

REDISCOVERING BURMESE CUISINE

重拾緬甸 | 家鄉風味 |



For many years, Nga Heong has been named as one of Macau's best local eateries by numerous food magazines and TV shows. 雅香多年來依然是電視美食節目及雜誌追捧的澳門特色餐廳之一。

Whether it's a bowl of rice or a mouthful of a simple soup, a taste of home-cooked food can definitely make the homesick feel like they are back at home. Mr. Yip, founder of Estabelecimento De Comidas Nga Heong, left his noodle shop in Burma and moved to Macao in 1978s. Craving authentic Burmese food, he decided to take up cooking again and later opened Nga Heong, creating his own balachaung (Burmese fried shrimp paste) and XO sauce with dried scallops, his food not only brings back nostalgic memories for his friends from Myanmar, it also provide a pleasant dining experience for overseas visitors.

曾經離鄉別井的人，都體會到思鄉的滋味，即使是一碗白飯、一口清湯，只要是家鄉的做法，也令人倍感親切。雅香粉麵咖啡的創辦人葉先生早年於緬甸經營麵店，1978年移居到澳門以後，亦忘不了當地的道地食品，因此選擇再次執起廚具、開設「雅香」，研製出自家品牌馬拉盞及瑤柱XO醬，讓緬甸同鄉們嚐到家鄉的滋味之餘，也給遊客們奉上心意。

三盞燈下的緬甸情懷

到澳門遊覽，不少人也特意到臨三盞燈，為的就是嚐一口雅香的緬甸滋味！雅香自家製作的馬拉盞及瑤柱XO醬，讓食客們除了親身到訪品嚐外，亦能將兩款醬料作為手信或帶返外地品嚐。雅香以緬甸式的馬拉盞製作方法，用上等原隻大粒蝦米打成蝦米茸，配以自家炸乾蔥、蒜頭、辣椒及蝦膏等炒製而成，無論加入乾麵或炒菜，感覺十分道地。雅香的獨特調配手法完全帶出馬拉盞的香口惹味口感，而且味道濃郁，在天氣

From left: Balachaung paired with noodles; home made Balachaung offered by Nga Heong.

由左起：馬拉盞伴麵；雅香自製的馬拉盞。

A taste of Myanmar in Macao

Many visitors to Macao make a point of going to the Three Lamps District to try Nga Heong's food.



You can taste the homemade balachaung and XO sauce with dried scallops in the restaurant, but a lot of people also take them home as souvenirs or for personal use. Nga Heong's balachaung recipe uses premium large dried minced shrimp and fries them with shallots, garlic, chili paste and shrimp paste, to bring more of the authentic taste out, it is particularly delicious on dry noodles or stir-fried vegetables. Given its strong flavour, aromatic and pungent taste, Nga Heong's balachaung can be served as the perfect appetiser on hot summer days. Overall, it is a perfect complement to any dish for the Chinese and Burmese.

With no added preservatives, Nga Heong's balachaung can be kept for up to six months in the refrigerator after opening, so there's no doubt



From top: Balachaung paired with enokitake; balachaung paired with bread.

由上起：雅香製作的馬拉盞伴金針菇；馬拉盞配豬仔飽。



炎熱的夏日間有著開胃醒神的作用，無論是華僑抑或緬甸當地居民，均喜以其作為佐食材料。

雅香產品絕不添加防腐劑，只要在開瓶後放進雪櫃，保質期依然可達六個月之久，讓客戶們購買回家自食或作手信，都無需擔心質量問題。至於瑤柱XO醬，一整瓶滿滿的乾身瑤柱混合了香辣的蝦米，口感十足；與香港式的XO醬相比，雅香的瑤柱XO醬瑤柱量較多，而且含油量大大減少，完全沒有油浸的情況，毫無油膩感覺，用以伴飯或加入小食中也別具風味。難怪至今已開業三十多年的雅香粉麵咖啡依然成為電視美食節目及雜誌追捧的澳門特色餐室之一。

做街坊生意為主的雅香以價廉物美為賣點，讓更多移居澳門的緬甸華僑經常品嚐到家鄉地道的美食，貫徹「讓客人品嚐始終如一緬甸美食的味道及水準」的宗旨。在用料十足、價錢相宜、地道正宗的優勢下，雅香的名字被廣為傳頌，店舖亦由最初以同鄉為主到逐漸吸引了來澳的遊人，因此雅香將原先味道較偏咸、辣和濃味的麵食不斷改進和調配成辣度，逐漸形成今日倍受本地人及遊客讚賞和認同的緬甸美食。

執著品質 傳媒食家一致推崇

經過著名食家蔡瀾先生撰文介紹及多份港澳報章雜誌的推介後，雅香客似雲來！除了本身具代表性的魚湯粉及椰汁雞麵外，雅香更利用自製的馬拉盞及瑤柱XO醬創出多種嶄新的食法，例如以其伴麵包及拌麵等，均讓人一試難忘。M

“As a neighborhood business, Nga Heong prides itself on offering quality products at affordable prices.

做街坊生意為主的雅香，把多款價廉物美的美食帶給一眾食客。”

about its quality. Whereas it's XO sauce's amazing taste is created by mixing dried scallops with spicy dried minced shrimp. When compared to the Hong Kong-style version, Nga Heong uses a higher proportion of dried scallops and less oil; it is an excellent match for rice and other snacks. It comes as no surprise that for so many years, Nga Heong has been named one of Macao's best local eateries by numerous food magazines and TV shows.

As it is small local business, Nga Heong prides itself on offering quality products at affordable prices, making it easy for Chinese living in Myanmar to taste quality authentic food after their return to Macao. Motivated by this goal, Nga Heong quickly became well known for their generous use of ingredients, reasonable prices with mouth-watering authentic cooking. From attracting fellow Burmese in the beginning to drawing more visitors over the years, Nga Heong has fine-tuned its cooking and adapted its food to suit the local palate, tweaking the spiciness and saltiness of Burmese noodle dishes to make them more suitable for locals and visitors alike, who have now come to recognise and appreciate the culinary delights of Burmese cuisine.

Consistent quality and praise

After being recommended by famous food critic Chua Lam and a number of Hong Kong and local publications, Nga Heong is constantly packed with customers. In addition to such signature dishes as noodles in fish soup and chicken noodles in coconut soup, Nga Heong has come up with other ways for you to spoil yourself with their homemade balachaung and XO sauce with dried scallops; for example, pairing them with bread and noodles can easily create a memorable treat. M



Clockwise from top left: Fish soup noodles; chicken noodles in coconut soup offered by Nga Heong; Nga Heong restaurant.

順時針由左上起：雅香製作的魚湯粉；椰汁雞麵；雅香緬甸餐廳。

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ESTABELECIMENTO DE COMIDAS NGA HEONG
雅香粉麵咖啡
Tel: (853) 2855 2711

