

ZERO-WASTE DINING IN LONDON

5 Restaurants at the forefront of the city's growing low- and zero-waste movement



席捲倫敦的零浪費餐廳風潮

BY DELLE CHAN

Fancy a slice of bread pudding baked from yesterday's loaves? Or how about some soup made from potato peel? In London, you can enjoy these dishes and more. Restaurants all across the capital are increasingly rethinking how and where they source their food from — and many of them are looking to offcuts and leftovers for inspiration.

According to the Waste & Resources Action Programme (WRAP), restaurants in the UK produce a whopping 915,400 tons of food waste per year. It's certainly a troubling statistic — and one that has galvanized London's chefs into action. From embracing leftovers to upcycling furniture, here are five restaurants bringing us one step closer to a circular economy.

倫敦的低與零廢棄物運動日益興盛，而一些餐廳就站在這波運動的最前線。想要吃一塊用昨天的麵包烘焙而成的麵包布丁嗎？或用馬鈴薯皮做成的湯？在倫敦，您就可以享用這些菜肴與更多類似的料理。在這座英國首都的各個地區，愈來愈多餐廳重新思考他們取得食材的方式，而許多餐廳從切下的角料和剩餘食物找尋靈感。

廢棄物與資源行動計畫（WRAP）指出，英國餐廳每年製造的食物廢棄物達到令人驚嘆的915,400噸，這絕對是個讓人感到不安的統計數字，並促使倫敦的廚師們採取行動。從擁抱剩餘食材到再生家具，以下5間餐廳帶領我們進一步朝循環經濟邁進。



> 1



- Native -

As its name suggests, Native champions a “wild food” ethos, with ingredients foraged from fields, forests, and coasts all across the UK. But it also takes sustainability one step further by reducing food waste where possible. “We always use as much of any ingredient as we can,” shares co-founder Ivan Tisdall-Downes. For instance, chicken livers and offcuts from old spuds — two ingredients usually consigned to the bin — are used in a dish of fermented potato waffle, chicken liver parfait, and pickled apple. Other assorted leftovers go into the canapés on the Chefs’ Wasting Snacks menu, which changes regularly. “Not only are these dishes zero-waste, they also give our chefs the chance to be creative with ingredients,” says Tisdall-Downes. “At the end of the day, we want to use what the land gives us, and not put a strain on the food chain.”

▪ eatnative.co.uk



Native

Native餐廳擁護「原食物」精神，並從英國各地的田園、森林及海岸尋找食材。但該餐廳也盡可能減少食物廢棄物，進一步朝永續發展前進。共同創辦人Ivan Tisdall-Downes表示：「我們盡量用完任何食材。」例如通常會被丟棄的雞肝和老馬鈴薯切角料被用於一道融合發酵馬鈴薯華夫餅、雞肝凍糕與醃蘋果的料理。Tisdall-Downes表示：「這些料理不僅實現零廢棄物，更讓我們的廚師用食材發揮創意。我們的終極目標是使用土地給予我們的東西，而不是造成食物鏈的負擔。」



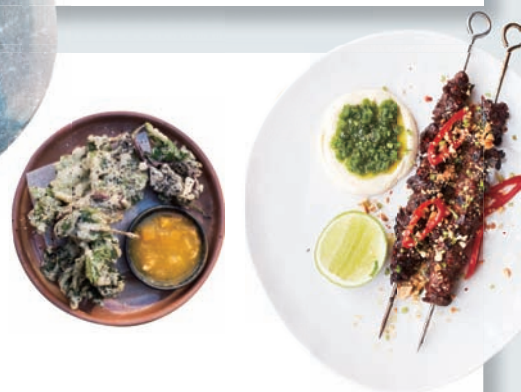
> 2



- Rovi -

Sustainability is at the forefront of Rovi, the latest restaurant from celeb chef Yotam Ottolenghi. Offcuts feature in many of its dishes; for instance, the celeriac shawarma is served with *bkeila* (a paste derived from the stalks of herbs like coriander and parsley), while the grilled halibut comes with a lime pickle that’s made from leftover citrus peel and zest. The kitchen is even in the midst of installing ORCA, a food recycling unit that breaks down food waste into liquid, which can then be safely discharged into the municipal sewage system. “Consumers care more and more about being sustainable,” says head chef Neil Campbell. “They’re actively looking for businesses that are trying to reduce waste... and that’s the way the world needs to move forward.”

▪ ottolenghi.co.uk/rovi



Rovi

知名大廚Yotam Ottolenghi的最新餐廳Rovi將永續發展視為第一要務。許多料理使用切角料，例如根芹菜沙威瑪就搭配以芫荽和荷蘭芹等香草製成的「bkeila」醬，而烤大比目魚則搭配以剩餘的柑橘皮所製成的萊姆汁。廚房的中央還裝設了ORCA廚餘處理機，可將廚餘分解為液體，再安全地排放到下水道汙水系統。主廚Neil Campbell表示：「消費者愈來愈注重永續發展，他們會主動尋找嘗試減少廢棄物的店家，而這正是這個世界應該前進的方向。」

> 3



- Spring -

Last year, chef Skye Gingell pledged to make Spring entirely plastic-free by the end of 2019. And the restaurant is well on track to meet this target, having already swapped traditional kitchen wares like cling film for beeswax wrapping and plastic ice cream tubs for ceramic ones. But that's not all: Spring also offers a pre-theater Scratch menu, with daily changing dishes made from leftovers the kitchen has to hand — from potato skins to pasta trimmings. "Reducing our waste has proven to be a great economic decision. We use nearly all the food we buy, and no longer spend money on disposables," says Gingell. "But being low-waste doesn't only help us cut down on expenses. It also allows us to make a positive difference in regard to global food waste and sustainability."

▪ springrestaurant.co.uk

Spring

去年，大廚Skye Gingell發誓要在2019年底讓Spring餐廳全面擺脫塑膠，而該餐廳目前已汰換許多傳統廚房用具，例如將保鮮膜換成蜂蠟保鮮布、塑膠冰淇淋桶換成陶瓷桶。此外，Spring餐廳還提供早鳥時段Scratch菜單，並根據廚房的剩餘食材如馬鈴薯皮與義大利麵切角料而更換不同料理。Gingell表示：「減少廢棄物已被證明是偉大的經濟決策，我們幾乎將購買的食材全部用完，並不再需要花錢處理廢棄食物。而低浪費不僅幫助我們減少支出，更讓我們為全球食物浪費和永續發展做出正面貢獻。」

> 4

- Cub -

At this high-profile restaurant — a collaboration between award-winning bartender Ryan Chetiyawardana (of Dandelyan fame) and zero-waste pioneer Doug McMaster — table tops are made from recycled yogurt pots, while lamps are fashioned from paper mulch. This sustainability focus extends to the seasonal menu: "We'll pick an ingredient and decide how we want to represent it. We then make sure we're being creative with the waste it creates," explains Chetiyawardana. Take, for example, a cocktail infused with wild rooibos: here, the tea leaves are used several times before being fermented into components for other dishes. "We're trying to push the conversation around sustainability," says Chetiyawardana. "We want to show that it doesn't need to come at the expense of deliciousness, luxury, or good times."

▪ lyancub.com





PHOTOGRAPHY: AMBER ROWLANDS / CUB / SILO

Cub

這家備受矚目的餐廳是Dandelyan酒吧的獲獎調酒師Ryan Chetiyawardana和零浪費先鋒Doug McMaster的合作成果。Cub的餐廳桌面是用回收優格罐打造而成，燈罩則是用紙製成。這種對永續發展的注重還延伸到隨季節更換的菜單，Chetiyawardana表示：「我們會選擇一項食材並決定要如何呈現，然後我們會確保自己針對該食材的廢棄物發揮創意。」以使用南非國寶茶的雞尾酒為例，茶葉先泡過數次，然後經過發酵處理，再成為其他菜肴的原料。Chetiyawardana提到：「我們試著宣導永續發展，我們想要證明實踐永續發展不一定要犧牲美味、奢華或美好時光。」

- Silo -

Silo was the UK's first ever zero-waste restaurant when it launched in the resort town of Brighton in 2014. Five years later, it's making the move to the capital — it's set to reopen its doors in the east London neighborhood of Hackney Wick. But despite its brand-new location, its philosophy hasn't changed. "We will still compost our food waste and upcycle glass to create things such as plates and tiles [for use in the restaurant]. Plus, we will continue to have all our food delivered in reusable vessels," shares chef Doug McMaster (yes, the man also behind Cub). "Humans have a responsibility to deal with waste, as it's only us who's creating it. I think people are becoming more aware of how crucial it is to reduce waste, and I have every hope that the restaurant industry will get on board."

• silolondon.com



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Silo

當Silo於2014年在布萊頓開業時，它是英國第一家零廢棄物餐廳。5年後，它進軍英國首都，將在東倫敦哈克尼維克重新開幕。但除了全新店址外，該餐廳的哲學一如初衷。大廚Doug McMaster（沒錯，就是Cub餐廳的幕後推手）表示：「我們依然會將廚餘進行堆肥，並用回收玻璃製造餐廳使用的盤子和磁磚等物品。人類有責任處理廢棄物，因為只有我們會製造廢棄物。我認為人們愈來愈意識到減少廢棄物的重要，而我殷切期盼餐廳產業會加入這個運動。」

