

我认为明火烹饪是一件有灵性的事
Cooking with fire, for me, it's a little bit spiritual.
因为一旦你将火点燃...
Once you start that ignition process...
它就拥有了生命
it's something that has a life.
一旦点燃了那堆火 你就必须投入
As soon as you light that fire, you're committed.
你无法关掉它
You can't switch off.
必须看着它直到最后一丝火苗熄灭
You have to see it through to the final flame.
但当你拥有了这样的力量...
But when you harness that power,
你的所有感官都会觉醒
all of your senses are suddenly awoken.
你就处在危险边缘...
You're on this edge of danger,
这是一场持久战
and it's a constant battle.
因为有掌控权的并不是你
Because you're never fully in control.
一切都由火焰操控
The fire's in control.
你只是在想办法配合火焰
You're trying to find a way of working with it,
但不管你怎么做 火焰都会肆意妄为
but the fire will do what the hell it wants no matter what you do.
NETFLIX 出品
NETFLIX 原创纪录片系列
(悉尼 澳大利亚)
外国人印象最深刻的澳大利亚食物
One of the things outsiders think of when they think of Australian food
就是烧烤
is barbecuing.
烧烤大虾什么的
That "shrimp on the barbie" thing.
虽然很俗套 但这的确是我们生活的一部分
Though it's a cliché, it is part of how we live,
这反映了我们喜欢的烹饪方式
and it does reflect how we like to

cook.

当你听到这些话的时候：

So, when you hear these words,

"烧烤餐厅

"Grill restaurant,

店里的人完全在用火烤制食物"

where the guy cooks over fire a hundred percent of the time,"

你就会想象那个做饭的人没穿鞋子

you expect the person cooking that food isn't wearing shoes.

他们手上肯定拿着一瓶啤酒

They almost certainly have a beer in their hand.

但火门餐厅完全是另一番光景

At Firedoor, it's completely different.

它的厨房♥跟你见过的所有厨房♥都不一样

The kitchen doesn't look like any kitchen you've ever seen.

那里有一个双门烤炉 看起来像地狱之门

There's two wood-fired ovens that look like gates to hell.

有人告诉我那个烤炉的温度 足够熔化玻璃

Someone told me they burn at a temperature hot enough to melt glass,

这就很有意思

which is fun.

不用燃气

There's no gas,

不用电

there's no electricity.

烹饪食物的唯一方式

The only way to cook the food,

唯一方式 就是用火

the only way, is with fire.

没有人会那样做

No one does that.

太疯狂了

That's crazy.

伦诺克斯哈斯蒂绝不妥协

Lennox Hastie never compromises on anything.

他严苛到了精神病态的程度

His clinical psychopathy

不管是对于烹饪

when it comes to cooking,

食材采购

sourcing

ingredients,
还是生火
and making his fires
我从来没见过他那样的
is unlike anything I'd ever seen.
与此同时 他的烹饪是温柔细致的...
At the same time, his cooking is gentle, it is subtle.
需要持续的控制和关注
It's constant control and constant attention.
他曾说过 如果看到一块肉上
He once told me that when he sees a grill line
有一条烤架焦痕 就是巨大的失败
on a piece of meat, it's a sign of horrible failure.
这个男人会用火
We're talking about a guy who uses fire
烹饪生菜
to cook lettuce.
他会用火烹饪椰子
He uses fire to cook coconuts.
他会用火做面点
He uses fire to cook pastry.
他将火视作画笔 而不是锤子...
He considers it to be a paint brush rather than a hammer,
用它精细地
to very delicately,
温柔地诱哄出
very gently coax out
食材本身最棒的风味
the absolute best an ingredient has to offer.
明火烹饪
When you're cooking with fire,
是很激烈的
it's intense.
非常消耗体力
It's physically demanding.
还需要非常集中的注意力
It also requires a huge amount of concentration.
这就是烹饪界的走钢索
This is high wire cooking.
没有安全网的那种
There is no safety net here.

大部分用火烹饪的人 看到烧烤

When most people cook with fire, they see a

barbecue

会认为火只是一种烹饪工具

and think of it as just a piece of equipment.

但人类与火的关系远不止于此

But the relationship with humanity and fire goes way beyond that.

早在 200 万年前

As long as two million years ago,

人类就开始用火烹饪了

people were cooking with fire.

我认为没有任何东西比火

I don't think there was anything else that was a catalyst

更促进人类的进化

to our advancement.

火使人类聚到一起

Fire brought us all together.

我们会围在火堆边

We would gather round the fire,

火能带来温暖

it would heat us,

能营造出社群的氛围

it would create a sense of community,

让我们能进一步发展

and then enabled us to develop further.

虽然火有丰富的历史

But despite all this rich history,

但它从未被视作精致料理的烹饪方式

it's never been recognized as a fine dining style of cooking.

我想打破这个观念

I would just love to crush that.

人们总是会觉得火是阳刚的

People's preconceptions of fire, it's always gonna be masculine,

强壮

strong,

巨大热烈

big, intense.

它不一定总是那个形象

It doesn't have to be that way.

它也可以是柔软的...

It can also be

soft...

精致的...

delicate...

有着味觉上的微妙差别

these subtle nuances of flavor.

当你将一个那么...

When you take something so...

强壮、原始的东西

rugged, so primitive

用到精致料理之上...

to that fine dining level...

味道是独一无二的

it's like nothing else.

所以我喜欢讲述这种烹饪方式

That's why I tell the story of this amazing form of cooking.

这里有多少头?

How many head are here?

53

53.

-这里有 50 头牛 三头牛犊 -是吗?

So, there's 50 cows, three calves. - Oh, yeah?

-它们看起来很棒 -对

They look good. - Yeah.

它们的生长环境非常好

They're nicely conditioned.

这里的草地 非常棒 哇哦

The grasses, you've got some good grass here. Wow.

澳大利亚人非常重视牛肉

Beef is a huge thing in Australia.

到处都能看到各种牛排餐馆

There's heaps of steak houses everywhere.

如果我要做牛排的话

So, if I was gonna do a steak,

我只会挑选最好的那一块牛排

I was only gonna do one steak, and it had to be the best one.

怎样才能让东西上一个档次?

What does it mean to take something to the next level?

首先 我们会亲自挑选

We start by hand selecting

牛群中最棒的 2%或者 3%

the top two or three percent of the herd.

它们都是造物主的奇迹

They're all freaks of nature.

在此基础上 我想挑战

Beyond that, I wanted to push the

limits

熟成牛肉的极限

on where you can go with aging meat.

牛肉跟红酒一样

Beef is like wine.

熟成时间越久

Age it longer,

就越值得等待

it becomes something that's worth waiting for.

-那是你的吗? -对

Is that yours? - Yep.

那是你的 对

That's yours, yeah.

大部分牛肉是干式熟成的

The majority of meat is dry aged.

说白了就是可控的腐♥败♥

It's controlled decomposition.

把肉吊在这里

So the meat's just left to hang,

腐烂

just rotting.

牛肉只能熟成到一定程度

There's only so far you can take that meat.

这块可以了吗?

There it is, buddy.

纹路也很漂亮 看

Nice marbling, look.

对 棒极了

Yeah, incredible.

我们在尝试着给它涂上油脂

We set about experimenting hand painting it with fat.

保护这块牛肉的边缘

Protecting the edges of this beef.

这些油脂让你能进一步熟成它

That fat then enables you to take it further.

干式熟成的牛肉

Dry aging meat,

一般需要 30 天

30 days is about the norm.

极端一点的会到 90 天

Some extremists take it to 90

days.

伦诺克斯会让他的牛肉熟成 200 天

Lennox takes his beef to 200 days,

这太疯狂了

which is insane.

肉和脂肪通过熟成结合在一起

Through the aging, the meat and the fat marry together.

脂肪能让牛肉

And that fat allows it to glide

轻松地划过烤架...

effortlessly across...

在上面回温

to temper

并且融化

and melt on the grill.

这块牛肉放在锅里煎就已经很好吃了

It's already a great steak cooked it in a pan,

但放在木头生的火上烤

but cooking it over a wood fire

才对得起它的品质

is what it deserves.

它就应该被这样烤熟

It's what it should be.

可以烤出漂亮的脆皮 内部是宝石般的红色

You get this beautiful crust with this jewel-like red interior.

我每天都在餐厅里做牛排

I cook steak every single day at the restaurant

还是会为此兴奋到战栗

and I still get chills down my spine.

这样的牛排

This will be like

你在世界上其他任何地方都吃不到

no steak you've ever eaten anywhere in the world.

你尝到的不是焦糊味

You're not tasting char.

你能吃到食材本身的味道

You're tasting the ingredient.

这道牛排只用到了肉

There's nothing else going on here except

meat,

盐

salt,

和技术

and skill.

这块肉非常了不起 会改变你的人生

This is extraordinary meat. It will change your life.

(干式熟成 203 天牛肋条)

我在英格兰东南部长大

I grew up in the Southeast of England.

那里非常美丽

It's a beautiful part of the world.

我们住在一栋老房♥子里 所以每间屋子都有壁炉

We lived in a very old house, so we had fireplaces in every room.

我可能从小就跟别人不一样

Growing up, I was a bit unusual, I suppose.

有一点奇怪

A little bit of an oddball.

我到哪儿都不是很合群

I didn't really fit in anywhere.

我的学业并不是很优秀

I wasn't at the high end of academia,

我也不太喜欢体育

and I wasn't hugely into sports.

我大概在追求那个时候没有的东西

I was looking for more than I was being offered, I suppose.

在我 15 岁的时候

When I was 15,

我开始跟着父母在一家乡村旅馆工作

I started working in a Country House Hotel near my parents.

很传统的英式法式餐厅

Very traditional French/English restaurant.

米其林一星

Had a Michelin Star.

那是我进入的第一个厨房♥;

My first kitchen I've ever been in.

我被它深深吸引了

I was fascinated by it.

食材会从后门被运进来...

The ingredients would come in the back door,

被做成很棒的东西 从前门被运出去

and then go out the front door, transformed into something amazing.

我一头扎进那个厨房♥里

I immersed myself in that

kitchen,

这改变了我的人生

and it changed my life.

我知道我天生就属于那里

I knew I was supposed to be there.

我找到了归属感

I felt part of something.

(斯迪克斯农场 新南威尔士 下波特兰)

现在种的是什么东西?

What have you got growing?

现在是很多欧芹

A lot of parsley.

那边是胡萝卜和大葱

Carrots and leeks over there,

还有西红柿

and tomatoes.

啊 这里有黄金甜菜

Ah, you got some golden beets there.

太美了

It's beautiful.

人们去烧烤餐厅

People go to a grill restaurant,

会期待那里是肉食圣殿

and they're just expecting a large temple of meat.

我想让他们有不同的体验

I wanna give them something different.

对 你会注意到甜味

Yeah, you'll notice the sweetness.

这种甜菜很好

It's a good beet.

-很适合烤制 -对

It will go well on a grill. - Yeah.

你还种了什么?

What else you got?

这是番茄 是俄♥罗♥斯♥黑番茄

These are tomatoes. These are the black Russians.

这些番茄成熟后会是这个颜色 里面是绿色的

So, these will be that color when they're ripe and green in the center.

多年来 蔬菜都被当作

For years, vegetables have been very much treated

陪衬和配菜

as accompaniments and

sides.

我的天

Oh, my God.

这是我本季品尝的第一只番茄

First of the season I've tasted.

太棒了

That's beautiful.

我从小就吃蒸蔬菜

I grew up having steamed vegetables.

怪不得小朋友都那么不爱吃蔬菜

No wonder it's difficult to get kids to eat vegetables,

因为它们吃起来味道差不多

because it all tastes the same.

噢 这个太香了

That smells incredible.

但我可以像处理肉一样处理蔬菜...

To be able to treat this vegetable as a piece of meat...

能将蔬菜做出不同的风味

suddenly takes it to somewhere else.

你可以把蔬菜扔到火里

You can throw a vegetable into the fire.

你可以让它在余烬上慢烤

You can bake it slowly in the embers,

它们在被精细烹饪的过程中

and they will take in a lot of the heat and a lot of the flavor

会吸收很多热量和风味

whilst cooking very delicately as well.

连沙拉都在火里走过一遭

Even the salad is touched by fire.

我们会用超高温

We grill all these beautiful lettuces

炙烤这些美丽的生菜

over super intense heat.

甜生菜会变得更甜...

The sweet lettuces get sweeter,

苦菜会焦化

the bitter lettuces caramelize.

生菜就需要被这样处理

It's almost what that lettuce has been missing.

在火门餐厅

At Firedoor,

肉类非常美味
the meat's

delicious,

但那不是最令我激动的东西

but it's not the thing that excites me the most,

因为难的是做好蔬菜

'cause the challenge is vegetables.

伦诺克斯用火提炼出大量风味 我觉得这非常神奇

Lennox extracts major flavor using fire, and I find that really fascinating.

人们对沙拉不会有很高的期待

The expectation of a salad's pretty low.

沙拉能好吃到哪儿去?

Like, how good can a salad be?

但实际上 火烤过的沙拉 美味到难以想象

But actually, how great can a salad be cooked over fire.

你选择亲自耕种 我觉得很棒

I'm glad you decided to go into farming.

是的 在厨房♥里待了太久 这样更好

I know. Many hours in the kitchen, this is better.

你厨子当得不赖 但我觉得你更擅长种菜

You weren't a bad chef, but you're a better farmer.

希望如此

I hope so.

我从厨艺学校毕业后

Once I graduated from culinary school,

必须要证明自己

I had to prove myself.

我开始在英国一个 很严肃的法式厨房♥里工作

I got a job working at a very serious French kitchen in the UK.

到了那个级别 所有东西都是军事化精确管理

At that level, things are run with military precision.

你有时候会被吼

Sometimes you're being screamed at

或者被砸东西

or something thrown at you.

我刚过去的时候

When I started there,

负责装饰菜 负责肉类的那个人 会把他的勺子放在炉子上

I was on the garnish. Guy on the meat used to put his spoon on the stove

然后烫我的手臂 让我动作更快

and burn my arm to get me to move faster.

虽然会受到一点虐待

But despite a bit of

abuse,
但我那时候总想着要提升自己
I just always wanted to improve and be better than I was.
接受了法式餐厅的训练后
Having trained in French restaurants,
下一步就是去到法国工作了
the next step was to go and work in France.
我获得了一份 在一家米其林三星餐厅的工作
I got a job working at a three Michelin Star restaurant.
那是烹饪界的巅峰
That's the best of gastronomy.
所以我的期待值非常高
So, my expectations were huge.
那家餐厅是一个机器 由庞大的人力运转
The restaurant was a machine with this huge labor force.
会有六个人共同摆盘一道菜
There'd be six guys plating one dish.
那些食物会经过很多道工序处理
The food required so many levels of preparation,
从冰冻到脱水...
from freezing to dehydrating,
一个盘子上有 14 种味道
14 different flavors on a plate.
最终的成品看上去美极了
By the time it got to its end result, it looks amazing.
但当我尝过之后
But then I tried it.
我没有任何感觉
And it didn't do anything for me.
那么复杂的技术
All this focus was on this technique,
和对食材的处理 都并不引人注目
and the ingredients weren't in the limelight.
我觉得非常幻灭
I felt completely disillusioned.
我终于能在三星餐厅工作
I got to that level of working in a three star
以为自己能找到梦寐以求的东西...
and you think you're gonna find what you dreamed of...
但它并不在那里
and it wasn't there.

我那时候感到很绝望

I was left feeling pretty

hopeless.

我现在该去哪儿？

Where do I go now?

我后来在西班牙的一家小酒馆里帮忙

I was helping out in a pinchos bar in Spain,

转变一下节奏

enjoying a change of pace.

一天晚上 酒吧里的几个人

One evening, a couple of guys at the bar,

提到一家烧烤餐厅

they mentioned this grill restaurant.

说了一些 我不知道是什么

Something about, I don't know what it was,

关于一个人

about... there's this guy.

他在山上

He's in the mountains.

他只做烧烤 把所有东西都拿来烤

All he does is grill, and just grills everything.

我必须去看看他们说的这个人

I had to go and see what it was about.

所以我问了他们那是什么地方...

So, I asked the guys what the name of the place was,

那就是新屋烧烤餐厅

which was Asador Etxebarri.

新屋烧烤餐厅

Etxebarri's not located

没有坐落在闹市区

centrally to anything.

它有些与世隔绝

It sort of sits on its own, quite isolated.

这家餐厅坐落在重山之间

Between the mountains, there's this restaurant

就像是

just, like, there,

被上帝放在了那里一样

as if it was almost placed there by God.

我进了楼下的酒吧

I went into the downstairs bar.

我看到一个人独自站在烤架前

I could see a man alone on the

以上内容仅为本文档的试下载部分，为可阅读页数的一半内容。
如要下载或阅读全文，请访问：
<https://d.book118.com/315143024013011131>