



你好，我是 Kai！

四年前，我離開香港遠赴美國留學，這是我人生中首次離家那麼久。透過食物，我得以迎接剛成年的新生活；同時，也藉着伴我成長、無比熟悉的事物——對我而言，那就是多士——來探索這些嶄新「體驗」。

多士化作畫布，讓我探索不同文化，並記錄關於不同地方、不同人的回憶，同時也是我與他人交流的方式。此後，我累積了五百幅多士插畫，過程中造訪並品嚐了逾五百家 cafe 的出品。

如今，這個計畫已發展成一個檔案庫，記錄着那些曾經或依然存在的多士。有 cafe 開了，又有 cafe 倒了，來去之間，只希望用心描繪，讓這些 cafe 的獨特創作得以不朽。我希望大家能通過我的創作，找到自己的「夢想」多士——而最終的期盼，是讓對的人遇上對的店。

剛開始畫多士時，其實很討厭使用 Procreate 這款繪圖軟件，因此為自己定下畫多士作業，每天堅持畫二十至三十分鐘，藉此精進電繪技術。

我會在網上（如 Pinterest 或 IG）尋找多士的參考照片來練習，直到後來，我才漸漸轉為親臨食店拍照再繪畫。



Hello, my name is Kai!

Four years ago, moving away from Hong Kong to the United States for college was the longest time I've been away from home for the first time. Through food, I was able to introduce myself to my new-found life as a young adult while also having something incredibly familiar to me that I grew up with to explore these new 'experiences' with: for me, that was toast.

toast became my canvas to explore different cultures and record memories of places and people. It has also been the way I've interacted with others in my 'adult life.' Since then, I've amassed to 500 toast illustrations, trying over 500+ cafes in the process.

Now, this project has developed into an archive and a documentation of toasts that both existed and are still existing. cafes come and go, but I hope this effort will illustrate them and will immortalize the special things that these cafes have created. I hope that through this you can find your "dream" toast-- what I ultimately hope to do is connect the 'right' people to 'right' places.

When I first started drawing toast, I really disliked using procreate. So I made it a task to draw for 20-30 minutes every day in order to get better.

I would find toast reference pictures online either on pinterest or on instagram to practice with before eventually shifting to taking photos of my own references.

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序章：創作軌跡

我早期畫的多士，靈感全源自網絡上看到的事物，因為那時候除了上學，我絕少出門。

求學期間，同時兼顧三份實習工作——在僅有的空間裏，我便獨自作畫，這成了我消磨時光的方式。

隨着愈來愈常使用 Procreate 繪圖，我開始領悟到如何營造立體感，不再覺得需要把所有顏色都「混」在一起。

偶爾，我會從動漫和其他潮流文化中汲取靈感——然後利用這些啟發，創作出獨一無二的多士。

我通常會參考照片來繪畫，但也曾試過憑空想像不同口味的多士，並將之化為具體畫作。之所以能做到這一點，全賴畫下無數多士後所累積的視覺認知。

My early drawings of toast were all inspired by things I saw online. At that point, I rarely left my house aside from going to school.

I worked 3 internships at the same time while attending school - in my down time, I just drew on my own and this became what I put my time to.

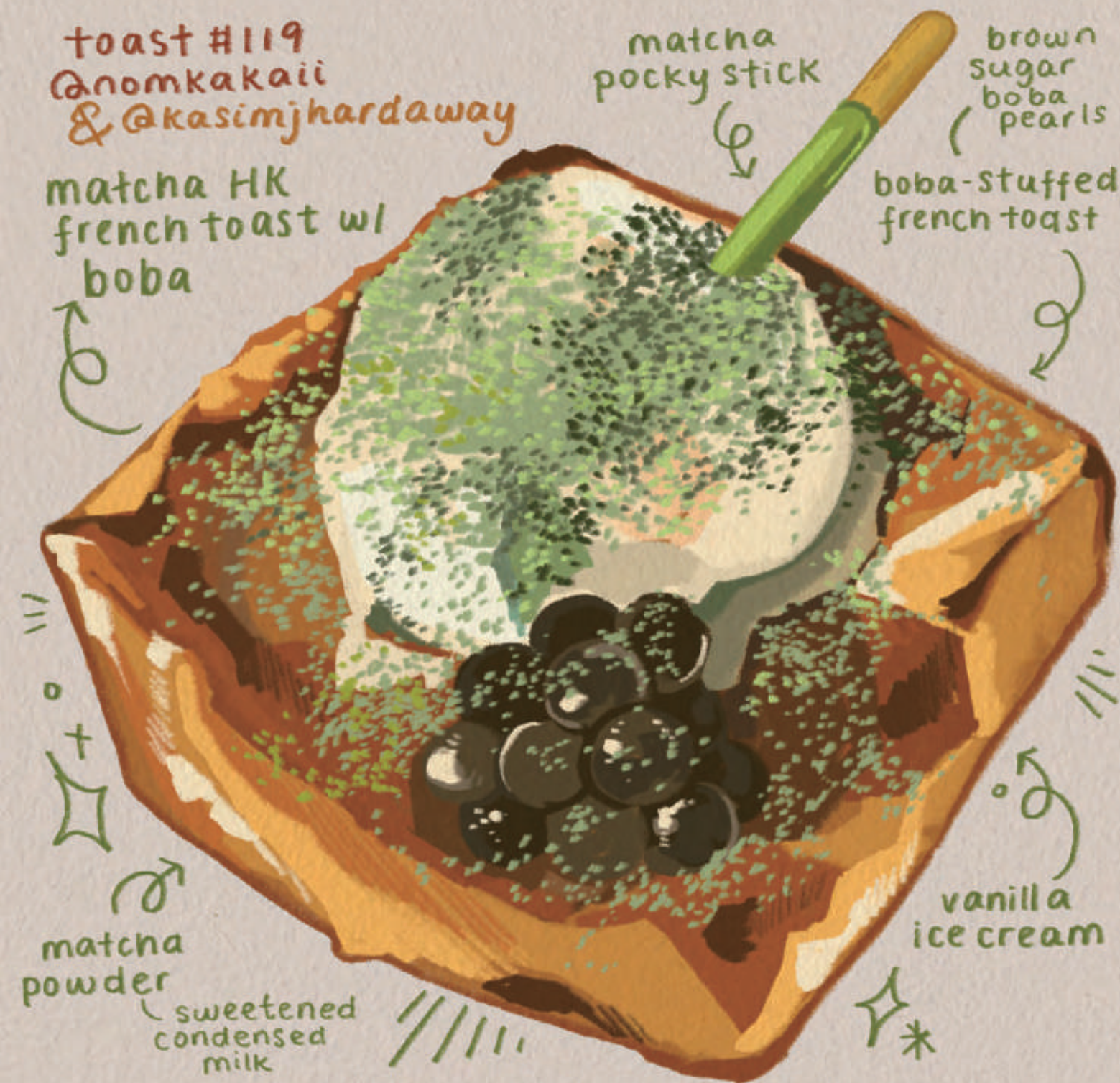
As I started to use procreate more often, I started to understand how to build dimensionality without feeling the need to 'blend' everything.

At times, I would be inspired by anime and other popular culture that was trending— then, I would use these inspirations to create original toasts.

I usually draw from reference but there was a time when I would imagine toast flavors and visually construct them into drawings. I would be able to create them because of the visual knowledge I have developed from drawing so many toasts.

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Prologue: Journey of Toast Art



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這是我首次聯乘烹飪內容創作者，畫下他們原創的多士……自此開展了更多網上合作企劃。

我開始主動聯絡那些網上創作者，詢問他們是否有興趣合作研發多士食譜，並由我畫下來作紀錄。

到聖誕節回港時，我問朋友有沒有興趣陪我四處逛 cafe，最後我們去了 5 家 cafe，品嚐了 5 款多士！其實，自從中學畢業後，由於不再全天同享校園生活，跟朋友相聚變得愈發困難。因此，一齊去「飲杯咖啡」或「食餐飯」，便成了我們在嶄新人生階段中聚首、消磨時光的方式。

對我而言，四處逛 cafe 是一件新鮮事，因為直到最近（大約兩年前）我才開始喝咖啡。2023 年夏天，我到日本參加一場學術研討會，跟同一群人結伴相處了 4 星期，朋友 Will 總會讓我嚐一小口他的咖啡，並分享「品嚐咖啡的學問」。

The first time i collaborated with a cooking content creator and drew their original toast... from this point onwards, i started to do more open-online collaborations

i started to pitch to my online content creator friends, asking if they would be interested in collaborating on a toast recipe and have me draw it for them to document it.

came back to hong kong for christmas and asked my friend if she would be down to cafe-hop with me. we ended up going to 5 cafes and trying 5 toasts! to be honest, after graduating high school in hong kong it became harder to meet up with friends as we no longer have a common space. therefore, "getting coffee" and "getting a meal" together was a way to spend time together in our new lives.

cafe-hopping was new to me as i didn't start drinking coffee until very recently (almost 2 years ago). i was on a trip to japan with an academic conference in the summer of 2023 and i travelled with the same group of people for 4 weeks. my friend Will would always let me try a bit of his coffee and tell me about "how to drink coffee".

TOAST 多士 #161

那時有一位純素主義的朋友，因而讓我有機會更深入了解純素美食，並跟她建立更深厚的連繫。

At the time, I had a friend that was vegan so I was also able to use this chance to better understand vegan cuisine while also connecting with her on a deeper level.



TOAST 多士 #163

這是我首次遇到一家在食物與設計上彷彿充滿魔力、令我深受感動的餐廳。我對食物與社群的許多觀點，都是建基於這間位於洛杉磯、名為 Sqirl 的食店，那是創意與美食交匯之地，也是我第一次對設計與食物的結合感到如此雀躍——原來用餐體驗本身也可以創意滿滿。我時常光顧 Sqirl，有一陣子甚至每週必去，因為那裏能同時給我親切感與大量靈感，故總是期盼着去那裏。

Toast #163 was the first time I met a place so magical with its food and design that it moved me so deeply.

A lot of my perspective surrounding food and community then started to get built because of this place called “Sqirl” in Los Angeles. It was a place where creativity and food overlapped. It was the first time where I felt excited by the combination of design and food—the idea that the eating experience itself can be creative. I went to Sqirl a lot—at some point, it was a weekly thing for me because it was a place that brought me familiarity and inspiration all in one place. I always looked forward to go there.

