



Wizard Chef

In recognition of culinary creativity extraordinaire

创意迸发 魔法时刻

Created by Global Gourmet, Shanghai. Executed by Winnie Liang, Photos by Xiang Yang
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An Italian Journey in A Chinese Dream 中国梦里的意大利之旅



Born and raised in Shanghai, Chen Shiqin had his life written in Italy. Without any career direction right after his schooling, Chen embarked on a journey to Italy in 2000, lured merely by his fancy for the Mediterranean lifestyle. There he ventured into culinary training at I.C.I.F culinary school. Fast track after 13 years, which Chen considers the most colorful and fulfilling chapter of his life, he returned to his roots with a wealth of culinary experience coupled by a star-studded trail of accolades garnered from the Michelin stars restaurants where he worked in Italy (Le Rei at Serralunga d'Alba; Antica Corona Reale at Cuneo; and Dal Pescatore at Montova). Being the first Chinese appointed as the head chef of a 2 Michelin star restaurant, let alone the prestigious awards he received ("Premio Novita Dell'Anno" or "Best Creative Young Chef" by Espresso and "Dimora Grand Chef" by Relais & Chateaux), Chen is admirably modest with his feet on the ground.

Behind every successful chef is an inspiring mentor. And for Chen, his making as a chef was nurtured by the iconic Italian culinary czar Gianpiero Vivalda of Antica Corona Reale under whom he was trained. "Gianpiero ignited my passion for cooking and inculcated in me the paramount virtues of dedication and determination in my career as a chef", Chen recalls. "Another person who influenced me greatly is Nadia Santini of Dal Pescatore restaurant whose devotion and sincerity guarded me from seeing myself as a star but rather as a craftsman of ingredients who delivers the joy of gastronomy to my guests". And this also what Chen has to say to aspiring young chefs in China: "Dream and aspire but with your feet on the ground".

While each culture prides itself with its own cuisine, be it Chinese, French, Spanish, or Indian, Italian cuisine to Chen is the most diverse and fascinating. "From one region to the other, and from North to South in Italy, a myriad of indigenous ingredients, culinary traditions, colors, and flavors dazzles the palate," he says. "Such richness and multiplicity in food is also translated in the menus of Italian cuisine, ranging from soups and salads to anti-pasta and pasta to risotto, main courses and desserts". To deliver such the multiplicity of flavors on the table, Chen places the "attention to ingredients" second to none. This is also how he assessed competing chefs when he was a member of the jury at ALMA, the largest cooking competition in Italy. Without saying, Chen dreams of bringing the richness and authenticity of Italian culinary culture to China for the genuine appreciation of chefs and diners alike.

And, as the appointed Wizard Chef of Global Gourmet Magazine for the month of May, Chef Chen Shiqin is giving a glimpse of his Italian journey in his Chinese dream via his culinary creation: Trio of Matrimony.

作为土生土长的上海人，现工作于Gran Azzurro Italian Restaurant的陈使钦的命运似乎被写在了意大利。毕业之后，出于对地中海生活方式的美妙幻想，没有职业方向的他在2000年踏上了去往意大利的旅途。在那里，他冒险进入了意大利外国人烹饪学院。回首时光飞转的13年，陈使钦重回自己烹饪之路的根源，一路收获的丰富经验离不开无数给予他启蒙和磨练的米其林餐厅（位于Serralunga d'Alba的Le Rei、位于库尼奥的Antica Corona Reale、位于曼图亚的Dal Pescatore），更成为他一生中最丰富多彩、充满意义的时光。虽是首个担任米其林2星餐厅厨师长的中国人，更斩获无数的重量级奖项（意大利

Espresso评定的“年度创新奖”和“最佳新晋厨师奖”），陈使钦一直态度谦逊、脚踏实地。

每一个成功的厨师背后都有一个励志的故事。对于陈使钦来说，他的厨师之路深受意大利烹饪界泰斗Antica Corona Reale餐厅厨师Gianpiero Vivalda的启发和培养。“Gianpiero点燃了我心中对烹饪的热情，并教诲我对职业的奉献和决心。”陈使钦回忆道。“另一位对我影响巨大的厨师是Dal Pescatore餐厅的Nadia Santini，她的专注与真诚让我从未视自己为明星，而是天然食材的工匠，带给食客美食的喜悦。”这也是陈使钦对年轻厨师的鼓励：梦想和雄心都要建立在脚踏实地的基础之上。

尽管烹饪文化各不相同，如中餐、西餐、西班牙菜或印度菜，对陈使钦来说，最多样，也最令他着迷的是意大利菜。“从一个地区到另一个地区，从北到南，都有大量不同的本土食材、烹饪传统，颜色和风味也各不相同。”他说道。“这种食物的丰富多样性也体现在意大利饭和菜单之中，从汤、沙拉到意面、调味饭、主菜及甜点。”为了将如此多样的美味带到餐桌，陈使钦将厨师对食材的关注视为重中之重。这也是他在担任意大利ALMA烹饪学校毕业典礼厨艺比赛评委时的评判标准。毋庸置疑，陈使钦的理想是将地道的意大利风味带到中国，不仅为中国食客，也为中国的厨师。

所以拿到3个食材后，他决定将沙拉、意面、主菜结合在一道菜中，烹饪方式虽追寻传统，又有所创新，如在水饺皮中加入蔓越莓，微酸的口感为淡奶油和牛肉做成的馅料带来一抹清新，整体平衡而美味。

而作为《环球美味》杂志5月刊指定的“魔法师”，陈使钦已启程去实现自己的中国梦。

Trio in Matrimony 婚礼三重奏



White Sesame Sponge with Pickled Beef Slices 白芝麻奶油海绵蛋糕配澳洲牛板腱肉薄片

Ingredients

100g white sesame, 40g **Anchor extra yield cooking cream**, 200g protein, 400g egg whites, 40g glucose, 20g flour, 500g **Australian beef oyster blade**, rosemary, 20g white wine vinegar, 20g **Dried U.S. cranberry**, 200ml olive oil, salt and pepper to taste

Method

1. Combine white sesame, cooking cream, protein, egg whites, glucose, flour and salt. Blend well and press through whip into paper cup. Cook with microwave for 40 seconds to make sponge.
2. Slightly cook beef then let cool in refrigerator. After cooling, slice to pieces and pickle.
3. Combine white wine vinegar, dried cranberries, olive oil, salt and pepper to make sauce.
4. Plate as shown.

原料

100克白芝麻、40克**安佳高效烹饪奶油**、200克蛋白、400克可可脂、40克葡萄糖、20克面粉、500克**澳洲牛板腱肉**、迷迭香、20克白葡萄酒醋、20克**美国蔓越莓干**、200毫升橄榄油、盐和胡椒调味

做法

1. 将白芝麻、烹饪奶油、蛋白、可可脂、葡萄糖、面粉加少许盐搅拌均匀，经奶油枪挤入纸杯容器，微波加热制成松软海绵蛋糕。
2. 将牛腱肉煎至粉红色，在冰箱冷却后切片腌制。
3. 将白葡萄酒醋、橄榄油、蔓越莓干加胡椒和盐调制成酱汁。
4. 摆盘如图。

U.S. Cranberries Beef Ravioli 意式蔓越莓澳洲牛板腱肉饺

For filling

Ingredients

500g **Australian beef oyster blade**, a few celery roots, 2 onions, 1/2 carrot, some herbs (rosemary, thyme, clove, cinnamon, cardamom), some salt and pepper to

taste, half bottle white wine, half bottle red wine, 100g **Dried U.S. cranberry**, 50g **Anchor extra yield cooking cream**, 100g Carnaroli rice, 100ml meat stock, 100ml milk, 50g Parmesan cheese, 1 egg

Method

1. Braise beef in red and white wine together with celery, carrot, onions, rosemary, thyme, clove, cinnamon, nutmeg, salt and pepper.
2. When cooked, mince beef with Carnaroli rice and mix with meat stock, milk, Parmesan cheese, cooking cream and egg to make filling.

For pasta

Ingredients

100g flour, 25ml hot water, 25g protein, 5g **Dried U.S. cranberry**

Method

1. Mix flour, protein, cranberries and hot water then blend well to make dough.
2. Cut dough into appropriate piece to roll into ravioli wrappers.

For ravioli

1. Use teaspoon to scoop filling and wrap in pasta wrappers. Spread some flour on tray to place raviolis to avoid sticking.
2. Boil water with some salt to cook ravioli. Once raviolis float and are cooked, scoop and plate as shown.

肉馅

原料

500克**澳洲牛板腱肉**、半把西芹、2个洋葱、半根胡萝卜、迷迭香、百里香、丁香、肉桂、豆蔻、胡椒、盐、半瓶白葡萄酒、半瓶红葡萄酒、100克**美国蔓越莓干**、50克**安佳高效烹饪奶油**、100克意大利米、100毫升高汤、100毫升牛奶、50克帕玛森芝士、1个鸡蛋

做法

1. 将牛肉表面煎制上色，混合西芹、洋葱、胡萝卜、迷迭香、百里香、丁香、肉桂、豆蔻、胡椒和盐，用红、白葡萄酒烩熟。
2. 混合意大利米、烹饪奶油、高汤、牛奶、帕玛森芝士、鸡蛋和盐切成肉末做馅料。

面皮

原料

100克面粉、25克热水、25克蛋白、5克**美国蔓越莓干**

做法

1. 将面粉、蛋白、蔓越莓干和热水混合，揉成面团。
2. 切成想要的形状，做成面皮。

水饺

1. 用勺子舀馅，填入面皮。在托盘上撒少许面粉，避免水饺粘黏。
4. 用盐水煮水饺。一旦水饺浮起，捞出摆盘如图。

Beef Oyster Blade Braised in Red Wine with Almond Cream Sauce and Cranberries Bone Sauce 红酒烩澳洲牛板腱肉配杏仁奶油酱和蔓越莓牛骨汁

Ingredients

500g **Australian beef oyster blade**, few celery roots, 2 onions, 1/2 carrot, some herbs (rosemary, thyme, clove, cinnamon, cardamom), some pepper, salt, half bottle of red wine, 10g **Frozen U.S. cranberries**, 100g beefbroth, 40g butter, 20g shallots, 30g almonds, 200g **Anchor extra yield cooking cream**

Method

1. Braise beef in red wine with celery, carrot, onion, rosemary, thyme, clove, cinnamon, nutmeg, salt and pepper.
2. In a bowl, mix frozen cranberries, beef broth and melted butter until smooth to make flavored sauce.
3. In another bowl, mix butter, shallot, almonds, and cooking cream until smooth to make almond cream sauce.
4. Plate as shown.

原料

500克**澳洲牛板腱肉**、少许西芹根、2个洋葱、半根胡萝卜、迷迭香、百里香、丁香、肉桂、豆蔻、胡椒、盐、半瓶红葡萄酒、10克**美国冷冻蔓越莓**、100g牛骨汁、40克黄油、20克小干葱、30克杏仁、200克**安佳高效烹饪奶油**

做法

1. 将牛肉表面煎制上色，混合西芹、洋葱、胡萝卜、迷迭香、百里香、丁香、肉桂、豆蔻、胡椒和盐，用红葡萄酒烩熟。
2. 将冰冻蔓越莓、牛骨汁和黄油搅拌均匀，制成酱汁调味。
3. 将黄油、小干葱、杏仁、烹饪奶油搅拌均匀，制成杏仁奶油酱配餐。
4. 摆盘如图。