适合素食主义者的一款汤，富含维生素A和C