

完美平衡

perfect balance

Vida Rica's master chef refines classic Cantonese with a contemporary touch that is fresh, light, and lean.



Chef Wong Tak Wing
黄德荣师傅

DAVID HARTUNG

CHEF WONG TAK WING comes to Mandarin Oriental, Macau with the culinary experience of twenty-two years, many of them spent perfecting his skills at some of the city's most notable Cantonese restaurants.

His earliest introduction to cooking was performing kitchen chores and preparing meals for his own family. Soon he was tagging along with a friend whose brother worked as a professional chef, an adventure that influenced his decision to enroll in culinary school at age seventeen.

"With Cantonese cuisine, it's all about the perfect balance of flavors and textures," Wong explains, "and it's that fine balance that differentiates an excellent dish from a merely good one. In the past, factors like color and presentation were not really emphasized, but today every aspect of a dish has equal importance. We first have to connect with our diners visually, then through smell, and finally taste. My approach focuses on all these elements, and I especially like to highlight color and freshness in the presentation."

Wong prefers traditional methods and shies away from recent trends and fads that have influenced the way many chefs create and plate dishes. "Cantonese cooking has always been very *precise*," he says, "and I stress clean, light, healthy eating – you'll find lots of vegetables and lots of color from the great variety I use."

While dishes like abalone and sea cucumber are still considered classics, Wong takes an innovative approach that delivers the same complexity of flavor and texture that traditional cooking techniques produce, but without the heavy richness. These modern concepts are what lead the way in Wong's creation of new dishes and then guide his sourcing of the best ingredients.

"On my menu, you'll see many more vegetable dishes, soups, and seafoods," Wong explains. "The idea is to achieve full flavor through the properties of lightness, freshness, and texture. The most important thing, of course, is to put your heart into it and create an experience the guests will enjoy." 16

Poached tomato with mixed mushrooms and supreme broth

Wong has a penchant for snacking on raw organic tomatoes, and his healthy habit became the inspiration for this dish. A half-cooked organic tomato is stuffed with crispy conpoy and sits in a rich pool of double-boiled chicken soup that brims with a bounty of Yunnan mushrooms and fresh spinach leaves.

黄德荣过去于香港多家知名顶级粤菜餐厅工作，厨艺历练长达 22 年，成就了一身好技艺。最近，他加入澳门文华东方酒店担任中餐行政总厨，其特选新菜单让饕客期待不已。

黄总厨的烹饪生涯源于自家厨房，他经常下厨为家人做饭，并结识了好友担任专业厨师的哥哥，在其启发下，17 岁时毅然决定进入烹饪学校就读。

说到广东菜，他表示：「让味道及口感达到完美平衡是决定一道菜色能否更上一层楼、成为卓绝佳肴的关键。过去厨师不甚重视配色及摆盘，现今一道菜则讲究面面俱到，首先用视觉引起客人的兴致，接着是香味，最后迎来味道。追求色香味俱全的同时，我也特别强调摆盘时的颜色搭配及新鲜感。」

黄总厨偏好传统烹调方式，不像许多厨师一样因追随时下流行及趋势来改变做菜及摆盘的风格。他说：「烹调粤菜讲求精巧准确，而我个人特别重视清爽及健康的饮食餐单，因此我选用各式各样颜色丰富的蔬菜为烹调材料。」

对于鲍鱼及海参等不可或缺的经典食材，黄总厨以创新手法炮制出的菜式既有传统烹煮的层次感，却少了油腻感，吃起来清甜爽脆。这也正是黄总厨每每创作新菜色遵循「不悖于古，而利于今」的原则，指引他非最好的食材不选。

黄总厨说明：「我的菜单上可找到各种充满蔬菜、汤品及海鲜的菜式，希望透过发挥食材爽脆、新鲜及一流的口感来达到极致美味的境界。但最重要的，当然是要用心投入，营造让客人享受的用餐体验。」 16

浓汤烩云南珍菌西红柿

黄总厨平常喜欢把有机西红柿当点心吃，健康的好习惯也成为这道菜的灵感来源。有机西红柿煮至半熟，铺上松脆的乾元贝，置于经精心细炖、味道浓厚的浓鸡汤上，旁边缀上各种云南珍菌及新鲜菠菜。一口简单的味道，却让人觉得很简单。



DAVID HARTUNG



Smoked and braised beef ribs with rock sugar and lime zest

After hours of slow cooking, these ribs are served with generous drizzles of a sweet and savory mixture concocted from surprisingly simple ingredients: soy sauce and ketchup. Fluffy white buns nestle the tender, succulent meat. Chef Wong offers his take on braised ribs as a leaner choice over braised pork belly buns or crispy pork cracklings.

金牌牛肋骨

牛肋骨经数小时慢煮诱人地端上桌，搭配的酱料甜咸交融。出人意料地，原来这浓郁的酱汁仅以常见的酱油及蕃茄酱调配而成。松软的白包饼夹入软嫩多汁的牛肉正对味。平常白包饼多用来夹猪腩肉或脆皮烤猪一起吃，黄总厨特制的熬煮牛肋骨可为饕客带来清爽低脂的好选择。

Steamed crab claw with egg white, crab roe and Hua Diao wine

Achieving the ideal balance of yin and yang so highly prized in traditional Chinese cooking, Wong pairs aromatic huadiao rice wine with the crab, bringing yang warmth to an otherwise yin dish. The crab claw sits in a bed of traditional steamed egg white and is garnished with fish roe and caviar. "This dish is light and nutritious," says Wong. "The saltiness of the roe and caviar merge with the fragrant wine to add another dimension."

花雕蛋白蒸蟹钳

阴阳协调可说是传统中菜追求的最高境界之一，黄总厨将香气四溢的花雕酒与螃蟹相互搭配，中和蟹的寒性也突显蟹的鲜甜。蟹钳盛于传统清蒸的嫩滑蛋白上，放上些许鱼籽及鱼子酱作为点缀。黄总厨自豪的说：「这道菜富营养价值，鱼籽及鱼子酱的鲜味与香气扑鼻的酒味完美融合，更添味道的层次。」



DAVID HARTUNG (3)



Assorted seafood rice with pork and vegetables in supreme broth

The basis of this dual-rice dish is the broth, inspired by a lobster bisque that Wong adapted for use in cooking rice to accompany seafood. The result is a comforting bowl of grains with a potent distillation of the best of the sea. It's topped with a sprinkling of rice crisps that are made by deep-frying individual grains. They give the dish layered textures of crispy and soft in a silky bath of rich bouillon lightly dressed with sesame seeds and corianders. Says Wong, "Compared to the usual fatty fried rice with heavy barbecued meats, this dish is a healthy and light alternative."

海鲜汤泡西施饭

汤底是这道汤泡饭的灵魂，灵感来自法式龙虾汤，黄总厨把它改良成为煮米饭的主料，搭配海鲜的美味，出来的成品让人食指大动。盛载著粒粒白饭的浓汤由各式精选海鲜熬煮而成，每口都注满丰富的蛋白质精华。洒于其上的是脆炸米粒，充份吸收缀以芝麻及香菜的浓汤，带来同时酥脆又绵滑的口感，层次更显细致。黄总厨形容：「相较一般偏油的炒饭配重口味烧烤肉，这道菜是鲜甜可口的好选择。」