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All about truffles 一切盡在松露

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All about truffles

一切盡在松露

Get to know the facts about the famous fungus
帶你認識松露這種舉世聞名的高級食材

By Kate Whitehead



Environment 環境

Truffles grow in harmony with a host tree – the tree takes in phosphorous and in return the truffle receives sugars that allow it to grow. Truffles grow on the roots of the tree, about 10cm below the ground.

松露與寄生樹和諧共存，樹木吸取磷質，松露則吸收糖分以供生長，它們寄生於約地下10厘米深的樹根。

Location 地點

Truffles grow primarily in France and Italy, but have also been discovered and cultivated in China, Australia and New Zealand.

松露主要生長於法國和意大利，但中國、澳洲和新西蘭也有發現及培植。

Quality 特色

The quality and flavour of a truffle is directly related to its aroma.

松露的味道主要來自其香氣。

US\$333,000

The amount paid by Macau casino magnate Stanley Ho in 2010 for two truffles weighing 1.3 kilograms.
澳門賭王何鴻燊於2010年斥資購下兩顆重1.3公斤的松露。

Hunting 尋找

Traditionally, pigs were used to hunt truffles, but trained dogs are mostly used to find them today. (The advantage of dogs is that they are not truffle-eaters.) The various breeds that have proven successful include Labradors, Dobermans and Italy's Lagotto Romagnolo, whose thick coat allows it work in cold climates.

過去人們使用豬來尋找松露，但現在則改用受過訓練的狗（好處是牠們不會吃掉松露）。目前成績最好的松露犬包括拉布拉多犬、杜賓犬及意大利的拉戈托羅馬閣露犬，後者擁有濃密的毛髮，有助於在寒冷天氣下尋找松露。



tons of white truffles are exported from Italy each year
意大利每年出口的白松露，以噸計



SHAVE OR SLICE

truffles using a metal slicer
松露可用金屬刨刀刨薄片或切片



Top tip 小貼士

The more robust flavour of the Périgord black truffle allows it to be cooked at low temperatures.

佩里格黑松露味道比其他品種的松露濃郁，適合以低溫烹煮。

Medicinal uses 藥用

Truffles have long been associated with almost magical healing powers. Various religions have used them to treat everything from gout to a lack of energy, either by eating them whole or boiling them to use in poultices. Since ancient times, truffles have also been used as an aphrodisiac, with some warning nuns and priests against eating them lest they break their vows of chastity.

松露長期以來被當作一種神奇的靈藥。各種宗教都曾使用松露治病，從痛風到體力不濟，內服或外敷皆可。自古以來，松露亦被視為催情食品，據說教會禁止修女和神父食用松露，避免做出違反教規的行為。



Truffle oil 松露油

Most truffle oil is not made from real truffles. Such oils are usually produced using chemicals that replicate the flavour and aroma of truffles.

大部分松露油並非以松露製成，而是利用化學物複製松露的味道和香氣。



Nutritional value 營養

Truffles are very low in fat, and a good source of minerals including calcium and magnesium as well as dietary fibre. They are made up of about 70 per cent water and contain a moderate amount of protein.

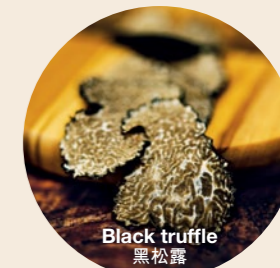
松露極為低脂且富含礦物質，包括鈣、鎂及膳食纖維。松露的含水量約70%，同時亦含有蛋白質。

The two most prized types of truffles 兩種最受推崇的松露



Italian white truffles (*Tuber magnatum*) have been hailed as "the Mozart of mushrooms" and can command prices up to five times higher than those of Périgord black truffles. The most prized of the species are harvested around the town of Alba in Italy's Piedmont region, between August and January. They have a smooth, suede-like surface and a distinct aroma that is soft and pleasant in the beginning and turns garlic-like as it matures.

意大利白松露 (*Tuber magnatum*) 被喻為「塊菌中的莫札特」，其身價比佩里格黑松露貴五倍。每年8月至1月在意大利皮埃蒙特區Alba鎮採收的白松露最昂貴。其氣味獨特，初時輕柔怡人，成熟後散發蒜頭香氣。



Périgord black truffles (*Tuber melanosporum*) are harvested from late November to early March. They have an earthy and robust flavour, and are found in Spain, Italy and France, particularly the centre of the French region for which they are named. While not as expensive as Italian white truffles, they are commonly seen as more of a delicacy and often used to enhance or refine the flavours of meat, fish and cheeses.

佩里格黑松露 (*Tuber melanosporum*) 通常於11月底至3月初採收，其味道濃郁，帶有大地氣息，主要產地為西班牙、意大利及法國，以法國中部佩里格地區最多。其價格比意大利白松露為低，一般被視為烹調佳餚的食材，適用於提升肉類、魚類及芝士的味道。