

嘉賓 1： 鄧家濠 香港 JW 萬豪酒店中菜行政總廚

嘉賓 2： 何俊恩老師 香港輔導教師協會副主席

**Guest 1: Jayson TANG, Executive Chef of Man Ho Chinese Restaurant of JW Marriott Hotel Hong Kong**

**Guest 2: Mr HO Chun Yan, Vice-Chairperson of Hong Kong Association of Careers Masters and Guidance Masters**

<p>烹飪是很多人的興趣 但在制定生涯規劃時 你有否想過成為廚師呢 今集的主角立志向廚師工作進發 他修讀了專門的課程，努力不懈 現時於香港一間酒店任職行政總廚 將興趣發展成事業 大家一起看看他的故事是如何</p>	<p>Cooking is the hobby of a lot of people But when it comes to career planning Have you ever thought of becoming a chef? The guest of this episode determined to be a chef He enrolled in a professional training programme and worked hard towards his goal Now he is the Executive Chef of a hotel in Hong Kong He has succeeded in turning his interest into a career Let us take a look at his story</p>
<p>我由小時候到成長後都夢想做廚師 當你(對工作)有足夠的熱情 你真的好喜歡這份工作時 你不會覺得這是辛苦的</p>	<p>I have always dreamed of becoming a chef since childhood When you are passionate (about your work)  And you really like your job You won't find it difficult</p>

<p>鄧家濠入行當廚師逾 13 年 目前於香港一間酒店的中菜廳 擔任行政總廚 他是一位大廚 亦要兼顧管理和行政工作</p>	<p>Jayson Tang has been a chef for over 13 years Now he works at a Chinese restaurant in a hotel in Hong Kong As the Executive Chef Not only is he responsible for cooking he also handles management and administrative work of the restaurant</p>
<p>整個職業生涯來說 我最快樂的時候 真的是我當學徒的時候 第一份工作並非在酒店的中菜廳， 而是在飯堂工作 每天早上 5 時起床 6 時回到公司在員工飯堂工作 每日下午 3 時下班 或許回家休息一會兒 晚上再返回酒店中菜廳學習</p> <p>當時中菜總廚跟我說 你晚上可來中菜廳學習 不過是沒有薪金的 你自己考慮 這樣我堅持了一段時間</p> <p>便獲晉升到中菜廳工作</p>	<p>Throughout my career My happiest time is When I was still an apprentice My first job was not at the hotel's Chinese restaurant But the hotel's staff canteen I got up at 5 am every morning At 6 am I started working at the staff canteen I got off work at 3 pm every day Sometimes I returned home to take a short rest In the evening, I returned to the hotel's Chinese restaurant to learn from the senior chefs The Head Chef at that time told me "You might come to work and learn (at the restaurant) in the evening But you wouldn't get any extra pay You might consider it" I persisted in working there for some days Then I was officially promoted to work at the Chinese restaurant in the hotel</p>

<p>鄧家濠的成長過程 一直接觸飲食業 他的爸爸經營大牌檔</p> <p>他的舅舅和叔叔也是廚師 但他選擇入讀中華廚藝學院 學習烹調不同菜式、點心甚至燒味</p>	<p>Jayson was raised in a family with a background in catering industry His father runs a food stall (Dai Pai Dong) Two of his uncles are also chefs But he decided to study in Chinese Culinary Institute instead He formally learnt cooking different cuisines, dim sum and even siu mei there</p>
<p>從中你學會如何計算成本 如何分配人力資源 也知道整間餐廳(工作)流程 你純粹單憑手藝 只是屬於你個人的 但你要真真正正讓一間餐廳 運作順暢 要做到有很好的口碑 你需要建立你的團隊</p>	<p>From the job, you learn how to estimate costs And manage human resources You also know about the (work) flow of the restaurant If you rely solely on your skills, it would only be your personal achievement But if you are to ensure that a restaurant operates smoothly And gains a good reputation You can only achieve this by building your own team</p>
<p>面對行內不少資歷較深的廚師 他說沒有感到壓力</p> <p>反而大家很簡單的 你的能力或你能煮的東西</p> <p>你能教給他們(其他廚師) 或者把你的創作意念 或者你把管理意念與他們分享的時候 慢慢地耳濡目染他們便感受到 你或許真的對烹飪是有熱誠 你也做好這件事</p>	<p>Facing a number of more experienced chefs in the industry He said he did not have any pressure</p> <p>Instead, everyone handles the situation in a basic principle If you have good skills or dishes you are good at You can teach them (other chefs) You can also share your creative ideas Or your management concepts with them Gradually they will feel your passion for it</p> <p>You are also making your job great</p>

<p>香港輔導教師協會副主席何俊恩建議</p> <p>年青人制定未來發展路向時 應先設短期和中期的目標</p>	<p>Ho Chun Yan, Vice-Chairperson Hong Kong Association of Careers Masters and Guidance Masters, advised</p> <p>When young people plan for their future career path They should first set short-term and medium- term goals</p>
<p>初中是學生的成長階段 所以他們應該透過認識自己 去探索自己的能力、態度、興趣 從而確立自己將來發展的要素 到高中稱為探索期</p> <p>他可能對自己有一些探索 同時透過對升學和就業的選擇 或者參訪職場和影子計劃</p> <p>讓他們了解職場世界或者升學世界</p>	<p>Junior secondary years is a stage when students develop themselves through self-understanding They should explore their own potential , develop positive attitudes and interests So that they could acquire core elements for their future development</p> <p>Alternatively, senior secondary years is the exploratory stage for students They may already have better self-understanding Then with more options for further studies and employment Or through joining workplace visits or job shadowing programmes They can obtain up-to-date knowledge about the world of work or further studies</p>
<p>何老師提醒年青人考慮未來工作時 應該想遠一些 至於日後踏入職場世界 到底要持續進修 還是從工作中累積經驗較佳 他認為兩者要並重</p>	<p>Mr Ho reminded that when young people decide on a future career They should plan further ahead Once they join the workforce Whether it is better for them to continue studying Or to learn by experience</p> <p>He believed that both are equally important</p>

進修方面一定是重要的  
當然只有知識但沒有實踐技能  
沒有純熟的練習

其實未必能幫助你勝任這份工作  
我自己覺得兩方面要平衡發展  
何老師建議年青人制定生涯規劃時  
要和父母溝通

家長可擔當引導的角色  
讓子女建立多角度的思考  
從而制訂適合自己的路向

Continuing education is certainly important  
If you only possess knowledge with no practical  
skills, or you lack hands-on practices

You may still not be qualified for the job  
I think there should be a balanced development  
between the two

Mr Ho advised that when young people make  
their career plans

They should communicate with their parents

Parents can play a guiding role

to help their children to reflect on issues from  
different perspectives and to formulate their  
own career plans which best suit them