

Class Act Carol Bateman School of Dancing Classes at Club Bel-Air Bay Wing





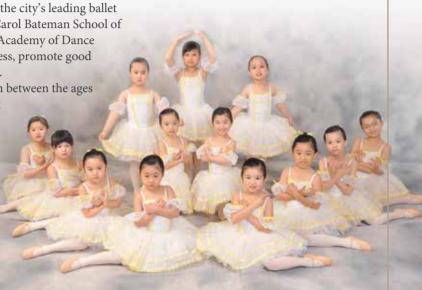
灣畔會所提供嘉露貝文芭蕾舞學校舞蹈班

Hong Kong's oldest Ballet School was founded in 1948 and occupies the same studio in the historic Helena May Building to this day. Some of the city's leading ballet schools continue to be directed by former pupils of the Carol Bateman School of Dancing. The school's curriculum is based on the Royal Academy of Dance syllabus to help young children develop physical awareness, promote good posture and teach them how to control their movements.

Classes are taught in English and suitable for children between the ages of two and eight. To book a free trial class, please contact Club Bel-Air Bay Wing reception on 2989 9000.

嘉露貝文芭蕾舞學校創立於1948年,是本港首間芭蕾舞學校,創辦至今總校仍位於歷史氣息濃厚的梅夫人會所。嘉露貝文芭蕾舞學校很多校友均已自辦學校,成為本地舞蹈教育的精英。教程以英國皇家芭蕾舞學院為基礎,讓小朋友鍛練肢體的感知力,培養優美的姿勢與動作。

芭蕾舞班以英語授課,歡迎2至8歲的小朋友參加。請 致電2989 9000貝沙灣灣畔會所接待處,預約免費體驗班。





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Welcome

ll the best for the Year of the Horse! We hope you have enjoyed the highlights from last year, especially the twinkling lights of the residence at Christmas and the fun at the Lunar New Year Carnival as much as we did preparing them for you.

It's hard to believe that Easter is already around the corner, but our chefs have been busy preparing exquisite egg creations especially for the occasion! The arrival of spring is the perfect time to explore weekend markets. We are lucky enough to have our own Cyberport Weekend market and this month's feature explores all the joys of buying and cooking locally grown, sustainable fare.

At Bel-Air, we also like to stay on the pulse of the art and wine worlds. This issue we are speaking to two experts in their respective fields, Artshare's Alexandre Errera, and wine master Debra Meiburg. We hope you enjoy learning how the Internet is evolving art auctions, as well as garnering a few insider tips on which vintages to try next! If there's anything else you would like to see more of in future issues, please feel free to send us your suggestions and recommendations.

Have a wonderful spring!

Mr Robert Lee

Deputy Chairman and Chief Executive Officer of Pacific Century Premium Developments Limited



復活節轉眼將至,我們的大廚已經忙於為大家準備特色 雞蛋佳餚慶祝節日! 踏入春天,定必想出外,我們提議大家 到數碼港週末市集逛逛,本月的市集主題是「本地新鮮有機 煮意」,歡迎您們前來選購心頭所好的健康食品。

藝術與美酒鑑賞,向來是貝沙灣崇尚的兩大生活品味,今期請來Artshare創辦人Alexandre Errera與品酒大師Debra Meiburg,分享網上競投藝術品的新潮流,以及推介值得一嚐的葡萄酒年份!最後,您們對Bel-Air Magazine日後的內容有其他意見嗎?歡迎與我們分享您的提議。

祝願大家迎接美滿愉快的春日!

李智康先生

盈科大衍地產發展有限公司 副主席及行政總裁



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News

Shakespeare in the Port 莎士比亞在數碼港

An outdoor Shakespeare Festival will take place at Cyberport from April 17 to May 4 2014, celebrating 450 years since Shakespeare's birth. The event will showcase the best of local theatre talent with bilingual performances of *Julius Caesar*, *The Taming of the Shrew* and *Living Statues Project: Shakespeare Through Fashion*. There will be 28 performances over 18 days, with three shown every Saturday and Sunday.

Hong Kong's first outdoor theatre festival aims to be accessible, affordable and entertaining. *Shakespeare in the Port* features four shows of various performance styles including an hour-long adaptation specially designed for young audiences. Pre-sale Season tickets will be \$1,000 and will allow people to attend all 18 days of the festival. Day passes and full price season tickets will be available after Chinese New Year. All children under the age of 12 can attend the festival for free with the purchase of an adult ticket.

慶祝大文豪莎士比亞誕辰450年的大型戶外節日「莎士比亞在數碼港」即將於今年4月17日至5月4日在數碼港舉行,雲集本地出色的劇團呈獻中英雙語的莎翁劇目,包括〈凱撒大帝〉與〈馴悍記〉等等,還有透過時裝展示形式介紹莎翁生平的〈Living Statues Project: Shakespeare Through Fashion〉。為期18天的活動總共有28場演出,逢星期六日每天演出三場。

「莎士比亞在數碼港」是香港首創的大型戶外文學劇場節,提供平易近人、價錢相宜又娛樂性豐富的莎劇活動,當中有四場不同形式風格的演出,其中一場一小時的改編演出更專為年輕觀眾而設。\$1,000元的預售入場券已包括18天所有節目,單日入場券與正價入場券已於農曆新年後有售,所有12歲以下小朋友更可隨同一位成人免費入場。

Full Price Season Tickets 正價入場券 \$2,000

Day Pass (Saturday and Sunday) 單日入場券(星期六及日) \$300

Day Pass (Weekday) 單日入場券(星期一至五) \$150



BEL-AIR | HOME **HOME | BEL-AIR**

Diary Bel-Air Recycling Programme 貝沙灣回收計劃 **Lunar New Year Gift Donation** At Bel-Air we believe in giving back to the community.

This year we were involved with the St. James' Settlement Lunar New Year Gift Donation Programme 2014 where we were able to bring some light into the lives of the underprivileged. We'd like to thank residents for their participation.

Christmas Tree and Peach Blossom Recycling Programme

After Christmas and Chinese New Year, we also donated Christmas trees, peach blossoms and decorative plants to the Hong Kong Environmental Protection Association. All donated items were used to make organic fertiliser for gardening in schools.

賀年禮品轉贈計劃2014

貝沙灣致力回饋社會,今年我們參與2014聖雅各福群會賀年禮品 轉贈計劃,關懷有需要人士,送上點點溫暖。感謝所有參與支持 的貝沙灣住客。

聖誕樹及桃花回收計劃

聖誕節與農曆新年過後,我們亦響應香港環境保護協會的回收活 動,捐贈聖誕樹、桃花及各類裝飾盆栽。循環再造成有機肥料, 供學校園藝之用。

Events

April 6 (Sun)

Easter Towel Folding (flower shape) Workshop 復活節毛巾花工作坊

Themed fun for little ones 特別為小朋友設計多個好玩主題



April 12 (Sat)

Mahjong Competition 2014 麻將王大賽2014

Put your mahjong skills to the test... 麻將高手聚集一較高下



April 20 (Sun)

Easter Bunny Photos 與復活節賓尼兔合照

Have your photo taken with the Easter Bunny! 與可愛賓尼兔拍照留念!





April 13 (Sun **Chocolate Workshop** and Egg Decoration 朱古力及繪畫彩蛋工作坊

Let your creativity run wild in the kitchen! 走進廚房盡情發揮你的創意天分!

For details, please contact Club Bel-Air reception in person, or call 2989 9000 (Bay Wing) or 2989 6500 (Peak Wing) 請親臨貝沙灣會所接待處查詢詳情,或致電2989 9000(灣畔會所)及2989 6500(朗峰會所)。



April 19-20 (Sat-Sun)

Hong Kong ICT Fair 香港數碼嘉年華

Ocean View Court, The Arcade, Cyberport 數碼港商場全天候廣場

April 21 (Mon)

Cyberport Easter Carnival 數碼港復活嘉年華

Ocean View Court, The Arcade, Cyberport 數碼港商場全天候廣場





lexandre Errera combined his love of art and his interest in digital entrepreneurship with artshare. com, the first global online platform dedicated to the exhibition and sale of contemporary Chinese art. Even during his roles as a financial trader and creator of an online dating website, he spent his free time visiting museums and galleries so it seemed a natural progression in his career.

Natural Selection

Supported by a number of international art figures and an art advisory committee, the bilingual website offers access to regular exhibitions selected by in-house specialists and renowned guest curators. Errera acknowledged the difficulty, inflexibility and high cost of the gallery business and was confident that providing an online alternative would offer greater diversity.

Errera says, "We can reach out to people around the world and are not limited to a specific group of artists. All the major art sites feature huge volume and little curation, so I wanted to offer a selective guide because that hasn't been available so far." He spent a year travelling around China prior to the 2012 launch meeting with artists and curators to adapt to the market and identify potential gaps.







Initially Errera found the market challenging as it took a while to become familiar with the appropriate curators and get to grips with the unique relationship between galleries and artists in Hong Kong. He remains conscious that nothing replaces seeing a piece of work in person, and emphasises that collectors still have access to physical, private viewings through the site.

The Artshare experience enhances a personal connection to art rather than an investment. Errera says, "You can use the Internet in a personal way, it's not just for selling books or computers. With today's technology, you can really see, enjoy and discover art in your living room. But it's an education process, and as with anything new, it takes time. It's all about gaining trust."

Open Door

In terms of business, Errera has observed incredible progress in Hong Kong's art auction scene with a significant leap in total group sales over the last seven years. He finds, however, that cultural awareness could use ramping up, although presence of Art Basel and the Affordable Art Fair are a step in the right direction.

With the city's interest in art visibly apparent, Errera feels there is plenty of opportunity to improve its current profile. He explains, "I've seen an increase in the quality and diversity of the shows. There's a lot of public demand, it's just a matter of matching the interest with something concrete like panel discussions or more exhibitions. We need initiatives from galleries and museums to make people feel welcome."

Aware that art can be perceived as a relatively closed world, Errera's business tries to make the industry more approachable by providing art resources to provide the community with additional insight. To complement the shows, Artshare has also launched a contributors' series with weekly video interviews of key figures in the art world, from artists to news anchors and architects, with a particular focus on introducing young talent.

Another goal Errera would like to achieve is to satisfy everincreasing American and European interest in contemporary Chinese art. He says, "Talking to artists is fascinating and allows me to understand the culture and the issues they may be facing. Art is a mirror of society and I'm fortunate to be able to discover it this way. It's been very enriching personally and is not just a business for me."





ART | BEL-AIR BEL-AIR | ART



P熱愛藝術的Alexandre透過創辦artshare.com,成功 將個人興趣變成網絡生意,更成為全球第一個專營及展 覽中國當代藝術品的網上平台。其實早年在投資銀行工 作、並曾經創辦約會配對網站的他,閒來已喜歡遊覽博物館與藝 廊,事業轉向早已有跡可尋。

時機成熟

Artshare.com是中英文雙語網站,邀請到多位國際級藝術界名 人支持,更組織了藝術顧問委員會,由artshare.com專家或著 名客席策展人定期主持網上藝術品展覽。網上空間正好解決了 Alexandre所觀察到實質經營一間畫廊的難度,亦能擁有較大靈 活性及有效控制成本。他深信網上藝廊能夠帶來更多選擇。

Alexandre指出:「透過網絡可連接世界各地,不限於某幾個藝 術家團體。現時的大型藝術網站展出的作品數量雖多,但策展解説 不夠詳盡,我想突破一下,推出教人挑選藝術品的指南。」2012 年網站面世之前,Alexandre花一年時間走訪中國各地的藝術家 與策展人,探測市場同時了解實行時可能出現的差距。

最初大部份時間都花在結識合適的策展人,與掌握香港藝廊 與本地藝術家之間獨特的合作方式,這令Alexandre覺得市場挑 戰很大。他時刻提醒自己,現場親身觀賞藝術品是無可比擬的體 驗,並強調藝術收藏家可透過網站預約私人觀賞作品實物。

Artshare鼓勵人們將藝術當作興趣多於作為一種投 資。Alexandre解釋:「人人都以自己喜愛的方式使用互聯網,買 書或買電腦也好,今天的數碼科技都足以讓我們安坐家中欣賞、 享受與發現藝術世界,目前這種新趨勢正處於摸索階段,正如任 何新事物都需要時間去適應,重點是建立商譽。」

打開藝術大門

利於藝術營商。不過Alexandre認為,藝術的文化意識方面變化 有幸以目前的方式去探究藝術,個人來說絕對充實了我的經歷 不大,儘管舉辦Art Basel與Affordable Art Fair已屬於好的開始。 對我的意義已超出一門生意。」



香港全城的藝術氣氛明顯濃厚不少,實在有很多機會再提升 香港藝術當下的地位,他說道:「香港的藝術展數量開始增多, 種類也更多樣化,隨著大眾需求上升,下一步就是舉行實質的活 動回應大眾的興趣,例如舉辦論壇及更多展覽。我們需要博物館 與藝廊帶頭,令大眾感到自己對藝術的興趣得到重視。」

Alexandre明白到藝術可能予人比較小眾的印象,因此 artshare.com希望藉著提供藝術資源帶來平易近人的感覺,大眾透 過吸取更多知識,培養更高的鑑賞力。舉行展覽會之餘,artshare. 建築師等等拍攝訪問短片,集中介紹新晉年輕藝術家。

歐美收藏家對中國當代藝術的興趣愈來愈大,Alexandre也希 望滿足他們的需求。他總結道:「與藝術家對談帶來很大啟發, 過去七年,香港藝術品拍賣的總銷售額大幅增長,這一大改變有 讓我深入了解一個文化及他們所面對的事情。藝術反映社會,我



Bel-Air Art Pick Lionel Smit - Residue Series

Lionel Smit, who lives and works in Cape Town, is best known for his contemporary portraiture executed through monumental canvasses and sculptures. He exhibits in South Africa where he is considered one of the countries youngest investment artists, in addition to art fairs in Amsterdam, Germany, India, Miami, Monaco, London and Hong Kong. Smit's paintings were exhibited at the National Portrait Gallery, where it was chosen as the 'face' of the BP Portrait Award 2013, and he was recently honoured with a Ministerial Award from the Department of Culture for Visual Art.

萊諾·斯密特〈殘留〉系列

萊諾·斯密特(Lionel Smit)是定居於開普敦的藝術家,擅長以巨大 畫布創作出充滿當代風格的畫像,亦以雕塑作品見稱。於南非發 表作品的斯密特認為,南非的藝術投資市場能給予年輕藝術家空 間,此外他的作品亦見於阿姆斯特丹、德國、印度、邁阿密、摩 納哥倫敦和香港的藝術展覽會。斯密特的畫作曾於National Portrait Gallery展出,同時獲選為2013年BP Portrait Award的代表作,最近 更榮獲視覺藝術文化部頒發Ministerial Award。



Vaker

Bel-Air Magazine speaks to Master of Wine Debra Meiburg on her passion for pleasures of the vine. 葡萄酒大師Debra Meiburg與〈貝沙灣雜誌〉暢談享受美酒的無限熱情。

What sparked your interest in wine?

I'm originally from California's Sonoma County, one of America's major wine regions, and have always had an attachment to wine. My serious interest in wine began in Hong Kong when I attended an introductory WSET course, and my life has never been the same! Wine is liquid history, culture, language, nature and art. It's a pleasure that touches all the senses: sight, smell, taste and sometime even sound, as in the pull of a cork or the bubbles in Champagne.

How has travel enhanced your understanding of wine?

I travel every month and judge several wine shows each year on four continents so that I can keep up with production styles and global trends. In preparation for the Master of Wine title, I travelled to every major wine-producing region in the world. I've worked harvest in Chile, pruned vines in Bordeaux, worked as a cellar-hand in New York, run a 'crusher-destemmer' in South Africa and hand-bottled our family's wine in Sonoma County. Last year I taped a documentary of Greek wine promoting our television show, Taste the Wine, which was recorded in Argentina, France, South Africa, Hungary, California, Australia, Italy and Israel.

How does Hong Kong's scene measure up?

It's been six years since the Hong Kong government voted to eliminate wine duty and we were the only major wine-trading metropolis in the world to take such a bold step. The region's robust wine activity has been on hyper speed as we established ourselves as Asia's wine-trading centre. I have records of 350 wine importing businesses actively trading in Hong Kong this year! The city has long had an obsession with top brands from Bordeaux, but at last we are seeing experimentation with other styles gaining shelf space as the market gains confidence.

What was it like to launch the first pan-Asian wine competition?

Founding the Cathay Pacific Hong Kong International Wine & Spirit Competition has been tremendously fulfilling, both on a personal and professional level. We raised the bar by bringing world-class judging standards and practices in Asia and appointing judges who were born in and based in Asia to nurture young talent in the region. We introduced a wine-pairing category to enhance consumers' dining experiences, since the enjoyment of food plays such an important role in the Asian way of life.

Do you consider the industry to be male-dominated?

I've never felt that being female has held me back in this field. I'm often the only female at a table of business leaders, but the passion for wine unites us. One advantage is that some men are more comfortable asking a woman questions, as it is less intimidating. Women increasingly hold senior positions in the industry. A high percentage of Hong Kong importers are female, our wine societies and education centres are filled with women and the three Masters of Wine in Asia are female. Male dominance is still seen on restaurant floors, however, as most sommeliers in Asia are men.

What is the best way for people to learn more?

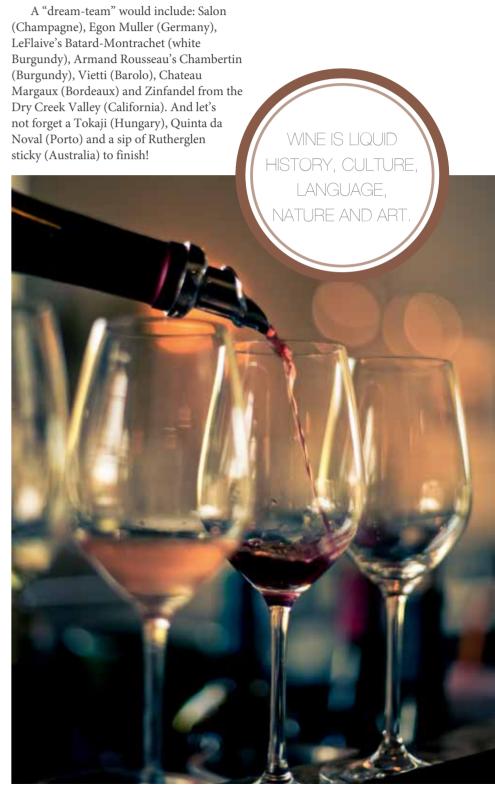
Taste! Taste! Taste! And most importantly, spit, so that you remember what you've tasted. Being mindful of the wine as you sip is key. Introductory wine courses are excellent as they help to explain wine features that make tasting more interesting and pleasurable.

What's your favourite wine memory?

There's a heart-stopping moment in every wine professional's life when they realise they've fallen in love with this ethereal liquid. I've been lucky to have many. The best have been around the table with my husband and dearest friends, even better while amongst the vines.

Top three favourites on your list right now?

Only three? I have a passion for mature Burgundy, which would be my choice if there was only one glass left. I also love Bordeaux, but more recently have enjoyed the fresh, invigorating sour cherry character of Italy's Barolo and Tuscan wines. And let's not forget Riesling, port, sweet wines and who could live without bubbles?





術多個層次,用自己的所有感官去品酒實在是 更多選擇和較新的嘗試。 一大享受:除了觀賞、嗅覺與味覺的品嚐,甚 至可鑑賞開瓶塞或香檳氣泡發出的聲音。

環遊世界各地如何增長你對萄萄酒的知識?

每個月我都要出門,每年更要走遍四大洲為多個港美酒品評大獎」都為我帶來無比的滿足感。 葡萄酒展覽會擔任評委,這令我熟悉釀製葡萄酒 我們為亞洲引入世界級的評審標準與慣例,去 的不同方法,與世界各地的新趨勢。為取得「葡 提升這品評大獎的國際權威,委任的評審亦是 萄酒大師」資格,我走遍全世界主要的產酒區: 生於亞洲並在此創立事業的亞洲人,目的在於 在智利收成葡萄、到波爾多修剪葡萄藤、去紐約 培養新的年輕人才。我們新設美酒配對組別, 做酒莊釀酒助手、在南非負責操作一部除梗、壓 為消費者帶來美酒佳釀的圓滿體驗,因為享受 碎葡萄並將其榨汁的機器,再回到家鄉索諾瑪為 美食的生活文化,在亞洲一直相當盛行。 我家釀的酒親手裝瓶,去年我拍攝了有關希臘葡 萄酒的紀錄片,推廣我的〈Taste the Wine〉電視 葡萄酒業界以男士主導,這一點你同意嗎? 節目,這個節目的外景拍攝遍及阿根廷、法國、在這一行,我從沒因為身為女性而感到有問題 南非、匈牙利、加州、澳洲、意大利及以色列。

你對香港葡萄酒市場增長有何看法?

我來自美國加州一個名為索諾瑪的酒鄉,生活 且一直極速增長,儼然提升至亞洲葡萄酒貿易 一直離不開美酒。在香港參加一個WSET葡萄酒 中心的地位。今年,香港總共有350間葡萄酒進 與烈酒教育基金會的入門課程之後,我正式開 口商正在進行頻密的交易活動!從前香港大多 始深入研究葡萄酒,自此我的人生就改寫了! 追捧頂級的波爾多葡萄酒,隨著品酒人士對其 葡萄酒涉及酒的歷史、文化、詞彙、酒質與藝 他風格的葡萄酒開始有信心,市面上終於出現

推出有史以來第一個專為亞洲地區而設的品酒 大獎,你有何感想?

無論個人或專業層面而言,創辦「國泰航空香

在一群商界領袖當中我往往是唯一的女性,對 美酒的熱愛將同桌的我們聯繫在一起。身為女性 的好處是某些男士會樂於放膽問你問題。行內的 香港政府早在六年前已提出免除酒税,世界多 高級職位愈來愈多女性任職,香港的進口葡萄酒 個知名葡萄酒貿易城市當中,沒有比香港能踏 商當中女性佔很高比例,酒會與教學中心都有不

少女士們,此外亞洲的三位葡萄酒大師全屬女 性。由於亞洲大部份的侍酒師都是男性,男士 主導的情況依然可見於餐廳範圍內。

想學習更多葡萄酒知識,最好的方法是

就是不斷品嚐更多! 更重要是掌握吐酒技 巧,記住自己嚐過的味道,關鍵在於呷酒 時,對酒懷著一份專注。入門的品酒課堂 有助了解酒的特性,令品嚐過程變得更享受 和充滿樂趣,對初學者至為適合。

可否分享你有關葡萄酒最珍貴的回憶?

每個專業酒評人的一生中,必定經歷過瞬間深 深愛上一種美酒、心跳彷佛停止的一刻,這種 尋找到神之佳釀的經驗,我有幸擁有過很多。 最好的美酒時光是與丈夫和最親的朋友同坐一 桌、在葡萄藤蔓下享受美酒。

請推介目前你最心愛的頭三位佳釀?

只可選三種?陳釀的勃根地向來是我的最愛 如果只可選一款我必定選它;第二是波爾多; 第三是近期愛上意大利巴羅洛與托斯卡尼葡萄 酒,那種清新酸爽的櫻桃味。好酒又怎麼少得 麗絲鈴、波特酒與甜酒,還有人人愛的香檳與 氣泡酒?

我心目中的夢幻組合包括沙龍香檳,德國 Egon Muller, LeFlaive's Batard-Montrachet勃 根地白酒, Armand Rousseau's Chambertin的 勃根地,意大利Vietti的巴羅洛,瑪歌酒莊的波 爾多,加州干溪谷產區的仙粉黛。還可一嚐匈 牙利Tokaji甜白酒,Quinta da Noval波特酒, 最後呷一小口濃稠的澳洲魯瑟格蘭,劃上圓滿 句號!

推介三大釀酒區









BLACK TRUFFLE EGGS WITH SEA URCHIN

黑松露海膽蒸蛋



Ingredients

black truffle flakes (set 2 aside for garnish)		5
pieces sea urchin	pieces	2 p
fresh mushroom, sliced		

Seasoning

120ml	 	. bonito brot
1	 	eg
10ml	 	miri
10ml	 	soy sauc
	 	sake, dro
		salt nincl

Method

- 1. Slice the top off an egg, pour out the contents and set aside
- 2. Beat the egg with a chopstick (not a whisk)
- 3. Add bonito broth, mirin, sake, a pinch of salt and soy sauce to the beaten egg
- 4. Place the sea urchin, mushroom and truffle slices into the hollow shell
- 5. Layer the egg mixture on top, allowing the sea urchin to float to the top
- 6. Bring 2-3cm of water to the boil and add to the egg mixture. Steam for 7-8 minutes. Take off the heat when consistency is pudding-like
- 7. Place remaining black truffle slices on top and add a splash of white truffle oil

材料

6片	黑松露薄片(預留2片備用)
2瓣	海膽
適量	鮮冬菇片
適量	白松露油適量

調味料

IZU電丌	引/勿
1隻	進蛋
10毫升	標末
10毫升	炎醬
少量	青酒
少量	鹽

(社)

- 1. 用開蛋器將雞蛋頂蓋打開,倒出蛋汁,蛋殼備用
- 2. 蛋汁用筷子打散(不要用打蛋器)
- 3. 打散的蛋汁加上柴魚高湯,味醂,清酒,加少量鹽及淡醬油調味
- 4. 將海膽,鮮冬菇片,黑松露片放入已空心的蛋殼裡
- 5. 過濾蛋汁,倒入已有材料的蛋殼裡,讓海膽浮在上面
- 6. 鍋子內倒入約2至3cm的水煮沸,然後放入已有材料的雞蛋,蒸 大約7至8分鐘後熄火,確認是否呈布丁狀,上面有湯汁
- 7. 放上備用黑松露片,滴上白松露油就可上碟

Spring Delights

Easy Recipes for Home 可輕鬆家中做的簡易食譜

VEGETABLE CRUDITÉS WITH JAPANESE SESAME DIP

冰鎮鮮菜條杯配日式芥茉汁

Ingredients

4	Romaine lettuce leaves
4 pieces	carrot, cut in strips lengthways
4 piecescuci	ımber, cut in strips lengthways
4 pieces	celery, cut in strips lengthways

Sauce

100ml	Japanese-style sesame sauce
25ml	Kewpie mayonnaise
20ml	sesame dressing, coarsely ground
5ml	wasabi powder

Method

- 1. Cut the vegetables into long strips and chill in ice for 10 minutes
- 2. Blend the sauce ingredients and set aside
- 3. Serve the crudités in a cup filled with crushed ice

材料

4片	 	 		.羅文菜蕊(切長尖形)
4條	 	 		.澳洲甘筍(切長條形)
4條	 	 		.温室青瓜(切長條形)
4條	 	 	西芹,麦	去根及刨皮(切長條形)

汁醬

100毫升	 	日式芝蔴汁
25毫升	 	QP汁
20毫升	 	粗挽芝麻醬
5毫升	 	日本芥茉粉

做法

- 1. 將材枓1至4切成指定形狀,用冰水浸約10分鐘
- 2. 把所有汁醬材料混合備用
- 3. 所有蔬菜條插在碎冰杯上即成





CAESAR SALAD WITH CRISPY SALMON

凱撒沙律配脆皮三文魚

Ingredients 2 heads romaine lettuce 2棵 羅馬生菜 130g salmon fillet with skin 適量(切溥片) 巴拿馬芝士 Parmesan cheese, grated 130克 三文魚柳連皮 **Garlic Croutons** 蒜茸麵包粒 Dressing 1 egg yolk 1隻......蛋黃 12ml French mustard 12克 法式芥末 20ml milk 20毫升 奶 15g Parmesan cheese 15克 巴拿馬芝士red wine vinegar, splash 適量......紅酒醋

Method

- 1. Blend dressing ingredients and set aside
- Sautée garlic in olive oil and butter in a pan. Remove from heat, discard garlic and cover croutons. Bake for five minutes until golden brown
- 3. Heat oil in a pan and fry the salmon quickly, skin side down until golden brown. Finish off in an oven preheated to 180 ° C and bake for 2-3 minutes
- 4. Wash and cut lettuce and add Caesar dressing. Add garlic croutons, grated Parmesan cheese and place the salmon fillet on top

做法

- 1. 將沙律汁材料放入攪拌機拌匀,備用
- 2. 用橄欖油及牛油炒香蒜頭,離火,棄蒜頭,將油淋在麵包粒上大 火焗5分鐘至金黃色
- 3. 倒適量油於鑊上,開火至適當熱度,將三文魚放在鑊上,先煎三 文魚皮,煎至金黃色,將三文魚餘下的三面煎香,入焗爐以180 度焗2至3分鐘至熟
- 4. 生菜洗淨切段,放下已調好的凱撒汁撈匀,加蒜茸麵包粒、巴拿 馬芝士薄片放面,並將焗好的三文魚放在沙律上

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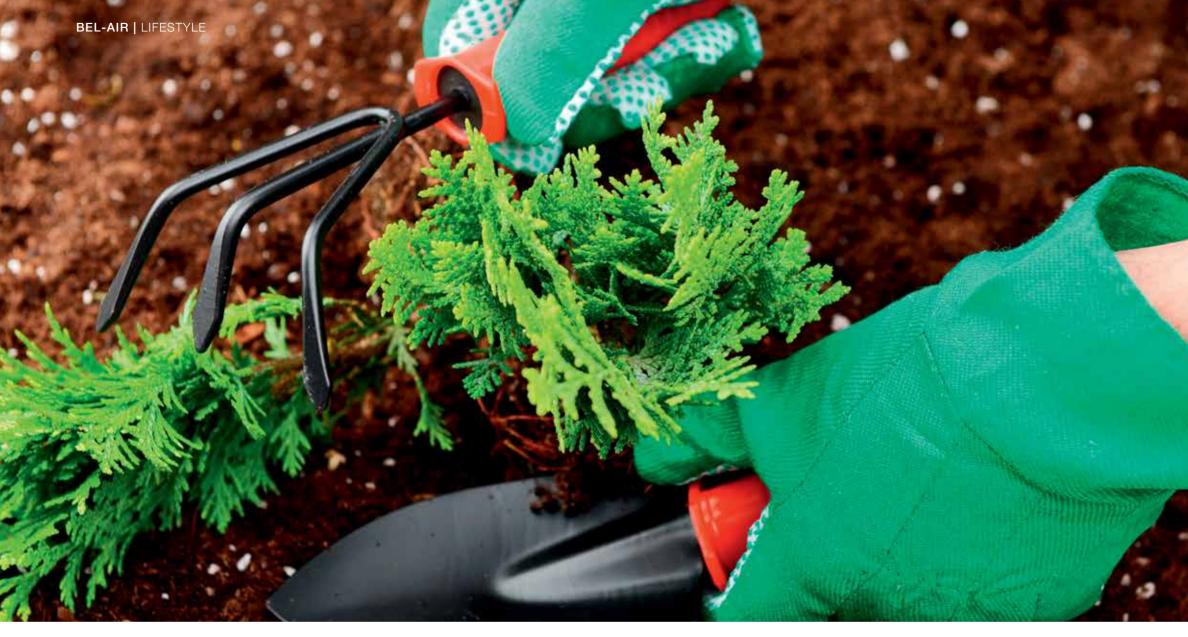
Weekend markets evolve healthy eating in Hong Kong 週末市集為香港帶來健康飲食新「煮」意

aking its cue from farmers' markets around the world,
Hong Kong has begun to move away from fast food
convenience towards organic produce and homemade
offerings. With the introduction of Cyberport
Weekend markets, Island East Market and Green Queen
Market, the city has started embracing an eating culture that
priorities health, community, sustainability – and above all – a
true passion for food.

Daily Bread

Gregoire Michaud, co-founder and baker at artisanal bakery Bread Elements believes that it's important to differentiate between fads and longevity within industry, and that food has to be of quality, rather than relying on marketing alone. Their bread is made locally using traditional sourdough methods without chemicals, which is kinder to the digestive system. He also has maintains a deep respect of the existing food culture, saying, "We can't compare the Hong Kong market with overseas because it has its own identity and that's wonderful."

However Michaud agrees that weekend markets are the better choice, as offerings tend to be handmade, organic and local, as opposed to the majority of imported products. He says, "Supermarket offerings are limited to the same 20 fruits and vegetables all year long and can include heavy use of pesticides. Farmers should dictate what is sold in markets according to the season, but instead today this is dictated by consumer demand."



Eating sustainably can be challenging in Hong Kong considering the high quantity of imported goods consumed and Michaud acknowledges that many hotels and restaurants prefer to use ingredients flown in from other countries than grown on our soil. "Locally grown goods should be included as part of a healthy, balanced diet. I would prefer to buy produce from a local farm than those flown in claiming to be organic. Processed food is loaded with colouring, preservatives, salt, sugar and vegetable fat."

The most enjoyable aspect of weekend markets in Hong Kong for Michaud is very much the bartering tradition. He explains, "Market vendors often bring you one of their items and then you return the favour. This is how my grandparents worked in the 1940's so to be able to do this in Hong Kong is very satisfying. I also love to meet farmers who are so proud of their produce that you can really connect with their passion."

Plant Slant

FOOD THAT

IS LOCALLY,

SUSTAINABLY

GROWN TASTES

BETTER.

Passion was also what drove Issac Goldstein and his wife Lacey to start their dairy-free ice-cream business, Happy Cow, made from coconut milk and sweetened with coconut nectar. The vegan couple from San Francisco first indulged their interest in handcrafted foods with heart while in Beijing before

Goldstein believes that although the city leads the way in Asia's health food revolution, improving each year as more people adopt healthy lifestyles, there's still a long way to go. He suggests limiting the consumption of animal products to decrease carbon footprint due to the resources required to produce meat and dairy goods.

Weekend markets are a great place to find such sustainable offerings. Goldstein says, "Visit your local market and buy from farmers and vendors as the produce is

fresher and therefore more nutrient-dense. Handmade goods produced by smaller companies tend to make products with more care and attention, usually avoiding unnecessary chemical ingredients to preserve them for transportation."

Enthused at the prospect of meeting foodies who wish to explore healthier alternatives, Goldstein enjoys meeting customers and receiving feedback. He will always remember the day he was told that the Cherry Almond Fudge was the best flavour a patron had ever tasted before. He says, "The most challenging aspect is teaching people to learn how to really listen to what their body wants."

Home Soil

Pol Fàbrega, director and co-founder of Time to Grow, agrees that changing mindsets and eating habits tends to be the biggest hurdle. His green enterprise works with individuals, schools, universities and companies to install and maintain customised farms across the city, complemented by educational activities focusing on organic farming and sustainable living.





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Renowned as gourmet paradise, Hong Kong stays on the pulse of international culinary trends, including the global

shift towards organic fare. Fàbrega says that the number

of local organic farms has increased from only 20 organic

are demanding chemical-free food. He says, "Hong Kong

people have a sophisticated palate and are always looking

sustainably grown tastes better because it doesn't travel as

far, is picked closer to its peak ripeness and retains flavour

increasing food safety and environmental concerns, offering

consumers to meet suppliers of their organic, fresh vegetables

an alternative to conventional supermarkets, and allowing

in person. Not only are they usually more affordable and

nutritious, they also have a lower environmental impact

chemicals, antibiotics and hormones.

compared with conventional farming, which tends to use

The variety at farmers' markets is a highlight, with

like red carrots and purple cauliflower, which would never

ordinarily grace supermarket shelves. Fàbrega says, "My

favourite thing is interacting with local farmers. I enjoy

learning about what they grow, how they grow it and their

cooking secrets! The farmers' market is fun and can be a

thousands of vegetables available, including unusual offerings

Farmers' markets are the perfect solution to Hong Kong's

for the freshest, tastiest products. Food that is locally,

and nutritional value."

farms a decade ago to 451 today, a clear sign that consumers

weekend activity for the whole family. It's the perfect opportunity to support local farmers, the economy and to bring the community together."

Another way to improve Hong Kong's food culture is to encourage cooking at home. Angela Sayell, founder of Pantry Providore, a producer of handmade preserves, pickles and pastries, observes that while the typical executive lifestyle favours convenience and eating out, the situation has begun to change. She says, "Local kitchens were not designed for entertaining. Now many modern apartments provide the means to cook and the younger generation are embracing this."

Sayell takes pride in her handcrafted goods comprising seasonal ingredients

and using limited sugar, salt and fat. She makes each small batch four to six weeks in advance of the market to ensure goods are in peak condition when purchased. The fun lies in discovering camaraderie. She recalls, "We were caught in the pouring rain at last November it created a wonderful atmosphere between customers and other stallholders."

break even, let alone make a small profit. Sayell enjoys tasting the samples and learning about new ways to use foods that she learn how to use quince as not only an accompaniment to cheese, but as an addition to fruit tarts, a stuffing ingredient and glaze for roast meats. She encourages experimenting and grown roselle, traditionally used for herbal tea, which makes a delicious preserve.

of new ways to work with her own products, and she hopes to preparing and cooking simple dishes at home from scratch. Have fun sharing tips with friends and family. A nutritious, healthy meal can be cooked easily within 30 minutes and cost less than eating out, or a frozen or takeaway meal."

Nurturing Tradition

which items sell out fastest at the market, and she also loves the

Organisers of weekend markets tend to understand that stall prices need to be reasonable for small artisan producers to aren't immediately obvious. After speaking with other suppliers has learnt to replace redcurrants when making jam with locally

Customer recommendations also provide Sayell with plenty pass on her culinary enthusiasm to her children. She says, "As a parent, I try to set a good example by getting the kids involved

推動我們的城市進行飲食革命,講求健康 惠及社區與環保可持續性之餘,更重要是 讓大家對食物重新投入熱情。

天天新鮮

農作物的熱情。 麵包師Gregoire Michaud一手創辦Bread Elements麵包工場,他相信飲食潮流會轉 變,但亦有一些食品是任何時候都受歡迎的 所以看市場需求之餘,食物有質素始終是重點所 在。他的手製麵包使用傳統古法,將天然酵母菌加入 麵糰烘焙,沒有化學成份,對消化系統特別有益。他了解現時香 性脂肪。」 港人對飲食的看法,指出:「我們不能將香港與外國飲食相提並 論,香港有自家獨一無二的飲食文化。」

不過Gregoire承認週末市集的產品比起外地進 口貨的確較為優勝,它們大部份都是手造、有機 而且本地生產。他道:「超級市場全年出售的 蔬果類離不開20款,當中更可能包含大量農 藥。供應當季時令產物,應該由農夫作主 導,而不是像當下的情況,由市場需求決 定一切。

外地進口食品佔香港銷售市場的很 大比例,推動綠色飲食要面對一定挑 戰,Gregoire指出香港很多酒店和餐廳都喜 歡採用外國食品多於本地農產。他説:「本地 新鮮農產應被視為均衡健康飲食的一部份,我寧 可光顧本地農場也不買那些聲稱有機的外國產品。 經加工的食品通常有過量色素、防腐劑、鹽、糖與植物

Gregoire最享受香港週末市集依然保留以物易物的傳統,他解 釋道:「商販們給你一件他們賣的東西,你又送他一件你自己的貨



我喜歡與農夫們

交朋友,我確切

地感受到他們對

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品,上世紀40年代我的祖父母就是這樣交換農產品,能夠在香港延 續這傳統,令我感到很滿足。我也喜歡與農夫們交朋友,他們對自 己種的農作物充滿信心,我確切地感受到他們的一份熱情。」

素食主義

Issac Goldstein與太太Lacey開設Happy Cow純椰子雪糕店的原 因,亦是源於一份熱情,店內的無奶雪糕以椰子奶和有機椰子花 蜜製成。來自三藩市的素食夫婦曾經在北京用心鑽研手造食物, 隨後將這個興趣帶到香港,精心製作純天然甜品。

Issac認為香港無疑是亞洲健康飲食革命的先行者,愈來愈 多人奉行健康生活,每年都可見顯著的進步,但仍有漫長的改革 之路要走下去。要有效減低炭足跡,應從減少食用動物性產品開 始,因為生產肉類與奶製品涉及龐大的資源。

週末市集是健康環保農產品的集中地, Issac指出:「我支持 到本地的市場光顧農夫與小販,他們的農作物更新鮮而營養豐 富,還有小型企業的手造產品,他們的製作過程投入更多愛心, 而且由於運送時間較短,無需保存太久,通常不會添加不必要的 化學成份。」

Issac很慶幸有機會認識更多崇尚健康的美食愛好者,他喜歡 接觸顧客傾聽他們的意見。一位顧客曾經說,車厘子杏仁是自己 有生以來嚐過最好的雪糕口味,Issac永遠記得那一天。他說: 「最大挑戰在於引導顧客憑感覺找出自己真正喜愛的味道。」

土生土長

Time to grow總監兼創辦人Pol Fàbrega也認為,改變人們的心態 與飲食習慣是最大的難關,他創立的綠色企業主要為個人及團體 如學校、大學及其他企業設立農場,按需要而度身訂造,地點位 於香港多處,並附設教育活動,讓顧客認識更多有關有機種植與 綠色生活知識。

香港被譽為站在飲食潮流尖端的美食天堂,有機美食儼然是 土消費,更可聯繫社區。」 世界大勢所趨,香港亦開始趕上這趨勢。Pol記得十年前全港只 有20個有機農場,今天數目已達451,足以證明消費者喜愛無化 學成份的食物。他道:「香港人對飲食要求高,不斷追求最新鮮 可口的食品,本地有機栽種農產品之所以受歡迎,是因為它們無 需長途運送,往往剛好在收成期最成熟時採摘,原味與最好的營 養都得以保留。」

農作物市集能解決香港人日漸關注的食品安全與環保問題, 居所的煮食設備很齊全,年輕人開始喜歡在家煮。」 提供超級市場以外的選擇,讓顧客直接向供應者購買新鮮有機蔬 菜。有機蔬菜通常較便宜和營養豐富,比使用化學物質、抗生素 和激素的一般農作物,能帶來更少的環境侵害。

種類方面, 市集數以千計的蔬果品種絕對是一大驚喜, 普 通超市貨架上不會有的深紅蘿蔔與紫色西蘭花,在這裡都找得 到。Pol説道:「我最喜歡與本地農夫合作,從蔬果品種、種植方 法到烹調秘訣,都有學不完的知識! 農產市集很好玩的,是適合 一家大小的週末好節目,藉此大好機會不但可支持本地農業與本

美味相傳

鼓勵自家煮食,也是一個令香港飲食文化更進步的方法,主打手 造蜜餞乾果、醃菜和糕餅的Pantry Providore創辦人Angela Sayell 發現典型上班族貪方便而外出用膳的趨勢,正開始有所轉變。她 道:「舊式本地住宅廚房的設計,原本不適合招待客人,現時新式

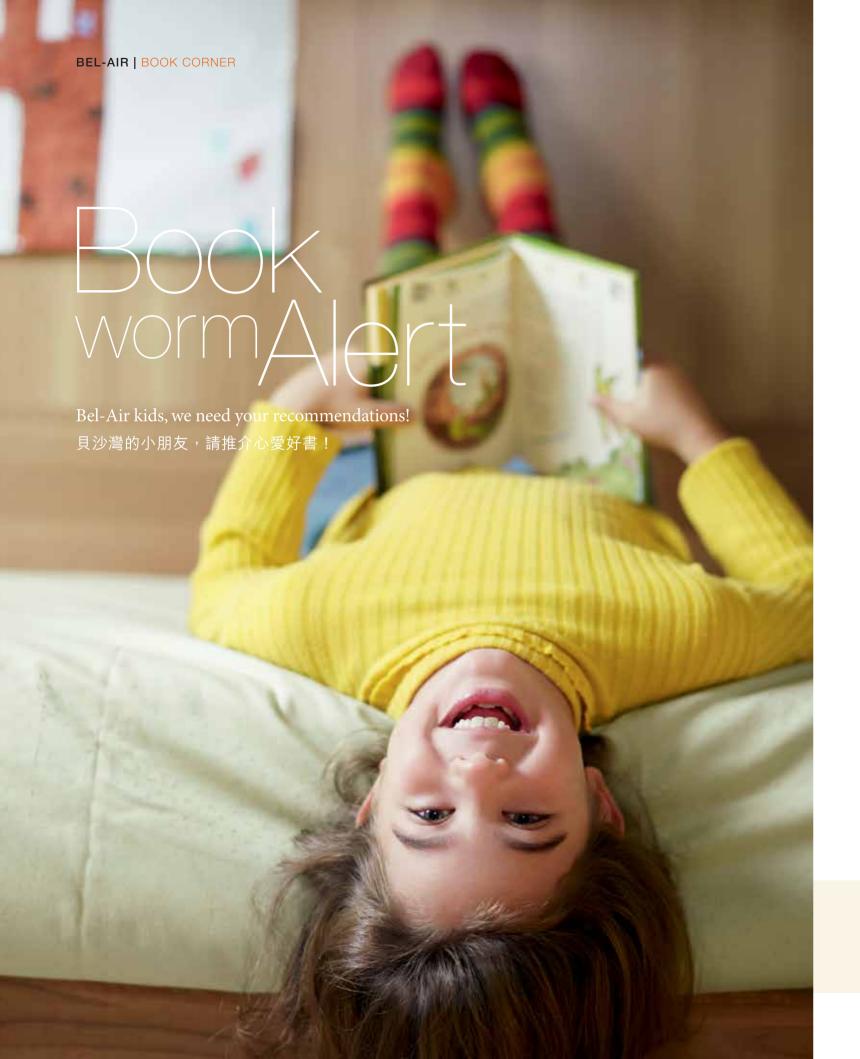
Angela對自己用心手製的食品引以自豪,全部都用上當造 的材料,僅使用最少量的糖、鹽與脂肪,並通常預早四至六星 期、每次只準備少量存貨,確保食品上架發售時處於最佳狀 態。Angela的最大樂趣在於觀察每次最快售清是哪種食品,也樂 於與顧客及其他檔主交朋友,她道:「記得去年11月有天下起傾 盆大雨,顧客與檔主們一起避雨,那種氣氛令人難忘。」

主辦單位明白到週末市集檔攤的租金必須合理,小規模手製 品的生產者才得以收支平衡,以至賺取一點利潤。無論試食還是 學習運用食材的新方式,都令Angela樂在其中,有些從其他檔主 學到的方法更是獨家秘訣,例如榲桲果不但可用來配芝士,也可 成為水果撻的材料,甚至做烤肉的餡料與汁料。她鼓勵多作實驗 嘗試,例如做果醬不一定用紅加侖子,也可用本地產的洛神花。 洛神花一般用來做花草茶,想不到亦可做出美味的果醬。

此外,顧客的建議,對於Angela進一步嘗試更多使用自家出 品的方式,有莫大的幫助。Angela希望自己的孩子可傳承一份對 美食的熱情,她道:「身為媽媽的我要親身做好榜樣,在家煮食 時我會找孩子們幫忙準備一些簡單食物,從預備材料到煮食都參 與。與親友交換烹飪心得,在家中花30分鐘即可做出健康好營養 的一餐,而且比外出吃、翻熱急凍食品或外賣更便宜。」



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/e hope you have enjoyed the books in Bel-Air's ever-expanding library. To make sure that we continue to stock your favourites, we would love hear which books are most popular with you and your friends at the moment. So, please can you write a short review (150 words and under) of the last book you read, and let us know what you liked (or didn't)

about it. Feel free to include information on the genre, characters, writing style and author if you wish.

沙灣的圖書收藏愈來愈豐富,為確保能夠繼續購入 更多大家心愛的讀本,請與我們分享目前最受你自 こ與朋友們歡迎的好書,並為你最近讀過的一本書 寫一篇150字以內的書評,告訴我們你喜愛或不喜愛這書的原 因。亦歡迎你提供更多有關書本種類、人物角色、寫作風格及 作者的資料。



Special Announcement

宣佈2013年有獎問答得主

Congratulations to the winner of last year's World Quiz, Lee Long Yat! Thank you for your brilliant essay on Hilary Clinton. The piece was extremely well written and we enjoyed your creative, original response. As promised, you have won the prize of your choosing and we will contact you separately

Thank you for all your wonderful submissions Bel-Air kids, the excellent be other opportunities to win more great prizes. Read on to find out more about our next exciting competition!

去年World Quiz的得主已順利誕生: Lee Long 你可如願獲得自選大獎,我們會通知你有

WE WOULD LOVE TO HEAR WHICH BOOKS ARE MOST POPULAR WITH YOU AND YOUR FRIENDS

參加World Quiz的朋友。 相當高,只可選出-位得獎者實在難以取 捨。請密切留意貝沙

The first 20 qualifying submissions will win one pass to attend the first outdoor Shakespeare festival in Hong Kong – "Shakespeare in the Port" at Cyberport. The best submission will be published in the next issue of Bel-Air Magazine. Who knows, maybe you'll end up being a famous author one day! Please send your review to crdept@pcpd.com.We can't wait to hear from you! 首20位入圍的朋友可贏得香港首次舉辦的「莎士比亞在數碼港」戶外活動入場證一張,最佳書評亦將刊登於下一期貝沙灣雜誌。 愛書的你, 說不定有一天會成為作家!請將你們的書評電郵至crdept@pcpd.com, 萬分期待你的參與!

小小車迷週末暢聚

Bel-Air kids are in for a special treat! A fleet of five dream cars will be arriving on Easter Sunday at Club Bel-Air Bay Wing's children's' play area. Little ones can enjoy 90-minutes in the afternoon driving miniature versions of the Peugeot 307 WRC, Renault F1, Jaguar XK convertible, BMW M3 GT Orange 6V and the Ferrari 458 Italia Red 6V. For enquiries, please call the Club Bel-Air Bay Wing reception on 2989 9000. Bookings are recommended and will be available from 9am on April 18 2014.

貝沙灣小朋友請注意:為你們特別準備的五部迷你版Dream 週末下午的90分鐘時段內,登上你夢想中的兒童電動小車享受駕駛樂,五款 型號包括標致307 WRC、雷諾F1、積架XK開篷跑車、橙色寶馬M3 GT(6V)與紅色 法拉利458(6V)。查詢請致電2989 9000灣畔會所接待處,建議大家提早預約,我 們將於2014年4月18日早上9時開始接受預約。



Wise-Kids Playroom Offer

慧思創智遊戲室優惠

Bel-Air Babies Club Members* will receive 5% off all regular priced merchandise with purchases of more than \$100 (except controlled price items) at Wise-Kids Educational Toys Cyberport Shop. They will also enjoy 10% off the Wise-Kids playroom admission fee and a one-time offer of a complimentary weekday Wise-Kids playroom play session ticket. For enquiries, please contact crdept@pcpd.com.

時段贈券。查詢詳情請電郵至crdept@pcpd.com。



BEL-AIR

Some of the adorable little faces we have the pleasure of seeing at Bel-Air!

七位可愛的貝沙灣寶寶,很高興認識你們!











2 years



Taylor Chan

10 months

Stephanie Juan 13 months

30 * Please present valid Bel-Air resident Card 請出示有效貝沙灣住戶証

YOUR BEL-AIR | YOUR BEL-AIR

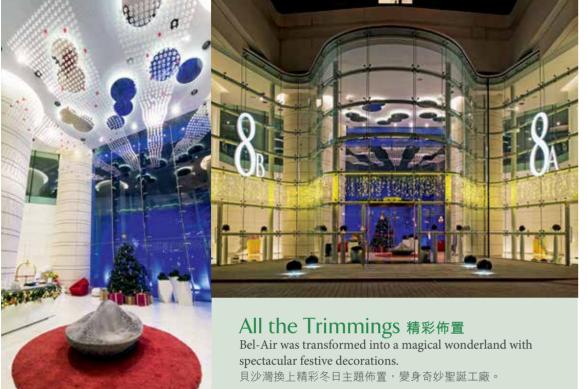




For the very first time, Bel-Air celebrated Christmas with a parade and magic show. Residents also enjoyed music and dance performances, creative workshops, carols and photos with Santa.

貝沙灣百次舉行聖誕巡遊和呈獻精米魔術表演,以內內生輝的 聖誕亮燈儀式揭開節日序幕。連場美妙歌舞表演、創意工作坊 與聖詩獻唱,大家與聖誕老人合照留念,歡度聖誕佳節。











YOUR BEL-AIR | BEL-AIR





Year of the Horse 慶賀新年

Residents were treated to a spectacular lion dance to celebrate Lunar New Year.

貝沙灣住客欣賞精彩的舞獅表演,慶賀馬年來臨。





Sharing and Caring 愛心共享

The proceeds of Bel-Air red envelopes went to the Street Sleepers' Shelter Society in aid of the homeless and needy. Thank you residents for your gracious support.

貝沙灣謹此向各位支持利是封義賣活動的住客致謝,今次善舉所籌得 善款,已捐贈香港露宿救濟會幫助有需要人士。



貝沙灣歌詠團最新動向





alling Bel-Air singers! Our new choral season kicks off with four weeks of 20-minute singing skill sessions for new members. We welcome anyone interested in developing basic vocal techniques. Chinese and Western pop and folk songs will be the focus this spring, and as we would like to reach out to as many residents as possible, we would love your feedback on our proposed practice session of Saturday 10am-12pm.

Furthermore, we are delighted to introduce Bel-Air's new bilingual music director Ronald Lam who has worked with acclaimed local choirs as a choral master and conductor, including the Hong Kong Children's Choir and Hong Kong Women's Choir. He has performed in world-class productions including *Carmen La Nozze di Figaro* and *Don Pasquale*. Last year, he sang the role of King Melchoir in Musica Viva's *Amahl and the Night Visitors* and has also performed at the Hong Kong Governor's House.

We are looking for residents of all abilities to join our choir, including beginners. For enquiries or to enrol, please contact Club Bel-Air reception in person or email crdept@pcpd.com. See you at practice!

沙灣歌詠團誠邀你的加入!第一季歌詠團特別為新加入的你準備為期四週的20分鐘基本歌唱技巧訓練班·歡迎任何有興趣認識聲樂的朋友參加。春季練歌的曲目·將以中西流行曲及民謠為主題,請貝沙灣住客踴躍支持·參加人數愈多愈好!訓練班暫定逢星期六上午10時至正午12時進行·歡迎分享其他時段建議。

另一好消息宣佈:曾與本地多個知名歌唱團體,包括香港兒童合唱團及香港女子合唱團合作的歌唱家及指揮林豪池先生正式加入貝沙灣歌詠團,擔任我們的音樂總監!精通中英語的他曾參與〈卡門〉、〈費加洛婚禮〉及〈老柏思春〉等等世界級表演。去年出演非凡美樂的〈阿瑪爾和夜訪者〉梅奇爾王一角的他,更於香港禮賓府獻藝。

我們誠邀任何熱愛歌唱的住客加入歌詠團,條件與經驗不限。查詢或參加均可親臨貝沙灣會所接待處或電郵至crdept@pcpd.com。希望練歌時見到大家!



Saturdays from 10am to 12pm 逢星期六上午10時至正午12時 Aerobics Room, Club Bel-Air Bay Wing 貝沙灣灣畔會所健康舞室

