

Three-star chefs

cook up Paris subway treats

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Hotel Bristol's Eric Frechon, chef of the year, participates in a "Gastronomy in the Subway" scheme, above, and a person tastes a recipe, right, in a Paris subway passageway on Nov. 3, 2009. PHOTOS: AFP

十一月三日在巴黎地鐵通道內，布里斯托飯店的艾瑞克·弗萊瓊（年度主廚）參與「在地鐵站享用美食」活動（上圖），以及一名品嚐菜餚的民眾（右圖）。 照片：法新社攝

Top French chefs took their art into the Paris underground, cooking up a treat for a crowd of commuters in a bid to prove that haute cuisine needn't cost **a king's ransom**.

"Sharing our cuisine with people is so great," said Eric Frechon, who runs the kitchens at President Nicolas Sarkozy's favourite Paris haunt, the top-end Le Bristol hotel.

Frechon was the first of a **trio** of gourmet chefs, each graced with three-star status in the famed Michelin restaurant guide, to come down to the people with his pots and pans in a **makeshift** kitchen set up for three days at Miromesnil station in the Paris subway.

Carrots were Frechon's dish of the day, "to show people you can cook simple and cheap food."

His were boiled in orange juice with a dash of honey and a

little fennel, then patted dry with paper and rolled in gingerbread **crumbs**.

"Mmmmm!" said office worker Jane Germiz as helpers handed out the finished product. "What a great idea this is! It's a simple recipe and interesting to see what a top chef can do with a basic vegetable."

Next up at the railway station last Wednesday was Patrick Bertron of the celebrated country inn, the Relais Bernard Loiseau, one of France's 26 three-star establishments, with a recipe for cabbage.

Potatoes got star treatment on the third and last day of the commuter cooking treat when Patrice Caillault of the Domaine de Rochevilaine threw them into the pot.

(AFP WITH STAFF WRITER)

為了證明不花大錢也能享受高級料理，頂級法國廚師帶著廚藝走進巴黎地下鐵，烹煮美食款待一群通勤者。

艾瑞克·弗萊瓊說：「和民眾分享我們的佳餚的感覺非常好。」他負責掌理法國總統尼可拉斯·薩柯茲最愛光臨的巴黎頂級飯店Le Bristol的廚房。

由弗萊瓊打頭陣，三位榮獲知名《米其林美食指南》三星評等的美食主廚帶著鍋具走入群眾，進駐巴黎地鐵米羅梅斯尼歐站一個臨時廚房，進行為期三天的服務。

為了「向民眾示範自己也可以烹調簡單便宜的食物」，弗萊瓊當天的主菜是胡蘿蔔。

他先以柳橙汁燉煮胡蘿蔔，再加入少許蜂蜜和少量茴香，然後用紙拍乾，再以薑餅碎屑包覆。

助手們分送完成的料理時，上班族珍·傑米茲說：「嗯！這點子太棒了！這道菜的食譜很簡單，而且能夠看到頂級廚師如何處理基本蔬菜很有趣。」

第二棒是上週三進駐的知名鄉村旅店Relais Bernard Loiseau主廚派屈克·波特朗，他烹調的是甘藍菜。Relais Bernard Loiseau是法國二十六間三星旅館之一。

活動第三天也是最後一天，星級美食主角是馬鈴薯，負責料理的主廚是Domaine de Rochevilaine餐廳的派翠斯·塞爾勞特。

(法新社/翻譯：袁星塵)

TODAY'S WORDS
今日單字1. **trio** /'triə/ n.

三個一組 (san1 ge5 yi4 zu3)

例：A trio of singers are scheduled to appear on the show this evening. (今晚將有三重唱演出。)

2. **makeshift** /'mek,ʃɪft/ adj.

臨時的 (lin2 shi2 de5)

例：Most of the repairs were done at a makeshift garage set up by the side of the track. (大部分的修補工作都是在小路旁的臨時車庫完成。)

3. **crumb** /krʌm/ n.

食物碎屑 (shi2 wu4 sui4 xie4)

例：I could tell by the crumbs on the floor that someone had been eating chocolate cake. (我可以從地上的碎屑得知剛才有人在吃巧克力蛋糕。)

IDIOM POINT
重要片語a king's ransom
一筆鉅款

Something that costs a **king's ransom** is very expensive. According to the article, the metro cookery project is designed to prove that good food needn't cost a **king's ransom**.

Examples: "I'd gladly pay a **king's ransom** to have the opportunity to be 21 again," or "I don't care if it costs a **king's ransom** — I want that sofa."

若某事物花費「a king's ransom」，就表示其所費不貲。上文中提到，該項地鐵烹飪計畫是要用來證明，美食不一定所費不貲。

例如：「為了重回二十一歲，就算傾家蕩產我也在所不惜」，或是「我不管這套沙發是否所費不貲——我就是買」。