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TOP

环保美食

Be green without compromise
绿色不妥协 Text by Mavis Au-Yeung

ENVIRONMENTALLY-CONSCIOUS GASTRONOMY

01 FOR MIND AND BODY 身心合一 Hong Kong 香港

A place of rest and tranquillity, **SHÈ** is where environmentally and health-conscious eaters indulge in home-cooked style contemporary Chinese cuisine against a panoramic backdrop of Hong Kong's Victoria Harbour. On the modern alfresco terrace, minds are put at ease knowing only premium, authentic, locally-sourced, and nutritious ingredients are chosen for dishes like the Whole Lobster Ma Po Tofu with Pacific green lobster, organic Japanese tofu cooked with minced wagyu, and a homemade

sauce of 10 ingredients; and the Double-boiled Fish Maw Nourishing Soup in nutrient-rich broth that takes 12 hours to lovingly prepare.

SHÈ是一个休闲和宁静之所，注重环境和健康饮食的食客可在香港湾美景下尽情享受当代中国家常菜式。在现代户外露台用餐，食客们可以完全放心，因为只有优质、正宗、本地采购的营养丰富的食材才会被选用。菜肴包括：龙虾烧麻婆豆腐：太平洋绿龙虾配有机日本豆腐则由和牛肉碎以及由10种香料自制而成的麻婆豆腐料烹饪而成；而双份白汁鱼的鱼汤营养丰富，需要12小时精心熬制。

02 CLOSEST IS BEST 当地取材 Phuket 普吉岛

Banyan Tree has reopened their Phuket location's **Tré** with completely reworked fine-dining offerings that focus on locally grown produce from the island and nearby areas to minimise its carbon footprint. The elevated and innovative dishes - with a global twist - include starter Thai Blue River Prawn & Vanich Sweetcorn, and not to be missed, the Poached Phuket Lobster & Cardamom-Thai Ginger Paste main - all part of Chef Kreation's bespoke new tasting menu.

悦榕庄位于普吉岛的**Tré**餐厅重新开张营业，提供焕然一新的精美餐饮服务。餐厅注重采用岛上和附近地区的当地农产品，以最大限度地减少碳排放。创新菜肴融入了全球风味，主厨的定制创新菜单上，有泰国蓝河大虾和瓦尼奇甜玉米这样的前菜，还有不容错过的普吉龙虾与豆蔻-泰国生姜酱。



03 ALWAYS POSSIBLE 皆有可能 Singapore 新加坡

As part of the expansion of Impossible Foods, the plant-based food production company perhaps better known for its branch Impossible Meat, **Empress** debuts in Singapore's Asian Civilisations Museum. As the third location outside its US headquarters, Singapore will see the latest version of the famous plant-based patty with 30 per cent less sodium and 40 per cent less saturated fat compared to its previous recipes. We recommend Empress' Crispy Pancakes with Chinese Chives and the Dragon's Breath Fried Kuay Teow with Impossible Meatballs: see if you spot the difference between real and "fake".

作为一家生产植物类食品的公司, Impossible Foods为扩展业务, 即将在新加坡亚洲文明博物馆的**Express**餐厅首次推出世界闻名的Impossible Meat植物性素肉系列食品。作为美国总部以外的第三个推广点, 该公司将在新加坡推出著名植物性汉堡的第三版, 其中钠减少30%, 饱和脂肪减少40%。推荐开胃菜韭菜酥脆煎饼, 以及用“Impossible Meat”烹饪的炒河粉, 快来品尝这些足以以假乱真的素肉。



04 80+20=100 Bangkok 曼谷

Thai eatery **80/20** fast-forwards to “Episode 2” with its reopening, making a return with an improved nine-course menu that exclusively uses local produce, rather than the previous concept of 80 per cent local versus 20 per cent imported. Aside from an enlarged dining area with a choice to sit up-close by the open kitchen, the restaurant remains regionally influenced, serving dishes that are personal interpretations of husband-and-wife duo Chef-Patron Napol Jantraget and Pastry Chef Saki Hoshino. The former's Smoked River Fish with Fish Mousse, Fermented Coconut Cream, Pickle Kale Stems and Fried Betel Leaves will tickle all your senses, while the latter's Chocolate Log with Powder, Jujube, Salted Egg Ice Cream and Aerated Chocolate will satisfy any craving. A vegetarian version of the menu is also available.

泰式餐厅**80/20**在重新开张后几个月, 便快速进入“第二季”, 推出了9道专门采用本地食材烹饪的改良菜品, 摒弃了此前80%本地食材加20%进口食材的料理理念。食客可以选择坐在开放式厨房附近的扩大用餐区。餐厅仍具有区域特色, 提供的食物完全体现了夫妻组合——主厨纳波尔·詹特拉盖和糕点厨师沙基·星野对美食的个人诠释。主厨的烟熏河鱼配鱼肉慕斯、发酵椰浆、咸菜甘蓝菜茎和油炸槟榔叶会极大满足你的味蕾, 而糕点部分的巧克力原木型蛋糕配苏打粉、红枣、咸蛋冰淇淋和充气巧克力, 则让人意犹未尽。该餐馆也提供素食菜单。

05 GROWING GREEN 绿色有机 Hong Kong 香港

British Chef Simon Rogan's **Roganic** London, which was awarded one Michelin star less than a year after its grand opening, forays into Asia with a 12-seater chef's table and the same farm-to-table concept for which its London namesake and sibling restaurant, the two-Michelin-starred L'Enclume, is known. Delectable, natural wines and fresh Asian ingredients from local farms are reinterpreted into the 10-course Roganic Long Taster or the eight-course Roganic Short Taster, both available with wine pairings. Drop by on weekdays to sample the highlights in the Roganic Business Lunch - an appetiser and three signature dishes.

英国厨师西蒙·罗根的**Roganic** London餐厅在正式开业后不到一年就被授予了米其林一星的荣誉, 现已进军亚洲市场, 在香港提供12个座位的大厨餐桌, 与位于伦敦的兄弟餐厅L'enclume一样奉行“从农场到餐桌”的烹饪理念。来自当地农场可口的天然葡萄酒和新鲜的亚洲食材在这里经重新诠释, 成为了包含10道菜品的Roganic Long Taster或8道菜品的Roganic Short Taster。在工作日可以去品尝Roganic商务午餐, 包含一道开胃菜和三款招牌菜品。

