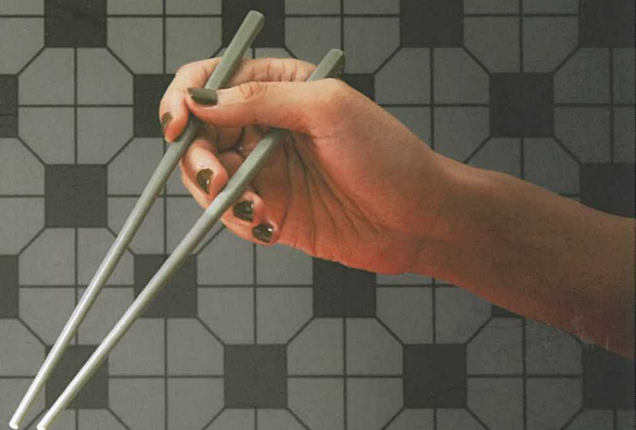
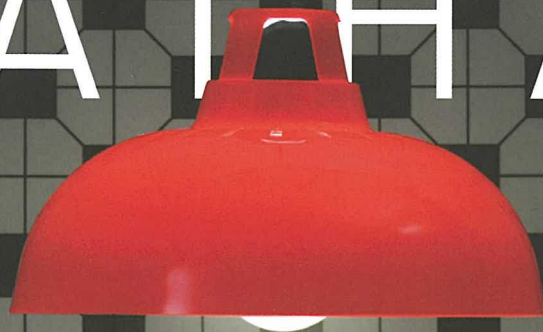




# CATHAY

國泰



# A CULINARY RENAISSANCE

認識一班力求突破、  
在香港帶領中菜革新的廚師們  
撰文 KEE FOONG

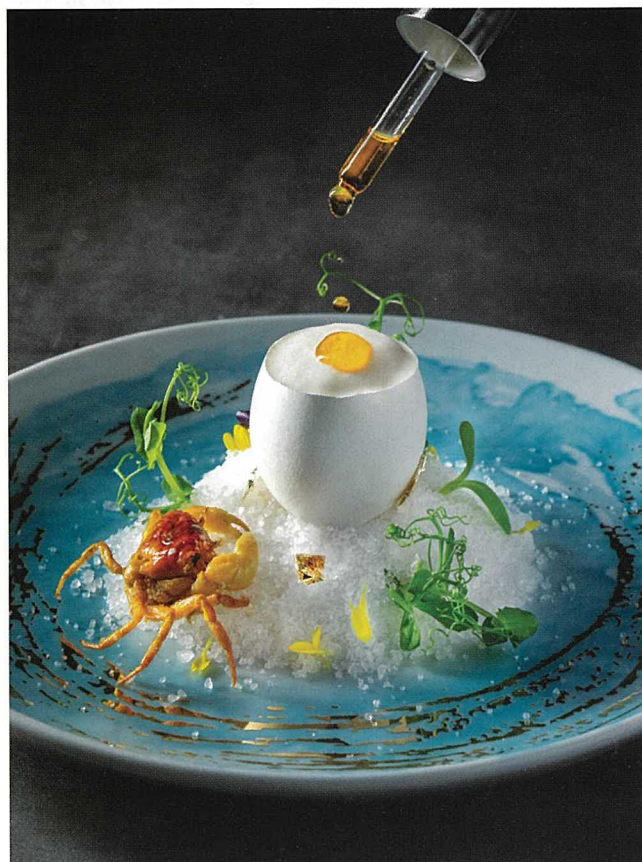
## 中菜新風潮



**IF MICHELIN** stars are any indication, Hong Kong is home to some of the best Chinese, and in particular Cantonese, food on the planet. There are Forum and T'ang Court, awarded three stars, as well as Lung King Heen, the first Chinese restaurant in the world to achieve such a distinction. These establishments are champions of classics such as suckling pig, double-boiled soups and prestige dishes featuring bird's nest, abalone and sea cucumber. But there's also a wave of chefs who are redefining the traditionally rigid notions of Chinese cuisine. Many are younger, overseas-trained and without formal qualifications in Chinese cooking. They're less rebels without a cause, and more culinary adventurers thrilling diners with new, boundary-pushing creations that respect and preserve the essence of the cuisine. Here are six of these chefs, and the restaurants they're piloting. ↻

**如果你** 會參考米芝蓮評級，應該會認同香港的中菜（特別是粵菜）水準冠絕全球。除了香港的富臨飯店和唐閣摘下米芝蓮三星，龍景軒更是世上首家獲頒三星殊榮的中菜廳。這些星級食府都是傳統中菜的佼佼者，其乳豬、燉湯，以及燕窩、鮑魚和海參等珍饈均無出其右。另一邊廂，有一批大廚則埋頭突破中菜的既定框架。當中不少都是較年輕，有海外掌廚勺經驗卻沒有正式中菜資格背景的廚師。他們並非為反而反的反對派，而是富冒險精神的廚藝探索家，他們在尊重和保留中菜本質的前提下，透過創新破格的方式炮製新派中菜，令食客口服心服。以下為你介紹當中六位及由他們掌舵的餐廳。↻

MEET THE CHEFS LEADING THE REVIVAL – AND REINVENTION – OF CHINESE CUISINE IN HONG KONG. BY KEE FOONG



## MUST-ORDER

The steamed egg white, layered with fresh crab meat in Huadiao wine, then lily flower root foam and topped with roast crab oil, makes for a standout course. Another signature is the braised deboned goose web stuffed into chicken wings and braised again, a complex creation that riffs on not one but two traditional dishes.

## 不容錯過

這道花雕蟹蒸蛋白配百合泡，浸泡著花雕的蟹肉鋪在蒸蛋白上，百合泡加上燒過的蟹膏，分外惹味，難怪叫人一試難忘。另一道招牌菜是雞翼釀無骨鵝掌，把紅燒去骨鵝掌填入雞翼內再燉，做法相當複雜，巧妙地把兩道傳統菜式合而為一。

## 4 SILAS LI Hong Kong Cuisine 1983

From the outside, Hong Kong Cuisine 1983 looks like an unremarkable restaurant in a nondescript building. And for years it was, until chef Silas Li took over the kitchen last year. British-born Li trained in French gastronomy but taught himself how to cook Chinese food while working for 20 years as a private chef for a Hong Kong tycoon. He creates technically impressive, visually appealing and assuredly delicious dishes that reflect his East-meets-West background.

In addition to reinterpreting Chinese food, Li is on a mission to recruit a new generation of chefs who can preserve old recipes that are at risk of disappearing. In an industry already known for its difficult conditions, working in a Chinese kitchen is seen as especially tough – making it hard to attract young talent. What's more, senior chefs are notorious for keeping recipes secret. Li is hoping to change that by sharing all his recipes with his team, “so they have the skills they need to innovate and further evolve Hong Kong's culinary culture.”

📍 1/F, Elegance Court, 2-4 Tsoi Tak Street, Happy Valley

## 4 李夢常 壹玖捌叁

壹玖捌叁位於一棟平平無奇的建築物內，驟眼看來毫不起眼。多年來它確實寂寂無名，直至去年由主廚李夢常接手掌廚後才聲名大噪。李夢常在英國出生，接受法式廚藝訓練，然後為一位香港富豪擔任私人廚師 20 載，工作期間自學烹飪中菜的本領。他的出品廚藝精湛，賣相賞心悅目，味道同樣妙不可言，並反映出其中西合璧的文化背景。

除了重新演繹中菜外，李夢常還有一個使命，就是招募新一代廚師，以免古老食譜失傳。飲食業素以工作辛勞聞名，中菜館的工作環境更是特別刻苦，因而難以吸引年輕人才入行。再者，有些老師傅更不願公開獨門食譜，李夢常希望透過跟團隊分享所有食譜來改變這個情況，他表示：「如此一來，新一代廚師才能掌握所需廚藝，得以推陳出新，為香港的餐飲文化創一番新氣象。」

📍 跑馬地載德街2-4號雅怡閣1樓

