

FEAST ON THE FAR EAST

Less than an hour from Hong Kong, Macau makes a great partner for a two-stay visit, with both destinations renowned for their varied and excellent cuisines as much as for their rich and vibrant cultures. Eat, drink and enjoy

As long-haul destinations go, China is undoubtedly one that tops the list of great cultural experiences to be had. Hong Kong, with its 150 years of colonial history, its intermingling of centuries-old temples and piercing skyscrapers, vibrant Michelin-star restaurants and cuisines that travel across time and place, makes visitors return wide-eyed and enthralled.

But no trip to China's south coast should stop at Hong Kong. Combine it with a trip to nearby Macau, a peninsula surrounded by the South China Sea, including the small islands of Taipa and Coloane, and you'll have a perfect combination for a Far Eastern holiday. For here, among a rich and varied landscape, food and drink is a magical part of society.

In December 2008, the first *Michelin Guide Hong Kong Macau* was published, including 202 restaurants from Hong Kong and 49 Macanese restaurants. And with 2009 being Hong Kong Food & Wine Year, great food is being celebrated on every corner. Here's a lowdown on the different styles of cuisine and the culinary delights of Macau and Hong Kong.

MAGICAL DINING IN MACAU

With four centuries of Chinese and Portuguese heritage, Macau has a vibrant European feel – its centre is a Unesco World Heritage Site, featuring Chinese temples, churches and fortresses alongside streets, squares and piazzas architecturally influenced by the Portuguese, who handed Macau back in 1999. You'll also find world-class hotels and resorts, and best of all, Macanese cuisine. Food and dining plays a big part in Macau society, bringing friends and family together. You'll find a number of types of cuisine served all over Macau.

Macanese: Macau's typical cuisine is renowned – a delicious fusion of Portuguese, African, South American and Indian cuisines, adapted by the local Chinese to create something rather unique. Popular Macanese dishes, found in

restaurants all over Macau, include African chicken (grilled in piri piri peppers), tacho (a hearty stew of Chinese vegetables and different meats), Macau sole fried, and its version of the Portuguese sweet egg tart.

Portuguese: there are many excellent Portuguese restaurants in Macau as well as on the islands. Try delicious Mediterranean specialities such as sardines, chouriço (Portuguese sausage), olives and bacalhau (codfish). Wine is very affordable and of excellent quality, too. Choose Dão, Borba and Ribatejo, popular red wines, or João Pires for white. There's also a green wine (vinho verde) that complements seafood well. Portuguese-style cafés should not be passed by. Locals go to relax and exchange news, eat pastries including the world-renowned egg tarts (pasteis de nata) and the famous local almond cake.

Chinese and dim sum: No surprises here that Chinese cuisine is of an excellent standard, with restaurants all over the city and islands, too. Most serve Cantonese food, with favourites such as sweet and sour pork, Peking duck, steamed fish and rice dishes. Try the different types of noodles called fitas. For the more exotic, head to the restaurants in Rua da Felicidade where a wide selection of seafood and fish are on display in tanks (many alive). Delicious dim sum is served from dawn to midday, and accompanied by jasmine tea. The Chinese teahouses are also very popular in Macau, so be sure to take part in a traditional tea ceremony.

HAVE IT ALL IN HONG KONG

With more than 11,000 restaurants, Hong Kong is often referred to as the culinary capital of Asia. As this is Hong Kong Food & Wine Year, there's been much showing off with tempting menus, but no matter when you go, eating out is a must. Events have been organised throughout the year, including food and wine promotions in popular dining areas. There are offers all

year round – download them from hkfoodandwineyear.com, the dedicated website packed with information.

Chinese: you'll find Cantonese (fast cooking at high temperatures, such as steaming and stir-frying), Chiu Chow (sweet sauces with duck and goose) and Shanghaiese (seasoned with sugar, soy sauce and Shaoxing wine) are most popular, but you can easily indulge in Szechuan (spicy and peppery), Peking (strongly flavoured with coriander, peppers and garlic served with noodles and dumplings) and, of course, dim sum (light dishes of steamed, fried and grilled dumplings and savoury-filled buns) served with pots of tea. Yum cha, a phrase you'll hear often, is traditionally 'dim sum drunk with tea'. All around the city you'll also find treats sold at roadside stalls and simple cafés called dai pai dongs, found in street markets, selling congee (similar to rice pudding with savoury toppings), noodles, wontons, rice and put chai ko, or red bean pudding cake.

Asian and western: you'll find a great range of influences from countries further afield on offer, too. In fact, from Michelin-star restaurants to local noodle houses and open food stalls, you're never far from a fabulous food experience. For the city's most traditional dining experiences – steaming bowls of noodles, dumplings or sushi – head to Causeway Bay, Kowloon City and SoHo. For more international dining, take a trip to Knutsford Terrace or Hillwood Road in Tsim Sha Tui. And for the freshest seafood in Hong Kong, served in unpretentious restaurants, go a little further out to Sai Kung, Lei Yue Mun and Lamma Island where you can unwind from the hustle and bustle of city life.

For a fabulous trip to both Macau and Hong Kong, see the holiday offer on the opposite page and indulge all your senses in an experience of a lifetime.



Clockwise from top left: a traditional Hong Kong tram; the home of Cantonese cuisine – Hong Kong; authentic Hong Kong dim sum; Macau's world famous egg tarts; Macau's spectacular skyline; Macau's Unesco World Heritage Site; there's a vintage to match every Macanese and Cantonese dish

GETTING TO HONG KONG & MACAU

A number of international airlines fly direct to Hong Kong. Macau has its own international airport with direct flights to other regional destinations. You can also get to Macau from Hong Kong via a fast ferry that takes under one hour.

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HOLIDAY OFFER

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