



Foie gras terrine at Brasserie
巴黎人法式餐厅的鸭肝酱

GALLIC

DELIGHTS 法式飨宴

Brasserie at The Parisian Macao, which is celebrating its first anniversary, offers classics from Bordeaux and the southwest regions, writes Rob McGovern

开幕一周年的澳门巴黎人法式餐厅主打法国地区料理，如波尔多经典菜式及西南部其他著名佳肴。

French food is undoubtedly one of the world's great cuisines, but it has a reputation for being elaborate, expensive and fussy – even pretentious. But it doesn't have to be this way.

France is a large and diverse country, which, much like China, has hundreds of different regions that boast their own dishes, cooking styles and local specialties, from the seafood stews favoured by the Basques near the southern border with Spain to the Germanic-inspired dishes of Alsace and Lorraine in the northeast.

法国菜无疑是世上最杰出的菜系之一，以精致讲究、昂贵高级见称，甚至被冠上“矫揉造作”等名号，但法国菜并不一定如这些形容词一般。

法国幅员辽阔、文化博大精深，正如和中国一样，数百个不同地区都有着自己的独特菜式、烹调风格和地道特产，如法国南部和西班牙接壤的巴斯克地区就有名的海鲜炖菜，法国东北部的阿尔萨斯区和洛林区，则以富有德国风味的菜式而闻名。

西南部可谓法国最出名的地区，知名的波尔多红酒是一大功臣，当地优质的农产品亦深受美食家喜爱。以鸭子、西梅干、



The VIP room at Brasserie
巴黎人法式餐厅的贵宾室



The interior at Brasserie
巴黎人法式餐厅一瞥

"Arguably the most famous region in France, thanks in part to the world-renowned wines of Bordeaux, is the southwest"
西南部可谓法国最出名的地区，知名的波尔多红酒是一大功臣

Arguably the most famous region in France, thanks in part to the world-renowned wines of Bordeaux, is the southwest. The region is also adored by gastronomes because of the exceptional local produce on offer. Duck, prunes, seafood from the Bay of Biscay, including oysters, and hundreds of different cheeses are among the many products that are often showcased in rustic and unfussy dishes that preserve their innate qualities.

In fact, many of these understated dishes are so popular, they are known throughout France and across the world, including at Brasserie at The Parisian Macao, where several southwest classics are available.

Perhaps the most iconic of all French dishes is foie gras, a dish so French that its production is governed by French law.

Foie gras is either duck or goose liver, and is considered one of the most luxurious foods available. Dating back to ancient Egypt, foie gras is rich and buttery and is best eaten in moderation.

比斯开湾的海鲜（如生蚝）及数百种奶酪最常入饌，烹调成保留食材原始风味的淳朴家常菜。

事实上，其中许多家常菜都极受欢迎，享誉法国甚至世界，因此澳门巴黎人法式餐厅亦供应法国西南部的经典菜式。

最有代表性的法国菜式要数“foie gras”，其生产过程甚至受法国法律监管。

Foie gras为鸭肝或鹅肝，被视为世上最奢侈的食品之一。其起源可追溯至古埃及，它醇厚馥香，口感如奶油般细腻，浅尝更具滋味。

Foie gras可谓是最能代表法国的食材，而巴黎人法式餐厅的顾客就可享用到以它来炮制的名贵法式酱糜，并与同为地区特产的梅干及蜜饯口味的雅文邑白兰地一道品尝。

味带咸香的foie gras口感丰腴，与香甜的梅干宛如天作

At Brasserie, guests can enjoy this most French of ingredients as a luxurious terrine served with a prune and Armagnac compote – both of which are also regional specialties.

The richness of the savoury foie gras is perfectly balanced by the sweet prunes which are given an additional lift by the Armagnac, which, depending on its age, can have flavours of fruit – prunes, quince and apricot – or, for older Armagnacs, more chocolatey and caramel flavours. Cinnamon and even black pepper flavours come through if the brandy is aged longer.

Enjoy the duck foie gras terrine at Brasserie with one of the several Armagnacs available.

A truly rustic dish and a southwest classic that has long since become a

之合，而雅文邑白兰地则再把口感升华至另一境界。不同年份的雅文邑白兰地带有不同程度的梅干、榲桲及杏桃果香，年份较久的则带更浓烈的巧克力和焦糖口味。陈年雅文邑白兰地更散发肉桂，甚至黑胡椒的味道。

在巴黎人法式餐厅，一边细味鸭肝，一边呷饮雅文邑白兰地，实在是人生一大乐事。

卡酥来砂锅（cassoulet）朴实无华，为法国西南部经典料理，它在很久以前就已经是法国人的主食。卡酥来砂锅的制法不断演化，法国西南部、整个法国，乃至世界各地均有不同的烹调方式，衍生出数百个不同的卡酥来版本。

卡酥来砂锅乍看只是简单的白扁豆炖肉，但这道浓郁丰富的菜式满载顶级食材，并以慢火细炖，把食材的味道融为一体，荟萃成独有的风味。

巴黎人法式餐厅的焗白扁豆卡酥来砂锅以油封鸭腿（将鸭腿浸泡于鸭油中以小火慢煮，保持软嫩多汁、咸香入味）、图鲁兹猪肉肠及烟熏猪腩肉入饌。



Cassoulet, a true Gallic tradition
卡酥来砂锅为法式传统菜式

Fresh from the Basque Country, cabillaud basquaise
巴斯克地区出产的新鲜鳕鱼

staple across the country, cassoulet has dozens if not hundreds of variations across the region, across France and across the world.

Cassoulet is, at first glance, a simple stew of beans and meat, but this rich and robust dish is packed with the very best ingredients and is cooked slowly to bring these flavours together to produce a dish that is so much more than the sum of its parts.

The baked white bean cassoulet at Brasserie is made with confit duck – duck legs that are slowly cooked in duck fat that results in tender, moist and flavourful meat – Toulouse sausage and smoked pork belly. A truly magnificent dish that is eaten by everyone from presidents to farmers.

Closer to the Spanish border is Basque Country, which straddles parts of north-central Spain and southwestern France. The Basques – an ethnic group indigenous to this area – have their own unique culture, language and, of course, culinary traditions.

As the Basque Country sits on the Bay of Biscay, the Basques are masters when it comes to utilising the bounty of the sea. One well-known Basque dish is Basque cod or cabillaud basquaise. Available at Brasserie, the dish is a fillet of cod that is baked in a luscious and rich saffron, tomato and pepper sauce and served with a rice pilaf.

The very freshest cod is of course essential, but the beauty of this dish is the combination of the soft and moist cod and the deep and flavourful sauce.

And this is just a smattering of what French cuisine has to offer. Fortunately, Brasserie at The Parisian Macao brings France's most popular dishes to Macao in an authentic setting where visitors can discover the true meaning of "joie de vivre". \$

这道风味绝佳的菜式，在法国大行其道，上至总统，下至农民的饭桌上不时都有它的踪影。

巴斯克地区邻近西班牙边境，横跨西班牙中北部及法国西南部。当地的原住民巴斯克人拥有自己独特的文化及语言，当然也有自成一家的烹饪传统。

巴斯克地区位处比斯开湾，每一个当地人都是烹调丰美水产的高手。巴斯克鳕鱼（又名cabillaud basquaise）便是其中一道着名的巴斯克菜式。巴黎人法式餐厅的鳕鱼排浇上美味浓郁的酱汁（以藏红花、西红柿及胡椒熬成）烤焗而成，并佐以松软肉饭。

主角当然是鲜美的鳕鱼排，但这道菜最美妙之处，在于滑嫩多汁的鳕鱼和香浓酱汁演绎的二重奏。

法国料理博大精深，这篇文章亦只道出了当中的皮毛而已。可惜的是，巴黎人法式餐厅把正宗法国名菜带到澳门，让访客亲身探索“生活之乐”的真谛。\$

Brasserie, Level 3, The Parisian Macao

Reservations: +853 8111 9200

巴黎人法式餐厅，澳门巴黎人三楼

订座：+853 8111 9200

Wines to savour

Southwest France has some of the best wines on the planet. Here are a few regional wines available at Brasserie that will make your culinary journey all the more enjoyable.

- Domaine Cahaupé « Chants de Vignes » 2012 – Jurancon Sec (Petit Manseng and Gros Manseng)
- Château Montauriol Mons Aureolus 2011 – Fronton (60 per cent Négrette, 20 per cent Cabernet Franc, 20 per cent Syrah)
- Château Lamartine Cuvée Particulière 2011 – Cahors (90 per cent Malbec, 10 per cent Tannat)
- Domaine Berthoumieu Charles de Batz 2011 – Madiran (90 per cent Tannat, 10 per cent Cabernet-Sauvignon)
- Clos Lapeyre La Magendia de Lapeyre 2013 – Jurançon Moelleux (100 per cent Petit Manseng)



品味佳酿

法国西南部的佳酿举世闻名，雅文邑更是极品级白兰地。法式餐厅精选部分地区佳酿，令美食飨宴更臻完美。

- Domaine Cahaupé « Chants de Vignes » 2012 – Jurancon Sec（小满胜及大满胜）
- Château Montauriol Mons Aureolus 2011 – Fronton（60%尼贡特、20%品丽珠、20%西拉）
- Château Lamartine Cuvée Particulière 2011 – Cahors（90%马碧、10%丹拿）
- Domaine Berthoumieu Charles de Batz 2011 – Madiran（90%丹拿、10%赤霞珠）
- Clos Lapeyre La Magendia de Lapeyre 2013 – Jurançon Moelleux（100% 小满胜）