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TAIPEI
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YANGMINGSHAN

漫步陽明山
Roaming around Yangmingshan



從餐桌上嚐人生百味 ASSORTED FLAVORS OF LIFE FROM THE DINING TABLE

竹湖曄順麗緻文旅行政總主廚彭仁順
EXCLUSIVE INTERVIEW OF LANDIS INN
CHUHU'S EXECUTIVE CHEF PENG

「品嚐一道菜的時候，其實吃得出廚師目前的狀態。」行政總主廚彭仁順，神秘兮兮地說道。擁有餐飲業22年歷練的他，最熟悉的其實是粵菜，曾在其他連鎖品牌酒店擔任主廚8年半，從粵菜的繁複技法中悟出的道理-做廚師，態度比什麼都重要。這一切從菜色之中都可品嚐出來。「這菜味道太鹹，可能廚師心情不好；味道不夠，可能他想睡覺。」主廚彭仁順笑著說。

回想當時自己還是學徒的年代，老師傅願意教你多少技巧，端看學徒自身的態度。這孩子是否夠專注認真、是否對做菜擁有熱情，個人特質如果合適，老師傅才願意傳授一些自己的拿手絕活。彭仁順以前總是默默觀察老師傅的手法，再私底下努力自己練習，時間久了，老師傅覺得這年輕人似乎是個可造之材，開始指點他更多微妙的眉角，也獲得更豐富的做菜經驗。「跟現在很不一樣，我想教，學徒還不一定想學。」但我們很珍惜跟上一代之間的傳承與師匠精神。

早期餐飲環境學習上的艱難，造就出彭仁順適應能力，也樂於接受挑戰。當時新加坡知名海鮮餐廳在台灣開店，他被輾轉介紹進入餐廳後，與妻兒簡單告假，花了半年時間到新加坡受訓。在中華料理大熔爐的國度，彭仁順面對多元餐飲文化的衝擊也充滿興奮之情，閩菜、粵菜、娘惹菜、南洋森巴菜、印度菜...等，不同菜系有不同的邏輯與技法，例如閩菜料理上講究的是速度與效率，隨師父的功力可以在短時間內創造出口味上的千變萬化，而這取決於經驗累積的肌肉記憶；而粵菜則是每一步驟都細微講究，時間、火候、刀工、食材原味的萃取等，細膩而精工。也因為如此，在多元文化的料理之路上，他更懷抱開放的心胸去迎接各種可能，影響他日後在料理上激盪出更多創意與新點子。例如近期推出的秋蟹料理，即以新加坡菜手法融合台灣馬告山胡椒的香料，呈現沙公蟹的鮮甜且散發獨特香氣，令人食慾大開。

也許就是這樣對料理的熱愛，彭仁順的廚師歷練從飯店餐廳到宴會廳，服務一桌到一百桌，都能從容應付。現在每一季，都有主廚彭仁順新的創意料理推陳出新，將中華料理的百變風華呈現給大眾。「我希望當一個傳遞者，將中餐的博大精深與一代代的用心傳承，透過餐飲分享出去。」彭仁順的餐桌上，嚐的不只是廚師精神，更是人生情味。

"When tasting a dish, one can decipher the state of mind of the cooking chef.", the Executive Chef Peng, mysteriously quipped. With 22 years of Food and Beverage industry experience under his belt, his signature cuisine is indeed the Cantonese cuisine, and during his reign of eight and a half years being the Head Chef of other franchised hotel chains, he was able to distill the mantra of a chef out of the complex techniques of Cantonese Cuisine, which is the attitude is paramount to anything else. It is readily decipherable from the cooking, as Chef Peng, laughingly noted that, "The dish is too salty means the chef may not be in the best mood, and if the dish is under-flavored, it could imply that he was sleepy."

When reminiscing his days as an apprentice, he appreciates the significance of the learning attitude which the master chefs willingly pass on to the apprentices. Whether the apprentices are sufficiently focused and conscientious, passionate about cooking, possessing suitable personal traits, are all factors of consideration for the master chefs before they were willing to teach their disciples some of their signature dishes. Chef Peng has always been a quiet observer of the Master Chefs' techniques, and coupled with disciplined practices, and as time goes on, the Master Chefs have come to believe that the young Peng was seemingly a hard-working up-and-coming cooks with enormous potential, before they further taught him even more intricacies of their culinary crafts, which was in stark contrast with the current learning culture of much less enthusiastic learning desire from the young cooks nowadays. However, we are still appreciative of the legacy of our Master Chefs and their spirit of craftsmanship.

Given the difficult learning circumstances in the culinary industry, it shaped the highly adaptive capacity of Chef Peng., as well as allowed him to accept challenges. As a well-known Singapore Seafood Restaurant opened in Taiwan, Chef Peng was referred to the restaurant, and then subsequently moved to Singapore for training after a brief farewell to his wife and kids. Within the realm of the culinary melting pot that is the Chinese cuisine, Chef Peng was thrilled to be subject to the impact of diverse food cultures of Hokkien, Cantonese,

Nyonya, Southeastern Asian, and Indian cuisines, etc., given their respective culinary philosophies and techniques, e.g. Hokkien cuisine prides itself on speed and efficiency, stemmed from the mastery of creating a great variety of flavors for the palate, based on particular muscle memories accumulated through experiences, and Cantonese cuisine places high emphasis on timing, heat management, knifework, and the distillation of the original flavor of the ingredients, etc., in every step of the cooking process. And with these very insights, Chef Peng was able to embrace all culinary possibilities with an open mind, which, in turn, imbued his career with much more enriched resonance of creativity and ideas. For instance, with the recently launched autumn crab dishes, he adopted the Singaporean cuisine techniques with the Taiwanese spice of Makaoy Litsea to elevate the fresh sweetness, and to accentuate the unique aroma of the very appetizing mud crab flesh.

Perhaps, it has been with such deep devotion, the culinary career of Chef Peng has seen him ascending from hotel restaurants to banquet halls, serving either one or one hundred tables with ease and confidence. With innovative dishes on the menu of every passing season, as created and crafted by Chef Peng., the kaleidoscope richness of Chinese cuisine will be served to the general public, as Chef Peng remarked that "I would like to relay the torch of the legacy of the Chinese cuisine to the rest of the world through my cooking." as one may not only taste the spirit of a chef on the dining table but a reflection and articulation of his life journey. 



從餐桌上嚐人生百味
Assorted taste of life from the dining table.



LANDIS INN CHUHU 竹湖曄順麗緻文旅

科技城中的優雅木質調

ELEGANT WOOD IN THE TECH CITY

打開房門，映入眼簾的是通透寬敞的落地窗，冬陽的光線和煦灑落，與米色木質地板營造出溫暖人心的自在空間。這裡是竹湖曄順麗緻文旅的湖鵲客房，與其他173間客房一樣，擁有獨立陽台與週遭無遮蔽物的優質採光，並以溫潤原木及淡雅大理石組合而成的自然派氛圍，讓旅人都能在這寬敞充滿陽光的空間裡自在停駐、重新獲得能量。

飯店位處新竹市近郊、國立交通大學旁，距離新竹科學園區僅僅5分鐘車程，使這裡成為所有商務旅客出差住宿的首選。與市區飯店不同的是，客房的木質空間與週遭交大學區的人文氣息相呼應，為飯店注入了生命力，舒緩了城市的緊湊與焦躁，旅人能在繁忙的工作中重新調整腳步，換取一段難得輕鬆自適的時光。



湖鵲客房
Deluxe Room



湖鵲客房
Deluxe Room

木質調原是形容一款清新沉穩的香氣，在這裡，您可以透過五感體驗中的視覺，感受到木質調的溫暖與靜謐。下次有空路過風城時，不忘造訪竹湖曄順麗緻文旅，選一個喜歡的房型住一晚，體驗我們獨特的木質調生活。

Upon entry into the room, the pristine full-height window allows the light of winter sun pouring onto the warm-tone timber floor in a comfortable room, which is none other than the 173 Deluxe Room of Landis Inn Chuhu, with balconies and unobstructed natural lighting in a naturalistic and rejuvenating ambiance filled with the warmth of genuine timber and elegant marble.

As the Landis Inn Chuhu is located in the vicinity of Hsinchu City, right next to the National Chiao Tung University, and a 5-minute drive from Hsinchu Science Park, it has become the prime choice for

their accommodation. In contrast with the hotels in Hsinchu City, the resonance between the wooden-decorated suites and the enriched cultural aura of the surrounding university campus has vitalized the Landis Inn Chuhu, brought relief to the tension and stress of urban living, while the travelers are able to re-group and relax.

As the wooden tone is normally synonymous with a refreshing and reserved aura, the visual aspect of all five sensors to experience its warmth and serenity. In your next trip to the Windy City of Hsinchu, don't forget to drop by Landis Inn Chuhu and stay for a night in a room of your fancy, and experience our unique wooden-tone hospitality. 

漫步陽明山 ROAMING AROUND YANGMINGSHAN

陽明山國家公園，緊鄰都會區，以大屯火山群為主，面積約為 11,338 公頃，是台灣主要的火山分布區。其原名草山，泛指大屯山、七星山、紗帽山、小觀音山這一帶的山區，而非單指某座山峰。清治時期，官府怕賊寇藏匿於林中竊取硫磺，所以定期放火燒山，導致整個山區只能長出五節芒這類的芒草，在秋冬季節，正是芒草興盛之際。隨著季節的轉換，多變的地貌呈現出如詩如畫般的優美景緻，吸引了許多觀光客到此一訪。



鄰近陽明山中國麗緻的冷水坑園區，由於窪地地形且平均溫度低於其它地區溫泉水溫，僅 40 度 C 故得此名。沿著石階步道漫步，沿著緩緩上升的山坡，在終點的平台上仰視，一眼就看到乳白色的牛奶湖。池底噴出硫磺瓦斯帶有硫磺粒子，經由沉澱使得湖泊呈現乳白色，池水中蘊含大量的礦物質，是全台唯一的硫磺礦床。

在往裡走一點，矗立在山凹間的菁山吊橋橫跨冷水坑溪，橋身長約 50 公尺，海拔 739 公尺，紅色的吊柱特別奪目，站在橋上可欣賞七星山的美景；經過吊橋後往小徑走，伴隨著迷霧迎面而來的是冷水坑生態池，夢幻祕境映入眼簾，薄霧環繞的湖面周圍充滿豐富的自然生態，是許多即將結婚的新人拍攝婚紗照的景點！

在慢步調的冬季中，不妨踏出戶外享受一場與大自然互動的旅行，專屬於這個季節美麗的印記，慵懶帶著些許爛漫，深深烙印在造訪遊客的心中。

Yangmingshan National Park, located in the vicinity of Taipei metropolitan area, consists mainly of Tatun volcano cluster, the main volcanic region of Taiwan, with an area of 11,338 hectares. With its original name of Tsaoshan, which encompasses the mountainous areas near Mt. Tatun, Mt. Qixing, Mt. Shamao, Mt. Xiaoguanyin, not a particular mountain, this was an area, once infested with phosphor thieves in Ching Dynasty, had been subject to frequent forest burns by the Ching Dynasty government to eradicate the thievery which led to the predominant growth of Miscanthus in this region, especially during autumn and winter seasons, of which the diverse geological characteristics has created a poetic landscape, and hence have made it a popular tourist attraction.

The volcanic spring next to the Landis Yangmingshan is a mountain spring of merely 40-degree Celcius, considerably lower than other hot springs in the same region, hence the name,

Cold Water Pit. Along the rock steps trail slowly ascending towards a lookout where the view of the white-colored Milk Lake where precipitated Sulphur particles resulted in its white color and the wealth of minerals in the lake water, the only sulfur mineral ore of its kind in Taiwan.

Further inland, there is the 50- meter long Mt. ChingShan Suspension Bridge, made of bright pylons, spanning the Cold Water Pit Creek on the altitude of 739 meters above sea level, from which one can take in the beautiful scenery of Mt. Qixing, and further in was the misty ecological pond of which the abundance of its natural scenery has made it an ideal location for outdoor wedding photography.

In the winter season, why not get out and about to the great outdoors to appreciate the seasonal beauty unique to the Yangmingshan local landscape. 



公共泡腳池
Lengshueikeng Public foot-immersing pool

— 璞石 · 泡湯 · 美景，森呼吸 —



冬季過去了，迎來的是大地重生的春季。
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EATING THE RIGHT NUTRIENTS FOR THE EYES

作者 / 聯新國際醫療 聯新營養 - 總營養師 呂美寶
Ms. Mable Mei-Pao Lu, MS, RD, Chief Dietitian, Landseed
Nutrition, Landseed International Medical Group

我們每天會花多少時間跟手機相處？工作上是否需要長時間使用筆電？相信這些3C產品已經成為我們生活中不可或缺的一部分，不過長久下來，眼部疲勞、乾澀、視力模糊甚至老化的問題可能就悄悄來到。因此日常就可以透過特定的食物營養來保護眼睛，維持良好的視力與功能，才能避免眼部提早老化與疾病的發生。

How much time do we spend on our phones every day? Do we need to use the laptop for a long time at work? Certainly, these electronic products have become an indispensable part of our lives, however, over a long period of time, eye fatigue, dry eyes, blurry vision, or even aging issues may quietly descend upon us. Therefore, there should be particular nutritional regiment to protect our eyes, maintain good vision and function so as to prevent premature aging and diseases of the eyes.

人的眼睛就像是照相機，「黃斑部」如同是相機的底片，底片的品質好壞直接影響到呈像的清晰度。我們可以透過攝取蔬果中的「類胡蘿蔔素」保護黃斑部的健康，類胡蘿蔔素當中又以「葉黃素 lutein」與「玉米黃素 zeaxanthin」最為重要，因為這兩種色素能吸收損傷視網膜的強光，作為抗氧化劑的角色，並中和光線所造成的自由基傷害。美國國家眼科研究院建議，每天可攝取 10 毫克的葉黃素與 2 毫克的玉米黃素，可中和不同波長光線所造成的光氧化傷害，來預防老年性黃斑部病變。

難道只有買營養保健品才能補充到葉黃素？其實不然，我們平常就能從特定食物中吃得到！當你吃一口口的菠菜、羽衣甘藍、蘿蔓、蘆筍、綠花椰時，便攝取到最天然的葉黃素；玉米黃素也能在玉米、蛋黃、黃橘甜椒中攝取到。飲食份量上，一天大約 2 碟菠菜、6 根玉米筍、半個甜椒以及 2 顆雞蛋，就可以吃到足夠的建議量。即使一天吃不到這些建議量也沒有關係，體內的濃度仍然會持續累積，重點是長期攝取才能有所助益。

As human eyes are like a camera, and the macula part is like the film for the camera, the quality of the film will directly dictate the clarity of the image captured. We can protect the macula by absorbing the carotenoid in vegetables and fruits.. The carotenoids lutein and zeaxanthin are critical, as antioxidants, to

prevent absorbing the bright light that may damage the retina, as well as neutralizing the free radical damage caused by the light. As recommended by US National Eye Institute, a daily intake of 10 milligrams of lutein and 2 milligrams of zeaxanthin would go a long way in neutralizing the photo-oxidizing damages caused by light of various wavelengths in order to prevent senescent macula disease.

Is buying nutritional supplements the only way to replenish lutein? Apparently not so, as we are already getting the most natural lutein from eating some particular foods such as spinach, kale, romaine lattice, asparagus, and broccoli. Zeaxanthin can be obtained from eating corn, egg yolk, and bell pepper. In terms of dietary intake, approximately 2 dishes of spinach, 6 corn shoots, half bell pepper, and 2 eggs should be sufficient sources in satisfying the recommended intake. There should be no problem if not able to reach the aforementioned recommended intake portion, as the portions shall be accumulated within our bodies, so the key is to achieve intake in the long run.



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以新鮮蔬菜來說，菠菜、羽衣甘藍、蘿蔓、蘆筍、綠花椰、玉米、蛋黃、黃橘甜椒是維持眼部健康好朋友，建議多均衡攝取

As far as fresh vegetables are concerned, spinach, kale, romaine lattice, asparagus, broccoli, corn, egg yolk, and bell pepper all provide the necessary nutrients for maintaining the health of our eyes so it is recommended to achieve a balanced intake.

除了新鮮蔬果，另一種來源相信你一定不陌生，那就是中醫經常使用的「枸杞」。以中醫角度來說，枸杞能「養肝明目」，主要也是因為枸杞中富含玉米黃素，能抵擋視網膜黃斑部的光氧化傷害。

Apart from fresh vegetables and fruits, another source would be familiar to you, that is Chinese Wolfberry, a common ingredient in Chinese medicine prescriptions. From the point of view of Chinese medicine, Chinese Wolfberry is good for liver and eyes, as it contains a richness of zeaxanthin in order to withstand the photo-oxidizing damage caused on the macula and retina.

以中醫角度來說，枸杞能「養肝明目」；枸杞富含玉米黃素，能抵擋黃斑部的光氧化傷害

From the point of view of Chinese medicine, Chinese Wolfberry is good for the liver and eyes, as it contains a richness of zeaxanthin in order to withstand the photo-oxidizing damage caused on the macula.

如何讓葉黃素與玉米黃素，充分地體內吸收呢？由於葉黃素與玉米黃素是脂溶性的成份，與油脂一同攝取能有助於吸收度提升。因此上述的食物可以料理成為一道彩虹沙拉，配上冷壓初榨橄欖油尤佳。每天攝取 5-10 克的乾燥枸杞，泡一壺枸杞紅棗茶搭配枸杞果肉一起吃，當作下午茶飲品並與少許堅果一起享用，或是燉湯時加些枸杞也是不錯的吃法！

How to allow lutein and zeaxanthin to be abundantly absorbed by the human body? As Lutein and zeaxanthin are fat-soluble nutrients, an intake with oil will enhance their absorption rates. Therefore, the aforementioned ingredients can be made into a mixed salad, ideally complemented by extra virgin olive oil. With daily intake of 5-10 grams of dried Chinese Wolfberry, a pot of Red Date tea with Chinese Wolfberry of which the flesh shall be eaten, as an afternoon tea treat along with some assorted nuts, or adding Chinese Wolfberry into any stewed soup would also be ideal!



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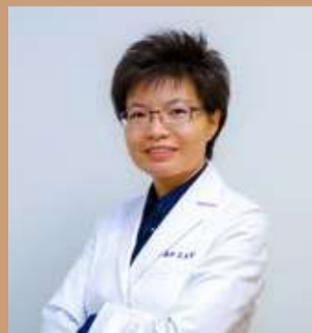
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寒冬中的溫暖滋味 | 麒麟山泉鱸

WARM COMFORT FOOD IN HARSH WINTERS

QILIN MOUNTAIN SPRING BASS



麒麟山泉鱸選用肉質細嫩的加州鱸魚，搭配增添魚鮮甜味的食材，依次疊入盤中，除了增添視覺上的美感，更豐富了菜餚的口感，一口一個鮮甜滋味，從嘴裡蔓延開來，在寒冬中帶來溫暖。

For the dish of Mountain Spring Bass, the California Bass was chosen for its delicate meat texture complemented by ingredients stacked by layers onto the plate in adding to the sweetness and natural flavors of the fish, which not just embellish the visual aesthetics but further enrich the texture of the dish.

麒麟山泉鱸 Qilin Mountain Spring Bass

Q&A

Q1

為什麼選用加州鱸魚？
Why was California Bass chosen?

加州鱸魚肉質細嫩，它含有蛋白質、脂肪、氨基酸、鈣、磷、鐵等多種維生素，對身體虛有生肌補血、加速傷口愈合、增強體質，老少可常食。

With its delicate meat texture, it contains many supplementary nutrients such as protein, fat, amino acid, calcium, phosphorus, and iron, etc., that are good for tissue regeneration, blood rejuvenation, enhanced wound healing, and general health, suitable for consumption by all ages.

Q2

甚麼是山泉鱸？
What is Mountain Spring Bass?

目前台灣的加州鱸魚大多以淡水池塘人工養殖為主，無法避免土腥味。我們再以山泉水飼養一至二日去除土腥味外，因為山泉水的溫度夠低能增加魚皮的膠質，讓肉質外嫩滑更帶有些許甘甜。Currently, as most California Bass in Taiwan are raised in freshwater ponds with unavoidable mud stench, so we keep the fish in ponds filled with mountain spring water for one to two days to minimize the mud stench, as well as allowing the low temperature of the mountain spring water to increase the gelatin in the fish skin to make the fish even more succulent and sweeter in taste.

Q3

為什麼要做成麒麟魚呢？
Why makes it into Qilin Fish?

因把魚身切斜片跟火腿片、筍片、北菇、紅蘿蔔等食材互相交錯疊放，而變成麒麟狀，故稱之。在擺盤中，排列有序的配料除了食用上方便，更能提升鱸魚的風味，層層堆疊的豐富口感在味蕾上綻放。

Against the fish sliced in a slant angle, ingredients such as bamboo shoots, mushrooms, and carrots, etc., are placed in interlocking fashion so as to manifest it in the Qilin texture, hence the name. In terms of plating, the orderly placed ingredients are easy to access, as well as to elevate the flavor of the bass fish in a celebration of layered and enriched palate.

青江菜少許
Some Bok Choy
山泉鱸 1尾
A Mountain Spring Bass

金華火腿 60g
Qinghua Ham 60g
北菇 2粒
Mushrooms 2

筍 40g
Bamboo Shoot 40g

薑 40g
Ginger 40g

紅蘿蔔 40g
Carrot, 40g

蔥絲 少許
Some Shredded Shallot

RECIPE

Step 1

將新鮮鱸魚去鱗。

De-scale the Mountain Spring Bass.



Step 2

鱸魚去頭、尾蒸熟待用，魚肉去大骨切片入味放盤。

Beheading and de-tailing the Bass to be steamed, with de-boned meat to be sliced and seasoned, before plating.



Step 3

筍、薑、火腿、紅蘿蔔、北菇、魚件、依次疊入盤中，入蒸籠蒸 5-6 分鐘取出去水、魚尾擺入盤中。

Bamboo shoot, ginger, ham, carrot, mushroom, and fish are placed in the aforementioned order in stack onto the plate, and then placed in steam cage for 5-6 minutes, and before drained and placed on the plate with the tail.



Step 4

擺上青江菜、蔥絲，鍋中加入高湯及調料，製成芡汁后均地淋在魚上即可。

Plate Bok Choy and shredded shallot, along with soup stock and seasoning to the pot in making the thickened juice to evenly bath the fish.



THE LANDIS NEWS

Chef Recommends 好料推薦

木瓜紅棗生魚湯

Papaya Jujube Fish Soup



冬天到了，想到的就是能喝上一碗暖暖的熱湯，選用富含多種營養的木瓜、紅棗及有調理內腑機能生魚，將新鮮生魚煎至兩面黃，鍋中倒入清水，加入溫補食材，加蓋小火燉煮至湯汁呈奶白色後，撈去浮沫，即是一碗具有營養又補氣養生的湯，暖胃又暖心。

When winter descends upon us, a warm soup can always do the trick, so by choosing the ingredients such as papaya and jujube with multiple nutrients, as well as a fresh fish, we can proceed to sautéed both sides of the fresh fish to a slight golden color, before adding water and supplementary ingredients, then lid on and stewed with gentle flame until the soup turns white, before foams are scooped up, and making this a nutritious and health-enhancing soup. 🍲



台南大億麗緻酒店 TAYIH LANDIS TAINAN

刻劃在DNA裡的「食」間精算師 THE WIZARDLY AND ACCURACY TRAITS OF A CULINARY MASTER

午後三點半，台南大億麗緻的宴會廚房裡已經響起忙碌的腳步聲。今晚的宴席料理，早在1、2天前就開始備料準備食材，主廚常祝鈞前一天再次確認食材的到貨情況，並依據客人的不同需求，做最後的菜單及料理內容調整。

對於宴會廚師們來說，「時間」的掌握非常重要，每一次的宴會，都是一次團隊的作戰，多年經驗下刻劃在DNA裡的時間精算，已然成為身體的一部分，追求品質、流程與送餐的準確性，是宴會最重要的事。

宴會廚房的事前備戰，可以說是整場宴會裡，最重要的一環，一般50~60桌的宴席，宴會廳的服務人員會在前一晚將桌板餐椅就定位，廚房會在當天進行排菜、前置、擺盤，魚料理則在開餐前1小時先行蒸煮，佛跳牆等湯品料理同時烹調，待完成後熱儲放，等宴會開始後才會依序端出送餐，保持湯品的溫度與鮮味。



行政總主廚陳克強(中)帶領專業宴會料理團隊
Executive Chef Mark Chen (center) leads the hotel banquet cooking team.

一場宴會，通常會有8~10位廚師共同一起完成，這還不包含前菜冷盤及點心師傅的人力，宛如一場華麗的料理秀；一場料理的盛宴，需要主廚與外場經理的默契協調，外場經理必須透過現場領班將顧客的用餐情況、服務員送餐的準確性回報給主廚，好讓主廚掌握每道料理的最佳送餐時刻，把完美品質，呈現給每一個到來的貴賓。

每一場成功的宴會背後，都有不同的努力與付出，以中式料理為主的大億宴會廳，最大的挑戰就是一人一份的「套餐」料理，主廚常祝鈞透過時間的拿捏，流程的控管，並在廚房事前擺盤排菜，再加上不同師傅們的分工，以廚房空間換取進餐的準確時間。遇到同一天有兩場不同的宴席時，主廚常祝鈞會針對桌數、人數、起餐時間的不同來分配出菜的順序及時間，從當天用餐人數較多的宴會場先進行送餐，看似忙碌緊湊的廚房後場，卻能夠不搞混，同時調節每一位送餐的服務人員，準確的將熱騰騰美味的料理送上桌，是每一次宴會背後，看不見的細節掌握。

有一次，服務人員急急忙忙端了一盤米糕給主廚，顧客反應在米糕裡，吃到硬梆梆的物品，主廚仔細一看發現是假牙，滿臉疑惑；廚師們根據HACCP的最高標準進行廚房料理，掌握最好的品質與服務，出餐前主廚也會進行確認檢查。後來，同桌的顧客，才發現自己的假牙掉了，意外的鬧了場有趣的笑話，廚房也立刻將另一盤熱騰騰的米糕盤，送回餐桌上。

當我們在歡喜氣氛下品嚐津津有味的料理時，刻劃在主廚DNA裡的時間精算，也正在運作著，鏗鏘的廚房裡，指揮著每一道料理的下鍋烹調的時間，把最好的品質、美味，傳遞到餐桌上每一位用餐的貴賓。

At 3:30 in the afternoon, the banquet kitchen of Tayih Landis Tainan has kickstarted its busy routine to prepare the banquet dishes for the evening. While ingredient preparation has begun one or two days prior, spearheaded by the Head Chef, Z.J. Chang who diligently re-confirmed the arrival status of the ordered ingredients, before adjusting and finalizing the menu based on the various needs of customers.



中式料理融合西式擺盤
Chinese cuisine with western food garnishes.

As far as banquet chefs are concerned, timing is everything, as every banquet is the result of team collaborative experiences accumulated through the years, of which the wisdom was crystallized internally as part of the team and individual professional DNA in its pursuit of excellence in quality, as well as precision of service, in the making and the delivery of successful banquets.

The preparation in the kitchen prior to the start of banquets is the quintessential aspect of the entire banquet delivery, as the tables and chairs of a banquet of 50-60 tables shall be set up the night before, while the kitchen would have gone through menu, prep-work, and plating on the day, as all fish dishes will be steamed one hour prior to the start of the banquet, soup dishes such as Assorted seafood and vegetables in Broth, etc., will be cooked at the same time before stored in heat, and expedited to service according to the menu so as to maintain soup temperature and flavors.

As a banquet is usually the collaborative work of 8-10 chefs, which does not include those who are in charge of the cold appetizer dishes and desserts, it requires the seamless team work between the Head Chef and Banquet Service Manager who should relay the status of patrons' table and how precise the service has been rendered back to the Head Chef who can then expedite every dish in the most opportune fashion and tempo so as to deliver the best banquet experience to every patron.

Behind every successful banquet, effort and dedication are the keys, and for the banquet hall of Tayih Landis Tainan, the major challenge has been the Chinese set menu where the Head Chef Chang would finalize plating and expedition strategies prior to the start of the banquets, through timing and process control, in addition to the collaboration of the various chefs so as to deliver expedition and service with precision. When encountering two banquets on the same day, the Head Chef Chang, would expedite according to table numbers, number of guests and first-course-service-time, so as to serve the banquet of more guests without causing disorganization to the back kitchen, while fine-tuning the timing every service associate in serving the dishes with the right temperature and flavor to the banquet guests, as the critical hidden key to every successful banquet.

On one occasion, the service associates presented a rice cake to the Head Chef in a hurry, as the guest has bitten something rock-hard in the rice cake, which upon closer inspection, turned out to be a false tooth, and has brought much disbelief and shock to the entire banquet team who has carried out all culinary dishes according to the highest standard of HACCP for ensuring the best quality and service. However they found out that a guest

at the same table has lost his false teeth, yet the kitchen team members have quickly served up a freshly made rice cake to the table.

As we taste delicious dishes under a joyful atmosphere, precision was imbued in the Head Chef's intuitive and innate calculation of kitchen operation, and command of the cooking duration of every dish so as to present the best quality and flavor to every guest at the every banquet table.



宴會主廚常祝鈞細心準備料理
Banquet Chef Kevin Chang

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台中亞緻大飯店 THE LANDIS TAICHUNG

微醺夜 | 與調酒師的心靈對話

A CONVERSATION
WITH THE BARTENDER ON A TIPSY NIGHT

台中的夜晚除了逛夜市、看夜景之外，還能有什麼其他選擇呢？跟自己來場大人的聚會吧！
Apart from roaming the night markets and checking out the nighttime lookouts, what other choices are there for spending a night out in Taichung? How about an adult gathering?

台中亞緻大飯店29樓的忘廊 Lounge ONE，為台中最高的酒吧，在下班後的夜晚，輕啜一杯有層次的調酒，搭配五星級主廚的精選私房料理，在各式音樂的帶領下，讓自己沉浸在既喧鬧又私密的獨特氛圍裡，梳理一整天的情緒與感受，療癒疲憊的身心靈。

在那入秋的夜晚，有位初次進入酒吧的客人，神情中帶點陌生，選擇吧台的位置坐了下來，調酒師不疾不徐的走向她，專業且仔細地介紹著這次以「正港台灣味」為概念所設計的酒單，說明如何藉由對台灣各大小城鄉的認識，找尋當地的調酒素材，獲得創新的製作靈感打破既有框架，將這些過程融合於調酒之中，哪怕只是妝飾調酒的柳橙焦糖片，都有著不同的學問。

解構食材，不只是現今全球的廚藝趨勢，更是現在的調酒趨勢。調酒師已經不再只是單純的把酒加一加，現在的調酒師除了要懂馬丁尼 (Martini)、摩西多 (Mojito) 等這些具有百年歷史的經典調酒外，還要深諳台灣在地食材，結合各地的文化底蘊，才能使得每一杯酒都充滿著濃厚且無窮的記憶。

當晚，她與同仁們相談甚歡，各自聊著生活上的大小事，當時他們不是顧客及服務人員的關係，更像是無

話不談的閨密。不久之後，飯店的粉絲專頁收到一則來自那位顧客的私訊，內容大致分享了當日入住的心得感想，她以文字方式來表達對服務同仁的感謝，並特別提到忘廊帶給他的感覺：「對我來說，忘廊不只是一間酒吧，雖然位於五星級飯店中，它給我的感覺卻是那麼親切、沒有距離，也感謝調酒師和酒吧同仁與我分享那麼多故事及經驗，真的是非常美好難忘的回憶。」

忙碌的生活中，每一個人偶爾都需要放慢腳步、抽出時間來享受生活之美。在忘廊，您可以藉由品嚐調酒中的酸甜苦辣，體會生活中的喜怒哀樂。

With Lounge ONE, the highest located bar in Taichung, on the 29th floor of the Landis Taichung, on nights after work, a sip of a glass of flavorful cocktail, along with the gourmet cuisine created by the five-star chefs and his culinary team, would go a long way in aid of recovering from your days of hectic schedule and stress.

On an early autumn night, a guest, upon her first visit to the bar, walked in and sat down at the bar. The bartender walked up to her and thoroughly introduced the indigenous Taiwanese-flavor cocktail menu, as



忘廊 Lounge ONE 首席調酒師 - Mic
Lounge ONE Chief Bartender - Mic.



忘廊 Lounge ONE「正港台灣味」年度調酒
Lounge ONE annual indigenous Taiwanese flavored cocktails.

inspired by the local cocktail ingredients from the process of getting to know every towns, big or small, in Taiwan, even down to the a simple slice of cocktail garnish in an tangerine-flavored caramel slice.

As the concept of ingredient deconstruction is not merely an ongoing trend in the world of global culinary industry but that of the cocktail space, bartenders are not merely mixing the liquors in a simplistic fashion but needing to familiarize with the local ingredients and their respective cultural underlay in Taiwan, on top of their knowledge of the classic cocktails of Martinin and Mojito, etc., so as to imbue each glass of cocktail with an enriched assorted flavors of sensory memories.

As that night where she and our bar staffs enjoyed a great talk about all tales in their respective lives,

more like life-long friends, rather than patrons and servers, not long after, the hotel received a message from that guest in sharing her memories of that evening where she expressed her gratitude to the service associates with special reference to her impression of Lounge One from that evening, "As far as I was concerned, Lounge One was not just a bar in a five-star hotels but a place of personable and friendly services, and thanks for the wealth of story and experience sharing from the bartender and bar staffs, it was an unforgettable evening of great memories".

Amid the hustle and bustle of everyday life, everyone shall occasionally slow down and appreciate the beautiful moments in life. And in Lounge One, the flavors in the cocktails hopefully would resonate with the encounters of different aspects in your life.

用心打造每個細節，只為讓您盡興而歸。

新竹科學園區3分鐘，商務差旅最佳首選

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台北亞都麗緻 The Landis Taipei

**「忘年盛會·麗緻饗宴」
春酒尾牙專案 | 滿額最高享2萬元餐飲禮券
“Year-End Party in the Landis”
promotion program with giveaways of up to
NT\$20,000 dining coupons with reservation
purchases reaching certain values.**

台北亞都麗緻大飯店2019年「忘年盛會·麗緻饗宴」，以天香杭饌盛宴犒賞米其林員工，特別針對部門年終餐敘設計3桌也成行的尾牙春酒專案，桌宴NT\$16,800起，每桌再贈果汁無限暢飲，單次宴席滿額再加贈天香樓2萬元餐飲禮券。

The Landis Taipei's "Year-End and Spring Parties in the Landis" features exquisite Michelin-Star Hangzhou cuisine of Tien Hsiang Lo. Specially designed for minimum 3 tables for any happy occasion, from NT\$16,800, which include complimentary flow of fruit juice. Each banquet event is entitled to giveaways of Tien Hsiang Lo Food & Beverage coupon of values up to NT20,000.



天香樓廳景
Tien Hsiang Lo

INFO

Tel +886-2-2597-1234 taipei.landishotelsresorts.com

台南大億麗緻 Tayih Landis Tainan

**「樂GO台南·限時獨享」高鐵7折住房專案
"Tainan Happy Go Room package"
and enjoy a 30% for High Speed Rail ticket.**

搭高鐵·住台南，3月最優惠!即日起~2020.03.31官網限定推出「樂GO台南 限時獨享」7折高鐵聯票住房專案，03.02~03.31限定入住雅緻雙人房NT\$4,299起、豪華家庭房NT\$6,399起，依房型贈自助式早餐及大億配對飲料環保提袋，入住期間不限時段高鐵全票7折優惠。不要錯過這超值優惠! 相約遊台南。

From now to Mar 31th 2020, The Landis Tainan official website offers its "Tainan Happy Go Room package", stay during 2nd to 31th Mar. Guest gets exclusive 30% off fare for High speed Rail ticket, and Superior Double / Twin start at NT\$4,299, Double-Double start at NT\$6,399. These excellent prices include breakfasts and reusable beverage holders. HSR discount ticket is for all run time during the accommodation. Do not miss out the good chance, come to visit Tainan!



INFO

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標準客房
Standard Room

INFO

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台中亞緻 The Landis Taichung

**2020 台中亞緻大飯店 | 冬戀亞緻住房專案
2020 The Landis Taichung Winter Room
Program**

2019年12月1日~2020年2月29日平日入住標準客房，最低只要NT\$4,199起，包含異料理豪華自助早餐兩客。

From Dec. 1st 2019 to Feb 29th, 2020 Standard room special price during weekdays, from NT\$4,199, including luxurious breakfast buffet for two.



紗帽溫泉房
Superior Room

INFO

Tel +886-2-2861-6661 yangmingshan.landishotelsresorts.com

陽明山中國麗緻 Landis Resort Yangmingshan

**麗緻冬戀·一泊二食
Landis Winter Package of One Night
Stay and Two Meals Package**

冬天及春天，正是泡湯賞櫻的季節，即日起至2020年1月23日止來電預訂平日雅緻客房，即可免費升級紗帽溫泉房，還多贈送雙人簡餐，預訂假日雅緻客房，除了贈送雙人簡餐之外，可以享有半價升級紗帽溫泉房的優惠喔! 快來泡湯溫暖一下吧!

Winter and spring are the seasons for hot spring and cherry-blossom viewing. From now until Jan 23th 2020, When you book for a weekday Standard Room, you will receive a complimentary upgrade to the Superior Room, along with free meal for two, and for any reservation for the weekend Standard Room, apart from the complimentary meal for two, it also comes with half-price upgrade to the Superior Room! So, come and enjoy the Hot Spring!

烏來璞石麗緻 Pause Landis Wulai

島民專屬 · 冬季暖服務 | 住宿專案

Exclusive Winter Room Package for Taiwanese Nationals.

把握冬日短暫的溫暖時光，離開溫暖的被窩 起身動一動來場療癒小旅行，藉由溫泉、美食及烏來特有自然美景，把身子好好養好來。

【秋冬住房專案】入住雙人房最低NT\$5,935起，每房贈送迎賓飲料兩杯詳細優惠內容請見官網最新消息。

Seize the brief warmth in winter days, get out of your warm bed, and move about.

Enjoy a therapeutic wellness trip with hot spring, fine cuisine and the natural beauty of Wulai. "The Autumn and Winter Room Program" offers a room for two from NT\$5,935 on with complimentary welcome beverage for two. For further details, please go to the official web site for the latest promotion program.



璞石套房
Pause Suite-White

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暖心藥浴包
Herbal Bath Pack

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竹湖暉順麗緻 Landis Inn Chuhu

冬季限定 | 冬季暖心遊住房專案

Room Program to Warm You Up in The Winter

今年冬天，來趟新竹小旅行，享受前所未有的美好！依每房贈送「暖心藥浴包」，每房皆備有獨立衛浴設備，無時間限制盡情泡澡，舒適柔軟的大床，享受一夜好眠的恬靜時光，讓您身、心、靈全然歸零與放鬆。即日起至 2020年3月31日止，雙人房平日NT\$ 3,200起。

This winter, take a trip to Hsinchu to enjoy an extraordinary beauty program. Herbal Bath Pack is being provided in each room which has private bathroom and a cozy bed, You may take an awesome bath to relax your body before having a peaceful sweet dreams. From now until March 31th 2020, offers a room for two from NT\$3,200.



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世界最佳甜點主廚 Cédric Grolet (西卓里·高列) 受邀來台參與活動，期間下榻台北亞都麗緻大飯店。Cédric Grolet 曾獲得「世界最佳甜點師」美名，以「擬真水果」甜點風靡全球，並同為巴黎米其林三星 Le Meurice 甜點主廚。

Cédric Grolet, the world's best pastry chef, was invited to Taiwan to participate in a special event, has stayed at The Landis Taipei. Cédric Grolet has earned the reputation as the "The World's Best Pastry Chef" and was famous for his sculpted fruits. He is also the Executive Pastry Chef at Paris' 3 Michelin Star restaurant, Le Meurice.



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國際知名合唱指揮 - Maria Guinand (中) 入住台中亞緻大飯店，於大廳與台中亞緻大飯店副總經理簡基麟 (左一) 合影。

The world-renowned chorus conductor, Maria Guinand (center) stayed in The Landis Taichung and was photographed in the lobby with the Assistant General Manager of The Landis Taichung, Mr. Kilin Jian (First from the left)



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臺南市政府 2019 聖誕跨年「2020 台南好 Young」音樂會首波開唱邀請荷蘭超級美聲 Martin Hurkens (左)，演出期間下榻大億麗緻酒店，於大廳舉辦歡迎記者會，與酒店總經理嚴心誼合影留念。

Dutch renowned cosmo-meteorologist Martin Heckens (left) is invited to stay at the Tayih Landis Tainan during his visit which is part of the first wave of invites during the "2020 Tainan Good Youth" concert hosted by the Tainan City Government during Christmas and New Year. This was accompanied by a welcome reception by reporters at the hotel lobby with the presence of Frances Yen, General Manager of the hotel.



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有「最懂孩子的音樂製作人」之稱的謝欣芷老師，於風潮音樂巡迴音樂會的新竹場表演期間，入住竹湖暉順麗緻文旅。帶著兒子小花生在木樂地聯名親子房享受親子時光，並於謝老師的 FB 粉絲專頁直播分享，留下難忘的回憶。

Ms. H.Z. Hsieh, also known as the best music producer for children, stayed in Landis Inn Chuhu during the Hsinchu performance of the Wind Music Concert Tour. Along with her son, nicknamed little peanut, they stayed in the MULEDY family rooms with Facebook Live Streaming and shared with her fans their experience of a wonderful stay.



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中國麗緻大飯店主廚，即將使用陽明山的新鮮野菜，做出一道道美味的料理，邀請您一同來店品嚐。

The Head Chef of Yangmingshan Landis Resort will collaborate with the suppliers of fresh vegetables grown in Yangmingshan to present many wonderful courses of delicious dishes awaiting your patronage.



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天氣逐漸轉涼，有點濕、有點涼，帶點冷冽的風不經意的吹起，慢慢有了蕭瑟和惆悵的感覺。也是開始泡湯的好時機；暖呼呼的溫泉水，泡完湯後再來一杯暖心熱飲、小酌一番，或是大啖美食，真是人生一大樂事和享受啊！

As the weather gradually turns cool with some dampness, and with cool breeze blowing inadvertently, one will slowly feel a sense of sorrow and remorse. It is the best time for enjoying hot springs, drinking hot drinks or good meall, which is indeed something one should not miss out!

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