

# 情系东瀛

## Eating In A Bento Box

美食界传奇人物Joel Robuchon对日本怀石料理情有独钟，这种精致的烹调美学不仅影响他对法国料理的看法，他的L'Atelier de Joel Robuchon餐厅，在设计上也吸收日本寿司台的灵气。

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在全球拥有20多家餐厅、荣获26颗米其林星的法国名厨Joel Robuchon说，他人生最大转折点，是在东京开设了L'Atelier de Joel Robuchon餐厅。

L'Atelier在法文是“工坊”的意思，L'Atelier de Joel Robuchon意即Joel Robuchon的工坊，2003年于东京首度登场，之后火速走红，相继落户巴黎、伦敦、拉斯维加斯、纽约、香港和台北，为Robuchon摘下10颗米其林星。圣淘沙云顶世界的L'Atelier 是最新成员。52座位的L'Atelier de Joel Robuchon毗邻54座位的Joel Robuchon法国高级餐厅，均由著名法国设计师Pierre Yves Rochon掌舵设计。

L'Atelier是Robuchon的餐饮新理念，以“工作坊”形式经营，厨房和食客之间没有界限，食客可看到厨师的创作，厨师也能在第一时间看到食客对料理的反应，两者有直接的互动和更微妙的关系。

餐厅结合西班牙Tapas吧的气氛，设计灵感源于日本寿司台，内饰以黑红两色为主调，强烈的色彩撞击，塑造了餐厅标志性的风格，也给整个餐饮体验设下戏剧性的基调。对Robuchon来说，黑色的吧台和红色的高凳“像放大的日式便当”。

Robuchon和日本的缘分始于1976年，获颁法国最佳工艺师（烹饪）奖之后，他受法国料理教皇Paul Bocuse之邀，到东京示范厨艺，从此深深爱上日本。

“怀石料理的精致带给我很大震撼和启发。日本人对季节的重视和对当季食材的尊重，以及在不同季节把不同器皿引入用餐体验的做法，在当时来说都是极为超前的。早在30年前，日本人已在餐饮方面有精致表现，并融入禅的哲学意味，对比当时法国料理口味上的沉重和呈现方式的落俗，日本料理简直太优秀。”

他也喜欢和日本厨师为伍，极推崇的两位日本厨师，一位是自1986年便从东京、拉斯维加斯一路跟随他，最近被调到本地Joel Robuchon高级餐厅掌厨的檀崎友纪（Tomonori Danzaki）；

另一位是师从他12年，目前在巴黎的须贺洋介（Yosuke Suga）。

“日本厨师对自己的工作有很大责任心，对完美充满坚持，这种态度和我的烹饪理念不谋而合。”

因此，Robuchon在东京所开的餐厅比其他地方多并不是偶然。除了两星的L'Atelier de Joel Robuchon及两星的La Table de Joel Robuchon，还有Le Chateau de Joel Robuchon。后者更为他夺下米其林三星荣誉。

他爱日本，日本也爱他，日本人对法国的向往，多少与他的法国料理有关。去年，他特地为日本人推出“La Cuisine Conviviale”一书，传授使用日本食材烹饪法式美味的诀窍。

Robuchon是完美主义者，除了食物的水准，他对餐厅的管理也有高要求。他不能容忍餐桌上有一点尘埃；椅子推到桌下的角度不够准确，他脸上的肌肉就无法放松；连餐厅里的冷气温度，也是他

来回走动，琢磨了好些天才确定下来的。

他说：“我从来不是跟着潮流行事的人，我只做自己认为是对的事。”

他和旗下厨师那袭黑袍就是很好的例子。当所有厨师一律以白色为制服时，他在2003年成为第一个穿上黑袍的厨师。“Atelier以黑、红为主，厨师穿白，对食客来说太刺眼了。”之后这身黑袍成了他的标志性装扮，当然也吸引其他厨师跟风。

Robuchon也是名改革者，法式料理之所以能摒弃过油和重口味，走向烹调上的清简自然（cuisine actuelle），他功不可没。当大家还坚持传统法式料理没什么不对的时候，他因为受日本料理启发，大力推崇原味，早在1989年就获Gault Millau指南肯定，颁授世纪名厨（Chef of the Century）荣誉。

以不懈追求完美享誉美食界，Robuchon说，他希望以高素质食材为本，通过最细致的手法，呈现让客人能产生共鸣的料理。

在法国中西部城市Poitiers出生的Joel Robuchon，15岁踏入厨房，从糕点师傅做起，现在全球拥有22家餐厅。



Oscetra caviar, smooth cauliflower in gelée.  
(Photo: Resorts World Sentosa)



## 饕餮GOURMET：

“美味的料理依赖的是上等的食材，以及厨师对食材的尊重。你在烹饪时，其实是在毁灭一个生命，不管是鱼、肉或菜。你必须很有意识地带着爱心进行烹饪，让一次的毁灭成就一次的完美，而不是让生命白白牺牲掉。对我来说，烹饪是爱的行为，爱食材、爱客人，在我的餐厅里，客人就像亲人，我们是在为亲爱的人做菜。”

跟随Robuchon20多年的厨师Philippe Braum说，师傅双手有着与别人不同的手感。“看他处理食材和食物，能得到很深的启发。他的举止是那么的轻盈、温柔，充满爱和尊重。”

2009年获The Laurent Perrier终身成就奖的Robuchon说：“一道菜最好不要用超过三种食材。有些人喜欢用很多食材给客人惊喜，但我更关心的是如何能每一次都把马铃薯泥做得完美，让大家铭记于心。这么简单的一道菜能次次不负众望，那才难得。”

他透露，自己的烹饪风格出现了新的关注点——更简单健康的料理。他认为这是美食界未来的大方向，因此会努力在自己的餐厅和料理中实践。“分子料理的年代即将过去，里头有太多不利身体的用料。美国有研究显示，可通过健康料理治疗癌症，我下来将多用对健康有益的蔬果。”

有人概括，Robuchon对美食界的贡献，是为法式料理找到更轻盈的脉络。他听了谦虚地说：“我实在说不上来，真要说，我想我的贡献是分享。年轻的时候，在厨房里看到太多厨师藏一手的行为，让我更坚决地认定，要把传授、分享知识作为最首要的事。”

他说，厨师是“制造快乐的人”，因此他经

## 早在30年前，日本人已在餐饮方面有精致表现，并融入禅的哲学意味，对比当时法国料理口味上的沉重和呈现方式的落俗，日本料理简直太优秀。



常在法国主持烹饪节目，分享烹饪乐趣。除了出书分享得奖美食食谱，他也指导许多名厨如Gordon Ramsay、Eric Ripert、Michael Caines。

他认为自己的另一贡献，是为厨师争取更好的工作环境。“以前的厨房总是肮脏凌乱，又没有冷气。我很重视清洁，如果说我有贡献，那就是提高了厨房的素质。”

走出厨房的Robuchon最爱新科技。他有七台电脑、六台手机。这次来新，他唯一指定要去的地方是福南中心，在那儿一呆就是5小时。

66岁的Robuchon回忆说：“我15岁踏进厨房，从低层做起，每天工作不少过12小时，几十年来没尝试过滑雪、度假，为了得到米其林星的认可，日复一日接受艰巨挑战。1996年我50岁生日后，我决定做回自己。L’Atelier让我把记者、食评抛到九霄云外。我只做我想做的，其他的，随他去。”

是这样的胸怀，造就了L’ Atelier。👍

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Japan is significant to superstar chef Joel Robuchon in more ways than one. To date, he has opened more than 20 restaurants around the world and garnered a total of 26 Michelin stars. But ask the man once called the Chef of the Century what the turning point in his career was, and he will list the opening of the first L’Atelier de Joel Robuchon in Tokyo.

L’Atelier, which is French for “workshop”, is the younger, happy-go-lucky sister of his acclaimed fine-dining restaurants. The first L’Atelier opened in Tokyo in 2003 and was a new concept at the time, fusing the atmosphere of a Spanish tapas bar with the design of a Japanese sushi bar. With no boundaries between the kitchen and the diners, diners could observe the kitchen staff working on their creations, while the chefs could also see the diners’ reaction to the dishes.

The concept was so well-received that L’Atelier branches quickly sprang up worldwide – in Paris, London, Las Vegas, New York, Hong Kong and Taipei. Together, they racked up 10 Michelin stars for Robuchon. The latest addition to this sterling network opened recently in Singapore at Resorts World Sentosa.

Black and red are the theme colours across all L’Atelier de Joel Robuchon – to Robuchon, the black bar counters and red high chairs conflate to look like “a huge Japanese bento”.

Robuchon’s love affair with Japan started in 1976, when he headed to Tokyo to showcase his culinary skills under the invitation of French culinary head honcho Paul Bocuse. Robuchon fell hard for what he saw then of Japan’s kaiseki cuisine.

“Kaiseki’s exquisiteness really surprised and inspired me”, he explains. “The Japanese respect for the seasonal quality of ingredients and their incorporation of different china in the dining experience were really ahead of its time. Japanese cuisine had already taken on the fine aesthetics in presentation and taste, incorporating the philosophy of Zen some three decades ago. In contrast with the heavy taste of French cuisine and the clumsy presentation, Japanese cuisine was in a league of its own.”

Following his visit, he initiated what would become a shift in French cuisine from rich flavours and heavy textures to a more authentic and natural taste (cuisine actuelle).

“Delicious cuisine is dependent on the best quality ingredients as well as a chef’s respect for the ingredients,” he explains of his philosophy towards food, a philosophy that gelled with what he discovered of Japanese cuisine at the time.

“When you are cooking, you are in fact destroying a life – whether it’s fish, meat or vegetable. You have to be very conscious of this and carry out the process with love, turning each act of destruction into perfection, instead of just wasting lives.”

His vision found favour and, in 1989, he was named Chef of the Century by the prestigious Gault Millau guide.

He also likes to work with Japanese chefs and is a big advocate of two Japanese chefs. One is Tomonori Danzaki, who has been working with him in both Tokyo and Las Vegas from 1986 and was recently appointed



Ivory chocolate and tangy raspberries come together in a sphere in this dish. (Photo: Resorts World Sentosa)

head chef at the local Joel Robuchon haute cuisine restaurant. The other is Tosuke Suga, who has been under his tutelage for the past 12 years and is currently in Paris.

“Japanese chefs put a lot of pride in their work and are sticklers for perfection – this attitude is in line with my culinary philosophy.”

It is obvious that Robuchon loves Japan and Japan loves him too. It is no coincidence that he has more restaurants in Tokyo than anywhere else. In addition to the two-star L’Atelier de Joel Robuchon and the two-star La Table de Joel Robuchon, there is Le Chateau de Joel Robuchon, which has been awarded three Michelin stars.

To return the compliment, Robuchon launched a cookbook, La Cuisine Conviviale, for his Japanese fans last year, sharing his tips for preparing French cuisine

with Japanese ingredients.

It has been said that Robuchon’s contribution to the culinary world is not limited to his innovations in French cuisine. His response to this is modest: “I can’t really say, but if it’s anything, I think my contribution is just sharing. When I was young, I saw too many chefs hiding their skills; it made me more determined to make the passing on and sharing of knowledge my priority.”

That explains why he is often hosting cooking programmes in France, publishing his award-winning recipes or mentoring other well-known chefs such as Gordon Ramsay, Eric Ripert and Michael Caines.

Robuchon feels that his other contribution is in fighting for a better work environment for chefs, who



Tuna confit on a heart of lettuce garnished with thin crispy vegetables. (Photo: Resorts World Sentosa)