

Best Air

ISSUE 20 | SUMMER 2016

Residents' Magazine

AMONG THE
VINES IN BORDEAUX

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FRANCE...
IN HONG KONG





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WELCOME

We hope you've enjoyed the exceptionally fine weather in the past few months. While temperature in our city still remains high, it's the perfect season to visit South of France now. And what better treat for wine connoisseurs than a weeklong trip to the land of fine wines? Our guide to visiting Bordeaux will give you some inspiration on planning this epicurean tour. If you're keen to try your hands at creating exquisite French cuisine, Chef Hugo at Club Bel-Air has put together a few easy-to-make recipes for your cooking pleasure. We've also recommended a few charming places that celebrate all things French in Hong Kong, some of which are well under the radar, so hopefully you'll enjoy exploring these hidden gems across the city.

The management team at PCPD has gone above and beyond to make Residence Bel-Air a luxurious and comfortable home for the community. We're pleased to announce that our effort has been acknowledged by various organisations and clinched top awards this year. The recognition is a testament to the team's commitment in providing the best for Bel-Air residents, and we will continue to make it our mission to better our services.

Mr Robert Lee

Deputy Chairman and Chief Executive Officer of
Pacific Century Premium Developments Limited



盛夏天氣格外晴朗天氣，大家想必已經在藍天白雲下度過繽紛的暑假。縱使香港天氣仍然炎熱，但現在卻是法國南部氣候最宜人之時，尤其愛尋訪隱世佳釀的朋友，人生最大樂事莫過於在酒鄉波爾多漫遊至少一星期，嚐遍心儀的美酒。今期我們為你計劃一趟波爾多之旅，讓味蕾感受醉人喜悅。想在家中親手做法國料理的話，貝沙灣會所廚師Hugo介紹幾個簡單易做的食譜，讓你下廚一展身手。法國的精髓，又豈止於佳釀美饌？香港有不少好地方可感受到法國的迷人魅力，當中一些更是鮮為人知的隱秘去處，希望大家在尋味法國的過程中，得到意想不到的樂趣。

貝沙灣能夠成為區內豪華寓所及生活品味典範，實在有賴盈科大衍地產發展有限公司管理團隊不斷追求卓越的精神。今年我們的努力深受各界肯定，榮獲多項大獎表揚，代表我們對傑出表現的承諾。團隊將繼續以服務貝沙灣居民為使命，致力提供完善的生活設施。

李智康先生

盈科大衍地產發展有限公司
副主席及行政總裁

Welcome to the new Bel-Air App 全新貝沙灣應用程式

The updated Bel-Air app features a fresh new look, a better user experience plus additional lifestyle features and useful information about Bel-Air.

貝沙灣應用程式版面煥然一新，功能亦進一步提升，讓您輕鬆掌握屋苑全方位資訊，為生活添上更多色彩。

What's New 功能更新



Speed and reliability improvements
瀏覽更快更可靠



Push notification capability
推送信息提示功能



Location map to search
routing/direction suggestions
via Google Maps
使用位置地圖並透過
Google地圖搜尋路線建議



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A new navigation menu for
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貝沙灣



For further information, please visit Bel-Air website www.bel-air-hk.com or contact Community Relations Department at 2989 6088 or email crdept@pcpd.com. Pictures are for reference only.

歡迎瀏覽貝沙灣網站 www.bel-air-hk.com，致電 2989 6088 或電郵至 crdept@pcpd.com (社區關係部門) 查詢更多詳情。圖片只供參考之用。

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The wine trails of the southerly French region of Bordeaux are among the greatest in the world. In France's southern Bordeaux, you can visit the world's most famous wine region.

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On the cover:

Art Direction: Grace Ma,
Photography: Karl Lam
Styling: Kenneth Wong,
Hair Styling: Alex Chan, Make-Up: Jolin Ng

Wardrobe:

Navy-and-ivory-striped viscose bodysuit, navy lightweight cady skirt, black leather belt and navy raffia cork platform shoes; all from Ralph Lauren. Red Theda sisal headpiece with bow; from Marie Mercie available at Hatwoman.

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J'adore le français!
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Extraordinary French
dishes made easy
做法簡易但味道出色的法國菜



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engaging more than just the eyes in
art appreciation
藝術已超越雙眼觀賞的層次，
其他感官亦可一併體驗



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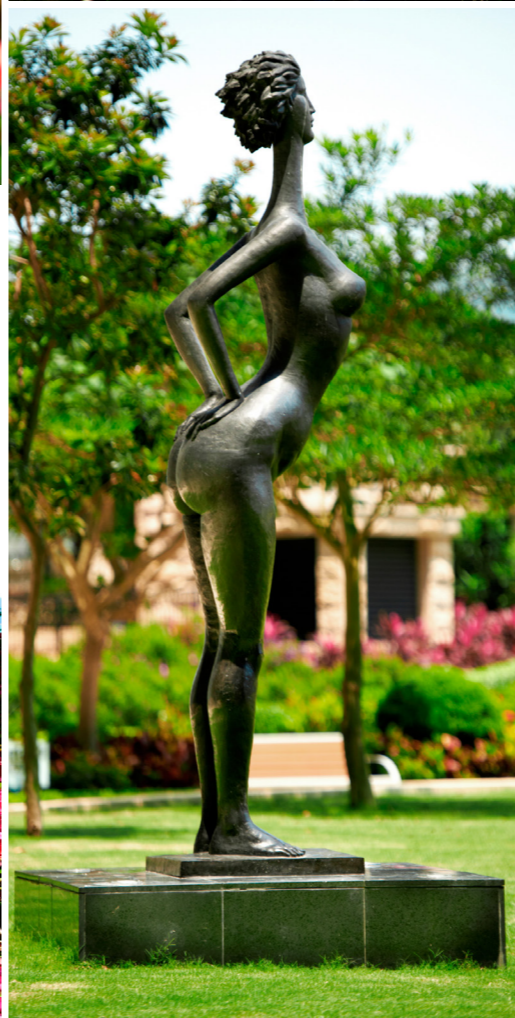
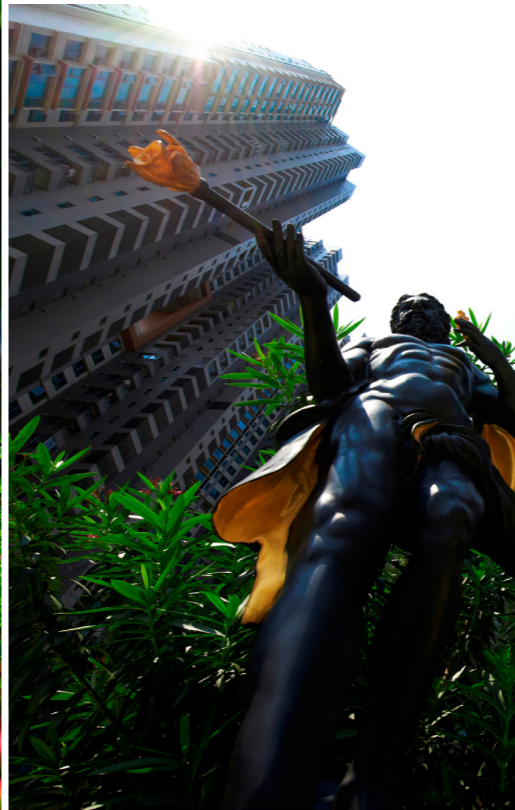


綠滿生活 Green Space

With a strong commitment in greening, Residence Bel-Air's demonstrates a high level of excellence and creativity in the landscaping and horticulture maintenance around the property. This year, we received the **Merit Award at the Best Landscape Award**, organised by the Leisure and Cultural Services Department.

The Best Landscape Award aims to sustain the betterment of living environment in private property and to promote excellence in greening by outstanding landscape design and horticultural maintenance. The rigorous judging process was split into two areas: soft landscape design, and horticultural maintenance.

The award serves as an encouragement to our landscaping team, recognising their effort in constructing a visually pleasant environment for Residence Bel-Air.



貝沙灣致力為居民創造綠意滿盈的環境，從屋苑裡外匠心獨運的園林到精心設計的園藝花草，都展現無比的創意，於本年榮獲康樂及文化事務署「最佳園林大獎」的優異獎，實至名歸。

「最佳園林大獎」活動旨在表揚傑出的園林設計及園藝保養，藉此持續改善私人物業的居住環境和推廣綠化工作。評判委員會根據園景設計及園藝保養兩大範疇，嚴格評選表現出眾的物業。

貝沙灣獲獎有賴園藝團隊付出的努力，我們謹此表揚團隊成員的理想成績，並感謝他們為貝沙灣帶來賞心悅目的綠色居所。

Other Awards & Accolades 其他獎項榮譽

It has been a fruitful year for Residence Bel-Air in terms of getting recognition for our efforts in promoting sustainability in the neighbourhood. Throughout the past few years we have put in place many green initiatives in areas such as recycling and waste reduction.

The result we have achieved is a testament that the property management team and, more importantly, the residents of Bel-Air are committed to making sustainability an integral part of our community.

今年見證貝沙灣為鄰近社區的可持續環境，所作出的多項貢獻，大家付出的努力亦深受肯定。過去數年來，我們奉行循環再用及源頭減廢兩大原則，舉行多個綠色環保活動。

貝沙灣物業管理團隊致力創造美好社區，更重要是得到眾多居民響應支持。我們很榮幸於本年度攜手創下美滿的成果。

Social Enterprise Research Institute 社會企業研究所	<ul style="list-style-type: none"> • Social Caring Pledge • Social Caring Awards for Green Excellence • 社會關愛企業 • 綠色社會關愛卓越獎
Environmental Campaign Committee 環境運動委員會	<ul style="list-style-type: none"> • Hong Kong Green Organisation Certification • Wastewi\$e Certificate "Excellence Level" • 香港綠色機構認證 • 卓越級別減廢證書
Hong Kong Environmental Protection Association 香港環境保護協會	<ul style="list-style-type: none"> • Hong Kong Green Mark - Wood Recycling & Tree Conservation Scheme 2016 • 香港綠色標誌 - 木材回收 • 《樹木保育計劃》2016
Environmental Protection Department 環境保護署	<ul style="list-style-type: none"> • Glass Battle Recycling Programme • 玻璃樽回收計劃

No Place Like Home 盡在家中

The unique management philosophy of Bel-Air makes it one of the most prestigious properties in Hong Kong. Club Bel-Air, in particular, is an award-winning clubhouse that goes the extra mile to provide services comparable to five-star hospitality brands. Every aspect of Club Bel-Air is well thought of, from the inspiring art pieces to the carefully curated activities provided for families and the wide range of culinary options available at the club restaurants – no detail is too small. It is this pursuit of excellence that has led us to win the **Bronze Award** at the prestigious **Residential Clubhouse Management Award**, organised by the Hong Kong Recreation Management Association. In addition this, we also clinched **Gold** at the **Quality Lift Service Recognition Scheme**, organised by the government's Electrical and Mechanical Services.

貝沙灣傑出的營運理念，造就出全港罕有的尊貴物業，包括提供五星級酒店式服務的貝沙灣會所。這個獲獎豪華會所概念，帶來遠超過一般住客會所預期的細心服務，裡外盡顯週到殷勤的心思。除了精心搜羅大師級藝術展品，更特別籌備適合一家大小的活動，會所餐廳供應的美食種類豐富，生活品味一一照顧週全。持續追求卓越的精神，令貝沙灣榮獲香港康樂管理協會「住宅會所管理大獎」銅獎。此外，我們亦有幸獲得香港政府機電工程署舉辦的「優質升降機服務認可計劃」金獎。



Bel-Air Magazine 貝沙灣雜誌

Keep yourself abreast of happenings within the community. Browse to find out more about 獲取貝沙灣社區的最新資訊。請瀏覽以下主題：



Latest Bel-Air News
貝沙灣最新消息



Art Pieces in the Clubhouse
會所藝術展品



Recipes from Bel-Air chef
貝沙灣大廚食譜



Lifestyle Stories
生活專題故事

Bel-Air App:



Now available at 現已可登上貝沙灣網站閱覽：www.bel-air-hk.com & Bel-Air App

Carol Bateman School of Dancing 嘉露貝文芭蕾舞學校

We provide a safe, stimulating and caring learning environment for our students to enjoy their ballet lessons. Our teachers are not only fully qualified to educate the students but also they are patient, loving and very motivational towards students.

嘉露貝文芭蕾舞學校提供一個啟發孩子天分，並充滿愛心的學習環境，培養小朋友對舞蹈的自信，盡情享受芭蕾舞的樂趣。在我們經驗豐富的教師耐心熱誠的指導下，孩子將逐步邁向成長。



About Classical Ballet

The school's curriculum is based on the Royal Academy of Dance syllabus. It is graded to suit different ages and individual standards. It is designed to help young children learn to follow instructions and to gain a sense of discipline through learning new positions. Students learn an awareness of their own bodies, improve their balance and can better control of themselves in motion. Learning ballet can also promote the importance of good posture and help students build a sense of self-confidence and pride in their bodies. The course will introduce students to dance through movements and mime. It will also begin to foster an appreciation of music in the student.

Annual Performance

The school holds annual performances at one of Hong Kong's local theatres. Joining the performance is a chance for students to gain stage experience and give them an opportunity to use the skills they have learned in their classes. Performing will boost a student's self-confidence and there's nothing quite like the satisfaction of hearing the applause of an appreciative audience. Students will learn the importance of teamwork and what it's like to work with others to achieve a common goal.



Ballet Examination

Exams give students the motivation to work on the technical aspects of dancing alongside the choreography of a dance to be performed. With a timeline and the anticipation of being marked the students often make a greater effort in the development of their technique. It gives students pride and a sense of accomplishment when they attain good marks in an exam. This in turn motivates them to take on the challenge of the next higher level.

Students from the age of three who have obtained the required standard may enter for the Royal Academy of Dance examinations each year.

Principal

Joan trained at the Elmhurst Ballet School in Camberley (UK) where she later started her career as a Ballet teacher. Arriving in Hong Kong in 1954, Joan pioneered the Royal Academy of Dance method and examinations in Hong Kong. She has done much to promote the art of dance since becoming principal of the Carol Bateman School of Dancing in 1967. She has just completed 60 years of teaching in HK and Joan received MBE Honors in June 2016 from Queen Elizabeth for her services to dance in Hong Kong. Her greatest joy is to be able to pass on her knowledge and being an inspirational role model to a new generation of dancers.



古典芭蕾舞

本校的古典芭蕾舞課程根據英國皇家舞蹈學院課程編制，級別可配合個別學生的年齡與程度。課程特別為培養小朋友學習聽從指示而設計，透過不斷掌握舞姿而訓練自律能力，並養成對肢體的自覺性及平衡力，舞姿動作更應付自如。芭蕾舞令小朋友習慣保持良好姿勢，一舉一動均流露自信優雅氣質。課堂上，學生通過動作及默劇形式認識芭蕾舞，並開始學習欣賞伴舞的音樂。

每年表現評估

本校每年均選擇香港本地的劇院舉行學生年度表現評估，學生將有機會踏上舞台表演，獲得演出經驗及發揮課堂所學的技巧，進一步激勵孩子的自信心，藉著觀眾的欣賞與掌聲，獲得最大的鼓舞及滿足感。排練和演出的過程，亦可訓練團隊精神，學習與他人朝著同一目標，合作完成使命。

芭蕾舞考試

考試的目的在於鼓勵學生勤練芭蕾舞技巧，準備演繹出一場舞蹈的編排。定下時間表和預期的進度之後，學生加倍努力地磨練，從而達到理想的成績。過程中帶來的無限滿足感，將會令他們感到自豪，有助他們挑戰更高層次的表現。

年滿3歲並達到合資格水平的學生，可參加每年舉行的英國皇家舞蹈學院考試。

校長

我們的校長鍾·金寶夫人是一位資深芭蕾舞教育家，於英國英國坎伯利的艾姆赫斯特舞蹈學校受訓後，隨即展開芭蕾舞教育事業，並於1954年來港後，首次將英國皇家芭蕾舞學院考試課程成功帶來香港。自1967年起擔任嘉露貝文芭蕾舞學校校長以來，一直致力推動舞蹈藝術發展，至今已投身香港舞蹈教育60年，今年6月獲英女皇伊利沙伯二世頒發M.B.E.勳銜，表揚她對香港舞蹈界的傑出貢獻。投身舞蹈界多年的鍾·金寶夫人表示，最大的喜悅在於能夠將自己所學傳承下一代，並擔當起啟發年輕舞者的角色，繼續培育舞蹈界精英。



Please contact the Club Reception at 2989 9000 for a free trial class! For further information, please contact Club Bel-Air Reception in person or call 2989 9000 (Bay Wing).

歡迎致電會所接待處預約免費芭蕾舞試堂! 請親臨貝沙灣會所接待處或致電2989 9000 (灣畔)查詢更多詳情。

ART and the FIVE SENSES

WE EXPLORE THE NEW TREND OF ENGAGING MORE THAN JUST THE EYES IN ART APPRECIATION

藝術已超越雙眼觀賞的層次，其他感官亦可一併體驗

Gone are the days when art galleries provide a mere static experience for art aficionados. There is an increasingly big appetite for an all-rounded experience, where one does more than just feast one's eyes on art. Jennifer Chung, creative founder of Popsy Collective, is a pioneer of such multi-sensory art experience in Hong Kong. Named "Asia's first Art Food Pairing Specialist" by Time Out Magazine, and one of "The Tastemakers" by Robb Report New York, Singapore and India, Chung's vision is to "change the way we experience art, and to do so through food".

Set in a cosy, intimate space and hidden in plain sight among antique dealers, curio merchants and art galleries

in Sheung Wan, The Popsy Room is Chung's first venture, a private kitchen and art gallery. The concept she has is called "galleristic dining" – like any art gallery, The Popsy Room works with different artists to curate exhibitions, but on top of art pieces, their private kitchen also designs an art-inspired menu, featuring visually stimulating and exquisite dishes. But there's more: you will enjoy this immersive art-dine experience with music specially curated by sound artists for the exhibition and a scented motif which "provokes new and nostalgic impressions". This symphony of stimulations in turn creates a unique and sensational atmosphere – art is but one of the elements, but through

the multi-sensory experience, one is able to better appreciate the artistic expression.

Soon after its opening, The Popsy Room garnered raving reviews from both the artistic and the culinary worlds. Armed with this success, Chung went on to create Popsy Modern Kitchen, a concept that's similar to The Popsy Room, only more ambitious. As its name reveals, her second project is a restaurant, which puts the emphasis on food. She stresses that the dining experience is richly visual, with contemporary comfort cuisine featured alongside rotating art exhibitions, inspiring diners to "eat more art".

This symphony of stimulations in turn creates a unique and sensational atmosphere – art is but one of the elements



從前到藝廊觀賞作品，就是單純用雙眼細看的靜態體驗。多得創意藝術Jennifer Chung首次在香港創辦Popsy Collective，如今藝術愛好者可一嘗全方位的美感經驗，動用其他感官享用一場藝術盛宴。被《Time Out》雜誌譽為「亞洲藝術美食配搭第一人」，頂級奢華雜誌《Robb Report》的紐約、新加坡及印度版均授予「品味創造者」名銜的Jennifer，心願是「透過美食革新我們體驗藝術的方式」。

Popsy Room座落於古董舊物店及藝廊林立的上環大街上舒適隱密的一角，是Jennifer開設的第一個結合藝術品及私房菜的概念，名為「藝廊用餐」。就像其他藝廊一樣，Popsy Room會聯同各界藝術家策劃展覽，所不同是，他們會同場推出以展覽品為靈感的創作私房菜，擺盤亦如藝術，極盡精緻悅目。體驗還不止於此：享用美食時聽的音樂，也是聲音藝術家配合展覽主題製作的，場地的香氣特別為「勾起新記憶及懷舊感情」而設。五感交融的氣氛撩人，絕對是難得的體驗。從多個感知角度去探索之下，更能深入領會藝術品所帶出的訊息。

開業後不久，Popsy Room瞬間贏得藝術界和美食世界無數的好評。這次成功令Jennifer信心滿滿地展開Popsy Modern Kitchen的大計，概念與Popsy Room近似但規模更宏大，是一間正式以美食為焦點的餐廳。她強調用餐體驗在於豐富的視覺，用新式烹調手法演繹一些溫暖人心的美食，配合巡迴藝術展覽，鼓勵座上客開懷享受身邊和碟子上的藝術。



POPSY ROOM

30 Upper Lascar Row,
Sheung Wan
上環摩羅上街30號

POPSY MODERN KITCHEN

5/F, The Wellington
198 Wellington Street,
Sheung Wan
上環威靈頓街198號
The Wellington 5樓

Among the Vines in BORDEAUX

THE WINE TRAILS OF THE SOUTHERLY FRENCH
REGION OF BORDEAUX ARE AMONG THE GREATEST
IN THE WORLD—BUT WHERE DO YOU START?
HERE'S YOUR GUIDE TO PLANNING A TOUR

在法國偏南的波爾多，可尋訪全世界最出色的酒鄉。

你的醉人之旅應如何開始，
我們有以下一些計劃行程的建議

The French wine-producing region of Bordeaux needs little introduction, enjoying cult status with oenophiles the world over. The beautiful Gironde Estuary divides the southwesterly terroirs in two—the Left Bank and the Right Bank—with famous wine estates, grand chateaux and petites villages rolling for miles on either side.

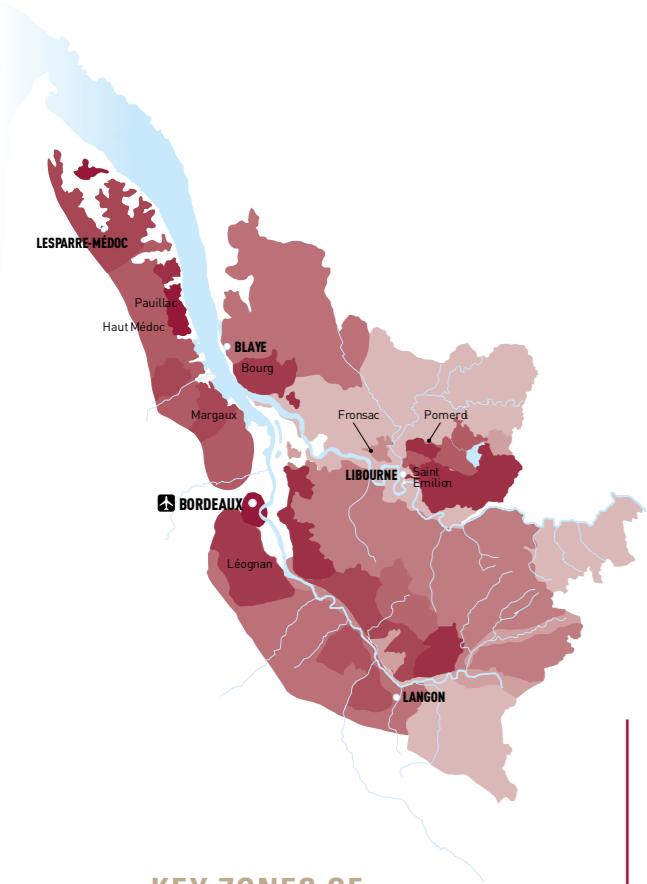
But with over 10,000 wineries to choose from, planning your trip can seem a little overwhelming. Spend a little time researching and timetabling your visits so you can schedule in as many tastings as your heart desires and just concentrate on what is passing your lips.

Where to stay is the first consideration: Would you like to be in the heart of the historic city—a short stroll from the nearest French bistros—commuting out to the vineyards each day? Or would you prefer to wake up in an out-of-the-way chateau with vines undulating into the distance? Each has their advantages and the choice of accommodation will impact on how you plan the rest of your trip—check out the Office of Tourism (www.bordeaux-tourisme.com) for notable recommends on each.

But on to the good stuff: the wine. The secret to a successful wine tour is planning. Whether you join an organised trip or map out your own route, do take the time to research your voyage first as most wineries require an appointment, where you'll then be treated to a private guided tour of the vineyard—if you just turn up you'll likely be turned away at the door, especially at the popular spots. Do note that most are closed on weekends.

Take the stress out of the planning with a guided tour. The tourist office in Bordeaux offers well-organised group itineraries that cover different appellations (wine districts) each day and can even take you by bike or by boat. Otherwise private companies such as the reputable Bordovino (www.bordovino.com) can tailor private tours in a range of languages.

If you're venturing out on your own, try and budget at least five days for a true introduction to Bordeaux wines. As well as the big names to tick off your list, there are hundreds of smaller, family run estates to see, as well as quaint villages tucked along the route where you could easily while away an afternoon.



KEY ZONES OF BORDEAUX

LEFT BANK

A pilgrimage along the Medoc route will pass some of the most exclusive labels such as Rothschild, Latour and Margaux. The wines from this region often use Cabernet Sauvignon.

RIGHT BANK

A Bordeaux wine tour wouldn't be complete without a meander through the patchwork of vines surrounding the medieval village of Saint-Emilion, on the Right Bank. The unique soil formation in this area means the vineyards mainly use Merlot in their winemaking.

波爾多的主要地區

左岸

沿著梅多克的酒鄉朝聖之路而行，會找到較罕見的美酒，包括羅斯柴爾德(Rothschild)、拉圖和瑪歌的出品。來自左岸的葡萄酒多採用赤霞珠。

右岸

環繞右岸中古村莊聖艾美儂一帶，盡是阡陌交錯的葡萄樹莊園，尋幽探勝一下波爾多之行才算圓滿。位於右岸的酒莊由於土壤獨特，釀酒時多用梅洛。



Whether you join an organised trip or map out your own route, do take the time to research your voyage first as most wineries require an appointment



With rolling vineyards and pine forests as far as the eye can see, a pilgrimage along the Medoc route (Left Bank) will pass some of the most exclusive labels such as Rothschild, Latour and Margaux. Ensure you book in time for Château Mouton-Rothschild (www.chateau-mouton-rothschild.com), a visitor centre and museum that pays homage to the Rothschild legacy, and the fairytale estate of Château Pichon Baron—a Grand Cru Classé producer of the highest standing.

A Bordeaux wine tour wouldn't be complete without a meander through the patchwork of vines surrounding the medieval village of Saint-Emilion, on the Right Bank. World-famous wineries and architectural treasures overlap, so you can expect to wend your way down country lanes, passing Romanesque churches and windmills, to cellars curiously housed in limestone caves.

Whet your taste buds with a session at the L'Ecole du Vin (wine school) run by La Maison du Vin in Saint-Emilion (www.maisonduvinsaintemilion.com). More than 250 chateaux are also represented here so you can get expert help for your research. Recommendations from this appellation include the prestigious family-run Château Angélus (www.angelus.com), which sits in the shadows of the Saint-Emilion bell tower,



and the award-winning Château Cheval Blanc (www.chateau-cheval-blanc.com) whose 600-year-old vines are complemented by an ergonomic, futuristic cellar.

Once you've finally drunk your fill, come back down to earth slowly in the UNESCO World Heritage city of Bordeaux. Continue the wine theme with the eye-catching La Cité du Vin (www.laciteduvin.com), the city's fancy new multimedia cultural center dedicated to wine, or alternatively just spend time exploring the bounty of historic monuments, French boutiques and lively bistros, discussing your adventures over a digestif or two.



對愛酒之人來說，聞名於世的波爾多葡萄酒產區擁有獨一無二的地位，已無需多作介紹。景色怡人的吉倫特河口，將西南面劃分成風土條件各異的左岸和右岸，各據延綿多公里的著名葡萄酒莊園、宏偉的古堡酒莊和滿佈佳釀的小鎮村莊。

為數過萬的酒莊，哪裡才是開始尋訪的最佳起點？計劃你的酒鄉之旅是，的確值得花一時間搜集資料和定下時間表，才可一網打盡你喜愛的酒莊，將所有心儀美酒一一嚐遍，無需臨時倉卒編排行程，專心沉醉於味蕾的喜悅。

第一步先決定住宿：你想住在古城區的中心，抑或僅幾步之遙就有多間法國小酒館的位置，又或是方便每天出發到葡萄園的地點？你甚至可住一下偏遠的城堡，一覺醒來，一望無際的葡萄樹隨著綠色的山坡起伏。以上的選擇各有不同優勢，住宿的地方一旦定下來，往後的行程安排就有個出發點。波爾多旅遊局(www.bordeaux-tourisme.com)有配合你旅遊喜好的各種住宿推薦。

來到最重點：酒，成功的葡萄酒之旅在於編排得當。無論你參加別人安排好的品酒遊或自己計劃前往，都必須預先查看一下，因為大多數酒廠需要預約參觀，才可為你準備專人導賞葡萄園。沒有預約可能會被拒之門外，尤其是一些受



Spend time exploring the bounty of historic monuments, discussing your adventures over a digéstif or two

歡迎的品酒熱點。也要留意大部分酒莊於週末都休息。

不想自己計劃行程的話可找導遊幫忙。波爾多旅遊局每天妥善安排不同產酒區的行程路線，可踏單車或乘船前往。此外，一些信譽良好的旅遊公司如Bordovino(www.bordovino.com)可按照你的喜好及語言，度身訂造私人行程。

自行安排旅程的你，應嘗試預留至少五天，才有足夠時間初次領略波爾多葡萄酒之美。著名的酒廠牌子大可剔除，因為當地有數以百計的家族經營小酒莊等待你去探索，路上還有古樸的小村落，走走看看，可輕鬆地消磨一個下午。

旅程中，除了恣意欣賞綠茵如畫的葡萄園和松樹林之外，沿著梅多克(左岸)的酒鄉朝聖之路而行，會找到較罕見的美酒，包括羅斯柴爾德(Rothschild)、拉圖和瑪歌的出品。建議你預約到訪木桐莊園(www.chateau-mouton-rothschild.com)，參觀以羅斯柴爾德家族為主題的遊客中心和博物館。猶如走進童話的碧尚男爵堡，專門生產高等級的酒莊佳釀，亦不容錯過。

環繞右岸中古村莊聖艾美儂一帶，盡是阡陌交錯的葡萄樹莊園，尋幽探勝一下波爾多之行才算圓滿。沿路是舉世知名的葡萄酒廠加上無數建築瑰寶，你將會漫步於蜿蜒的鄉間小徑，路過羅馬式教堂和風車，探秘隱身在石灰岩洞內的酒窖。

由聖艾美儂經營的葡萄酒學校La Maison du Vin(www.maisonduvinsaintemilion.com)有提供試酒，這裡更為你帶來超過250個酒莊出品的味覺盛宴，在專家協助下搜尋心愛美酒。推介的名釀包括享負盛名的家族經營金鐘酒莊(www.angelus.com)，酒莊坐落於聖艾美儂鐘樓下而得名，以及屢獲殊榮的白馬莊園(www.chateau-cheval-blanc.com)，那裡有超過600年的古老葡萄藤，亦有現代感十足的先進酒窖。

從醉鄉慢步回到波爾多古城，在這座聯合國世界遺產城市繼續遊覽精彩奪目的La Cité du Vin(酒之城市)多媒體文化館，或漫遊城中眾多的歷史古蹟、法國小店和熱鬧的小酒館，邊享用餐後酒邊回味愉快旅程的片段。

JE NE SAIS QUOI

EXTRAORDINARY
FRENCH DISHES
MADE EASY

做法簡易但味道出色的法國菜

CELERY JELLY WITH SALMON ROE AND LEMON AIR

INGREDIENTS (4 SERVINGS)

For the celery jelly

6 stalks... celery, diced
1..... Granny Smith apple,
 halved, cored and cut
 into large chunks
1/2tbsp .. fresh lemon juice
1/4 sprig. parsley with stems
A few slices of onion
8g gelatin
Salt to taste

For the lemon air

150g lemon Juice
100g stock syrup
250g water
4g soy lecithin

To serve

200g celery jelly
60g salmon roe
4tbsp lemon air

METHOD:

To make the celery jelly

1. Put the diced celery, apple, lemon juice, parsley and onion into a juicer and mix. Drain the juice out with a cheesecloth. The liquid should be perfectly clear.
2. Soak gelatin into a bowl of cold water to soften. Meanwhile, warm 50g of the celery juice in a small saucepan, then stir in the softened gelatin. When the gelatin is dissolved, mix in an additional 150g of celery juice. Leave to cool.
3. Pour the celery gelatin into four cocktail glasses. Refrigerate until firm.

To make the lemon air

1. Add ingredients in a flat container and blend with an immersion blender. Keep the container in a horizontal position to create as much foam as possible.
2. Once a fair amount of foam is formed, let stabilise for 1 minute to allow foam to set. Spoon above the surface of the liquid and set the foam aside.

To Serve:

1. Place salmon roe on top of the celery jelly.
2. Add a spoon of lemon air on top and serve.

WINE PAIRING

**Girardi Prosecco
Superior Extra Dry
(\$360/bottle每瓶)**

Brilliant straw yellow with pale green reflections, this Prosecco's rich and persistent aroma comes with fruity notes scented with apple and pear, boasting a fruity flavour with a pleasantly sour yet well-rounded taste.

稻草金黃之中帶一抹淡淡綠意的酒色，滲出濃郁而持久的蘋果及梨子果香，果味透露出可口的酸甜，酒體圓潤均衡。



三文魚子配西芹啫喱及檸檬泡泡

材料(四人份):

西芹啫喱材料

6支.....西芹切粒
1個.....澳洲青蘋果切半去芯後切成大粒
1/2湯匙 ..新鮮檸檬汁
1/4小枝 ..歐芹連莖
數片.....洋蔥
8克.....明膠

檸檬泡泡材料

150克檸檬汁
100克清湯汁
250克水
4克.....大豆卵磷脂

上碟材料

200克西芹啫喱
60克三文魚子

做法:

西芹啫喱做法

1. 用榨汁機將西芹粒、蘋果粒、檸檬汁、歐芹及洋蔥打碎拌勻，用粗棉布隔濾出清澈無渣的翠綠汁液。
2. 預先用一碗凍水浸軟明膠，用小鍋煮暖50克汁液，加入浸軟的明膠拌煮至溶解後，拌入餘下的150克汁液，待涼。
3. 將已涼的汁液倒進雞尾酒杯，放入冰箱待凝固成啫喱狀。

檸檬泡泡做法

1. 所有材料放在平底容器內，用手提攪拌器盡量將液體打出大量的泡泡，攪拌器應保持在水平位置。
2. 打出大量泡泡後，靜置一分鐘待泡泡固定後，用匙羹勾出液體表面的泡泡。

上碟

1. 在西芹啫喱表面放上三文魚子
2. 勾一匙羹檸檬泡泡蓋在魚子上，即可享用

ALASKAN COD BOURRIDE STYLE WITH
BAYONNE HAM AND FONDANT POTATOES

INGREDIENTS (6
SERVINGS)

1.4kg..... Alaskan Cod (filleted and deboned, cut into 6 pieces, reserve all bones)
75g Bayonne ham
2-3 sprigs of fresh thyme
A few slices of toasted baguette rubbed with garlic

For fish broth:

Fish bones (from deboned cod)
1..... carrot, roughly chopped
1..... leek, roughly chopped
1..... onion
1 bunch .. celery, roughly chopped
1 clove.... garlic
Zest of 1 lemon
1/2 tsp.... saffron threads
1..... bay leaf
1 cup..... dry white wine
950ml..... water
Salt and peppercorns to taste

For the aioli

2 large cloves garlic, minced
2..... egg yolks
1/2 tsp.... Dijon mustard
1/4 cup ... fish broth
3/4 tsp.... salt
1 pinch.... cayenne pepper
1/4 cup ... extra virgin olive oil
1/2 cup ... canola oil

For the topping:

1 slice..... carrot
2 slices ... leeks
2 small bunches of celery
6 chunks . potato, flesh firm
butter
salt, freshly ground pepper
fish broth

METHOD:

To make the fish broth:

1. Heat olive oil in a large saucepan over medium heat. Add the fish bones, vegetables, salt and spices. Cook and stir until fragrant. Add the white wine and continue cooking until the liquid in the pan is reduced by half. Add water and lightly simmer for 30 minutes. Drain the fish broth.

To make the aioli:

1. Place garlic, egg yolks, mustard, salt, cayenne pepper, and fish broth in a blender and puree until smooth. While the machine is still running, add the olive oil and canola oil in slow, steady streams. The sauce should emulsify, with a thick, pale consistency similar to mayonnaise. Taste for seasoning and then set aside.

To cook the topping and fish:

1. Cut carrots, leeks and celery into julienne strips. Peel the potatoes and cut into slices 5mm thick.
2. Heat butter in a saucepan over medium heat. Add the potatoes and fry for about 5-6 minutes or until deep golden brown on one side. Do not move the potatoes as they cook.
3. Turn over the potatoes, add the vegetables and cook for a further 5-6 minutes,
4. Pour in the stock. Season with salt and freshly ground black pepper. Simmer until the potatoes are tender.
5. In the meantime, heat butter in a saucepan over medium heat. Season cod fillets and fry until deep golden brown on both side. Wrap each piece of cod with the ham, return them to the saucepan. Pour the hot broth to height and bring to a boil. Add the thyme sprigs and bake in the oven for a further 7-8 minutes, or until the fish is cooked.

To serve:

1. In a saucepan, add 200ml of broth and bring to a boil. Off the heat, whisk in the aioli. Replace the pan over a low heat and cook slowly until the sauce is thickened. Check the seasoning and add lemon juice.
2. Place potato slices on the plate, then place the wrapped cod and top with a spoonful of vegetable julienne and coat all sauce. Add a drizzle of olive oil and garnish with a toast rubbed with garlic.



法式鱈魚湯配風乾火腿伴脆薯

材料(六人份)：

1.4公斤 ... 阿拉斯加鱈魚(去骨並切成六片魚柳，魚骨留下煲魚湯)
75克 巴約納火腿
2-3小枝 .. 新鮮百里香
數片 塗抹蒜頭後烘脆的法包

魚湯材料

鱈魚柳剩下的魚骨
1個 紅蘿蔔切件
1條 韭蔥切段
1個 洋葱
1束 西芹切段
1瓣 蒜頭
1個 檸檬皮
1/2茶匙 .. 番紅花
1片 月桂葉
1杯 甜度低的白酒
950毫升 .. 水
適量 鹽及胡椒粒調味

蛋黃醬

2大瓣 蒜頭切碎
2隻 蛋黃
1/2茶匙 .. 第戎芥末
1/4杯 魚湯
3/4茶匙 .. 鹽
1撮 卡宴辣椒粉
1/4杯 特級初榨橄欖油
1/2杯 芥花子油

伴碟菜材料

1片 紅蘿蔔
2片 韭蔥
2小束 西芹celery
6件 硬身薯仔
適量 牛油
適量 鹽及即磨胡椒粒
適量 魚湯

做法：

魚湯做法

1. 用中火燒熱大平底鍋內的橄欖油，煎香魚骨，加鹽和香料調味並將其他蔬菜略炒，加入白酒煮至鍋內的水份收乾一半，加水然後轉小火煮30分鐘，隔濾出清澈的魚湯。

蛋黃醬做法

1. 蒜頭、蛋黃、芥末、鹽、卡宴辣椒及魚湯全部用攪拌器打成幼滑糊狀，攪拌時緩緩地逐少加入橄欖油及芥花子油，使醬汁變成乳化狀，成為淺色而濃稠，類似沙律醬的質感。調味後放置一旁待用。

鱈魚及伴碟菜做法

2. 伴碟用的紅蘿蔔、韭蔥及西芹切幼絲，薯仔去皮後切成5毫米薄片。
3. 用中火燒熱大平底鍋內的牛油，加入薯仔煎5至6分鐘或其中一面呈深金黃色。煎時不要移動薯仔。
4. 將薯仔反轉，煎另一面，再加其他蔬菜同煮5至6分鐘。
5. 注入魚湯，加鹽及即磨黑胡椒調味，煮至薯仔軟身。
6. 用中火燒熱大平底鍋內的牛油，將已調味的鱈魚煎至兩面金黃色，用風乾火腿包裹好每一片魚，放入平底鍋，注入魚湯至覆蓋鱈魚表面，煮沸後加上百里香，放入焗爐7至8分鐘或至鱈魚煮熟即成。

上碟

1. 用平底鍋煮沸200毫升魚湯，熄火之後拌入蛋黃醬，再用小火慢慢煮汁液至濃稠，試味後加入檸檬汁。
2. 將薯仔薄片放在碟上，放上火腿鱈魚卷，卷上放一小束蔬菜絲裝飾，加上蛋黃醬汁及數滴橄欖油，用一片蒜頭抹過的多士裝飾。

WINE PAIRING

Chardonnay Hawk Crest, Monterey
(\$360/bottle每瓶)

This chardonnay offers aromas of graham cracker, apple and spice. On the palate the wine has a nice richness along with peach and pear flavours with hints of cinnamon spice. Enjoy this versatile wine with fish or chicken with lemon zest.

透出麥餅、蘋果及香料芬芳的霞多麗白酒，品嚐之下，飽滿的桃子及梨子甜味之中滲透一絲玉桂香，配搭任何菜式皆宜，尤其魚類及檸檬雞肉。





WINE PAIRING

Gewurztraminer, Trimbach (\$420/bottle每瓶)

A fruity and spicy wine, its dry personality makes it ideal as an aperitif and it pairs extremely well with speciality cuisine with pronounced flavours. Gewurztraminer is a fine accompaniment for fish or seasoned meats, spicy and exotic dishes, soft cheeses and desserts.

充滿果實及香料的芬芳而且甜度不高，極適合作為餐前開胃酒，與風味突出的菜式尤其配搭得宜，可配魚類及口味濃郁的肉類，甚至香辣美味的異國佳餚，亦可配軟芝士及甜點享用。

CLASSIC CRÊPES SUZETTE WITH ICE CREAM

INGREDIENTS (4 SERVINGS)

For the crêpe batter:

55g unsalted butter
2..... eggs
25g caster sugar
100g plain flour
1 pinch.... sea salt
350ml milk
4 tsp vegetable oil

For the orange sauce:

2..... oranges
225g caster sugar
80ml water
175g unsalted butter
3 tbsp Grand Marnier, or other orange liqueur
1..... orange, segmented with all peel and pits removed
4 scoops of vanilla ice cream

METHOD:

To make the crêpe batter:

1. Heat a small frying pan and once hot, add the butter and melt over high heat until it foams.
2. Pour the melted butter into a mixing bowl. Add the eggs, sugar, flour and a pinch of sea salt and whisk together to combine.
3. Slowly add the milk, whisking constantly to make a smooth batter. It should have the consistency of pouring cream.
4. Pass the batter through a medium sieve, then leave to stand for at least 1 hour. Whisk again just before use.

To cook the crêpe:

1. Heat a small cast-iron frying pan over medium heat. Add the vegetable oil and tilt the pan so it leaves a thin film over the base, then pour off the excess oil into a cup
2. Pour in just enough batter to coat the base of the pan thinly. Cook for 30–40 seconds and until golden brown underneath, then turn or toss and cook the second side for a further 30 seconds until it's also golden brown. Transfer the crêpe to a warm plate and keep hot.
3. Repeat with the remaining batter (greasing the pan with the excess oil, if necessary), stacking the cooked crêpes on top of each other with greaseproof paper in between. Aim for 3–4 crêpes per person.

To cook the orange sauce:

1. Pare the zest off the oranges in strips with a zester, then juice the oranges.
2. Place the zest in a small pan of cold water and bring to a boil, then drain. Repeat this twice.
3. Place the blanched zest back in the pan, add 80g of the sugar and the water and cook gently over a medium heat for 10–15 minutes or until the zest looks translucent and candied.
4. Heat a wide, shallow, heavy-based pan over a medium heat, then add the butter and allow it to foam.
5. Add the remaining sugar and stir until dissolved and starts to caramelise to a straw-blonde colour. This will take 1-2 minutes.
6. Reduce the heat and carefully add the orange juice and Grand Marnier to the pan. Increase the heat to medium and allow the mixture to bubble for about 2 minutes to form a sauce, whisking occasionally.
7. Lay a crêpe in the gently bubbling sauce in the pan. Fold in half, then fold in half again to make a triangular shape. Repeat for all the crêpes. Arrange them neatly to fit in the pan.
8. Divide the crêpes between 4 serving plates, overlapping them on each plate. Add the orange segments to the remaining sauce in the pan and quickly warm through.
9. Divide the segments between the plates. Spoon some sauce over each portion. To finish, scatter some strips of candied orange zest over the crêpes and serve with a scoop of vanilla ice cream.

經典橙酒煮班戟配雪糕

材料 (四人份)

班戟麵糊材料

55克 無鹽牛油
2 隻..... 雞蛋
25克 白砂糖
100克 麵粉
1 撮..... 海鹽
350毫升 .. 牛奶
4 湯匙 菜油

橙酒汁材料

2個..... 橙
225克 白砂糖
80毫升 ... 水
175克 無鹽牛油
3 湯匙 甘曼怡香橙味甜酒或其他橙酒
1個..... 去皮去核後切橙
4 球..... 雲呢拿雪糕

做法

班戟麵糊做法

1. 燒熱一個小煎鍋，加入牛油後轉大火煮至融化及起泡。
2. 已融牛油倒入大碗中，加蛋、糖、麵粉及一撮海鹽，將以上材料拂勻。
3. 一邊拂打一邊慢慢加入牛奶，拌成幼滑的麵糊，呈奶油的濃稠度。
4. 用中型篩隔濾麵糊，靜置最少一小時，用之前再拂打一下。

班戟做法

1. 燒熱一個小型鑄鐵煎鍋，加菜油後傾斜煎鍋，令底部完全薄薄覆蓋一層油，然後將多餘的油倒在杯中。
2. 倒一層麵糊，份量應僅夠薄薄覆蓋煎鍋底部，煎30至40秒，待班戟一面呈金黃色就可反轉另一面，同樣煎30秒至金黃，然後放在暖碟上保溫。
3. 將餘下麵糊煎成班戟(如鍋中油份不夠可用剩下的油補充)，煎好的班戟可用隔油紙逐片隔開疊起來。每人預留3至4片班戟。

橙酒汁做法

1. 用刨削出片的薄橙皮絲後，將兩個橙肉榨汁。
2. 小鍋盛著橙皮和凍水，煮沸後倒掉水份，以上步驟再重複一次。
3. 放橙皮在鍋內，加入80克糖和水，用中火慢煮10至15分鐘，或直至橙皮呈透明像蜜餞的樣子。
4. 中火燒熱一個寬口而底部沉重的鍋，加入牛油煮熱至起泡。
5. 加入餘下的糖攪拌至溶解，煮1至2分鐘至開始呈淺金黃色的焦糖狀。
6. 將火收細，小心地加入橙汁及橙酒後，調至中火，將汁液煮沸至冒泡兩分鐘呈醬汁狀，不時拌一下。
7. 輕輕放一片班戟在鍋裡冒著泡的橙酒汁中，折成一半後再對折成三角形。所有班戟用同一方法處理，將它們整齊地排在圓形的鍋底。
8. 煮好的班戟分四份，排在每個碟上。加一些橙肉在鍋內餘下的橙酒汁中煮暖。
9. 將煮好的橙肉均分給四份班戟，並淋上一點橙酒汁。最後用蜜餞橙皮絲裝飾，每份伴一球雲呢拿雪糕即可享用。

The Best of FRANCE... in Hong Kong

HOME TO ONE OF THE WORLD'S LARGEST FRENCH COMMUNITY, THERE IS NO WONDER THAT THE CULTURE IS WELL LOVED IN HONG KONG. FROM A TUCKED AWAY ANTIQUE SHOP TO A LONGSTANDING FRENCH BOOKSTORE, WE ROUND UP OUR FAVOURITE PLACES IN THE CITY TO CELEBRATE OUR LOVE FOR ALL THINGS FRENCH

香港是全球最多法國僑民聚居的地方之一，法國文化在這裡發光發熱，可謂意料中事。從隱身鬧市的古董店，到開業數十載的法文書店，城中有不少體驗法式情懷好去處，讓你可以享受一場彷彿置身法國的文化饗宴



Wine And Dine

They say food is a way to understand a culture without speaking the language. Sure enough, in a city that celebrates French culture, there is no lack of French restaurants – some of which are among the very best in Asia and regularly grace the pages of the Hong Kong Michelin Guide. But there is more to French cuisine than dining out at swanky restaurants – knowing how to whip up the perfect *soupe à l'oignon* in your own kitchen, what wine to pair with your ratatouille, and what to pack on a picnic is equally important.

French Cooking Class by Chef Rene-Etienne

It's true that French cuisine is among the most complex and difficult to master, but no one starts at the top, so why not learn from the masters? Chef Rene-Etienne has over 30 years experience in French cuisine and has appeared on TV cook shows as well as numerous local newspapers and magazines. His approach to French cooking is traditional, and more importantly, fun. Learning the secrets of celebrated French recipes, you'll have a great time cooking French cuisine in his class, and enjoy your hard-earned "reward" at his workshop afterwards.

www.hkfrenchcookingclass.com

Monseieur Chatte

Stock up on essential French ingredients after you've learnt the basics of French cooking. Monseieur Chatte occupies a three-floor shophouse in Sheung Wan and, as you walk in, the retro-style décor tells you a thing or two about them – it's all about French gourmet, imported directly from France or home made. Cheese fans beware – their extensive range of French cheeses will have you spoilt for choice. Coupled with an excellent catering menu, your next picnic at the Cyberport park will be a delicious French affair.

www.monsieurchatte.com

The French Cellar

If you've read our guide on Boudreaux wine tours and are already planning one, chances are, by the time you return from your trip, you'll be thinking about those fine bottles from France. In Hong Kong, getting your hands on French wines isn't exactly difficult, but have you tried getting a wine subscription? Each month you receive two exclusive bottles of wine selected by the sommelier at The French Cellar – they can be hidden, lesser known gems or highly desirable appellations. You can also join their regular wine tasting events and meet fellow wine aficionados.

www.thefrenchcellar.hk





美酒佳餚

有這麼一個說法：飲食敞開了一扇大門，讓我們不會說當地語言，仍能認識一個地方的文化。香港樂於擁抱法國文化，當然不乏法國餐廳——有些在亞洲中數一數二，更經常名列《香港米芝蓮指南》。但法國料理的真諦又豈止於安坐奢華的餐廳中用膳——如何親手泡製完美的法式洋蔥湯，什麼酒搭配普羅旺斯燉菜最適合，怎樣準備一場法式野餐，箇中竅門同樣重要。

Rene-Etienne大廚的法國菜烹飪課

法國料理博大精深，烹飪技巧難以掌握，不過萬事起頭難，如果一開始就跟真正的大師學習，肯定事半功倍。大廚Rene-Etienne有超過30年的法國料理經驗，曾上過電視烹飪節目，亦屢次於報章雜誌亮相。他的手法忠於傳統，更重要的是——同時又趣味盎然。上Rene大廚的烹飪課，你將會樂在其中，不僅可以學到經典法國菜的祕方，之後更可在品嚐自己辛苦的成果。

www.hkfrrenchcookingclass.com



Monseieur Chatte

掌握了法國料理的烹飪基礎，也要具備好食材，才能一顯身手。樓高三層的Monsieur Chatte位處上環，推門而入，室內復古裝潢顯露出一股自信的氛圍：要找地道法國美饌——不論是直接從法國進口還是自家製食品，這裡毫無疑是你的不二之選。店內的法國乳酪種類繁多，絕對可以滿足酷嗜芝士的饕客。到會菜單更是令人驚艷，讓你在數碼港公園，輕鬆實現一場法式野餐。

www.monsieurchatte.com

The French Cellar

看完本雜誌的推介，你說不定已經在計劃一趟波爾多酒莊之旅，而且很有可能回來之後，還會對法國的杯中物朝思暮想、念念不忘。要在香港品味法國好酒，並非難事，但你又是否試過訂酒計劃呢？The French Cellar的訂戶每月會收到侍酒師特別挑選的兩瓶葡萄酒，有較不為人知的罕見藏酒，有的則極富盛名，令人趨之若鶩。你亦可以參加酒窖定期舉辦的品酒活動，和葡萄酒愛好者會面交流。

www.thefrenchcellar.hk

Culture

A rule of thumb for the French: a good read, an exciting movie, a talk-of-town exhibition always make great conversations.

French Classes at Alliance française de Hong Kong

Perhaps the most obvious place to start learning more about the French culture is to learn the language. While there are a myriad of French classes offered citywide, many of Alliance française de Hong Kong's past students will vouch for the Alliance's highly qualified and experienced teachers, effective course structure and even the (slightly scary) exams!

www.alliancefrancaise.org.hk

Parenthèses

For nearly 30 years, Parenthèses has been serving the French-speaking community in Hong Kong by stocking an extensive and eclectic collection of books, magazines, and movies. Touting themselves as the one and only French bookshop in Hong Kong, Parenthèses also organises events at its shop in Central, featuring local as well as visiting French experts in book signing events, photography talks and thought-provoking workshops. Apart from covering your needs for casual reading material, the bookshop is also the official book supplier for the French International School.

www.parentheses-hk.com

French Cinepanorama

2016 will mark the 45th year of this iconic French film festival. Brought to you by the Alliance française de Hong Kong, each year's selection of award-winning, unique contemporary French cinema is a delight for any cinematic fan and a tribute to great French directors and actors. Keep an eye out for the festival schedule this



year (usually November – December, yet to be released), which should include a curated selection of fiction, documentaries, animation, restored classics, short films and more.

www.hkfrrenchfilmfestival.com

Parc

This treasure-hiding hole in the wall is full of pleasant surprises – from quaint antiques and olde furniture, you will have a hard time deciding whether to bring home the dainty vintage desk lamp or the pastel cottage desk. Adjoining the French antique and lifestyle store is a wonderful café, perfect for afternoon tea if you're keen to sample some French pastries.

www.par-c.com

Alliance française de Hong Kong

With nearly 1,000 locations in 136 countries, the Alliance Française is one of the world's largest networks of cultural associations. Its key mission is to foster and promote an interest in French language and culture throughout the world. The Alliance's branch in Hong Kong was founded in 1953 and is now Asia's leading Alliance française in student numbers, and the eighth largest in the world.

香港法國文化協會

法國文化協會在全球136個國家有近1,000個分會，是世界上最大的文化機構網絡之一，致力於各地推廣法國文化及促進法語學習。香港法國文化協會成立於1953年，以學生人數計，位居世界第八，更是冠絕亞洲。

For nearly 30 years, Parenthèses has been serving the French-speaking community in Hong Kong



文化

法國文化同樣離不開閱讀、電影、城中熱議的展覽，要和法國人打開話匣子，又怎能不略知一二。

香港法國文化協會法語課程

要了解法國文化，最明顯的做法當然是學法語。坊間的法語課程雖然多不勝數，但法國文化協會的舊生一定會向你保證，協會是學習法語的理想之處：師資優良、經驗豐富；課程架構有利學習；甚至連（有點嚇人的）考試都值得推薦！

www.alliancefrancaise.org.hk

Parenthèses歐陸法文圖書公司

歐陸法文圖書公司在香港服務法語讀者，已有將近30年。店內的書籍、雜誌及電影種類繁多，應有盡有，更是本港唯一的法文書店。書店坐落中環鬧市，不時舉辦本地及訪港作家的簽書活動、攝影講座、文化工作坊及討論會。除了滿足一般讀者的閱讀需求，書店亦是法國國際學校的教科書官方供應商。

www.parentheses-hk.com

“How to dress like a Parisian” is one of the go-to search terms when one is thinking about effortlessly chic

Bonjour Paris

香港法國電影節

極具代表性的法國電影節由香港法國文化協會主辦，於2016年邁入第45個年頭，每年均會精選多部得獎影片、當代及復刻作品，不僅是城中的影迷盛事，亦同時向法國導演及演員致敬。密切留意今年（通常於11-12月舉辦）的節目場次，放映的種類將包括劇情片、紀錄片、動畫、經典回顧、短片等，絕對不容錯過。

www.hkfrenchfilmfestival.com

Parc古道具公園

這個看似不起眼的低調小店，其實是別有洞天的藏寶閣，充滿意想不到的驚喜——從別緻的古玩到古色古香的老傢俱，你很可能會三心兩意，拿不定主意要帶精巧的小檯燈，還是淡雅的書桌回家。假如逛到一半突然興之所致，想品嚐法式糕點，還可以到毗連這間古董和生活風格小店的咖啡店，享用下午茶。

www.par-c.com

The Parisian Sense of Style

“How to dress like a Parisian” is one of the go-to search terms when one is thinking about effortless chic. There is something peculiar about the Parisian look: at first glance it appears to require minimal styling, but when you look deeper, you see subtle colour coordination, attention to detail, immaculate fitting, and most of all, confidence.

巴黎人的風格

說到要從容自若地展現時尚品味，巴黎人的穿衣搭配相信是大家最先想到的範本之一。

巴黎風格的特別之處在於：乍看之下，造型極簡，似乎毫不費工夫；但若再仔細端詳，就會發現顏色協調、細節一絲不苟、完美稱身，當然還有舉手投足間不可或缺的自信。



100 Books You Mustn't Miss

Introducing literary treasures that enrich your knowledge and stretch your imagination

打開文學的寶庫，可以增長知識並開拓廣闊的想像力



Struggles of Humanity | 15 and above

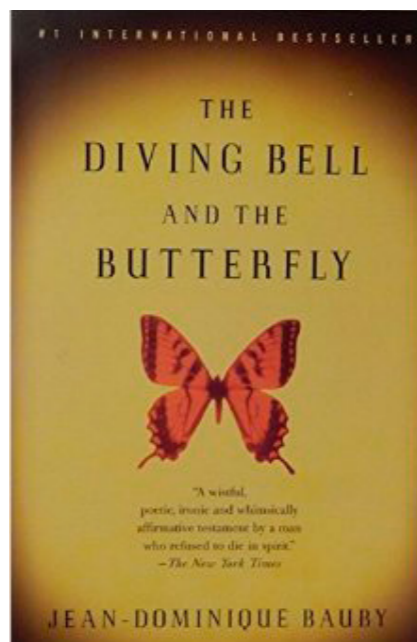
The Diving Bell and the Butterfly

Jean-Dominique Bauby

1995 was the year that changed Jean-Dominique Bauby's life forever: a rare stroke to the brainstem put him in a coma, and when he woke up, his soul was held prisoner by a "giant invisible diving bell" – he suffered from locked-in syndrome and blinking his left eye was his only way to communicate. He dictated this book blink by blink, and left us with a beautiful autobiography.

When you've finished this book...

Watch the award-winning movie adaptation, starring the talented Mathieu Amalric.



作者讓·多米尼克·鮑比的人生，在1995年徹底改變：被一次罕見的中風傷害了腦幹，昏迷甦醒過來後，感覺靈魂猶如「被巨大的無形潛水鐘囚禁」，證實患上閉鎖症候群，全身癱瘓並只剩下左眼能眨動。憑著無比驚人的毅力，鮑比以眨眼睛的方式，一個字母、一個字母地寫出自傳《潛水鐘與蝴蝶》，為世人留下優美的鉅著。

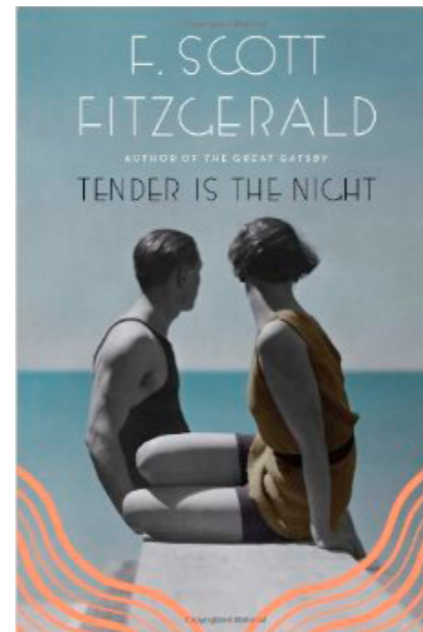
延伸活動

欣賞由《潛水鐘與蝴蝶》改編的同名得獎電影，由演技出色的馬蒂爾艾馬力飾演主角鮑比。

Power of Imagination | 15 and above

Tender Is the Night

F. Scott Fitzgerald



When Fitzgerald wrote what would become his last novel, he was facing the darkest time in his life. The book, widely recognised as Fitzgerald's greatest work and a mirror of the author's personal life, tells the story of American couple Dick and Nicole Diver's glamorous and seemingly perfect lives in Southern France, which slowly disintegrated as their marriage fell apart.

When you've finished this book...

Read *Max Perkins: Editor of Genius*. Fitzgerald wouldn't have been recognised as one of the greatest American authors had it not been for his editor Max Perkins, who supported Fitzgerald editorially and financially through difficult times.

寫作《夜色溫柔》之時，作者F·斯科特·菲茨傑拉德正值人生低潮。最後《夜色溫柔》被公認為作者反映自我人生的最偉大著作。故事描寫主角是一對美國夫婦，在法國南部過著近乎完美的奢華生活，但隨著二人的婚姻漸漸出現裂痕，華麗的一章終告落幕。

延伸活動

閱讀麥斯威爾·柏金斯的著作《天才們的編輯》。麥斯威爾是F·斯科特·菲茨傑拉德的編輯，在創作路上和財政上給予斯科特很大的支持，助他度過難關，造就美國史上其中一位最偉大的作家。

"The people of Provence greeted spring with uncharacteristic briskness, as if nature had given everyone an injection of sap."

The Evolving World | 13 and above

A Year in Provence

Peter Mayle

The author realised his lifelong dream and moved into a 200-year-old stone farmhouse in the remote country of the Lubéron with his wife and two large dogs. A light-hearted read, *A Year in Provence* introduces us to the earthy pleasures of Provençal life through Mayle's witty and humorous account.

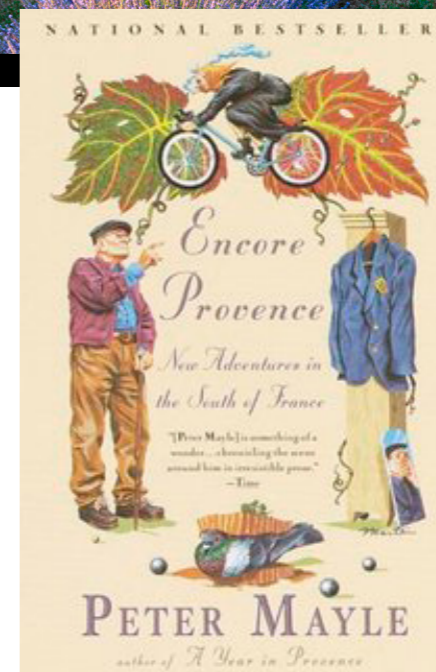
When you've finished this book...

Start looking into planning a trip to Provence, home to endless lavenders fields and the quintessence of Southern France.

《山居歲月：普羅旺斯的一年》是紀錄作者彼德·梅爾實現畢生夢想的自傳。他與妻子帶著兩頭大狗兒，遷居法國南部呂貝宏山區，入住一幢兩百年歷史的農村石屋。作者筆調幽默，用雋永的文字記下普羅旺斯鄉村生活的有趣點滴，讓讀者會心微笑。

延伸活動

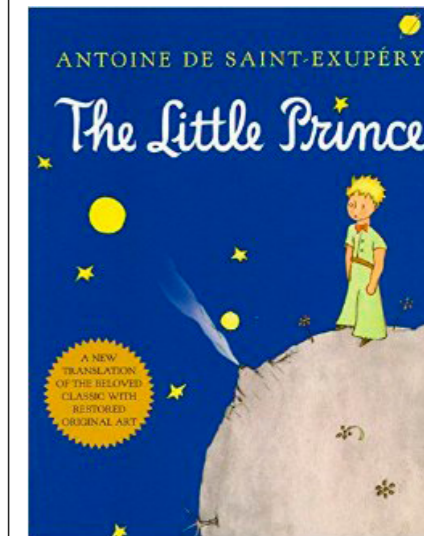
計劃到普羅旺斯一遊，看看薰衣草的芳菲花田，體驗嚮往的法國南部生活。



Relax and Breathe | 8 and above

The Little Prince

Antoine de Saint-Exupéry



The Little Prince is perhaps one of France's most beloved children's tale, and definitely the most translated book in the French language. A little boy leaves the safety of his own tiny planet to travel the universe, learning the vagaries of adult behaviour through a series of extraordinary encounters.

When you've finished this book...

Watch the feature film adaptation, *Little Prince*, which was just released in 2015. A little girl lives in a very grown-up world with her mother, who tries to prepare her for it. Her neighbour, the Aviator, introduces the girl to an extraordinary world where anything is possible, the world of the Little Prince.

聖修伯里的《小王子》不但是法國最家喻戶曉的兒童文學，也是被翻譯成最多語言的法文作品。小王子離開他熟悉的小星球，出發漫遊宇宙，途中一連串的奇遇，使他開始明白成年人種種令人不解的行為。

延伸活動

《小王子》改編的動畫電影已於2015年上映，主角是一位與媽媽一起生活的小女孩，被迫提早投入成年人的世界。小女孩的鄰居飛行員為此帶她走進小王子的奇妙世界，在那裡，任何事情都充滿希望。



www.bel-air-hk.com

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HAPPY TIMES AT BEL-AIR

貝沙灣度過的歡樂時光



SUMMER SNAPS 精彩夏日



Summer holiday isn't just about playing the day away. Club Bel-Air's summer programme offers a wide variety of interesting classes for kids and celebrate the season by learning!

小朋友放暑假除了盡情遊玩一番，也是寓學習於玩樂的好時機。來參加貝沙灣為孩子們準備的一系列興趣班，過一個開心充實的長假！



SURPRISE DAD! 父親節驚喜 — 魔法領「TIE」

Children got creative and added a dash of magic to Father's Day! At a workshop dubbed "Magic and Tie" at Club Bel-Air, kids learnt a few neat tricks to surprise dad on Father's Day.

創意十足的小朋友們，想為爸爸準備好玩有趣的父親節禮物？參加貝沙灣會所的魔法領「Tie」工作坊，學一些有趣的小玩意讓爸爸驚喜一番吧。



EASTER FIESTA 繽紛復活節



Easter has always been a great time for parents to spend quality time with kids. At Bel-Air, adults and little ones alike canvassed the entire community in a hunt for colourful Easter eggs. They also got to meet the Easter Bunny, tried their hands at making festive desserts and pom pom rabbits at a workshop.

復活節，一家人當然要共享愉快時刻。貝沙灣區內大人小朋友齊齊出動，搜尋埋藏於貝沙灣各處的復活彩蛋，更與復活兔大合照，並親手做美味的節日甜品及可愛的毛球兔。





CHINESE NEW YEAR 慶賀農曆新年

The arrival of the Year of the Monkey put Bel-Air in a festive mood, with a spectacular lion dance opening a series of CNY activities in the neighbourhood.

猴年新歲，貝沙灣喜氣洋洋，一場精彩的舞獅表演，揭開貝沙灣舉辦連串賀新年活動的序幕。



BEL-AIR BABIES

Share with us photos of the adorable little faces that we have the pleasure of seeing at Bel-Air! Simply email a photo of your baby with name and date of birth to crdept@pcpd.com.

誠意邀請您將小寶寶照片連同姓名及生日日期電郵至 crdept@pcpd.com，與我們一起分享貝沙灣寶寶的可愛笑臉。





Bel-Air
GRAND FUNCTION ROOM

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