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煙韻傳承

TRADITION & SMOKE

A Chef's Guide to European Home Classics

糅合煙燻鹽×傳統歐陸菜式的主廚秘訣
令簡單食譜變出獨特優雅風味

go.Sensss | cooking

教您輕鬆煮出10道別具風味的歐陸經典

序
preface

“從灶台上的裊裊炊煙，到餐桌間的生活煙火；
從木火淬煉的深邃燻香，到歷久彌新的歐陸經典。

以煙為度，以鹽為引——
在火候與時間的交會處，重譯歐洲傳統風味的純粹與溫度。”

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Cherry Wood ｜ 24h冷煙燻櫻桃木岩鹽

優雅・花果香・柔順

a sprinkle of beauty...

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Gravlax

瑞典傳統冷盤

北歐醃鮭魚

食材
ingredients

- **500克生魚片等級波羅的海鮭魚（替代食材：挪威／智利鮭魚）**
  500g Sashimi-grade Baltic Salmon (Swap : Norwegian or Chilean Salmon)
- **1 湯匙 糖** ／ 1 tbsp Sugar
- **1 把 新鮮蒔蘿** ／ 1 bunch Fresh Dill
- **1 茶匙 白胡椒粉** ／ 1 tsp White Pepper
- **2 湯匙 go.Sensss 櫻桃木煙燻鹽** ／ 2 tbsp go.Sensss Cherry Wood Smoked Salt

SALMON SWAP｜買不到波羅的海鮭魚？

北歐食譜極具傳統且正宗的選擇。由於波羅的海鹽度較低且極度寒冷，這裡的鮭魚會發展出極厚的脂肪層。牠們的飲食多為顏色較淺的魚類（如鯡魚），這使得牠們的肉質呈現較淺、近乎偏黃的粉紅色，而非我們預期的亮橘色。這是一種真正的珍饈，帶有非常濃郁、狂野的風味。

The highly traditional, authentic choice for Nordic recipes. Because the Baltic sea is less salty and very cold, the salmon develop an incredibly thick layer of fat. Their diet consists of paler fish (like herring), which gives their meat a lighter, almost yellowish-pink color rather than the bright orange we expect. It is a true culinary delicacy with a very rich, wild flavor.

挪威鮭魚 | NORWEGIAN SALMON

全球生魚片等級的黃金標準。在挪威冰冷、純淨的峽灣中養殖，這種鮭魚擁有引人注目的鮮豔橘色肉質，以及極其明顯的白色脂肪紋理（油花）。它在緊實易切的肉質與鮮甜、入口即化的奶油口感之間，達到了絕對完美的平衡。

The global gold standard for sashimi. Farmed in the freezing, pristine fjords of Norway, this salmon features striking, vibrant orange meat with highly distinct, white fat lines (marbling). It strikes the absolute perfect balance between a firm, sliceable texture and a sweet, melt-in-your-mouth buttery finish.

智利鮭魚 | CHILEAN SALMON

全球餐廳供應中最容易取得且產量最大的選擇。生長在南美洲海岸的寒流中，智利鮭魚具有明亮的色澤和良好的脂肪含量，視覺上非常吸引人。雖然它的口感通常比挪威鮭魚稍微軟一些，風味也較為溫和，但它仍然是搭配強烈醃料與熟成手法的絕佳、高性價比的選擇。

The most accessible and high-yield option for global restaurant supply. Raised in the cold currents off the South American coast, Chilean salmon is very visually appealing with a bright color and good fat content. While its texture is generally slightly softer and its flavor a bit milder than Norwegian salmon, it remains a fantastic, cost-effective blank canvas for strong marinades and cures.

特性 FEATURE	波羅的海鮭魚 BALTIC SALMON	挪威鮭魚 NORWEGIAN SALMON	智利鮭魚 CHILEAN SALMON
產地 Origin	北歐（波羅的海） Northern Europe (Baltic Sea)	挪威（寒冷大西洋海域） Norway (Cold Atlantic waters)	智利（南太平洋海域） Chile (South Pacific waters)
肉質色澤 Meat Color	顏色較淺，呈偏黃的粉紅色 Paler, Yellowish-Pink	鮮豔、深邃的橘粉色 Vibrant, Deep Orange-Pink	明亮的橘色至紅粉色 Bright Orange to Reddish-Pink
脂肪含量 Fat Content	高 Typically High	完美平衡（偏高） Perfectly Balanced (High)	中等至偏高 Moderate to High
口感 Texture	入口即化，極度滑順 Meltingly Soft, Buttery	緊實、滑順，油花紋理分明 Firm, Smooth, Distinct Marbling	較軟，肉質纖維稍微鬆散 Softer, Slightly Looser Flake
風味 Flavor	濃郁、帶有野性與獨特海洋風味 Rich, Wild, Distinct Marine Flavor	純淨、鮮甜，頂級的海洋鮮味 Clean, Sweet, Premium Oceanic Taste	溫和、順口，單純的魚鮮味 Mild, Pleasant, Straightforward

01 / Gravlax | 北歐醃鮭魚



步驟 steps

1. **混合 1 湯匙糖、2 湯匙煙燻鹽和 1 茶匙白胡椒粉**
   Mix 1 tbsp sugar, 2 tbsp smoked salt, and 1 tsp white pepper

2. **將醃料塗抹在 500 克鮭魚肉上並鋪滿 1 把新鮮蒔蘿**
   Rub onto the 500g salmon and pack with 1 bunch fresh dill

3. **用保鮮膜將鮭魚緊緊包裹，壓上重物於 0-4℃ 冰箱冷藏 48 小時**
   Wrap tightly, weigh down, and chill at 0-4°C for 48 hours

4. **刮除醃料，切薄片享用**
   Scrape off cure, slice thinly, and serve

主廚秘訣 Chef's Tip

將 24h 冷煙燻櫻桃木岩鹽取代一般海鹽混入醃料，能創造出傳統醃鮭魚與燻鮭魚的完美混血兒，風味瞬間升級。

Blending our Cherry wood cold-smoked salt into the raw cure creates a stunning hybrid of traditional Gravlax and smoked salmon.

- Food Saftety Noted : Use salmon suitable for raw consumption and follow applicable freezing requirements.

Cherry Wood | 24h 冷煙燻櫻桃木岩鹽

優雅．花果香．柔順

前調

優雅．細緻．詩意

cherry blossom
fruit skin sweetness

中調

柔清煙韻．微酸提升層次

silky smoke
gentle acidity that lightens richness

後調

柔順．乾淨．優雅

smooth
clean

WHY you'll love it

絲滑煙燻味，減輕油膩感；淡淡的食物香氣
優雅提升菜餚風味，最適合搭配天然甜味的菜餚



食材
ingredients

- **400 克 鹽醃鱈魚／馬介休**
  替代食材：輕醃的新鮮大比目魚／太平洋鱈魚／盲槽
  400g Dried Salt Cod ／ Bacalhau (Swap : Lightly Salted Fresh Halibut ／ Pacific Cod ／ Barramundi)

- **200 克 炸馬鈴薯細絲**
  200g Matchstick Fried Potatoes

- **1 顆 中型洋蔥 & 6 顆 雞蛋**
  1 Medium Onion & 6 Eggs

- **50 克 黑橄欖及少量洋香菜**
  50g Black Olives & Chopped Fresh Parsley

- **1 茶匙 go.Sensss 櫻桃木煙燻鹽**
  1 tsp go.Sensss Cherry Wood Smoked Salt

FISH SWAP｜買不到傳統馬介休？

馬介休 (Bacalhau) 是葡萄牙料理的靈魂，其獨特的醃製工藝賦予了魚肉強烈的海洋旨味與緊實口感。傳統上需要長達 48 小時的浸泡與頻繁換水來去除多餘鹽分。若在市場上難以取得高品質的馬介休，我們為您精選了三款絕佳的替代魚種。透過簡單的 1 小時「快速輕醃 (Quick-Cured)」手法，也能完美重現這道經典名菜的迷人風味與質地。

Bacalhau is the soul of Portuguese cuisine, offering intense marine umami and dense flakes. While traditional salt cod requires 48 hours of soaking, we have selected three excellent alternatives. Using a simple 1-hour quick-cure method, you can easily replicate the stunning flavors and textures of this classic dish.

魚類 FISH TYPE	口感 TEXTURE	風味特徵 FLAVOR PROFILE	廚房備料時間 KITCHEN PREP TIME
傳統鹽醃鱈魚 (馬介休) Dried Salt Cod (Bacalhau)	**極度緊實、帶有嚼勁、肉質緻密** Very Firm, Chewy, Dense Flakes	**強烈的海洋旨味、極度鹹香** Intense Marine Umami, Highly Savory	**48 小時 (需要浸泡與頻繁換水)** 48 Hours (Requires Soaking & Water Changes)
新鮮大比目魚 / 扁鱈 (快速輕醃) Fresh Halibut (Quick - Cured)	**奶油般滑順、軟嫩、細緻的蒜瓣肉** Buttery, Tender, Elegant Flakes	**鮮甜、濃郁、高雅** Sweet, Rich, Delicate	**1 小時 (快速鹽醃)** 1 Hour (Quick Salt Cure)
太平洋鱈魚 (快速輕醃) Pacific Cod (Quick - Cured)	**緊實、偏瘦、大塊分明的蒜瓣肉** Firm, Lean, Large Distinct Flakes	**溫和、純淨的白肉魚風味** Mild, Clean, Pure White Fish	**1 小時 (快速鹽醃)** 1 Hour (Quick Salt Cure)
盲槽／金目鱸魚 (快速輕醃) Barramundi (Asian Sea Bass)	**強韌、緻密、肉感十足** Robust, Dense, Meaty	**帶有泥土香氣、鮮甜、微帶奶油香** Earthy, Sweet, Slightly Buttery	**1 小時 (快速鹽醃)** 1 Hour (Quick Salt Cure)

FOR HALIBUT｜處理新鮮扁鱈

將 400g 新鮮扁鱈擦乾。底面各抹上一層粗海鹽，冷藏 1 小時讓肉質緊實！沖洗掉鹽分並徹底擦乾，稍微煎熟後用叉子剝成大塊碎肉。

Pat 400g fresh Halibut dry. Cover with coarse sea salt and chill for 45 mins to firm up the meat! Rinse off salt, pat extremely dry, cook gently, and flake with a fork.

02 / Bacalhau à Brás | 葡萄牙馬介休炒蛋









步驟 steps

1. **炒香 1 顆洋蔥絲，加入 400 克剝碎的魚肉**
   Sauté 1 sliced onion, then add 400g flaked fish

2. **拌入 200 克炸馬鈴薯細絲**
   Stir in 200g matchstick potatoes

3. **離火，拌入 6 顆打散的雞蛋直到呈現滑嫩感。**
   起初，它看起來會像液體的湯。在不斷攪拌約 30 到 60 秒後，
   您會看到蛋液神奇地變濃稠，並呈現閃亮的光澤
   Remove from heat and fold in 6 beaten eggs until creamy. At first, it will look like liquid soup. After about 30 to 60 seconds of constant stirring, you will see the eggs magically thicken and turn glossy

4. **點綴 50 克黑橄、1 茶匙櫻桃木煙燻鹽與少量洋香菜**
   Garnish with 50g black olives, 1 tsp Cherry Wood smoked salt and chopped parsley

主廚秘訣 Chef's Tip

將馬鈴薯切成 2mm 極細絲。在冷水中洗去表面澱粉直到水變清澈（這是酥脆不黏鍋的秘訣！）。徹底擦乾水分後，以 180° C 油炸至金黃酥脆。
Cut potatoes into 2mm thin matchsticks. Wash in cold water until the water runs clear (this removes starch so they don't stick!) . Dry completely, then fry at 180° C until golden.

Cherry Wood | 24h冷煙燻櫻桃木岩鹽

優雅・花果香・柔順

前調
優雅・細緻・詩意

cherry blossom
fruit skin sweetness

中調
柔清煙韻・微酸提升層次

silky smoke
gentle acidity that lightens richness

後調
柔順・乾淨・優雅

smooth
clean

WHY you'll love it

煙燻鹽在滑嫩炒蛋上留下的營火餘韻
提升了這道菜的海洋靈魂


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Apple Wood ｜ 24h冷煙燻蘋果木岩鹽
清新・脆果香・竹韻
go.Sensss
Apple Wood
Himalayan
Smoked Salt
(60g)
a sprinkle of beauty...
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Gambas al Ajillo

西班牙小酒館經典 油封蒜香蝦

食材
ingredients

- **250 克 新鮮大蝦（去殼）**
  250g Fresh Shrimp (Peeled)
- **4 瓣 大蒜（切薄片）**
  4 Garlic Cloves (Thinly Sliced)
- **1 根 乾辣椒**
  1 Dried Chili Pepper (Cayenne or Guindilla)
- **4 湯匙 特級初榨橄欖油**
  4 tbsp Extra Virgin Olive Oil
- **1/2 茶匙 go.Sensss 蘋果木煙燻鹽**
  1/2 tsp go.Sensss Apple Wood Smoked Salt
- **少量洋香菜**
  Chopped Fresh Parsley

OLIVE OIL SWAP | 橄欖油品種大師比較表

為什麼你在家做的蒜香蝦有時會帶有苦味？大廚的秘密就在於「溫度」和「選油」！

Ever wonder why your Garlic Shrimp sometimes tastes bitter?
It all comes down to two chef secrets: Temperature and the right Oil!

秘訣一：控制溫度，不要猛火！特級初榨橄欖油 (EVOO) 的發煙點約 190°C，高溫會讓油燒焦變苦大廚的做法是將溫度維持在 130° C-140° C 進行溫和「油泡」，剛好讓大蒜冒泡釋放香氣，再將鮮蝦放入溫和煮 60 秒即可！

Secret 1：Stop Burning Your Oil! EVOO burns at roughly 190°C. For perfect Gambas, keep the oil at a gentle 130° C-140° C. It's a rapid "oil poach" that makes the garlic dance.

秘訣二：選對「雅貝金娜」橄欖油！標準橄欖油天生帶有辛辣與微苦的後勁。改用清甜、帶有濃郁奶油香的雅貝金娜 (Arbequina) 橄欖油，它能完美修飾生蒜與辣椒的嗆辣，讓蝦子的鮮甜與我們蘋果木燻鹽完美綻放！

Secret 2: Use Arbequina EVOO! Standard olive oils have a peppery, bitter kick. Arbequina EVOO is naturally sweet and buttery, rounding out the spicy heat and letting the delicate sweetness of the shrimp and Apple Wood smoked salt shine through perfectly.

品種（產地） OLIVE VARIETAL	風味特徵 FLAVOR PROFILE	苦味與辛辣度 BITTERNESS & SPICE	最佳烹飪用途 BEST CULINARY USE	商業廚房角色 COMMERCIAL KITCHEN ROLE
雅貝金娜 Arbequina 西班牙	清甜、濃郁奶油香、青蘋果與杏仁味 Sweet, Buttery, Green Apple, Almond	極低 幾乎沒有苦味 Extremely Low. Almost Zero Bitterness	精緻海鮮、烘焙、蒜泥蛋黃醬、生食品嚐 Delicate Seafood, Baking, Aioli, Finishing Raw Dishes	頂級收尾油：專門用於將油脂作為主要風味來源的精緻菜餚 The Premium Finisher: Used specifically for dishes where the oil is a main flavor component
皮誇爾 Picual 西班牙	番茄葉、無花果氣味濃烈厚重 Tomato Leaf, Fig, Robust, and Heavy	高 喉嚨有強烈的辛辣刺激感 High. Strong Peppery Kick in the Throat	濃郁燉菜、烤肉、重口味番茄醬汁 Heavy Stews, Roasting Meats, Strong Tomato Sauces	終極萬用油：耐高溫商業採購中最具成本效益的標準烹調用油 The Ultimate Workhorse: Highly stable under heat. The standard, cost-effective oil for cooking
法蘭托伊奧 Frantoio 義大利	剛修剪的青草、朝鮮薊，帶有強烈綠色植物氣息 Freshly Cut Grass, Artichoke, Very Green	中至高 帶有辛辣悠長的尾韻 Medium to High. Spicy, Lingering Finish	淋在濃郁義大利麵、鄉村麵包 或 生牛肉片上 Drizzling Over Heavy Pasta, Rustic Bread, or Beef Carpaccio	義大利標誌：出餐前提升正宗義式麵食與燉飯風味的完美選擇 The Italian Signature: Perfect for elevating authentic Italian pasta dishes and risottos before serving
科羅內基 Koroneiki 希臘	綠色香蕉、野生香草氣味強烈 Green Banana, Wild Herbs, Robust	中等 極度平衡且富含多酚 Medium. Very Balanced with High Polyphenols	希臘沙拉、烤蔬菜、以檸檬為基底的醃料 Greek Salads, Grilled Vegetables, Lemon-Based Marinades	沙拉冠軍：地中海風格冷盤區與油醋醬的絕佳選擇 The Salad Champion: Excellent for Mediterranean-style cold prep stations and vinaigrettes

03 / Gambas al Ajillo | 西班牙油封蒜香蝦



步驟 steps

1. **在陶鍋或厚平底鍋中加熱油、大蒜和辣椒直到大蒜開始冒泡並呈現金黃色**
   Heat oil, garlic, and chili in a clay pot or heavy skillet until the garlic dances and turns golden

2. **加入蝦子，每面煎 60 秒**
   Add the shrimp and cook for 60 seconds on each side

3. **離火，撒上煙燻鹽與新鮮洋香菜。在油還在劇烈沸騰時上桌**
   Remove from heat, finish with smoked salt and fresh parsley.
   Serve while the oil is still furiously bubbling

主廚秘訣 Chef's Tip

絕佳的靈魂醬汁 / The Ultimate Dipping Sauce：
橄欖油是這道菜的精華。煙燻鹽會慢慢滲透在沸騰的蒜香蝦油中，創造出搭配硬皮麵包的絕佳醬汁。

The oil is the best part of this dish. The smoked salt will slowly seasons into the shrimp and bubbling garlic oil, creating an incredible dipping sauce for crusty bread.

Apple Wood ｜ 24h 冷煙燻蘋果木岩鹽

清新・脆果香・竹韻

前調	中調	後調
脆果香・清新甜感	明亮乾淨・竹韻香氣	輕盈提味・清爽
crisp fruit aroma fresh sweetness	bright & clean bamboo aroma	lifted refreshing

WHY you'll love it

蘋果木的溫和煙燻香氣不會搶走海鮮的風采
反而能引出蝦子的自然鮮甜，完美點綴蒜香



Crni Rižot

傳統克羅埃西亞
墨魚燉飯

食材
ingredients

- **200克 義大利燉飯米 (阿爾博里奧米)**
  替代食材：卡納羅利米／維亞洛內米／日本珍珠米 (越光米) ／台灣蓬萊米
  200g Arborio rice (Swap: Carnaroli ／ Vialone Nano ／ Japanese pearl rice ／ Taiwan Penglai)
- **300 克 亞得里亞海墨魚 (替代食材：新鮮在地墨魚)**
  300g Adriatic Cuttlefish (Swap: Fresh Local Squid)
- **2 茶匙 墨魚汁 & 100 毫升 白酒**
  2 tsp Squid Ink & 100ml White Wine
- **500 毫升 海鮮高湯 & 2 湯匙 橄欖油**
  500ml Seafood Broth & 2 tbsp Olive Oil
- **1 茶匙 go.Sensss 蘋果木煙燻鹽**
  1 tsp go.Sensss Apple Wood Smoked Salt

RICE SWAP｜買不到義大利燉飯米？

想煮一鍋道地的義大利燉飯，若買不到經典的阿爾博里奧米，別擔心！只要選對常見的替代米種，像是日本越光米或台灣蓬萊米，也能煮出濃郁滑順的美味燉飯。雖然短粒米無法保留義式經典的彈牙米心，但其豐富的澱粉與極佳的吸水性，能完美融合高湯與醬汁，打造療癒感十足的家常燉飯。

Craving an authentic Italian risotto but can't find classic Arborio or Carnaroli? Don't worry! With common alternatives like Japanese Koshihikari or Taiwan Penglai rice, you can still craft a rich, creamy dish. While short-grain rice won't yield the traditional al dente core, its surface starch and great absorption effortlessly bind with the broth for a comforting homemade meal.

為什麼大廚總是說「燉飯絕對不能洗米」？

無論您使用的是進口 Carnaroli，還是日本珍珠米，您都必須省略洗米這個步驟。洗米會洗去表面的粉狀澱粉。沒有了那些澱粉，就絕對無法創造出燉飯標誌性的濃郁絲絨醬汁——您最終只會得到一鍋濕漉漉的水煮飯！

Whether you are using an imported Carnaroli or a Japanese pearl rice, you must skip the washing step. Washing removes the powdery surface starch. Without that starch, it is impossible to create the signature creamy, velvety sauce of a risotto—you will just end up with wet, boiled rice !

米種 RICE TYPE	產地 ORIGIN	口感與澱粉特性 TEXTURE & STARCH	最佳烹調用途 BEST CULINARY USE
阿爾博里奧米 Arborio 傳統選擇	義大利：皮埃蒙特 Italy (Piedmont)	澱粉釋放快，濃稠滑順但脆弱 極易煮爛變成糊狀 Fast Starch Release. Creamy, thick, but fragile. Easy to overcook into mush	傳統、濃郁厚重的肉類 或蘑菇燉飯 Traditional, heavy, rustic meat or mushroom risottos
卡納羅利米 Carnaroli 名廚專用	義大利：倫巴底 Italy (Lombardy)	澱粉釋放慢，醬汁極度濃稠 同時保持緊實彈牙的米心 Slow Starch Release. Ultra-creamy sauce while keeping a firm al dente (chewy) core	傳統、濃郁厚重的肉類 或蘑菇燉飯 The Chef's standard. Fine-dining, premium menu items
維亞洛內奈米 Vialone Nano 海鮮優選	義大利：威尼斯 Italy (Veneto)	極端吸水性，能吸收兩倍重量 的液體。較不黏膩，口感輕盈 Extreme Absorption. Absorbs twice its weight in liquid. Less sticky, lighter texture	海鮮燉飯、威尼斯 「波浪狀」濕潤燉飯 Seafood risottos, Venetian all'onda (wavy, soupy) style
日本珍珠米 （越光米） Japanese Pearl (Koshihikari) 最佳替代	日本 Japan (Grown Globally)	表面澱粉高。極度黏稠滑順 但米心完全柔軟（無法彈牙） High Surface Starch. Very sticky & creamy, but yields acompletely soft core (no al dente)	打造柔軟、具安撫感之休閒餐飲 燉飯的最佳頂級本地替代品 The best premium local substitute for a soft, comforting casual-dining risotto
台灣蓬萊米 TW Penglai (Japonica) 親民首選	台灣 Taiwan	表面澱粉高。極度黏稠滑順 但米心完全柔軟（無法彈牙） High Surface Starch. Very sticky & creamy, but yields a completely soft core (no al dente)	打造柔軟、具安撫感之休閒餐飲 燉飯的最佳頂級本地替代品 The best premium local substitute for a soft, comforting casual-dining risotto

04 / Crni Rižot | 克羅埃西亞墨魚燉飯



步驟 steps

1. **用 2 湯匙橄欖油炒香 300 克墨魚，加入 200 克米稍微拌炒**
   Sauté 300g squid in 2 tbsp olive oil, add 200g rice, and toast briefly
2. **淋入 100 毫升白酒直到吸收**
   Deglaze with 100ml white wine until absorbed
3. **混合 500 毫升熱高湯與 2 茶匙墨魚汁慢慢拌入直到濃稠 (約 15-20 分鐘)**
   Gradually stir in 500ml hot broth and 2 tsp squid ink until creamy (about 15-20 mins)
4. **點綴橄欖油與 1 茶匙蘋果木煙燻鹽**
   Garnish with olive oil and 1 tsp Apple Wood smoked salt

主廚秘訣 Chef's Tip

超市可購買罐裝或小包裝的純墨魚汁 "Nero di Seppia" (義大利文)。它的好處是顏色和風味穩定、保存期限長，且完全省去了麻煩又耗時的處理過程。您只需要約 2 茶匙的濃縮墨魚膏，就能讓整鍋燉飯變得烏黑亮麗。

Supermarket look for "Nero di Seppia" (Italian for Cuttlefish Ink). It provides more consistent color and flavor, has a long shelf life, and completely eliminates the messy, labor-intensive prep work. You only need about 1-2 teaspoons of this concentrated paste to turn a whole pan of risotto pitch black.

Apple Wood | 24h 冷煙燻蘋果木岩鹽

清新・脆果香・竹韻

前調

脆果香・清新甜感

crisp fruit aroma
fresh sweetness

中調

明亮乾淨・竹韻香氣

bright & clean
bamboo aroma

後調

輕盈提味・清爽

lifted
refreshing

WHY you'll love it

海鮮與煙燻是絕配，上桌前點綴橄欖油與蘋果木冷燻鹽為這道漆黑的料理注入海岸柴火氣息，讓美味瞬間升級

go.Sensss

Lychee Wood ｜ 24h 冷煙燻荔枝木岩鹽

柔和・細暖・微甜

go Sensss

Lychee Wood

Himalayan
Smoked Salt
(60g)

a sprinkle of beauty...

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食材 ingredients

- **3 湯匙 法國鴨油（替代：台灣 / 香港常見的鵝油、雞油、豬油 或酥油）**
  3 tbsp Duck fat (Swap: Goose fat/Schmaltz, Lard, or Ghee)
- **500 克 育空黃金或亞洲黃肉馬鈴薯（切成 3 毫米薄片）**
  500g Yukon gold or Asian yellow potatoes (sliced into 3mm thin rounds)
- **2 瓣 大蒜（切末）**
  2 cloves Garlic (minced)
- **1 湯匙 新鮮洋香菜**
  1 tbsp Fresh parsley
- **1 茶匙 go.Sensss 荔枝木煙燻鹽**
  1 tsp go.Sensss Lychee Wood Smoked Salt

FAT SWAP｜烹飪油脂快速對照表

為什麼要使用動物油脂？

使用自製油脂能賦予這些馬鈴薯極其道地、充滿鄉村風情的酥脆外皮
最後直接抓取一大撮 go.Sensss 荔枝木煙燻鹽，撒在熱騰騰的馬鈴薯上
完美取代了傳統法國明火烤爐的煙燻味，與濃郁的家禽、豬肉或奶油香氣完美融合！

Using homemade fat gives these potatoes an incredibly authentic, rustic crust. Grabbing a heavy pinch of go.Sensss Lychee Wood Smoked Salt and tossing it onto the hot potatoes at the very end replaces the traditional French open-hearth smoke, fusing perfectly with the savory poultry, pork, or buttery notes!

油脂種類 FAT TYPE	發煙點 APPROX. SMOKE POINT	風味特徵 FLAVOR PROFILE	最佳烹調用途 BEST CULINARY USE
鴨油 Duck Fat	375° F (190° C)	濃郁家禽香、微甜 Rich, Savory Poultry, Slightly Sweet	油封料理、烤根莖類蔬菜 Confit, Roasted Root Vegetables
鵝油 Goose Fat	375° F (190° C)	奢華、飽滿、強烈的家禽香 Luxurious, Heavy, Robust Poultry	傳統英式烤馬鈴薯 Traditional Roast Potatoes
雞油 Schmaltz	375° F (190° C)	療癒、強烈的烤雞鮮香 Comforting, Intense Roasted Chicken	平底鍋煎烤、增加醬汁醇厚度 Pan-frying, Enriching Sauces
豬油 Lard	374° F (190° C)	醇厚肉香、從中性到濃郁皆有 Meaty, Neutral-to-Savory, Robust	高溫酥炸、酥脆糕點（派皮） Crispy Frying, Flaky Pastries (Pie Crusts)
酥油 Ghee	482° F (250° C)	堅果香氣、純粹奶油濃香 Nutty, Pure Butter, Deep Dairy	高溫猛煎、牛排、咖哩 High-Heat Searing, Steaks, Curries

主廚秘訣
Chef's Tip

How to Render Fats at Home｜如何在家自製頂級油脂

雞油：收集雞皮與邊角料
冷平底鍋中小火慢煸至金黃酥脆 (15-20 分)，過濾
Schmaltz : Place chicken skin/fat in a cold skillet on medium-low
Render until golden (15-20 mins). Strain

豬油：豬脂肪切小丁
加極少水以小火慢熬，至豬肉丁變酥脆褐色 (40-50 分)，過濾
Lard : Cook diced pork fat in a pot with a splash of water on low heat until crispy brown cracklings form (40-50 mins). Strain

酥油：無鹽奶油中小火融化，撇除表面白色泡沫
微滾至清澈金黃且底部有褐色固形物 (10-15 分)，用紗布過濾
Ghee : Melt unsalted butter over medium-low. Skim white foam
Simmer until clear golden with brown solids at the bottom (10-15 mins). Strain

05 / Pommes de Terre Sarladaises | 法式鴨油煎馬鈴薯



步驟 steps

1. **在平底鍋中融化 3 湯匙鴨油 / 鵝油 / 雞油 / 豬油或酥油**
   Melt 3 tbsp duck/goose/Schmaltz/Lard or Ghee fat in a skillet

2. **放入 500 克的馬鈴薯薄片慢煎 15-20 分鐘 或 至金黃色**
   Fry 500g thin potato slices slowly for 15-20 mins or until golden and crisp outside

3. **在最後 2 分鐘加入 2 瓣蒜末**
   Add 2 cloves minced garlic in the final 2 mins

4. **撒上 1 湯匙歐芹和 1 茶匙荔枝木煙燻鹽收尾**
   Garnish with 1 tbsp fresh parsley and 1 tsp Lychee Wood smoked salt

Lychee Wood | 24h 冷煙燻荔枝木岩鹽

柔和・細暖・微甜

前調
淡熱帶果香・柔和煙韻

light tropical fruit
soft smoke

中調
溫柔・細膩的暖意

tender smoke
gentle warmth

後調
微甜・清透・安定

slightly sweet
clean

WHY you'll love it

荔枝木的清甜果香與輕盈煙燻完美平衡了油脂的厚重感
為這道鄉村料理注入靈魂



Schweinsbraten

阿爾卑斯黑啤慢烤
奧地利脆皮烤豬肉

食材
ingredients

- **1.5 公斤 帶皮豬肩肉 (替代 : 帶皮五花肉)**
  1.5 kg Pork shoulder with skin (Swap: Skin-on Pork Belly)
- **1 湯匙 葛縷子籽**
  1 tbsp Caraway seeds
- **3 瓣 大蒜**
  3 cloves Garlic
- **200 毫升 黑啤酒**
  200ml Dark beer
- **200 毫升 清湯或水**
  200ml Light stock or water
- **2 湯匙 go.Sensss 荔枝木煙燻鹽**
  2 tbsp go.Sensss Lychee Wood smoked salt

BEER SWAP｜啤酒風味與肉汁指南

要做出完美的奧地利烤豬肉，您選擇的啤酒將決定肉汁的整體風味
使用黑啤酒烹飪的黃金法則是：專注麥芽，避開啤酒花
您需要的是帶有甜味、烘烤和焦糖風味濃郁的啤酒
當您將啤酒煮沸濃縮時啤酒花的苦味會急劇增加，苦澀的啤酒會毀了您的醬汁！

For the perfect Austrian Schweinsbraten, the beer you choose dictates the entire flavor of your gravy. The golden rule for cooking with dark beer is: Focus on Malt, Avoid Hops. You want a beer that is sweet, toasted, and caramel-heavy. When you boil down a beer, the hop bitterness intensifies dramatically. A bitter beer will ruin the sauce!

啤酒種類 BEER STYLE	風味特徵 FLAVOR PROFILE	肉汁效果 GRAVY RESULT	推薦品牌 BEST BRANDS
德國慕尼黑黑啤或黑拉格 Munich Dunkel / Schwarzbier	**濃郁麥芽香和微甜感 帶有烤麵包皮、太妃糖香氣** Deeply Malty, Slightly Sweet, Toasted Bread Crust, Toffee	**非常正宗、鹹香的肉汁 完美襯托豬肉上的香氣** Highly Authentic, Savory Gravy Perfect Background for The Pork	• Köstritzer • Erdinger Dunkel • Paulaner
雙吻勃克啤酒（濃烈黑啤酒） Doppelbock	**更強烈、醇厚且甜 充滿深色焦糖與 如李子般的深色水果香氣** Stronger, Thicker, Sweeter. Intense dark Caramel and Dark Fruits	**由於天然糖分高，肉汁會變得極度濃郁、黏稠且奢華，像肉塊的糖衣** Incredibly Rich, Sticky, Luxurious Acts Almost Like a Glaze	• Yinger Celebrator • Paulaner Salvator
愛爾蘭乾司陶特黑啤酒 Dry Irish Stout	**顏色極深，帶有強烈的烘烤咖啡和黑巧克力香氣** Very dark, strong roasted coffee and dark chocolate notes	**帶有漂亮的深色和濃烈的泥土風味（主廚秘訣：加 1 茶匙糖平衡苦味）** Beautifully Dark, Robust Earthy Flavor (Chef's Trick: Add 1 tsp Brown Sugar)	• Ayinger Draught （罐裝，內有氣囊款）
❌ 絕對避免（Strictly Avoid） Black IPAs / Imperial Stouts	**大量添加啤酒花的精釀黑啤酒** Heavily hopped craft beers	**高溫會讓啤酒花濃縮，使肉汁變得難以忍受的苦澀，甚至帶有肥皂味！** Hops will Concentrate and Turn the Gravy Unbearably Bitter and Soapy	**❌ 絕對不要使用！** Never Use

THE PERFECT CRACKLING｜完美脆皮的秘密

主廚秘訣
Chef's Tip

在豬皮上大量塗抹煙燻鹽能逼出水分，烤出終極脆皮
只有豬肉的下半部會浸泡在黑啤酒和高湯中燉煮，保持極度多汁
而上半部（劃上菱型刀紋的豬皮）必須保持完全乾燥
這種「下半部濕燉，上半部乾烤」的對比，正是完美奧地利烤豬肉的秘訣

Rubbing the skin heavily with smoked salt draws out moisture for the ultimate crackling. Only the bottom half sits in the shallow pool of dark beer and stock. This braises the meat, keeping it juicy. The skin must stay completely dry. This contrast—steaming from the bottom and dry-roasting from the top is what creates the perfect Schweinsbraten

06 / Schweinsbraten | 奧地利脆皮烤豬肉



步驟
steps

1. **在 1.5 公斤豬肉的表皮劃約 1.5cm 出菱角型刀紋，只切脂肪層不見紅肉**
Score the skin with 1.5cm deep diamond cut of the 1.5 kg pork，cutting through the skin into the fat but not into the meat

2. **肉抹上 3 瓣蒜末、1 湯匙葛縷子，豬皮與肉身均勻抹上 2 湯匙荔枝木煙燻鹽。放在烤盤上，不加蓋放雪櫃風乾一晚**
Rub meat with 3 cloves garlic and 1 tbsp caraway ; rub skin and meat heavily with 2 tbsp Lychee Wood smoked salt. Place uncovered in the fridge overnight

3. **烤盤加入 200 毫升啤酒及 200 毫升清湯，以 175°C (350°F) 烤約 2 小時**
Roast at 175° C (350° F) for 2 hours with 200ml beer and 200ml light stock in the pan

4. **最後 5-10 分鐘開上火讓脆皮膨脹爆脆**
Broil for the last 5-10 mins to puff the skin, watching constantly, until the crackling puffs and crisps

Lychee Wood | 24h 冷煙燻荔枝木岩鹽

柔和・細暖・微甜

前調
淡熱帶果香・柔和煙韻

light tropical fruit
soft smoke

中調
溫柔・細膩的暖意

tender smoke
gentle warmth

後調
微甜・清透・安定

slightly sweet
clean

WHY you'll love it

荔枝木的清甜果香能中和豬肉的油膩
同時為脆皮注入完美的柴火烤肉風


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Hickory Wood｜24h冷煙燻山核桃木岩鹽
溫暖．厚實．親切
go.Sensss
Hickory Wood
Himalayan
Smoked Salt
(60g)
a sprinkle of beauty...
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食材
ingredients

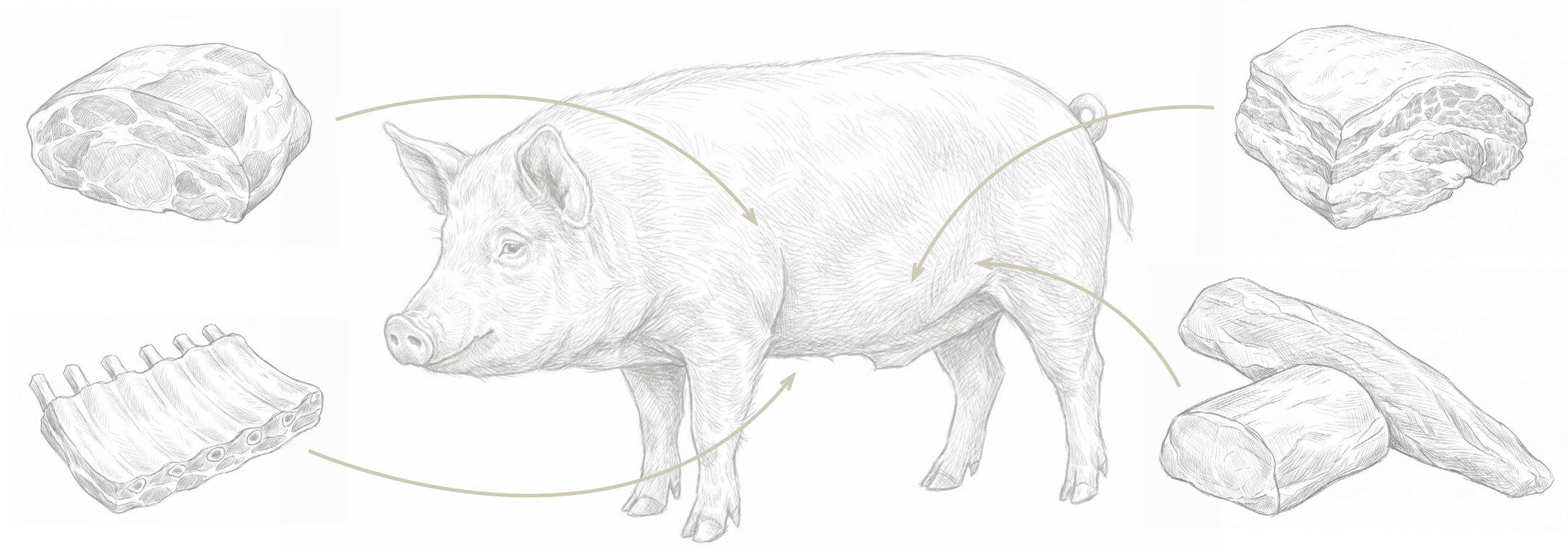
- **500 克 豬肩肉**
  替代食材：黑豚豬頸肉 (松阪豬) / 豬肋條 / 豬柳 (小里肌)
  500g Pork Shoulder (Swap: Kurobuta Pork Neck / Rib Fingers / Tenderloin)

- **2 湯匙 檸檬汁**
  2 tbsp Lemon Juice

- **3 湯匙 橄欖油**
  3 tbsp Olive Oil

- **1 湯匙 乾燥奧勒岡葉**
  1 tbsp Dried Oregano

- **1 茶匙 go.Sensss 山核桃木煙燻鹽**
  1 tsp go.Sensss Hickory Wood smoked salt



PORK CUT SWAP｜四大豬肉部位綜合比較

希臘烤肉串的靈魂在於肉質的選擇

無論您喜歡經典的咀嚼感、極致的爆汁油脂，還是健康低脂的軟嫩口感

了解豬肉不同部位的特性與「燒烤容錯率」，將確保您的 Souvlaki 永遠完美不乾柴！

The soul of a Greek Souvlaki lies in the choice of meat. Whether you prefer a classic bite, ultimate juiciness or a healthy melt-in-mouth texture, understanding the characteristics and "grill forgiveness" of different pork cuts will ensure your skewers are always perfect!

部位 PORK CUT	脂肪含量與容錯率 FAT CONTENT & FORGIVENESS	口感 TEXTURE	風味特徵 FLAVOR PROFILE	適合客群 BEST AUDIENCE
豬肩肉 （梅花肉） Pork Shoulder	中等 / 燒烤容錯率：低 （強烈依賴醃料軟化） Moderate / Low (Requires Marinade)	緊實，略帶嚼勁 Firm, Slightly Chewy	經典、濃郁的豬肉味 Classic, Robust Pork	傳統口味愛好者 高性價比考量 Traditionalists Budget-friendly
黑豚豬頸肉 （松阪豬） Kurobuta Neck	高（均勻細緻的油花）/ 燒烤容錯率：極高 （零失敗） High (Intense Marbling) / Very High (Foolproof)	爽脆、Q 彈 Crunchy, Bouncy	鮮甜、帶有奶油香脂味 Sweet, Rich, Buttery	頂級饕客 追求獨特口感者 Premium Diners Texture Lovers
豬肋條 Rib Fingers	極高 / 燒烤容錯率：高 （豐富油脂能保護肉質） Very High / High (Fat Protects Meat)	極度多汁，帶有咬勁 Juicy, Satisfying Bite	極致肉香 帶有焦糖化風味 Deep Savory, Caramelized	重口味與燒烤狂熱者 BBQ & Strong Flavor Lovers
腰內肉 （小里肌） Tenderloin	極低（幾乎無脂）/ 燒烤容錯率：極低 （過熟瞬間變乾柴） Extremely Low / Very Low (Dries instantly)	極度軟嫩，入口即化 Ultra-Soft Melt-In-Mouth	清淡、純淨、味道中性 Mild, Clean, Neutral	注重健康低脂 喜愛軟嫩口感者 Health-Conscious Soft Texture

07 / Pork Souvlaki | 希臘烤豬肉串



步驟 steps

1. **將 500 克豬肉切成 2.5cm 方丁，用 3 湯匙橄欖油、2 湯匙檸檬汁和 1 湯匙奧勒岡葉醃製 1 小時**
   Marinate 500g (2.5cm) Cubed Pork in 3 tbsp Olive Oil, 2 tbsp Lemon Juice and 1 bsp Oregano (1 hr).

2. **將肉塊串在竹籤上**
   Thread Meat Onto Skewers

3. **用大火烤或煎 10-12 分鐘至焦香熟透**
   Grill or pan-sear on high for 10-12 mins turning regularly, until browned and safely cooked

4. **上桌前撒上 1 茶匙山核桃木煙燻鹽**
   Finish with 1 tsp Hickory Wood Smoked Salt Before Serving

主廚秘訣 Chef's Tip

雅典街頭的秘密：豬頸肉擁有終極的肥瘦比例
煙燻鹽能讓室內烹調的肉串擁有雅典街頭直火燒烤的正宗風味
The Authentic Street Grill：Pork neck has the ultimate fat-to-meat ratio. The smoked salt gives it the authentic Athens street-grill flavor even when cooked indoors

Hickory Wood | 24h 冷煙燻山核桃木岩鹽

溫暖・厚實・親切

前調	中調	後調
焦糖木香・烘烤氣息	堅果・溫暖木煙	圓潤・溫和餘韻
soft caramel toasted wood	warm roasted nuts gentle smoke	nutty aroma & round lingering warmth

WHY you'll love it

山核桃木強烈的煙燻風味，能為在廚房烹調的肉串瞬間注入猶如戶外直火燒烤的狂野靈魂



Pimientos de Padrón

西班牙的靈魂下酒菜
油煎帕德龍辣椒

食材
ingredients

- **250 克 帕德龍辣椒**
  替代食材：糯米椒 (獅子唐辛子) / 杭椒
  250g Padrón peppers (Swap: Shishito Peppers / Hangzhou Green Pepper)
- **3 湯匙 橄欖油**
  3 tbsp Olive oil
- **1 茶匙 go.Sensss 山核桃木煙燻鹽**
  1 tsp go.Sensss Hickory Wood smoked salt

PEPPER SWAP｜三種辣椒綜合比較

要在家完美複製西班牙小酒館 (Tapas Bar) 的精髓，辣椒的品種選擇是關鍵
帕德龍辣椒 (Padrón) 最具傳統風味，但如果您在市場上找不到
日式的糯米椒或中式的杭椒同樣能為您帶來極佳的焦脆口感與驚喜的辣度體驗！

To perfectly replicate the essence of a Spanish Tapas bar at home, choosing the right pepper is key.
Padrón peppers are the most traditional choice, but if you can't find them,
Japanese Shishito or Chinese Hangzhou peppers offer fantastic blistered textures and surprising heat !

特性 FEATURE	帕德龍辣椒 PADRÓN PEPPER	糯米椒（獅子唐辛子） SHISHITO PEPPER	杭椒 HANGZHOU GREEN PEPPER
產地 Origin	西班牙加利西亞 Galicia, Spain	日本 Japan	中國浙江 Zhejiang, China
果皮厚度 Skin Thickness	中等厚度、較有韌性 Medium-Thick, Sturdy	極薄、細緻 Very Thin, Delicate	薄而嫩 Thin and Tender
風味特徵 Flavor Profile	帶有泥土與堅果香氣 焦香後風味深厚 Earthy, Slightly Nutty Deep Savory Notes When Charred	甜味明顯、明亮 帶有淡淡草香 Sweet, Bright, Slightly Grassy	清脆、清爽 本身帶有溫和辣味 Crisp, Clean Mildly Spicy Base
辣度驚喜 The "Surprise"	約 1/10 的機率相當辣 (俄羅斯輪盤) 1 in 10 is quite spicy ("Russian Roulette")	約 1/10 的機率會微辣 1 in 10 is Mildly Spicy	大多數帶有穩定 且溫和的辣度 Consistently Mild to Medium Heat Across Most Pods
最佳烹調方式 Best Culinary Use	傳統西班牙小吃 (橄欖油煎至起泡) Traditional Spanish Tapas (Blistered in Olive Oil)	現代小吃、酒吧下酒菜 快速拌炒 Modern Tapas, Bar Snacks, Quick Stir-Fry	中式「虎皮青椒」做法 或 快速煎焦 Chinese "Tiger Skin" Style or Quick Blistering

08 / Pimientos de Padrón | 西班牙油煎帕德龍辣椒



步驟 steps

1. **用中高火加熱 3 湯匙橄欖油**
   Heat 3 tbsp olive oil on medium-high

2. **將 250 克的原個辣椒放入鍋中**
   Add 250g whole peppers to the pan

3. **煎至外皮起泡微焦（約 5 分鐘）**
   Fry until skins blister (approx. 5 mins)

4. **趁熱將辣椒與 1 茶匙山核桃木煙燻鹽拌勻上桌**
   Toss Hot Peppers with 1 tsp Hickory Wood Smoked Salt and Serve

主廚秘訣 Chef's Tip

完美捕捉小酒館精髓：糯米椒 (Shishito) 也能非常容易煎出漂亮的焦皮
離火後立刻趁熱拌入山核桃木煙燻鹽，高溫會瞬間激發煙燻香氣
完美捕捉傳統西班牙小酒館的精髓

Capturing the Tapas Essence Shishito peppers blister beautifully as well. Toss them with smoked salt immediately off the heat. The residual heat instantly activates the smoke aroma, perfectly capturing the Tapas bar essence.

Hickory Wood | 24h 冷煙燻山核桃木岩鹽

溫暖・厚實・親切

前調
焦糖木香・烘烤氣息

soft caramel
toasted wood

中調
堅果・溫暖木煙

warm roasted nuts
gentle smoke

後調
圓潤・溫和餘韻

nutty aroma & round
lingering warmth

WHY you'll love it

山核桃木溫暖厚實的堅果煙燻味，能完美襯托出
煎熟辣椒的泥土與焦香氣息，更添圓潤溫和的風味深度


go.Sensss
Oak Wood｜24h冷煙燻橡木岩鹽
沉穩・經典・自信
go.Sensss
Oak Wood
Himalayan
Smoked Salt
(60g)
a sprinkle of beauty...
SHOP NOW
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Bratkartoffeln

德國傳統鄉村料理

德式香煎馬鈴薯

食材
ingredients

- **100 克 德國煙燻培根（替代食材：Pancetta ／ Guanciale ／ French Lardons ／在地厚切五花肉）**
  100g German Speck (Swap : Pancetta ／ Guanciale ／ French Lardons ／ Thick-Cut Local Pork Belly)
- **500 克 煮熟的馬鈴薯（切丁）**
  500g Cooked, Completely Cooled Potatoes (Diced)
- **1 顆 中型洋蔥（切碎）**
  1 Medium Onion (Chopped)
- **2 湯匙 奶油**
  2 tbsp Butter
- **1 湯匙 蝦夷蔥**
  1 tbsp Chives
- **1 茶匙 go.Sensss 橡木煙燻鹽**
  1 tsp go.Sensss Oak Wood Smoked Salt

PORK SWAP｜豬肉特徵綜合比較

生醃豬肉是歐洲鄉村料理的靈魂。從德國經過重度鹽醃冷燻的 Speck
到義大利純粹用鹽與胡椒熟成的 Pancetta，每一種處理方式都會為菜餚帶來截然不同的風味
如果您使用的是未經醃製的「在地厚切五花肉」這種充滿可塑性的空白畫布
撒上一大撮 go.Sensss 橡木煙燻鹽，瞬間就能將新鮮豬肉提升至歐洲頂級美食的標準！

Cured pork is the soul of rustic European cooking. From heavily smoked German Speck to the unsmoked, spiced Italian Pancetta, each preparation brings a completely different profile. If using a fresh, unseasoned blank canvas like local pork belly, a heavy pinch of go.Sensss Oak Wood smoked salt instantly elevates it to European gourmet standards!

特性 FEATURE	產地 ORIGIN	處理方式 PREP	脂肪含量 FAT CONTENT	風味特徵 FLAVOR PROFILE
德國煙燻培根 German Speck	德國 Germany	鹽醃且煙燻 Cured & Smoked	中等 Moderate	極度鹹香、強烈的木柴煙燻味 Salty, Intense Wood-Smoke
潘切塔 Pancetta	義大利 Italy	鹽醃、無煙燻 Cured, Unsmoked	中等 Moderate	鮮甜、帶有黑胡椒與香草味 Sweet, Peppery, Herbaceous
瓜安恰雷 Guanciale	義大利 Italy	鹽醃、無煙燻 Cured, Unsmoked	極高 Very High	深沉濃郁的肉香 極度豐厚的脂味 Deep Robust Pork, Rich Fat
法式拉登 French Lardons	法國 France	鹽醃、部分煙燻 Cured, Smoke Varies	中等 Moderate	鹹香的法式小酒館經典風味 Savory Bistro Classic
在地五花肉 Local Pork Belly	在地 Local	新鮮生肉、無煙燻 Fresh, Raw, Unsmoked	偏高 High	鮮甜、純淨的豬肉原味 Sweet, Pure Clean Pork

09 / Bratkartoffeln | 德式香煎馬鈴薯









步驟 steps

1. **融化 2 湯匙奶油，將 500 克馬鈴薯丁靜置煎 5 分鐘**
   Melt 2 tbsp butter and fry 500g diced potatoes for 5 mins.

2. **加入 100 克培根和 1 顆洋蔥碎**
   Add 100g diced speck／bacon and 1 chopped onion

3. **煎至所有食材焦黃酥脆**
   Cook until everything is crispy and brown

4. **撒上 1 茶匙 Oak Wood 煙燻鹽和 1 湯匙蝦夷蔥調味**
   Season with 1 tsp Oak Wood smoked salt and 1 tbsp chives

主廚秘訣 Chef's Tip

完美脆皮與鹹香深度 ：煎馬鈴薯時請靜置不要過度翻動，這樣才能煎出完美的脆皮。如果您使用的是在地五花肉，強烈建議用橡木煙燻鹽醃漬一晚，這能大幅提升豬肉的鹹香深度！

Perfect Crust & Savory Depth : Fry the potatoes undisturbed to build a crust. If you use local pork belly, marinate it overnight with Oak Wood smoked salt to enhance the savory depth.

Oak Wood ｜ 24h 冷煙燻橡木岩鹽

沉穩・經典・自信

前調	中調	後調
深烘木香	堅果・經典烤香	濃郁飽滿・有深度
deep roasted wood	roasted nuts classic bbq aroma	bold smoky full - bodied

WHY you'll love it

橡木深沉煙燻重現德國 Speck 風味
賦予五花肉與馬鈴薯道地的歐洲鄉村靈魂



Bistecca alla Fiorentina

傳統義大利料理
佛羅倫斯丁骨牛排

食材
ingredients

- **1 公斤 契安尼納丁骨牛排**
  替代食材：澳洲安格斯／日本和牛／美國極佳級
  1 kg Chianina T-bone Steak
  (Swap : Australian Angus ／ Japanese Wagyu ／ USDA Prime Beef)
- **2 湯匙 特級初榨橄欖油**
  2 tbsp Extra Virgin Olive Oil
- **1 茶匙 黑胡椒**
  1 tsp Black Pepper
- **1 湯匙 go.Sensss 橡木煙燻鹽**
  1 tbsp go.Sensss Oak Wood Smoked Salt

BEEF SWAP｜頂級牛排肉質綜合比較

當您將 go.Sensss 煙燻鹽應用在不同牛排上時
其配搭變化會根據脂肪含量而呈現不同味覺平衡
對於偏瘦的契安尼納牛，鹽提供了牠天生渴望的關鍵調味與質樸火候感
而對於美國 Prime 與和牛，木質煙燻鹽粒扮演了絕佳的解膩角色
能直接劃破厚重的玉米甜味與奶油油脂，創造出完美平衡的頂級口感

When applying your go.Sensss smoked salt to these steaks, the interaction changes based on the fat content.
For the lean Chianina, the salt provides the essential seasoning and rustic fire it naturally craves.
For the US Prime and Wagyu, the wood-smoke crystals act as a brilliant palate cleanser,
cutting through the heavy corn and buttery fats tocreate a perfectly balanced, gourmet bite.

特性 FEATURE	義大利契安尼納 CHIANINA	澳洲安格斯 AUSTRALIAN ANGUS	日本和牛 JAPANESE WAGYU	美國極佳級 USDA PRIME
飼養方式 Often Diet & Raising (feeding varies by producer)	草飼放牧 Pasture/Grass-Fed	草飼或穀飼皆有 Grass or Grain-Fed	嚴格控制的高級穀飼 Highly Controlled Grain-Fed	大量玉米與穀物飼養 Heavy Corn & Grain-Fed
油花與脂肪 Marbling (Fat)	極低（瘦肉為主） Very Low (Lean)	中等至偏高 Medium to High	極度豐富、密集 Extremely High	偏高，分佈均勻 High, Evenly Distributed
口感 Texture	緊實、高密度、肉感重 Firm, Dense, Meaty Bite	軟嫩、帶有平衡的嚼勁 Tender, Balanced Chew	入口即化、極度軟嫩 Melt-in-the-Mouth, Ultra-Soft	極度多汁、軟嫩且具份量感 Highly Juicy, Tender But Substantial
風味特徵 Flavor Profile	深沉、帶有草香與強烈野性 Deep, Grassy, Robust	濃烈、經典的鹹香牛肉味 Bold, Classic Savory Beef	鮮甜、奶油香、極重旨味 Sweet, Buttery, Rich Umami	帶有玉米甜味、濃郁美式風味 Rich, Beefy Rich Steakhouse
最佳烹調 Best Culinary Use	極高溫柴火直烤 Very High Heat, Wood-Fire	用途廣泛煎烤皆宜 Versatile, Grilling or Pan-Searing	快速猛煎小份量上桌 Quick Sear, Small Portions	烤箱頂火炙烤或 鑄鐵鍋猛煎 Broiler or Cast-Iron Searing

10 / Bistecca alla Fiorentina | 佛羅倫斯丁骨牛排



步驟 steps

1. **將 1 公斤約 4-5 厘米厚的牛排表面水分完全拍乾**
   Pat the 1 kg steak completely dry (approx. 4-5cm thick)
2. **在冒煙的極熱平底鍋中，每面煎 4-5 分鐘**
   Sear in a smoking-hot skillet for 4-5 mins per side
3. **靜置 10 分鐘後切厚片**
   Rest for 10 mins, then slice thick
4. **淋上 2 湯匙橄欖油，研磨 1 茶匙黑胡椒，最後撒上 1 湯匙橡木煙燻鹽**
   Drizzle with 2 tbsp olive oil
   Add 1 tsp black pepper, and finish with 1 tbsp Oak Wood smoked salt

主廚秘訣 Chef's Tip

完美中和與還原柴火風味：橡木冷燻岩鹽的木質香氣能完美中和和牛的豐富油脂，重現托斯卡尼柴火風味。對於古老的義大利巨型牛契安尼納(Chianina)，由於其缺乏豐富的脂肪，更需要極高溫的烈火迅速烤出焦脆外皮，以免內部過熟。

Perfect Balance & Wood-Fire Mimicry : The oak wood cold-smoked aroma perfectly cuts through the rich marbling of Wagyu, mimicking a Tuscan wood fire. For the ancient Italian giant Chianina, which lacks rich fat, it demands a blazing-hot fire to create a crust before the inside overcooks

Oak Wood | 24h 冷煙燻橡木岩鹽

沉穩・經典・自信

前調	中調	後調
深烘木香	堅果・經典烤香	濃郁飽滿・有深度
deep roasted wood	roasted nuts classic bbq aroma	bold smoky full - bodied

WHY you'll love it

橡木深沉煙燻重現托斯卡尼柴燒風味，無論瘦肉或豐盈油花，皆能將牛排昇華至頂級牛排館層次