



CATHAY PACIFIC

# DISCOVERY

OCTOBER 2015年10月號



## THE GARDEN OF PLENTY

An Australian food adventure

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豐饒之園

澳洲美食大巡遊

## THE INTRODUCTION

### 引言

# ON THE TASTING TRAIL

## 美味滿途

**THIS MONTH'S COVER** is a dessert. It's called Chocolate Forest and is designed to look like a woodland floor with chocolate twigs, fennel fronds that look like ferns and a cherry. Though to us it's a dessert with more than a touch of the desert about it. It was created for us by Martin Benn (right), the head chef at Sepia.

The restaurant, on Sydney's Sussex Street, was recently voted Australia's best. Even more recently, this 'world class' restaurant scored 19/20 in *The Sydney Morning Herald Good Food Guide*. There is so much sublime cooking in Australia these days that to be the best you have to serve up a truly entertaining experience as well as wonderful food. Sepia is self-confessedly a theatrical joint. The theatre comes from the conceptions, the wine matching and the performance of the staff as they roll out their nine-course tasting menu.

That theatricality infuses the Sepia cookbook. Inspired by its pages, we asked Benn to create a dish for *Discovery* – one that summed up the unique colours and textures of Australia. As he puts it: 'In Australia, we are blessed with an abundance of amazing produce from artisan growers and providores. And, we're not bound by tradition so we have a uniqueness and

freedom with our cuisine like no other nation does.'

We couldn't put it better. But we can, and did, explore that produce and that uniqueness further. In this issue we have gone from coast to coast, bush to outback, farm to fork, seeking out the best, most authentic and most exciting Australian food and wine. Restaurant Australia is a place where it's happy to be its own frank, lively, playful self. There's nowhere better on Earth to hit the road, eat and discover. ■

本月的封面是一道甜品，由澳洲Sepia餐廳的主廚Martin Benn（右圖）特別為我們而做，名為「朱古力森林」。以朱古力做成小樹枝形狀，加上看似蕨類植物的茴香葉和一顆櫻桃，看上去有如森林內堆滿枝葉的地面。對我們來說，這遠不止於一道甜品。

Sepia餐廳位於悉尼的Sussex街，最近獲選為澳洲最佳餐廳。這間世界級食府更在最新一期的《The Sydney Morning Herald Good Food Guide》美食指南中獲得19/20的頂級評分。近年澳洲菜聲名鵲起，但要出類拔萃，除了食物味道一流之外，還要為客人帶來愉悅的體驗。Sepia餐廳也承認，為客人奉上九道菜式的嚐味餐單時，從構思、美酒與佳餚的配搭到員工的表現等，莫不是劇場式的表演。

這種劇場表演的特質亦在Sepia餐廳出

版的食譜中散發出來，我們從中獲得靈感，邀請Benn為《Discovery》雜誌創作一道菜式，將澳洲飲食的獨特色彩與質感集於一身。正如他所言：「澳洲是塊福地，有許多優秀的種植者與供應商，為我們帶來豐富而令人讚歎的農產品。加上我們不囿於傳統，因此可以自由發揮，烹調出其他地方所沒有的獨特風味。」

即使如此，我們仍未能以文字完全表達箇中真味。然而，我們卻已盡力發掘當地農產品與美食的特色。今期我們橫跨澳洲，從市郊到深入內陸，從農場到餐廳，尋找最上乘，最道地，最令人興奮的美食與佳釀。澳洲是個性格坦率、活潑而愛嬉戲的地方，當地的烹調與佳餚亦反映這種作風，能在這樣的一個地方旅行、品嚐美食與發掘新鮮風味，可說是無上享受。■

