

Huang Haoyu (Chris Wong)

specialty: vegetable-forward cooking, Chinese cuisine, French cuisine

Born in China but raised in France, Chris had the chance to learn from the world's finest culinary traditions. He started working in professional kitchens when he was a teenager in Paris and two decades have passed, he is still fascinated by his job as a chef. In 2008, Chris won the Bocuse d'Or China award. In 2014 he was championed at the reality show Taste Wars at CCTV2 (central China television). In 2015, Chris won the annual Table Art Award, awarded by the French Ministry of Agriculture and Chaine des Rotisseurs. In recent years, Chris gradually moved towards a plant-based diet and dedicated much of his time in promoting this diet. Chris is based in Guangzhou, China.



黄皓宇 Chris Wong

自幼随父母离开家乡广州移民法国20年，
并研修烹饪和法国饮食文化；

2004年回国后创立了胜日门法国餐厅；

曾获得2008年荣获中国博古斯大赛中国区
大师奖，2014年央视味觉大战 The Taste
冠军，并于2015年获得法国农业部，法国
驻华和法国美食协会颁发的年度餐桌艺术
大奖；

Chris现为Chris Table 创始人，概念取自
Chef's table即“打破厨房和厨师与食客之
间的距离，让食客们近距离体验厨师完成
从食材处理到摆盘上桌的整个过程”。

同时，他也是Veg tables素食西餐主理人，
推崇健康素食。



Zhang Shaogang

Beijing Qianmen Bingjiao Restaurant Management Group. Executive Chef

specialty: Beijing and Shandong cuisine

Title: Senior culinary technician, China's Culinary Master

In 1989, Zhang Shaogang started his culinary career at the "Taifeng House Restaurant"(泰丰楼饭庄)--one of Beijing's most renowned restaurants. Under the tutelage of China's top culinary master Li Qigui, Shaogang honed his culinary skills and after years of working at the finest restaurants, he became a master chef himself. Shaogang was invited to cook for global political leaders for several times; his guests include prime minister of France, Italy, as well as other talents. Shaogang's signature dishes include fresh jasmine and bamboo fungus soup, braised sea cucumber with spring onion, soup-stuffed lobster balls and more. Shaogang is currently working as the executive chef of Yuzhen Fang, Beijing.

awards(selected) :

1997 Beijing Famous Restaurant Famous Food Golden Award

2008 Gold medal for hot dish in the 6th National Culinary Skills Competition

2010 internationally renowned magazine TIME OUT best recommended annual chef award and best new Chinese food award

2011 Best New Chinese Cuisine at TIME OUT



张少刚

张少刚大厨师承中国十佳烹饪大师李启贵，从事厨师工作长达20余年，现任御珍航行政主厨。

张少刚大厨在鲁菜的基础上借鉴吸收其它菜系技法并充分融合，他注重食材的选择、讲究烹饪的技法，并热衷于从古代美食书籍中寻找创作灵感。

他是把美食文化转变成现实艺术的先锋人物，他赋予了每一道菜灵动的生命、挖掘潜藏在菜品中的文化底蕴。

Li Qun

specialty: Chinese pasta, dim sum, desserts.

Li was born in the same year as the People's Republic of China. Li Qun started working at professional kitchens when she was 18 years old and had been focusing on China's wheat and rice products--including pasta, desserts and dim sum, for over 50 years. Li Qun is an enthusiastic chef instructor and culinary leader, who has taught and inspired thousands of young chefs. Li advocates a healthy and balanced diet, and she always tries to use ingredients to their fullest.



李群

高级面点技师，从事面点烹饪行业长达50余年，是中国烹协第一批会员；曾服务于京成南来顺饭庄从业18年清真回民小吃，后入北京老字号泰丰楼饭庄专营鲁菜面点；1986年起开始进行北京烹饪研究工作，培养了大批高级面点师人才。

1999年退休后，李群老师用教课、带徒、写书、做培训、当评委、担任顾问的方式，延续着自己的面点人生，传承着这门承载中华饮食文化精粹的传统技艺。李群老师推崇健康、卫生的餐厅，并提倡食材要物尽其用。

Nie Jingjun (Jun)

specialty: tofu banquet, vegetarian cooking.

Born in Huai'an--where the world's first block of tofu was invented, Jun has a predetermined connection with vegetarian cooking. Jun has worked in the culinary field for 21 years, during which time he worked at fine restaurants. Apart from that, he cooked at world-class events such as the Beijing Olympics in 2008. Jun was trained as a traditional Chinese chef, but he developed a strong interest for plant-based cooking. Jun started his company Light Vegetables in 2014 and had been a leading chef in China's plant-based movement ever since. He advocates simple, balanced, and light cooking; he is also an avid advocate of organic farming.



阿军

中国轻蔬食创始人；
上海微调公司创始人；
国家高级烹饪技师，国家公共营养师；
2008年奥运村料理师；
2010年世博会金牌菜获得者；
2017荣获东方美食青年艺术家称号；
2017年荣获全球十大素食华人；
中华素食协会副会长；
八公山豆腐宴的传承人。

从事餐饮21年，因工作原因接触到天然、纯净、没有化学添加剂的食材，并开始研发蔬食料理并践行蔬食生活；

2014年，正式成立了自己的个人轻蔬工作室，倡导的“轻蔬”理念是崇尚简单、均衡、自然、零负担的饮食方式，并提倡有机农耕自然农法，反对添加剂，同时他也推广绿色无油烟烹饪，追求符合自然规律的轻生活方式。



Wang Feng

specialty: Huai Yang cuisine

Title: China's culinary master, senior culinary technician

Wang Feng was born and raised in Zhejiang province--the renowned "Land of Plenty" of China. Huai Yang cuisine is famous for its delicate knife skills, light seasoning, and is widely considered as a health-supportive culinary tradition. Feng is a master in Huai Yang cuisine and is listed in the Hangzhou Cuisine Museum under the name of "Hangzhou Culinary Master". Feng has won numerous awards, including the Chinese Golden Chef Award. Feng instructs at important banquets, such as the ones during Hangzhou's G20 summit. Feng is teaching at Zhejiang Commercial Vocational and Technical College, and he consults for a number of professional culinary associations across China.



王丰

中国烹饪大师·中式烹调高级技师·中华金厨奖得主·G20杭州峰会国宴服务优秀指导教师·全国餐饮行业职业教育优秀教师。现任浙江商业职业技术学院烹饪工艺与营养专业负责人、浙江餐饮文化研究所副所长、中国餐饮职业经理人协会理事、浙江省健康膳食公益促进会常务副会长，浙江省健康素食文化专业委员会常务副会长。

王丰大厨从事餐饮管理与烹饪教学工作长达21年，擅长中式烹调工艺技术指导及菜品开发，对餐饮项目策划与管理、养生药膳制作、健康烹饪技艺、大数据餐饮管理、大数据餐饮文化传播等方面有一定的研究与实践经验，他也是浙江省健康素食文化进高校（浙江大学站）主要策划者。

Ren Jinsuo

title: senior culinary technician

Jinsuo started working at Peking University Hospitality Group at 18 years old. He started off as a basic level cook, and gradually rise to chef, and now he is the executive chef at Peking University Hospitality. Jinsuo witnessed how the students and teachers at PKU evolved from demanding enough food (consider the massive hunger in China before the 1980s), to abundant food, to good food.



任金锁

高级技师·国家饭店业国家级评委·中国
国家名厨烹饪文化中心授予中华金厨·现
任北京大学餐饮中心总厨。

任金锁总厨从18岁就进入北大食堂工作，
他见证了北大食堂38年间的变化。从一名
基层厨房工作人员到优秀厨师，再到掌管
中国最顶尖学府膳食体系的管理者，他抓
住的是中国未来顶尖人才的胃。

Zhang Zongming (Heiming)

specialty: Fujian cuisine

Heiming has worked in professional kitchens for over 25 years. He is the winner of many awards, including "Golden Medal Chef Xiamen 2010" and "National Best Young Chef 2015". Heiming is good at presenting traditional Fujian cuisine in innovative ways. His signature dish-- Xiamen Spring roll was awarded as the best Xiamen street food in 2016, and famous Chinese gourmets such as Cai Lan, Shen Hongfei, and Chen Xiaoqing all think highly of it. Heiming is based in Xiamen.



张淙明 (黑明)

厦门黑明餐厅创办人，曾获得2010年厦门市“金牌厨师”，2012美国马铃薯烹饪大赛“最创意菜肴奖”，2015中国最佳年轻厨师，2016厦门金牌小吃(厦门薄饼)第一名等奖项。

黑明主厨入厨25年，是独具风格的新派闽菜代表人，制作的菜肴一直以致敬传统与创新意识结合。他恢复并制作的始于明朝的传统古早厦门薄饼做法，受到美食家沈宏非、陈晓卿、蔡澜的赞誉和广大食客们的喜爱。

黑明主厨秉持着对食物的严谨态度制作着传统美食，在这背后，他有一颗关怀他人的心。他曾因连续11年每天早起为女儿做从不重样的早餐被网友称作是最有爱的“早餐爸爸”。黑明曾说过：“如果我不在餐厅，一定是去菜市场了。”