

March 2017

Chilli rush 火辣滋味

Jade Lee-Duffy

Follow this and additional works at: <http://repository.vtc.edu.hk/ive-hosts-ambrosia>



Part of the [Food and Beverage Management Commons](#)

Recommended Citation

Lee-Duffy, Jade (2017) "Chilli rush 火辣滋味," *AMBROSIA 客道: The Magazine of The International Culinary Institute*, 12-. Available at: <http://repository.vtc.edu.hk/ive-hosts-ambrosia/vol3/iss1/11>

This Article is brought to you for free and open access by the Hotel, Service & Tourism Studies at VTC Institutional Repository. It has been accepted for inclusion in AMBROSIA 客道: The Magazine of The International Culinary Institute by an authorized editor of VTC Institutional Repository. For more information, please contact csyip@vtc.edu.hk.

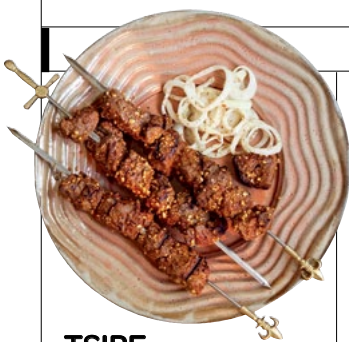


Chilli Rush 火辣滋味

By Jade Lee-Duffy

One of the most exciting culinary trends for 2017 is the use of spice. Turn up the heat with chilli peppers and blends from across the planet

辛辣風味是2017年最刺激的飲食潮流之一！來自世界各地不同品種的辣椒和辣椒製的香料，讓味蕾升溫



TSIRE 西非辣椒粉

This West African spice blend from Nigeria is all the rage. Known as tsire in Nigeria's north and suya in the south, it is used by British chef Jamie Oliver to spice up his Nigerian Suya Beef Skewers and Suya Goat Kebabs. While there is no standard recipe, the mixture usually comes in powder form, containing ground peanuts, chilli powder, ginger, nutmeg, cloves and cinnamon. The spice blend is typically spread onto raw meats before grilling, and onto kebabs pre-dipped in oil or beaten egg. Once the kebabs are ready, they are dusted again with tsire before serving.

這款來自西非尼日利亞，在北部稱為Tsire，於南部稱為Suya的辣椒粉，是英國名廚Jamie Oliver心儀的香料，用以烹調尼日利亞Suya牛肉串燒和Suya烤羊肉串。西非辣椒粉沒有統一的配方，一般以花生粒、辣椒粉、薑、肉豆蔻、丁香及肉桂粉混合而成，主要用來醃製燒烤用的肉塊，以及加入油或蛋液中，為烤肉串調味。肉串烤熟之後，上桌前再灑上Tsire，味道會更香濃。

JALAPEÑO 墨西哥辣椒

Arguably the world's most popular chilli pepper, the medium-spicy jalapeño can be found across the globe. Internationally renowned Japanese chef Nobu Matsuhisa is especially fond of its pungent allure. One of his career-making dishes, in fact, was Yellowtail Sashimi with Jalapeño. Originally cultivated in Mexico by the Aztecs for its flavourful punch, today this ever-popular chilli is also grown in the United States, Peru and China.



中級辣度的Jalapeño可以說是全球最受歡迎的辣椒。國際知名的日籍大廚松久信幸對其辛辣味道情有獨鍾，他的經典招牌菜之一便是油甘魚刺身伴墨西哥辣椒。阿茲特克人喜歡其濃烈的味道，首先在墨西哥種植這種辣椒。今天，美國、秘魯及中國都有Jalapeño的蹤影。



AJI AMARILLO 秘魯黃辣椒

A lesser-known chilli pepper from Latin America is aji amarillo. An essential ingredient in Peruvian cooking (notably in dishes such as Papa a la Huancaína, or Potatoes in Spicy Cheese Sauce), this distinctive yellow-orange chilli has been cultivated for millennia. Frequently added as a paste to sauces and soups for its complex fruity flavour, it can also be used raw to spice up mango and pineapple salsas.

HARISSA 突尼西亞紅辣椒

This spicy condiment from Tunisia gives a kick to cooked meats, vegetables and couscous. Harissa recipes vary across North Africa and the Middle East, but a favourite version blends roasted red peppers, serrano peppers, olive oil, garlic and spices such as coriander, cumin, caraway and rose petals may also be thrown into the fiery mix.



這款來自突尼西亞的調味料，最宜搭配肉、菜和北非小米。從北非到中東均有以Harissa作食材的菜式，當中以拌入烤紅椒、Serrano辣椒、橄欖油、大蒜、芫荽、孜然、香茅籽及薄荷等香料做成的醬料最受歡迎。有時候你還會在醬料中看到番茄和玫瑰花瓣。



GARAM MASALA 印度辣椒粉

An Indian meal is never complete without a healthy dose of garam masala, which essentially means "hot spice". Originating from Northern India, this spice blend has been around for thousands of years and was intended to enhance flavours as well as keep the body warm during cold winters. The exact blend of spices and herbs varies from regions and households. It typically includes black and white peppercorns, cloves, cinnamon, nutmeg, black and green cardamom pods, bay leaf and cumin. It is a much-loved addition to Indian dishes such as Chicken Tikka Masala, Lamb Rogan Josh Curry and Blended Lentil Daal Soups.

Garam Masala的意思是「辛辣」，是源自印度北部的辣椒粉，有數千年歷史，可用來調味，也可在冬天食用保暖驅寒，是印度餐膳中少不了的佐料。Garam Masala的用料因地域而異，而每家每戶各有自家配方，但一般包括黑花椒粒、丁香、肉桂、肉豆蔻、黑豆蔻、綠豆蔻、月桂葉及孜然。Garam Masala是瑪薩拉烤雞、Rogan Josh羊肉咖喱和扁豆湯的必用材料。