

讓親朋品味時令菜×享受用心設計的餐點



作者簡介

Fric Poon

Eric Poon 現從事教學工作。

他於 2011 年成立 Funkitchen,教授不同程度的西餐、蛋糕 和甜品。

他畢業於英國伯明翰大學,主修廚藝管理學(Culinary Art Management),獲頒榮譽學位。在英國,他曾於地獄廚神 Gordon Ramsay 旗下的餐廳工作。回港後,他曾在香港頂級酒店工作,如香格里拉酒店、文華東方酒店、半島酒店。

Eric Poon 擅長西餐、蛋糕和甜品,曾參與多個媒體電視拍攝及錄影。現時,他是香港西廚學院的廚師導師。

About

Chef Eric Poon

Chef Eric Poon, teaches a variety of cakes, Western cuisines and dessert class tailored to students of different levels, he has set up Funkitchen cooking studio in Taipo in 2011.

Chef Eric Poon graduated from University College Birmingham in England with a Hon(s) degree in Culinary Art Management. He has worked in numerous top Hong Kong Hotels like Shangri-la Hotel, Mandarin Oriental Hong Kong and the Peninsula HK; he also used to work under Gordon Ramsay restaurant in the UK. He is particularly good at making Western cuisines, pastries and desserts, and has been featured in numerous shows and media reports. Currently, he is working as a chef instructor at the Hong Kong Culinary Academy.

代序

4年前,教室正需要聘用西菜導師,剛好朋友無意中認識了 Eric,便把他介紹給我,我們立即約好飯聚,試了他的手勢,一頓飯便促使他答應了在我們教室當客席導師。

很快,Eric 的課堂便爆滿了,Eric 的烹飪知識豐富,教授認真,無私的分享,令他成為教室最受歡迎的教師之一。

在 Eric 的課堂,除了學到正統的西菜烹飪方法,也學到不少課堂以外的烹飪 技巧。他對選材、用料嚴格執著,認真。即使時間不足,也絕不會馬虎了 事,連食物的擺盤也做到盡善盡美才滿意下課。

期待 Eric 的新書,透過書本,與大家分享他對西菜的熱誠與研究;透過書本,把一道道色、香、味、美的精緻菜式,展現在大家面前,讓大家在家裏,也能做出一道道五星級精緻菜式。

Foreword

Four years ago, my cookery workshop was looking for an instructor to teach Western cuisine. A friend of mine happened to know Eric and she hooked us up. He then cooked me a meal, and I was convinced instantly that he was the right fit. I was glad that he agreed to be our guest instructor.

Eric's classes fill up very quickly and he's one of the most popular instructors in my workshop because of his profound knowledge in culinary art, his serious attitude when delivering classes and his selfless sharing of all his secret tricks.

Apart from conventional Western cooking skills, Eric also teaches other non-Western methods and techniques. He insists in using the best ingredients and even if he runs out of time, he never settles for anything less than perfect. He only dismisses the class when he's happy with the mise en place.

With his new book, I expect Eric to share his passion and insights on Western cuisine with his readers. I'm sure he would refine every recipe with the best presentation, aroma, flavours and colours, so that his readers could easily recreate fine dining courses in the comfort of their own home.

前言





《四季嘗樂》是為每一位喜歡在家煮食、對煮食有熱誠的朋友而寫的。

以春、夏、秋、冬分章節,每一個季節有3至4個套餐,每一個套餐有三道菜,每道菜都以香港不同當季售賣的材料為基礎。每一個套餐的開首都會和讀者分享設計靈感、事前準備貼士,令讀者更容易明白整個套餐製作的流程,烹調時才會事半功倍。本書也會介紹幾款基本上湯的做法,最後亦會提及新鮮香草的儲存方法。

本書大部份的食譜都可以在我的教室 Funkitchen 學到,在堂上,我除了教授烹飪外,更加喜歡與學生分享有趣的煮食經驗和貼士。曾經有學生問我為甚麼要成為烹飪老師?因為我非常喜歡與人分享烹飪經驗。這促使我從專業廚師轉為烹飪老師。當學生在課堂中有進步而他們亦樂在其中,這都讓我感到欣慰和驕傲,這也是我當教師的原動力。

本書能順利完成,首先要感謝家人的支持、Forms Kitchen 的出版團隊,特別要感謝的是攝影師 Eric Ng,他將菜式拍攝得更加漂亮。

此外,非常感謝亦師亦友的 Rachel Yau,她不只令我出版食譜書的夢想成真,而且不斷提供對於教學和在媒體曝光的意見。

最後,感謝從 2011 年開始在 Funkitchen 上課的學生,他們不斷給我意見,從而激發我的靈感和創意。

Foreword

Seasons' Feasts is designed and written for any home cooks and especially for those who are passionate for foods. It is divided into four seasons, and each season has 3 to 4 menus. Each menu has 3 dishes planned based on the seasonal produces available in Hong Kong. Some thoughts of designing each menu, doing preparation wisely in advance and cooking tips have all clearly mentioned at the beginning of each menu. The readers can easily understand the work flow on how to execute the menu properly. Added to this, some basic stocks used in this book are also written for following and some storage tips for fresh herbs are also mentioned at the end.

Most of the recipes in this book have been taught in my cooking studio 'Funkitchen', where I shared the cooking experiences and tips with my passionate students from all walks of life. I remember one of my students asked me one question, "Why do you want to be a teacher?" I smiled at her and said: "because I love to share with others." Because of this motto, I gave up being a professional chef and turned into a chef instructor. Have seen my students making progress and having a sense of success for their foods they made after my teaching, I am so glad and proud of them. Those are my biggest motives to be a chef teacher and move forward.

Having Seasons' Feasts successfully published, I must thank for my family members including my wife and son, who have been giving me support throughout the tough time.

Moreover, thanks the production team from Forms Kitchen, especially my photographer Eric Ng for having such beautiful pictures.

Special thanks to Rachel Yau, my friend and mentor, who has helped me out to have my dream to publish a book come true. She has constantly given me ideas on how to manage the students and chances to expose myself in the media.

Last but not the least, I love my students especially for those who have been continuously given me ideas on what to learn in my lessons, which in turn ignites my passion to continuously persuade my inspiration and creativity in my class menu planning. I love the magic they have created to keep Funkitchen's business running since 2011.

Fric Poon



目錄 CONTENTS

春 S P R I N G

- 08 SET 01
- 10 香煎吞拿魚配柚子西椒莎莎醬 Seared sesame tuna with yuzu and pepper salsa
- 13 燒法國春雞伴牛肝菌蜂蜜甘筍
 Oven roasted French spring chicken
 with honey roasted carrot and ceps sauce
- 18 草莓慕絲蜂蜜脆餅 Mille-feuille of strawberry mousse with honey tuile
- 22 SET 02
- 24 香煎帶子伴帶子香腸 Scallops in 2 ways
- 28 番茄春蔬伴大蝦
 Pot of poached prawns in olive oil broth with tomatoes and spring vegetables
- 32 焦糖榛子芭菲配焦糖啤梨
 HazeInut praline parfait with caramelized pear
- 36 SET 03
- 38 法式豬肉雞肝醬配茴香沙律 Chicken liver and pork terrine with fennel salad
- 42 巴馬火腿雞胸卷伴芥末薯仔 Chicken breast roll wrapped with Parma ham served with potato remoulade
- 46 朱古力撻配紅莓雪葩 Chocolate tart with raspberry sorbet
- 50 SET 04 **✓**
- 52 洋葱蘑菇撻伴芝麻菜沙律 ❤ Mushroom and onion quiche with rocket salad
- 56 法式焗雜菜 ❤ Ratatouille

6

59 豆漿米布甸配香茅冰沙 ✓ Soya milk rice pudding with lemongrass granita

身 SUMMER

- 62 SET 01
- 67 香煎薯片三文魚配牛油粟米 Pan-fried salmon in potato scales with sweet corns
- 72 法式忌廉蛋白 Floating island
- 76 SET 02
- 78 煙三文魚蟹肉卷配蜂蜜蒔蘿蛋黃醬 Smoked salmon and crab meat roll with honey dill cream
- 82 煎紅鯔魚配西班牙香腸雜菜
 Pan fried red mullet
 with cherry tomatoes, chorizo and fennels
- 86 玫瑰忌廉草莓脆餅
 Crunchy strawberry cup with rose cream
- 90 SET 03 🗸
- 92 西班牙凍湯 ♥ Gazpacho
- 98 法式甜桃配雲尼拿雪糕 ♥ Peach Melba





190 基本食譜 Basic recipes 197 儲存竅門 Storage tips 烹飪詞彙 201 Glossarv

AUTUMN



SET 01

- 104 鮮蝦忌廉湯 Shrimp Bisque
- 107 法式焗龍蝦配手切薯條 Lobster thermidor with hand cut chips
- 111 黑朱古力慕絲伴檸檬忌廉 Dark chocolate mousse with lemon and lime cream

SET 02

- 116 菠菜芝土雲吞伴燻肉醬汁 Spinach and ricotta cheese ravioli with smoked pancetta sauce
- 120 慢煮羊腰肉配薯蓉砵酒醬汁 Oven slow-cooked lamb loin with crushed potato and port wine sauce
- 124 紅莓忌廉泡芙 Paris Brest with raspberry

128 SET 03 🗸

- 130 焦糖洋葱羊奶芝士多士配芝麻菜沙律 ♥ Caramelized onion and goat cheese on toast with rocket and walnut salad
- 133 雜菜藜麥配私房番茄醬汁 ♥ Vegetable tower with quinoa and tomato sauce
- 137 棗子拖肥蛋糕 ♥ Sticky toffee pudding with dates



& WINTER



140 SET 01

- 142 煙三文魚薑味炒蛋 Smoked salmon scrambled eggs flavoured with ginger
- 145 慢煮美國肉眼扒伴羊肚菌忌廉汁 Oven roasted (slow-cooked style) US beef ribeye with morel sauce
- 148 法式冧酒蛋糕 Rum baba



SET 02

- 154 煎蟹餅配榛子蘋果茴香沙律 Crab cake with hazelnut, apple and fennel salad
- 157 芝士雞卷伴牛油甘筍 Chicken cordon bleu with glazed carrot
- 160 蘋果撻配冧酒提子雪糕 Apple tarte tatin with rum and raisin ice cream
- SET 03 164
- 166 栗子青蘋果湯 Chestnut and green apple soup
- 169 鴨肝脆批配松露甜酒汁 Duck foie gras pithivier with truffle and Madeira sauce
- 175 法式橙酒班戟 Crepe Suzette



- 180 意式羅勒青醬雜菜湯 🛩 Minestrone flavoured with pesto
- 183 意式煎薯仔糰伴鼠尾草南瓜蓉 ♥ Pan fried potato Gnocchi with butternut squash and sage
- 187 黑朱古力梳乎厘 ⊌ Rich dark chocolate soufflé





香煎吞拿魚配柚子西椒莎莎醬

Seared sesame tuna with yuzu and pepper salsa



構思 HOW IS IT DESIGNED?

我很喜歡烹調法國春雞,雖然牠的體型較小,但肉質軟滑,而且味道不太濃烈,非常適合配上香濃樸實的牛肝菌汁;甘筍的甜味可以平衡牛肝菌的濃味,讓整道菜的味道非常和諧。既然主菜味濃,頭盤的味道宜比較清淡,所以我以香煎吞拿魚配柚子西椒莎莎醬;甜點是草莓慕絲蜂蜜脆餅,草莓的濃郁香氣、慕絲的細膩口感,讓你能圓滿享受這美味的一頓。

The French spring chicken, it is small in size but its meat is so tender and light in flavour, is one of my favourites. It is perfectly matched with something creamy and earthy like ceps mushroom cream sauce. Meanwhile the sweetness from the carrot cuts off the heaviness from the cream, which in turn harmonizes the whole dish. The main course is strong in flavour, it needs something light and refreshing to start with. Seared sesame tuna with yuzu and pepper salsa is one of the appropriate dishes that can push up the appetite for the next course. Lastly, the sharpness and creaminess from the strawberry mousse rounds up this whole menu.



燒 法 國 春 雞 伴 牛 肝 菌 蜂 蜜 甘 筍

Oven roasted French spring chicken with honey roasted carrot and ceps sauce



草莓慕絲鳉蜜脆餅

Mille-feuille of strawberry mousse with honey tuile

預先準備 TIPS FOR SMART PREPARATION

- 抽子西椒莎莎醬可以預先弄好,放入雪櫃冷藏。.
- 草莓慕絲和牛肝菌汁可以預早一 天弄好,放入雪櫃冷藏保鮮。
- 蜂蜜脆餅亦可以預先做好,放入密封瓶內可保持鬆脆3天。
- 十 烹調這餐單當天,宜先燒春 雞,燒春雞的同時可以準備吞拿 魚、蜂蜜甘筍和甜點。

- + The yuzu and pepper salsa can be made in advance and let them macerate in the fridge.
- The strawberry mousse and ceps sauce can also be finished cooking one day before and keep in the fridge.
- + The honey tuile can stay crispy kept in an air-tight container for up to 3 days, so make them in advance to save time.
- Roast the chicken on the day, while the chicken is roasting, prepare the tuna, honey roasted carrot and a little touch for the dessert.

頭盤 | 4人份

香煎吞拿魚 配柚子西椒莎莎醬

Seared sesame tuna with yuzu and pepper salsa



吞拿魚扒(刺身級別) 200克 (約3×3×10厘米)

黑芝麻50克煮食用橄欖油20毫升鹽、黑胡椒滴量

柚子西椒莎莎醬

柚子豉油50 毫升初榨橄欖油30 毫升新鮮芒果粒50 克青西椒(去皮切粒)50 克紅西椒(去皮切粒)50 克黑胡椒適量

其 他

芝麻菜50 克沙律生菜50 克

做法

柚子西椒莎莎醬

- 將所有材料放在大碗內拌匀成莎莎醬。
- ② 莎莎醬放雪櫃半小時,待用。

完成

- 用廚房紙印乾吞拿魚扒表面,灑鹽 和黑胡椒調味,將黑芝麻均匀鋪上 吞拿魚扒表面。
- ◆ 用大火燒熱平底鑊,加入橄欖油,把吞拿魚扒煎至四面金黃。
- 吞拿魚扒移離平底鑊,立即放在雪櫃裏冷藏。
- 把已冷藏至冰涼的吞拿魚扒切成方塊,放上莎莎醬和沙律菜享用。



煎吞拿魚扒前,一定要將平底鑊燒至大熱,務求在短時間內將吞拿 魚扒煎至金黃。



STARTER | FOR 4 PORTIONS

Seared sesame tuna with yuzu and pepper salsa

INGREDIENTS

- 200 g tuna steak (sashimi grade) (about 3x3x10 cm)
- 50 g black sesame seeds
- 20 ml cooking olive oil
- salt and pepper to judge

YUZU AND PEPPER SALSA

- 50 ml yuzu soya sauce
- 30 ml extra virgin olive oil
- 50 g fresh mango diced
- 50 g green bell pepper, peeled and diced
- 50 g red bell pepper, peeled and diced
- black pepper ground to taste

OTHERS

- 50 g rocket leaves
- 50 g frisée lettuce

COOKING TIPS

 Make sure the pan is hot enough to sear the tuna until golden brown colour within a short period of time.



METHOD

YUZU AND PEPPER SALSA

- Combine everything together in a mixing bowl, stir to
 mix
- Keep the salsa in the fridge and let it infuse for half an hour.

TO FINISH

- For the tuna steak, pat it dry with kitchen paper. Season it with salt and pepper, roll it over the sesame seeds to coat on all sides.
- Add olive oil in a non-stick pan over high heat, sear the tuna steak until golden brown on all sides.
- 6 Chill it down in the fridge straight away once removed from the pan.
- 6 Cut chilled tuna steak into cubes and garnish with the pepper salsa and mixed salad.

主菜 | 4 人份

燒法國春雞 伴牛肝菌蜂蜜甘筍

Oven roasted French spring chicken with honey roasted carrot and ceps sauce





春 雞

法國春雞2隻黑松露醬20克黑松露油10毫升新鮮百里香4棵無鹽牛油(軟身)60克鹽、黑胡椒適量

牛肝菌醬

乾牛肝菌50 克乾葱 (切碎)30 克白蘭地酒50 毫升雞湯 (看 p.190)200 毫升淡忌廉200 毫升

蜂蜜甘筍

澳洲甘筍(去皮)150 克蜂蜜20 克新鮮百里香2 棵初榨橄欖油10 毫升鹽、黑胡椒適量

其 他

小椰菜 4個



春 雞

- 手指伸近雞胸和雞皮之間,分開皮肉,把 黑松露醬、黑松露油、軟牛油、鹽及黑 胡椒均匀搽在雞胸肉上,小心不要弄破 雞皮。
- ② 把剩下的醃料抹勻整隻雞,雞腔內塞入 新鮮百里香;用棉繩將雞綁好,以固定 形態。燒熱平底鑊,下橄欖油,春雞煎 至表面金黃。
- ⑤ 焗爐網架放在焗盤上,再將春雞放在網架上。焗爐預熱至攝氏 130-140 度,放入春雞焗 45 分鐘。
- 每 用竹籤插入雞髀位置,如流出的雞汁清澈,即表示春雞已全熟,把已焗熟的春雞靜置 10 分鐘。









- 乾牛肝菌浸在雞湯半小時,過濾,切碎 牛肝菌及保留雞湯。
- 周中火將乾葱炒至軟,放入牛肝菌,灒 入白蘭地酒,加入雞湯,煮至剩三分之 二,加入淡忌廉並煮至濃稠。

蜂蜜甘筍

把去皮甘筍切角,與其他材料拌匀。預 熱焗爐至攝氏 180 度,把甘筍放在焗 盤上焗約 30 分鐘,直至甘筍變軟。

完 成

③ 切取春雞雞胸及髀,伴以烚熟的小椰菜 葉、蜂蜜甘筍和牛肝菌醬供食。







— 焗春雞前最少要醃兩小時。

MAIN DISH | FOR 4 PORTIONS

Oven roasted French spring chicken with honey roasted carrot and ceps sauce



INGREDIENTS

- 2 pcs French spring chicken
- 20 g black truffle paste
- 10 ml black truffle oil
- 4 sprigs fresh thyme
- 60 g unsalted butter, soften
- salt and pepper to judge

CEPS SAUCE

- 50 g dry ceps
- 30 g shallot, chopped
- 50 ml brandy
- 200 ml chicken stock, see p.190
- 200 ml whipping cream

HONEY ROASTED CARROT

- 150 g Australian carrot, peeled
- 20 g honey
- 2 sprigs fresh thyme
- 10 ml extra virgin olive oil
- salt and pepper, to adjust

OTHERS

4 pcs brussels sprout

METHOD

TO PREPARE AND COOK THE CHICKEN

- Loosen the skin by pushing the fingers between the breast and skin. Push in the truffle paste, oil, softened butter, salt and pepper and gently spread over the breasts without tearing the skin.
- Rub the rest all over the outside of the chicken and season well. Stuff the fresh thyme in the cavity of the chicken. Tie the chicken with meat string to retain it's good shape. Pan fry it until golden brown all over on a hot pan with olive oil.
- Then place it on a rack sitting on a baking tray. Roast it in the pre-heated oven (130-140℃) and roast it for 45 minutes.
- Check the chicken is cooked by piercing the thigh and making sure the juices run clean. Let it rest for about 10 minutes.



COOKING TIPS

Marinate the chicken at least 2 hours before roasting.



CEPS SAUCE

- Soak the dry ceps in the chicken stock for about half an hour, strain and chop them. Keep the stock.
- Sauté the chopped shallot in a sauce pan over medium heat until tender, put in ceps, deglaze the pan with brandy. Add the stock and let it reduced by 2/3 and finally add the cream. Let it reduce again until thick.

HONEY ROASTED CARROT

The property of the property

TO FINISH

Remove the breasts and thighs, serve them with the blanched Brussels sprout leaves, roasted carrots and ceps sauce. 甜點 | 4人份

草莓慕絲蜂蜜脆餅

Mille-feuille of strawberry mousse with honey tuile



蜂蜜脆餅

低筋麵粉	25 克
糖霜	25 克
已溶無鹽牛油	25 克
蜂蜜	10 克
雲呢拿豆莢 (半條
蛋白	25 克

草莓慕絲

草莓蓉	100 克
砂糖	15 克
魚膠片(浸凍水)	8克
檸檬汁	適量
打起淡忌廉	100 毫升

糖漬草莓

新鮮草莓(切粒)	12 顆
薄荷葉(切碎)	5克
草莓蓉	50 克
糖霜	適量

其 他

糖霜(灑面用)	10 克
蒲荷葉	少許

做法

蜂蜜脆餅

- 把低筋麵粉和糖霜一起篩進大碗中,加入溶牛油、蜂蜜及雲呢拿籽拌匀。
- 加入蛋白,並打發拌匀,放進 雪櫃冷藏。
- ③ 將圓形模板(約2毫米厚)放 在烘焙墊上,把混合物薄薄的 塗在圓形模板內;放入已預熱 至攝氏150度的焗爐內焗5-6 分鐘,直至金黃。

草莓慕絲

- 為用一半草莓蓉和砂糖放在小鍋內,加熱至微滾,熄火,加入已浸軟的魚膠片,拌匀。
- 海混合物轉放入大碗內,並用 冰水浸着大碗降溫;加入餘下 的草莓蓉和檸檬汁,拌匀。
- 輕輕捲入已打起的淡忌廉,將 混合物倒入鋪上烘焙紙的長方 形盤內(長方形盤約1厘米 厚),放入雪櫃待凝固。



糖漬草莓

將所有材料在大碗內拌匀。

完成

- 用圓形餅模切出圓形的草莓慕 絲,用三片蜂蜜脆餅如三文治般 夾着慕絲。
- 在碟中心放入圓模,舀入糖漬草莓,移離圓模,將草莓慕絲蜂蜜脆餅放在糖漬草莓上,飾上少許糖漬草莓及薄荷葉,灑上糖霜。



- 宜在享用甜點前才做「完成」 的步驟,因為蜂蜜脆餅如接觸 到水氣會很快變軟。
- 十 可以將草莓慕絲放到冰格冷藏 大約 1 小時,會容易切出圓 形。





DESSERT | FOR 4 PORTIONS

Mille-feuille of strawberry mousse with honey tuile

INGREDIENTS

HONEY TUILE

- 25 g cake flour
- 25 g icing sugar
- 25 g unsalted butter, melted
- 10 g honey
- 1/2 pc vanilla pod, split, seeds scraped
- 25 g egg white

STRAWBERRY MOUSSE

- 100 g strawberry puree
- 15 g sugar
- 8 g gelatin leaf, soaked in cold water
- lemon juice to adjust
- 100 ml whipping cream, whipped

STRAWBERRY COMPOTE

- 12 pcs fresh strawberries, diced
- 5 g mint leaves, chopped
- 50 g strawberry puree
- icing sugar to taste

OTHERS

- 10 g icing sugar for dusting
- mint leaves

METHOD

HONEY TUILE

- Sieve cake flour and icing sugar together in a mixing bowl. Add the melted butter, honey and vanilla seeds, stir to mix.
- Finally add the egg white, whisk to combine.
 Leave it to set in the fridge.
- Using a round template (about 2 mm thick), spread the mixture thinly on a baking mat and bake them in the pre-heat oven (150 °C) for about 5-6 minutes or until they are golden brown.



COOKING TIPS

- It would be better to assemble the dessert at the last minute as the honey tuiles will go soggy very quick once they have contacted with liquid.
- + Freeze the strawberry mousse for about one hour for easier cutting.



STRAWBERRY MOUSSE

- Combine half of the strawberry puree with sugar in a saucepan and bring it to a simmer, remove it from the heat and add the soaked gelatin. Mix well.
- 5 Transfer the mixture into a mixing bowl sitting over ice water, add the remaining half of the strawberry puree, lemon juice and stir well.
- Finally fold in the whipped cream, pour the mixture onto a one-cm-thick rectangular tray lined with parchment paper. Let it set in the fridge.

STRAWBERRY COMPOTE

Mix everything together in a mixing bowl.

TO FINISH

- Out out the mousse by using a round cutter and sandwich them by using the honey tuile.
- Mould the strawberry compote at the center of a plate and transfer the strawberry sandwich onto the compote. Finally garnish with the mint leaves and strawberry compote. Dust it with icing sugar.





香煎帶子 伴带子香腸

Scallops in 2 ways

構思

HOW IS IT DESIGNED ?

我是海鮮的超級擁躉,尤其是甲殼類,如帶子和蝦,兩者都是春天的時令食材,味 道清鮮,烹調時間宜短,適宜配合一些味 道較淡和質感較嫩的食材,如豆、番茄、 甘筍和椰菜花等。白烚、快煎、慢煮都能 夠保留海鮮的養分和味道,這些烹調法我 亦應用在這餐單上。

相對於清鮮的頭盤和主菜,我用焦糖榛子 芭菲配焦糖啤梨作甜點結尾。

I am a big fan of seafood especially the shellfish like scallops and prawns which are both available during the spring time. They are mild in flavour, so it is better to cook less and serve with something subtle and delicate like spring baby vegetables such as peas, tomatoes, carrots and cauliflowers. Poaching, searing and slow-cooking, which can retain the most nutrients and flavour from the seafood, are applied into this menu. Pear and hazelnut are the perfect match to round up the lightless of the starter and main course.



番茄春蔬伴大蝦

Pot of poached prawns in olive oil broth with tomatoes and spring vegetables



焦糖 榛子 芭菲 配 焦 糖 啤 梨

Hazelnut praline parfait with caramelized pear

預先準備 TIPS FOR SMART PREPARATION

- 椰菜花蓉可以早一天準備,放入雪櫃冷藏保鮮。
- 一帶子香腸可以在進餐當日預早捲起冷藏,享用前才煮熟。
- + 芭菲亦可以預早製作,在冰格裏雪藏。
- + 酥脆餅皮可以預早焗好,放在密封瓶內可保鮮 1 星期。
- + The cauliflower puree can be made one day in advance and keep in the fridge.
- + The scallop sausage can also be rolled up before and keep in the fridge for cooking during the day of service.
- + The parfait can definitely be prepared in advance and keep in the freezer.
- + The filo leaves can also be baked beforehand and keep in an air tight container for up to a week.





頭盤 | 4 人份

香煎帶子 伴帶子香腸

Scallop in 2 ways



材料

帶子(刺身級別)	4隻
蝦湯 (看 p.192)	100 毫升
無鹽牛油(雪硬)	30 克

椰菜花蓉

椰菜花(切碎)	100 克
牛奶	200 毫升
無鹽牛油	20 克
檸檬汁	適量
鹽、黑胡椒	適量

带子香腸

帶子肉(刺身級別)(雪硬)	120 克
淡忌廉	12 毫升
鹽、黑胡椒	適量
牛油	10 克









Seasons'

Feasts

作者 Author

Eric Poon

Project Editor 策劃編輯

Catherine Tam

攝影 Photographer

Image Union

美術設計 Designer

Nora Chung

出版者 Publisher

Forms Kitchen

香港鰂魚涌英皇道1065號 Room 1305, Eastern Centre, 1065 King's Road,

> 東達中心1305室 Quarry Bay, Hong Kong.

> > Tel: 2564 7511 電話 Fax: 2565 5539 傳真

電郵 Email: info@wanlibk.com

網址 Web Site: http://www.wanlibk.com

http://www.facebook.com/wanlibk

發行者 Distributor

香港聯合書刊物流有限公司 SUP Publishing Logistics (HK) Ltd 香港新界大埔汀麗路36號

3/F., C&C Building, 36 Ting Lai Road,

中華商務印刷大厦3字樓 Tai Po, N.T., Hong Kong

電話 Tel: 2150 2100 Fax: 2407 3062 傳真

電郵 Email: info@suplogistics.com.hk

承印者 Printer

Best Motion

出版日期 **Publishing Date**

二零一八年一月第一次印刷 First print in January 2018

版權所有·不准翻印 All right reserved.

> Copyright©2018 Wan Li Book Company Ltd Published in Hong Kong by Forms Kitchen, a division of Wan Li Book Company Limited.

ISBN 978-962-14-6347-0

廚師,廚藝了得是基本! 廚師花心思配搭菜式, 對創作菜式富有熱誠 用心去烹調, 這才是佳餚的精髓所在。

Eric出版這書的理念是:介紹容易烹調又高質素的西餐,他以春夏秋冬四季為主題,時令食材為主料,以套餐形式推出。在書內,他分享每個套餐的創作構思,讓讀者們認識Eric設計菜式背後的心思;菜式以法國味道為主又帶點點異國風,讓Eric的餐單顯得繽紛而有活力;漂亮的菜式外觀、美味的內涵,亦會為你在宴客時帶來掌聲。







A chef must have the skills to cook impeccably.

A chef must have an insight on thoughtful combinations of ingredients.

A chef must have a passion for creative culinary adventures.

A chef must always cook from his heart.

That's the quintessence of good cooking.

Eric's concept behind this cookbook has a seasonal theme. He wants to use only the ingredients in season and to put together different courses that complement each other as a complete meal menu. He wants to present his readers with quality Western cuisine that isn't intimidating to make at all. He also shares his creative process of each menu, so that his readers can appreciate the thoughts that go behind every course. His cuisine is French-inspired, with a touch of exotic twist, vibrancy and colours. With their show-stopping mise en place and well-balanced flavours, you sure would win the hearts of your guests with any of these recipes at any dinner party.





