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A COOK'S TOUR

Start the year right by eating better and cooking more with this handy guide | 新一年好好跟隨指引，大顯身手盡情烹調吧

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Be it petite or palatial, the kitchen is the heart of any home. Acting as a communal space not only to prepare a meal but also a cosy hub to socialise with friends and family, it seems that the way to nearly everyone's heart is through their stomach. Whether you know your way around a kitchen or just getting into cooking, this report chronicles sources for both stylish essentials and thoughtful finishing touches that elevate your kitchen beyond just another utilitarian workspace. There's also chef advice on where to shop and what we should be buying in the first place, plus a roundup of alternative cooking spaces for you to unleash your inner Masterchef if your own galley isn't cutting the mustard. Roll up your sleeves: it's time to see what's cooking.

小巧也好，闊大也好，廚房絕對是每個家居的重心。作為共用空間，它不但是準備食物的地方，也是與友人家人交流的地點，要留住人們的心也總得滿足他們的口腹之慾。本報告搜羅各式時尚必需品和體貼的修飾點綴，讓你的廚房不再只是普通的工具室。另外還帶來大廚建議，告訴你該到哪兒購物，和首要購入的產品，並為你整合另類煮食空間方案，讓你解放大廚一面。捲好衣袖，準備動手吧。

× WHO?



JOWETT YU

CHEF
HO LEE FOOK

Taiwan-born, Canadian-trained and with a sprinkling of influence from Australia thanks to his time at the helm of hip Sydney eateries, Ms G's and Mr Wong, Jowett Yu has now moved closer to his roots with his first venture in Asia – Soho's Ho Lee Fook. Boasting a flair for reinventing classic Chinese dishes and flavours with premium ingredients and a playful approach, Ho Lee Fook has been winning rave reviews since its opening.

台灣出生、在加拿大受訓的Jowett Yu在悉尼主理餐廳Ms G's和Mr Wong時深受澳洲影響，現更首度在亞洲發展，於蘇豪區開設口利福，親近自身根源。自去年夏天在香港開張後，口利福憑著對中國經典美食的重新演繹、上乘食材和玩味手法，已成功贏得各方讚賞。

holeefook.com.hk

THINK LIKE A CHEF

We speak to chef Jowett Yu to get some expert tips and local intel – from where to buy ingredients to what tricks to try | 我們與主廚Jowett Yu談到專家心得和本地精選指南

01



SHOPPING LIST

01

Jowett shops at local wet markets for the best in-season produce

02

Ho Lee Fook's soy sauce chicken

02



Every pantry should have soy sauce, extra virgin olive oil, Chinese cooking wine and fish sauce – these ingredients are fundamentals of creating depth and flavour in dishes, and are completely versatile in most cuisines. 每個食品儲藏室也應包含豉油、初榨橄欖油、中式煮食用酒和魚露——這些食材都是加添食物深度和口味的關鍵，能靈活運用。

My kitchen essential is a microplane for zesting citrus, and grating garlic and ginger (and cheese!). 我的廚房關鍵是刨刀，用來削皮、磨蒜、薑（和芝士！）。

You're never more than fifteen minutes away from a good wet market in Hong Kong. Always check there first for seafood and fruit and vegetables. Their vegetables spend less time in storage than the supermarket – and are often cheaper too. 身在香港，好街市總在你左右。看看那兒有甚麼出色海鮮、水果和蔬菜，他們的蔬菜通常比超市的更新鮮，而且還要便宜。

I love the chickens in Asia – they have this yellow fat underneath, which reminds me of the chicken from my grandma's farm. They actually have flavour and bite, compared to the oversized hormone-pumped chicken breasts at the supermarket. 我喜愛亞洲的雞隻，牠們下方的黃色脂肪讓我回想起祖母農地的雞隻。對比去超市的特大型激素肥雞胸，這些雞隻更具風味和口感。

Save the water from washing rice – it's super nutritious for watering your plants. 儲下洗米水，用來澆花特別有營養。

A great, easy home-cook recipe is roll-your-own-anything in rice paper – a super simple formula of a protein, fresh herbs, salad leaves, pickles and rice paper. Just remember not to over-soak the rice paper (2 to 3 seconds should suffice), don't over-stuff it, keep the rolling tight and you're good to go. It's fresh, tasty, fast and low in calories, fat and oil, plus washing up is easy! 簡單的家居煮食餐單就是用米紙捲好美食——簡單方程式如蛋白質、新鮮香草、沙律葉和米紙。別忘記不要過份浸透米紙（2至3秒便已足夠），亦不要包過多食材，能裹緊便可。不但新鮮、美味、快捷，更含低卡路里、脂肪和油，清洗也非常方便！

THE ASIAN KITCHEN

× ESSENTIAL TOOLS TO MAKING YOUR FAVOURITE HOMEGROWN DISHES



It may look intimidating, but a lightweight Chinese cleaver is a chef's best friend. Use every part of this smart tool to chop, crush, slice and dice to perfection.

輕盈的中式菜刀絕對是大廚良伴。刀鋒各部分均可用來切剝、壓碎、切片和切粒。



Available in endless combinations of materials and designs, chopsticks allow for extreme precision when cooking and eating – the very essence of enduring minimalist design.

筷子帶來無限量物料組合和設計款式，具恆久簡約的美態，無論是煮食或進食也不可或缺。



Not just for dim sum, these space-saving bamboo steamer baskets stack to retain both flavour and heat and can be used in both Chinese and Western food preparation.

這些簡省空間的可疊式蒸籠不單只用來盛載點心，更能有效鎖住味道和熱力，適用來準備中式和西式美食。



A wok is literally the only pan you'll need for great Cantonese cuisine. Choose cast iron pans that can be well seasoned to ensure the best wok hei (the essence of high-heat cooking).

炒鑊絕對是烹調廣東菜的必備工具。選擇鑄鐵款式，炒出最佳鑊氣。

All products available at JIA; www.jia-inc.com

LOCAL FLAVOUR

The traditional Hong Kong kitchen boasts some iconic design elements that are instantly recognisable and synonymous to the city as the harbour itself. Don't let appearances deceive you – nothing earns shelf space on good looks alone in a typically tiny apartment, so these four archetypal local pieces all work hard to cut it in the kitchen.

傳統香港廚房帶來部分標誌設計元素，叫人一眼便能認出是本土之作。別被外觀蒙蔽，總不能單憑美麗外貌在細小廚房贏得一席位，以下五款本地作品均表現優勝，才能獲精選。

KITCHEN ESSENTIALS

Elevate the everyday and make cooking a celebration instead of a chore. Those kitchen workhorses are prime candidates for a makeover and we've found five of the most covetable kitchen fundamentals to display on your worktops with pride.

將煮食提升至另一層次，不再只視之為家務。以下五款性能優越出色的廚房用具陳列在你的工作檯上別具美態。



TIMELESS PIECES

01 Alessi's quirky designs are loved for very good reason: these design-led accessories just work. The Parmenide grater takes a simple kitchen implement and turns it into a statement piece that begs to be kept on the table.

02 Serious bakers swear by the classic design of the KitchenAid stand mixer for the airiest meringues and lightest sponges. Choose from a rainbow of colours to suit your style. Available from Pantry Magic.

03 Rice cookers don't need to be stowed away inside cupboards. Tang Tang Tang offers a stylish solution to the most useful tool in any kitchen with a cool and contemporary cube design in red, yellow, grey or white.

04 "Buy quality, buy once" is the ethos behind French cookware brand Le Creuset, whose timeless cast iron pans and casseroles are designed to look just as good by their thousandth use as they do on their first. Its flagship store on Wyndham Street is a treasure trove for foodies.

05 Wusthof's 200th Anniversary Cook's Knife boasts supreme sharpness and excellent ergonomics. Limited to just 25 sets in Hong Kong, it'll have you slicing and dicing like a pro in no time. Available from Fissler Counter in SOGO.

FINISHING TOUCHES

As a consummate host, dinner parties at yours are a regular pastime. But before hosting your next gathering, equip your kitchen with the tools needed to prepare a wow-worthy meal and eye-catching items to set a beautiful tablescape. Here are some items that'll do the trick.

身為超凡主持人，在你家舉行晚宴派對絕對是定時定候的節目。下次舉行聚會前，還先讓你好好裝備廚房，為客人炮製美味菜式和奪目的餐桌擺設。你可參考以下精選之作。

TOP CHEF

01 For some blooming, lovely tableware, look no further than Michael Aram's Botanical Leaf Collection, with porcelain crockery, stainless steel cutlery and plenty more available in a uniquely intricate floral design. Available from Farrington Interiors.

02 Fink's Platinum Collection comprises simple but stylish porcelain plates, wine glasses and candle holders with metallic design accents, - all of which set the stage for a romantic dinner for two or an elegant meal for the family.



03



03

When life gives you lemons... Quirky Stem Citrus Spritzer is simply the zest. This nifty gadget sprays juice from citrus fruits at the press of a finger, with zero cutting or grating required.

04

Forget sweating over a rolling pin and take a kitchen shortcut with Panasonic's SD-PM106 Bread Maker, which automatically mixes, kneads, rises and bakes bread at the press of button.

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Next125 Cubes will restore order to any chaotic kitchen - these minimalist storage units have been designed to organise items like knives, spice jars, wine bottles and utensils in significant style. Available from Schüller.

06

Add a fun twist to the kitchen with Loveramics' Tripod Collection, which combine design, colour and functionality in this set of stackable porcelain bowls and storage jars, measuring cups and spoons, and even a knife block and spoon rest.

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KITCHEN CONFIDENTIAL

Is a small kitchen or the lack of good equipment cramping your style? We've rounded up four kitchen spaces in Hong Kong that are fitted to your kitchen fantasies and available for private rental. It's time to round up a few foodie friends and sharpen those knives.

細小廚房或缺乏優質工具規限了你的發揮？我們為你精選四處香港勝地，滿足你的煮食願望，並可作私人租賃。是時候約一大班愛飲愛吃的朋友，兼磨利刀鋒了。

01



01. THE MIXING BOWL

Want to have your cake and eat it too? The Mixing Bowl is a haven for all things baked, offering a range of cooking classes that will have you measuring, mixing, kneading and rolling your way to delicious breads, cakes and pastries in no time. In addition to scheduled workshops, the space is also available for customised private classes.

想各樣兼得？The Mixing Bowl絕對是烘焙天堂，帶來一系列煮食課程，教你量度、混合、揉搓和滾出美味麵包、蛋糕和批餅。除了已安排時間的工作坊外，更可供特製私人課程使用。烘焗大戰一觸即發！

themixingbowlhk.com

02. HOUSE OF MADISON

With three floors to explore (and a kitchen space in each of them), House Of Madison is a perfect location for cooking workshops and private events. The kitchens have been designed by premium kitchen innovator Bulthaup and fitted with top-of-the-line appliances from Sub-Zero and Wolf. There's also lounge and dining areas, a wine tasting room, balcony lounge and cool art installations to boot.

帶來三層（各層也設廚房）空間讓你探索的House Of Madison是烹調工作坊和私人活的理想地點。廚房均由前衛廚房Bulthaup設計，並配備Sub-Zero and Wolf的頂尖電器，更設休閒空間和飯廳、試酒室、陽台和藝術裝置。

madison.bulthaup.com

03. SPARK STUDIOS

Located 10 minutes from Tai Koo MTR, Spark Studios is a 24,000 sqft space where you can cook, eat and socialise to your heart's content. With ten induction stove tops, three ovens and cupboards fully-stocked with cooking equipment, plus a TV lounge space, dining area and cute outdoor terrace, you may find yourself just wanting to move in after all that prepping.

與太古港鐵站只有10分鐘之隔的Spark Studios佔地24,000平方呎，讓你盡情烹調、進食並和朋友交流。空間設有10個電磁爐面、3個焗爐，以及全面裝備煮食用具的櫃子，再加上電視空間、飯廳和可愛的戶外陽台，或許你會心動想留下長住呢。

sparkstudioshk.com

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