

ISSUE **47**
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foodtalk

EDIBLE ILLUSIONS Dessert wizard Roy Chan of the Royal Plaza Hotel

BRUNCH, DARLING? Asia makes its mark on the trendy treat

PROVINCIAL PERFECTION Chaozhou cuisine comes of age

HIT THE BEACH Angliss Singapore provides the eats at Sentosa GrillFest

Man of the Moment

Marcus Mathyssek
Grand Hyatt Hong Kong



Sugar Man

Executive Pastry Chef of Royal Plaza Hotel, Roy Chan, takes pastries and desserts to the next level with his creativity and eye for detail

By Karen Chiang

Photography courtesy
Royal Plaza Hotel and Chris Luk

FT(Foodtalk): How did you get your start in pastry and desserts? Was it something you've always wanted to do?

RC(Roy Chan): I initially chose to study cooking because I am something of an introvert, and the kitchen felt perfect for me. I ended up choosing pastry, where I was taught by the now chairman of Hong Kong Bakery and Confectionery Association, Louisa Ho. Through learning, practicing and ultimately an internship with JW Marriot in Hong Kong, I found fulfillment from baking and decided to continue on this path.

FT: How do you come up with the ideas for your creations? Can you talk us through the creative process and what influences your creations?

RC: We have regular meetings to decide seasonal themes. We then start with ingredients - for example, in autumn, we might use maple syrup. We then look at how those ingredients can work together in terms of presentation and colours, and eventually figure out how we can produce it.



Sometimes we have to complete a perfected product within two days!

FT: What is your favourite dessert to make, and what's most challenging about creating it?

RC: Napoleon cake. It was the first I made from scratch after leaving school, when I was working at JW Marriot Hong Kong. I shared it with my family for my mum's birthday. Puff pastry is very difficult to get right, you won't know until it comes out of the oven. Nowadays it's much easier to make Napoleon cake with pre-made puff pastry dough.

FT: What do you think is the key to making a good dessert?

RC: Every part of the process is important. Each ingredient needs to work with one another, from cake base to final decoration. Skills wise, controlling the temperature is also very important. You have to be patient, because baking takes time.

甜品達人

帝京酒店行政糕餅總廚陳繼志 (Roy Chan) 憑著創意和一絲不苟的工作態度，將糕點和甜品製作提升至更高層次

FT(Foodtalk): 可否向讀者介紹一下您是如何開始製作糕點和甜品的？這是您一直想做的事情嗎？

RC(Roy Chan): 最初選擇學習烹飪是因為我的性格比較內向，並覺得廚房是最適合我的工作環境。機緣巧合下，我有幸受現任香港烘焙專業協會主席何肖琮女士教導啟蒙，因而選擇了糕點製作成為我日後發展方向。透過學習和練習，讓我終於有機會在香港JW萬豪酒店實習。我在烘焙中得到的成就感令我更加堅定地朝著這個方向發展。

“Every part of the process is important. Each ingredient needs to work with one another... You have to be patient, because baking takes time”

「甜品製作的每一個步驟都舉足輕重。從製作蛋糕底到最終的裝飾，
每種材料都需要互相配合……因為烘焙需要時間，所以您亦需要保持耐性」



FT: Which is your proudest creation?

RC: The half-baked cheese tart. We were one of the first to do it when the trend started, and were ranked by local media to be one of the best. Few people knew that I hadn't even tried the tart before I made it!

FT: What about the sweet surprise cake? How did you come up with the idea?

RC: We needed to make something very 'out of the box' for a particular event. I had a sudden thought, "what if we turn something savoury into something sweet?" Inspired by the food models I've seen at Japanese restaurants, I decided to make an edible and sweet version. We have

FT: 您創作的靈感從何而來？您能否向我們介紹一下自己的創作歷程以及影響您創作的因素？

RC: 我們會定期舉行會議以決定季度主題，然後便從材料開始著手，例如在秋天時可能會選用楓糖漿。之後，我們觀察食材的顏色和外觀，嘗試配搭出不同的組合，最後便落實製作糕點的各項具體細節。我們曾經試過在短短兩天內，由構思開始製作出一件完美的糕點！

FT: 您最喜歡製作什麼甜品，製作它最具挑戰性的又是什麼？

RC: 我相信是拿破崙蛋糕吧。那是我剛剛畢業後，在香港JW萬豪酒店工作時第一件由零開始製作的甜品。我將蛋糕帶回家，和家人一起慶祝媽媽的生日。製作酥皮糕點需要較高的技巧，因為往往要到烤焗完成後才能知道結果。幸好我們現時可以使用預製的酥皮麵團來製作拿破崙蛋糕，令製作過程比以往簡單得多了。

FT: 您認為製作好的甜品最重要的是什麼？

RC: 甜品製作的每一個步驟都舉足輕重。從製作蛋糕底到最終的裝飾，每種材料都需要互相配合。技巧方面，控制溫度也很重要。因為烘焙需要時間，所以您亦需要保持耐性。

FT: 最令您驕傲的甜品創作是什麼？

RC: 我想應該是半熟芝士撻。當這甜品開始流行時，我們是其中一間最早製作的餅店，當時更獲本地傳媒冠以市面上其中一款最佳的半熟芝士撻。但其實我在做出第一批芝士撻之前，我從來都沒有品嚐這款糕點！

FT: 那麼您是怎麼想出製作鬼馬蛋糕這主意？

RC: 我們時常需要為特別節目製作一些非常具創意的甜品。某一次我忽發奇想：如果我們將一些鹹點變成甜品，效果會是怎樣？在一次日本餐館看到的食物所啟發下，我決定製作一種可供食



Sweet surprise cake - ramen
(Mango custard cake with hazelnut chocolate tempura)



Sweet surprise cake - sausage abalone rice (Chestnut cake with crispy rice, cookie sausages and chocolate abalones)



ROYAL PLAZA
帝京酒

ROYAL PLAZA
Empire

“ Hong Kong diners are also increasingly critical of what they eat, so in order to please them you have to give it a bit more thought ”

「香港食客對食物質素的要求越來越高，他們不單止追求食物賣相吸引，更要求菜餚和全球潮流接軌。因此為了令顧客滿意，廚師必須多花心思」

since made cakes that look like congee, or oyster hot pot, or pineapple fried rice – altogether over 10 designs.

FT: Your sweet creations like the realistic ramen 3D cake are both creative and delicious. What's the most challenging part about creating them?

RC: The hardest part is to create a recipe that can be practically produced. If it takes a whole day it doesn't make sense on an operational level. We have to think of creative ways to make realistic recreations – for example, we create rice with ingredients like white chocolate rice puffs.

FT: Royal Plaza Hotel often works with beauty brands to create themed tea sets, including an elaborate cat-themed tea set and dessert buffet you put together recently. What is most fun or challenging about these projects? What other product categories or brands do you work with?

用的甜味版本。自第一款鬼馬蛋糕推出後，我們又再挑戰其他食物，結果前後總共創作了超過10款看起來像粥、生蠔煲、或菠蘿炒飯的蛋糕。

FT: 您所創作的甜品，例如像真度極高的立體拉麵，不單止創意十足，而且十分美味。在製作過程中，哪一個步驟最具挑戰性？

RC: 最難的部分是構思一份真正可行的食譜。單是構思有時便要一整天時間，而將其付諸實行更是要投入相當多的精神和心力。很多時候，我們必須以創新的方式來製作一些可行的作品，例如，用白朱古力米泡芙打造出白飯的外觀和質感。

FT: 帝京酒店經常與美容品牌合作推出主題下午茶，包括最近精心製作、以貓為主題的下午茶套餐和甜點自助餐。這些項目最有趣或最具挑戰性的是什麼？您還與哪些其他產品類別或品牌合作過嗎？

RC: 了解主題或產品非常重要，因為我們可以從品牌中獲取靈感。在推出Paul & Joe的下午茶套餐時，我們使用模具和朱古力製作了外型如最新款口紅的蛋糕。此外，我們亦與珠寶品牌或



RC: It is really important to understand the theme or product, and take inspiration from the brand. For the Paul & Joe afternoon tea set we made a cake version of the latest lipstick using moulds and chocolate. We have also worked with jewellery brands, or games like Candy Crush. The trick is to tailor-make each tea set with fun but reproducible elements that pays homage to the brand.

FT: What do you feel are the main differences between western and Asian dessert making? What's the key to combining their ingredients and techniques successfully?

RC: To me, cakes will always be western. The only difference is, in Asia we use ingredients from around the region, such as China or Japan. When you change the ingredients, the recipe has to be adjusted. The weather also affects it, for example in hotter climates like Hong Kong we have to use more gelatin powder. You really have to do a lot of tweaking and testing.

FT: Are there differences in being a pastry chef in Hong Kong compared to other Asia countries?

RC: Pastry chefs in Hong Kong have to be able to endure long working hours. When I started, I had to work 15 hours a day. Hong Kong diners are also increasingly critical of what they eat, so in order to please them you have to give it a bit more thought. People want good-looking food and the latest trends.



Candy Crush 等遊戲合作過。當中的訣竅是為每款下午茶度身訂做有趣及可行的元素，以向品牌致敬。

FT: 您覺得西方和亞洲甜品的製作主要有什麼分別？要將它們的材料和技術成功結合，關鍵是什麼？

RC: 我認為蛋糕永遠是西方的甜品。唯一的區別是，身處亞洲的我們會使用鄰近地區所提供的食材，例如中國或日本。當更改材料時，便必須相應調整烹調方法。此外，天氣也是一個影響因素，例如像香港這樣較熱的氣候，我們必須使用更多魚膠粉。所以在整個過程中，您必須作很多調整和測試。

FT: 相比起亞洲其他國家的糕點師傅，香港的糕點師傅有什麼不同？

RC: 香港的糕點師傅必須能忍受極長的工作時間。剛入行時，我每天均須工作 15 小時。同時，香港食客對食物質素的要求越來越高，他們不單止追求食物賣相吸引，更要求菜餚和全球潮流接軌。因此為了令顧客滿意，廚師必須多花心思。 🍪

