

Getting Fresh

WITH SPRING IN THE AIR, CRISP, WHOLESOME COOKING IS THE ORDER OF THE DAY. TWO OF HONG KONG'S FOOD GURUS GAVE *HJ* SOME INSIDER TIPS ON PREPARING DELECTABLY GOOD-FOR-YOU DISHES

春天正悄悄降臨，新鮮而有益的菜式肯定是最佳選擇；香港兩位烹飪大師為美好家居提供數個炮製健康佳餚的貼示

BY TAMSIN BRADSHAW PHOTOGRAPHY EDGAR TAPAN



ingredients

As spring sets in, it's time to take a fresh look at what we put into our bodies. It's even more important than ever, says Taryne Hall, managing director of catering company Relish Kitchen, because "we are in a constant battle against free radicals, toxins and, not to mention, daily stress that can suppress our immune systems."

Her solution? "The best place to start is by using less refined sugars, flours, salt and oils and eating lots of fruit and vegetables, nuts and seeds, pulses and whole grains," Hall offers. "Fish and meat are great, but always from a quality source (avoiding mercury and hormones) and in moderation."

Hall's advice echoes the Cretan diet, an ancient eating pyramid designed for longevity that the Spa Café in The Landmark Mandarin Oriental follows closely. Cretans follow a simple diet "based on fruit, vegetables and fish," says Laurent Varachaud, executive sous chef at the hotel. Crammed with organic vegetables from France and fresh flavours, the Spa Café's garden leaf salad fits perfectly with the Cretan ethos.

As does the Spa Café's delicately delicious Japanese-style buckwheat soba noodles with mushrooms. The dish combines the health benefits of buckwheat (which is high in all eight amino acids, magnesium and manganese) with the blood-pressure lowering and cancer-fighting qualities of shiitake and enoki mushrooms.

Relish Kitchen also uses buckwheat in its luscious rocket and walnut tabbouleh. The latter ingredient is packed with omega-3 fatty acids, which reportedly inhibit the growth of cancer cells. Relish Kitchen's divine masala vadai are also packed with goodness – the chickpea, in particular, is a great source of protein, B vitamins and fibre.

春臨大地，是時候為身體注入清新的元素，而餐飲供應商Relish Kitchen的總經理Taryne Hall也表示：「我們正跟游離因子、毒素，以及每日所面對的不同壓力鬥爭著，這些有害的東西會破壞我們的免疫系統。」

「首先應從減少食用砂糖、麵粉、鹽和油入手，並進食大量水果、蔬菜、果仁、種子、豆類和全麥五穀類。」她續說：「魚類和肉類是有益的食物，但只限來自優良產地（不含水銀和荷爾蒙）及溫和的環境。」

她的意見跟具有悠久歷史的飲食金字塔Cretan的理念相同，就連置地文華東方酒店的Spa Café亦跟隨。酒店的副行政總廚Laurent Varachaud表示，Cretan飲食著重「多水果、蔬菜和魚類」的簡單飲食模式，所以有說它能令人的壽命延長；而Spa Café的雜菜沙律是以來自法國的有機蔬菜和新鮮的香料炮製而成，跟Cretan飲食的理念如出一轍。

如想享用亞洲菜式，可試試Spa Café的日式蕎麥麵伴蘑菇。這道菜結合了蕎麥麵的營養（蘊含大量氨基酸、鎂和錳），而香菇和金針菇則有降血壓和抗癌的作用。

而Relish Kitchen則利用蕎麥配上美味的芝麻菜和胡桃沙律，製作另一款健康菜式。胡桃沙律含有豐富的omega-3脂肪酸，有研究指這種脂肪酸能抑制癌細胞的生長。Relish Kitchen的印度式豆餅Masala Vadai也是營養之選——特別是食材之一的鷹嘴豆，具有豐富的蛋白質、維他命B和纖維。

Relish Kitchen's Rocket and Walnut Tabbouleh Relish Kitchen呈獻芝麻菜胡桃沙律

SERVES 12	12人份量
Tabbouleh	胡桃沙律
400g medium-coarse buckwheat	蕎麥(粗度：中)400克
1 fennel bulb, finely chopped	茴香莖1個，切粒
1 lrg red onion finely chopped	大紅洋蔥1個，切粒
½ head cauliflower	椰菜花，半個
1 cup walnuts, roughly chopped	胡桃1杯，切粗粒
1 cup chopped rocket	碎芝麻菜1杯
1 cup of chopped soft herbs such as mint, parsley, coriander	切碎的軟身香草1杯，如薄荷、歐芹、胡荽

Dressing	沙律調料
3 garlic cloves, crushed	蒜頭3粒，壓碎
1½ tsp ground cinnamon	肉桂碎1½茶匙
6 tbsp pomegranate molasses	石榴蜜6湯匙
3 tbsp water	水3湯匙
10 tbsp olive oil	橄欖油10湯匙
1 tsp runny honey	蜜糖1湯匙
A good crack of pepper	胡椒碎適量

For the tabbouleh, cut cauliflower into small florets. Generously cover bulgur in warm water for 10-15 min until swollen. Drain in sieve, using your fist to squeeze out excess water. Soak chopped red onion in water for a more mellow flavour, drain and combine with all other ingredients. If pomegranates are available, sprinkle on top for a divine experience. This will last in the fridge for several days. Combine dressing ingredients in a jar and shake well. Pomegranate molasses can vary in sweet and sourness, so taste and adjust. Add honey to balance sweetness, a squeeze of lemon juice for acidity or sourness.

胡桃沙律的做法是先把椰菜花切成小件，然後把小麥片浸泡於暖水中約10-15分鐘，直至膨脹，再倒在篩子中，並用手擠出多餘的水份。把紅洋蔥浸於水中，使其味道更芳香，脫水後再把所有食材混合一起。如果有石榴碎，可灑少許於沙律面，能增加鮮味。沙律可在雪櫃存放數日。把各種調料放在容器中拌勻。石榴蜜有不同的甜度和酸度，使用前宜先試味。加入蜜糖以平衡甜味，再加點檸檬汁加添清新的酸味。

Spa Café's Garden Leaf Salad with Shaved Baby Vegetables and Feta Spa Café呈獻鮮嫩雜菜沙律伴羊奶芝士

SERVES 1	1人份量
100g mixed baby garden leaves	各款嫩葉100克
10g baby carrots	小胡蘿蔔10克
15g fennel	茴香15克
10g baby cauliflower	椰菜花10克
10g black radish	黑蘿蔔10克
80g goat's cheese	山羊芝士80克
30g navel orange segments	臍橙片30克
10g crispy sourdough croutons	意式酸麵包丁10克
1g fresh oregano	鮮牛至1克
Extra virgin olive oil	特純橄欖油
Fresh lemon juice	鮮檸檬汁

Pick the salad leaves and wash them with cool water. Peel, wash and shave all the vegetables (keep the black radish unpeeled for shaving) with a madoline. Reserve the shavings in ice cold water for about 30 min to allow them to become crunchy. Mix baby garden leaves with vegetable shavings, add goat's cheese slices (the Spa Café uses an Adelaide Hills variety). Top with orange segments and sprinkle with oregano.

摘好各類蔬菜，用凍水洗淨，然後去皮和利用刨絲器刨成片狀（黑蘿蔔不用去皮），再放在冰水中約30分鐘，使雜菜更爽脆。把各款嫩葉放到雜菜中，加入山羊芝士片（Spa Café選用Adelaide Hills），再放上臍橙片和灑點鮮牛至便成。



Spa Café's Buckwheat Noodles with Mushrooms and Tofu

Spa Café呈獻蕎麥麵伴蘑菇及豆腐

SERVES 1

10ml oil
50g shiitake mushrooms
40g enoki mushrooms
50g shimeji mushrooms
10g konbu julienne
40g Japanese leeks
300ml konbu stock
150g buckwheat soba noodles
Salt and pepper
3pcs lotus slice
40g daikon (turnip) purée, fresh
20g sliced spring onions
50g diced tofu

1人份量
油10毫升
香菇50克
金菇40克
真姬菇50克
昆布絲10克
日本蔥40克
昆布湯300毫升
蕎麥麵150克
鹽及胡椒
蓮藕3片
鮮蘿蔔泥40克
蔥粒20克
豆腐粒50克

Sauté the mushrooms with hot vegetable oil in a heavy, deep pot. Cook for 2 mins. Add leek, konbu julienne (you can use a mandoline to create this effect) and 50ml konbu stock. Cook for 1 min. Meanwhile, cook the noodles in boiling water. Mix the cooked noodles with mushroom mixture then cook further for 1 min. Season with salt and pepper. Heat the lotus slices and diced tofu with konbu stock. Arrange the noodle mixture neatly in a bowl. Garnish with lotus slices, tofu, turnip purée and spring onions. Keep remaining konbu stock in a pot on the side for pouring into the noodles.

在大煎鍋中倒少許植物油，香煎各種菇類約2分鐘，再加入日本蔥、昆布絲（可利用刨絲器）和50毫升昆布湯，再煮1分鐘。另外，把麵條放到開水中燙滾，然後倒入菇類再煮多1分鐘，加少許鹽及胡椒調味。把蓮藕片和豆腐粒放到昆布湯中煮熟。把拌勻的麵條和菇類倒進碗中，加上蓮藕片、豆腐粒、蘿蔔泥和蔥作裝飾，剩餘的昆布湯留作倒進麵中進食之用。



WITH THANKS TO RELISH KITCHEN AND THE SPA CAFE AT THE LANDMARK MANDARIN ORIENTAL FOR THEIR SCRUMPTIOUS DISHES



Relish Kitchens' Masala Vadai with Mustard Labneh and Wasabi Seed

Relish Kitchens呈獻印度豆餅伴芥末乳酪和山葵子

MAKES 40

Masala Vadai
400g Chana dhal
½ can of chickpeas
1 onion, finely chopped
2 green chilies, finely chopped
2.5cm pc of ginger, finely chopped
10 curry leaves, finely chopped
Oil for deep frying (peanut/canola or vegetable oil)

Labneh

150g Greek yoghurt
1 tsp mustard seeds
5 curry leaves, finely chopped
Wasabi crusted pumpkin seeds (available from specialty Japanese stores. Or substitute with pistachios or cashews)

40個份量

印度豆餅
三角豆400克
鷹咀豆½罐
洋蔥1個，切碎
綠椒2條，切碎
薑2.5厘米，切碎
咖哩葉10片，切碎
油，油炸用（花生/芥花籽油或植物油）

乳酪

希臘乳酪150克
芥末子1茶匙
咖哩葉5片，切碎
山葵南瓜子（於專賣日本食物的店舖有售，也可選用開心果或腰果代替）

Cover dhal with water and leave to soak for 1 hour. Drain and grind thoroughly with the chickpeas for 2-3 mins. It should have texture, not be a paste. Combine with remaining ingredients, shaping mixture into little disks (or compact into a 1cm layer and use a 3cm cutter). Freeze or use them immediately. Shallow fry in hot, but not smoking, oil.

To make the Labneh, strain yoghurt overnight in a cheesecloth. Fry mustard seeds and curry leaves in a little oil until they make a crackling noise. Add to strained yoghurt. Dollop on hot dhal cakes and top with a pumpkin seed or nut.

把三角豆浸泡於水中約1小時，脫水後融合鷹咀豆磨碎2-3分鐘，磨成粒狀即可，不要成泥狀。把其他食材都倒在一起，再倒於小圓盤（或壓成1厘米高，切成3厘米闊），可冷藏或立刻放到滾油中煎熟食用。芥末乳酪的做法是先把乳酪放在專用的粗布中隔夜，以少許油煎香芥末子和咖哩葉，直至脆身，便可倒進乳酪中。把乳酪混合物擠到豆餅上，再灑上少許南瓜子或果仁碎便完成。

STYLING: TARYNE HALL AND TANVISH BRADSHAW