

海の恵み

Blessings from the sea

豊富な知識と経験のある魚のプロが、新鮮でおいしく食べられるレストランを紹介。
We are pleased to present this new section, in which we showcase various premium seafood in Melbourne's top restaurants.



■ Octopus Salad

■ Bistro K 366 Smith Street Collingwood

今年5月、Smith St.にオープンした、革新的創作モダン韓国レストランBistro K。内装は北欧風木目調のテーブルと椅子、そして赤レンガの壁で落ち着いた雰囲気。今までに食べたことのない創作韓国料理で楽しませてくれます。オーナーシェフはフランスで修行した経験があり、流行の韓国BBQや居酒屋と違う形で韓国料理を表現したい、現地の人に食べてもらいたいという気持ちでオープンしたそうです。

今回の料理は西オーストラリア、フリーマントル産のタコを使ったオクトパスサラダ。独自のコチジャンをベースにしたドレッシングは絶品です。フリーマントル産のものは他で獲れるタコよりも柔らかく、色も美しく、甘みがあります。また、調理しやすいサイズでなによりも新鮮です。そのため、日本食やイタリア料理などさまざまな有名レストランで愛用されています。Bistro Kではこのタコを70°Cで5時間煮込み、更にグリル。うまみを凝縮させ、絶妙な歯ごたえとぷりぷり感を生み出しています。

This month we are pleased to present to you, Bistro K, an innovative modern Korean restaurant, which has opened in May of this year to rave reviews. Bistro K is located on Smith Street, Collingwood. Beautifully furnished with Scandinavian style Blonde wood tables and chairs along with delightful red bricks, the atmosphere is both refined and relaxed. Décor aside, what truly sets Bistro K apart is the amazing food. The owner chef, Jae Hyun Park, has a background in French cuisine, which he has utilised remarkably in this endeavour. His great passion to serve wonderfully creative dishes is un-miss able and unmistakable.

Today we try their 'Octopus Salad'. Don't be fooled by its deceptively simple name, this dish is beautiful to behold and extremely tasty, seasoned with their original dressing based on the famous Korean Chilli paste, Gochujang. The octopus is of the highest quality available in Australia, sourced from Freemantle in Western Australia. This species of octopus is considered to be one of the best in the world due to the quality and colour of its flesh, and the tenderness of its meat.

Bistro K uses a slow-cooking method which effectively poaches the octopus in 70 degree for 5 hours which is then followed by grilling. This time consuming exercise results in a condensed flavour of perfect texture, and is indicative of Bistro K's devotion to its craft. If anything, a must.



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