

若水善

SpaChina

WELLNESS, BEAUTY, AND LUXURY LIVING

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中国风格 会所水疗

Club Spas in China

中国水疗颁奖礼

中国水疗人士研讨会

SpaChina Awards 2010

SpaChina Summit 2010



汗水，生命的咸动力
Sweat The Salty Steam of Life

安塔利亚
土耳其奢华之都
Antalya, The Luxury
Capital of Turkey

Picture by O. Spa Journey

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PLUS: LUXURY LIVING | SPA CUISINE | SPACHINA REVIEW | SPACHINA WELLNESS | SPA NEWS | HOTEL NEWS | LIFESTYLE

西式经典细细品

Classic Western Delicacies

西餐对于现代中国人来说，早已不再陌生。它们大多做法精致、营养味美且风格各异。本期SpaChina杂志带您细数西餐经典美味。

Western food is no stranger to urban dwellers any more. Many western delicacies feature exquisite cooking methods and high nutritional value. They may be of diversified styles but they all taste good and look pleasant. SpaChina takes you through a variety of classic western delicacies.

随心所欲的 饕餮之地

讲究门第的法餐应是高贵、刻板的，按照上菜顺序，保持优雅地使用刀叉。然而这些繁文缛节被位于外滩18号的Mr & Mrs Bund颠覆。

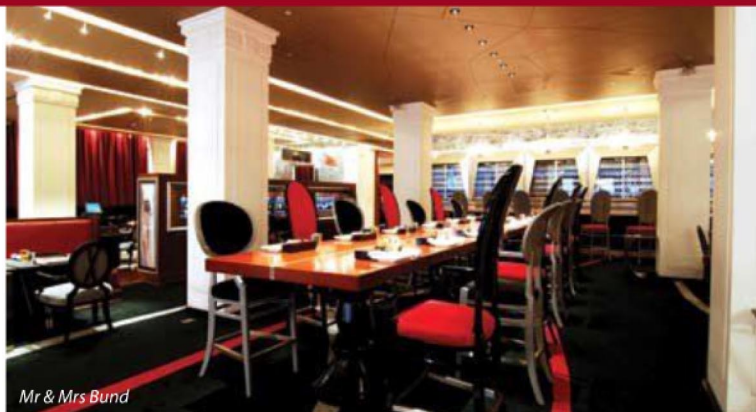
餐厅所在的大楼是上海外滩著名的历史建筑，楼内来自意大利教堂的古希腊式大理石柱，手工雕刻的24K金砖马赛克壁画承载着旧日的高贵与华丽。6楼的Mr & Mrs Bund摩登而随性。推开紧闭的红绿色大门，红、黑、白色构成的空间简单又不失魅力，长桌边依照椅背高度，一高一低交错摆放着红、白两色座椅。现代材质制造的古典吊灯、柔软的皮制大沙发、白瓷落地花瓶，牛仔裤、帆布鞋的侍者穿梭其间，摩登感渗透于细微之中。

这里的主厨Paul Pairet早前在翡翠36餐厅曾因为将罐装沙丁鱼变身为高级料理而为人津津乐道。这次，不拘一格的他带来的法餐显得毫无“讲究”之意，不仅提供多人份的分享式餐饮，上菜方式也同中餐一样，很是随意。对于喜爱创新的客人，这里可以充分发挥其想像，只要凭借喜好随意将菜单中的食物进行搭配，哪怕完全不搭调的几种食物，厨师都会凭借高超的厨艺为其带来美味。当然，如果你想循规蹈矩，菜单上主厨独创的柠檬塔绝对不容错过(RMB100)，挖空的柠檬经糖腌制72小时后，塞入柔软的香草奶油，吃上一口，酸甜柔软的口感让人满足。

在Mr & Mrs Bund，食客完全不必在意坐姿是否优雅，刀叉的顺序有没有用错，甚至拿着筷子吃法餐也是常事，即便你是在凌晨4点光顾，也会有美食供应，因为这里一切都提倡随心所欲、畅快淋漓。



Lemon & Lemon Tart



Mr & Mrs Bund

Meet Mr & Mrs Bund

Fresh cuisine should be fastidiously prepared, involve a lot of etiquette and order of dishes, use elegant tableware and exhibit a refined attitude. But traditional etiquette is overthrown at Mr & Mrs Bund, at Bund 18.

Bund 18 is a famous historic building featuring magnificent ancient Greek-style marble pillars from an Italian church and a hand-carved mosaic mural made with 24-carat golden bricks. Mr & Mrs Bund, located on the 6th floor is both modern and casual. Opening the green-and-red door, a restaurant of red, white and black décor opens up before you, simple and charming with modern elements like white and red chairs around long, black tables, gorgeous chandeliers made of modern materials, soft feather sofas and white porcelain vases. Furthermore, the staff's outfits include jeans, made complete with cool Converse shoes.

Chef Paul Pairet is a culinary egalitarian who used tinned sardines to produce sophisticated, avant-garde fine dining at Jade on 36. He now uses those same sophisticated, avant-garde techniques to produce the simplest of French and global dishes at Mr & Mrs Bund. The fresh cuisine style here is casual, in keeping with

the Chinese style service, presenting dishes concurrently as it is with sharing among the family in China. If you are an innovative diner, you can choose ingredients from the menu, even if they have never been used in a dish, and the chef will cook delicacies for you with them. If you want to order food from the menu, the Lemon & Lemon Tart (RMB100) is a must-try. This dessert is one of Chef Pairet's original creations from 10 years ago. The lemon is hollowed out by a special technique, and candied for around 72 hours. Then it's filled again with lemon sorbet, lemon curd and vanilla chantilly cream. The dish taste very nice, and just a little sweet and sour.

At Mr & Mrs Bund diners can feel relaxation and do everything as they like. They needn't care about their posture or using the right fork at the right time. Even eating fresh cuisine with chopsticks is quite normal here. And you can show up at the restaurant at four in the morning and still enjoy nice foods.

Mr & Mrs Bund

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