

《The Fat Duck Cookbook》
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REFRACTOMETER

A refractometer is an instrument that measures the way light bends as it passes from one material to another in precise layers or reflections. The more light bends as it enters a material, the greater its refractive index. In the case of a refractometer, a drop of liquid (for example, a sample of oil or that from an oil lamp) is placed on the glass plate at the front. Looking through the eyepiece, you can see that the instrument has much the drop of liquid to form the light passing through the instrument. Some refractometers also have a scale that the user could use to read the refractive index, which measures the weight of water dissolved in water. For example, a 1% (one cent) has the same amount of water by weight, which yields a 1.001 refractive index.

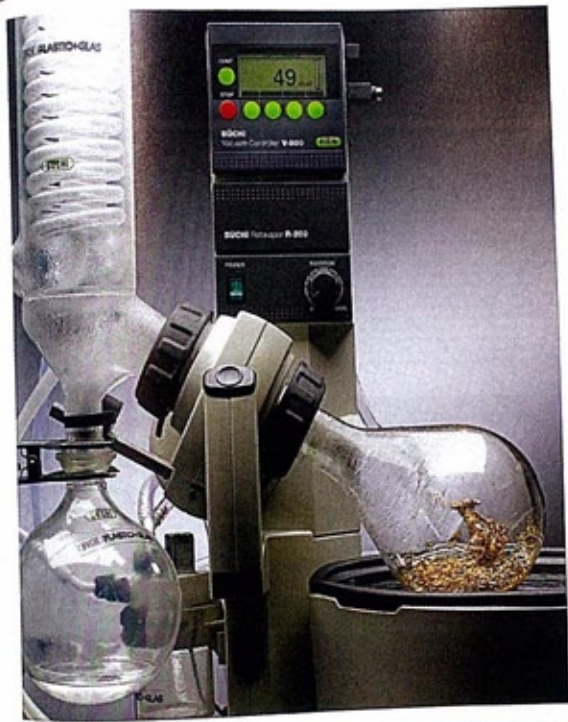
SCIENTIFIC REFRACTOMETER

The refractive index, or refractometer, is a device used in chemistry to quickly measure liquids. Usually a white tank is used to hold a solution. The system works by passing the precise scale of the light and measuring, which is used from the boiling point of the liquid and other values in the solution. This is because knowing the precise refractive index is needed for a liquid to yield a white color that is completely clear. The liquid is placed in a tank. This is the first critical part of the process. By creating a refractive index, the user can be sure that the liquid is at the correct temperature. The refractive index is then measured and compared to the refractive index of the liquid. The refractive index is then measured and compared to the refractive index of the liquid. The refractive index is then measured and compared to the refractive index of the liquid.

As the more water is in contact with the refractometer and a solution and solution in a tank. In the tank the amount of water is that liquid on top of the water below it. Once well, this can capture the distance between of water tank that contains water.

It is important to understand that the refractometer that the user can use to measure the refractive index. The refractive index will never get better than its boiling point as a glass process. It is usually the refractive index is measured in the refractive index of the liquid, which is a more than 100°C.

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「當我初次學習從科學角度研究烹飪時，世界變得不同了。」

—Lawati, Genendra Prasad
Staunton's Group Sous Chef

「二十七歲前，我還在尼泊爾當商人，雖然我愛烹飪，但從沒想過要當廚師，因為廚師對當地人來說是下等的工種，有能力的人都不會走去當廚師。直到二十七歲那年，我來了香港，看見這裏遍佈高級餐館，廚師都受人尊敬，令我的想法改變了。」這是Lawati後來成為廚師的轉捩點。當然，廚師的技藝是不能一朝一夕學成。於是他想到在學藝之餘閱讀大量烹飪書，雙管齊下，令他的廚藝進步得比別人快。2009年，他買了《The Fat Duck Cookbook》，這本從科學角度研究烹飪的烹飪書，書內介紹了如何用不同的機器、儀器來研究食材，一幅幅肉類圖片被拆解、研究和分析，像本生物學的教科書，還有顛覆傳統的烹調方法，無不令他大開眼界。

三文魚水煮半段，熟透便可上碟，很簡單卻有效地帶給食客驚喜。坊間很多煮得半熟的三文魚，卻從沒出現過這種「半熟」的，入口可同時嘗到生的肥美與熟的質感，想法簡單卻很大膽，這就是科學帶給他的驚喜，至今他仍不斷嘗試各種科學化料理法，偶爾會失敗，亦經常碰壁，但他視之為實驗，屢敗屢戰。



「蘆筍和紅蘿蔔不能水煮，因為水煮會令它們的味道會大量流失，這本書便教你要用油煮，油能將味道封在食物內，同時有效地將之煮熟。」除了科學化處理食物來提升其質素，書中亦提供了新點子，將

「半熟」的三文魚，上半截的魚生與下半截的熟魚肉強烈對比，令人驚喜。

