

# PLATINUM



**AMBER REINVENTED**  
AMBER推陳出新

**SUSHI ETIQUETTE**  
壽司禮儀

**ADAM TIHANY,**  
**DESIGNER**  
設計大師





BY APPOINTMENT TO  
HER MAJESTY THE QUEEN OF DENMARK

**GEORG JENSEN**

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**FUSION COLLECTION**

**DESIGNED BY NINA KOPPEL**

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Hong Kong is a magnet for food lovers, and the hotel's signature restaurant, Amber, has been an integral part of the city's sensational dining scene since opening 14 years ago. With Culinary Director Richard Ekkebus at the helm, Amber gained two Michelin stars and for many years was the highest – and often only Hong Kong establishment – to appear on the World's 50 Best Restaurants list. Not one to rest on our laurels, and following extensive planning and works, the hotel's entire seventh floor has now been transformed into Central's premier dining destination. In the five months that Amber was closed, Richard and his team cooked their way around the world, before returning to create completely new dishes that aim to redefine fine dining. I am pleased to share that the renovations are completed, Amber has reopened, we are debuting sommelier-led restaurant SOMM, and Kappo Rin and three-Michelin-starred Sushi Shikon have moved into our premises. Read all about it in this special food-themed issue of Platinum. It is certainly an exciting time for me to come onboard as the new General Manager of The Landmark Mandarin Oriental. My team and I look forward to welcoming you soon to discover the superb culinary offerings at our hotel.

**Jill Goh**  
General Manager

香港是饕客天堂，本酒店的旗艦餐廳Amber自從14年前開業以來，也一直是本港蓬勃的餐飲業舉足輕重的一員。在廚藝總監Richard Ekkebus帶領下，Amber多年來一直獲得米芝蓮二星的殊榮，在全球50最佳餐廳排行榜上更一直是位列最高甚至是榜中唯一的香港餐廳。不過，我們並沒有因此故步自封，經過大規模的籌劃和工程後，酒店七樓全層已改裝成中環的頂級餐飲勝地。Amber休業五個月，Richard和廚師團隊走遍世界各地尋找烹飪靈感，為創作餐廳煥然一新的菜式作準備。現在，我很高興宣布，裝修工程已完成，Amber亦已重新開業。另外還有全新開業的侍酒師主導餐館SOMM，Kappo Rin和米芝蓮三星餐廳志魂壽司也搬進我們酒店。本期以美食為主題的《Platinum》將為大家詳細介紹酒店的最新餐飲面貌。對本人來說，能夠在這時刻加入置地文華東方酒店為總經理，我感到十分興奮。我和我的團隊期待您到來品嚐我們為您準備的頂級美食。

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Photos: Food and interior by Nic Gaunt



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**ON THE COVER**

Dior Joaillerie earring

Dior Joaillerie 耳環

Photo by Nic Gaunt

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MINUTES  
分鐘

## WALK THIS WAY 往此路走

A selection of top spots to check out within 30 minutes of the hotel – just ask your concierge to point you in the right direction

離酒店30分鐘路程內有不少值得探訪的好去處，詳情請向酒店禮賓司查詢

### POT LUCK 廚具尋寶

For over 30 years, **Pan-handler** in Landmark Prince's has been a one-stop kitchen shop for home cooks and pro chefs. Pots, pans, knives, utensils, blenders, mixers and more, they have it.

過去30多年來，位於置地太子的**Pan-handler** 一直是熱愛烹飪人士及專業廚師的尋寶勝地。無論是鍋具、平底鍋、廚刀、器皿、攪拌器及混合器等廚具一應俱全，應有盡有。



### FASHION FIRST 時尚優先

Asia's first standalone **Celine** menswear store has opened at Landmark Atrium, featuring the debut collection from rock-star designer Hedi Slimane, who took over the creative reins of this acclaimed French house in late-2018.

法國著名時裝品牌**Celine**亞洲首間男裝專門店已在置地廣場中庭開業，售賣全線男裝，包括搖滾風格設計師Hedi Slimane於2018年底出任創作總監後的首個系列。



## ART INFLUENCER

### 藝術影響

Katie de Tilly's **10 Chancery Lane** is a contemporary art powerhouse, representing the likes of Wang Keping, Xiao Lu, Dinh Q. Lê, The Propeller Group and home-grown artist Frog King.

Katie de Tilly的**10號贊善里**畫廊積極支持當代藝術，代表的藝術家包括王克平、肖魯、Dinh Q. Lê、The Propeller Group，以及本地藝術家「蛙王」。



## THE WRITE STUFF 鋼筆文具

With row upon row of ink bottles, and limited edition fountain pens in glass vitrines, **Ink House** on Stanley Street looks more gallery than shop, and is a beautiful ode to writing.

士丹利街的**墨水屋**店內，一排又一排的各款墨水，以及玻璃飾櫃內的限量版鋼筆，看來更像是一間畫廊，其漂亮的店面猶如是對寫作的讚頌。

## BUN FIGHT 包點爭輝

Affordable dim sum sensation **Tim Ho Wan** has a branch above Central's Airport Express station. No reservations and the queues can be long, but its baked pork buns alone are worth the wait.

價廉物美的人氣點心店**添好運**在中環的機場快線站樓上設有分店，該店不接受訂座，因此經常有長長的人龍，但單是一嚐其美味的焗叉燒餐包已值得等待。



**FRAGRANT FIND 尋香之路**

Named in honour of actress Audrey Hepburn, **Audrey** on Gough Street stocks a heady mix of exotic dried flowers, flower teas, scents and vintage and antique objects and furniture.

向著名女星Audrey Hepburn致敬，位於歌賦街的**Audrey**店內有多款不同香味的乾花、花茶、香水，以及古典精品和古董家具。



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分鐘



**VINTAGE GEMS 古董珍藏**

**Palais Royal** on Hollywood Road is a treasure trove of antique and vintage jewellery from coveted names including Mauboussin, Boucheron, Van Cleef & Arpels and Cartier.

位於荷李活道的**Palais Royal**是尋找古董及經典首飾的寶庫，著名品牌的精品包括Mauboussin、Boucheron、梵克雅寶及卡地亞。

**STYLE DEPOT 時尚地標**

Want to know what the cool people are wearing? Head to **Kapok** at PMQ and Wan Chai's Sun Street, which stocks on-trend selections of men's and womenswear, shoes, accessories, fragrances and homeware.

想知道潮人穿著的服飾？只要前往設於PMQ元創方及灣仔日街的**Kapok**，即可盡覽店內陳列的時尚精選，包括男女服裝、鞋子、配飾、香水及家品。



**SNAPPED UP 難忘影像**

Offering art photography at accessible prices, **YellowKorner** on Hollywood Road is a good place to pick up photo memories of Hong Kong, including those from Instagram discovery Chak Kit.

位於荷李活道的**YellowKorner**以平實價格出售攝影藝術作品，是選購香港難忘影像的好地方，包括Instagram 探索系列攝影師Chak Kit的傑作。





### MIX MASTERS 調酒大師

Following the success of their first bar, The Old Man, a trio of alumni from The Landmark Mandarin Oriental have opened **The Sea**, in Sheung Wan, serving up Ernest Hemingway themed cocktails.

三位曾任職置地文華東方酒店的高手開設The Old Man酒吧取得成功後，再接再厲在上環開設**The Sea**酒吧，供應以大文豪海明威為主題的雞尾酒。

### WASTE NOT, WANT NOT

珍惜資源

Claiming to be Hong Kong's first no-waste bulk food store, **Live Zero** in Sai Ying Pun also sells eco-friendly cups and bottles, face and body care products and household cleaners.

號稱香港第一間零廢雜貨店的**Live Zero**位於西營盤，除了零包裝食物，還出售環保杯及瓶子、潔面及護膚產品，以及家居清潔用品。



### DRESS STANDARDS 浪漫裙子

British born, Hong Kong-based **Emma Wallace** designs feminine, romantic dresses and separates with period and Asian touches. Her eponymous shop is on Po Hing Fong in Sheung Wan.

以香港為家的英國女士**Emma Wallace**設計女性化及富浪漫氣息的裙子，有別於古典及亞洲風格。與她同名的店子位於上環普慶坊。

30  
MINUTES  
分鐘

### CENTRE OF LEARNING 學習中心

Housed in a landmark former explosives magazine in Admiralty, **Asia Society Hong Kong** is a leading international educational and cultural organisation that hosts top-notch talks and exhibitions.

**亞洲協會香港分會**位於金鐘，會址前身是一個軍火庫。這間馳名國際的教育及文化機構，經常舉辦高水平的講座及展覽。





Deliciously healthier: a dessert that contains no refined sugar, using instead rice milk and sake lees

美味而健康：不含精製糖並以米漿和日本酒粕烹調的甜品

# REBEL WITH A COURSE

餐飲新革命



By Kee Poong  
Photos by Nic Gaunt

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Fine dining pioneer Richard Ekkebus upends  
Hong Kong's restaurant scene, again

高級餐飲先驅Richard Ekkebus再次改寫香港餐飲界的秩序



Clockwise from above: Hakata cabbage with barbecued spiced Japanese pork; the Amber test kitchen is a hotbed of creativity; SOMM Chef de Cuisine Mario Paecke; Sous Chef Anton Ho with Richard Ekkebus

上圖起順時針：博多捲心菜伴香料烤日本豬肉；Amber的實驗廚房孕育無數創意；SOMM主廚Mario Paecke；副廚師Anton Ho與Richard Ekkebus

**IN A SMALL INDUSTRIAL** kitchen in Sai Ying Pun district, a team of chefs is busy experimenting. Plastered on the walls are sheets of paper listing combinations of ingredients that span the everyday to the exotic. One lists Thai basil, avocado, lime and Sicilian pistachio, another features gariguettes strawberries and macadamia nuts. Several have items crossed off, and every sheet contains scrawled notes – measurements, timings, revisions and such.

A 3D printer sits on a counter, quietly producing layer upon layer of cake and dessert moulds. On a separate table, sleek chrome and black stainless steel cutlery gleam under the lights, while nearby, beautifully glazed, crackled and speckled plates and bowls from Jaune de Chrome and Piet Stockmans, as well as minimalist crockery from South Korea and Hong Kong, all custom made, are neatly stacked up.

Activity is non-stop, as chefs mix, stir, check pans and ovens, finish dishes with the aid of tweezers, conduct tastings and huddle to share opinions. “Too spicy” is the

**在西營盤**一個小型工業廚房裡，一隊廚師正忙著做各種實驗。廚房的牆上貼滿一張張寫滿各種食材組合的紙，有日常可見的材料，也有來自異國的罕有食物，有泰國羅勒、牛油果、青檸和西西里開心果，也有gariguettes士多啤梨和夏威夷果仁等。有些紙上的食材已被劃掉，每一張上都寫滿筆記，包括食材用量、烹調時間、各種修訂等。

櫃台上有台立體打印機，正安靜地列印出一層又一層的蛋糕和甜品模具。另一張枱上，時髦的鍍鉻及黑色不鏽鋼刀叉在燈光下閃閃發亮。而附近釉彩漂亮、有碎裂花紋和斑點圖案的Jaune de Chrome和Piet Stockmans碗碟，以及量身訂製的南韓和香港出品的簡約陶器，整整齊齊地疊起來。





A 3D printer quietly produces dessert moulds (above)

3D打印機靜靜地印出甜品模具（上圖）

verdict on a horseradish granita, while nods of approval are given to a silken tofu made from scratch using non-genetically-modified Japanese soy beans.

Welcome to the test kitchen for the new Amber, a pre-opening culinary laboratory for one of Asia's most celebrated restaurants. At the helm is Culinary Director Richard Ekkebus, who is on a mission to develop about 50 boundary-pushing dishes that will excite the palates of current and future generations of diners. Many will not make the cut, but that is the beauty of the test kitchen, allowing for bold ideas to become reality in a creative environment.

The decision to temporarily close The Landmark Mandarin Oriental's flagship restaurant may have surprised fans, but Ekkebus is in no doubt it was the right step. "Amber has been at the forefront of changing things in this city and we want to continue to push the industry moving forward," says Ekkebus. "We were often ahead of the curve, breaking the fine dining mould. There were many things we started 14 years ago (when Amber first opened) that people were not ready for, (some of which) caused a backlash," Ekkebus recalls.

He cites examples such as the way menus were written, having a wine list on a tablet device, playing uptempo music, hiring young staff for their personality rather than

廚房內沒有靜止的一刻，廚師們有的在混和及攪拌材料，有的在檢查煎鍋和焗爐，有的用小鉗子為菜式作最後裝盤，有的在試味，有的在分享意見——辣根（又名山蘿蔔）沙冰得到的評語是「太辣了」，而用不含基因改造成分大豆做的絲一般柔滑的豆腐則獲得一致好評。

這實驗廚房是亞洲最著名的餐廳之一Amber為重新開業作準備的烹飪實驗室，負責掌舵的是廚藝總監Richard Ekkebus。他正要創作50道讓今人以及後世都為之驚歎的大膽創新的菜式，當中許多可能最終無法出線，但實驗廚房的有趣之處正是為廚師提供創作的空間，讓他們實現天馬行空的構思。

Amber是置地文華東方酒店的龍頭餐廳，休業的決定讓支持者大感驚訝，但Ekkebus深信這是正確之舉。他解釋：「Amber一直以來都在帶領香港餐飲業改變，希望能繼續推

experience, using local ingredients and serving food on sticks, including his famed foie gras lollipops. “Thankfully, as the dining market matured, there was a growing appreciation for what we’re trying to do, spurred on by a global community of chefs who shared the same values.”

As acceptance turned to adulation and awards, including two Michelin stars and spots on the World’s and Asia’s 50 Best Restaurants list, Ekkebus also became conscious of change – within himself and the industry. “In recent years, I’ve been moving in the direction of sustainable business practices and a more considered and conscientious approach to how I express taste,” says Ekkebus. “I’ve questioned where fine dining is today, its place in the culinary discourse, and where it needs to go to stay relevant, taking into account changing tastes, health, the environment, and so on. So I guess it’s time to break the mould again.”

Taking time out to experiment has been hugely rewarding for Ekkebus and his team, who are also working on dishes for a new wine and sake-driven restaurant, SOMM. “In many ways closing Amber was the best thing for creativity, because we’ve bundled all the energy and creativity into this process and there’s little distraction.” It’s a highly collaborative process, where the team can focus on coming up with the best possible dishes without having to worry about the pressure of service and other commercial constraints.

動業界前進。我們一直走在潮流之前，打破高級餐飲業的固有模式。我們14年前（Amber開業時）推出的東西，許多未為客人接受。」部分甚至「引起強烈反對」，他憶述道。

Ekkebus列舉了許多例子，譬如是用平板電腦展示酒單的餐牌安排、播放節奏明快的音樂、重視員工的個性甚於經驗而取錄年輕人、採用本地食材，以及用枝條串起食物（著名的鵝肝條）等。「幸好，當餐飲市場日漸成熟，加上全球各地出現了一批跟我們志同道合的廚師，我們所作的嘗試開始漸漸覓得知音。」

由接受到吹捧繼而獲獎，包括米芝蓮二星及亞洲以至全球50最佳餐廳的榮銜等，使Ekkebus越來越意識到自己以至業界需要作出改變。他說：「近年，我開始轉向可持續發展的經營模式，味道的表達方式也變得更深思熟慮。我在想，以味道、健康和環境等各方面作考慮的話，今天的高級餐飲業處在怎樣的位置，它在烹飪理論上的位置，以及要怎樣走下去才不會被淘汰。我得到的結論是，是時候再次打破固有模式了。」

Ekkebus及其廚師團隊認為花時間做實驗絕對物有所值，「在許多方面來說，Amber休業對創作都是最好的安排，因為我們可以

Umami bomb: teardrop peas  
with pomelo, cuttlefish and  
wakame (below)

鮮味炸彈：青豆與柚子、墨魚  
和海帶（下圖）



At the heart of the new Amber is lightness, subtlety and purity of flavour. Normally considered essential to French cookery, dairy has been banished – butter, milk, cream and cheese are no longer used. On a recent trip to Europe, Ekkebus says “I struggled to eat 12 courses because of their butter and cream-heavy menus.” Just as importantly, “the majority of our Asian guests have some form of lactose intolerance, and we need to cater to it; to embrace it instead of fighting it.”

The team is working on alternatives that deliver length of taste, texture and flavour profiles to at least equal that of dairy. Ekkebus is especially delighted with his new-found love of non-saturated oils, with up to 70 in use in the kitchen, including macadamia oil, line seed oil, rice bran oil, bitter gourd oil, argan oil, avocado oil, pinenut oil, pistachio oil and many more.

Other significant changes include going gluten free, with the exception of bread, for now. À la carte is gone, and shorter tasting menus are offered. Canapés and petit fours have been replaced by more substantial bites that will appear in between as hidden courses. Ekkebus assures diners though, that “there will still be that sense of generosity and surprise, but in a moment that you don’t always expect.”

What to expect, then? Vegetables will star, though not necessarily in a vegetarian dish. For example, classic peas à la Française is reinvented, without butter and bacon. Instead, pea puree is mixed with pork lard, then topped with sautéed cuttlefish, baby peas, shallots, sea lettuce and pea shoots. A dashi broth is poured over and the dish finished with pomelo, grated sudachi rind (a Japanese citrus) and wakame oil. It’s clean on the palate, sings of spring and yet packs a wow umami punch.

Longtime Amber fans will be thrilled to learn that its iconic sea urchin dish will return, but not as they knew it. Ekkebus has a deliciously healthy trick up his sleeve that doesn’t involve cream, and which needs to be eaten rather than described.

Ekkebus stresses that “we’re not promoting ourselves as a health restaurant,” but the cuisine will be cleaner and purer, without compromising on taste. “I want to strip away at artifice and present dishes that are boldly and unapologetically subtle. Fine dining should make one feel nourished and comfortable, not heavy and stuffed. That is true indulgence, and I think sophisticated diners are ready for this today.”

Opposite page: a cleaner, purer direction for fine dining

對頁：更清新純淨的高級餐飲方向

心無旁騖地投入全部精力和創意。」那是高度強調合作的過程，團隊需要在不被業務壓力和其他商業限制打擾的情況下，全神貫注創作最佳的菜式。

重新開業的Amber將以味道輕盈、含蓄和純正的菜式為主。一般被視為法國菜必備食材的奶類製品會消失，不再使用牛油、牛奶、忌廉和芝士等。Ekkebus最近到過歐洲，他表示：「我那次曾經因為餐廳的菜式大量使用牛油和忌廉而忍不住連吃12道菜。」同樣的道理，「我們大部分的亞洲客人對乳糖都有某種程度的不適，我們需要迎合這個情況，順應它而不是與之對抗。」

廚師團隊正在尋找其他能在味道的持久性和特色及質感方面跟奶類製品一樣的食材。Ekkebus對最近發現的不飽和脂肪油尤其興奮，實驗廚房裡多達70種這類食油，包括夏威夷果仁油、亞麻籽油、米糠油、苦瓜油、堅果油、牛油果油、松子油、開心果油等等。

另一個重大改變是走向無麩飲食，只有麵包能暫時獲得豁免。餐廳將不再提供自選菜單，改為多個菜式較少的嗜味餐單。開胃小菜和小蛋糕將被更豐盛的小吃取代，而這些小吃會在菜式與菜式之間突然登場，不會寫在餐單上。不過Ekkebus也向客人保證，「菜式會依舊豐富，驚喜也絕對少不了，只是出現的時間在你意想之外。」

還有什麼呢？餐廳的菜式將以蔬菜為中心，並且不限於素食菜式。以經典的小洋葱青豆為例，我們將棄用牛油和煙肉，改以青豆蓉混和豬油，然後鋪上輕煎墨魚、小青豆、蔥頭、石蓴和青豆芽，再淋上鯉魚高湯，最後加上柚子、酢橘皮碎和海帶油。這道菜味道清新、春意盎然但同時又有陣陣的鮮味。

Amber的常客會喜聞其經典海膽菜式將獲重臨。Ekkebus會在注重健康和棄用忌廉的前提下施展新的法寶，為客人送上面貌一新的海膽菜式。味道會如何？只能品嚐，不能言傳。

Ekkebus強調，「我們並非以健康餐廳自居，」只是在保持味道水準的前提下，供應比較清簡和純粹的菜式。「我只是棄掉各種花巧設計，極端大膽及義無反顧地提供精妙的菜式。高級餐飲應該注重營養和讓客人吃得舒適，而不是讓人吃到捧腹、吃到撐著。這樣才是真正的享受美食，我認為有品味的食客已準備好迎接這樣的飲食潮流。」

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## A short guide to choosing fine sake

挑選優質清酒的簡便指南

# GO WITH THE GRAIN

## 精米佳釀

By Johannes Pong Photo by Bex Gaunt

**ADORNED WITH** poetic names, the world of *nihonshu* (Japanese alcohol) or sake can seem indecipherable to the uninitiated. There are three terms one needs to recognise however, in order to appreciate fine sake, or you can ask the sommelier at new wine and sake-focused restaurant SOMM.

**GINJO:** made with polished (milled) rice grains with at least 40% of the outer layer ground away. This removes fat and proteins that cause off flavours. Ginjo is fermented at lower temperatures for longer periods of time, resulting in more delicate flavours, often fruity and flowery, best served chilled.

**DAIGINJO:** made with rice that is polished even more, to at least 50% of the grain's original size. Most daiginjo use rice milled so that two-thirds is ground away before brewing. Laborious stages of fermentation lead to cleaner, more elegant, refined and fragrant sakes. In general, the more the rice is polished, the finer the grade. But there are exceptions, based on the brewer's style or the consumer's personal preference.

**JUNMAI:** only rice is used to brew the sake. The other two ingredients are water and koji, the magical mould that converts starch into sugars. Junmai sake has a rich, full body with a higher acidic content, and can be served warm. It's possible for ginjo and daiginjo to be junmai (of pure rice). If a sake is not labeled "junmai," it means that a small, strictly controlled amount of brewer's ethyl alcohol is added during the final stages of brewing, to extract more aromatic and flavourful compounds from the sake.

SOMM will feature about 20 sakes by the glass, served at 90ml pours to let diners savour a wide variety of styles with their meal. Sommelier John Chan says: "We are moving towards a cuisine that didn't exist before – French or Continental cooking using a range of Asian, especially Japanese ingredients."

But why sake? "Chef Richard Ekkebus is going to limit the use of dairy or salt as seasoning," explains Chan. "Products such as miso and seaweed are used instead, umami-rich ingredients which go very well with sake."

**日本酒** 或清酒被賦予富詩意的名稱，外行人可能會感到難以理解，但只須明白三個常用術語，即可助你品味優質清酒。你亦可在新開業的葡萄酒及清酒酒吧SOMM向侍酒師了解詳情。

**吟釀：**以外層被研磨掉至少40%的糯米釀造。研磨程序把導致口感欠佳的油脂及蛋白質除去。吟釀是在較低溫度下長時間發酵，因此酒質細緻，大多擁有果香及花香的獨特味道，最宜冷凍後飲用。

**大吟釀：**採用精米度更佳的糯米釀製，酒米至少被研磨掉50%，而大部分大吟釀採用的酒米，在釀酒前更被磨去三分二。繁複的發酵程序令釀成的清酒更加清純優雅，口感及香氣俱佳。總括而言，酒米被研磨得更精細，等級更精醇，但亦有例外情況，取決於釀酒商的風格及顧客的喜好。

**純米酒：**只採用酒米來釀造清酒，另外兩種原料就是水，以及能把澱粉分解為葡萄糖的米麴菌。純米清酒的酒體豐滿圓潤，酸度較高，可在暖後飲用。無論是吟釀或大吟釀都可以是純米酒。如果一瓶清酒沒有標籤為「純米酒」，這表示釀酒師在釀造的最後階段加上了嚴格控制份量的小量酒精，以加強清酒的香氣及酒味。

SOMM將提供約20款清酒以杯裝奉客，每杯份量為90毫升，讓客人用餐時可品嚐多款不同風格的清酒。侍酒師陳裕康說：「我們的餐飲正朝著前所未有的形式發展；在法國及歐陸料理中加入一系列亞洲食材，尤其是採用不少日本食材。」

為何以清酒配搭？陳裕康解釋說：「廚藝總監Richard Ekkebus將減少使用乳製品及鹽來調味，代之而採用味噌及海藻等產品，而這些鮮味食材適宜配搭清酒。」

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The sakes at SOMM will complement the more delicate flavours on the menu. Here are three of head sommelier John Chan's recommendations.

SOMM供應的清酒，以美酒配佳餚，為餐牌上的精緻菜式錦上添花。以下是陳裕康推介的三款清酒。

*Dewazakura Yukimanman 5-year-aged Daiginjo*

出羽櫻雪漫漫五年熟成大吟釀

A premium sake from Fukuoka, aged for five years in a minus 4-5 degree environment. Rich and intense, with an ultra-long finish. Pairs well with raw seafood, such as sea urchin, crab and other shellfish.

來自福岡的頂級清酒，在零下4至5度的環境熟成五年，其酒味豐厚濃郁，餘韻悠長，適合搭配刺身，包括海膽、蟹及其他貝類海產。

*Wataribune Junmai Ginjo  
Funashibori Namatsume*

渡舟純米吟釀 Funashibori Namatsume

A sake from Yamagata with aromas of melon and passionfruit and flavours of honeydew, lychee and mango. Flavours are intense yet balanced with a long finish. Great with cold cuts, prawns and lobster. 這款產自山形縣的清酒散發甜瓜及熱情果香氣，帶有蜜瓜、荔枝及芒果味道，其氣味濃郁而和諧，餘韻悠長，最宜搭配冷盤、蝦及龍蝦。

*Kubota Manju Junmai Daiginjo*

久保田萬壽純米大吟釀

The nose of this Hyogo prefecture sake is a balance of honeysuckle and ripe pear. The first sip displays strength in clarity. The subtle flavours of Fuji apple and tart pear go well with mushrooms and delicate white fish such as sea bream.

來自兵庫縣的清酒撲鼻傳來金銀花及成熟梨子香氣，入口清純甘美，洋溢富士蘋果及香梨撻味道，佐以蘑菇以及鯛魚等鮮魚相得益彰。

Learn to enjoy sushi, the right way

學習品嚐壽司的正統方法

# FRESH TAKE

## 吃出鮮味

By Kee Foong

Photos by Nic Gaunt

**EVERYONE KNOWS** how to eat sushi. You just pick it up with chopsticks, dunk it into a generous mix of soy and wasabi, take a bite and follow it with a sake chaser, right? Not so, though drowning raw fish in sauce is a common mistake, often done to mask inferior seafood.

A top-notch sushi restaurant however, emphasises respect for the chef and the food is the centre of the experience, with many of the finest establishments in Japan providing guidelines to ensure this happens. It's also done in Hong Kong at three-Michelin-starred Sushi Shikon, which has a section dedicated to sushi etiquette on its website.

According to executive chef Yoshiharu Kakinuma, understanding is essential because restaurants such as his, with just eight seats at the main counter – made from a single piece of hinoki timber – are an intimate shared experience with himself and fellow diners, and the behaviour of one person can significantly affect the whole group.

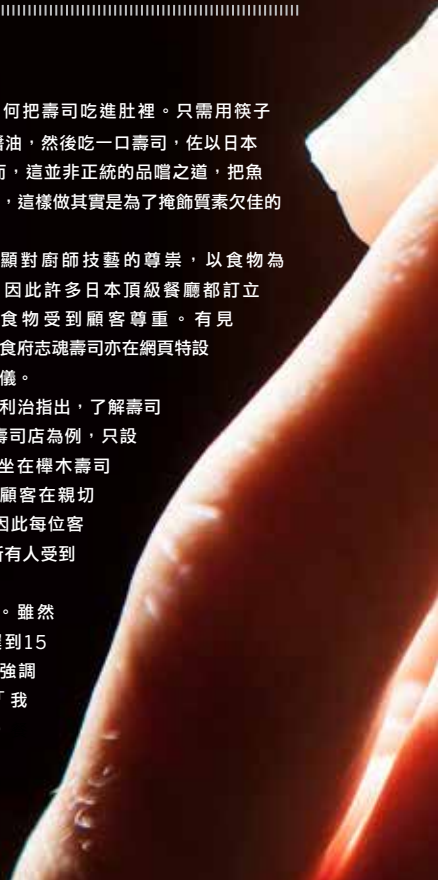
Start off by being punctual. While it's acceptable to be 15-or-so minutes late in many restaurants, Kakinuma emphasises the significance of timing in all aspects

**任何人都懂得**如何把壽司吃進肚裡。只需用筷子夾起，放進拌入山葵的醬油，然後吃一口壽司，佐以日本清酒，這樣做對嗎？然而，這並非正統的品嚐之道，把魚生放進醬油是常見的錯誤，這樣做其實是為了掩飾質素欠佳的海鮮。

頂級壽司料理店突顯對廚師技藝的尊崇，以食物為整個用餐體驗的重心，因此許多日本頂級餐廳都訂立指南，以確保廚師及食物受到顧客尊重。有見及此，香港的米芝蓮三星食府志魂壽司亦在網頁特設專欄，介紹進食壽司的禮儀。

志魂的行政總廚柁沼利治指出，了解壽司禮儀十分重要，以他的壽司店為例，只設有八個座位，客人一同坐在櫛木壽司吧枱上，與廚師及其他顧客在親切環境下共享美食體驗，因此每位客人的舉止行為，都會令所有人受到影響。

首先客人必須守時。雖然不少餐廳都容許客人遲到15分鐘以內，但志魂壽司強調客人必須準時到達。「我們提供兩個用餐時段，





The best way to eat sushi is  
with your hands

用手拿起來吃是品嚐壽司  
的最佳吃法

of a visit to Sushi Shikon. "We have two seatings, and everything is prepared specially for each session. The rice, the temperature of the fish is timed exactly for people to arrive at 6pm (or 8.30pm for the second seating)." If there are latecomers, it leaves a "huge gap in preparation," and penalises other diners, says Kakinuma.

It helps explain why even the most expensive meals can feel rushed to the uninitiated. The best chefs go to great lengths and training to maintain the texture of rice slightly al dente through every sushi course. Kakinuma explains that the window to finish making sushi is only about 20 minutes to a half hour, "after that it's not going to be good."

Once a piece of sushi is placed in front of you, it should be eaten within 30 seconds, when rice and fish are at their optimum. Leave it too long, and the rice cools and hardens. Unlike parent restaurant Sushi Yoshitake in Tokyo, run by his mentor Masahiro Yoshitake, which forbids photography, Kakinuma understands our need to document and post details of our lives, including meals. He is happy for you to take a food shot – just make it quick: "If I see someone taking too many photos I will say "please, enjoy right away."

Worse than taking too many photos is to play with the food. It doesn't happen often, but Kakinuma has witnessed guests pulling his sushi apart, which "breaks his heart." To do it justice, pick up the sushi with your fingers and eat it in a single mouthful. "My grandfather and father were sushi chefs, they taught me that when I eat sushi, to enjoy it with fingers. I make sushi with my hand and you eat it



所有食材都是為每個時段專門準備，因此壽司飯及魚的溫度是特別為下午六時（或晚上八時半第二節時段）抵達的客人準備。」如果有客人遲到，將會令「準備功夫出現重大落差」，也讓其他客人蒙受影響。

久經訓練及實踐的壽司師傅，把每份壽司的米飯保持着嚼勁的口感。他們製作壽司的過程，讓你明白為何即使是最昂貴的餐膳也會予人時間趕迫的感覺。柿沼利治解釋說，完成製作壽司的時機只有20分鐘至半小時，「時機一過，就不會做出優質壽司。」

當一件壽司端上時，你應在30秒內品嚐，因為壽司飯及魚都在最適合享用的狀態，如果放得太久，壽司飯會冷卻及變硬。他的恩師吉武正博主理的東京「吉武壽司」為此而禁止客人拍攝。有別於恩師的做法，柿沼利治理解客人希望記錄生活點滴與人分享，因此他樂於讓客人拍攝食物，但必須要快速完成。「如果我看見有客人拍攝太多照片，我會請他馬上享用美食。」

比拍攝過多照片更差勁的是玩弄食物，雖然這並非經常發生，但柿沼利治曾眼看客人把他精心製作的壽司捏碎，令「他感到心碎。」正確的做法是用手指拿起壽司，把整件壽司放進口中品嚐。「我的祖父及父親都是壽司師傅，他們教我吃壽司應用手拿起來吃。我用手製作壽司而你用手吃，形成了一種手拉手、心連心的聯繫。」用筷子吃壽司是可以接受的，他會調節壽司飯的軟硬度，讓客人夾起時不會碎裂。

說到把山葵拌入醬油的食法，乃是由低端日本料理店廣為流傳，原因是這些料理店的食材品質難以媲美頂級壽司店，需以



Clockwise from main image:  
three-Michelin-star-quality sushi;  
grated fresh wasabi; octopus; chef  
Yoshiharu Kakinuma

由主圖起順時針方向：  
米芝蘭三星級壽司；  
新鮮研磨的山葵；八爪魚；  
大廚柿沼利治



with your hand – it forms a connection hand-to-hand and heart-to-heart.” Using chopsticks is acceptable, however, and he will adjust the density of the rice accordingly so it doesn’t fall apart when picked up.

Which brings us to the soy and wasabi dunk, a widespread habit spawned by exposure to lower-end Japanese eateries, where the ingredients won’t be of comparable quality and more intervention might be required. Establishments such as Sushi Shikon however, season or treat each piece to an exact standard so diners can appreciate the beauty and craft of premium fish, with minimal embellishment. This includes salting, marinating or ageing fish so extra soy and wasabi aren’t needed.

Kakinuma is at pains to point out that, although there are a few formalities, he wants people to relax and enjoy themselves at Sushi Shikon. The rules are there to help people know what to do, rather than embarrass. Conversation is encouraged, but not at the expense of the food. In his more than 20 years as a sushi chef, more than six of those in Hong Kong, he is heartened to see that the message is getting through, even in an era where dining is becoming more informal.

When it first opened, many people would come and treat the restaurant like their personal party venue, walking around, glass of sake in hand, and talking loudly. Today, diners are overwhelmingly quieter and more considerate of others, thanks to the existence of such guidelines. “This is a very special experience, not like going to a local restaurant,” says Kakinuma. “A sushi restaurant of this calibre, people should focus on the food, while still enjoying themselves.”

更多配料來增加味道。然而，好像志魂壽司這個檔次的料理店，每件壽司都經過精心調味及處理，務求合符標準，讓客人毋須使用額外的調味料，即可享用優質海鮮的原味鮮香。精心巧製的程序包括灑鹽、調味或熟成鮮魚，讓客人不用額外加上醬油或山葵。

柿沼利治再三強調，雖然志魂壽司有一些規矩，但他希望客人可以在店內放鬆心情享用美食。這些規則是為了協助客人明白壽司禮儀，而不是讓他們感到尷尬。他們歡迎客人交談，前提是不影響進食。他任職壽司師傅已超過20年，其中有逾六年是在香港工作，令他欣慰的是，雖然這個世代流行較隨意的餐飲體驗，但他們傳遞的信息已被接受。

在志魂壽司開業之初，許多前來惠顧的客人把店子視為自己開派對的場地，他們會拿著一杯清酒滿場走，大聲說話，但有賴設立禮儀指南，現在絕大多數客人都比較安靜，並且顧及不影響他人。柿沼利治說：「這是一個獨特的用餐體驗，與惠顧本地餐廳有所不同。在這個級數的壽司店，人們應專注於食物，好好享受。」

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For reservations, please call +852 2643 6800  
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The way to Adam Tihany's mind,  
is often through a good meal

佳餚美食是Adam Tihany的靈感泉源

# APPETITE FOR DESIGN

設計滋味

By Kee Foong

Photos by Nic Gaunt







The new Amber is lighter,  
softer and celebrates the  
generosity of space

全新的Amber餐廳空間寬  
敞·用色清雅

**INSPIRATION CAN COME** from many places – books, movies, art, buildings, travel, nature. For Adam D. Tihany, it is often by sitting down to a meal. As the interior designer of some of the world's foremost hospitality spaces, including MO Bar and the original Amber, New York-based Tihany considers restaurants as portraits of the chef. "Before we design anything, I often ask the chef to cook for me," says Tihany. "If there is anything I need to know about the restaurant that hasn't already been said, it comes through in the food."

Having worked with numerous culinary masters – including Thomas Keller, Grant Achatz, Wolfgang Puck, Jean-Georges Vongerichten, Daniel Boulud, Pierre Gagnaire, Heston Blumenthal and The Landmark Mandarin Oriental's own Culinary Director, Richard Ekkebus – Tihany admits "it is a passion of mine to study and spend time with the chef to see where the magic is coming from." And to successfully interpret that magic to craft interiors to fit their creativity, talent and brand of hospitality.

Every project is unique, and Tihany strives for originality and authenticity of place, character and story. If a project doesn't have a story behind it from the beginning, he creates one, giving it personality and avoiding anonymity. "I go to great lengths to develop spaces that are more than just a pretty place," says Tihany.

Whether a dish, the location or the space itself, Tihany

**靈感無處不在**，書本、電影、藝術品、建築物、旅行和大自然全是靈感的泉源，而對Adam D. Tihany來說，他通常在吃飯的時候獲得靈感。定居紐約的Tihany曾為全球無數走在尖端的餐飲場所擔任室內設計師，當中包括MO Bar和第一代Amber，他認為餐廳就是廚師的肖像，「開始設計前，我通常會請廚師給我做飯。如果我對餐廳還有什麼不了解的地方，這頓飯會告訴我一切我需要知道的事。」

他曾經跟許多烹飪大師合作，包括Thomas Keller、Grant Achatz、Wolfgang Puck、Jean-Georges Vongerichten、Daniel Boulud、Pierre Gagnaire、Heston Blumenthal，以及置地文華東方的廚藝總監Richard Ekkebus。Tihany承認「自己很喜歡跟廚師一起，觀察他們，看看他們是如何發揮魔法」，然後成功詮釋這些魔法，變成能反映廚師的創意、才華及餐飲品牌的室內設計。

每一個項目都是獨一無二的，Tihany會盡量忠於餐廳的環境、特色和故事。如果項目背後沒有任何故事，他會為它創造一個，給它個性，避免變成毫無個性的設計。他表示：「我會盡最大努力不讓它淪為只是裝潢漂亮的空間。」



Photo by Peter Murphy

Adam D. Tihany designs hospitality venues with personality, and are more than just pretty spaces

Adam D. Tihany 設計的餐飲場所充滿個性，不只講求美觀

Sculptural walnut interiors  
at SOMM restaurant evoke  
images of wine barrels

SOMM餐廳的核桃木佈置  
讓人聯想起木酒桶



looks for an element of the project to jumpstart his creativity, one that fuels the story development and design process. In the case of Amber, "I had to look no further than the chef himself," says Tihany. He knows that Ekkebus has evolved as a chef and as a person since the original Amber opened more than 13 years ago, and that his restaurant must also evolve to reflect his forward vision.

Having designed one of Hong Kong's best restaurants,

Tihany會從菜式、餐廳地點或餐廳本身尋找一個讓他發揮創意的元素，這個元素會像助燃劑一樣，能夠推動故事的發展和設計進程。他以Amber為例說：「我只需要在廚師本人身上尋找。」他知道自從Amber在13年前開業以來，Ekkebus無論是作為一位廚師及他本人都已作出演變，他的餐廳自然也跟著演變，以反映他的高瞻遠矚。

這間香港首屈一指的餐廳原來就是由Tihany設計，他有充分的理由可以為餐廳的翻新感到失望，為由4,000多條銅棒組成、極具



Tihany could be excused for being disappointed at its demolition, and its iconic chandelier made up of more than 4,000 bronze rods relegated to Instagram memories. Instead, he sees the redesign of Amber as an opportunity to celebrate the architectural generosity of the space. "The golden rods were a signature design element, but they did not define the identity of Amber," says Tihany, without regret.

What can diners expect of the new Amber? Following

代表性的水晶吊燈變成Instagram上的回憶而惋惜。可是他沒有，相反，他認為重新設計是發揮餐廳的建築優勢的好機會。他無怨無悔的說：「那些金黃色的銅棒曾經是設計的重點元素，但它們不能給Amber的身份下定義。」

新Amber將會呈現怎樣的面貌？根據Ekkebus的想法，新的用餐區會變得比較明亮和柔和，偏重女性化的美學。弧形的低矮分隔板是餐廳的重點設計，能營造親密的用餐氣氛及輕鬆自然的流動感。大型銅圈吊燈取代了銅棒吊燈，白色桌布也不見了，讓銅色



Ekkebus' vision, the new dining room is lighter and softer, with a more feminine aesthetic. Curving low partitions take centre stage to create intimate dining spaces and an easy, organic sense of movement. Large bronze ring chandeliers have replaced the rods, and the white tablecloths are gone, unveiling intricate wood table tops and bronze accents. The heart of the restaurant remains the same however, and Tihany is confident that "there is a strong sense of place – and personality – that Amber fans will recognise as soon as they step inside."

By contrast, SOMM, a sommelier-led restaurant on the same floor as Amber, is darker, moodier, with a sculptural walnut wood ceiling and floors reminiscent of a wine barrel.

Tihany admits he is drawn to hospitality because of its intimate connection with people. To him, the most successful public spaces are the ones where "you can channel the mood of the crowd. The design has to move people through the space, tell the intended story and create the desired experience as the client envisioned," he says, adding: "my job is to create bespoke, living environments that cater to and inspire every person who enters."

He cites several architects and designers past and present he admires. Among them are Luis Barragan for his architecture of colour, Gio Ponti for his imagination and style, Swiss duo Hertzog & De Meuron for their endless originality and Lorenzo Mongiardino for his craftsmanship.

While his spaces were photogenic long before the age of Instagram, he confesses to not being fully engaged with it. That said, Tihany believes that social media brings design to the forefront: "people are more aware of design than ever and it has infiltrated almost every industry. From the phone in your pocket and the clothes that you wear to the people and places you associate with, design is everywhere." This awareness has put a higher premium on good design, and "it is an exciting time to be a creative person," he says.

With a practice spanning more than 40 years, Tihany still has plenty of ambition left. Having worked on projects on land and at sea, he says: "I'd love to design the world's most luxurious airport lounges, connecting land to air. An amazing winery, a fantastic library and a cosy cinema are also on my wish list."

的木桌露出來。不過餐廳的重心不變，Tihany自信地表示：「餐廳的環境和個性非常突出，Amber的支持者只要踏進餐廳就會馬上找回熟悉的感覺。」

跟Amber在同一樓層的侍酒師主導餐館SOMM則完全相反，天花和地板均鋪上讓人聯想起木酒桶的核桃木，用色較沉，更有氣氛。

Tihany承認，他是因為餐飲業與人的緊密聯繫而被它吸引。在他眼中，最成功的公共空間是那些「你可以引導群眾情緒的。設計必須能夠讓人在空間中移動，能夠說它想說的故事，以及創造客人想要的體驗。」他補充說：「我的工作創造量身訂造的活的环境，讓每個進入餐廳的人都能夠獲得啟發。」

他援引幾個仍然活躍或已作古的建築師和設計師，當中包括以色彩構造聞名的Luis Barragan、以想像力和風格見稱的Gio Ponti、創意無窮的瑞士二人組Hertzog & De Meuron及匠心獨運的Lorenzo Mongiardino。

雖然他設計的空間在Instagram時代之前已是廣受歡迎的拍攝熱點，但他坦言自己不大投入這玩意。話雖如此，Tihany認為社交媒體將設計帶到大家面前，「大家比以前更關注設計，設計差不多滲入每個角落，由口袋裡的電話和穿著的衣服，到你接觸到的人和地方，設計無處不在。」這股關注亦提高了優秀設計的價值，他表示：「這是創作人的黃金時代。」

Tihany雖然在這行業已打滾40多年，但雄心壯志不減。設計過陸上和海上項目的他表示：「我想設計全球最豪華的機場休息室，將地面和空中連繫起來，我也想設計讓人驚歎的酒莊、無與倫比的圖書館和舒適的戲院。」

Opposite page: Amber retains a strong sense of place (top); Tihany had to look no further than Culinary Director Richard Ekkebus for design inspiration (bottom)

對頁：Amber的設計充滿個性（上圖）；Tihany主要從廚藝總監Richard Ekkebus身上尋找設計靈感（下圖）

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# SUNSET SURVIVORS

## 夕陽無限好

Hongkonger Lindsay Varty's book honours the people  
keeping the city's traditional industries alive

香港人Lindsay Varty的新書向本地傳統行業的守護者致敬

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Photos by Gary Jones





Handmade baskets from  
Tuck Chong Sum Kee  
Bamboo Steamer Company  
德昌森記蒸籠的手製竹籃

HK heroes: Mr Lam (below), bamboo steamer maker; Mrs Ho (right), traditional scales shop owner

香港英雄：製作竹蒸籠的林應鴻（下圖）；何太太的小店專售傳統中式秤（右圖）



**GROWING UP**, my British father and Macanese mother wanted my brother and I to experience and understand the real Hong Kong, which we called home. My mother would take us to eat congee in eateries with cheap plastic chairs and greasy floors. Shopping was always done in the local wet market. The sight of freshly harvested organs, or the decapitations of chickens, frogs, and fish did not faze me, but only added to the appeal of my home city.

Perhaps it was this curious insider-outsider perspective on Hong Kong that made me notice the ways in which the fabric of the city has been changing.

Markets have shut up shop; old streets and towns have been gentrified and rebuilt into shiny malls; small independent shops have been replaced by foreign chains.

**我爸爸是英國人**，母親是澳門人，他們希望我和哥哥可以體驗和了解真正的香港，因為這是我們的家。我媽媽會帶我們去那些用廉價膠凳、地面油膩膩的小店吃粥，還會去本地街市買東西。新鮮屠宰的動物內臟、斬頭的雞、青蛙和魚這些東西不但不會讓我驚訝，反而會增加香港的吸引力。

或許因為難得地同時對香港擁有本地人和外地人的視角，我才能夠留意到這座城市在結構上的改變方式。

街市的店舖買少見少，老街和舊區改頭換面，改建成光潔鮮亮的購物商場，獨立小店被國際連鎖店取代。有見及此，我想要書寫這城市獨有的文化特色，以及讓這些特色到今天仍未被淘汰的人，希望能夠在它們消失前捕捉住殘餘的老香港面貌和味道。





I wanted to write about the city's unique cultural identity and the people keeping it alive, to capture these remaining sights and smells of old Hong Kong before they disappear.

I began my quest to unearth Hong Kong's sunset industries – some of the oldest trades in the city – and the people that continued to work in them. These hardy tradesmen and women had devoted their lives to a range of curious professions such as face threading, letter writing and paper effigy artistry that are now fading into obscurity.

Over the three years that I spent conducting interviews, I came across hidden backstreet stalls and tiny makeshift stands where workers laid out their handcrafted wares or offered manual services such as knife sharpening or shoe shining for a minimal fee. I discovered a dimly lit shop where two elderly brothers clasped copperware congee pots between their feet as they expertly hammered the vessels to the desired shape.

What brings the book to life is the fascinating stories of the interviewees, like Mrs Ho, an elderly lady with a tight

**Mr Luk, one of the city's last copperware makers at work (above); Mr Wong, purveyor of rice (above right)**

香港碩果僅存的銅器工匠陸先生(上圖);米商王德鑑(右上圖)

於是我開始發掘香港的夕陽行業——本地那些最古老的行業，以及現在還在從事這些工作的人。他們窮其一生貢獻給那些稀奇古怪的式微行業，譬如線面、寫信和紙紮等。

我花了三年時間採訪這些人，期間到過棲身於橫街窄巷的小店和臨時攤檔，那些工人以微少的價錢售賣他們的手作品或是手工服務如磨刀和刷鞋等。我在一間燈光昏黃的小店裡，看過一對已上了年紀的兄弟打造銅製的粥壺，他們用雙腳夾著銅器，然後一錘一錘地錘出想要的形狀。

這本書非常生動，因為它記載了許多引人入勝的受訪者故事。燙了捲髮的何太太在她棲身小巷的店子裡，售賣在藥材舖和街市可見的中式秤。雖然她已上了年紀，視力已衰退，但為了紀念已作古的父親，仍然堅持經營這間90多年前由其父創辦的小店。



perm who runs an alleyway stall selling Chinese weighing scales – the type you might see in Chinese medicine shops or wet markets. Despite her age and deteriorating eyesight, she continues to run the business in honour of her late father, who opened the shop over 90 years ago.

Or Master Wong Tak Kam, who has worked in his family-owned rice shop since he was 16. Now 75 years old, he still spends every day blending, cleansing and delivering large bags of rice to customers around Hong Kong on his 40-year-old bicycle. He carries up to 70 kilograms of rice on his shoulders at a time. None of Master Wong's five children intend to continue the business.

For me, these are the heroes of Hong Kong culture – they have stood the test of skyrocketing rents, changing cultures, competition, and a lack of successors. Despite the odds, they have persisted and emerged as the survivors of old Hong Kong. My hope is to preserve the memory of these traditional entrepreneurs, and to share with visitors and locals alike the foundations on which Hong Kong's identity was built.

另外，王德鑑師傅16歲開始在家族經營的米舖工作，現年75歲仍然每天將不同的米混在一起，把一大袋一大袋親自清洗乾淨的米，用他已勞碌40年的單車運送給顧客。他的一雙肩膀每次可以負載70公斤的米，可是王師傅的五名子女無人願意繼承這門家族生意。

在我眼中，這些都是香港文化的英雄，他們克服了飆升的租金、不斷在變的文化、競爭和沒有繼承人等困難。儘管路途上障礙重重，他們仍然堅持下來，成為老香港的見證人。我希望能透過此書，留住這些傳統企業家的記憶，以及跟遊客和本地人分享這些組成香港的特有文化的基礎。

## Four food writers recommend experiences worth a detour from Central

四名美食專欄作者為大家推薦在中環以外但絕對值得到訪的地方

# WORD OF MOUTH

## 口耳相傳

Photos by Calvin Sit

### DAY TRIP TO THE NEW TERRITORIES

*Charmaine Mok, Editorial Director, Food & Wine,  
Edipresse Media*

In remote Plover Cove Country Park in Hong Kong's northern New Territories, the mainland Chinese city of Shenzhen can be seen from across the waters of Starling Inlet. Here, under the shade of two banyan trees, is an open-air homestyle Hakka eatery known as Chung Kee, where I go to feast on local oyster omelettes and roasted duck dipped into a piquant vinegar, lemon and ginger sauce. From Hong Kong island, the journey takes about two hours, including an amble past mangroves and villages. Halfway through the walk back to public transport, stop by the open-air Song Pak Tofu stand for a bowl of silky beancurd pudding, then grab warm parcels of sweet potato or pumpkin rice cakes, or sticky Hakka tea cakes for the road.

### 新界一日遊

Edipresse Media佳餚美酒編輯總監莫秀明

遠離塵囂的船灣郊野公園位於香港北部的新界地區，可眺望沙頭角海對岸的中國內地城市深圳。松記士多躲在兩棵老榕樹的樹蔭下，是一間供應家常客家小菜的露天小店。我吃過他們用本地生蠔做的煎蠔餅，以及蘸醬由醋、檸檬和薑做成的烤鴨。由香港島前往松記需時約兩小時，途中經過一大片紅樹林和數條村落。回程前往小巴站的中途，可順道到宋伯山水豆腐花吃一碗軟滑的豆腐花，以及買幾個熱騰騰的番薯或南瓜煎餅或是客家茶果在路上吃。



Crisp yet tender local  
oyster omelette in the New  
Territories

新界一家餐廳供應的外脆  
內嫩的煎蠔餅

## CHINESE KITCHENWARE ON SHANGHAI STREET

Janice Leung Hayes (@e\_ting)

Be they at home or in commercial kitchens, cooks in a Chinese kitchen tend to prepare just about everything with one single cleaver. The heel can be used for cutting bones, the tip to de-seeds chillis; the spine is a meat tenderiser, and with a quick smack, the flat turns a knob of ginger into fibrous strands. Get yours from Chan Chi Kee, a fourth-generation bladesmith. Tell them what kind of cook you are, and they'll find you the right knife. While you're in the area, ground zero for kitchen supplies, complete your Chinese kitchen with a wok from Kui Lei Cheung, and a handmade copper pan from Bing Kee, the city's last copper artisans.

Clockwise from right: fishballs can be found everywhere in Hong Kong; roasted duck from Chung Kee; silky beancurd from Song Pak; juicy roast pork from Red Seasons Aroma Restaurant; more fishballs; woks on Shanghai Street

右圖起順時針：香港隨處可見的魚蛋；松記的燒鴨；宋伯如絲般柔滑的豆腐花；季季紅風味酒家香脆多汁的燒豬；又是魚蛋；上海街出售的中式鑊

## FISH BALLS EVERYWHERE

Chris Dwyer (@chrismdwyer)

A mix of starch with ground-up fish paste, curry sauce of questionable culinary provenance and a weird squeaky texture sound like a recipe for disaster. Instead they combine into an iconic Hong Kong street food snack: curry fish balls. Whether threaded on bamboo skewers or stacked in styrofoam cups, they're a familiar treat eaten day and night, sober or well-lubricated. Vague hints of sweetness and spice make them an attractive snack, even before you realise you get five balls for under one US dollar. Found on street food stands and even in convenience stores, try New Era Delights in Causeway Bay for a great version.

## 上海街的中式廚具

Janice Leung Hayes (@e\_ting)

不管是在家裡還是在餐廳食肆，中式廚房的大廚們只需用一把刀就可以處理所有斬切工夫：刀鋒近手柄的部分用來斬骨頭，刀尖剔走辣椒的種子，刀背把肉類錘軟，刀面輕輕一按就把薑塊壓扁分解。陳枝記是承傳四代的刀匠，只要告訴他們你喜歡烹調哪類菜式，他們就會為你選擇合適的菜刀。既然來到上海街，就不要錯過添置中式廚具的好機會，不妨順便去區利昌買個鑊，到炳記銅器買個由城中最後一個銅匠人手製作的銅製平底鑊。

## CHINESE ROAST PORK IN THE NEW TERRITORIES

Peter Chang (@growing\_boy)

Take a ride to Lan Tei in the New Territories and dine at Red Seasons Aroma Restaurant for some of the best Cantonese roast pork in town. The fresh, locally-raised pigs are roasted down the road at Wing Hing Yee Kee, the only food factory in town licensed to operate wood-fired ovens. The thick, golden crackling of the pigs delivers a satisfying crunch and comes with distinctive, smoky aromas. The well-seasoned fat beneath the crackling delivers a springy texture. For the full experience, request a factory tour and watch while the staff roast the pigs in underground ovens.

## 處處是魚蛋

Chris Dwyer (@chrismdwyer)

由澱粉和魚蓉做的魚蛋、起源絕對不清不白的咖喱醬汁，加上奇怪的質感，聽起來像是一件失敗的烹飪產品。然而這些東西加在一起，卻成為香港的招牌街頭小吃：咖喱魚蛋。不管是用竹籤串起來還是用發泡膠杯盛載，魚蛋都是不管日夜、喝醉與否均美味宜人的常見小吃。淡淡的甜和辣糅合成這種極具吸引力的小吃，更不用說五顆魚蛋才賣一美元不到。魚蛋在街邊小食檔和便利店均有售，銅鑼灣新時代美食的魚蛋味道一流，不妨一試。

## 新界的中式燒豬

張永康 (@growing\_boy)

乘車到藍地的季季紅風味酒家品嚐城中最美味的廣東燒豬，同一條路上的榮興儀記則用新鮮的本地豬燒烤，是本城唯一領有柴火燒烤爐牌照的餐廳。金黃色的燒豬，表皮爽脆，帶香濃的煙燻味。皮下醃得恰到好處的脂肪有彈性，嚼勁十足。有興趣的話，可以要求參觀工場，看工人如何用埋在地下的柴火燒烤爐燒烤小豬。







Preparation and champagne are key to  
cookbook author Mimi Thorisson's recipe for  
entertaining success

烹飪書作者Mimi Thorisson認為，事前準備和香檳  
是在家裡宴客的成功關鍵

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# THE IDEAL HOST

## 最佳女主人

By Janice Leung Hayes



**COMPARED TO HONG KONG'S** 24-hour lifestyle, Mimi Thorisson's bucolic life in the French countryside may seem as different as chalk and camembert. But the cook and author of *A Kitchen in France* and *French Country Cooking* is in fact, a born and bred Hongkonger with fond memories of "having a bowl of roast goose rice noodle soup at Yung Kee, anytime of the day. And waiting for the weekend to eat roast pigeon in Sha Tin," she says.

As a mother of eight children, this city girl has settled down in a resplendent 19th-century ex-hotel in Médoc. "As a native Hongkonger, I completely understand [about their] always being 'in a hurry'" Thorisson says, but she believes we should all make time to cook and eat. "I love preparing family meals and feasts, it comes naturally to me. My husband and I have eight kids, they are all very enthusiastic about food, so I have a good cheerleading team at home."

To Thorisson, entertaining isn't about shuttling out plates of food while being buried in dirty dishes in the kitchen. "I'd say I am a relaxed host, but very organised, so it makes everything look effortless." One way to alleviate stress is to have the guests join in. She says, "My guests love joining in on the cooking, mainly because they usually are food lovers and love to participate. But really, the key to success is to lure your guests into the kitchen – serve the best canapés and champagne in the kitchen and you will get a lot of attention!"

Like a swan, elegance doesn't come without some real work beneath the surface, but luckily Thorisson says it's easily achievable, as long as you keep it simple. "I think it helps to get familiar with a recipe so there are no surprises in the kitchen."

"Whether your home is large or small, we all need good organisation in order to entertain well," she says. "Really, it's all about getting organised and prepping in advance. I prefer to prep the dishes so I don't have to be too absent from the table."

She says that if you're short on time, "serve dishes that are easily prepared. Focus on ingredient-based dishes such as tomato salad, cured meats, and seafood."

The ingredients for an aperitivo can be a great start, and doubles as dinner for her children when they have guests over. "When we entertain, they eat so much at the aperitivo table – hams, cheese, olives, radishes, breadsticks – that they are nearly full by the time they are at the dinner table. So I set a little side table knowing that only less than half will eat and the other half will excuse themselves and play."

With ingredients as the highlight, Thorisson encourages us to "always shop for fresh, seasonal produce," and while you're at the shops, to "double-check if anyone has food intolerances. And buy a little more than less. Just in case."

"The most important part," she says, is that "the host has to be relaxed. You want everyone to feel comfortable and happy," and that should include yourself.

Here, Thorisson shares a recipe that Hong Kong cooks can try at home, even when time and space are a luxury.

**對《A KITCHEN IN FRANCE》**和《French Country Cooking》的作者Mimi Thorisson而言，現時定居法國鄉郊，的生活跟不夜城香港相比，就像粉筆相對於芝士，但其實她是土生土長的香港人，她還記得「隨時到鏞記吃碗燒鵝瀨的日子，還有週末到沙田吃乳鴿的時光」。

育有八名子女的昔日城市女郎Thorisson，現時卻居於Médoc一間建於19世紀、曾用作酒店的大宅。她表示：「作為土生土長的香港人，我完全明白香港人為何總是匆匆忙忙。」但她卻同時相信，我們該抽時間做飯和享用美食。「我喜歡為家人做菜、準備大餐，這是自然而然的事。我和丈夫育有八名子女，他們都很喜歡食物，因此家裡已經有一支很好的啦啦隊。」

對Thorisson來說，在家裡請客的意義不是為客人做出一碟碟的食物，而自己卻躲在廚房裡忙著處理用過的碗碟。她表示：「我想我是放鬆但做事有條不紊的主人，所以一切看似不費吹灰之力。」其中一個減除壓力的方法是邀請客人一起動手，「我的客人很喜歡一起做菜，主要因為他們都很喜歡美食，喜歡參與其中。但真的，成功的關鍵是要把客人誘進廚房，而在廚房裡擺出最好的開胃小吃和香檳，自然能吸引大家進來。」

像天鵝一樣，水底下的雙掌要努力的划才能保持水面上的優雅姿態。不過幸運的是，Thorisson說那是很容易辦到的，只要保持微笑便可，「我想熟悉食譜很有用，這樣做起菜來便不會手忙腳亂。」

她說：「房子不管大小，請客時都需要有良好的計劃。真的，重點是周詳的計劃，而且要預先作好準備。我喜歡預先準備食物，這樣就可以留在餐桌跟客人一起用餐。」

她還表示，如果時間不夠，「就準備一些簡單菜式，以著重食材的菜式如番茄沙律、醃肉和海產等為主。」

開胃菜的食材非常重要，孩子有朋友來作客時更可當他們的晚餐。「我們在家裡請客時會準備很多開胃菜，火腿、芝士、橄欖、紅菜頭、麵包條等等。如此一來，到吃正餐時，大家都差不多飽了，所以我通常只留一張小桌餐給吃正餐的人，其他人可以退席去玩。」

說到食材，Thorisson建議大家「一定要買新鮮的當季農產品」。在店舖選購食材時記得「再次確認客人中有沒有食物過敏的人，並且要買多一點以防萬一」。

她指：「最重要的是，當主人的要放鬆，你的目的是要讓大家感到舒服和開心。」那當然包括你自己了。

接下來，Thorisson會跟各位香港廚師分享一道即使沒時間和空間也可以輕鬆完成的食譜。



## *Roasted chicken with crème fraîche and herbs* 酸忌廉香草烤雞

1 3-3 ½ pound chicken  
1 ¼ cups crème fraîche  
1 bunch parsley, leaves removed and chopped  
4 cloves garlic, minced  
1 shallot, minced  
Fresh thyme sprigs  
Kosher salt and freshly ground black pepper  
Sea salt, for serving

Heat the oven to 180°C/350°F degrees.

Lightly season the chicken all over with salt and place it in a roasting pan.

In one bowl, combine the crème fraîche, garlic, parsley, leaves from a few thyme sprigs, and shallots and then season with kosher salt and black pepper to taste. Stuff about half of the mixture into the cavity of the chicken, and the other half should be spread all over the outside of the chicken, making sure to get under the thighs and wings.

Roast the chicken in the oven for an hour or until the chicken is golden. Check in on the chicken halfway through and add a little water and a dash of white wine (optional) if the pan seems dry.

When the chicken is done, remove from the oven and let rest for 15 minutes under some tin foil before carving and serving.

1隻重3至3 ½磅的雞  
1 ¼杯酸忌廉  
1小束歐芹，摘下葉片切碎  
4件蒜頭切碎  
1棵蔥切碎  
新鮮百里香枝  
猶太鹽和新鮮磨的黑椒  
海鹽調味

將焗爐預熱至攝氏180度／華氏350度。

用少許鹽醃雞，將雞放在烤盤上。

用碗將酸忌廉、蒜蓉、歐芹、百里香葉和蔥等混和，然後加入猶太鹽和黑椒調味；然後將一半醬料塗在雞的肚子內，另一半塗在表面；別忘了塗雞腿和翅膀下面的地方。

將雞放進焗爐裡烤一小時，直至表面變成金黃色。不過烤到一半的時候，記得檢查一下，如果烤盤有點乾，可以加一點水和一點白酒（後者可加可不加）。

雞烤好之後，從焗爐拿出來，放在錫紙下15分鐘，然後才切肉、上桌。

Photographer and vegetarian cookbook author Mary McCartney says there's never been a better time to go meat-free

身兼攝影師及素食食譜作者的Mary McCartney表示，  
現在是吃素的最佳時機

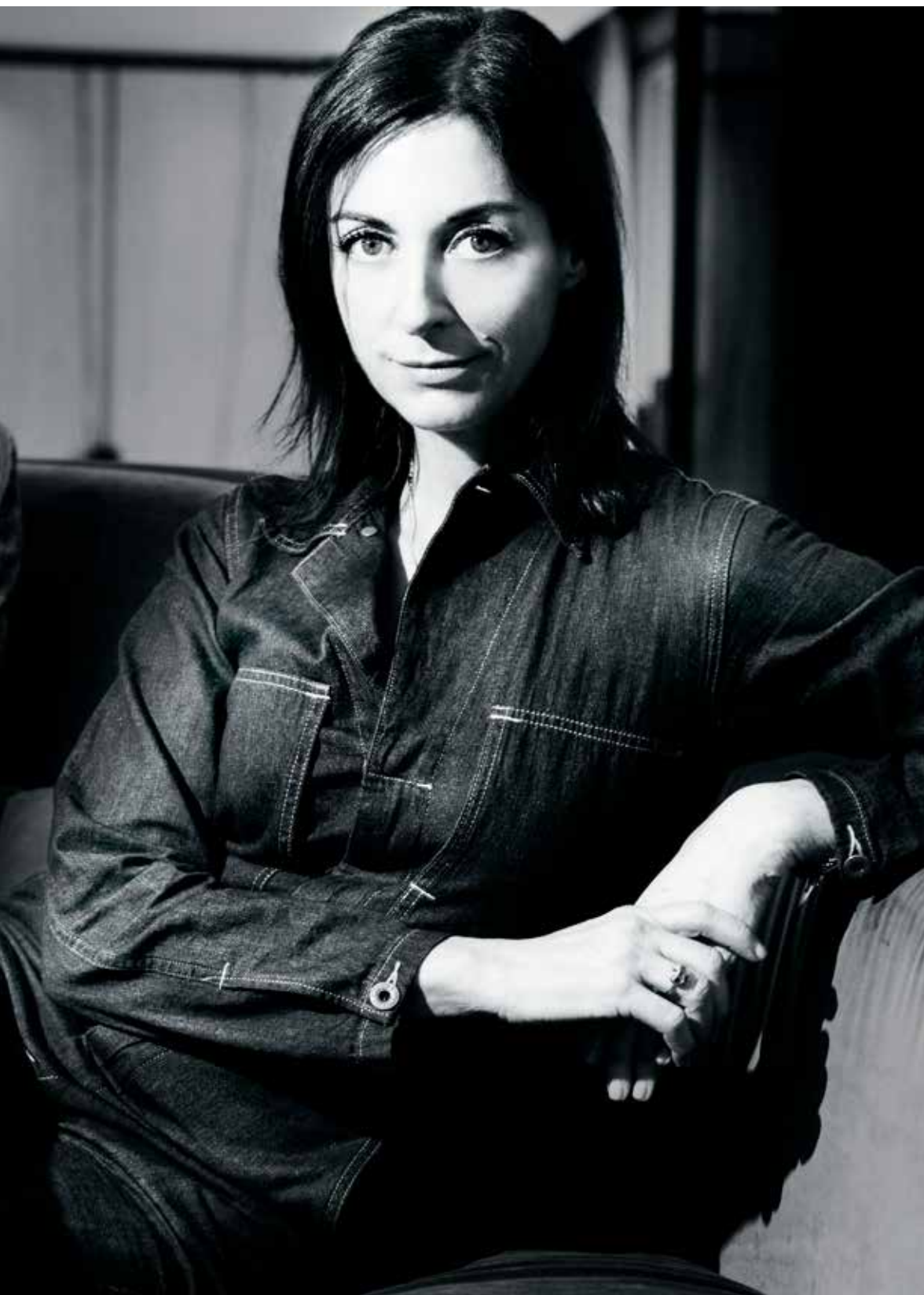
# QUEEN OF GREEN

## 素食女王

By Alice Franklin  
Photo by Nic Gaunt

**AS A MEMBER** of one of the world's most famous vegetarian families, Mary McCartney knows a thing or two about meatless menus. And judging by her enthusiastic chatter about Hong Kong's food scene, she's found something she likes on her recent sojourn to the Fragrant Harbour. "Take Green Common, or Grassroots Pantry, or Kind Kitchen," she says happily, "what's great is when people just go there for the food, they don't even know it's vegetarian or vegan. That's the best." When it comes to promoting

**身為全球知名**素食家庭成員之一，Mary McCartney對無肉食菜單相當熟悉。談到香港的飲食業現況時，她顯得興高采烈，可見她早前訪港時找到了喜愛的素食。她笑著說：「令人感到高興的是，無論是在Green Common、豆苗居或是Kind Kitchen，顧客到餐廳純粹為了享用美食，他們甚至不知道這是素食或純素食餐廳，而這才是最了不起之處。」在推廣素食主義時，McCartney避免採用令人感到不耐煩的說教形式，而是以正面及貼近生活的方式傳達讓人喜悅的訊息。



vegetarianism, McCartney eschews eye-rolling proselytising for positive and down-to-earth rationale delivered with an endearing shrug.

McCartney's meat-free journey is something that started before she can even remember. Daughter of Paul and Linda McCartney (the latter a lifelong advocate for animal welfare), a joy in vegetarianism has been with Mary all her life. "I love the vibrancy, the colour," she explains. "It feels guilt-free, but fun. Although, my husband jokes that I'm a vegetarian that doesn't really like vegetables; I'm just not the type of person who can eat a plate of steamed vegetables."

Just as a bowl of kale does nothing to satisfy McCartney's appetite, neither do dishes that require a 73-point list of hard-to-find ingredients. When it comes to cooking in the McCartney household, fuss-free wins every time: "It's about keeping it simple, keeping it quick – I mean, all of us are busy. I think there's a misconception that vegetarian or vegan cooking has lots of ingredients and takes a lot of time, but when I'm coming up with recipes or am cooking for people, I try to keep it to as few ingredients but as flavourful as possible."

It's a strategy that's led McCartney to back the increasingly popular Green Monday movement here in Asia. "Green Monday is affiliated with Meat-free Mondays [in the UK] and it's really the same message," says McCartney. "It's a global campaign; a global idea. I was introduced to David Yeung, who heads up Green Monday here in Hong Kong, and we just got along really well. We like to inspire people by giving meal solutions rather than scaremongering – it's about trying not to intimidate and instead to inspire. It seemed like a perfect partnership."

It's clear that McCartney isn't about to hop on her soapbox and pass judgement on people partial to a nibble of pork, lamb or fish. For starters, it wouldn't be polite. Beyond that, it's simply not how she sees change coming. "I grew up being able to go out into the countryside and appreciate nature," says McCartney, "and now I think that's a little bit more under threat. It's an interesting time; how are we going to call to action people to help? It feels encouraging, it feels as if we all kind of need to unite. And that's why we're here – to provide solutions, but also to say, 'look, don't give yourself a hard time.'"

"It's not about a radical lifestyle change; it's an adventure to go on," says McCartney. "It's just one day, so why not? Often, when you start thinking in a different way, you might see a vegetarian option on a menu and try it, and then at a dinner with friends you might start talking about it and then slowly, slowly, the word spreads and it becomes a community." Now that's a food philosophy worth supporting.

McCartney已記不起她在何時開始停止吃肉。身為Paul及Linda McCartney的女兒（其母親Linda終身支持保護動物權益），Mary自出生以來就感受到素食主義帶來的喜悅。她解釋：「我喜歡素食充滿生機、色彩繽紛。它令您沒有罪惡感，而是心懷喜悅。雖然我丈夫開玩笑說我是個不喜歡蔬菜的素食者，但我確實不能只吃一碟蒸蔬菜。」

單單一碗羽衣甘藍並不能滿足McCartney的胃口，然而，那些要符合73點要求、採用罕有食材烹煮的菜式，同樣不合她的口味。當McCartney在家中烹飪時，每次都是以簡單容易為主。「最主要是保持簡單，方便快速，因為大家都很忙。我認為人們對素食或純素食烹飪存在誤解，以為必須採用大量食材及花費很多時間，但當我構思食譜或烹煮時，只會採用數種食材，但盡可能會選用最美味的食材。」

懷著這個烹飪理念，McCartney支持在亞洲推行愈來愈受歡迎的「無綠不歡星期一」素食運動。她說：「無綠不歡星期一與在英國推行的無肉星期一相輔相成，傳遞相同的訊息。這是一個全球運動；一個全球的理念。我被介紹認識在香港主導無綠不歡星期一的楊大衛，而我們一見如故，因為彼此都是提供飲食方案鼓勵人們嘗試，並非在散播恐慌——我們絕不是作出威嚇，而是啟發人們。因此我們可說是完美的合作夥伴。」

顯然，McCartney並不是要跳上台大聲疾呼，批判那些偏愛吃豬肉、羊肉或魚的人。對於初接觸素食的人士來說，這並非有禮貌的做法，但更重要的是，她認為這並不是帶來改變的方法。McCartney說：「我的成長環境讓我可以走到郊外親近大自然，而我認為現在自然環境正受到更多威脅；我們如何才能喚起人們採取行動保護大自然？這是令人感到鼓舞的事，讓大家感到必須團結力量，而這正是我們致力提供飲食方案的原因，但我們亦告訴大家：『別要令自己難受。』」

「這並不是要你把生活方式徹底改變，而是作出新的嘗試。」McCartney解釋：「每星期只是一天，為何不試試？當你開始以不同方式思考時，你很可能會在餐單上看到一個素食選擇，並作出嘗試，然後你與朋友晚餐時，可能會談及嚐過的素食。慢慢地，這個素食主意就會傳開去，成為社群內認同的事。」現在，這已成為一個值得支持的飲食理念。





# SMASHING PUMPKINS

非凡蔬果

By Catharine Nicol  
Photos by Bex Gaunt

Or why you should eat the full spectrum of  
fruits and vegetables

為何你應進食各種不同顏色的水果及蔬菜



**STOP AND THINK**, just for a moment, about the variety of fruit and vegetables that Mother Nature provides. From the hip avocado to the flamboyant rambutan and the Fibonacci swirls of Romanesco broccoli, each comes in its own size and shape, taste and texture package.

Now picture a plate of cut fruit, a superfood salad or sautéed vegetables: orange pumpkin, blackish blueberries, bright red peppers and dark green kale, produce covers the colours of the rainbow, their hues clues to the host of antioxidants, phytonutrients, vitamins and minerals found inside.

While crops are still growing, they absorb the sun's energy, converting some of its wavelengths into fuel via photosynthesis. The pigments in each fruit or vegetable reflect the remaining wavelengths, which we see as colour. Chlorophylls, for example, absorb blue and red but reflect green, as in spinach and parsley, while carotenoids absorb violet and blue-green but reflect red, yellow and orange, giving tomatoes and carrots their colour.

The absorbed wavelengths fill the produce with certain nutrients, in turn feeding us with essential nutrition, with the clue as to which nutrients each food contains in their colour.

Do you remember your grandmother telling you to eat carrots to help you see in the dark? It wasn't just a sneaky way of getting you to eat your veggies, the alpha- and beta-carotene in carrots not only result in their orange colour, the antioxidants also convert to vitamin A in the body when eaten, which aids vision and boosts cell health.

The pigment lycopene brings a rosy hue to tomatoes, watermelon and strawberries, delivering nutrients that are believed to improve heart health.

Blue and purple berries, plums, eggplant and red (purple) cabbage are full of the pigment anthocyanin, a powerful antioxidant that helps fight breast cancer, and boost the immune system.

And greens... The bane of our youth but ideally the base of our adult diet, leafy greens are packed full of chlorophylls, which mean that the likes of broccoli and kale, kiwifruit and also chlorophyll supplements are useful for a host of reasons, boosting the immune system, detoxing the body, reducing inflammation and lifting the mood.

"It's all related to free radicals," says Robert Jeffers, Spa & Wellness Director at The Landmark Mandarin Oriental. "Free radicals are formed naturally in the body but a high concentration of them can cause damage to our cells and this damage may play a role in the development of cancer. Antioxidants help to neutralise those free radicals, therefore it is thought that they may reduce the risk of cancer."

It may be tempting to go all out on a particular colour of produce to address a specific issue, perhaps filling your plate with yellow and orange fruit and vegetables for failing eyesight.

Jeffers advises, however, "If someone's eyesight is failing due to genetic, trauma or other related illnesses, and they are already getting enough vitamin A in their diet, then eating more orange/yellow veggies may not make a difference."

He also counsels that eating the full rainbow is essential. "It's important to not get carried away in consuming one particular colour of fruit or vegetable. Just like there is no magic pill to good health, there is no magic fruit or vegetable either. Over consuming one particular fruit or vegetable can create problems as you may be missing out on important nutrients found in other fruit and vegetables. You should always aim to achieve balance by consuming a varied diet and "eating the rainbow.""

**停一停**，想一大自然培育的水果及蔬菜，是如何豐富及多元化。由豐滿的牛油果，以至艷麗的紅毛丹及螺旋形的羅馬花椰菜，每款蔬果都有其獨特的大小、形狀、味道及質感。

現在試想像一碟切開的水果、超級食物沙律或炒雜菜的模樣：橙色的南瓜、黑色的藍莓、鮮紅的辣椒及深綠色的羽衣甘藍，展現了彩虹的各種顏色，它們的色彩更提示其內含的抗氧化物、植物營養素、維他命及礦物質。

在植物生長時，它們吸收了陽光的能量，透過光合作用把光的波長轉化為營養物，每種水果或蔬菜的色素反映了保留下來的波長，亦即我們見到的顏色，例如葉綠素吸收了藍光及紅光，反射出綠色，令菠菜及香芹因此而呈綠色；類胡蘿蔔素吸收了紫光及藍綠光，反射出紅、黃及橙色，令番茄及胡蘿蔔得到它們的顏色。

被吸收的光波長為農作物提供不同養份，也讓我們食用時可攝取重要的營養物，而蔬果的顏色，則提示了每種蔬果所含的營養物。

還記得祖母告訴你吃胡蘿蔔有助加強視力，在黑暗中也可看見東西嗎？這並非只是她誘導你進食蔬菜的技倆，胡蘿蔔內含 $\alpha$ -胡蘿蔔素及 $\beta$ -胡蘿蔔素，不僅呈橙色，我們食用後抗氧化物更轉化成維他命A，有助增強視力及促進細胞健康。

番茄紅素為番茄、西瓜及士多啤莉帶來玫瑰紅色，並提供有助促進心臟健康的營養物。

藍莓、紫色漿果、李子、茄子及紅（紫）椰菜含豐富的花青素色素，是一種強效的抗氧化劑，有助對抗乳癌及增強免疫力。

而我們年輕時抗拒的綠色蔬菜，卻是成年人餐膳中最理想的基本食材。綠葉蔬菜含豐富葉綠素，因此西蘭花、羽衣甘藍及奇異果等蔬果，以及葉綠素補充劑均對健康大有裨益，包括有助增強免疫系統、為身體排毒，消炎及提振精神。

置地文華東方酒店的水療中心總監Robert Jeffers指出：「這全都與自由基有關。自由基在身體內自然形成，但大量的自由基會對細胞造成損害，並可能是構成癌症的原因之一。抗氧化劑有助中和這些自由基，因此被認為有助降低患癌症的風險。」

你或許以為專門進食某種顏色的蔬果，即可以針對特定的問題，例如大量進食黃色及橙色水果，可令視力下降得到改善。

然而Jeffers提出忠告：「如果某人的視力下降是基於遺傳、創傷或其他相關疾病，而他們已從膳食中攝取足夠的維他命A，那麼進食更多橙或黃色蔬果並不會帶來改變。」

他同時建議進食所有彩虹顏色的蔬果。「不要只進食單一種顏色的蔬果非常重要。就好比沒有能醫百病的靈丹妙藥，神奇水果或蔬菜亦不存在。如果只進食一種蔬果，就會錯失攝取其他蔬果含有的重要營養物。你應以飲食均衡為目標，力求『吃出彩虹』。」

# Five questions for Markus Klinko, who has photographed the biggest names in music, from Bowie to Beyoncé

我們向曾為Bowie和Beyoncé等歌星拍照的攝影師Markus Klinko  
提出五個問題

## SHOOTING STARS 摘星者言

### WHAT MAKES FOR A GOOD PORTRAIT?

Anyone could be an interesting subject. Good looks are not the only criteria. For example, actors come in all shapes and sizes. There are no limitations!

### HAS THE NATURE OF CELEBRITY CHANGED?

It really has not changed much as far as Hollywood and music stars are concerned. However, these days there are a lot of new types of celebrities, such as social media stars.

### HAS THE NATURE OF PHOTOGRAPHY OR THE WAY YOU PHOTOGRAPH PEOPLE CHANGED?

I always evolve, and use new ideas and new technologies. I collaborate very closely with Fujifilm. Today, because of social media and camera phones, everyone is a photographer, and some are talented. The professional marketplace has dramatically changed, and to stay on top requires me to be very alert.

### DOES YOUR MUSICAL TRAINING INFLUENCE YOUR PHOTOGRAPHY?

Not really, but of course I have a great affinity for musicians, and love taking on new projects such as album covers, or other types of shoots with music stars.

### IS THERE ANYONE YOU WOULD LOVE TO PHOTOGRAPH THAT YOU HAVEN'T YET?

With this exhibition in Hong Kong, I would like to start working a lot more with Asian stars, from cinema to music to fashion.

### 怎樣才能拍到出色的人像照?

任何人都可以是有趣的拍攝對象，長得好看不是唯一的條件。就是演員也有各種長相和身型，因此不會受到任何東西限制。

### 名人的本質改變了嗎?

如果是說荷李活明星和歌星的話，改變真的幫助不多。不過今天有各種各樣的名人，社交媒體明星也是名人。

### 攝影的本質或是你拍人像照的技巧有改變嗎?

我一直在變，會採用新的構思和技術，我跟富士菲林緊密合作。今天，因為社交媒體和電話相機興起，任何人都是攝影師，當中也有才華橫溢的。專業市場劇變，我要提高警覺才能保持在頂尖位置。

### 你讀過音樂這點對你的攝影工作有幫助嗎?

幫助不多，但當然我很喜歡音樂人。我亦喜歡接受新工作的挑戰，譬如幫歌手拍攝唱片封套或是其他類型的照片。

### 還有誰是你想拍但還沒拍到的?

因為這次在香港的展覽，我想開始拍攝更多的亞洲電影明星、歌星以至時尚名人。

The Landmark Mandarin Oriental hosted Markus Klinko's *2000s: Bowie and Beyond* exhibition in aid of the Hong Kong Adventist Hospital Foundation  
置地文華東方酒店主辦了Markus Klinko的2000s: Bowie and Beyond攝影展，部份收益捐予港安醫院慈善基金



Clockwise from top: Lady Gaga;  
Markus Klinko; Beyoncé;  
David Bowie

左上角起順時針 : Lady Gaga ;  
Markus Klinko ; Beyoncé ;  
David Bowie

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# ALL FIRED UP

春色無邊

Blaze a fashion trail in the season's hottest colours,  
coolest pastels and boldest prints

最熱的顏色、最冷的色調和最誇張的圖案一起為這一季的時裝開闢新路線



Prada jacket; Lanvin necklace; Dior earrings; Laliq ring

Prada長外套；Lanvin項鍊；Dior耳環和；Laliq戒指







Opposite page: Chanel dress and jacket; Chanel bracelets and necklaces; Lalique glass yellow and blue rings

對頁：Chanel連身裙和外套；Chanel手鐲和項鍊；Lalique黃、藍玻璃戒指

This page: Iris and Ink blazer and shorts; Dior bracelet; Fendi tank top; Nuo by Cindy Yeung bracelet, ring, necklace and earrings

本頁：Iris and Ink外套和短褲；Dior手鐲；Fendi背心；Nuo by Cindy Yeung手鐲、戒指、項鍊和耳環



Echtego dress; Dior ring; Dior  
Joaillerie ring and earrings

Echtego連身裙；Dior戒指；Dior  
Joaillerie戒指和耳環

Lanvin two-toned hot pink dress,  
heels and bewitched earring; Dior  
bracelet; Georg Jensen bracelets;  
Fendi bag

Lanvin粉紅色連身裙、高跟鞋和  
耳環；Dior手鐲；Georg Jensen  
手鐲；Fendi手袋



Etro dress; Dior Joaillerie ruby ring  
and watch

Etro連身裙；Dior Joaillerie紅寶石  
戒指和手錶





This page: Marc Jacobs blue pants and shimmering blouse

本頁：Marc Jacobs藍色長褲和閃亮襯衫

Opposite page: Lanvin dress; Dior Joaillerie necklace; Georg Jensen bracelet

對頁：Lanvin連身裙；Dior Joaillerie項鍊；Georg Jensen手鐲



**PHOTOS:** Nic Gaunt **PRODUCTION:** Bex Gaunt

**STYLING:** Adele Leung **ASSISTANTS:** Tiffany Chan, Berry Au, Naomi Gurung

**HAIR:** Tavin Liu **MAKEUP:** Liz Bohan

**MODEL:** Sorina Haloiu @Primo

**LOCATION:** Entertainment Suite @ The Landmark Mandarin Oriental



# CHRISSELLE LIM

## Fashion & beauty influencer

### 時裝及美容網站紅人



**MY SIGNATURE STYLE** has always been very feminine – and while my style has evolved over the years – I found it coming full circle once I became a mother. It really made me embrace my femininity and my new curves. My signature look is probably a classic suit with clean lines in a feminine colour and fabric.

My beauty regime has changed quite a bit since becoming a mother. I used to spend close to an hour in the evening prepping my skin for the night. Now I'm lucky if I even have five minutes to myself. I have a few products that I can always rely on and will do the job.

I think the challenge once you become a mother is that you are always pressed for time to think about creative outfits and beauty/makeup looks. With that said, it's important to have your general uniform look that you can grab and go that always looks chic. Same thing with your beauty and makeup products. Get that routine down and know what works and what doesn't. It's all about eliminating choices in the morning.

I love Isabel Marant. She makes such wearable, cool clothes for the everyday girl. I also love Claire Waight Keller – loved her when she was at Chloé and now at Givenchy – and Jonathan Anderson for Loewe.

My beauty and grooming essentials include Tatcha Violet-C Radiance Mask; IS Clinical Cleansing Complex; Amorepacific Youth Revolution Radiance Crème; Elemis Ultra Smart Pro-Collagen Morning Eye Treatment; Shu Uemera Lightbulb Fluid Foundation; Charlotte Tilbury Hollywood Flawless Filter; Anastasia Beverly Hills Brow Gel; Shiseido Minimalist Whipped Powder Blush; Dior Diorshow On Stage Liquid Eyeliner; and Hourglass Vanish Flash Highlighting Stick.

I never leave home without my skincare. That is one thing that I will never fly without – I'm a skincare junkie. I usually always travel with a sleeping mask that I can apply and fall asleep with on the flight. If the flight is 5 hours or less, then I'll resort to stretchy jeans. I love Mother Jeans, they have the most stretchy, comfortable jeans. If it's a long flight I'll stick with London sweats and I'll pair it with my Puma sneakers. I always wear sneakers and something more polished on top of my sweats, like a trench coat from Acne – it's my go-to.

I've been to Hong Kong twice and it's one of my favorite places in the world. It's so unique. I love the culture, food, people, art. I hope to be visiting again soon.

**一貫以來**，我的招牌風格都是非常女性化，而我的風格雖然隨年月演變，但自成為母親後，我發現它圓滿地循環復始，這令我更接受我的女性氣質及新的體驗。我的代表性打扮或許就是一襲線條簡潔的典雅襯衣，配上嬌柔的顏色及布料。

自成為母親後，我的美容法也有不少改變。以前我總會在黃昏時花近一小時護理皮膚，為晚上作好準備，但現在我有五分鐘自己的時間已是幸運，幸而我有一些值得信賴的產品，可收到良好效果。

我認為做了母親後的最大挑戰，是你總要在時間緊迫下，構思出富創意服飾及美容妝扮。話雖如此，你必須有一套相同風格的裝扮，讓你可以隨時抓起衣服穿上，仍保持時尚型格，你的美容及化妝品亦同樣要有相同風格。把這種做法作為常規，你便會知道什麼服飾打扮才有好效果，以及什麼是不恰當的。說到底，就是在早上篩選出最佳配搭。

我喜愛Isabel Marant，她為女孩子設計了可以日常穿戴、時尚型格的服裝。Claire Waight Keller亦是我喜歡的設計師，由她過去效力Chloé以至現在加入Givenchy，我都喜愛她的作品。我亦心儀Loewe的設計師Jonathan Anderson。

我必備的美妝及護理產品包括：Tatcha紫魅鑽光煥肌面膜；IS Clinical深層複合潔膚液；Amorepacific Youth Revolution瑩亮活肌面霜；Elemis Ultra Smart Pro-Collagen早上眼部護理；Shu Uemera Lightbulb塑顏光采粉底液；Charlotte Tilbury 荷李活無瑕濾鏡美顏液；Anastasia Beverly Hills眉膏；Shiseido極簡主義腮紅膏；Dior Diorshow On Stage眼線筆；以及Hourglass Vanish Flash輪廓提亮棒。

外遊時我定要帶同護膚品，如果沒有護膚品，我一定不會坐飛機，因為我對護膚品有著一種迷戀。我外遊時總會帶備睡眠面膜，以便在飛機上睡覺。如果是五小時以內的航程，我會穿上彈性牛仔褲。我喜愛Mother Jeans的牛仔褲，因它最具彈性及最舒適。如果乘長途航機的話，我一定會穿寬鬆的London運動服，並配上Puma運動鞋。我穿運動服時一定會配搭運動鞋，並加上優雅的外套，例如Acne的乾濕襪就是我的必然選擇。

我曾到訪香港兩次。香港是我在全球最喜愛的地方之一，絕對與別不同。我愛香港的文化、美食、藝術及香港人。我希望很快就可以再次到香港遊玩。







# HARD HIITER

## 高強度運動



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時間緊迫又想燃燒卡路里？不妨進行高強度間歇式訓練（HIIT）。結合功能性健身器械、重量及心肺運動，HIIT是短時間內極速燒脂的最有效方法之一。我們的HIIT 30訓練班為時30分鐘，每組最多只有四位學員，效果更佳。此外，我們創新的Pool FITMAT 瑜珈班，讓學員在浮動訓練平台上進行一連串瑜珈動作，有助增強核心肌力。高強度及鬆弛身心的瑜珈練習，可以提升平衡力、靈活性及力量。

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