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Confession of a

CHILL 廚房

JACKY 自然歐陸風

Jacques Kagi & 許宇恆 編著
萬里機構・飲食天地出版社出版

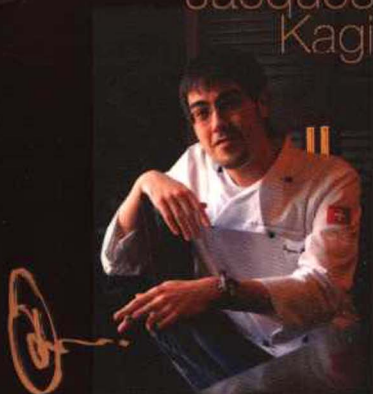
About the Author 關於作者

I started out as young apprentice in Switzerland. Upon completion of my chef's apprenticeship, I came to Hong Kong and have worked at the Conrad International, The Peninsula, The HKJC as well as having taught at the HK Polytechnic University's School of Hotel and Tourism.

我在瑞士修讀廚師課程，課程完成後，便立即走馬上任回到香港港麗酒店任職。其後曾在半島酒店和香港賽馬會會所工作，也曾在香港理工大學任教酒店和旅遊課程。

Currently, I own and manage two restaurants in Hong Kong as well as teaching cooking classes at Towngas. 現在我在香港擁有和管理兩間餐廳，也有在煤氣家政中心繼續教學。

Jacques
Kagi



1980-1989	German Swiss International School
1989-1993	Institut auf dem Rosenberg, St. Gallen Switzerland
1995-1998	University of Brighton

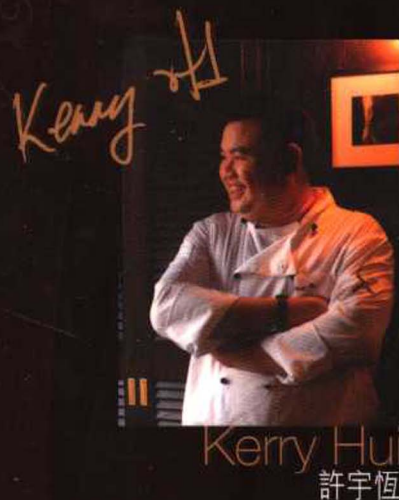


1993-1995	Conrad International 港麗酒店
1998-2001	Hong Kong Jockey Club 香港賽馬會
2001-2004	Hong Kong Polytechnic University 香港理工大學
2004-present	Reflexion Natural Dining 易膳坊





About the Author 關於作者



Kerry entered the business as a young chef in 1991 at the HKJC. He has personally worked in all the sections of the HKJC from Banquet kitchens to the Derby Room to Pastry and many other outlets.

阿恆自1991年在香港賽馬會開始從事這行業。在馬會任職期間，他曾在宴客部廚房、打理大賽房間膳食、烘焙和其他分店工作。

He left the HKJC in 2002 to start his business in China and currently, he is working together with Jacques Kagi at REFLEXION Natural Dining.

自2002年離開香港賽馬會後，在中國開設餐廳，現在他與 Jacques Kagi 一起管理易膳坊餐廳。



1991-2002

Hong Kong Jockey Club

香港賽馬會

2002-2004

Proprietor Sauce Restaurant, Weizhou

中國惠州名醬餐廳

2004-present

Reflexion Natural Dining

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Foreword

Every once in a while there comes along a rebel with a cause who's not afraid to tilt traditions, well not too far. Jacques and Kerry's culinary 'confessions' is a personal journey that echoes of culinary traditions departed and culinary traditions contemporary. Too often culinary and gastronomy books are just that — cookery books: They rarely offer us insights about the people and lives behind the recipes. Refreshingly, *Confessions of a Chef* absconds from this *papillote* with interesting and thoughtful, and I dare say often funny, vignettes that give recipes a measure of life and meaning.

While *Confessions of a Chef* gives due respect to the concepts and basis of the *les disciples de cuisine*; culinary artistry and traditions that go back as far as Boulanger (circa 1760), it most assuredly makes a neat transition to *les temps moderne*, thus assuring when using *Confessions of a Chef* one can proceed with confidence in creating interesting and most inspiring culinaria.

Gastronomy is often a phrase quoted when reciting the art and pleasure of cooking and eating. Here in Jacques Kagi and Kerry Hui's book, gastronomy is taken a step further; toward the psyche behind culinaria, to arouse pleasure, to amuse us, to confront the status quo, and to give us an ever so brief escape from the day-to-day mundaneness.

Dr. Jakša Kivela

Culinarian and Gastronomer
Associate Professor
School of Hotel and Tourism Management
The Hong Kong Polytechnic University



Acknowledgements by Jacques Kagi

First of all, I would like to thank my Mum and Dad, without whom all this would not have been possible. I thank my mum for always letting me have what I want, and I thank my dad for not letting me have what I want.

I thank Ellis for keeping me motivated by making me pay the bills but I love you all the same!

Secondly, I'd like to thank my partner/friend Kerry Hui. You are a great chef "like me!" and most importantly, a good and honourable man. Thank you for all the times we had for drinking and smoking all night discussing what we're going to serve the customers the next day.

A special thanks goes to Karen of JK Fine Foods and Jonathan King of Royal Doulton for kindly sponsoring us with their wares.

Finally, thanks my "brothers" and "sisters" You know who you are.....

鳴謝 (Jacques Kagi)

首先，要多謝我的爹哋和媽咪，如果沒有他們，全部事情都不可能發生。為甚麼會這樣說？因為媽咪嬌縱我，但是爹哋很嚴厲對待我，在一柔一剛的教導下，才能讓我堅強又獨立地成長。

多謝Ellis不斷花我的錢，驅使我努力賺錢。不過，我仍然很愛她。

其次，多謝朋友兼拍檔許宇恆，他是一位頂級廚師(我也是呀！)，而最重要的是，他是一位優秀而有原則的人。每晚打烊後都是美好時光，因為阿恆喜歡與我一邊飲酒吸煙紓緩一天的疲憊，一邊坐下來談論明天款待客人的細節。

特別在此多謝JK Fine Food Ltd的魏喜玲小姐和Jonathan King of Royal的Doulton先生慷慨贊助他們公司的產品，以供書中拍攝之用。

最後，多謝各位兄弟姊妹，你們應該知道我在說誰……

Acknowledgements by Kenny Hui

I thank my Murn and Dad for not giving up me, I'd still be on the streets without your love and support.

Thanks to my girlfriend for making me choose to work rather than to stay home.

On a professional level, I wish to thank Chef Ramsauer, Chef Aloysius Boekhorst as well as Mr Kurt Schwarz, all formerly of the HKJC, for all they had taught me over the past 15 years.

Finally, a special word for mentioning Chef Lau Sai Wing. I am the man now because of him. Thanks to him for drilling me on the principles of efficiency, professionalism and hard working.

Both of us would like to thank Wan Li Book Co. Ltd for publishing this book and putting up with our kitchen language and antics.

鳴謝(許宇恆)

多謝父母從沒放棄我，沒有他們的愛和支持，我現在應該不會生存在世。

多謝我的女朋友Lily，讓我寧願流連廚房多於留待家中。

至於我的廚藝專業，則要感謝Chef Ramsauer, Chef Aloysius Boekhorst 和Mr Kurt Schwarz等(他們全是香港賽馬會的前上司)幾位在過去十五年來，毫不吝嗇地分享他們的工作經驗，細心教導育我成材。

最後，特別感謝劉世榮大廚操練和鞭策我這個男人，令我做事快捷，具備效率，技術專業並勤力工作。

我們衷心多謝萬里機構出版有限公司出版此書，期間忍受廚房的油煙氣味和我們口中的古怪術語。

Preface

This is not just a boring cook-book, at least I hope not. I want to offer something more.....

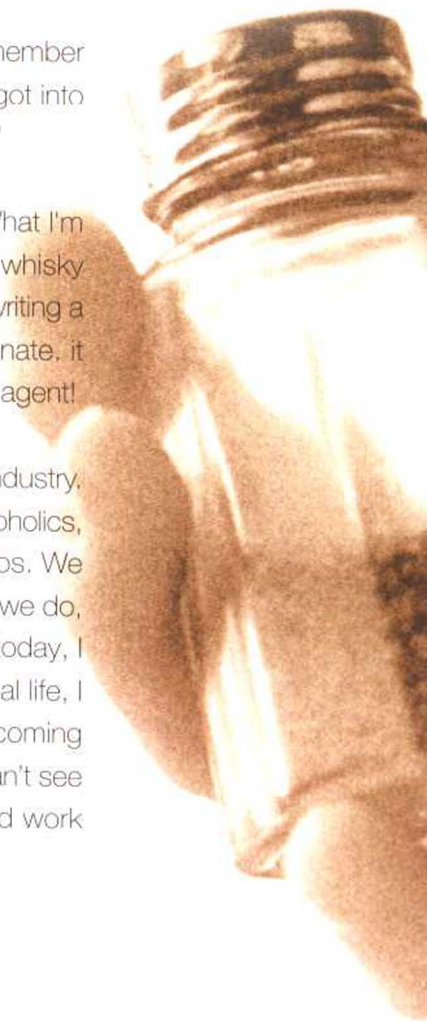
I want to make this book a culinary manifesto of my 15 years in the restaurant and hotel industry. It is too easy for a chef of experience to pull out a few recipes from their years of exposure, add a few nice pictures and call it a cook-book.

My goal is to create something deeper. Wherever possible, I will try to tell you, not just HOW a particular dish is made, but also WHY and WHAT little tips and secrets that we all take for granted in the business, which can help you along for becoming a hobby chef AND Connoisseur.

Lastly, I am here to tell you the truth of who we chefs really are. I remember reading an interview of a famous French Chef. When asked how he got into the food business, he replied simply, "My father sold me into slavery."

It's the same to me, I guess, except that I sold myself into slavery. What I'm trying to say is that if I'd smoked fewer joints, drank fewer bottles of whisky and went out with fewer girls and didn't party that often, maybe I'd be writing a law book instead of a cookbook. Hell, I should consider myself fortunate, it could have been a lot worse. I could have ended up as an insurance agent!

It's strange how people with inherent flaws are often attracted to the industry. Great chefs which I have had the misfortune of befriending are mostly alcoholics, junkies, sex addicts, gamblers and all other sorts of anti-social weirdos. We work 14 hours a day, we are passionate about who we are and what we do, but it doesn't mean that we have to be nerds. When I employ chefs today, I particularly look at their habits. If they are too normal and lead a normal life, I always get wary. I ask myself: why is this guy who likes a normal life coming into this abnormal crazy business? Most often, I won't hire that guy. I can't see how they will fit in into our lifestyle. We sleep when people work and work when people sleep.





前言

這不是一本叫人喊悶的食譜，最少我自認它不是。我想給讀者獲得更多……

這書記錄了我過去15年來在酒店和餐廳工作時所見所聞的廚房秘方。一個有經驗的廚師很容易便能把食譜寫出來，再加一些拍攝精美的食物照片，便完成食譜了。

我的目標並不是流於撰寫表面化的食譜，而希望能把內容寫得深入一點。在這裏，我除了教你如何做菜，還會道出菜式出處（來源）和烹調心得，更會讓你了解飲食行業真實的一面，最終幫助你成為一個業餘廚師兼飲食專家。

最後，我會向你們揭露廚師的真正生活是怎麼樣的。在學時，我曾向一位法國名廚討教為甚麼他會加入飲食行業：「我的老頭賣我作奴隸。」

我想我們的處境是相同的，不同的是，我把自己賣作奴隸。回想當年，我少貪玩一點，少飲一點酒，或者少吸一點大麻，那我現在可能不是在撰寫食譜，而是編寫法律書了。我想我是一個幸運兒，否則情況更悲慘糟糕——最後會變成一個保險經紀，為生活忙碌了。

不知道這個行業的魅力何在？它似有一股無形引力讓一些有缺點的人投入行業。許多了不起的廚師多是酒鬼、道友、淫蟲（廣東話稱為「爛滾友」）、賭徒和反社會的怪胎。一天忙足14小時，我們仍會對任何事情和人物充滿熱情，但是我們絕對不會是乖寶寶一族。時至今日，我聘請廚師時，總會從他們的細微行為觀看，從而決定聘請與否。他們越是顯得乖巧，受聘的機會越微，因為我會質疑他們能否融入我們的真正世界——我們在睡覺時，人們在工作；我們在工作時，人們則在睡覺，顛三倒四的生活，不是人人能受得了。



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How it all started.....

I can still recollect how I was drawn into the hotel industry and being a chef in particular as a small child of around 5. My father was one among the first Swiss to settle in Hong Kong back then in the late 50's when Hong Kong's expatriate community consisted almost solely of Brits. His insight of Hong Kong enabled him to meet all incoming Swiss arriving in Hong Kong, who at the time were mostly hoteliers and chefs being employed by the Peninsula. Those young chefs, sommeliers, and restaurateurs that my father met and befriended became the greats of the industry today that anyone familiar with the industry will be familiar with their names. Amongst this tight but small community of Swiss hoteliers such as Felix Bieger (Felix at



the Peninsula is named in his honour), Jurg Tuescher (one of the builders of the Mandarin Oriental brand who sadly died prematurely to cancer) as well as many others who today, still have a powerful influence on the direction of Food & Beverage in Hong Kong, which I am proud to be part of.

To put it simply, I was blessed and spoiled as a child exposed to the luxuries and pursuit of perfection that was inherent to the debauchery and indulgences of the 80's in Hong Kong.

I still remember my first taste of freshly made honey sorbet at the Mandarin, I remember being introduced to caviar as an obnoxious teenager while we were dining with Dickson Poon at Gaddi's. I still remember spending the whole dining experience staring at Dickson Poon's lady friend's breasts who, I was told later, was Michelle Yeoh, the famous Malaysian Actress. Such was the environment that I was brought up in and naively, I believed the rest of my life would be smooth sailing amongst the upper echelons of Hong Kong Society.

I was to be rudely awakened at my apprenticeship and subsequent jobs.....

如何開始.....

為何我會投身這行業？我還記得大約5歲時便立志成為一位廚師。早在50年代，我的爹哋算是第一批到香港工作的瑞士人，那時來香港工作的洋人全是英國人，因為高瞻遠矚和工作關係，他結識了所有來自瑞士的廚師，他們大部份受聘於半島酒店。當時，我爹哋與那些年輕廚師、試酒師和餐廳管事更因工作關係而成為朋友。這一群瑞士專材更成為今日在行內無人不識、無人不知的業內中堅份子或名人。我敢說行內人必定知道他們的名字。在酒店界裏的瑞士幫（瑞士人組合的小社群）中，Felix Bieger（半島的Felix餐廳，便是以他的名字命名）、Jurg Tuescher（他是其中一個創立文華酒店品牌的人，不過他因患上癌症而辭世）為佼佼者。此外，爹哋的其他瑞士朋友對餐飲業仍具影響力，所以我以自己身為他們的一份子，感到十分自豪。

簡單而言，上天的寵幸縱壞了我，讓一個小朋友從小便可以接觸到奢侈的生活，並承襲了80年代香港人的陋習——過着奢華腐化的生活。

我還記得在文華酒店裏，第一次吃到新鮮手做的蜜糖雪葩；第一次接觸魚子醬時，我仍是一個帶有反叛性格的年輕人，當時與我在半島酒店Gaddi's進餐的人是潘迪生，仍然記得當時我整晚只是望着他女朋友的胸部。待我長大後，才知道那位女士便是馬來西亞籍天皇巨星楊紫瓊小姐。從小到大，我就是在這樣的環境下長大，所以我很天真地認為我的未來生活便是如此平坦暢順，永遠過着上流社會的生活。

學徒生涯及後來幾份試工，喚醒了無知。它叫我必須面對真正的人生.....

