

产品
设计

New Western Cuisine



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In the Beginning
万物之始



In the Beginning 万物之始

"I didn't see God looking into my space cabin window, as I do not see God looking into my car's windshield on earth, but I could recognize His work in the stars, as well as when walking among flowers in a garden. If you can be with God on earth, you can be with God in space".

— astronaut James McDivitt (orbited the earth 62 times)

“我不曾看到上帝看向舷窗的目光，也没有感觉上帝透过汽车挡风玻璃的视线。但是无论是航行宇宙还是漫步花园，我都能在漫天星辰和似锦繁花中，分别出他的杰作。如果上帝与你同在地球之上，那么浩瀚宇宙中上帝也与你同行。”

*&

Whenever we ponder the true meaning of the "universe", its beginning and its end (the Alpha and Omega), we often wonder what we believe we know. And finite as we are, all our knowledge and understanding combined is but a grain of sand among the infinite cosmos: And yet so often, we tend to see ourselves as the center of the universe, believing that we are omniscient.

Scientists and philosophers, thinkers and theologians have two opposing views on this subject: "The Big Bang Theory" – the belief that the universe came about by a polarizing explosion resulting in a cosmic complexity encompassing a myriad of stars and galaxies light-years apart; and "The Creation Doctrine" – the belief that the complex universe did not happen by chance, but was designed and created by "God Almighty". The first theory relies on scientific observations and conclusions, while the latter relies on unwavering faith. Many believe that the two are opposing views, simply because science requires concrete proofs, guided by the principle "To see is to believe". On the other hand, faith is "Believing without seeing", the trust extended from the core of one's being. Here, we let our readers decide.

Taking a closer look at the majority of the Nobel laureates, including some of the greatest scientists of all times: Leonardo Da Vinci, Archimedes, Galileo Galilei, Isaac Newton, Marie Curie, Rene Descartes, Robert Boyle, Alfred Nobel, and Albert Einstein to name but a few, we will realize that they are and have been believers in the existence of the Creator. And, their works must have been driven by their faith to discover the many marvels of the creation thus better understand the wisdom of its creator. Faith and scientific inquiry can and should actually co-exist as man explores the expanse of the great cosmos, now known to be infinitely more vast than ever previously imagined. This is best expressed by astronaut James B. Irwin during the Apollo 15 mission in 1971 that "I felt the power of God as I'd never

felt it before". And, may I add to this a quote that "the awareness of God is the beginning of wisdom".

But be it science and/or faith, the undeniable truth remains that man has been given dominion over all the creations between the sea and the sky, heaven and earth. And as such, should we not be constantly reminded to appraise our performance as the manager of our universe in whatever context we see?

So for our first issue of 2014, we chose the theme "In the Beginning" as a challenging topic for our illustrious writers and creative contributors, hoping that their imaginations will herald and inspire within us all a tumultuous "Big Bang" for the New Year.

And as an added bonus in this issue, we present two fascinating features: Argentina and its amazing wine regions; and the Tour de France destination Le Cordon Bleu Paris by our quintet of "Chef par Excellence". The wonderful, thrilling experiences we report from these two contrasting regions further remind us of the importance of being accountable in our management of the bountiful provisions available to enrich our lives.

当思考“宇宙”的真正含义时，无论是开始还是结束，我们不时会质疑自己所知晓的事物。我们是如此有限，所有的知识和理解综合起来不过是无限宇宙中的一粒沙。但是，我们却常常将自己视作宇宙的中心，相信自己无所不晓。

关于这一论题，科学家、哲学家、思想家、理论家们有两种对立的观点。“宇宙大爆炸”理论相信宇宙曾有一段从热到冷的演化史。在这个时期里，宇宙体系在不断地膨胀，物质密度从密到稀地演化，如同一次规模巨大的爆炸。爆炸之后的不断膨胀，导致温度和密度很快下降。随着温度降低、冷却，逐步形成原子、原子核、分子，并复合成为通常的气体。气体逐渐凝聚成星云，星云进一步形成各种各样的恒星和星系，最终形成我们现在所看到的

宇宙。“创造说”相信复杂的宇宙不是偶然形成，而是由“万能的上帝”设计和创造的。第一个理论建立在科学的观察和总结上，后者则基于坚定不移的信仰。许多人认为这两种观点的对立仅仅因为科学需要具体的证据，以“眼见为实”为宗旨。而另一方面，信仰在于“相信无需眼见”，这种信任来自于人的内心。这里，由我们的读者自己决定。

如果仔细了解大多数诺贝尔奖得主，包括一些伟大的科学家，如莱昂纳多·达·芬奇、阿基米德、伽利略、艾萨克·牛顿、居里夫人、勒奈·笛卡尔、罗伯特·波义耳、阿尔弗雷德·诺贝尔、阿尔伯特·爱因斯坦等等，他们是或者一直都是“造物者”的笃信者。他们的信仰驱使他们去发现创造的奇迹，更好地了解“造物主”的智慧。在对广袤宇宙进行探索的时候，信仰和科学能够或者应该同时存在。最好的证明就是参加阿波罗15号任务的航天员詹姆斯·B·欧文，他说过：“我从未如此这样感受到上帝的力量。”还可以加上这一句“对上帝的认知是智慧的开始。”

无论是科学或是信仰，不争的事实就是人被赋予了主宰海洋和天空之间一切的权利。尽管这样，我们是否仍旧需要不断被提醒去评估我们的表现呢？

2014年的首期《新西餐》以“万物之始”作为主题，希望我们的作者和撰稿人能够在新年到来之际为我们带来新灵感、新启迪。

作为这一期额外的分享，我们为您呈现两个精彩的故事，阿根廷及其令人赞叹的葡萄酒产区，以及《新西餐》2013年“优秀大厨”烹饪大赛获奖选手的法国蓝带厨艺学校之行。不同的地区国度，相同的难忘体验，相信都会让我们明白这一点，以负责任的态度对待这些令生命如此精彩的自然财富是多么的重要。

徐正纲 执行主编

Richard Xu, Executive Editor-in-Chief

5 Awardees of NWC 2013 "Chef par Excellence" in Tour de Paris and Le Cordon Bleu

新旅程 心交流

——《新西餐》2013年“卓越大厨”蓝带国际巴黎校区访问记

By Doreen

As NWC 2013 "Chef par Excellence" Culinary Competition came to a climactic close, a new journey began for the 5 awardees. The outstanding culinary "quintet" was accompanied by 4 officers from NWC as they embarked on a "Tour de Paris" right after the competition. The quintet represented the finest of Chinese chefs to meet their counterparts at the legendary Le Cordon Bleu culinary institute in Paris, France.

随着《新西餐》2013年“优秀大厨”烹饪大赛的成功落幕，5位“卓越大厨”开始了全新的旅程。初冬时节，大赛获奖者与《新西餐》一起前往法国巴黎，来到久负盛名的国际顶级烹饪学校，探寻西餐的根源，同时也让中西方美食文化碰撞出绚丽的火花。



Resting area, Le Cordon Bleu Paris

Behold, Le Cordon Bleu Paris

Founded in 1895, Le Cordon Bleu is recognized as one of the world's leading and most prestigious culinary institutes. It is also known for its comprehensive programs on tourism, hotel and restaurant management. With 40 schools operating in 20 countries around the world, Le Cordon Bleu prides itself with a population of over 27,000 students from more than 70 countries worldwide. Set to open in early 2014 is Le Cordon Blue Shanghai. The much awaited opening already has a line-up of enrollees from different parts of China. The new instituted in Shanghai was established to meet the increasing demand for hospitality and culinary education of students and aspiring culinary professionals in China and Asia, and the number keeps increasing.

The century old head quarter of Le Cordon Bleu Paris housed in one historical building may not be as grandiose as the campuses of its branches overseas. However, the hallmark set by the school in the culinary circuits in France and the world over has been continually raising the bar of culinary excellence year to year.

Our Chinese delegation was warmly welcomed at a ceremony especially set for us. The reception highlighted the coming together of the eastern and western chefs for better understanding and appreciation of their culinary pursuits.

Led by Damien Julia, Academic Director of Le Cordon Bleu, the welcoming party was composed of Ms. Kaye Baudinette Ms Catherine Baschet and a team of distinguished chefs, namely Patrick Terrien, Patrick Caals, Marc Vaca, Jean-François Deguignet, Olivier Boudot, Xavier Cotte, Olivier Mahut, Pascal Quéré, and Jean-Jacques Tranchant. The multilingual gathering, in English, Chinese, French and "chef's language", proved to be an unforgettable moment for everyone.

聚焦蓝带国际巴黎校区

蓝带国际烹饪餐旅学院创建于1895年，被认为是世界上最顶级也最著名的烹饪学院，以全面的旅游、酒店和餐厅管理专业而闻名。世界范围内，蓝带在20个国家创建了40所学校，共招募27000多名学生，分别来自70多个不同国家。

2014年将迎来蓝带国际上海校区的揭幕。这个筹备中的学校已收到来自中国不同地区入学者的踊跃报名。蓝带国际上海校区的成立是为了满足对服务业、烹饪教育业学生日益增长的需求，以支持中国乃至亚洲烹饪专业人才的发展，保证数量增长。

巴黎校区坐落于一幢古老的建筑中，已有一个世纪的历史。或许没有海外分校的校园那样宏伟，但它在法国烹饪圈所树立的权威早已享誉全球。

我们一行受到了院方的热烈接待，此次巴黎蓝带之行也促进了中西方厨师的相互交流，以及对烹饪共同的理解和追求。

由巴黎校区教务主任Damien Julia先生带领，Catherine Baschet女士、Kaye Baudinette女士和在校教师参加了欢迎活动，包括Patrick Terrien、Patrick Caals、Marc Vaca、Jean-François Deguignet、Olivier Boudot、Xavier Cotte、Olivier Mahut、Pascal Quéré和Jean-Jacques Tranchant。从英语、汉语到法语，大家以厨师的语言交流，美食无国界。

Cooking Demonstration

The exchange program arranged for our visit included three rounds of cooking demonstration by selective students of Le Cordon Bleu (from junior to senior years). The presentations included cold and hot dishes, pastries and desserts. Without saying, the iconic macaroon was something to look forward to. The program started with Chef Marc Vaca showcasing the Basque cuisine with his "Basquaise", a traditional dish of tomatoes and a variety of red peppers. The two and a half hour activity had everyone experiencing the joy of tasting and learning different regional flavors.

The iconic French macaroon, as demonstrated by Pastry Chef Nicolas Jordan, illustrated the refined art of pastry, more specifically the patience and skills required in the preparation of the caramelized banana macaroon. "There is no specific baking time for the macaroon because equipment and the baking environment, including humidity and temperature, vary from place to place, time to time. You need to closely observe, touch, and feel the delicate changes taking place" Nicolas emphasized. The decoration can be another work of art using sugar as the ingredient. Here, the devil is in the details and so is beauty. The interactive session had the Chinese chefs engaged in the magical craft of pastry and dessert making, from which secrets and the minutest of details came to light.

厨艺展示

此次交流学习包括参加学校的厨艺授课，从基础到高级，学校特别为来自中国的厨师安排了不同级别的课程，以便大家对学校有深入浅出的了解。授课包括冷盘、热菜，以及甜点。厨师Marc Vaca的课程讲授了法国巴斯克地区的经典菜品，包括“冷煮蛋配巴克斯椒、番茄甜椒、火腿片”、“鳕鱼配Pata Negra火腿、扇贝、腌制甜椒、番红花汁”，从讲述、演示、到烹制、品尝，大家对这一地区美食文化有了初步的了解。

来法国，当然不能错过马卡龙。由饼房厨师Nicolas Jordan为我们带来的焦糖香蕉马卡龙是视觉和味觉的双重享受。凭借耐心和技艺，他向我们展示了无比精妙的甜品艺术，Jordan说：“马卡龙没有固定的烘焙时间，因为设备、烘焙环境，包括湿度和温度都不是一成不变的。你需要密切地观察、触摸并感受正在发生的微妙变化。”从马卡龙的制作到装饰用的拉糖，是对细节的考验，更是经验的总结。



Cooking Demonstration



Discussion between Chef Nicolas Jordan and Chinese Chefs



Chef Marc Vaca Demonstrates Basque Cuisine



Graduation Ceremony



Chef Lily with Chef Patrick Terrien



Chinese Chefs with Mr. Damien Juli and Teachers

Graduate Ceremony

Attending the school's graduation ceremony for Culinary Arts Diploma came as a surprise and an honor for us. The ceremony was held at the Cercle de l'Union Interalliée at rue du Faubourg Saint-Honoré on November 15th. It was a glorious moment for some 80 French and international students to go on stage and receive their well-deserved diplomas. And, we rejoiced with them.

Half of the graduating students were from Asia and the Middle East: China, Japan,

Korea, Indonesia, India, Saudi Arabia, and the U.A.E. It was heartening to see students from diverse cultures united as one in the pursuit of culinary excellence. This brings to point that food is indeed the unifying factor of different races, colors, creed and religions. We congratulated the graduates as they embark to become the new generation of chefs in shaping the future of global gastronomy.

Headed by Mr. Damien Julia, the ceremony was attended not only by

the graduating students, but also by their proud parents, relatives, and friends. As the graduates were called on stage for their accolades, we had our own moment of recollection, back to our school days. Little did we know that our presence, representing China and its best chefs and magazine, gave the event its special mention and significance.

The Medal and the Ribbon

In 1578, King Henri III of France proclaimed the Order of the Holy Spirit. The Knights of this order were identified

by wearing a blue ribbon with a cross. This elite order set high standards on matters of the table. Soon the blue ribbon became synonymous to skills of the highest caliber in culinary arts and craft.

毕业典礼

此次之行，适逢学院的毕业典礼，能够参与其中，见证这一重要仪式是我们莫大的光荣。毕业典礼与2013年11月15日在圣奥诺雷郊区街的行际盟友联盟俱乐部举办，华丽典雅的大厅内，大家盛装以待。对于来自法国以及世界各地的80多名学生来说，这一时刻无比期待。

毕业生中，将近一半的学生来自亚洲和中东，包括中国、日本、韩国、印尼、印

度、沙特阿拉伯和阿拉伯联合酋长国。看到不同文化背景的学生以美食的名义团结一体，共同追求着烹饪的卓越，实在是鼓舞人心。这也证明了美食是将不同种族、民族、宗教信仰的人民连接起来的核心。我们向他们表示衷心的祝贺，愿他们为未来全球美食文化的交流与互动贡献自己的一份力量。

典礼由Damien Julia先生主持，学生分厨师和饼房厨师两个专业依次上台接受老师颁发的毕业证书，并合影留念。台下就坐的有远道而来的学生家长以及亲朋好友，大家以美食的名义齐聚一堂，共庆美食文化的发扬光大。

此次毕业典礼的特别之处是特意为我

们——来自中国的厨师团体和餐饮媒体安排的环节，作为《新西餐》“优秀大厨”烹饪大赛的合作伙伴，巴黎蓝带学院对五位“卓越大厨”进行了表彰，作为第一次以这样的身份站在这个舞台上的中国厨师，相信这一刻会让他们终身难忘。而作为《新西餐》，能够为推动中国厨师走向世界舞台尽自己的绵薄之力，实现中西方餐饮文化的交流，此刻的我们也是无比自豪。

奖牌和勋章

1578年，法国国王亨利三世颁布了圣灵勋章，授予勋章的骑士会携带系有蓝带的十字架，这是法国的最高荣誉。不久，蓝带作为最高水准的象征被沿用到烹饪艺术中。



Chinese Graduates



Hans, New Western Cuisine with Student of Le Cordon Bleu Paris



Our quintet of Chinese "Chefs par Excellence" receiving certificates of recognition



Culinary Communication

To really know a dish, one must thoroughly understand its ingredients. The visit to the market guided by Chef Patrick Terrien was an enlightening trip. The market is among the hundreds around the city of Paris, composing an inseparable genre of the Parisian lifestyle. The downtown market we visited was packed with people and merchandise. An incredible wide selection of herbs, spices, seafood, vegetables, fruits, sausages, cheeses, and snacks made up the site, scent, and sound of the place. Succulent French oysters freshly shackled were offered for our tasting. Each heavenly slurp was like kissing the sea, warming our spirits in cold November.

Buying became an impulse for us at

the market. And so, we returned to the school with heaps of ingredients which Patrick helped selected. Now, it is our Chinese chefs' turn to show their creativity and skills. And perform they did with the random ingredients bought from the market. Inspired by the earlier works of their French counterparts and challenged by the new environment, the Chinese "quintet" came forward to showcase their craft.

Recounting the "Chinese chefs' Act" in detail will always be a joy, blow by blow. Approaching noon, our chefs began with a platter of oysters covering the universal truth "simplicity is beauty" on the plate. With just a few dashes of lemon juice on the beauties from the sea, place a few

tinctures of light soy sauce and wasabi to perk, nothing was left by the spectators on the platter after presentation.

The oyster odyssey was followed by Mediterranean flair: Gnocchi with Spicy Tomato Sauce. The oriental "bite" in the sauce and a twist with French sausage were a surprising delight, switching from Italian to Chinese was a moment much awaited for. Our Chef Steven unleashed his culinary charming with his Stir-fried Shrimps, Shanghai style. The dish wooed many French palates and hearts, as spectators started to pour. Chef Steven indeed made a record for himself with the simple yet stunning Shanghai dish in stealing the show from the French, including their hearts.

On this, Catherine Baschet, Development Manager of Le Cordon Bleu Paris, declared: "Such great team work among all the chefs has never happened before. We all know how difficult it for divas to work together in unison!" We had Catherine to thank for as a gracious champion and guide through our trip.

厨艺交流

要真正了解一道菜，就需要了解它的原材料。在厨师Patrick Terrien的带领下，我们前往学校附近的菜市场，收获颇多。作为成千上百个法国普通菜市场之一，这里浓缩了巴黎人的生活常态。位于市中心的菜市场，人来人往。香草、香料、海鲜、蔬菜、水果、香肠、奶酪和各种小吃让远道而来的中国厨师兴趣浓郁。这些食材相互交织，构成这里独特的味道和声音。厨师

Patrick请售卖生蚝的商贩为我们现场开了几个，丰腴多汁的法国生蚝，带着海水的气息，新鲜美味，每一口吮吸都像是与大海的亲密接触，在寒冷的11月份为我们带来丝丝暖意。

厨师Patrick为我们精心挑选了富有当地特色的食材，等我们回学校的时候，已是满载而归。看到新鲜的食材，各位大厨已经无法抑制住创作的冲动，与Patrick一起，带来一次美食的盛会。5位中国优秀大厨，巴黎蓝带学院资深老师，联手为我们准备午餐，这样的待遇，或许今生也只有一次。

回忆起中国厨师们展现才艺的细节，总是充满欢乐。“简单即是美”或许是通行各行各业真理，简单搭配柠檬汁的生蚝，还有美味的生蚝绿蔬沙拉，以生抽和芥末

稍微调味，令人食欲大开，为这次美妙的午餐，拉开精彩的帷幕。

前菜之后是地中海风味：土豆团子配辣味番茄酱。无论是搭配法式酱汁，还是稍许调味搭配当地的香肠，各有风情。也许是看到中国厨师在场，应中国学生的要求，来自上海的厨师郑重以当地新鲜海虾烹制了上海经典菜油爆虾。无论是在场的我们，还是偶然经过教室的师生，都闻香而来，一时热闹非凡。

对此，蓝带国际巴黎校区的发展经理Catherine Baschet女士说：“这样默契的团队合作我们从未见过，我们都知道让所有大厨们保持一致步调有多难！”这段美妙的巴黎之旅中，Catherine一直担任我们热心的向导。



Savoring Paris

Our schedule was hectic and mostly engaged in cooking and eating. Thanks to Catherine, we experience the joy of Parisian gastronomy, including the feel of French lifestyle where food is at the very core. French gourmet, especially its haute cuisine, is known throughout the world. But staying close to tradition and exemplified by Le Cordon Bleu Paris, our "Tour de Paris" and experience was genuinely French.

And should there be another trip, revisiting some of unforgettable places will certainly be a must. Among these is Josselin, a

bistro for the best crepe in town. The cozy restaurant is indeed petit with a tiny kitchen next to a small dining room for only 30 people. Two chefs and two waitresses serve a continuous line of diners line up outside waiting unmindful of the winter cold.

Another place worth many returns is Le Petit Sommelier, a restaurant famous for its food and wine paring in an interior of art deco. Pierre Vila Palleja is the son of the owner, a young talented sommelier hooover around to ensure that pairing of wine and food is made perfect. Dishes worth mentioning are

the Mushroom Cream Soup, heartwarming and simply savory; and the Duck Fillet with Foie Gras with duck cooked three ways. Both dishes come with its layers of flavors and textures. And not to be missed is the Three Childhood Desserts. Each bite evokes the child in us.

Last but not least, dining at the 58 Tour Restaurant on the Eiffel Tower was a thrilling experience totally out of this world. VIP guests need not queue while others wait in endless line. Dining with a romantic view of Paris by day or by night ensures an unforgettable experience down memory lane.



享味巴黎

来到法国，不品尝当地的美食，便枉费此行。感谢Catherine，带领我们穿街过巷，遍访地道巴黎美食，让我们了解法国人以美食为中心的生活哲学。法餐，尤其是精致法餐，闻名于整个世界。但在Catherine的陪伴下，我们近距离接触到法式传统的魅力所在，更体验到纯正的法式情怀。

如果还有下次，一些难忘的地方是必须再去的。其中包括Josselin餐厅，以可丽饼为

主题，演绎出各式的美味，搭配苹果酒风味独特。餐馆历史悠久，厨房小巧而不起眼，只能容纳30人用餐。大批量的客人只有两名厨师和两名服务员招待，尽管寒风凛冽，外面依旧不乏排队等位的食客。

另一家不得不去的餐厅是Le Petit Sommelier，以美食与美酒的搭配和艺术的内饰设计而名声在外。餐厅的年轻主人Pierre Vila Palleja是一位才华横溢的侍酒师，他负责餐厅美食与美酒的完美搭配。

值得一提的是奶油蘑菇汤，简单美味却温暖人心。一鸭三吃也值得一试，味道与口感都具有丰富的层次感。不容错过的还有“童年回忆”甜点，实在美味至极。每咬一口，都会勾起我们心中孩童的一面。

最后，在埃菲尔铁塔上的58 Tour餐厅用餐算是最美妙的经历。尽管有人排队等位，但是作为VIP客人的我们可以抛开这种顾虑。无论是白天还是晚上，浪漫的巴黎风光将全程陪伴，带给你终生难忘的享食体验。

