

Post Magazine ^{29.09.19}

Faith, fear and freaks

Winter on Russia's Lake Baikal



The Hong Kong Jockey Club Presents
20th Century Chinese Female Artist Series

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The Art and Inspiration of Irene Chou

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COOKBOOK | SUSAN JUNG

Káin Ná!

by Felice Prudente Sta. Maria and Bryan Koh

Any food lover interested in exploring Filipino cuisine should look into *Káin Ná!* (2019). There are no recipes, sadly, but there are plenty of charming illustrations by artist Mariel Ylagan Garcia.

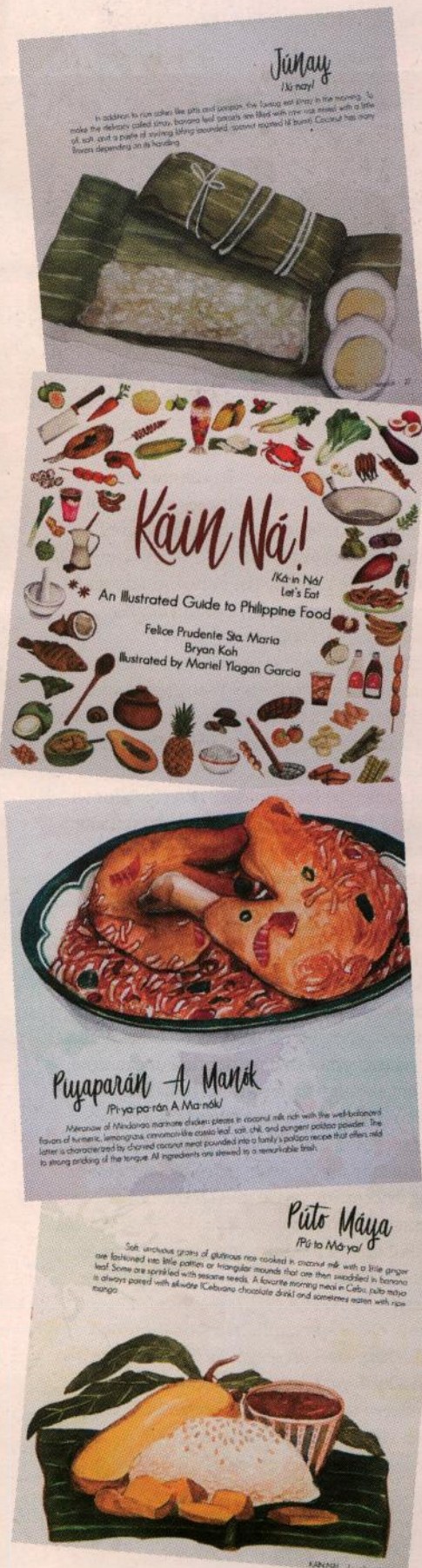
The writers are Filipino culinary historian Felice Prudente Sta. Maria and Singaporean cookbook author Bryan Koh, who wrote the excellent *Milk Pigs & Violet Gold* (2013), which also focused on Filipino food.

In the introduction, they write, “Filipinos seem to prefer a variety of dishes served altogether at a meal. The ‘eat all you can buffet’ satisfies the native craving, and desire for variety has made the Philippine meal flexible. Even the simplest repast of rice and a tiny piece of fish has hidden complexities [...]”

“One is expected to be spontaneous in combining and sequencing the tastes and flavours of every menu [...] But a meal is far more than just filling your stomach.

“Eating the Filipino way, however, is not only a celebration of cooking but of how valuable relationships are. ‘*Káin ná*’ is the call to table. It means, ‘let us eat now.’ The nationwide preference is to dine with others. Mealtime is when friends and family share happy stories, never anxieties and tragedies. An invitation to the table is often accompanied by a light tug on the arm. The lady of the home may take liberties and refill guests’ plates herself as conversations liven up. A Philippine meal is incomplete without joy.”

The dishes in the book show the diversity of the national cuisine, which has been deeply influenced by the country’s colonial occupiers. They also explain Filipino customs about breakfast (“Filipinos eat what is served at other times of the day also for breakfast”); *meryenda*, or afternoon snack, “a must in the Philippines”; and other meals. Dishes include adobo (of course), kinilaw (raw fish with vinegar and sour fruit juice), pancit (fried noodles, which has its roots in China), dinuguán (meat cooked in blood), balut (unhatched duck), ube (purple yam) cake, crispy páta (“thrice-fried pork knuckles”), leche flán, and ensaymáda (“the queen of Philippine breads”).



WINE TASTING | SARAH WONG

To new shores

Franciacorta, the champagne of Italy, is slowly making its presence felt around the world.



France has Champagne. Italy has Franciacorta. Located in Lombardy, an hour from Milan, the region’s eponymous sparkling wine is made using the traditional method, with secondary fermentation taking place in the bottle.

Outside Italy, franciacorta can be hard to find. Production is small and most of the wine is drunk locally. In 2017, 17.4 million bottles were sold, of which only 11 per cent were exported. In contrast, about 300 million bottles of champagne are sold each year, about half of which are exported. Yet, franciacorta has been discovered by wine connoisseurs and sommeliers, and is appearing on more restaurant lists and at specialist wine shops around the world.

Franciacorta has a warm climate that leads to riper grapes and primary fruit flavours of peach, apricot, citrus and tropical fruit. Acidity is softer and rounder. The wine works well as an aperitif and with food.

Ca’ del Bosco is Franciacorta’s foremost producer. Owner Maurizio Zanella is a perfectionist, making wines of great purity. Zanella lavishes care on the grapes, even treating them to a “berry spa” – after picking, the berries are washed using three soaking vats, then air-dried before pressing. This removes impurities and means less sulphur is used at the bottling stage.

CA’ DEL BOSCO CUVÉE PRESTIGE BRUT, FRANCIACORTA, HK\$330

The wine is a blend of 75 per cent chardonnay, 15 per cent pinot nero and 10 per cent pinot bianco. It is fermented in stainless steel. About 20 to 30 per cent of reserve wine is blended with the current vintage and then aged for 25 months.

Pear, peach and citrus notes. Quite round, ripe fruit on the palate buffered by gentle acidity. Well-balanced, approachable and delicious.



CA’ DEL BOSCO VINTAGE COLLECTION SATÈN BRUT, FRANCIACORTA, 2014, HK\$495

Satèn is a blend of white grapes comprising chardonnay and up to 50 per cent pinot bianco. It is aged in the bottle for a minimum of 24 months. Less sugar is added, resulting in a low pressure of five atmospheres. The wine has gentle bubbles and is soft and approachable.

This Satèn is made of 85 per cent chardonnay and 15 per cent pinot bianco.

Restrained, chalky mineral notes with citrus fruit. Tight bodied with crisp acidity. Elegant and long.



CA’ DEL BOSCO ANNAMARIA CLEMENTI, DOSAGE ZÉRO, FRANCIACORTA, 2009, HK\$1,050

Annamaria Clementi is Zanella’s mother and founded the vineyard in the 1960s.

A blend of 55 per cent chardonnay, 25 per cent pinot bianco and 20 per cent pinot nero.

Citrus, brioche, nutty notes. Multilayered with generous ripe fruit, quite round on the palate, framed by fresh acidity, with creamy notes. Pure, intense and elegant.

The wines are available at Sino Vantage.

RECIPE

Glaze of glory

For a speedy dinner, try this version of Japan's famous chicken teriyaki.

TEXT SUSAN JUNG | PHOTOGRAPHY JONATHAN WONG | STYLING NELLIE MING LEE

Chicken teriyaki is one of Japan's most famous dishes, appearing on the menu of almost every inexpensive to mid-range Japanese restaurant outside Japan. In the country itself, however, you'll most likely find it at humble places that serve homestyle cuisine. It's an easy dish to cook.

CHICKEN TERIYAKI

Despite its name, in most teriyaki recipes the chicken doesn't go anywhere near the *yaki* (grill). Many recipes call for the meat to marinate for several hours, or overnight, but I wanted a dish I could have on the table within an hour. I use a mixture of cooking techniques, none of which are difficult. I pan-fry the meat, skin-side down, to crisp up the skin, then cook it briefly on the stovetop, basting often, which softens the skin but gives it flavour. It goes into the oven to be cooked under the grill, which re-crisps the skin and turns it almost black so it looks burned, but isn't. While the chicken is resting briefly on a cutting board, I reduce the sauce to a nice, shiny glaze, which is delicious drizzled over the meat and steamed rice.

8 bone-in chicken thighs, about 200 grams each
200ml light soy sauce
200ml sake
80 grams granulated sugar
50-gram chunk of peeled ginger
2 large garlic cloves, peeled
Cooking oil, as necessary

For serving:
Toasted sesame seeds
Chilli flakes, or dried, shredded chilli

1 Lay the chicken thighs skin-side down on the cutting board. Put the tip of a very sharp paring knife into the meat on the bone. Cut the meat from one end of the bone to the other. Scrape the meat away from the bone to detach it, taking care not to cut into the skin. Put the bones in a medium-size saucepan.

2 Pour the soy sauce and sake into the pan with the bones. Lay the ginger on a cutting board and whack it with the side of a cleaver to crush it lightly. Cut the garlic cloves in half, then put the pieces along with the ginger and the sugar into the pan. Bring to a boil then lower the heat and simmer for

10 minutes, stirring occasionally. Turn off the flame and set aside while preparing the chicken thighs.

3 Preheat the oven grill to high and place one rack about 10cm below the heating element and another rack further away.

4 Heat two 30cm skillets, preferably cast-iron, over a high flame, then rub them lightly with oil. When the skillets are very hot, add the chicken thighs, skin-side down, with four pieces in each pan. Sear the chicken without touching it for three to five minutes, or until the skin is crisp. Remove the thighs from the pan, placing them skin-side up on a tray or plate.

5 Use a large slotted ladle to scoop the bones, ginger and garlic out of the soy sauce mixture. Wash and dry the skillets used to sear the chicken.

6 Divide the soy sauce mixture between the two skillets, then place each one over a high flame. When the liquid boils, add the chicken thighs, skin-side up. Liberally spoon the soy sauce mixture over the chicken skin, then simmer for five minutes, basting frequently.

7 Slide the skillets onto the racks in the oven. Cook for 10 minutes, spooning the soy sauce mixture over the chicken every few minutes, and switching the skillets halfway through so they spend an equal amount of time nearest to the heating element. Carefully watch the skin as it colours – it should be dark brown. If the skin darkens too fast, move the top rack further away from the heat.

8 After the chicken has been in the oven for 10 minutes, stop basting. One at a time, place each skillet as close as possible to the heat to crisp up the skin. The skin will blister and become very dark, almost black (because of the soy sauce mixture), but shouldn't smell burned. Each skillet will need only about 30 seconds very close to the heat; turn the chicken pieces as needed so they blister evenly.

9 Remove the skillets from the oven. Place the chicken pieces on a large, dry cutting board and let them rest briefly while reducing the sauce.

10 Place each skillet over a medium-high flame. Simmer the liquid for about five minutes, or until it is reduced to a light, shiny glaze.

11 Sprinkle sesame seeds and chilli flakes, or shredded chilli, over the chicken. You can serve the thighs whole (to be eaten with a knife and fork) or cut into thick slices (for chopsticks). Serve with steamed rice, the glaze and vegetables of your choice. Serves four. ■