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## 尋味全球

# WORLD CLASS SKILLS

GLOBALIZATION IS MOST FREQUENTLY ASSOCIATED WITH TECHNOLOGY OR BANKING, BUT IT HAS BEEN AN EQUALLY INFLUENTIAL FORCE IN THE CULINARY INDUSTRY. ALTHOUGH SOME CHEFS RESIST CROSS-CULTURAL INTEGRATION, MARIANA SEBESS, ACADEMIC DIRECTOR OF THE PRESTIGIOUS MAUSI SEBESS CULINARY ARTS INSTITUTE, BELIEVES THAT CHEFS SHOULD EMBRACE THE CONCEPT OF WORLD FOOD AND DRAW UPON REGIONAL CUISINES IN THE DISHES THEY MAKE. TIAN WENG LING REPORTS.

**W**ho says globalization must have a negative impact on the food industry? Probably those who focus on the closure of unique local restaurants because of competition from fast food giants, who can offer exceptionally low prices and afford high rents.

While the opponents of globalization have some evidence on their side, for others the phenomenon provides unique opportunities. For instance, Chef Mariana Sebess sees globalization as a force for good in that it encourages an exchange of food cultures and provides avenues to experiment with different cuisines.

“People are traveling more and as they travel they try new dishes, go to different restaurants and visit food markets,” she says. “Also there are TV cooking programs that show cuisines from all over the world, so people are willing to try new foods and have special dining experiences. It is very important for a young chef to know as many cooking techniques as possible, since with knowledge comes great job opportunities.”

Chef Sebess became a beneficiary of globalization long before the concept became a focus of popular debate. Years ago, upon returning to Argentina from her culinary studies in France, Sebess realized that she could not simply replicate the dishes she had been taught to cook while overseas.



For example, butter and cream are two traditional foods found in many aspects of French cuisine, but Sebess noticed that they are considered to be far less desirable in Argentina. Reflecting on the aspects of French cuisine that might be unappetizing to Argentines, Sebess revised her recipes to be more consistent with their preferences. As a result, people did not merely accept her food, but actually embraced her adaptations. To Sebess, this experience taught her that a chef who works with different food cultures must be able to cook with flexibility.

Sebess is one of those lucky chefs who, instead of being confined to the kitchen, is able to travel the world. "As I move from place to place, I see the yearly trends in the use of ingredients, the way that colors on the plate evolve along with new flavors and presentation techniques, all of which help me to be an innovator," she says. Sebess believes that seeing the diverse ways people prepare food around the world broadens her horizons, which ultimately gives her inspirations to create dishes that look and taste good.

If inspirations are the software for inventing an original dish, then practical skills are the hardware necessary for seamlessly blending cuisines so that they work in harmony with each other. "The most important consideration is to know how people in each country use their ingredients and prepare dishes. If we know their techniques for cutting, cooking and preparing food, then it is much easier to understand how to use all of them in our favour when creating a new dish that combines different culinary traditions and flavours."

提起全球化，人們往往會聯想到科技或金融發展，事實上，餐飲業的全球化亦備受關注，並在人們的生活中擁有舉足輕重的地位。一些廚師對於跨文化的廚藝融合頗為反感，不過其支持者也不在少數。Mausi Sebess烹飪藝術學院的學術總監Mariana Sebess就是其中一位，她深信廚師應該順應美食全球化的趨勢，集各地美食之所長，從而創造出獨特的美味佳餚。文／黃沛瑜

人們對飲食全球化的反感大概源於遍地皆是的連鎖快餐店。近年來，連鎖快餐店迅速擴張，他們支付得起日益上漲的租金，提供的食物更是價錢低廉，相形之下，不少獨特的本地食肆無力競爭，唯有關門大吉。

反對飲食全球化的理由可能不勝枚舉，然而一些人卻從中看到了不可多得的機遇。大廚Mariana Sebess認為全球化促進了飲食文化的交流，並為廚師們提供了大好機會，令他們能夠利用不同地域的美食進行創作。

「人們愈來愈喜歡四處旅行，在旅行途中，他們會到各式各樣的餐廳用餐，逛一逛當地街市，嘗試很多新的菜式。」她說道。「除此之外，電視烹飪節目亦會介紹世界各地的美味佳餚，大家因此更樂意嘗試、嘗試一些別開生面的用餐體驗。年輕廚師應該竭盡所能掌握更多的烹飪技巧，這對他們來說至關重要，因為只有廚藝高超，他們才能找到更好的就業機會。」

早在全球化這個概念備受爭議之前，Sebess便已深受其益。多年前，她剛在法國完成烹飪課程，準備回阿根廷發展，那時候Sebess就已經意識到，她不能在家鄉簡單地重複自己在法國所學到的菜式。

舉例而言，牛油和忌廉是很多法國菜式都會用到的傳統食材，但Sebess發現阿根廷人並沒有法國人那麼喜愛這兩種食材。考慮到阿根廷人可能不太適應原汁原味的法國菜，Sebess改良了菜譜，並根據阿根廷人的口味調整了某些步驟。結果食客不單愛上了她的食物，更對她的改良讚不絕口。這次經歷讓Sebess明白了一個道理，廚師在和不同飲食文化打交道時，必須能夠因應實際情況靈活變通，去演變菜式。

Sebess是個幸運兒，她經常有機會環遊世界，避免將自己局限



Having learned an extensive range of cuisines including French, Chinese, Thai, Indian, Italian and Portuguese, Chef Sebess is particularly adept at creating dishes that are both inventive and delicious.

After receiving culinary training in Beijing, Sebess realized the many culinary possibilities she could create by introducing Chinese elements to Latin American dishes. "The Chinese techniques of cooking and presenting food are unique. It is completely different from what Latin Americans are used to eating every day, so being able to transmit some parts of Chinese culture opens their minds to new ways of cooking and mixing ingredients."

So how does globalization directly affect Chef Sebess' cuisine? Last year, Sebess came to the Hospitality Industry Training and Development Centre (HITDC) for a series of Argentinean Culinary workshops. Using the three dishes she prepared for her demonstration, Chef Sebess explained her approach to making fusion dishes.

For instance, knowing that "Cantonese flavors are well balanced and smooth", Sebess enriched the corn appetizer, *Empanadas Argentinas de Carne y Humita* with a Cantonese taste by using traditional Chinese ingredients like spring onions and a little bit of chili pepper. As for her entrée, called *Bife a la Criolla*, or Creole Sirloin, Sebess adds a Cantonese twist to the

在小小的廚房之中。「我經常四處旅行，每每都會留心觀察時下流行的食材，新的口味，以及食物的擺盤裝飾技巧，這些見聞對我的廚藝創作非常有幫助。」她說道。世界各地的人們處理食材的方式大不相同，這讓她大開眼界、深受啟發，炮製出賣相及味道均一流的菜餚。

在創造新菜式時，如果將靈感比喻為軟件，那麼紮實的烹飪技巧就是硬件，也是將不同菜式共冶一爐，最終烹飪出和諧菜品的關鍵。「整個創新過程的重點在於了解不同餐飲文化中人們處理和烹調食材的方式。一旦我們掌握了他們在切菜、煮菜、準備食材等不同步驟的處理手法，就可以靈活運用這些技巧，將各種廚藝傳統和風味融合在一起，創造出新的菜式。」

Sebess見識廣博，她精通多種菜式的烹飪技巧，包括法國菜、中國菜、泰國菜、印度菜、意大利菜及葡萄牙菜。擅長創新的她，烹飪出來的菜式總是別具新意而又美味無窮。

Sebess曾在北京接受中式廚藝訓練，這段經歷令她得以將中國元素融入到拉丁美洲菜式之中，創作出不少新菜品。「中國菜的烹飪技巧非常獨特，和拉丁美洲人的烹飪手法截然不同。當我在拉丁美洲人熟悉的菜中加入一些中國元素時，整道菜的烹飪技巧和食材搭配都變得頗具新意，食客亦會大開眼界。」

2014年5月13日，Sebess來到旅遊服務業培訓發展中心（HITDC），示範了阿根廷菜的製作技巧。雖然她在現場示範的三道佳餚均為地道阿根廷菜式，但擅長製作混合菜的她，亦為我們細細闡述了怎樣把中國元素融入這些菜中，從而炮製出別具風味的創新菜式。

Sebess深諳廣東菜的特色為「味道均衡、口感順滑」，因此她會在開胃菜粟米烏米塔的餡料中，加入蔥和小量紅辣椒末等傳統中式食材，為菜式增添廣東風味。而主菜克里奧西冷牛扒，她亦



Argentinian kebabs prepared by Mariana Sebess

Empanadas prepared by Mariana Sebess and her students



dish by marinating it with ginger, five-spice powder, soy sauce and pineapples, before grilling it with Chimichuri and Salsa Criolla.

Finally, Chef Sebess flavored the desert *Sopa de Mate fria con Helado*, or cold mate soup, with *matcha*, the last being an ingredient made from green tea that originated in China, but which has gained popularity in Japan.

Though the ingredients Sebess uses are unusual, her knowledge of both Chinese and Argentinean ingredients and cooking techniques are essential to making successful fusion dishes that are not just original, but also peculiarly delectable.

No matter how great a chef's achievement, it would be a shame if her culinary wisdom was lost after she retires. This is why one of the important missions of a culinary master is to pass on the knowledge and skills that have made her successful. And Chef Sebess knows exactly how to do this, at the Mausi Sebess Culinary Arts Institute.

"They learn not only cooking, pastry, bread baking and chocolate techniques, but all that is necessary to run a culinary business such as nutrition, wine tasting and pairing, oenology, marketing, food costing and control, financial analysis and banquet organization, just to name a few. Only if they pass the exams in all of these areas are we sure that they can successfully work as professional chefs, or open their own restaurants or hotels."

Chef Sebess' dedication to her work and the education of young chefs suggests she truly loves and respects her job, a perspective derived from her childhood. "I found my passion for cooking with my mother and grandmother, who love to cook," she says. "Since I was very little, they would let me help them in the kitchen,

會借鑑粵菜的做法，先將牛扒用薑、五香粉、豉油及波蘿醃製，然後塗上阿根廷特產的阿根廷芹香醬（Chimichurri）和可利歐夏醬（Salsa criolla），再放入焗爐焗烤。

至於甜品瑪黛葉甜湯，Sebess則會在其中加入抹茶粉，以此帶來一股清新的中式風味。抹茶粉源自中國，之後在日本大為興盛，並流傳至今，成為了亞洲特色風味之一。雖然Sebess使用的材料極其普通，但她煮出來的混合菜卻大獲好評，這顯然要歸功於她對中國與阿根廷飲食文化和廚藝技巧的深入了解。Sebess熟悉多個國家的烹飪技巧，一直精心設計、改良食譜，難怪她的菜式總是味道可口、獨具特色。

然而，就算一位廚師有著傲人的傑出成就，倘若其廚藝沒有人傳承，那麼他的廚藝生涯仍會留下無法填補的缺憾。因此，一位優秀廚師最重要的任務之一，就是把自己的成功心得傳授給下一代，而Sebess很早就明白了這個道理。數年來，她一直在家族創辦的Mausi Sebess烹飪廚藝學校中擔任教職，將自己的廚藝絕學傳授給年輕廚師。

「他們不僅能學到烹飪、麵點、烘培和朱古力品製作等廚藝技巧，還會接受全面的業務訓練，內容涉及營養學、葡萄酒品鑒及配餐技巧、酒類研究、市場學、食物成本概念及控制、財務分析、宴會策劃及統籌等。我們認為，學員必須全面掌握這些知識，才能成為一位專業稱職的廚師，成功創辦自己的餐廳或酒店。」



Chefs Paolo Sebess and Mariana Sebess

Donuts in Argentinian style

correcting my techniques whenever necessary.

"My most memorable moment was when I asked my mother for advice, when I wanted to travel abroad to study cooking many years ago. She told me, 'In life you have to study and work for what you really love. For the next 50 years, at least, you will be doing the same job every day; and if you don't like what you do, you will be a terrible professional. No matter what you choose to study, you will fail. But if you do what you love the most, it won't even matter if they pay you or not, because you will do it happily and the results are going to be the best. That is the key for success.'"

Chef Sebess remembers her mother's advice every day and believes she could not have chosen a better career. Enlightened and motivated by her mother's words, Sebess has worked hard to perfect her skills, insisting on learning throughout her life in order to reach her full potential. Her dedication to cooking might explain why even after having established her name in the culinary world, Chef Sebess is still eager to continually test herself through various means, including the dynamic series of workshops and theme dinners she recently conducted at HITDC.

It's apparent that for Sebess globalization has indeed been a force for good, but the greatest factor that contributed to her success is perhaps the fact that the recipe she follows everyday is the one she was given by her mother. <sup>Ⓐ</sup>

### "I found my passion for cooking with my mother and grandmother, who love to cook"

Sebess熱愛工作，對廚藝教育事業更是全情投入，並以自己是廚師為榮，這份對工作的熱誠可追溯到她的童年時期。「我的媽媽和婆婆都喜歡煮菜，潛移默化之中，我也愛上了烹飪。」她說，「在我還很小時，她們就允許我在廚房裡幫忙，如果我哪裡做得不對，她們便會耐心糾正。」

「我印象最深的是，很多年前，當我打算出國學習廚藝時，我向母親徵求意見。她告訴我，『你應該要學習自己喜歡的事情，從事自己喜歡的職業。因為在接下來的50年中，你每天都要做同樣的工作，如果不喜歡自己的職業，你不會做得出色；如果不喜歡自己學的東西，無論你怎麼學，都不會成功。但如果你做的是自己喜歡的事情，你甚至不會計較薪水有多少，因為你會非常開心，而且肯定會全力以赴，取得最佳成績。這就是成功的關鍵。』」

母親的一番話讓Sebess茅塞頓開，她一直將其銘記在心，並堅信自己選擇了一份最好的職業。母親的諄諄教導，時刻激勵著Sebess不斷學習和進步，刻苦鍛鍊廚藝，充分發揮自己的潛能。她對工作的激情使得她在廚藝界聲名遠揚，並促使她不斷接受新的挑戰，在HITDC舉辦的一系列工作坊及廚藝示範即是其中之一。

飲食業的全球化發展讓Sebess受益匪淺，然而真正讓她成為一名大師級廚師的祕訣，恐怕還是當年母親的那一席話。<sup>Ⓐ</sup>