

**A Celebration of Chinese Tea Culture and Culinary Innovation
Lai Ching Heen Presents a Yunnan Pu Er Tea Tasting Menu**



12 July, 2024 (HKSAR): The two MICHELIN starred and two Black Pearl diamond Cantonese restaurant Lai Ching Heen at Regent Hong Kong presents a Yunnan Pu Er Tea Tasting Menu from 1-31 August which takes guests on an extraordinary culinary journey. Meticulously curated by Executive Chef Lau Yiu Fai, Head Chef Cheng Man Sang and Tea Sommelier Kelvin Mok, the menu showcases the boundless creativity of fusing Cantonese cuisine with Chinese tea culture.

Renowned for its exquisite Cantonese fare and elegant dining ambience, Lai Ching Heen offers an immersive experience through the Yunnan Pu Er Tea Tasting Menu, providing guests with a deep insight into the culture of Yunnan Pu Er tea. Lai Ching Heen's culinary maestros have designed a tea-inspired menu, seamlessly incorporating Pu Er tea and other premium teas including rose, osmanthus and chrysanthemum into the dishes, unveiling novel flavours that transcend traditional Cantonese cuisine.

The culinary journey commences with Sparkling Golden Oolong with Lungan Honey as the welcoming tea. This Golden Osmanthus Oolong Tea from Anxi merges the delicate flavours of exquisite Oolong tea with the alluring essence of Hong Kong-made pure natural lungan honey. Setting the stage for the extraordinary tea feast to follow, it is a perfectly crafted, tantalising blend and unparalleled choice for guests seeking a refreshing, floral sparkling tea.

The menu begins with a **Lai Ching Heen Combination** comprised of a Baked Agaricus Mushroom Bun, a Crispy Ball with Crabmeat, Pomelo and Lychee, Baked Black Pepper Wagyu and Lotus Root Puff Pastry and Smoked Abalone in Puff Pastry with Supreme Tea Leaves – the latter infused with a delightful tea aroma that perfectly complements the fresh abalone flavour.

The **Lai Ching Heen Dim Sum Combination** also showcases tea-infused flavours in the Steamed Pork and Prawn Dumpling with Black Garlic, Chrysanthemum and Pu Er Tea. While the Steamed Crystal Blue Prawn and Bamboo Shoot Dumpling with Purple Bud Camellia and Pu Er Tea is crafted with dumpling skin made from Purple Bud Pu Er tea featuring vibrant purple hue and refreshing taste.

The main courses elevate the intrinsic qualities of the ingredients with tea leaves: **Wok-seared Wagyu Patties with Mandarin Zest** exude an aromatic allure, while **Wok-fried Kagoshima Wagyu and Cauliflower Mushrooms** present a harmonious marriage of two prized delicacies with a rich, layered texture.

The highlight, however, is the **Steamed Rock Rice with Garoupa Fillet and 25 Aged Preserved Vegetables**, a masterful creation showcasing the culinary team's artistry. Rock Rice is a rare and revered plant celebrated for its health benefits. Containing no starch, it resembles the texture of Spanish paella rice but with a darker, pearl-like appearance. It absorbs concentrated flavours, emerging as a nutritious and uniquely textured dish upon steaming. This menu features exceptional 25-year Preserved Vegetables, a recently rediscovered ingredient, prized for its intense flavour developed through years of fermentation and processing. During the 25-minute steaming process, akin to preparing Spanish paella, the aged Preserved Vegetables and Garoupa Fillet permeates the Rock Rice, imbuing it with an extraordinary depth of flavour and an unmistakable essence of seafood.

The finale is a Double-boiled Sweetened Pear and Osmanthus Soup with baked Puff Pastry and Rosé Syrup, complemented by a 1992 Meijiang Dried Tangerine Peel Calendula and Golden Monk Fruit Tea, providing a perfect conclusion to the tea feast.

Harmonious Pairing of Tong Qing Hao's 2010 Raw and Ripe Pu Er Teas

This journey showcases the Cantonese culinary mastery of the Lai Ching Heen chefs while allowing guests to immerse themselves in the profound heritage of Chinese tea culture. The menu features premium ingredients sourced globally, including Yunnan tea leaves, Japanese Wagyu beef, French duck liver and blue prawns, South African abalone, and Nepalese Rock Rice, reflecting the menu's international flair and high quality.

The Tea Feast not only highlights the flavours of tea but also emphasises its health and wellness benefits. Incorporating healthy tea varieties like chrysanthemum, rose and osmanthus, the menu offers a refreshing respite from the summer heat. Through a collaboration with Lai Ching Heen's renowned tea partner Tong Qing Hao, guests can fully experience the exceptional quality of Pu Er tea while gaining insights into the art of tea production and brewing.

Tea Master Kelvin Mok shares "Pu Er tea not only offers a rich flavour but also embodies a profound history and cultural heritage. Through our partnership with Tong Qing Hao and our visit to their tea gardens in Yunnan, we gained a comprehensive understanding of the entire process, from cultivation to production. We have carefully selected Tong Qing Hao's 2010 raw and ripe Pu Er teas to create a harmonious pairing, aiming to deepen guests' appreciation for Pu Er tea culture through the contrasting flavours of raw and ripe teas."

Lai Ching Heen hopes to ignite the younger generation's passion for tea culture through this Tea Feast. The menu's fusion of innovation and tradition, coupled with vibrant colours and intricate plating, aims to captivate young gourmands and encourage them to capture and share their experiences through photography. The restaurant will also offer tea art demonstrations and interactive sessions to enhance guest engagement and immersion.

Executive Chef Lau Yiu Fai remarks, "As a well-established Cantonese restaurant, we not only uphold tradition but also embrace innovation. Through this tea-pairing menu, we hope to provide diners in Hong Kong and around the world with a unique experience that celebrates the harmonious blend of Cantonese cuisine and Chinese tea culture."

Priced at HK\$1,238 plus 10% service charge per person, the month-long Yunnan Pu Er Tea Tasting Menu offers a multi-sensory cultural journey, immersing guests in the exquisite flavours of Yunnan Pu Er tea while unveiling the profound heritage of Chinese tea culture.

Restaurant reservations can be made via the online booking platform at <https://hongkong.regenthotels.com/>. For dining enquiries, kindly contact Restaurant Reservations at dining.regenthk@ihg.com or call + 852 2313 2313.

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