

JUST DESSERTS

甜品当道

We usually leave our sweet treats to the end of the meal, but after her latest trip to Sands Resorts Macao, our gastronomic correspondent Vicki Williams wants to bring them front and centre
我们总是将甜品留到最后才吃，但饮食记者Vicki Williams最近一次到访澳门金沙度假区后，反而希望把甜品成为主菜

No matter how full we are, somehow we can always find room for dessert. The Japanese even have a term for this: *betsubara* ("other belly"), with one study revealing that the sight of a tempting cake was enough to enable a full stomach to "make room".

Whether you make room or leave room, there is no resisting the expertly crafted desserts and sweet temptations on offer at Le Buffet, at The Parisian Macao. Among the signatures here are the beautiful whole cakes and tarts, including the signature chocolate and raspberry tart. "This is a modern version of a traditional and iconic French chocolate tart," says Aaron Maree, Executive Pastry Chef at The Parisian Macao. The delicious tart strikes a balance between decadence and lightness, with the chocolate offset by the berries.

Chef Maree, an award-winning culinary author, has an encyclopedic knowledge of French patisserie, gained during his 35 years of professional experience, and has worked with top French pastry chef Pierre Hermé. He also knows how to impress the most discerning diners, having previously been in the employ of a royal family.

无论吃得多饱，我们总有另一个胃留给了甜品。日本人称之为“别腹”，当地研究显示，只要见到卖相诱人的蛋糕，便足以令吃饱的肚子“腾出空间”。

无论你要挤出空间还是已预留肚皮，都抗拒不了澳门巴黎人“巴黎人自助餐”以巧手制作的精致甜点带来的甜蜜诱惑。餐厅提供多款原个精美蛋糕及甜挞，包括招牌巧克力覆盆子挞。澳门巴黎人饼房行政总厨Aaron Maree说：“这是传统经典法式巧克力挞的现代版。”美味甜挞以覆盆子中和巧克力，在甜腻与清新之间取得完美平衡。

身为获奖烹饪作家的Maree总厨具备35年专业经验，对法式糕饼了如指掌，更曾与Pierre Hermé等传奇甜点大师共事。他又曾为王室成员效力，深谙如何取悦品味独到的顾客。

除了蛋糕和甜挞是当场为客人新鲜切开之外，这个甜品天堂也呈献了一件件精致的甜点，包括覆盆子杏仁小蛋糕、经典法式歌剧院蛋糕、绿茶白乳酪蛋糕、双重巧克力布朗尼，还有多款亚洲风味甜品、现场制作的热甜点及一座巧克力喷泉。Maree总厨估计，澳门巴黎人自助餐每日



Copa Steakhouse's decadent chocolate cake with caramel ganache
“高雅扒房”的巧克力蛋糕以焦糖巧克力酱制作

Simple but delectable: North's fried banana with pulled sugar
“北方馆”的拔丝香蕉，简单美味



While cakes and tarts are sliced to order, other choices in this dessert heaven are individually served and can include raspberry and almond financier, classic Parisian opera cake, green tea fromage blanc cheesecake, double chocolate brownie, plus a range of Asian inspired desserts, live cooking and hot stations, and a chocolate fountain. Chef Maree estimates that Le Buffet offers 35 Instagram-worthy choices daily.

“Everything is made fresh every day, and every month we introduce a whole new selection of desserts, many of which are French at heart,” Chef Maree says. “Everything we do here is as perfect as you would find in Paris. Our greatest challenge is to continue to exceed guest expectations.”

Also receiving diner praise for new desserts is American-style Copa Steakhouse, at Sands Macao. It has introduced its “decadent” chocolate cake, made with caramel ganache, that is so good it is giving the signature steakhouse favourite – molten lava cake – competition for the most popular chocolate dessert. The six-layer

提供高达35款甜点，每款都绝对能在Instagram上引起艳羡的目光。

他说：“所有甜品都是每日新鲜制作，我们每个月都推出全新甜点，大部分为法式糕点。我们呈献的所有甜点都完美无瑕，足以媲美你在巴黎尝到的糕饼。当中最大的挑战，就是继续超越食客的期望。”

澳门金沙的美式扒房“高雅扒房”供应的新颖甜点同样让食客赞不绝口。餐厅的自家巧克力蛋糕以焦糖巧克力酱制作，不但使人之为“沉醉”，更美味得可与扒房必吃之选“暖心流沙巧克力蛋糕”一比高下，问鼎最受欢迎巧克力甜点的宝座。六层蛋糕味道浓郁却又口感轻盈，焦糖巧克力酱洒上点马尔顿海盐，令焦香更为突出。“高雅扒房”主厨Brad Coleman说：“海盐的形状能长时间保持酥脆，碰撞出质感与味道的火花。”浓郁丝滑的覆盆子蓉和鲜果味道带酸，令层次对比更丰富。

“高雅扒房”的蛋白霜梅尔柠檬挞亦十分创新。厨师以蛋白霜柠檬挞和美式青柠派等经典甜点为灵感，制作这款半解构式甜点，在松软的蛋白霜上是颜色鲜艳的柠檬蛋黄酱和鲜奶油霜，以酥脆饼干平衡三者柔软

Raspberry and banana entremet at Le Buffet
“澳门巴黎人自助餐”的覆盆子香蕉法式蛋糕



Aaron Maree, Executive Pastry Chef at The Parisian Macao
澳门巴黎人饼房行政总厨Aaron Maree

cake is rich but light, and the caramel ganache is given extra pop by a sprinkling of Maldon sea salt on top. “The salt’s shape ensures it stays crunchy longer, as well as providing a contrasting texture and taste,” says Chef Brad Coleman. Further contrast is provided by the acidity of the silky smooth and intense raspberry purée and fresh fruit. Also new at Copa Steakhouse is the Meyer lemon curd tart with meringue. Inspired by classics such as lemon meringue tart and key lime pie, this partially deconstructed dessert sees bright lemon curd topped with whipped cream, sat on top of soft meringue, offset by crunchy biscuit and garnished with white chocolate and candied lemon, plus a touch of coconut powder. It is both sweet and tart in equal measure, and makes a perfect end to a meal. Both are served on dark slate, which accentuates the desserts’ vibrant colours.

的口感，伴以白巧克力和糖渍柠檬，再洒上少许椰子粉。甜酸味道恰到好处，为一餐画上完美句号。餐厅以深色餐碟呈献两款甜点，突出食物的缤纷色彩。

Coleman主厨说：“我会形容加入丝滑果蓉的多层次巧克力蛋糕为‘帅气’，柠檬挞则是比较女性化的美。我会视它们为‘高雅扒房’的甜蜜拍档，两款都非尝不可。”

澳门威尼斯人的“北方馆”则为中式甜点注入玩味创意，推出拔丝紫薯。切成三角形的紫薯沾上薄薄一层干粉，然后放锅中油炸，再裹上糖浆制成拔丝甜点。拔丝紫薯上枱后，侍应会示意食客先将紫薯放入冰水，使糖浆冷却凝固后再食用。这道甜点看起来不免令人产生“很甜”的错觉，入口方知紫薯和糖浆的比例恰到好处，紫薯口感轻盈绵长，让人欲罢不能。

"I would describe the [chocolate] cake as handsome, with its angles and fluidity of the purée, while the [lemon curd] tart is pretty"
 我会形容加入丝滑果蓉的多层次巧克力蛋糕为‘帅气’，柠檬挞则是比较女性化的美

"I would describe the cake as handsome, with its angles and fluidity of the purée, while the tart is pretty, more feminine. I like to think of them as the Mr & Mrs Copa Dessert duo that are not to be missed," Chef Coleman says.

Bringing fun and creativity to Chinese desserts is North, at The Venetian Macao, with its deep fried sweet potato. Triangular pieces of potato are lightly coated with flour before being deep fried, and then topped with syrup and pulled sugar. Diners arriving at their table are instructed to dip each piece in iced water to solidify the syrup before eating. A visually deceptive dessert, it looks like it is going to be too sweet, but the ratio of potato to sugar is perfect, with a long and light potato mouth feel – so much so that it is difficult to stop at one. Also paying homage to northern China-inspired cuisine is the deep fried banana, with a secret mix of six coatings, including custard powder, to ensure a sweet and extra crunchy exterior. Other fruits that are deep fried to perfection include apple and strawberry. According to North's Sous Chef Dick Chen. While the dessert may appear simple, it takes a lot of technique and skill to ensure that it gets to the guest still crispy and before the syrup solidifies on the plate.

North, which is known for its hand-pulled noodles, also offers pan-fried matcha tea pancake, with a prominent tea taste, a slightly crisp exterior and a creamy pistachio and almond filling garnished with slivers of pistachio. "This dessert has a fresh taste and is perfect for those that prefer less sweet desserts," says Chen.

Another establishment highlighting the Chinese pancake is Lotus Palace, at The Parisian Macao. Their pan-fried green tea pancake is stuffed with fresh mango and is a joy to eat. The slightly



Pan-fried Chinese green tea thin pancake with fresh mango at Lotus Palace
 “御莲宫”的中式绿茶薄饼填满新鲜的芒果

firm exterior gives way to softness, followed by a burst of tropical freshness. A balanced combination of texture and taste speaks of mastery in the kitchen. The restaurant prides itself on making everything fresh daily, sometimes à la minute, using only the finest ingredients – a claim that seems to ring true in this delectable dessert.

Other delicious options at Lotus Palace include trio of almond (almond milk soup with egg white, deep fried crispy almond milk, and baked almond bird's nest tart); chilled coconut milk with black truffle; and baked purple potato tart with bird's nest.

With such diverse offerings, diners are guaranteed to find a dessert that caters to their sweet tooth. \$

同样向中国北方菜致敬的有炸香蕉，混合吉士粉等六种材料的秘制脆浆，确保香甜外层更加酥脆，而餐厅的炸苹果和草莓一样做得出色。

“北方馆”副主厨陈大志形容这道甜点看似简单，实际却须要高超技巧和造诣，才能确保送到客人面前时，甜品的外层仍然保持酥脆，而糖浆仍未在碟上凝固。

以手工面条闻名的“北方馆”也提供茶味突出的抹茶锅饼：微脆外皮包裹浓滑的开心果杏仁内馅，洒上开心果碎。陈副主厨道：“这道甜点味道清新，适合喜欢‘少甜’的食客。”

澳门巴黎人“御莲宫”也呈献别具匠心的中式薄饼，绿茶薄饼裹着新鲜的芒果，堪称一流的味觉享受。咬一口煎至微焦的外皮，顿时感受到馅料柔软的口感，热带水果的清新在口腔爆发。口感和味道的完美配合反映厨师的专业造诣。“御莲宫”以每日新鲜预备的菜式而自豪，有时更会即点即做，精挑细选最优质食材——这道美味的甜点似乎便是这番宣言的真实见证。

“御莲宫”其他甜品也美味可口，包括杏仁三部曲（蛋白现磨杏仁茶、炸杏仁脆奶、燕窝杏仁蛋挞）、黑松露椰香奶冻及燕窝紫薯蛋挞。

各家餐厅均提供琳琅满目的甜点，食客定必找到能满足“别腹”的甜品。\$

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