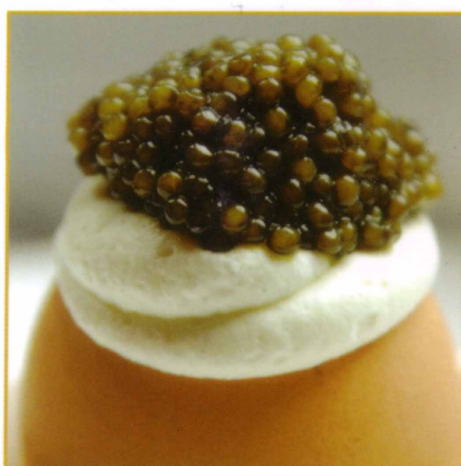


Shanghai

BUSINESS

Dining

上海商务餐饮指南

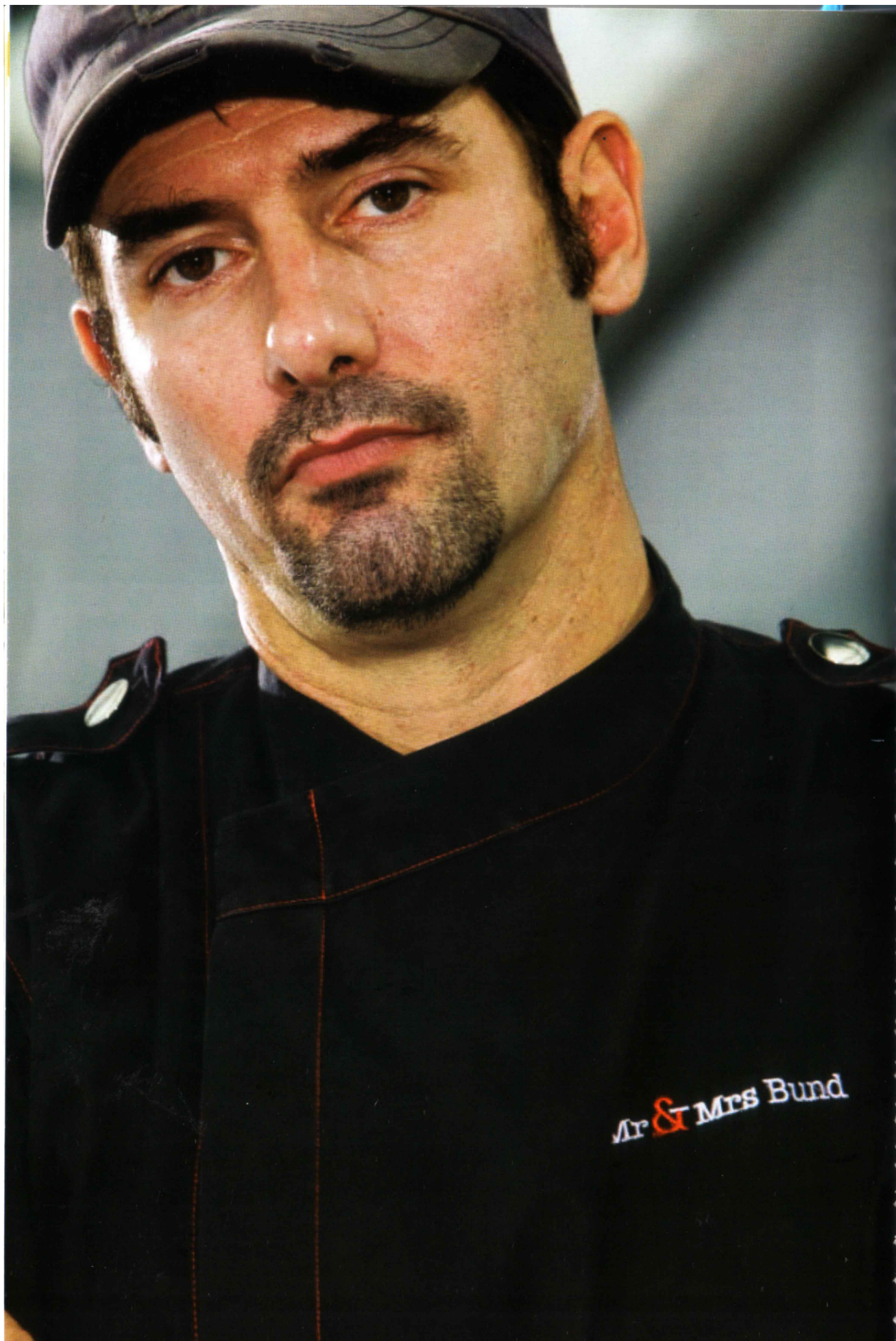


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 **CHINA**
ECONOMIC REVIEW



In the kitchen with...

Paul Pairet

Mr and Mrs Bund

**与Paul Pairet一起下厨
米氏西餐厅**

Celebrated French chef Paul Pairet has worked all over the world from Australia to Indonesia. He arrived in Shanghai in 2005 to open Jade on 36. There, he developed a personal sense of cuisine that played with texture, temperatures, and preconceived notions of what defines good food. He carved out an international reputation for daring, innovative cuisine, fueled with provocative comments such as “truffles are in no way more important than Coca Cola.” Now, he’s at the helm of the contemporary French eatery Mr. and Mrs. Bund while working on a personal project called Ultraviolet which will launch later this year.

Q: How would you describe your style as a chef?

A: My true passion is to create. Mr. and Mrs. Bund is my first attempt to do a commercial restaurant, which means I don’t have as much freedom. What I do when I am free to create is avant-garde figurative cuisine, which is creative and personal. It’s very modern, but with flesh and bones.

Q: What’s an example of one of your favorite creations?

A: For one of my desserts, I started with a concept: the power of lightness. I created a dessert in the shape of a little flower. The stem is a raspberry gel and the flower is made of ginger vinegar foam, which you insert directly into your mouth. When you taste the dish,

you immediately feel the expression of light and power.

Q: We’ve heard a critic say that if you’d have stayed in France, you’d be the leader of contemporary cuisine there. Are you still glad you came to Shanghai?

A: Yes. Shanghai gives me a freedom on every level. With the crisis in France, the level of creativity didn’t flourish there like it has in Spain. In Spain, people are very aware – they can access if what you’re doing is truly creative. But, here, in Shanghai there’s no pressure from critics.

Q: Why do people call you a culinary egalitarian?

A: I tend to embrace all ingredients. As a starter here, we serve a tuna mousse in the original tin can. I like to take an ordinary product on the shelf of the supermarket and completely transform it. At the end of the day, what counts is what you do with the product you have in your hand.

Q: But aren’t some products just better quality than others?

A: Let’s not confuse what I’m saying with quality. Every ingredient we use is the best in its field. But, when you’re creating, you can take an original product and transform it so that quality isn’t as relevant. Even with a so-called bad product, we can do something interesting.



Q: What's an example?

A: Coca-cola. How can you not consider it fantastic? It's very bold. I've made spaghetti with it, a Beijing roasted duck skin with it, and a sorbet that has candied ginger inside coke.

Q: Are there any ingredients you don't like?

A: My challenge is Vegemite. It's a disaster. How can you like it, even as an acquired taste?

Q: Have you been influenced by Chinese ingredients and dishes?

A: I try to do one dish that's characteristic of the country where I'm working. At Chinese banquets, you'll often find steamed fish topped with spring onion, ginger and soy. I serve a version of that dish here.

Q: What inspires you?

A: My dog. That's my rehearsed answer to this question. When I'm with my dog, I'm relaxed and I can write ideas as they come on note cards. Later, I'll go back to my pile of notes. I probably have a 95% failure rate.

Q: What's your latest idea?

A: For my new restaurant, an apple juice and wasabi palette cleanser in the shape of a Communion host. I'm using liquid nitrogen to cre-

ate it so it is impossible to handle with your fingers. We'll have to find a way to directly insert it into diners' mouths like the priest does.

Q: Where can we find that?

A: I'm opening a place called Ultraviolet in Shanghai this summer. It will have just one table with ten seats, and the goal is to master the atmosphere of the place. We'll set the right mood for the dishes, and use scents, lights, visual projections, and sounds to amplify the experience. It's very experimental. The influence of sounds is huge. If we have a crunchy dish, we'll use a crunchy noise to enhance the perception. If we're having a fresh spring dish, we'll create a sunny atmosphere to go with it. It's what I've wanted to do for 10 years: remove the restaurant from the restaurant.

Q: What advice would you give home chefs?

A: Love. When my wife and I were first together, she decided to cook for me – she'd never really cooked before. My favorite dish at the time was an Indonesian oxtail soup called *buntut*. I knew about 50 places around Jakarta that made it. She prepared for one month to make me this soup. It was probably one of the best *buntuts* I'd ever tasted. That's the power of love.



作为享誉盛名的法国大厨，Paul Pairet的工作足迹从澳大利亚到印尼遍布整个世界。2005年，他来到上海开办了翡翠36餐厅。在那里，他领悟了对烹饪的个人理解：注重食材质感、温度和预想的美食定义。由于他大胆、创新的料理，加上诸如“松露一点也不比可口可乐重要”之类引发争议的火爆言论，赢得了国际声誉。目前他掌勺法国餐馆Mr. and Mrs. Bund，同时也在推进将于今年稍晚开业的个人餐馆Ultraviolet。

问：您如何描述您作为主厨的风格？

答：我的真正激情是创造。米氏西餐厅是我首次尝试做一个商业餐厅，那意味着我没有太多自由发挥的空间。当我能自由创造的时候，我做的是一种先锋派表现形式的烹饪，那是创造性和个人化的。那是十分现代的，但有血有骨有肉。

问：您最喜欢你的哪个创意菜？

答：我的一道甜点，我从“轻盈的力量”这个概念出发。我创造了一道甜点，造型是一朵小花。花茎是覆盆子冻做成的，花朵是姜醋泡沫做的，你可以一口放进嘴里。当你品味这道甜点时，你马上就能感觉到轻盈和力量的诠释。

问：我们听一位评论人士说，如果您呆在法国，您就会是那里当代烹饪的领袖。您是否仍因来到上海而感到高兴？

答：是的。上海给了我各个层面上的自由。由于法国目前正处危机中，创造力水平并不像在西班牙那样兴盛。在西班牙，人们十分明白——如果您是不是真的在做创新菜。但在上海这儿，没有来自批评人士的压力。

问：为什么人们称您是烹饪平等主义者？

答：我倾向于结合所有食材。作为开胃菜，我们有一道在普通罐头里的金枪鱼慕斯。我喜欢采用超市货架上的普通产品，然后进行改良。毕竟最终真正重要的是，你怎么利用你手头上已有的东西。

问：难道没有一些产品的质量比其他的好么？

答：让我们不要混淆我所说的质量。我们采



用的每种食材都是各自领域里最好的。但当你进行创新时，你能拿一种原始的产品并进行改良，以至于品质就不是那么紧要了。即便所谓的品质不好的东西，我们也能做出一些有趣的菜。

问：能举个例子么？

答：可口可乐。难道你们不认为可口可乐很棒吗？它十分大胆。我用它来做意面，用它来腌制北京烤鸭皮以及用它来做含糖姜可乐的果汁冰糕。

问：有什么您不喜欢的食材么？

答：蔬菜酱对我来讲比较难接受。那糟糕透了。人们怎么会喜欢那种东西，甚至还有人酷爱。

问：中国食材和菜肴对您有启发么？

答：对于我工作过的国家，我都尝试做一道具有该国特色的菜。在中式宴会上，你经常会发现配有香葱、姜和黄豆一起做的蒸鱼。在这里，我也有自己创作的那种蒸鱼。

问：是什么给了您灵感？

答：我养的狗。对于这个问题，那是我准备过的答案。当我和我爱犬在一起时，我很放松，能把想法写在笔记卡片上。稍后，我会回去找我成堆的笔记。我95%的想法最终没有成功。

问：您最新的点子是什么？

答：在我的新餐厅，将是一种圣饼造型的苹果汁和芥末味道的除味点心。那是用液氮制作，所以食客不能用手指去拿。我们会找一个办法直接放到用餐者的嘴里，就像牧师做的那样。

问：您给家庭厨师们提点什么建议？

答：爱。当我太太和我起初在一起时，她决定为我下厨——她以前从未真正下过厨。那时我最爱吃的菜是一种名为“buntut”的印尼牛尾汤。我知道雅加达附近有50个做这道菜的地方。她为了给我做这道菜，准备了一个月时间。那或许是我品尝过的最好的“buntut”之一了。那是爱的力量。

问：您接下来有什么打算？

答：我正在筹备一个名叫Ultraviolet的餐馆，今年夏天要在上海开张。那里只有一张餐桌，十把椅子，目的是控制用餐场所的氛围。我们会给菜肴设定正确的情绪，并利用香薰、灯光、视觉投影和声音来丰富这种用餐体验。那是非常具有实验性的。声音的影响巨大。如果我们做一道松脆的菜，我们会用一种嘎扎嘎扎的声音来加强这种体验。如果是一种新鲜的春季菜，我们会制造一种春日融融的氛围来搭配它。我10多年来想做的事情是——把餐厅从餐厅中搬走。



Mr and Mrs Bund

Cuisine: Modern French

Atmosphere: Despite its prestigious Bund address, the restaurant bills itself as a friendly, home-style French establishment. The building's original frame and historic architecture are maintained with stately pillars and dark wood paneled window. Maroon chairs, velvety curtains and funky chandeliers add a modern touch. During the summer, two terraces open onto an intimate view of the city's waterfront.

Food: There are 250 dishes on the menu, served family style for sharing. Meals start with a complimentary tuna mousse—served in the original tin can—and freshly-baked baguettes. For an appetizer, try the *foie gras* crumble, its velvety mousse punctuated with apple jelly, raisins, dried apricots and hazelnuts. A popular starter is a juicy chicken breast which is poached, then grilled and served with aioli. One of Chef Pairet's signature dishes is a jumbo shrimp which is slowly steamed in a glass jar, infused

with citrus juice, lemon grass, and vanilla. The menu gives a nod to China with a buttery black cod steamed with mushroom and ginger and a light soy base. For dessert, a must-try is the chef's famed decomposition of a lemon tart. He cleans the skin of a lemon, then bathes in it syrups for three days, candying it into an edible exterior. Inside is a light medley of lemon curd, vanilla Chantilly cream and sorbet.

Drinks/Wine: An extensive wine list includes 32 wines by the glass. Try the fruity Mr. Bund and Mrs. Bund martinis.

Bill: RMB500-600 person, depending on drink consumption.

Special Events: The restaurant seats 150 people inside and 30 more on its outside terraces.

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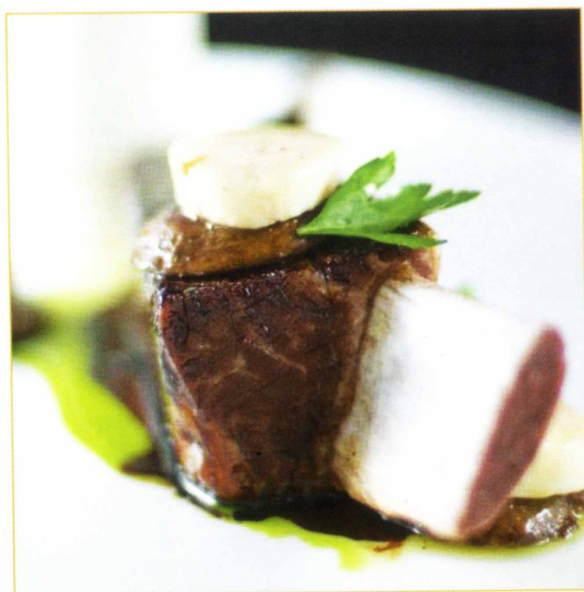
www.mmbund.com



菜式：当代法国菜

餐厅环境：尽管坐落于富有声望的外滩，餐厅标榜自己为一家亲切友好的家庭式法国餐厅。建筑原有雄伟的支柱和深色原木镶嵌的窗台，原始结构和悠久的历史沉淀保存完好。紫褐色的座椅，天鹅绒的窗帘，还有时髦的吊灯，更为餐厅平添了一份现代气息。一到夏天，两个敞开式的露台带给你的将是与城市滨江地带亲密接触的美妙风景。

美食：菜单上共有250道菜，家庭式上菜，供宾客分享。首先上桌的是赠送的金枪鱼慕斯——盛在原本的听装罐头里——和新鲜出炉的烤面包。开胃菜可以尝尝“鹅肝酱”金宝，天鹅绒般的慕斯搭配苹果酱、葡萄干、杏仁干和榛子。头菜中广受欢迎的是一道经过煮、烤随后配以蒜泥蛋黄酱一起呈上的鲜嫩多汁的鸡胸脯肉。Pairet大厨的拿手好菜之一是珍宝虾，他把虾装在玻璃罐中小火慢蒸，其中注入柑橘果汁、柠檬草和香草。菜单中还有一道中式风格的菜，是配以蘑菇、生姜并用淡酱油铺底的多油清蒸黑鳕鱼。甜品中不可错过的一道名点是大厨混搭出来的柠檬挞。他把柠檬外皮清理干净后在糖浆水里浸泡三天，使柠檬的外表皮甜化，从而可食用。里面填入的是淡柠檬炼乳、香草鲜奶油和果汁冰糕的混合物。



酒水：长长的酒水单包含着32种杯酒。尝尝水果味的Mr. Bund and Mrs. Bund马提尼。

消费标准：人均500-600元人民币，取决于不同的酒水饮料。

特殊活动：餐厅室内可以容纳150人，室外露台可以容纳30人。

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