

Global Gourmet



May-June 2020



Balance From Farm To Table
平衡之道

Contents

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Lifestyle

10 Health Tips

10 Kitchen Beauty

Safe, natural, and cheap beauty treatments can be found right under your nose.

12 The Original Eco-Friendly Cooler

As temperature rises, switch off the air conditioner and cool down with ice cream.

14 Edible Small Solutions to Sustainable Seafood

70% of our planet is water.

16 Herbs & Spices

16 Paprika

Paprika, a central spice of Hungarian and Spanish cooking, is also a health ingredient.

People

22 Luminaries

22 Divas & Divos of Pastry

Global Gourmet proudly presents 5 Pastry Chefs par Excellence

36 Pacific Trim:

The Reality TV Show in a Fight to Death, helping change dangerously unhealthy eating habits across South Pacific

Places

44 Destination Dining

44 In Shunyi as it is in Sanlitun
HULU @ WAB opened in Shunyi as another flagship of the TRB Group.

48 The Westside Story

JE, for Just Enjoy, is a designer restaurant newly opened at the Westside of Beijing.

50 Marriage of Shanghai & Cantonese Cuisines

Sheraton Shanghai Waigaoqiao Hotel takes pride in its Yue Chinese Restaurant, featuring Shanghai cum Cantonese flavors.

52 Early Flavors of Summer in Hangzhou

The best time to visit Hangzhou is at this time of the year, and among places to dine is Senses Seafood Grill Restaurant.



Feature Story

54 Farm to Table Going Global
Farm-to-Table covers issues on food safety and traceability; reducing carbon footprints; preserving freshness and quality; minimizing transport distance; and supporting local farmers.

Global Gourmet Chefs Club

Prose by DaDong

Travelogue

96 The Charisma of Slovakia
Slovakia, the "Little Big Country" is like a gem, small yet glistens with immense charm.

Drinks

114 Wine Choice

114 La Vie en Rosé

What to expect from rosé wines? Color, fruit, freshness, and new friends.

118 Wine Sense

118 Wine Revolution

Every industry, including wine industry is going "Green" to reduce the effects of global warming.

120 Wine

120 The Next Level of Food and Wine Pairing

Canadian Francois Chartier's food and wine matching concept is aromatic synergy.

124 Cocktail

124 Welcoming Summer

The interval between spring and summer is always the best time of the year.

130 GG MICE

136 BIZ CHINA

138 GG Bulletin

来自欧洲的红金，伴您消解炎炎酷暑



炎夏即将来临，伴随高温到来的往往是食欲不振。虽然每天需要摄入的热量在减少，但同时却必须补充大量流汗损失的水分。一旦补充的水分和营养不足，人体将面临脱水带来的各种严重后果。

蔬果因此成为夏季的理想主食，它们热量低而水分含量高。尤其是西红柿，无论口感还是营养皆是个中翘楚。您知道吗，西红柿兼具水果和蔬菜的特性！它富含维生素和矿物质盐，94%的水分含量也使其成为维护人体水分平衡的超级明星，缓解高温带来的水分流失。

同时西红柿还富含番茄红素，有助于抗衰老；作为类胡萝卜素的一种，它可以增强皮肤在夏天光照下的防御能力。

那么为何选择欧洲红金西红柿？因为它们在果实甜度达到峰值时采收，然后立即罐装，保有优质新鲜西红柿的所有风味、香气和特性。它们保藏在罐头里，静静等待您的开启，为您带来新鲜、清爽而又多汁的美味体验。欧洲红金，愉悦炎夏的绝佳蔬果选择无法抵挡的美食诱惑。



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