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Seeing red 迷人紅茄

Though the tomato is a fruit, many cooks treat them as vegetables, and they are integral to cuisines across the world. Store tomatoes at room temperature rather than in the fridge to maintain their texture and flavour

儘管番茄屬於水果類，但很多廚師都把它當作蔬菜；而番茄也是世界各地不少菜餚的主要材料。要保存番茄的質感和味道，切記不可冷藏，而必須在室溫存放

By Kate Whitehead

Stuffed 釀番茄

A favourite of Italian chefs, stuffed tomatoes have been popular in Europe since the 1880s, and make an excellent healthy starter that is big on flavour. Everything from chopped olives, artichokes and feta cheese to chopped parsley, mint and couscous can be stuffed into the tomatoes, which are then oven baked for 15-20 minutes. Stuffed tomatoes are also popular in other cuisines – Indian chefs like to pack them with potato, while the Chinese prefer minced pork or beef, onion and pepper as filling.

釀番茄是美味又健康的頭盤，早於19世紀已在歐洲廣受歡迎，更是意大利廚師愛做的菜式。釀番茄的餡料可包括切碎了橄欖、雅枝竹、菲達羊奶芝士，以及切碎的洋芫荽、薄荷葉及非洲庫斯小米等，把餡料放入切開的番茄內，然後放在焗爐焗15至20分鐘即可。在其他國家如中國和印度，釀番茄也是十分普遍的菜式，印度人會用薯仔做餡料，而中國人卻愛用免治豬肉或牛肉、洋蔥和辣椒。

Salad 沙律

It has been estimated that more than 85 per cent of home gardeners in the United States plant tomatoes, and the best way to consume these juicy delights is in a fresh and zesty salad. Use several different types of ripe



tomatoes – the varying shades of red and orange will make for a colourful dish. Virgin olive oil, a little vinegar, garlic and hot horseradish can add layers of flavour to the dish. This salad goes well with jacket potatoes, or with roast chicken or beef.

據估計，有85%的美國家庭會在花園中栽種番茄，而要享用這款多汁味美的水果，最好做一個清新醒胃的番茄沙律。你可選擇不同成熟程度、不同深淺的紅和橙色番茄拌在一起，令顏色鮮艷奪目，淋上初榨橄欖油和少許醋、蒜頭和辣椒，讓味道更有層次。這道沙律可以配搭英式烤馬鈴薯、烤雞或燒牛肉。



Roasted 烤番茄

Originating in South America as early as 700 AD, tomatoes, at first believed to be poisonous by the British, appeared in European kitchens in the early 16th century. Roasting tomatoes was originally conceived as a way of preserving them, but this simple and delicious recipe makes for a dramatic dish at a dinner party. Put a big bunch of cherry tomatoes – still attached to the vine – on a foil-lined baking sheet, drizzle with olive oil, and then toss with thyme, salt and pepper. Roast in the centre of a hot oven (400F/200C) for 20-25 minutes, or

until they are blistered and starting to burst. Serve warm with roast chicken or fish.

番茄最早於公元700年在南美洲出現，最初英國人認為它是有毒植物，到了16世紀初歐洲人才開始把番茄用於烹調。烤番茄原本是一個保存番茄的方式，但是卻演變為一道簡單美味、在晚餐派對大受歡迎的菜式。首先找一大把連著藤枝的車厘茄，放進鋪上錫紙的薄焗盤，澆上橄欖油，拌入百里香、鹽和胡椒粉。放入高溫焗爐中(400F/200C)焗20-25分鐘，直至番茄起泡及裂開。趁熱時上桌，配搭烤雞或烤魚食用。

Skewers 串燒

Cheese and tomato is a classic combination, due to the acidic nature of tomatoes and the fat content of cheese. For something a little different, try halloumi, a salty goat and sheep's cheese from Cyprus. Thread halloumi and cherry tomatoes onto skewers, alternating between the two and starting and ending with cheese. Put the skewers on a baking sheet, brush with olive oil and heat under the grill for about five minutes. Drizzle with chilli oil and garnish with lime zest and mint to serve.



番茄的酸味和芝士的軟滑口感，使之成經典配搭。不過，要是想試試不同口味，可以考慮來自塞浦路斯、帶鹹味的哈羅米羊奶芝士。把哈羅米芝士和車厘茄穿在竹籤上，芝士與番茄相間，頭尾均為芝士塊。將串燒放在烤盤上，掃上橄欖油後燒烤大約5分鐘。淋上辣椒油，以青檸皮末和薄荷葉裝飾上桌。

Sauce 番茄醬

Tomatoes make an excellent sauce base because of their rich flavour, high liquid content and soft flesh that can thicken without additives. It is widely accepted that tomato sauce originated in Italian cuisine, and it was first used with pasta in the 16th century. As well as the tomatoes, primary ingredients are chopped onions, garlic and basil leaves. The beauty of this sauce is that you can make a big batch and keep it in the fridge for up to five days.

番茄味道濃郁，果肉又軟又多汁，無需加入添加劑也可製成醬汁。一般相信番茄醬源自意大利菜，在16世紀開始搭配意大利粉食用。製作番茄醬，除了番茄之外，還需切碎的洋蔥、蒜頭和羅勒葉。自製番茄醬的好處是可以弄一大份，放進冰箱可保存五天之久。