

TASTE OF LIFE

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Eat, Drink and Be Merry

Want to put on a holiday feast like a pro? Three downtown Vancouver chefs reveal their secrets to heart-winning and tummy-warming menus and offer tips on how to get everything just right. Find all three recipes at tasteoflifemag.com. All three chefs share one common suggestion: Celebrate the festive mood with a glass of wine within easy reach when cooking at home.

名廚的聖誕私房菜

溫馨的聖誕，當然要有美好的大餐才稱得上完美。三位溫哥華名廚送上的私房料理，也許會為你的聖誕晚宴錦上添花。就讓一年的忙碌在安寧喜樂的歡聚中得到美滿的慰藉。你可以登陸《品位》網站tasteoflifemag.com，瀏覽這三道料理的菜譜。

Chinese Text by **Tian Tian** English Text by **Margaret Trey** Photography by **Milos Tomic**



紅酒迷迭香燜美式和牛

「聖誕節是一個享受生活，分享樂趣和關愛的節日！而精美的料理就是最完美的表達方式之一。」

Cabernet and Rosemary Braised American Wagyu Beef Cheeks

from Chef Ryan Gauthier,
Corporate Chef of Glowbal Group

“Christmas is about embracing life, with plenty of fun, happiness and love! All these things represent the beautiful world of cooking.”



有著20年經驗的大廚Ryan，不但接受過法國和意大利古典烹飪培訓，也擅長亞洲料理，現任Glowbal集團旗下「黑與藍牛扒館」專職大廚。料理對Ryan而言是不折不扣的藝術，這道「紅酒迷迭香燜美式和牛」，則是他專門呈給《品位》讀者的作品。口感柔嫩的牛臉肉入口即化，就像家人無微不至的關愛。若能與甜美馥郁的牛奶玉米粥，精緻可口的珍珠洋葱和小胡蘿蔔一同享用，最能讓牛臉肉的美味餘香繚繞唇齒之間。

如果你沒有想好合適的配菜，Ryan推薦Glowbal的招牌菜：菲多利布魯塞爾豆芽、煎檸檬、酸豆、帕爾馬乾酪和辣椒片。如此精緻柔嫩和酣暢開胃的美味二重奏，你的聖誕大餐一定不會讓家人和朋友失望。

搭配紅酒：傳教山酒莊珍藏2011赤霞珠

Ryan的聖誕美食貼士：

- ~根據季節選食材。在冬季，根類蔬菜（如蘿蔔、紅薯）、辣萵苣、柑橘和野味都是不錯的選擇。
- ~菜洗乾淨，澆上楓糖漿，灑些紅糖，再加些迷迭香和百里香，烤好即可。無論作餐前餐後的配菜皆宜。
- ~滑雪後，玉米片和熱可可最能補充能量。

註：日式和牛是日本最高等級的牛肉，此類正宗特級牛扒即使在東京也非常稀有。美國本土餵養的美式和牛，對讀者來說是更易獲得的食材。可以前往「黑與藍牛扒館」品嚐正宗的日式和牛牛扒。

Classically trained in French and Italian cuisine, and adept in Pan Asiatic cooking, Chef Gauthier has garnered 20 years of experience. As Glowbal Group's Corporate Chef, he masterminds the menus of Black+Blue, Coast and seven other Vancouver restaurants.

Sculpted like a piece of art, Gauthier crafted this dish for TOL readers: tender beef cheeks that melt in your mouth, served with creamy polenta, pearl onions and baby carrots. It complements one of his signature dishes — the yummy Blistered Frito Brussel Sprouts, pan-fried with lemon, capers, parmesan and chili flakes.

Wine pairing:

Mission Hill Reserve 2011 Cabernet Sauvignon

Chef Gauthier's Holiday Tips:

- ~Eat in harmony with the seasons. For winter, cook root vegetables, peppery lettuces, citrus, and game meat.
- ~Wash root veggies well and roast with a bit of maple syrup, brown sugar, and herbs like rosemary and thyme for an easy pre- or post-party meal.
- ~Escape to the snowy mountains and enjoy après — with nachos and hot cocoa.

Jean-Francis的母親是普羅旺斯著名餐廳Le Patalain的大廚。也許是遺傳了母親的基因，他8歲就開始下廚。簡直像是個與生俱來的料理巫師，讓無數美味的菜餚誕生在他的魔法般的烹飪下。

冬季是最適合享用魚湯的時節。西海岸風格的普羅旺斯魚湯，含有蝦、扇貝、貽貝、蛤、魚等多種美味的海鮮和藏紅花土豆做為湯底，還有格里爾乾酪和胡椒大蒜醬做為佐料。魚入水之前要先烤一下，這是烹製美味魚湯的秘訣之一。

這道魚湯凝聚著Jean-Francis的思鄉之情，每次都讓他回想起故鄉馬賽的美好時光。這也正是他推薦

這道菜做為聖誕節大餐的原因，聖誕節一直是個閤家歡聚的日子。

搭配紅酒：歐肯那根谷馬華克桃紅葡萄酒

Jean-Francis的聖誕美食貼士：

- ~ 做海鮮的要點是恰到好處的火候。
- ~ 做海鮮前，先把蒜泥準備好。
- ~ 奶油、松露和橄欖油可讓燒烤的味道更好。
- ~ 記得把餐刀磨利，迎接即將來臨的聖誕美食季。



普羅旺斯魚湯

「料理應該像媽媽的私房菜，溫馨而可口。溫暖是最適合冬季和聖誕的感覺。」

Bouillabaisse — the famed Provençal fish stew

from Chef Jean-Francis Quaglia, chef and owner of Provence Mediterranean Grill and Provence Marinaside



“Prepared just the way my mother made it, it’s a perfect ‘comfort’ food for the winter holiday season!”

Chef Quaglia was a wizard in the kitchen at the tender age of eight, when most kids were playing with Barbie dolls and Legos. In fact, he was born into the gastronomic world — his mother is Chef Suzanne Quaglia at France’s well-known *Restaurant Le Patalain*.

Now is the best time of year to enjoy bouillabaisse, he says, West Coast style with prawns, scallops, mussels, clams, fish, saffron potatoes, Gruyère and la rouille (a traditional mayonnaise). The secret lies in the soup stock. Quaglia roasts the fish and its bones before stewing them. “Every time I prepare this dish, it reminds me of my home, sweet home,” says Quaglia, a native of Marseille in Southern France.

Wine pairing:

Maverick Rosé from the Okanagan Valley

Chef Quaglia’s Holiday Tips:

- ~Be careful not to overcook seafood.
- ~Have garlic puree prepared beforehand.
- ~Use truffle or olive oil to sear meat.
- ~Sharpen your kitchen knives before the holidays begin!



聖誕樹巧克力

「節日是善待自己的最佳時節，享受一款精美奢華的甜點吧！」

Christmas Chocolate Tree Bark

from Chef Ricardo Rosas of Faubourg

“The holidays are all about decadence and indulging in treats, so don't be afraid to get a little extravagant!”

Ricardo大廚在圭爾夫大學主修了酒店和餐廳管理，並輔修了烘焙和糕點藝術，目前在Faubourg法式點心店任職。他最擅長用精美而花樣翻新的法式糕點，吸引顧客的目光，讓他們不禁食指大動。

Ricardo分享的是一款鬆脆可口，外觀精美的甜點。黑巧克上鑲嵌著杏仁、榛子、腰果、蔓越莓幹、葡萄乾、蜜餞和橘皮，外觀如一棵西海岸的聖誕樹，放到聖誕節的餐桌上，再也合適不過！薄薄一層冰糖粉和窗外的雪花遙相呼應。和法國紅酒燉牛肉和香辣南瓜湯一同享用，更是美妙難述。

搭配飲品：水果黑茶、法國和義式烘焙咖啡或濃縮咖啡。

Ricardo的聖誕美食貼士：

~準備料理前，先瞭解客人的口味和偏好。

~預先選好菜單並按菜譜一步步操作，以免臨時亂了陣腳。

~無須一人獨攬所有的烹飪工作。節日佳餚是用來分享的，製作時的美妙時光也不例外。

With a major in Hotel and Restaurant Administration from the University of Guelph and a culinary degree in baking and pastry arts under his belt, Chef Rosas exuberantly expresses his love for baking by constantly crafting novel designs to whet patrons' appetites.

Like this crunchy confection: lightly roasted almonds, hazelnuts, cashews, dried cranberries, currants, and candied orange peel encrusted in dark chocolate — niftily fashioned like a quintessential West Coast pine tree! A sprinkling of icing sugar gives the chocolaty bonsai a frosty appearance. Feel free to precede this scrumptious treat with boeuf bourguignon and spiced pumpkin soup.

Pairs best with: dark fruity teas and French or Italian dark roast coffee or espresso.

Chef Rosas's Holiday Tips:

~Find out your guests' likings and key cravings.

~Plan the menu early and try out recipes beforehand to avoid last-minute glitches.

~Don't do everything yourself! “The holidays are about togetherness,” enthuses Rosas, “so gather a team of helping hands, and put them to work.”

