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澳門的東南亞風味 Southeast Asian flavour in Macao

在嘉路米耶圓形地附近，即為人認知的「三盞燈」區域，是本澳東南亞歸僑的聚集地。在這一區的街道上，有着各式各樣的食店及雜貨店，售賣地道東南亞的美食、乾貨及食材。

緬甸風味廣受本地及本澳外來僱傭的愛好。每日下午，在位於拿爹利仙拿姑娘街娘街的 QQ 美食門外，都會有一條長長的人龍排隊等待進店購買東南亞特色美食。這家雜貨店可謂「麻雀雖小，五臟俱全」，店內售賣着數百種來自緬甸及東南亞國家的食材、調味料、小食及乾貨，而眾多商品中，最深受大

“The Three Lamps” area near Rotunda de Carlos da Maia is home to many overseas Chinese from Southeast Asia who have returned to Macao to live. Visitors to “The Three Lamps” will discover the area dotted with colourful little eateries and mini-supermarkets offering authentic Southeast Asian delicacies, dry goods and ingredients.

The flavours of Myanmar are very popular among both local and foreign workers in Macao. Every afternoon, you will see a long queue of people waiting to get into QQ Food World – a tiny grocery store at Rua da Madre Terezina. The shop offers a few hundred varieties of ingredients, spices, snacks and dry goods from Myanmar and its neighbouring countries. Among the long list of products, QQ Food World’s

眾歡迎的，莫過於 QQ 美食自家生產的馬拉盞醬。

「我們自家配方調製的馬拉盞適合本地人喜歡的口味；一直以來，我們直接在緬甸進口最優質的蝦乾，以製作出最美味的口感。」QQ 美食董事長盧九俊先生表示。盧先生是緬甸歸僑，自 2007 開始經營東南亞食品批發及一間位於三盞燈的緬甸食店。

由原來的馬拉盞醬出發，QQ 美食進一步研發及配製出多款不同種類的馬拉盞醬，包括魚乾馬拉盞、牛肉乾馬拉盞、魷魚乾馬拉盞及 XO 醬馬拉盞。「東南亞國家都十分喜歡馬拉盞。不論是配搭米飯、麵食還是主菜，馬拉盞均能為無數的菜式提升味道，基本上每一餐都少不了馬拉盞。」盧先生表示。現今不少人都崇尚健康的飲食標準，有見及此，QQ 美食正在研製首種以蘑菇製作而成的素食馬拉盞，以吸引素食者的青睞。

近年來，隨着馬拉盞逐漸廣受內地市場的歡迎，作為澳門自製馬拉盞的元祖，QQ 美食亦正準備抓緊機會把產品開拓至內地市場。

盧先生表示：「目前，我們馬不停蹄地到中國內地多個省市參與展銷會，亦正在籌劃擴大生產線至現代廠房、把零售拓展至淘寶銷售平台，以及在紅街市附近加開一間食店。相信多元的發展方向能夠引領我們的業務，帶來正面的影響。」

homemade belacan sauces – a type of shrimp paste – are without doubt, their best-sellers.

“We’ve developed various recipes with localised flavours. For belacan, we always source the highest quality dried shrimps from Myanmar to ensure the best taste,” explained Sanny Lou, Chairman of QQ Food World. Mr Lou is Chinese and has returned to Macao from Myanmar. In 2007, he started his own Southeast Asian food product wholesale business and runs a small Myanmar eatery in “The Three Lamps” area.

Taking the original belacan recipe, QQ Food World made a few more tweaks to create a few more varieties such as dried fish belacan, dried beef belacan, dried squid belacan and XO sauce belacan. “Southeast Asians love belacan, which can be mixed with noodles and rice, and work as an enhancer to countless dishes. Basically, no meal is complete without belacan,” Mr Lou said. As more and more people are concerned about leading healthier lifestyles, one of QQ Food World’s goals is to launch their first-ever vegetarian belacan product made of mushrooms in the near future for their vegetarian customers.

Belacan is also becoming more appealing to the Mainland Chinese, so Macao’s very own master of belacan sauce plans to seize this opportunity to export his products to the Mainland China market.

“We are actively participating in tradeshows throughout different Chinese cities to promote our products, and we are also working on expanding our production line in a modern factory space,” Mr Lou told Macao Image. “On top of this, we are also launching our products on Taobao and opening another small eatery near the Red Market. I believe these moves will definitely have a positive influence on our future developments.”