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# foodtalk

**FRIENDS IN HIGH PLACES** Angliss Singapore partners with industry giants  
**MAGNIFICENT MARBLING** US Nebraska Beef Chef's Table 2018 wows  
**BRINGING THE FLAVOUR** New Gourmet Partner opens in Vietnam  
**SHOW ME THE DOUGH** Angliss Shenzhen & Guangzhou host baking events



## Quartermaster General

Bo Ip Sorensen

*Hong Kong Convention  
and Exhibition Centre*

# Old Meets New, Science Meets Art

By Karen Chiang  
Photography by Chris Luk

The Murray, Hong Kong pastry chef Tom Wan may be a young professional armed with innovative ideas, but his creations are rooted in tradition and the classics

**FT(Foodtalk): What made you fall in love with desserts and baking?**

**TW(Tom Wan):** From a young age I was fascinated by cooking. The completely different results obtained from combining various ingredients is fun and intriguing. This is especially true for baking and desserts, where art takes a scientific turn, and every procedure has to be precisely followed. The scientific aspect is the part I enjoy most, because with the advances in technology and equipment I am able to infuse innovation into my creations.

## 糅合創新與傳統 匯聚科學藝術之髓

香港美利酒店餅廚Tom Wan是一位充滿創意的年輕餅廚，其創作卻是植根傳統和經典，深受源遠時代文化薰陶

**FT(Foodtalk): 是什麼讓你愛上了甜品和烘焙？**

**TW(Tom Wan):** 我自小就為烹飪所著迷。食材配搭組合只要稍有不同，便能創造出截然不同的菜式。整個烹飪過程是相當有趣好玩的，烘焙和甜品尤其如此，必須嚴格遵循每個步驟，發揮烹飪藝術創意時充份體現了科學的嚴謹精神。烹飪過程中，我最喜歡當中的科學元素，因為隨著科技和設備的進步，我可以把創新融入作品之中。

**FT: 你能舉例說明如何把科學技術從實驗室帶到廚房嗎？**

**TW:** 離心機本來主要用於科學實驗，把液體分離以作檢驗，但當

*Roselle and red berries crèmeux*





“The scientific aspect is the part I enjoy most, because with the advances in technology and equipment I am able to infuse innovation into my creations”

「烹飪過程中，我最喜歡當中的科學元素，因為隨著科技和設備的進步，我可以把創新融入作品之中」

**FT: Can you give us an example of the scientific techniques you brought from the science lab into your kitchen?**

**TW:** Centrifuges were mainly used in the lab to separate fluids for examination, and are now used in the culinary industry to separate liquids with different densities. I use them to condense juices into sauces with more concentrated flavours, instead of using artificial flavours or colourings. It is like taking ingredients apart using science!

**FT: What is your favourite dessert to make?**

**TW:** Traditional French apple tart. Although it may seem quite ordinary and straightforward, it actually requires

在烹飪時使用離心機，則可分離不同密度的液體。我能用離心機將果汁濃縮成更高濃度的醬汁，而非使用人造色素或香料。這簡直是利用科學把食材分解無異！

**FT: 你最喜歡做哪一款的甜品？**

**TW:** 傳統法式蘋果撻。雖然不是花巧的甜品，但要高水準的蘋果撻，必須駕馭多種廚藝技巧。除了製作的酥皮麵糰外，蘋果的選材亦會製造出截然不同的成品，因此需要依賴廚師的經驗去判斷不同材料會做出怎樣的結果。我的做法是事先把蘋果焗一下，加強蘋果的質感及更易控制味道。

**FT: 你最喜歡使用什麼食材？**

**TW:** 我喜歡柑橘類水果，特別是檸檬、青檸和柚子。這些水果在酸味以外各有獨特的味道，而且清新怡人，搭配其他食材能創造出特別的味道。例如，我曾經用以製作美味而口感豐富的果味雪葩。

**FT: 你設計新款糕餅或甜品時，過程是怎樣的？**

**TW:** 我通常一開始會因應中國人不時不食的傳統，從時令當造的食材入手。雖然，現時幾乎全年都可以取得任何食材，但時令當造食材味道總是略勝一籌。然後，我會與團隊一起進行實驗和試味，務求突出主要食材的顏色和獨特味道。我每次都會嘗試一些新的東西，不斷改良作品。

**FT: 你過往工作中最難忘的時刻是什麼？**

**TW:** 我曾在朱古力廠工作，過程中有幸學到關於這種神奇食材的一切，包括其製作方法。當時，我必定是渾身散發出巧克力的香

mastery of several techniques. In addition to making the puff pastry, the apples you use can completely change the outcome so you need experience to know the results different varieties will give. I poach them beforehand to obtain a better texture and get more control over the flavour.

**FT: Any particular ingredients you enjoy working with?**

**TW:** I like citrus fruits, especially lemon, lime and yuzu. They each have a unique taste beyond their sourness, and are all very refreshing. In combination with other ingredients you can create some pretty special flavours – for example, I've made sherbets that have beautiful and complex taste profiles.

**FT: What is your process when creating new cakes or desserts?**

**TW:** Usually I start with ingredients true to the Chinese ethos of eating seasonally. Even now when we are able to get virtually any ingredient at any time of the year, products in season still taste better. Then I will experiment and taste-test ideas with my team, emphasising and highlighting the colours and unique taste of the main ingredient. I try to do something new every time and keep improving the results.

**FT: What are your most memorable moments from your previous jobs?**

**TW:** Working at a chocolate factory gave me the unique opportunity to learn everything about that amazing ingredient and how it is made. I must have gone home exuding it, as once on a train a boy near me told his mother that he could smell chocolate! Furthermore, at The Four Seasons Hotel I got to know the importance of teamwork and how every department needs to work together seamlessly in order to deliver a good experience to diners.

味。因為有一次在火車上，鄰座男孩跟他母親說，他聞到了朱古力！後來，在四季酒店工作時，我了解到團隊合作的重要性，以及每個部門需要如何發揮團隊精神及協調作用，才能為食客提供完善的體驗。

**FT: 你認為香港食客對甜品的要求是什麼？**

**TW:** 現時的潮流是甜品必須賣相奪目，可以放上Instagram引起共鳴。但要讓客人「食」而忘返，甚至百吃不厭，食物味道本身也相當重要。我們有一款互動的甜品，靈感來自Affogato（濃縮咖啡加雪糕），其中有椰子雪糕和朱古力球，當客人把濃縮咖啡倒在雪糕上時，雪糕便會溶化。另一方面，我們盡可能採用天然食材，以滿足無麩質或清真食品等特別飲食要求，例如我們設計了不含魚膠粉的意大利芝士蛋糕。

**FT: 你為什麼決定加入香港美利酒店？**

**TW:** 我自小就一直對香港美利大廈感到著迷（美利大廈是一座25層高的大廈塔樓，在20世紀60年代曾是一座宏偉的政府大樓）。現時，這座大樓已改建成一間現代化的豪華酒店。在文化遺產的根柢上創造新事物，單是這想法已教我非常期待，因此我把握機會加入了美利酒店團隊。



Garden Lounge - The Murray afternoon tea



Popinjays — caramelized golden apple cheese cake



Hazelnut cake





“The idea of creating something new but with roots in heritage really excited and interested me”

「在文化遺產的根柢上創造新事物，單是這想法已教我非常期待」

**FT: What do you think Hong Kong diners are looking for in a dessert?**

**TW:** The trend right now is visually striking and “Instagrammable” creations, but in order for customers to return the taste needs to be there as well. On our menu we have an interactive dessert inspired by affogato [coffee-based dessert] that features coconut ice cream and a chocolate ball that melts as you pour espresso over it. We also use natural ingredients as much as possible, and cater to special dietary restrictions with gluten-free or Halal items like our gelatine-free tiramisu.

**FT: Why did you decide to join The Murray?**

**TW:** I've been fascinated by the building since I was young [the groundbreaking 25-story tower that houses The Murray was an imposing government block in the 1960s]. Fast-forward to now, when it was transformed into a modern luxury hotel, the idea of creating something new but with roots in heritage really excited and interested me. So I jumped at the opportunity.

**FT: Does The Murray as a concept influence your creations?**

**TW:** I try to add innovative elements into traditional desserts that reflect the hotel. For example, in our afternoon tea set, I created a charcoal cookie that looks like the art installation in the hotel lobby. Our scones are square, inspired by the windows here.



**FT: 美利酒店代表著一個特定的概念和風格，對你的創作有影響嗎？**

**RC:** 我嘗試在傳統甜點上加入創新元素，與酒店特色互相輝映。舉例說，在英式下午茶中，我設計了外表與酒店大堂的藝術裝置相似的竹炭曲奇，而我們的鬆餅是正方形的，靈感源自酒店的窗戶。



Popinjays - Dining Room

## The Power of Sour

In the face of ever more zany health products and fads, it's strangely reassuring that a recent trend is based on an age-old drink – and it actually works



We are constantly bombarded with new trends for healthy eating, but for every more questionable idea (e.g. the clay diet), there's something that seems to enjoy greater credibility (e.g. seaweed). Definitely in this second category is cider vinegar, which has taken off as the latest miracle remedy.

However, although celebrities such as Victoria Beckham, Scarlett Johansson and Megan Fox may have only recently discovered the unique attractions of cider vinegar, it's no health flash in the pan. One of the oldest fermentation processes known, it has been historically popular for millennia, from the ancients Greeks to the ancient Romans.

In Asia fruit or honey-infused vinegar is especially loved in Japan, Taiwan, and Korea, not only for its refreshing taste but also to balance pH levels, detoxify, reduce inflammation, cholesterol, skin irritations and dry throats, support the immune system, promote digestion, relieve muscle pain and act as an appetite suppressor.

While apple is the most popular, other traditional cider vinegar flavours include pineapple, plum, peach and strawberry. Now the west has jumped on the trend, however, you can increasingly find more exotic blends and superfoods such as turmeric, Himalayan sea salt and cayenne pepper, or combined with kombucha, a fermented, low-alcohol sweetened black or green tea drink also believed to have health benefits.

And in spite of the fact that some of the medical assertions made for cider vinegar are based more on anecdotal than scientific evidence, food manufacturers are nevertheless getting very excited about the possible earnings potential, particularly as a dieting aid.

This is backed up by the fact that “apple cider vinegar weight loss diet” has been among the fastest-rising health topic searches for Google in 2018. So isn't it time you put the power of sour into your diet?

## 酸味的力量

當現代人追求各種古靈精怪的潮流健康產品時，一款年代久遠的飲品最近竟然突圍而出，而且功效還叫人讚不絕口

每一天，我們身邊總是充斥著源源不絕的健康飲食新資訊，當中有些方法的確有參考價值（例如紫菜），但也有一些效果成疑（例如粘土飲食）。蘋果醋是近年流行的健康飲品，據說能為身體帶來奇蹟般的功效，絕對值得你一試。

雖然諸如維多利亞碧咸、施嘉莉祖安遜和美瑾霍絲等社會名流近年才發現蘋果醋的獨特魅力，但事實上蘋果醋有千年的歷史，早在古希臘及古羅馬時期已有人將蘋果發酵成醋，是最古老的發酵過程之一。

在亞洲，日本人、台灣人和韓國人都特別鍾愛果醋或蜂蜜加醋，不單是因為它們的清新香味，還因為其多元化的健康功效，包括平衡 pH 值、解毒、減低炎症、降低膽固醇、改善皮膚過敏、滋潤喉嚨、增強免疫系統、促進消化、舒緩肌肉痛楚，以及抑制食慾。

一般蘋果醋都是以蘋果來製作，但其實還有其他傳統口味，包括菠蘿、布祿、香桃和士多啤梨。近年，西方的蘋果醋更突破傳統，推出了愈來愈多含有奇特配方和超級食物的蘋果醋，當中例如有薑黃、喜馬拉雅海鹽及紅辣椒，甚至有與康普茶（一種經發酵，且含少量酒精的甜味黑茶或綠茶飲品）相結合的蘋果醋，據稱都能為健康帶來裨益。

部份針對蘋果醋的醫學研究聲稱，這種飲品能改善健康的效果多為傳聞，並無科學證據支持。然而，食物生產商明瞭蘋果醋作為膳食補充品的潛在商機，積極發展相關產品。

在2018年Google搜尋的健康主題類別中，「蘋果醋減肥餐單」是搜尋量飆升得最快的關鍵字，可見大家都對蘋果醋的健康功效充滿好奇。你何不嘗試將蘋果醋添加到日常飲食中，測試一下其神奇功效？