

# eat 瑞食一下 SWISS michaela 米卡 at DuLi 在度粒

Eat Swiss is a campaign launched by the Embassy of Switzerland in China to promote Swiss culinary culture, sustainability, and innovation. It is part of the year-long celebration of 75 years of Sino-Swiss diplomatic relations.

“瑞食一下”（Eat Swiss）是瑞士驻华大使馆为推广瑞士美食文化、可持续发展理念与创新精神而发起的特别活动，也是庆祝中瑞建交 75 周年全年系列活动的一部分。

## DuLi 度粒

DuLi is a Beijing-based restaurant known for its creative plant-based cuisine and stylish, eco-friendly dining environment. DuLi combines elements from different cuisines into unique Asian inspired dishes with an emphasis on Sichuan flavor. With a vision for promoting plant based food, their aim is to make delicious dishes available in an accessible, casual yet sophisticated way.

度粒是北京知名植物料理餐厅，以创意素膳与环保时尚的用餐环境著称，融合亚洲风味与全球灵感，倡导健康与可持续的饮食理念。度粒源自一个对植物性料理的美味不妥协的团队，甄选川菜浓郁口味的精华，兼容世界各地菜肴的风味灵感，创作出独具魅力的亚洲融合菜。团队希望所有食客都能够在度粒被素食打开新的味蕾体验，发现新的味觉惊喜，轻松体验到由精选植物性食材带来的视觉与味觉丰富层次。



Michaela Frank is one of Switzerland's most promising young culinary talents. She draws inspiration from her Swiss-Chinese heritage — her mother is from Shanghai — which continues to influence her distinctive cooking style. At only 29 years old, Michaela has already made a significant mark on the Swiss gastronomic scene, combining traditional craftsmanship with forward-thinking creativity and a strong focus on sustainability.

Her early career included formative roles at the renowned 'Waldhaus' in Flims, one of Switzerland's most historic hotels, and as a member of the Swiss junior national cooking team. Michaela later refined her skills in high-end cuisine working with Nenad Mlinarevic, one of Switzerland's most celebrated chefs and 'Chef of the Year 2016'.

A pivotal moment in her career came when she was awarded a scholarship from the prestigious Fundazion Uccelin, a talent development program founded by

Andreas Caminada – Switzerland’s most internationally renowned chef, famous for his three-Michelin-starred restaurant ‘Schloss Schauenstein’. This experience broadened her culinary perspective and reinforced her commitment to excellence.

As Head Chef of restaurant ‘Rank’ in Zurich, Michaela led a kitchen celebrated for its sustainable philosophy and inventive approach to food, earning widespread acclaim. Her thoughtful, modern cooking – deeply rooted in respect for ingredients and mindful consumption – earned her 14 Gault & Millau points, making her the youngest female chef in Switzerland to achieve this distinction.

Today, Michaela Frank is recognized as a leading figure in the next generation of Swiss chefs. With a clear culinary vision, cultural depth, and a commitment to doing things ‘less, but right’, she continues to shape the future of gastronomy in Switzerland and beyond.

米卡（Michaela Frank）是瑞士最具潜力的年轻厨艺天才之一。中瑞混血背景——母亲来自上海——为她的烹饪注入独特灵感，使其成为瑞士美食界一颗耀眼的新星。年仅 29 岁，她已成功将传统技艺与前卫创意相融合，并始终秉承可持续发展理念，在瑞士餐饮界崭露头角。

她早年在瑞士历史悠久的弗林斯瓦尔道斯酒店（Waldhaus）磨练厨艺，并入选瑞士国家青年厨师队。随后，她师从瑞士最著名厨师之一、高特米鲁（Gault & Millau）“2016 年度最佳主厨”内纳德·姆利纳雷维奇（Nenad Mlinarevic），进一步精进高端烹饪技艺。米卡职业生涯的重要转折点是获得由安德烈亚斯·卡米纳达（Andreas Caminada）创立的著名人才培养项目——乌切林基金会奖学金。卡米纳达是瑞士最具国际影响力的厨师，以执掌其三星米其林餐厅沙恩施泰因城堡餐厅（Schloss Schauenstein）而闻名。这段经历不仅拓宽了米卡的烹饪视野，也使她坚定了对卓越追求的承诺。

在担任苏黎世“Rank”餐厅主厨期间，她带领团队以可持续理念与富有创意的料理赢得广泛赞誉。凭借对食材的尊重与节制的现代烹饪理念，她斩获高特米鲁 14 分评分，成为瑞士获此荣誉最年轻的女主厨。

如今，米卡已被公认为瑞士新生代主厨的领军人物。她以清晰的烹饪哲学、深厚的文化底蕴以及“少而精”的执着信念，持续影响着瑞士乃至全球餐饮界的未来方向。