

Nectar of the Gods and Men

杏仁蜂蜜布丁

琥珀色的蜂蜜流淌著醇厚與甜蜜，是來自天堂的花露，是液體的黃金。

Story by Kate Missine Original recipe by Gaëlle Didillon Translated by Zhao Wen Food styling and photography by Jie Freishter



Food of the gods, celestial nectar, liquid gold. Shrouded in sacral legend, honey's amber-hued sweetness has been worshipped since its first discovery by man around ten thousand years ago, likely in the depths of a wild beehive. In its distinct intensity, unlike anything tasted before, it isn't surprising that the fascinating substance was seen as a gift from above in almost every culture.

In India, it was considered dew fallen from the heavens; Egyptians (thought to be the first to cultivate honey using logs to mimic hives), buried honey-filled clay vessels in tombs — traces of it, still edible, have been unearthed dating over 5,000 years back; and the Greeks spoke of ambrosia, a drink of honey and milk enjoyed by the deities.

Mythology aside, ancient Greece was also among the first to tap into honey's powerful medicinal potential. While home cooks concocted newfound delicacies with the first-ever sweetener, others explored its many therapeutic properties. Homer and Aristotle wrote extensively on its virtues, and Hippocrates, the father of Western medicine, proclaimed the bees' precious product as one of nature's most potent healing agents, using it to treat a variety of ailments and dress wounds and burns.

In the physician's footsteps, modern findings confirm that the delicious condiment boasts a plethora of disease-fighting compounds, even aiding in cancer prevention. Perhaps we no longer attribute its powers to the divine, yet honey is still something of a miracle — the product of a team of petite workers, it's a testament to nature's perfect design and the wonder of its complex workings.

Honey-infused food and drink, such as the fabled mead of the medieval table, starred in feasts and royal tables throughout history, and the French courts were not immune. A favourite of Louis XIV's Queen, Maria Theresa of Spain, the golden confection was elevated to refined heights, maintaining its status as a darling of French cuisine to this day.

This silky pudding, inspired by the regal desserts of centuries past, brings out the nectar's delicate floral notes in a bouquet of fragrant almonds and verbena leaves, an ideal finish to a light spring meal.



Ingredients: 主料：
 1 litre oat milk 1升燕麥汁
 250ml oat or soy cream 250毫升燕麥或大豆濃漿
 4 tablespoons honey 4大匙蜂蜜
 2 tablespoons almond butter 2大匙白杏仁泥
 4 tablespoons almond meal 4大匙杏仁粉
 1 small handful lemon verbena leaves 1小把檸檬馬鞭草
 1 teaspoon agar-agar 1小匙瓊脂（凍粉）

Almond Verbena Dessert

Directions:

In a saucepan, combine the agar-agar and almond butter. Gradually pour in milk until butter is dissolved; then add in cream, almond meal, and verbena leaves, whisking constantly. Bring to a boil, then stir in honey, and remove from heat.

Pour the still-hot mixture into small dishes or molds. Let cool, then refrigerate for 2 hours. Turn molds upside down onto plates, or serve directly in serving dishes.

人類對於蜂蜜的熱愛可追溯至一萬年前。一次偶然的發現，讓野生的蜂巢成為了近乎神聖的存在，人們相信其中滴落的金黃色液體，一定是來自天上神祇的賜福，否則又怎會有著如此香甜的味道。

印度人稱蜂蜜為「天堂的甘露」；埃及人據記載是最早馴養野生蜜蜂民族，他們把裝入陶罐的蜂蜜埋入地下。在五千年後的今天，當這些蜂蜜破土而出，居然並未變質，仍可食用；希臘人眼中的蜂蜜同樣是神靈才可享用的飲品。他們同時開發出了蜜蜂的藥用價值和烹飪功能。廚師們會使用蜂蜜為菜餚增加甜味。在荷馬和亞里士多德的筆下，蜂蜜有著最美好的品質。西方醫學之父希波克拉底則發現蜂蜜可用以治療輕微的疾病和幫助傷口癒合。如今，現代科學已經證實，美味的蜂蜜中富含各種抗病成份，有助於預防癌症。辛勤的蜜蜂們用自己的耕耘見證了大自然的奇蹟。

在歐洲，路易十四的王后瑪麗亞將蜂蜜的食用方式提升到了新的高度。尤其是其中一道柔滑的布丁，靈感源自於流傳數個世紀的皇家甜品，總是在精緻華麗的皇家宴會上大放異彩。讓我們在清新的早春時節嘗試用《品味》的獨家配方，來重現法國皇家美味吧！

做法：

燉鍋中放入瓊脂和杏仁泥，文火加熱。慢慢倒入燕麥汁，待瓊脂和杏仁泥融化後，放入燕麥或大豆濃漿、杏仁粉和馬鞭草葉。不停攪拌至煮沸，拌入蜂蜜關火。

趁熱將鍋中的融漿倒入小碟子或模具中。冷卻後，放入冰箱冷藏2小時。將布丁扣進餐盤內上桌。

貼士：

關於燕麥汁、燕麥濃漿和大豆濃漿，請參考英文名稱在西人超市購買。中文譯名僅供參考。

Champagne Toast

From the heart of the Champagne region, popping the cork on the French fizz's royal legacy.

法式香檳與麵包的優雅邂逅

隨著一聲清脆的輕響，軟木塞從瓶口一躍而出，香檳的魅力在一刻開始釋放。

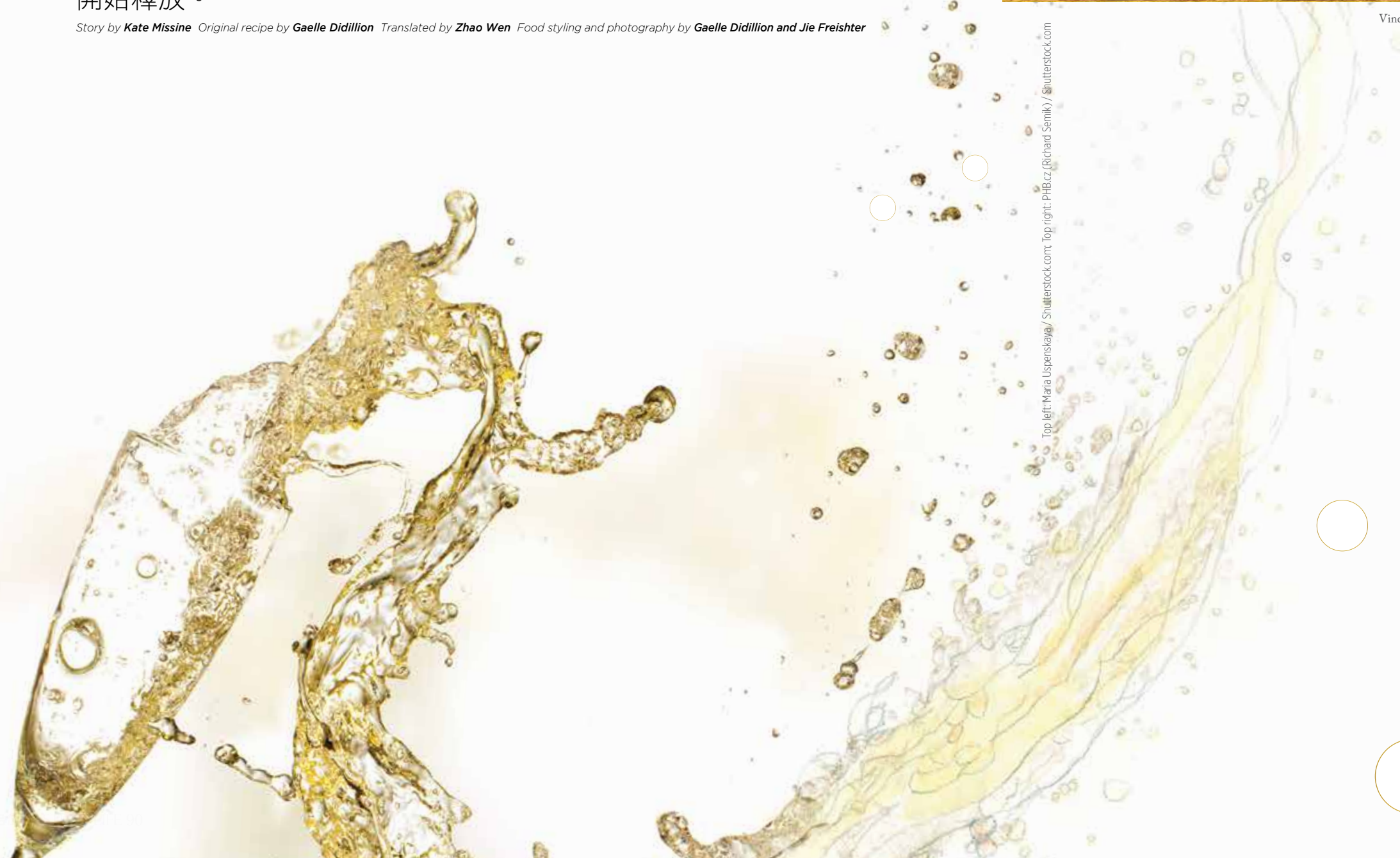
Story by *Kate Missine* Original recipe by *Gaëlle Didillon* Translated by *Zhao Wen* Food styling and photography by *Gaëlle Didillon and Jie Freishter*



Vineyard in France 法國釀酒莊園



Champagne Winery, Epernay, France 法國香檳之鄉艾培涅的釀酒廠



Top left: Maria Uspenskiaya / Shutterstock.com; Top right: PH&Cz (Richard Semik) / Shutterstock.com

A way from the glitz of Paris, resting on the mineral-rich soils of northeast France's Champagne-Ardenne region, lies the quiet town of Épernay.

There, for those versed in the art of vin, the names of the champagne houses lining Champagne Avenue are iconic: Moët & Chandon, Mercier, and Perrier-Jouët — over 100 kilometers of old-world facades, in stately procession. This avenue, a dream to stroll down, is the holy grail of the effervescent libation, and beneath your feet is where the real magic is at work. Old underground chalk mines have become champagne cellars that cocoon thousands of bottles of the magical liquid as it slowly ferments to maturity in a fascinating process that got its roots here centuries back.

Champagne's journey began around 2,000 years ago, when the Romans first planted grapes in the region, christening it 'Campagna.' They intended to create a flat wine, but because of the cold winters there, the wine didn't fully ferment before it was bottled. Come spring, it began its fermentation again inside the bottle.

The fragile bottles frequently exploded during fermentation, and the surviving bottles were found unintentionally bubbly. While the French sought to remove the bubbles, the Brits took to the sparkling version, discovering a way to produce it deliberately, and the French nobility soon followed.

The "wine of kings, the king of wines," in the words of Guy de Maupassant, spread in popularity, starting at the Versailles and peaking during Louis XIV's reign. Rumor has it that the king first tasted champagne as a teenager at his coronation, and enjoyed it so much he rarely drank anything else for the rest of his life.

Today, authentic French champagne retains its royal reputation. While delightful in a glass, it also shines in culinary adaptations such as delicate champagne jam. Lightly sweet, it is typically served as an accompaniment to foie gras; here, we paired it simply with crusty bread, goat cheese, and salty caviar for a bright and savory flavor burst.



Champagne Jam Toast

Directions:

Cut baguette into thin slices. Spread slices with your choice of toppings: caviar, fig marmalade, goat cheese, mashed roasted asparagus — then top with champagne jam. Serve alongside a champagne apéritif.



Olga Gairlova / Shutterstock.com

遠離巴黎的浮華，法國東北地區是舉世聞名的香檳產地。在礦藏富饒的阿登地區，一座名叫埃佩爾奈的寧靜小城因香檳那細膩的泡沫和清醇的酒香吸引著全世界的酒客。

在僅有三萬多人的城鎮裏，大多居民都是世代以釀酒為生。沿著著名的香檳大道前行，兩旁可見「酩悅香檳」、「梅西埃」和「巴黎之花」等名酒品牌的身影。而此時潛藏在腳下的，正是這些金黃色美酒的搖籃——地下酒窖中正有數以千計的酒瓶正在沉睡發酵。

據說香檳酒起源於兩千年前的古羅馬葡萄種植區，那時的名字是Campagna。一瓶普通的未發酵完全的葡萄酒在冬季時被密封進了酒瓶裏，而當春天來臨，這瓶酒悄然開始了第二次發酵。事實上，這種情況在當時時有發生，粗糙的製瓶技術，讓二次發酵時產生的氣體很容易就會撐裂瓶身。而這一次，酒瓶並未碎裂，這迷人的小氣泡倖存下來。並很快受到了英國貴族的追捧，開始有意製造這種新型的葡萄酒，而法國貴族們很快也趕上了這股風潮。

法國大文豪莫泊桑曾讚頌香檳酒為「王者之酒，酒中之王」，這句話受到了法國王室的認可，並在路易十四統治時期達到了巔峰。這位年輕的國王，在他加冕時第一次品嚐到了香檳，從此，王冠和香檳成為路易十四一生中最高貴的夥伴，他很少再喝其它種類的酒。

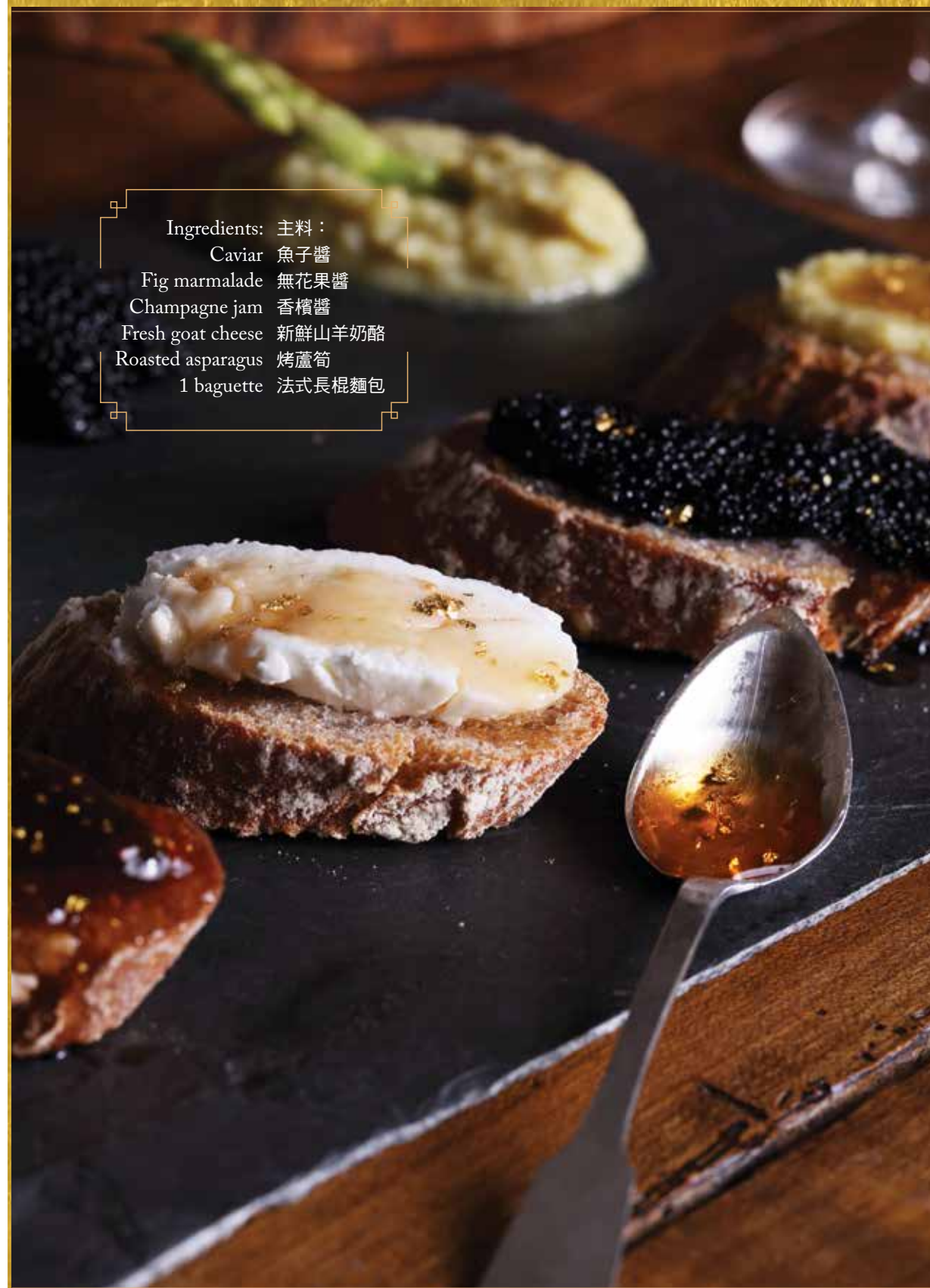
如今，正宗的法國香檳在全球依然享有盛譽，無論是放在酒杯中暢飲，還是加入菜餚中調味，香檳都用它清新馥郁的香氣，為人們的生活帶去享受和歡欣。它微甜的口味更是法國傳統美食鵝肝醬的最佳伴侶。而在這裏，我們將為大家介紹一款香檳搭配烤麵包、山羊奶酪和魚子醬等法國經典美味的餐品，讓您充份體驗法式飲食的優雅魅力。

做法：

將法式長棍麵包切片，表面塗上魚子醬、無花果醬、山羊奶酪、搗碎的烤蘆筍等，再塗上一層香檳醬，然後與香檳開胃酒一同上桌。

Top left to bottom: Stuart Blyth / Shutterstock.com; PHB.cz (Richard Semik) / Shutterstock.com; Maria Uspenskaya / Shutterstock.com; successo images / Shutterstock.com

Ingredients:	主料：
Caviar	魚子醬
Fig marmalade	無花果醬
Champagne jam	香檳醬
Fresh goat cheese	新鮮山羊奶酪
Roasted asparagus	烤蘆筍
1 baguette	法式長棍麵包



For more info on Champagne Jam, please visit e-gastronomie.com * This article not intended to be a substitute for professional medical advice, diagnosis or treatment.