

## FOOD AND COOK

There is just one thing we can never avoid every day: eating. This issue of Flamma brings you to the world of more "interesting" eating experience...

### Arts on Food - William Chew

Have you ever thought about turning ordinary food into an impressive art piece or a fascinating showcase? If you haven't, these will definitely open your eyes!

Back in 2010, there was an incredible masterpiece from pieces of toast in K-11, a shopping mall in Tsim Sha Tsui which holds art exhibitions. It was a giant crunchy replica of Mona Lisa made out of around 6,000 individual pieces of toast. The artist used a blowtorch to create different colour tones and patterns, the renowned "Mona Lisa" had been transferred from Paris to be showcased in Hong Kong.

Apart from combining food with visual art, a tasty cuisine can be one of the members of the food art family. White chocolate dessert presented by Alinea in Chicago is a mind blowing example of that. Scan the QR code below to check out the stunning work of food art.



### Midnight hunger - Chris Lam

Imagine sitting on the bed by the window, the city lights in the distance are getting dimmer. Daddy and Mummy are sleeping like a log. How embarrassing it is to hear your stomach growl under this circumstance? You have no choice but to nose around for the snacks hidden by them. Yet, biscuits and cup noodles can spoil our appetite. Why don't you treat yourself better? In this passage, we are going to teach you how to make mouthwatering light meal using common ingredients found in a household refrigerator.

- **5-minute Macaroni and Cheese**

Ingredients: Milk, cheese, black pepper, salt, macaroni (can be replaced by instant noodle or spaghetti)

Step 1: Pour some hot water into a bowl of macaroni and blanch it in by the microwave for 2 minutes.

Step 2: Pour the milk and add some cheese. Put it in the microwave again for 2-3 minutes.

Step 3: Dust with salt and black pepper for seasoning.



- **Fondant Marshmallow sandwiches**

Ingredients: Marshmallow, chocolate sauce, crackers or bread

Coat a cracker with chocolate sauce. Then layer it with marshmallows. After placing a second cracker on top, heat the sandwich in the microwave for 30 seconds to 1 minute.



## 7 Strangest Food by Continent

- Harrison Chen, Calvin Tong

We live in a 'food paradise', and our appetites are spoiled. We become picky when choosing food. When we travel around the world, we scout for the bizarre food to add to our dining logbook. In this section, you will look at the strangest food from different places that may kill your appetite.

### 1. Sannakji - Asia/South Korea

Eating the living octopus while it squirms in your oesophagus may be the worst nightmare for the cowards, but for many brave men, it is a next level challenge, don't get choked or else your life is at risk!



### 2. Casu marzu - Europe/Italy



This is a type of cheese made by sheep milk and live insect maggots. Close your eyes when you eat it. Luckily, it is soft which makes you feel much more comfortable about it.

### 3. Ostrich Egg Omelette - Africa

Normally, we eat one or two omelettes for breakfast. However, this time you can eat it for a month because the egg is as large as 24 chicken eggs!

### 4. Buchada (Goat stomach) - South America/Brazil

Want to take a look at the human stomach but got kicked out from med school? Buchada may be the best substitute for that 'experiment'. Just ask the locals, they love their food.



### 5. Doughnut Egg Sandwich - North America/US

American cannot live without their favourite doughnut, even when they have breakfasts. While we usually have sweet ones in Hong Kong, they eat them with hams and cheese. What a weird combination of sweet and savoury.



### 6. Lamington - Australia



This Australian sponge cake is by far the most appealing food on the list, covered with chocolate sauce and desiccated coconut. It has been around for almost 200 years. It is a unique dessert that can hardly be found outside the Australia.

### 7. Tinned food - Antarctica

In this place, you can only see snow everywhere, so what do habitants there eat? Only the tinned food can help survival in this harsh environment, embrace it!



## Quote

“There is no sincerer love than the love of food.”

- George Bernard Shaw  
(1856 - 1950, Playwright)

## Master Chef de Salesian

- Andy Ting, Nelson Wong

We have invited some students for a survey talking about which teachers can cook well. And finally we have asked Mr Leung and Mr Lau to do an interview.

**Mr Leung:**

**Question:** Why do you like cooking?

Because you can control your cooking style (e.g. al dente pasta).

**Question:** What is your “Signature Dish”?

Pasta Bolognese which is from my grandma’s recipe. Also potatoes with pickled vegetables and minced meat.

**Question:** Have you ever had a bad experience when cooking?

Once I added some vinegar into the pasta for fun. But the taste was disgusting.

**Question:** Which teacher do you think cook best?

I think Ms Wong, the chemistry teacher, cooks well, especially curry.

**Mr Lau:**

**Question:** Why do you like cooking?

Cooking is both an art and a science. When you cook, you can experiment with different ingredients to get a perfect taste.



**Question:** Do you have any tips to be a good cook?

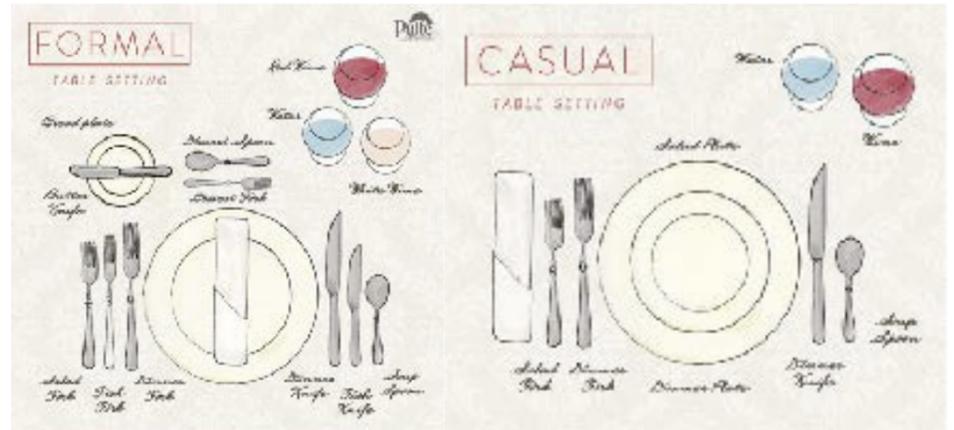
Actually I do not cook very often, but there are endless recipes that can help online.

**Question:** What is your “Signature Dish”?

Spaghetti Aglio e Olio. And to quote Emerson, “Nothing is more simple than greatness; indeed, to be simple is to be great.”

**Question:** Which teacher do you think cooks the best?

Mr Wan, but he retired. :(



## How to become a gentleman when using cutlery? - Table manner

- Harrison Chen, Peter Ng

Do you remember when your parents taught you how to hold chopsticks firmly? How no one should talk on the dining table? How you should not touch every piece of food with your chopsticks to pick the best-looking one? Or, how you should only choose the piece closest to you? In the western world, table manners are a far cry from our traditional Chinese customs. Here are some essential skills that you have to master.

Holding a knife and a fork seems to be a piece of cake. But caution! It is different from the Chinese cutlery, you must hold your knife with your right hand while the fork with your left. You should tuck the knife’s handle into your palm and your index finger should be on top of the handle. Don’t leave your knife alone from the fork, it is useful for eating, unless you face the prongs of the fork upwards when you are enjoying the mouthwatering appetiser.

After finishing the meals, you need to put your cutlery on the centre of the plate to address the waiters that you are ready to pay the bill. On the contrary, putting your knife and fork separately means that you are resting between bites. This is similar to putting the chopsticks beside the bowl.

Generally, using your fork and knife properly is the basic criterion to dine poshly. Be sure to practise more so you won’t be the laughingstock at the restaurant!

## Restaurant Pick! - Gordon Tam

Situated near Shau Kei Wan Main Street East, it is hard for us not to notice the food trend in town. The following restaurants to be introduced will certainly re-live your best dining memories.

The first one is ‘Snack Bar’. It is a small restaurant close to our school. There are lots of delicious food, so a lot of Salesian students will go there for lunch. Their famous dishes are chicken fillet with fried noodles, scrambled egg with pork cutlet rice and fried rice with eel.

Next, I recommend ‘味口福’. It is a new restaurant on the ground floor of Shau Kei Wan Plaza. Their popular food is hamburgers and we can add some extra toppings on the hamburgers.

The last one is ‘民聲冰室’. It is a restaurant famous for its minced pork dishes. Nevertheless, their steamed chicken is also as tasty.



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