

KOKS' chef Poul  
Andrias Ziska forages  
for seaweed in the  
Faroe Islands

法羅群島餐廳KOKS主廚  
Poul Andrias Ziska正在  
採集海藻



Rather than a flavour of the day to be quickly forgotten, the trend for foraging appears to be growing and chefs around the world are heading into the wild to discover Mother Nature's finest ingredients. 全球各地的廚師紛紛深入野外，發掘大自然賦予我們的最佳食材。這股採集野生食材的風潮方興未艾，相信短期之內都不會退潮。 **By Rachel Read**

# Where the wild things are

大自然的呼喚

There was a time when the word "foraging" sparked images of *Boy's Own* survival missions, of living off the land merely to stay alive. Today, however – thanks in part to a little restaurant in Copenhagen called Noma, which became world-renowned for its use of wild, indigenous ingredients – foraged food is the biggest thing to hit fine dining since sliced sourdough.

"There has undoubtedly been a Noma effect – that's when our business really started to grow," says Chris Bax, a trained chef who, with his wife Rose, co-founded Taste the Wild, a company that runs seasonal foraging courses and wild-cooking workshops in the English county of Yorkshire. "However, we had been going a while before that and found that people were getting more and more interested in the provenance of the food they were eating. Foraging for yourself gives you ultimate control over that."

No one knows that more than Elijah Holland, a forager and chef whose company, Nature's Pick, supplies wild produce to many of Australia's top restaurants. His encyclopaedic knowledge of wild ingredients, in fact, earned him the position of head forager at Noma Australia (Holland arrived for his first meeting with Noma's head chef, René Redzepi, touting 300 boxes of wild produce). "There's a growing interest for people wanting to know the story of their food and where it comes from," Holland explains. "Using and respecting the land to make something pure and wholesome with a moral story, where nothing but the ingredients shine, is why foraging is so important."

Poul Andrias Ziska, head chef at KOKS, which became the first restaurant in the Faroe Islands to be awarded a Michelin star earlier this year, believes cooks and diners are looking for new things to experience. Ziska's hyper-local approach

曾經，說到採集野生食材，人們只會聯想到野外求生的冒險故事。然而，今時今日，採集野生食材是繼天然發酵的酸種麵包後，於高級餐飲業界掀起的另一個熱潮。這股熱潮的出現，部分原因要歸功於哥本哈根的小餐廳Noma，他們以採用在當地蒐集到的野生食材入饌而蜚聲國際。

Chris Bax是位受過正統培訓的廚師，他與妻子Rose在英國約克郡一同創辦Taste the Wild公司，主要舉辦時令野生食材採集課程和野外烹飪工作坊。Chris說：「無可否認是Noma帶動這股熱潮，我們的業務也是在那時候開始迅速增長。不過，我們在那之前已成立了好一段日子，並發現大家越來越關心食材的出處，而親自採集是控制食材品質的最有效方法。」

說到採集野生食材，應該沒有人比Elijah Holland擁有更豐富的知識。他是廚師，也是野生食材採集專家，其公司Nature's Pick為澳洲多家頂級餐廳提供野生食材。事實上，Holland猶如一本野生食材百科全書，這亦令他獲聘為澳洲Noma餐廳的野生食材採集主管；他首次與Noma餐廳主廚René Redzepi見面時，就帶上300盒地道野生食材同行。Holland解釋：「顧客們對吃進肚裡的食物及食材的出處越來越關心。採集野生食材之所以重要，原因是我們以合乎道德的方法，對大地懷著尊敬的心情，以它出產的食材為主角，烹調出純粹又健康的菜式。」

KOKS於今年初成為法羅群島首家米芝蓮星級餐廳，其主廚Poul Andrias Ziska認為，食客和廚師都在尋找新的體驗。Ziska對烹飪的取態極為地道，他和員工會親自為餐廳採集所有食材，從群島的海域（包括海藻森林）及連綿的山脈帶回大量野生食

to cooking sees him and his team foraging for all of the restaurant's ingredients themselves, bringing wild produce back from the island's seas (including its seaweed forests) and rolling hills to create a uniquely Faroese cuisine. "The fact that we use native wild herbs brings us closer to our nature, and that is what we want our guests to experience," Ziska says. "They should feel where in the world they are, and what the landscape tastes like."

Ask Ziska about his favourite local ingredients, and his passion bubbles over. "Angelica is the one herb that is the most Faroese," he says. "It was used for medicinal purposes, so people commonly had angelica gardens, which they would protect from sheep and the harsh winds with stones. Lovage is always fantastic, too. It's a sign of summer for us and can be used for everything. But there is always a way to use what we have around us. We even use grass! We juice the grass to make gels, sauces, ice creams and granitas."

The fact that these wild plants are so dependent on individual climates, habitats, altitudes and even soil types means that they are far more country-specific than cultivated produce, and this has an obvious appeal for chefs eager to showcase the unique ingredients that best represent their surroundings.

Discovering the UK's wild ingredients was "incredibly inspiring, like finding a brand-new store cupboard full of exciting and unique tastes and textures", says Bax. "The Yorkshire Dales make me think specifically of two things: sweet cicely, a beautiful culinary herb with a strong aniseed taste and scent, and the bilberry, a wild cousin of the blueberry that - in my world, anyway - makes the best pie in the world!"

Holland says location inspires him to create dishes that reflect both his personal style of cooking and the area itself, and he feels that certain wild ingredients best sum up his Australian homeland. "Mountain pepper is a beautiful example of our rugged and tantalising country," he says. "It's an intense and fiery species, with its berries, leaves, sticks, wood and bark all having many uses. Lemon aspen's deep aroma and flavour really proclaims wild Australia's versatility."

Holland has cooked with foraged ingredients in countries as far afield as Mexico, New Zealand and the Philippines, and can now add China to the list, having just opened his own restaurant, The Locksmith, in Foshan. "It's such a big and extraordinary country," he says, "and there's so much here, it's crazy: wild pepper, mugwort, Chinese wine berries, torch ginger, waxberries and yellow stem figs, to name a few."

The Locksmith also boasts a garden from which Holland can harvest produce, and even the restaurant's cocktails make use of wild plants. Recent Locksmith creations include a charcuterie board showcasing

**This page:** Picking sweet cicely in the UK  
**Opposite, clockwise from top left:** Chris and Rose Bax; a salad of wild herbs, seaweed, fermented peas with a parsley and horseradish sauce at KOKS; chef Elijah Holland of The Locksmith; his litchi dessert

本頁：在英國可採集到的野生食材歐洲沒藥  
對頁左上圖起順時針：  
Chris Bax和Rose Bax；  
KOKS的野生香草、海藻  
及發酵豌豆沙律配歐芹  
及辣根醬；The Locksmith  
主廚Elijah Holland及其  
荔枝甜品

“The fact that we use native wild herbs brings us closer to nature, and that is what we want our guests to experience”

採用土生的草本植物令我們更接近大自然，我們也希望帶給顧客相同的體驗，讓他們透過食物感受到自己身處的世界，以及品嚐到在當地自然環境產生出的美味

— Poul Andrias Ziska



材，炮製風味獨特的法羅群島菜式。他表示：「採用土生的草本植物令我們更接近大自然，我們也希望帶給顧客相同的體驗，讓他們透過食物感受到自己身處的世界，以及品嚐到在當地自然環境產生出的美味。」

問到Ziska最喜歡哪種地道食材，他馬上滔滔不絕地說：「白芷是屬於法羅群島的土產，一向以藥用為主，所以不少人家中的花園均有種植，並以大石圍著，防止羊隻及強風破壞。獨活草亦是一種十分奇妙的植物，在夏天才能發現其蹤影，而且是一種百搭的食材。其實周圍環境信手拈來的植物都可以變成食物，即使是青草也可以用來榨汁，然後做成凝膠、醬汁、雪糕及沙冰。」

這些野生植物只在特定氣候、生態環境、海拔甚至土壤中生長，所以只有在某些國家才能找到，不似那些養育的禽畜或人為種植的農產品，無處不在。一些廚師熱切希望展示代表他們四周環境的獨特食材，對他們而言，這些野生食材無疑十分吸引。

Chris Bax表示，發掘英國可食用野生食材的過程「十分富啟發性，就像是發現了一大櫃味道和口感都令人充滿驚喜、十分獨特的嶄新滋味。約克郡谷地令我想起兩種食材：外表美麗又可以入饌的歐洲沒藥，帶有強烈的茴香籽味道及香氣；以及類似藍莓的野生植物歐洲越橘，以它做的餡餅，對我來說是世上最美味的！」

澳洲人Holland表示，所在地能給他靈感，創作既可代表其烹調風格又富地道風味的菜式。他認為某些野生食材確實能反映故鄉的特色：「味道濃烈辛辣的山椒是很好的例子，展示澳洲原始和迷人的一面：其果實、葉子、樹枝、樹幹及樹皮都各有其用途。阿斯彭檸檬強烈的香氣和味道，正好代表澳洲野外多樣化的特色。」



KOKS IMAGES BY CLAES BECH-POULSEN



It's a natural progression that chefs want to cook as close to nature as possible, as that's where the most delicious flavours come from

廚師希望盡量採用天然食材是理所當然的事，因為大部分美味的食材都來自大自然

— Jock Zonfrillo

foraged local spices such as mugwort and wild pepper leaves, and a river-prawn fettuccine featuring foraged purple oxalis and fuchsias, as well as carrot tips, marigolds and nasturtiums from the garden.

Living abroad inspired James Viles, an Australian chef and owner of Biota Dining restaurant in New South Wales (NSW), to begin using foraged ingredients. He had previously worked in acclaimed restaurants in Europe, Asia and the Middle East, including Michelin-starred Tantris in Munich and Spoon by Alain Ducasse in Hong Kong. "I began to think it was important to go back to my roots and where I grew up, to open a restaurant with honesty," Viles explains. "It's about listening, learning and always adapting to Mother Nature."

The huge size and varied climate of NSW gives Viles access to a diverse range of ingredients all year round, including within Biota's own grounds. "Growing up in the region, I know where things are, and I always keep a few spots secret," the chef says. "To the north, there are many fruit and native-plant species, and to the colder south, there is an abundance of mushrooms, native berries and winter weeds. I love cooking with wild mushrooms. There are so many in the forests local to the restaurant, and there's nothing better than a bowl of fresh mushrooms and burnt butter in front of the fire during winter in the [NSW] Highlands."

Jock Zonfrillo, chef and owner of Adelaide's acclaimed Restaurant Orana, agrees with Viles' approach. "When it comes to fine dining, it's a natural progression that chefs want to cook as close to nature as possible, as that's where the most delicious flavours come from," he says. "In Orana, we cook a lot with native ingredients, not just for their deliciousness but as respect for the first Australians whose land we share."

Zonfrillo was first introduced to foraging as a child in his native Scotland, where he would pick sorrel to cook for his grandfather while on fishing trips. After a successful career in the UK, working with the likes of Marco Pierre White, he relocated to Australia and swiftly became fascinated with Aboriginal food culture. The result was Orana, where his menus use about 70 wild native ingredients per cycle (cycles are based around the Aboriginal system of six seasons rather than four). "It's my interpretation of Australian

Holland曾在不同的國家如墨西哥、新西蘭及菲律賓等地工作，以當地的野生食材烹調美食。現時中國亦榜上有名，因為他剛在佛山開設了The Locksmith餐廳。他說：「中國地大物博，食材數之不盡，包括花椒、艾草、懸鉤子、火炬薑、楊梅及水同木果等等。」

餐廳亦自設園圃種植食材，甚至以野生植物調配雞尾酒。Locksmith的最新菜式包括熟食冷肉盤配野生香料如花椒葉和艾草等，以及河蝦意大利闊條麵配野生三角紫葉酢漿草、吊鐘花及園圃種植的小胡蘿蔔、金盞花和旱金蓮。

位於澳洲新南威爾斯的餐廳Biota Dining，主廚James Viles曾在歐洲、亞洲及中東等地的知名餐廳工作，當中包括位於慕尼黑的米芝蓮星級餐廳Tantris，以及香港的Spoon by Alain Ducasse。他表示，在外國居住給予他許多靈感，並令他開始使用野生食材。Viles解釋：「我開始想應該要回到自己的根源、我長大的地方，真心誠意地經營一間餐廳，向大自然學習，以及聆聽並適應大自然。」

新南威爾斯幅員廣闊，氣候變化十分大，意味著Viles全年可以取得各式各樣的食材，有些甚至是來自Biota餐廳所在範圍的土地上。Viles形容：「我在這區長大，知道該去哪裡尋找所需材料；我也會保留幾個秘密地點不說出來。在北面，大量的水果和多種野生植物；在南面，天氣較冷，有大量菇菌、野漿果及冬季雜草。我愛烹調野生菇菌，在餐廳附近的森林可以採集到許多菇菌。在新南威爾斯高地過冬，沒有什麼比得上坐在火爐前，吃著牛油炒鮮菇菌那麼寫意。」

阿得萊德著名餐廳Orana的創辦人兼主廚Jock Zonfrillo也有同感，他說：「在高級餐飲業中，廚師希望盡量採用天然食材是理所當然的事，因為大部分美味的食材都來自大自然。在Orana，我們之所以採用地道食材，不單因為味道，還因為我們想向跟我們分享這片土地的澳洲原住民致敬。」

Zonfrillo於蘇格蘭出生，孩提時代就與野生食材結緣，彼時已採摘酸模葉煮給要出海捕魚的祖父吃。他曾在英國為Marco Pierre White等工作並獲得一定成就，其後搬到澳洲，並很快被當地原住民的飲食文化所吸引，因此開設了Orana餐廳。按當地原住民的曆法計算，每年有六季而不是四季，每季稱為一個周期，每個周期餐廳都採用約70種野生食材入饌。他說：「這是我對澳洲菜的詮釋，訴說澳洲原住民及今日澳洲文化的故事，在Orana用膳的顧客不單可以更了解澳洲這個國家，亦包括其人民。」

為了保護澳洲的地道食材，Zonfrillo成立基金會The Orana Foundation，旗下的研究及發展機構Australian Food Culture Enterprise，會分析傳統食材及成立有關資料庫，以及想方設法去推廣這些食材，並將其應用在當代的菜式上。

居於悉尼的野生食材採集專家兼得獎文化工作者Diego Bonetto，不時主辦野生食物導賞團及烹調工作坊，他亦相信採集食材並不是曇花一現的現象。他表示：「Noma帶起的潮流並非空穴來風，René Redzepi只是重拾古人的智慧，將之應用在高級餐飲。人們因為意識到，與大地、農產品和季節性的連繫，是保存我們的文化的基礎，故此對野生食材產生了更大的興趣。」

「我們現在明白要保護生態環境，就要與之重新連繫，大部分參加工作坊的人士不是廚師，而是年輕家庭，他們希望子女能在成長中更了解生態系統。餐廳供應的應該是人們所想要的食物，而不是反其道而行。」

Opposite, clockwise from top left: Orana's chef Jock Zonfrillo; chef James Viles of Biota Dining; Biota Dining; Orana以球莖甘藍、佛螺菩提、多里戈胡椒和酢漿草烹調的佳餚

This page: Foraging for wild mushrooms

對頁左上圖起順時針：Orana主廚Jock Zonfrillo；Biota Dining主廚James Viles；Biota Dining餐廳；Orana以球莖甘藍、佛螺菩提、多里戈胡椒和酢漿草烹調的佳餚

本頁：採集野生菇菌

cuisine, which tells a story of the first Australians and Australian culture today," Zonfrillo explains. "People dining at Orana can get a real sense not just of Australia the country, but also of the people."

In order to safeguard the future of indigenous Australian ingredients, Zonfrillo set up the Orana Foundation that includes a research and development facility, the Australian Food Culture Enterprise, which will analyse and document such traditional ingredients and look at ways in which they can be promoted and used in contemporary cooking.

Diego Bonetto, a Sydney-based foraging expert and award-winning cultural worker who runs wild-food tours and cooking workshops, also believes that foraging is no flash in the pan. "The Noma effect did not come out of a vacuum," he says. "René Redzepi just picked up age-old knowledge and applied it to fine dining. The main reason that people are more interested in wild produce is because we now realise that the connection to land, produce and seasonality is a necessary skill to keep in our cultural make-up."

"We are now realising that to safeguard our ecological future, we need to reconnect. The great majority of people coming to my workshops are not chefs but young families. These are people who want their kids growing up with ecological literacy. The restaurants are serving what the public wants, not the other way round."

Bonetto has even helped to develop an app, Wild Food Map, aimed at documenting these wild-food resources on a worldwide scale. "We intend to promote understanding and care for ecologies," he says. "We want to promote knowledge, and with knowledge comes respect and care. Foraging is about establishing relationships with the environment. It is not free food; it is a gift. Always understand cycles, abundance and fragility, and be grateful for what you've been given."

Many chefs and restaurants, Bonetto adds, are taking advantage of media attention to promote responsible, localised, sustainable, low-waste narratives. "I really hope this is not a trend," he says, "but rather the start of the new humanity that is engaged, informed, responsible and about caring for all species."

Holland concurs, whilst also sounding a note of caution about those jumping on the foraging bandwagon. "There needs to be real care and passion about it; that you love and care for the environment as much as yourself," he says, "and that you want it to thrive and be available for people for years to come."

Bax agrees, adding that chefs who use wild ingredients just to make their menus sound interesting will most probably stop using them when the next trend hits. "But those that truly understand what delights we find in the wild will keep on using them well, adding diversity and interest as well as great taste to their dishes," he argues. "We have, through gastronomy, reconnected with something from our distant past, and I do not think that will fade. Wild ingredients are not just great because they are wild. They are truly great ingredients that have made their own space in our larders."

“We want to promote knowledge, and with knowledge comes respect and care. Foraging is about establishing relationships with the environment”

我們的用意是推廣有關知識，有了認識之後，自然會尊重及愛護大自然。採集野生食材的目的是與自然環境建立關係

— Diego Bonetto



Bonetto更協助發展一個名為Wild Food Map的應用程式，旨在收錄世界各地野生食材的資料。他解釋：「我們的用意是推廣對生態環境的了解和保護，幫助傳遞有關知識，有了認識之後，自然會尊重及愛護大自然。採集野生食材的目的是與自然環境建立關係，這些食物不是免費的，而是大自然給我們的禮物。我們要明白大自然的循環周期、豐富物產和脆弱的地方，並對這些恩賜心存感激。」

Bonetto補充，不少大廚及餐廳利用媒體宣傳社會責任、本地化、可持續發展、減廢等。他說：「我真的希望這不只是個潮流，而是一種嶄新人文文化的開始，那就是參與其中、了解和負責任的態度，並且關心所有物種。」

Holland也深有同感，但同時提醒人們不要因為追趕潮流而去採集野生食材。他說：「採集野生食材的人必需是真正關心及熱愛自然環境，就像愛護自己般，希望它能蓬勃發展，在未來的日子能繼續為人類提供所需。」

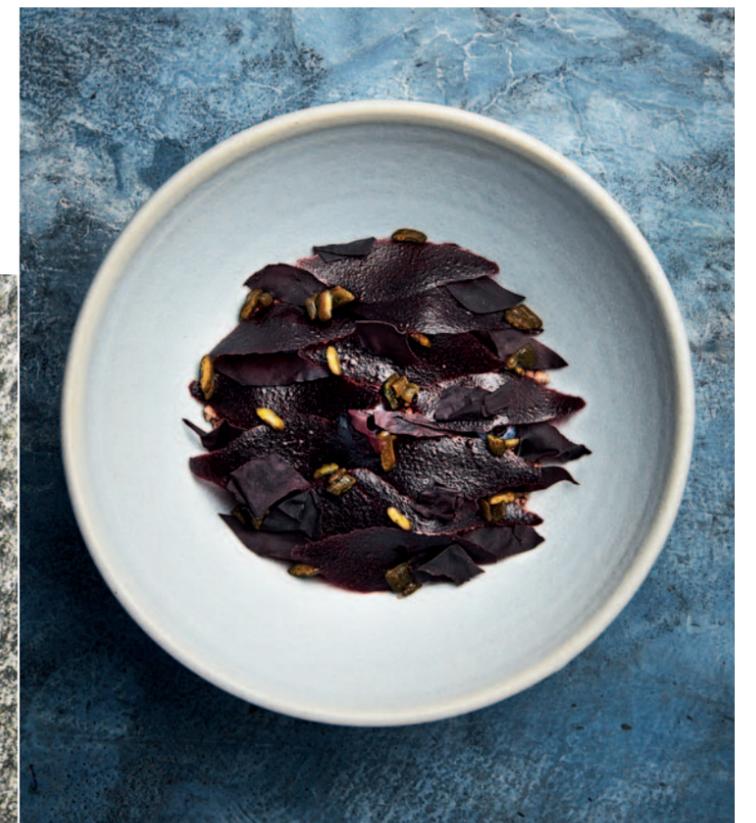
Chris Bax十分同意並補充，為了令餐單看起來更吸引而採用野生食材的廚師，好大可能在下一個潮流出現時，就放棄用野生食材。「但那些真正了解野生食材味道的廚師們，會繼續好好利用這些材料，為菜餚增加豐富的變化和口味。透過美食我們與遙遠的過去連在一起，我相信這種連繫會歷久不衰。野生食材不是因為生長在野外而特別好，而是因為本身真的很美味，令我們不得不在食物架上騰出空間擺放它們。」

**This page:** Learning the ins and outs of foraging with Diego Bonetto

**Opposite, clockwise from top left:** Bonetto in action; Bonetto explores the relationship between people and their natural environments by bringing plants together for an installation in Sydney, Australia; Mousse

made from dulce, crystallised dark chocolate, fermented blueberries and leaves made from dried blueberries; and Grass Granité, both at KOKS

本頁：Diego Bonetto 分享採集野生食材的最新趨勢  
對頁左上圖起順時針：工作中的Bonetto；Bonetto在悉尼的植物裝置，探討人類和自然環境的關係；KOKS以紅藻、黑朱古力和發酵藍莓做的慕絲配乾藍莓做的葉片，以及Grass Granité(青草刨冰)



DIEGO BONETTO IMAGES BY ARTOPZ, JOHN CAUSLEY & NISA MACKIE