

## Happy Year of the Ram!

A MESSAGE FOR THE NEW YEAR FROM THE SLOW FOOD HONG KONG COMMITTEE



PAST EVENTS  
TERRA MADRE  
DAY 2014



UPCOMING EVENTS  
CHEF TALKS



ORIGINS OF SLOW  
FOOD

# SLOW FOOD HONG KONG

## Dear Members and Friends,

Happy 2015! We hope you enjoyed the recent Lunar New Year festivities with friends, families and, of course, good food.

Have you given any thought to your resolutions for the new year? We, at Slow Food Hong Kong, have been revisiting our own values and considering our goals for 2015.



### What exactly is the Slow Food Movement?

“Taking care of the land, educating children, feeding ourselves in nutritious and delicious ways, and bringing communities together at the table: this is the common language of Slow Food.”

- Alice Waters, Executive Chef of Chez Panisse and Vice President of Slow Food International

“Supporting local producers. Saving endangered foods. Growing gardens. Advocating for better policies.”

- Richard McCarthy, Executive Director of Slow Food USA

### What can we do?

It is vital to be mindful, even vigilant, of our daily decisions around food; to understand that our choices have an impact on ourselves, our community, and our environment. The way we eat is the way we live. With these principles in mind, we want to achieve the following this year:

**Taking care of the land, educating children, feeding ourselves in nutritious and delicious ways, and bringing communities together at the table: this is the common language of Slow Food.**

—Alice Waters

1. **Growth!** We want to grow in membership and engage more Hong Kongers to show our movement's strength in numbers.
2. **Events!** We want to bring you more exciting events and activities that will expand and challenge what you know about food.
3. **Community!** We want to get involved in our community. We want to work with local primary and secondary schools to get our future generations thinking about their influence on the planet. We want to help our fellow, like-minded individuals and groups; highlight responsible local producers; support local businesses that promote slow food; and preserve food cultures and traditions that are a part of Hong Kong's heritage.

As Richard McCarthy of Slow Food USA said, "Let's help everyone enjoy that same right to food that is good for them, good for the people who grow and prepare it, and good for the planet."

We invite you to join us in our efforts. Become a member. More importantly, become a volunteer. Give your time and presence to work that will effect change for the better in our community. We can't do this without your help. We thank you for your support.

With much hope for the Year of the Ram,  
Slow Food Hong Kong Committee

## The Origin Story

by Sandra Hong

As a new and enthusiastic member of Slow Food Hong Kong, I was curious about how the movement reached the shores of Hong Kong.

Through other members, I was connected to Annabel Jackson and Wilson Kwok, Slow Food Hong Kong's founders.

Annabel moved to Hong Kong from London in 1989. New opportunities found Annabel and transitioned her career in public relations to one as a food and wine journalist for media outlets such as *Hong Kong Tatler*, the *South China Morning Post*, and *CNN Travel*.

"It was at this juncture that my two skill bases — writing and food — became entwined [into] a passion . . . I was moving in all the food and wine circles, and the depth of my knowledge rapidly increased. [During] this period, I met Wilson and went on to co-found Slow Food Hong Kong with him in 2000."

As the first Chinese graduate of Le Cordon Bleu's culinary and patisserie programs in Paris, a wine expert, and local restaurateur (of *W's Entrecôte* in Causeway Bay), Wilson Kwok occupied a particularly relevant and influential position to introduce the Slow Food movement to Hong Kong. He also felt grave concerns about the sources and quality of available produce in his own hometown.

### Past Events Terra Madre Day 2014



Yet again a true Slow Food affair, this year's Terra Madre Day Lunch on December 10, 2014 did not disappoint. Though the original intent of Terra Madre Day is to celebrate local food traditions and products, this year SFHK recognized the birth place of the Slow Food movement as well as the diversity of our global city with a lunch at Giando Italian Restaurant & Bar. Read the full write up at <http://slowfood.com.hk/terra-madre-day-2014>.

“Some of the produce from China is genetically modified, injected with steroids and has many problems,” he told the SCMP in an interview. “I’m not very at ease when I’m eating in Hong Kong and what I eat here is limited . . . I became very interested in the Slow Food movement after I read about it in a newspaper and asked an Italian friend how to join. He then invited me to be the founder of the Hong Kong chapter.”

A trip to Salone de Gusto, an annual week-long Slow Food International event, garnered more interest. Over time, an active group of concerned friends and food and wine enthusiasts joined Wilson and Annabel in their efforts. A committee was formed. Activities and events were organized around Slow Food’s principles.

“Some of the smaller events are those of which I’m most proud such as the walking tours of Sheung Wan,” Annabel remembered fondly. “Local people would join, to learn about their own food history and culture. So we’d all learn together, after dim sum of course!”

In addition to linking food and culture, Slow Food also engaged with local farms and foundations to showcase Hong Kong’s environmental preservation and sustainability work such as a trip to visit Ark Eden on Lantau Island. “Our close involvement with the organic movement was great, especially when it involved families and kids actually getting their hands dirty,” Annabel recalled. “We’ve had some fabulous speakers on this subject.”

Annabel left Hong Kong to move back to her native England in 2013. An author of over 11 books about food and wine, a mother of a teenager, and now a director of an Italian food and wine expo, Annabel finds herself plenty occupied. Wilson was pulled away by his restaurant businesses and other gastronomic endeavors. Despite these considerable losses, the Slow Food movement in Hong Kong marches on, looking for more ways to interact with the Hong Kong community and to raise awareness about Slow Food and why it is so vital to our lives.

As Wilson so very aptly put it:

“It’s important for people to know what they are eating.”

## Upcoming Events

### **March 3 - May 18** | CHEF TALKS

Join Slow Food Hong Kong and **The Fringe Club** for seven nights of intimate conversations with Hong Kong’s most well-known kitchen luminaries. Find out what motivates, annoys, challenges, and inspires these chefs. Learn how they create their dishes and why they choose their ingredients.

<http://slowfood.com.hk/upcoming-events/chef-talks/>

### **March 25** | SLOW FOOD THEMED DINNER

Details to follow on our website.

Keep up with our upcoming events at <http://slowfood.com.hk/upcoming-events/>.