

10 Temptations: Edible ivory

Savour the prized white asparagus at Chef Tobias Gensheimer's signature dinner

By Lizzie Turner

White asparagus is one of the most highly regarded epicurean delights, due to its distinctive taste and tenderness, as well as its many health benefits. The rate at which this delicate “royal” vegetable absorbs oxygen and expels carbon dioxide after harvesting is much higher than any other vegetable, making it more perishable. This is why only the very freshest, carefully handled stems retain their crisp yet tender texture, and only the best make it into Chef Gensheimer's kitchen.

When these fresh ivory shoots start peeking through the soil, it is a sign that spring has arrived. White asparagus season is short, so Chef Gensheimer is wasting no time in bringing this luxurious delight to your table. His German roots give him the upper hand in working with asparagus, and back home, the white variety is especially favoured. He will use his signature techniques to bring out the subtle flavours of asparagus and its accompanying ingredients in true Gensheimer style.

Join him at Sha Tin Clubhouse, where he will be holding two events to celebrate this edible ivory, beginning with the Spring instalment of his 10 Temptations Dinner. This prelude will be followed by a two-week white asparagus promotion.

Chef Gensheimer's superb menu will be served with expertly paired wines that score 90-plus on Robert Parker's 100-point wine-rating scale. Spring has never tasted so good.



十重誘惑：吃得到的象牙

在甘兆銘主廚招牌晚宴上品味珍貴白露筍，享受與別不同的美饌。

白露筍擁有別樹一格的味道與柔嫩口感，對消化系統及身體其他方面亦甚有裨益，因而被推崇為食家美饌之一。這種「皇室蔬菜」被收割後，吸收氧氣與釋放二氧化碳的速度遠比其他蔬菜為快，因而令它更快腐爛。正因如此，只有最新鮮並經過細心處理的露筍，才能保存其鮮嫩爽脆的質感，而當中只有最優秀的，才會獲甘兆銘主廚選用。

白露筍新鮮嫩芽破土而出，正是春天悄悄降臨的象徵。白露筍的季節短促，因此甘主廚正抓緊機會為你呈獻這尊貴皇室美饌。在德國土生土長的他，烹調露筍自然手到拿來，而在家鄉，白露筍更是特別受大眾喜愛的品種。他將以其炮製招牌菜的秘技，帶出露筍與配菜的神秘滋味，以「甘兆銘式」的獨特風格呈獻於會員眼前。

他將於沙田會所以這種極品食材作為兩項美食活動的主角；率先以他著名的「十重誘惑」晚宴春季系列掀開序幕，繼而再為會員呈獻為期兩星期的白露筍美食推介。

甘主廚非一般的菜式，將精心配以羅拔·柏加100分評酒制中獲評90分以上的高級佳釀。快來細嘗前所未有的春天滋味！

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Did you know?

- In countries such as Germany, Switzerland and France, white asparagus is often referred to as edible ivory, or the royal vegetable.
- In Germany, asparagus season is called Spargelzeit. Many towns hold annual Spargelfest where people can enjoy fresh asparagus dishes and participate in asparagus peeling contests.
- White asparagus is grown under a covering of soil to deprive it of light and halt the photosynthesis process, preventing it from turning green. Unlike green asparagus, which is picked when its shoots reach around six to eight inches, white asparagus is harvested as soon as the first buds peek through the earth. This gives white asparagus its milder, tender flavour.

您知道嗎？

- 在德國、瑞士及法國等國家，白露筍經常被形容為「吃得到的象牙」或「皇室蔬菜」。
- 在德國，白露筍當造季節稱為Spargelzeit。很多城鎮都會舉行一年一度的Spargelfest，人們可享受新鮮白露筍美食及參與白露筍削皮比賽。
- 白露筍生長於泥土以下，避免受陽光照射，因產生不了光合作用而沒有變成綠色。有別於生長至大約六至八吋才被採摘的青露筍，白露筍的嫩芽一穿破泥土便要立即收割。這造就了白露筍那較為溫和而柔軟的口感。

Chef Tobias' 10 Temptations Dinner- White Asparagus, With RP90+ Wine Pairing

總廚甘兆銘「十重誘惑」晚宴
—— 白露筍配RP90+美酒
May 18

White Asparagus Promotion

白露筍美饌
May 19 – June 2

Centurion Restaurant
Sha Tin Clubhouse
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