

絲路

SILKROAD



DRAGONAIR
港龍航空

New ways to dip and dine

Hot spots

精點新派火鍋美食

暖意縈繞

FACE VALUE

Sichuan opera's
new breed

川劇新世代

IT'S A BLAST

Taiwan lights up
Lunar New Year

台灣燃亮新春喜氣


HOT SPOTS

暖心「鍋」

TEXT/文 ALEX LAI / 黎樹基 PHOTOS/攝影 NOLLY LEUNG / 梁翠妍

Feel a bit chilly? Dip into a traditional Chinese dining experience that's guaranteed to give you a warm glow

在冷冽隆冬享用熱騰騰的火鍋，讓你的身心均感到暖意洋洋



Hot pot is a staple of Chinese cuisine

火鍋風行中港台各地



Little Sheep's yin-yang hot pot has two soup bases in one vessel

小肥羊的鴛鴦鍋讓顧客享用兩種不同口味的湯底

featuring river fish, chicken, tofu and vegetables such as carrot, potato, sweet potato and corn. But people always had a high standard for the soup base, he stresses. "We would add water to ginger, fish bone fried with onion and deboned fish meat or shrimp to make a soup base. There was no seasoning or dipping sauce. This way you got to taste the original flavour of the food."

The original Hong Kong-style hot pot is believed to have evolved from clay-pot dishes served at the city's open-air food stalls, or *dai pai dongs*, says Kenny Chan, Executive Chef of Dong Lai Shun restaurant (www.rghk.com.hk/chi/dining_dls.html) at Hong Kong's The Royal Garden hotel. Such dishes are made to order, featuring seasonal ingredients cooked in a clay pot still sizzling hot when served. "Clay-pot dishes were very simple in the past," says Chan. "Vegetables and mushrooms were enough to make a tasty dish. Then the city's economy took off and dishes developed into hot pot with a seafood-soup base."

As well as Cantonese hot pot, other styles, including Beijing, Sichuan, Hunan and Taiwanese, can be found in Hong Kong restaurants. Some establishments like to develop new soup bases, offering not just the traditional light soup and pork-bone soup but also the innovative congee-based chicken broth, clams in sake and double-stewed soup with seafood.

For food-and-travel writer Chan Chun-wai, the best base is light soup, which he says brings out the real flavour of the food.

"That is particularly the case for fresh ingredients," says Chan. "It'd be a shame not to retain their original taste, although I also love special soup bases. Spicy soup

WHERE TO GO

Little Sheep

Various locations
www.littlesheep.com/index.aspx

Tanyoto

Various locations
www.tanyoto.com.hk

Him Kee Hot Pot

1/F & 2/F, Workingfield Commercial Building, 408-412 Jaffe Road, Causeway Bay
+852 2838 6116

Senfuku

1/F Empress Plaza, 17-19 Chatham Road South, Tsim Sha Tsui
+852 2311 1812

火鍋店一覽

小肥羊

香港有數家分店
www.littlesheep.com/index.aspx

譚魚頭火鍋

香港有數家分店
www.tanyoto.com.hk

謙記火鍋

銅鑼灣謝奕道408-412號
華斐商業大廈1及2字樓
+852 2838 6116

千福中日火鍋料理

尖沙咀漆咸道南17-19號
帝后廣場1樓
+852 2311 1812

Dumplings with minced Chinese chives and mutton filling at Dong Lai Shun

東來順的韭菜羊肉餃

Kenny Chan, Executive Chef of Dong Lai Shun

東來順的總廚陳國強



至於現今港式火鍋的由來，帝苑酒店「東來順」(www.rghk.com.hk/chi/dining_dls.html)總廚陳國強認為是源自香港大牌檔的煲仔菜——把合時食材放進熱鍋烹調，即點即煮，上桌時熱騰騰，菜汁在鍋內滋滋作響。陳師傅說：「那時的煲仔菜較簡單，(加)一些菜和香菇便很美味。後來社會經濟騰飛，才發展出海鮮湯底(的火鍋)」。

現時在香港的火鍋店可以吃到正宗的粵、京、川、湖南及台式火鍋，更有食肆海納百川，在湯底方面不斷推陳出新，由舊日的清湯、豬骨湯等發展至粥底雞鍋、清酒蜆鍋、甚至是老火湯底海鮮鍋等等。

飲食兼旅遊作家陳俊偉說火鍋湯底有如畫板，保持白色(清淡簡單)，便更能突顯出各種顏料(配料)的本色(味道)。他說：「尤其是新鮮的食材，不讓它們好好發揮原味實在可惜。我也很愛具特色的湯底，如麻辣火鍋湯底或有香濃薑味的湯底，在寒冬時有助驅走寒意。」

開業六年的「美味廚」(www.megan-skitchen.com)，針對近年興起的健康飲食



and soup with a strong ginger flavour are great for keeping you warm in winter.”

In recent years healthy-eating trends have influenced the content of hot-pot soups. Megan's Kitchen (www.meganskitchen.com), which opened six years ago, offers soups such as Yunnan wild mushroom broth with egg yolk, *fo tiao qiang* (assorted meat and vegetables cooked in embers) and pork-rib soup with apple, corn and white fungus. Chief Operating Officer Raymond Suen says all the soups at Megan's contain pork bone, catering especially to health-conscious female diners. “Sixty-eight percent of our customers are women,” he says, “so, we place a lot of emphasis on the nutritional value of our ingredients and soup bases.”

At Dong Lai Shun, diversity rules. Diners can choose from at least eight soup bases in different Chinese styles. Examples are Cantonese crab congee, Guiyang sour soup (Guiyang fermented bean curd, chilli leaves and Litsea cubeba oil) Yunnan chicken broth, Changchun soup (a Northwestern-style stew with pig innards and pork belly), lamb-innards soup and the strong-flavoured lamb-bone soup.

Some restaurants have recently introduced ingredients such as tasty geoduck clam from Canada, vegetables from Shandong, black bean sprouts and matrimony vine leaves.

Other offerings include Chongqing-style tripe hot pot, Beijing-style instant-boiled mutton, Japanese shabu shabu and European cheese fondue. But, at the end of the day, a wonderful meal doesn't come from what style of hot pot you choose or the source of your ingredients, it's the company that matters.

Him Kee Hot Pot (above) offers a choice of condiments (right) that can be combined into a dipping sauce

謙記火鍋 (上圖) 供應種類繁多的佐料讓食客自己調製蘸醬 (右上圖)

潮流，推出蛋黃醬湯、雲南野菌湯、佛跳牆（需預訂）和蘋果粟米雪耳唐排（即豬肋骨）湯等湯底。營運總監孫冠成說他們的湯底均以豬骨熬成，並解釋：「我們這裡女性顧客佔六成八，所以食材和湯底會注重健康。」

東來順推出至少八款湯底，提供中國不同省份的特色風味，像廣東蟹肉粥、貴州貴陽酸湯（湯料有貴陽南乳、辣椒葉、木薑子油）、雲南氣鍋雞湯、東北長春鍋（湯料以東北著名的殺豬菜、豬雜和五花腩煮成），還有羊雜或羊骨湯（前者味道較清，後者較濃）等選擇。

近年有許多食肆也引入了新的食材，例如肉質鮮甜的野生加拿大象拔蚌、山東水耕菜、黑豆苗和枸杞菜等。

然而，無論是重慶的毛肚火鍋、北京的涮羊肉、日本的Shabu Shabu、西式芝士火鍋或港式火鍋，但對一些食客而言，湯底是什麼風味或食材是從哪裏入口都是次要，與好友共享佳餚才是吃得開懷的最重要元素。■

Colourful cuttlefish balls at Megan's Kitchen

美味廚的彩虹七色墨魚丸，色彩繽紛，令人垂涎

