



March 2017

Magic ingredient 魔法食材

Vivian Mak

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



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

Recommended Citation

Mak, Vivian (2017) "Magic ingredient 魔法食材," *AMBROSIA 客道 : The Magazine of The International Culinary Institute* : , 58-59.

Available at: <https://repository.vtc.edu.hk/ive-hosts-ambrosia/vol3/iss1/19>

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 wchu@vtc.edu.hk.

Magic ingredient 魔法食材

Truffle king Umberto
Bombana dishes up Confit of
“Taiyouren” Organic Egg

以白松露提升慢煮有機雞蛋的香味

By Vivian Mak

Hailed as “the king of white truffle,” Umberto Bombana, a native of Bergamo in northern Italy, came to Hong Kong in 1993 and later opened Italian restaurant, 8½ Otto e Mezzo BOMBANA. Since 2011, the restaurant has been awarded three Michelin stars by the Michelin Guide Hong Kong Macau for six consecutive years, becoming the first and only Italian restaurant outside Italy to receive such high recognition.

During the annual white truffle harvest (between mid-October and December), all of Chef Bombana’s signature dishes evolve to include the prized delicacy, including this Confit of “Taiyouren” Organic Egg, Chanterelle Mushroom, Romanesco Broccoli and Alba White Truffle. The light flavour of the egg, which has been slow-cooked in 65-degree water until it is half boiled, matches perfectly with the pungent Alba white truffle, and is paired with Romanesco broccoli purée, fried chanterelle mushrooms, Iberian ham and topped with a few slivers of white truffle. There isn’t a particular challenge when preparing the dish; the most important thing to remember is to allow the aroma of the Alba white truffle to stand out to balance the tastes.

有「白松露之王」美名的Umberto Bombana，生於意大利北部貝加莫，1993年來港工作，後來創立意大利餐廳8½ Otto e Mezzo BOMBANA。他的餐廳由2011年起連續六年獲《米芝蓮香港及澳門指南》評為三星食肆，成為首間及唯一意大利境外獲此殊榮的意大利餐廳。

大廚 Bombana 會在每年10月中至12月底的白松露季節，為招牌菜式推出白松露版，包括這款慢煮有機雞蛋配雞油菌、羅馬花椰菜蓉及阿爾巴白松露。味道清淡的雞蛋與阿爾巴白松露的獨有香氣是最佳配搭。烹調的方法是以攝氏65度低溫慢煮意大利雞蛋至半熟，焗熟羅馬花椰菜後磨蓉，並將雞油菌略煎香，加上一片伊比利亞火腿，最後刨上阿爾巴白松露。這道菜式在烹調技巧上沒有太高要求，主要是突顯阿爾巴白松露香氣和味道濃淡的配合。

Mak: Magic ingredient ????

