



01 2023 AFA 韓國世界廚藝大賽，(右起) 餐飲管理學系盧彥緯助理教授、學生何佳紋及邱柏清分別榮獲藝術麵包金牌、天然酵母麵包金牌、歐式麵包銀牌。  
2023 AFA World Culinary Competition winners. From right: Assistant Professor Lu Yen-Wei (盧彥緯, gold medal in Bread Showpiece), Ho Chia-Wen (何佳紋, gold medal in Sourdough Bread) and Qiu Bo-Yu (邱柏清, silver medal in European Style Bread).

## 2023 AFA 韓國世界廚藝大賽 餐管系盧彥緯、何佳紋獲雙金

盧彥緯 | 餐飲管理學系助理教授級專業技術人員

### 實踐餐管的品牌魅力

2023 年夏天，對我而言是一個重要的時刻。在烘焙業服務多年，因緣際會轉任教職也已第九年，始終在科技大學服務，大都與來自技職學校畢業的學生相處，但這年夏天很幸運的能到實踐大學餐飲管理學系任教，由於「實踐餐管」這個招牌十分響亮，所以我抱著期待及高興的心情前來赴職。

到職後，周璿薇主任請我調查學系學生參加「2023 AFA 韓國世界廚藝大賽」的意願，並介紹學系原有的兩名烘焙選手與我認識，但因這二位學生 11 月須代表學系赴美展演，正好與「AFA 韓國世界廚藝大賽」同一賽期，因此不得不另尋願意參賽的選手。當我正一籌莫展時，周主任告知新生中有高職畢業生，應該具有基礎烘焙的學習經驗，可以嘗試鼓勵這些學生參賽。拿著新生名單，我逐一打電話聯繫，其中一位學生姓名引起我的注意，即是這次比賽獲得天然酵母麵包金牌的何佳紋同學。恰巧在她高職畢業前，我已追蹤聯絡好幾個月，一直希望她能到我當時任教的科技大學就讀，但她始終沒有正面回應我，現在真相大白，原來她對實踐餐管心有所屬，這就是緣分。



## 國際競賽的實作鍛鍊

佳紋在就讀高職期間雖已取得飲料調製乙級證照，但對烘焙缺乏自信，我認為既然能通過乙級，在技術上應該不成問題，只要勤加練習，一定可以提升烘焙能力。佳紋在建立信心後，答應代表學系出賽，於是我安排她每週六、日到校練習。值得一提的是，佳紋獲獎的麵包作品中，所採用的酵母完全由她自己培養，在風味上更勝商業酵母，但發酵力較商業酵母弱，故在拿捏上需更加小心。麵包內的果乾則選用臺灣特產的荔枝，一般在製作麵包的果乾時，為了讓果乾保溼及增加風味，都會將果乾先泡酒，但泡酒後，煙燻荔枝的煙燻味會被酒稀釋，如果不泡酒，入爐烤之後，果乾又會太乾而影響口感。因此，如何讓煙燻荔枝保有煙燻味及溼潤度，佳紋投入很多心力去研究，經過多次修正與模擬，最終以作品「**天然酵母葡萄種麵包**」獲得金牌。

學生面對國際型賽事，除了事先要不斷練習與調整，指導老師及學系也需協助解決各種狀況，像這次參賽學生從未遇過國際大場面，甚至是首次出國，更需要鼓勵與穩定學生的情緒，以支持他們完成比賽。因此，透過導入技職教育的實作精神，可以鼓勵學生參加各種競賽，藉由「以戰養戰」、「以賽代訓」的實務演練，讓學生從競賽中快速成長。參與國際賽事除了可以獲得奪牌的榮耀與喜悅，培訓期間的過程也讓學生能挑戰自我、鍛鍊技藝，並有與來自世界各地的廚藝愛好者交流切磋的機會。

## 自我精進的教育初心

至於我，出國競賽大多以帶領學生學習成長為主，但通常也會報名參賽，這是對自我的小小要求與期許，只有將心態調整至隨時準備參賽，才不會因放鬆而原地踏步，畢竟為師者是站在教學端，必須與時俱進。我這次參賽的項目為**藝術麵包**，因適逢萬聖節，遂以此主題發想，採用南瓜、墓碑、骷髏及惡魔等元素，製作完成了作品「**Halloween**」，也很榮幸的獲得金牌。



02

何佳紋與金牌作品「天然酵母葡萄種麵包」

Gold medal winner Ho Chia-Wen and her work, the grape sourdough bread.

最後，感謝學校、民生學院及餐飲管理學系多位長官的支持，提供我及學生充裕的經費及完善的環境設備，才能讓我們無後顧之憂，全力以赴。我想一件事情的完成，都是需要天時、地利、人和等多方條件的配合，才能開花結果，日後我將克盡棉薄之力，持續培育更多優質的烘焙專業人才，以服務社會大眾。■

# DFBM Garner Two Gold Medals at 2023 AFA World Culinary Competition

Lu Yen-Wei (盧彥緯), Assistant Professor Rank Specialist, Department of Food and Beverage Management

## The Charm of the Department of Food and Beverage Management

The summer of 2023 was a critical moment for me. I have worked in the bakery industry for years and changed paths to work in university for the last nine years. Over the years, I worked in universities of technology and taught students graduating from vocational schools. Last summer, I had the opportunity to teach at the renowned Department of Food and Beverage Management (DFBM) at Shih Chien University. With joy and excitement, I started my job at Shih Chien.

Shortly after I joined DFBM, its Chair Zhou Cui-Wei (周璿薇) asked me to see how many students would like to participate in the **2023 AFA World Culinary Competition**. She also introduced two students who planned to take part in the contest but had to drop out because they had to represent the department to join a tour in the U.S. in November. As I was at a loss about what to do, Zhou told me that some of the freshmen graduating from vocational schools had experience in baking and I could encourage those students to take part in the competition. With a list of freshmen students, I made the calls. Someone naturally attracted my attention. That was Ho Chia-Wen (何佳紋), who later became the winner for Sourdough Bread at the competition. I happened to be following her before she graduated from vocational school, hoping she would study at the university where I was teaching. She never replied. It was then I realized she has set her heart on studying at DFBM.



03

盧彥緯助理教授金牌作品「Halloween」

Assistant Professor Lu Yen-Wei's work 'Halloween' won the gold medal.

03





04

04 天然酵母麵包作品  
Sourdough bread

### Training through international contests

Ho had acquired the class B certificate for beverage preparation when she was at vocational school but had little confidence in baking. However, I believed she had the skills, and, with much practice, she would have better skills in baking. Once having built enough confidence, she agreed to participate in the competition on behalf of the DFBM. I arranged for her to practice in school every weekend. What's worthy of note is that Ho made the yeast herself for the bread that won the award. Her home-made yeast tasted better than commercial ones but was weaker. So, it takes more dedication to make and use the yeast. The dried fruit used in the bread is lychee grown in Taiwan. Generally, wine-soaked dried fruit would be used to ensure the fruit stays moisturized and gives extra flavor. However,

the flavor of the smoked dried lychee would become diluted after being soaked in wine. Therefore, Ho spent a great amount of time to figure out how to preserve the smoky flavor without leaving the fruit too dry. Following many adjustments and tests, Ho's final work, **the grape sourdough bread**, won the gold medal.

When a student participates in international competitions, practice and adjustment are important. In addition, it also takes the support of the supervisor and the department to help the student win. For instance, the students who took part in the contest this time had never participated in international events. It was the first time for them to go abroad. Therefore, it is more important that we encourage the students and help them stay calm to compete in the competition. My experience teaching



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藝術麵包作品  
Bread Showpiece

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07

at vocational schools has become useful in encouraging students to participate in competitions. By doing so, our students learn through doing and quickly progress through the contests. In addition to the joy and glory of winning, taking part in international competitions has other benefits too. During the training process, students challenge themselves, hone their skills and enjoy the opportunity of meeting culinary aficionados from around the world.

### Self-improvement as an educator

While my focus is to help students learn and grow through taking part in competitions, I usually sign up for myself too. The reason I hold myself to a high standard is that, by participating in contests, I will continue to improve myself. As an educator, it is important that I keep abreast

of the times. The category I participated in was **“Bread Showpiece”**. As it was just around Halloween, I chose the festival as the theme and used pumpkins, tombstones, skeletons, devils, and other elements to create my work titled **‘Halloween’**. The work won the gold medal.

Lastly, I would like to thank the university, as well as many officials from the College of Human Ecology and the Department of Food and Beverage Management. Because of their support, my students and I had enough funding and all the equipment we needed to give our best at the competition. One’s success depends on good timing, the right environment, and the support of other people. In the future, I will continue to work my best to train more professional bakers and pastry chefs. ■