

OLIVER'S
THE DELICATESSEN

The destination for FINE FLAVOURS

Hurray for wholesome foods!

Had enough of processed food choked with artificial flavours and preservatives? This month, we're highlighting wholesome foods! Give yourself and loved ones a healthy and delicious diet with our fresh ingredients, free-from choices and healthier snacks.



Home-cooked and healthy

Nothing says loving like a well-made meal at home. Unleash your inner chef with our amazing choice of organic ingredients. They are free from antibiotics and hormones—and packed with natural flavours!

Organic Girl
Baby Spinach/Spring Mix/
Spinach & Arugula
\$49.9/pack

These pre-washed salad packs are made with premium quality greens. Try their whole range of exciting mixes.



S-Pure
Assorted Chicken Range
\$42.9/280-450g

S-Pure adheres to the highest standards to bring you delicious chicken—great for a variety of cooking methods.



Clearwater
Canada Scallops
\$148/340g

Sustainably harvested from the pristine North Atlantic, these scallops are quick-frozen after harvesting to preserve their exquisite quality.



Perfect Earth
Assorted Organic
Chia Pasta
\$33/225g

Made from organic rice, this wide range of gluten-free pastas are delicious alternatives to the usual pastas.



Stonewall Kitchen
Artichoke/Basil/
Sun-Dried Tomato Pesto
\$85/8oz

Enjoy carefully crafted pesto sauces inspired by family recipes—great for pastas and more!



James' Recommendation



With over 20 years of experience, our meat specialist James Goodenough handpicks the finest meats from around the world to delight your dinner table. Let James help you pick the perfect cuts for your meal.

Danish Organic
Pork Loin
\$38/100g

Produced without added hormones and organically raised, this pork loin is an excellent choice for roasts and more.



Scan to get



10% off

Spend \$120 or more on cheese or deli cold cuts and save 10%

10% off

Spend \$100 or more on Bob's Red Mill products and save 10%

Let's face it, we all love to munch between meals now and then. For healthier snacks and drinks, reach for these delicious choices that will satisfy your midday munchies.

More goodies, less guilt



Bickfords
Pomegranate Juice
\$68/1lt
This refreshing juice contains 100% pomegranate juice—no added sugar, nothing artificial. Just the way nature intended!



Manukee
Lemon & Elderflower Honey Drink
\$32.9/250ml
A sweet and healthy drink! Each bottle contains 2 teaspoons of Manuka Honey, nature's wonder food.



Stir It Up
Almond Milk Powder
\$178/400g
A convenient way to enjoy lactose-free organic almond milk—just mix with water! No added sugar or preservatives.



Supereats
Assorted Kale Crisps
\$23/0.8oz
The satisfying crunch of crisps meets the healthy benefits of kale in this scrumptious guilt-free snack.



Cruncha Ma-Me
Assorted Edamame Bean Snacks
\$23/20g
Enjoy this crunchy 100% natural snack that's high in protein and fibre. Also makes a great salad topper!



Lilifruit
Organic Soft Dried Figs
\$68/200g
Snack on mouth-watering fruit that have been carefully dried to preserve flavour and quality.



September's scintillating wines

Raise a glass to autumn with our awesome assortment of wines. Chosen by our wine expert, these inspired choices are perfect for enjoying the cooling weather with friends.



Buy 6 Bottles Enjoy 1 Bottle Free

1. Chiaro Sangiovese 750ml

Standard Price \$149 Special Price \$89 Price for 7 \$534 (average \$76.28/bottle)
This intense ruby coloured wine from Italy is dry and pleasant with a fresh bouquet of floral notes.

2. Giesen Sauvignon Blanc Marlborough 750ml

Standard Price \$160 Special Price \$149 Price for 7 \$894 (average \$127.7/bottle)
A great example of the Marlborough terroir! The aroma is fresh and vibrant with notes of citrus, herbs and flowers.

3. Bindi Sergardi Chianti Classico Riserva D.O.C.G. 2011 750ml

Standard Price \$229 Special Price \$179 Price for 7 \$1,074 (average \$153.42/bottle)
With a rich palate and seductive nose of cherry, herbs and exotic wood, this wine is simply stellar!

4. Pascal Bouchard Fourcharme Chablis Premier Cru 2016 750ml

Standard Price \$299 Special Price \$229
From one of the best-known Premier Cru vineyards in Chablis, this white wine offers rounded lemony flavours and a fresh minerality.

5. Pepperjack Shiraz Barossa Valley 2016 750ml

Standard Price \$219 Special Price \$169
Absolutely made to be enjoyed with steaks, this medium bodied, ripe, peppery shiraz is exceptional quality.

6. Duluc de Branaire Ducru St. Julien 2012 750ml

Standard Price \$348 Special Price \$248
The second wine of the ever stylish, reliable Branaire Ducru, enjoy the finesse and elegance of this medium bodied St Julien.

Ellen's Recommendation



Since 2008, our wine specialist Ellen Coetzee has shared her passion and knowledge for wine with all our customers. With more than 500 wines from around the globe, Ellen can help you choose a bottle for any occasion.

Château Léoube
Côtes de Provence Rosé de Léoube 2016 750ml
Standard Price \$169
Special Price \$129

We have just received this sensational, organic wine. Made by Romain Ott - a leading rosé maker in Provence, this medium bodied wine shows wonderful red berry fruits, hints of pineapple and above all, a wonderful freshness, making it perfect for light lunches or as an aperitif.



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Terms & Conditions:
1. Maximum 2 hours free parking (for purchase over \$1,000)
2. Only applicable to Star Ferry carpark. Please present the carpark ticket to our cashier in order to enjoy offer



IF YOU DON'T DRIVE



Place order by 1pm

Same Day

Deliver to HK Island

Next Day

Deliver to other areas

IN WITH THE OLD

Fermenting, pickling, salt-drying - how age-old food preservation techniques are transforming modern cooking.

Words Karen Chiang Photos Samantha Sin



We tend to take refrigeration for granted. But thank goodness it wasn't always so. With no fridges handy, our forebears had to get creative when it came to preserving food. In order to keep fresh and hard-to-come-by food for the tougher months, they used age-old processes such as salting, sun-drying and pickling, or, in gloomier places, dry-ageing and smoking. And, in the industrial age, we learned to freeze food to keep it at its prime.

It is inevitable, then, that preserved food has made its way into traditional dishes and onto family tables around the world: sourdough bread in Europe, kimchi in Korea, himono sun-dried fish in Japan.

While these preservation techniques were once used out of necessity, today they've evolved as ways to transform flavour. For instance, smoking – now often associated with American barbecue, where different combinations of wood are burned to add depth of flavour to meat – has its roots in Spanish, German and African cultures.

“The action of burning wood releases smoke that indirectly cooks the food, aromatics that flavour the food, as well as oily liquids that help flavour and preserve the products,” CRFT PIT’s executive chef Leo Kam explains. “Smoking is similar to dehydrating, and fully smoked meats could last for months.”

Each type of wood has its own characteristics, and can impart the mineral and taste profiles from the region it was harvested, according to Kam. Even the shape of the wood is accounted for, and he reckons the traditional method of using logs of hardwood achieves the best smoke and results in the best flavours.

“Hickory or mesquite, for example, gives off a deep smokier flavour that has an acidic or sour taste – great for balancing out rich and fatty meats. Fruit woods like apple and cherry, on the other hand, give a softer flavour, and are great for smoking seafood. Other fuels, like herbs, hay and tea, can also be used to lightly flavour the meats,” he says.

Another way to transform meat, specifically beef and seafood, is dry-ageing. Using this technique the meat loses moisture and the collagen breaks down, causing flavours to condense and the texture to become more tender. It gives depth and intensity to fish, while still retaining the clean taste, says Okra’s chef-owner Max Levy.

Though on the surface it requires few ingredients or steps, the process is complex and nuanced. >>



The process is similar for beef and fish, except that beef dry-ages at 9°C to 10°C and fish at 4°C to 5°C, Levy explains. “But for fish, you need to make sure you check it every day. You cannot have anything else in the fridge because the flavours will get absorbed and you have to be wary of outside bacteria or mould that will spoil the result.”

Unlike beef, there is no standard or traditional way to dry-age fish, apart from keeping a hygienic environment. Instead, it is always a journey to find the perfect timing or “melting point”, as Levy calls it, for a particular cut or type of fish to reach its dry-ageing peak. “Usually for a smaller white fish, the maximum is four to five days,” he says.

Another ancient preservation technique is fermentation, a longer process used in western staples such as olives, yogurt and cheese. It’s a process of “controlled decay”, says 12,000 Francs’ executive chef Conor Beach. “It is when food organically breaks down, and if you can harness that decay with good bacteria, you can transform and enhance flavours. When done right, it can add brightness and acidity, it calls out flavours from a dish and can lead it in a different direction.”

Fermentation is a versatile technique that can work with a range of produce. Trying something new or unlikely often brings great results, Beach says. A fermented batch of excess baby turnips turned out brilliantly, he says, but even when the result is too strong, you can let it mellow out and check back later.

One constant with Beach’s experimentations is the freshness of the produce. “Because you are intentionally breaking down products, you have to use the freshest ingredients. You wouldn’t want something rotten to ruin the batch,” he says.

In Asia, fermentation is used to transform vegetables and grains into strong-flavoured condiments and ingredients including miso, natto and soy sauce, as well as alcoholic beverages such as soju and sake. All these familiar tastes can thank bacteria for their unique flavours, says Sook founder Mina Park.

“What I love about preserved vegetables is how they evolve over time as the bacteria does its magic and creates new compounds that change the flavour of the food,” she says.

Caring is key when it comes to fermenting, she says. “Fermented vegetables are sensitive to temperature, weather, seasons. You have to care for them. A jar of fermented vegetables really is a living thing.”

Pickling is another crucial part of Korean culture. Though often associated with fermentation, pickling differs in using acidic liquids (such as vinegar) to preserve the food rather than using acids present in the food itself.

“You will always find a pickled vegetable as a side dish at any Korean meal,” Park says. “I always have a jar of pickled daikon in my fridge, usually tinted pink because I love pink. In my opinion, a pile of julienned pink pickled daikon can lift any dish.” ■

The Art of Contemporary French Cuisine

By Michelin-Starred Chef
Frédéric Vardon

XXX

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Fermenting

From sourdough to shredded vegetables, food is transformed in flavour and nutritional content by bacteria.



WHO?
Conor Beach, executive chef of food-preservation-focused restaurant 12,000 Francs

WHAT?
Fermented sourdough bread

HOW?
The 48-hour process starts with feeding the liquid leaven sourdough starter, twice. The dough is made from filtered water, Japanese white and coarse wheat flours, toasted barley malt and sea salt, using a ratio of 85g water to every 100g of flour. Leave the dough to proof. Shape it into loaves but knead gently, then continue to proof for highly stretchable and slightly elastic dough that will trap gasses to form large air bubbles during baking. Allow the rise to slow down overnight then bake the sourdough at 250°C with a lot steam and moisture in the oven, which provides a glossy sheen, then lower the temperature and vent the moisture. Finally finish baking at 300°C in the masonry oven for a crusty exterior.

TIPS



In hot weather, use more salt to slow down the fermentation process; use less salt in cooler weather



Refrigeration will slow down the fermenting process but the ingredient may continue to change in flavour



Chillies ferment really well and can be blended with different aromatics, such as coriander seeds, to create unique sauces

Ageing

Ageing meat and fish concentrates natural flavours and tenderises the flesh.

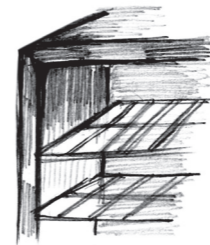
WHO?
Max Levy, chef-owner of izakaya and omakase restaurant Okra

WHAT?
Dry-aged baby tuna

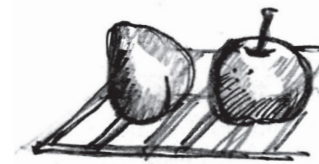
HOW?
Rinse the fish with salt and water, remove the guts and cut the flesh into pieces. Place the pieces into a refrigerator to dry-age for four to five days, checking daily for spoilage and to observe the ageing process. Serve deep-fried with homemade pickles.



TIPS



Remove everything else from the fridge used to dry-age the fish, particularly vegetables



“Dry-age” delicate fruits such as strawberries and figs in the fridge for a few days to make them softer and sweeter



Experiment with different ingredients. Five- to six-day-old clams dry-age well

Smoking

Bathe meat and seafood in smoky, aromatic vapour to enhance flavour and soften texture.



WHO?
Leo Kam, co-founder and executive chef of smokehouse and butcher CRFT PIT

HOW?
Rinse 4kg of pork shoulder with ice water and pat dry. Slather the meat with 150ml yellow mustard, dust with 100g of pork rub and marinate overnight in the fridge. Mix a litre of barbecue sauce with 100ml apple cider vinegar and 200ml apple juice, and baste each piece of pork with the sauce. Add 2kg hickory wood chips to the smoker. At CRFT PIT, we smoke ours for 10 to 14 hours until the internal temperature is 80°C to 85°C, depending on the pork. Baste with the barbecue sauce every 30 minutes to an hour. Rest for 20 minutes at room temperature, then at 80°C for one hour for easier shredding. Hand-shred the pork and combine with the cooking juices. Add barbecue sauce as desired.

WHAT?
Pulled pork

TIPS



Blue smoke is the most desirable for cooking low and slow, and is what pit masters try to achieve



Use wood chunks (hard wood) for the best flavour and to achieve smoke rings – a layer of red just below the charred crust of the meat



Cold meat and fish attract more smoke flavour than room temperature ingredients



Moist meat also attracts more smoke flavour – spritzing the smoking chamber with water to add humidity will help

Pickling

Let vegetables marinate in a pickling liquid and add freshness to any dish.



WHO?
Mina Park, founder of Korean private kitchen Sook

HOW?
Cut five medium cucumber, half a carrot, 300g daikon and 200g garlic stems into 2-inch matchsticks. Cut 100g lotus root into 1-cm slices. Cut three long red and five green chilies into 3-cm rounds. Cut three onions in halves and then cut each half into sixths. Put all the vegetables into a glass jar. Boil three cups of soy sauce, three cups of water, two and a quarter cups of sugar and one tbsp of black peppercorns for five minutes. Add two and a quarter cups of vinegar and half a cup of soju. Pour the hot liquid over the vegetables. The vegetables should be 80 per cent covered with liquid since the vegetables will reduce. Remove the liquid from the jar in two days and boil it again. Cool it completely and pour back over the vegetables. Enjoy!

WHAT?
Mixed vegetable jangajji

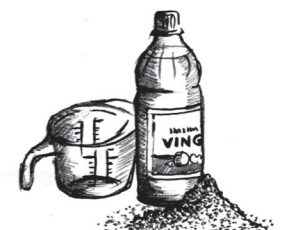
TIPS



Pickles and kimchi are meant to be eaten to add flavour to otherwise bland white rice in a Korean meal



The acidity and the crispness of pickled vegetables add additional dimension to a dish that a plain vegetable doesn't



To control the acidity when pickling vegetables, make sure you have the right ratio for the brine. The vinegar should have five per cent acidity