

**Lai Ching Heen Celebrates Two Stars in the MICHELIN Guide Hong Kong & Macau 2026  
Achieves 17 Consecutive Years of MICHELIN Recognition  
— A Testament to Cantonese Mastery**



20 March 2026 (Hong Kong SAR) – Lai Ching Heen, the esteemed Cantonese restaurant at Regent Hong Kong, has been awarded two MICHELIN stars in the MICHELIN Guide Hong Kong & Macau 2026, marking an extraordinary 17 consecutive years of MICHELIN recognition. This longstanding accolade reaffirms Lai Ching Heen’s position as one of the region’s most celebrated destinations for Cantonese fine dining.

With a legacy spanning four decades, Lai Ching Heen is renowned as one of the world’s premier Chinese restaurants specialising in Cantonese cuisine. At the helm are Executive Chef Lau Yiu Fai and Head Chef Cheng Man Sang, whose leadership continues to guide Regent Hong Kong’s flagship Chinese restaurant to new culinary heights as Cantonese cuisine gains broader recognition across the local dining scene.

Despite the restaurant’s many accolades—including two MICHELIN stars and consistent critical acclaim—Chef Lau’s ambitions remain rooted in a deeper purpose. “Every working chef strives for excellence,” he reflects, “but these awards are not personal achievements. They represent the dedication of every member of the team. These accolades are not meant to create individual stars, but to form a galaxy of brilliance that shines through every guest experience.”

Chef Lau’s vision extends beyond recognition: he is committed to introducing Cantonese cuisine to a wider audience, particularly the younger generation. “Today’s diners look for aesthetics and presentation, but what remains unchanged—and what we continue to honour—is the importance of temperature. Cantonese dishes must be served piping hot to reveal their true character. This is a standard we uphold without compromise. It’s a tradition, and we are proud to carry it forward. We always warm up for smiles and satisfaction.”

Generations of guests have dined at Lai Ching Heen, and the return of loyal patrons is a testament to the team’s unwavering pursuit of excellence.

As culinary techniques evolve and technology becomes more integrated into kitchens, Chef Lau remains thoughtful about the role it should play in Cantonese cuisine. “Technology must serve a purpose,” he explains. “A blender is excellent for pulverising dried codfish into powder. But for diced carp, hand-chopping and beating are essential to achieve the bouncy texture needed for poaching—something a machine simply cannot replicate.” He adds, “Tools can assist us, but one must understand the value of craftsmanship. It’s not about working fast, but working smart.”

Lai Ching Heen curates the finest ingredients to present exquisite Cantonese cuisine, perfected through decades of culinary mastery. Drawing on the team's deep experience, the chefs continually innovate to craft a diverse repertoire of signature creations that reflect the depth, precision, and artistry of Cantonese gastronomy.

Signature dishes include:

- Golden Stuffed Crabmeat, Onion, Fresh Milk in Shell

Hand-picked fresh crabmeat—featuring the natural sweetness of both red and green crab—is blended with sweet onion and fresh milk to create a delicate, creamy filling. Topped with golden breadcrumbs and baked inside a crisp shell, the dish offers an elegant contrast of textures: crisp on the outside, tender and succulent within.

- Wok Fried Lobster, Crabmeat Roe, Fresh Milk

A classic Cantonese delicacy that, as noted by the MICHELIN Guide, has become increasingly rare in Hong Kong due to the skill required to perfect its unique texture. Achieving a consistency that is simultaneously set yet silky, with a rich, milky depth, demands mastery. This refined interpretation highlights Executive Chef Lau Yiu Fai's expertise in seafood: simple ingredients elevated through precise technique, resulting in a fluffy, aromatic dish that captures the full essence of lobster, ensuring every bite reflects the true soul of this celebrated classic.

- Barbecued Whole Suckling Pig

Each 4.5 kg Jinling suckling pig is meticulously coated with premium maltose and air-dried for four hours before being slow-roasted using traditional charcoal techniques. This time-honoured preparation yields a glistening, ultra-crisp crackling and remarkably tender, juicy meat—showcasing the dish's iconic and authentic flavour profile.

- Baked Puff Pastry, Salmon, Onion, Chia Seed

Flaky, buttery puff pastry encases tender salmon, sweet onion and nutrient-rich chia seeds, offering a refined balance of crispness and juicy interior. Rarely seen in seafood-filled pastries, the filling delivers a nuanced savoury sweetness, further enhanced with house-made salmon floss that adds a distinctive aroma and additional layers of texture.

The dining experience begins the moment guests step into its elegant interior, inspired by a jade jewellery box that opens to reveal the cultural richness of Cantonese gastronomy. Signature jade design elements, refined Cantonese cuisine, the artistry of Chinese tea culture, and the iconic views of Victoria Harbour together define the very essence of Lai Ching Heen. For those seeking a more intimate setting, the harbour-view Private Dining Rooms offer an ideal venue for family celebrations, social gatherings, and business occasions.

Michel Chertouh, Managing Director of Regent Hong Kong, shares his gratitude in the team's achievement: "This remarkable accomplishment reflects the dedication and talent of the Lai Ching Heen team, whose commitment to excellence has continually elevated the dining experience. As a cornerstone of Hong Kong culture, Cantonese cuisine preserves local culinary heritage while showcasing the city's spirit of creativity and refinement. We look forward to carrying forward this legacy of innovation and refinement."

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

Please click here to download high-resolution images: <https://flic.kr/s/aHBqjAn3p5>

## **Lai Ching Heen**

A discovery of Cantonese culinary treasures

With accolades including MICHELIN Stars and Black Pearl Diamonds and a celebrated legacy spanning four decades, Lai Ching Heen is renowned as one of the world's finest Chinese restaurants specialising in Cantonese cuisine. Your immersive discovery begins with its elegant décor, inspired by a jade jewellery box which opens to reveal a rich heritage of Cantonese culinary treasures. Revel in hallmarks of the Lai Ching Heen experience – a series of stunning jade themed design elements including signature jade place settings, refined Cantonese dishes – perfected over decades, the art of service excellence and Chinese tea culture, along with iconic views of Victoria Harbour.

## **REGENT HONG KONG DINING DESTINATION**

Explore an alluring dining destination building on decades of culinary and service excellence with beloved restaurants, magnificent harbourviews and the vibrancy of local tastes and emerging talent married with innovation, creativity and decadence. Immersive culinary journeys go beyond the excellence of the cuisine itself with sensory encounters inspired by Hong Kong's rich culture and art. Our collection includes Lai Ching Heen, The Steak House, Harbourside, Nobu Hong Kong, The Lobby Lounge and Qura Bar.

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## **About Regent Hong Kong**

Following its reimagining as a majestic haven of discreet luxury on Victoria Harbour, Regent Hong Kong — a Forbes Five-Star hotel — has been named the #1 City Hotel in Asia, #1 City Hotel in Hong Kong for the second consecutive year, and #14 among the 100 Hotels Voted Best in the World in the Travel + Leisure World's Best Awards 2025 readers' survey. It was also named #1 Hotel in Hong Kong for the second consecutive year at the Travel + Leisure Luxury Awards Asia Pacific 2025 and Best New Hotel at the Tatler Best Hong Kong 2025 Awards. Amidst cinematic harbourviews and a serene aesthetic by Hong Kong-born design visionary Chi Wing Lo, discover refined hospitality, timeless allure and sophistication. Each of the 497 rooms and suites is crafted as a Personal Haven of tranquillity with gracious, intuitive service by Regent Experience Agents. Additionally, suite guests enjoy the exclusivity of Regent Club, a luxury residential retreat with service on your terms. The vibrant Dining Destination entices with a collection of six celebrated restaurants and bars with immersive culinary journeys and breathtaking views of Victoria Harbour and the city skyline. An iconic white marble staircase leads to the large pillarless ballroom, where glamorous galas and Regent weddings are curated for everlasting memories, while bespoke events in ten versatile function rooms showcase unrivalled harbourviews. With its prime Kowloon harbourfront location, the luxurious urban retreat offers convenience and easy access to the city's top attractions, including M+, Hong Kong Palace Museum and Kai Tak Sports Park. Discover more at <https://hongkong.regenthotels.com/>

### **About Regent Hotels & Resorts**

Guests have made grand entrances through the doors of [Regent Hotels & Resorts](#) for more than a century. Born in 1970 and now, part of [IHG Hotels & Resorts](#)' luxury and lifestyle portfolio, Regent's collection of modern hotels and resorts are home to stays both serene and sensational. The type of experiences that spark stories and charm even the most seasoned of travellers. An invitation to life's most scenic moments, Regent hotels are amongst the most well-known luxury hotels in the world, with 11 open hotels and 9 in the pipeline. The current portfolio includes [Regent Phu Quoc](#), [Regent Chongqing](#), [Carlton Cannes, a Regent Hotel](#), [Regent Shanghai Pudong](#) and [Regent Hong Kong](#). In 2024, [Regent Shanghai on the Bund](#) and [Regent Bali Canggu](#) opened and the brand marked its momentous return to the Americas with [Regent Santa Monica Beach](#). The coming years will see Regent arrive in Jeddah, Kuala Lumpur, Kyoto, Sanya, Shenzhen, and Riyadh. For more information and to book, visit [www.regenthotels.com](http://www.regenthotels.com).