

NOODLES OF NOODLES

八“面”玲珑

Sands Resorts Macao's and Sands Macao's restaurants each put their own spin on this ubiquitous dish, writes Vicki Williams

澳门金沙度假区及澳门金沙旗下的餐厅各以独特的方式演绎这道随处可见的料理

Noodles are a much-loved staple of many Asian cuisines. Despite the humble appearance, it takes a skilled chef to make and cook noodles perfectly every time, every day.

At the hands of a master chef, a bowl of noodles will engage all the senses: from the enticing aroma of the dish through to the texture of the noodles, everything about it brings pleasure.

Red Dragon Noodles at The Venetian Macao offers a distinctive classic with their Sichuan hot and sour beef noodle soup. The delicious translucent, slippery noodles are made from sweet potato starch and have a chewy, gelatinous feel with a bouncy bite. While the hot and sour broth complements, the liberal use of fresh coriander adds freshness and vitality, with texture supplied by fried dried chick peas.

Another bestseller is the spicy Taiwanese beef noodles in a complex broth. Diners can choose their own noodles from flat rice, vermicelli, yellow noodles, Hong Kong-style egg noodles, udon and thick vermicelli. These bolster a comforting dish whose centrepiece is the chopstick-tender beef shank.

面食是不少亚洲菜的主食，深得大众喜爱。尽管外表平平无奇，但要制作并烹调出完美的面条，即使是每天烹饪的老练大厨也不能掉以轻心。

大师级厨师巧手烹调的一碗面可触动你的感官：从诱人香气以至面条的口感，每一部分都令人心满意足。

在澳门威尼斯人，“赤龙面馆”为经典菜式四川牛肉酸辣粉加入自家特色。滑溜的半透明粉丝以木薯粉制作，口感烟韧弹牙，与酸辣汤底相得益彰，佐以大量清香嫩绿的新鲜茼蒿，炸鹰嘴豆则增添香脆口感。

另一人气之选是台湾牛肉面，浓郁汤底以多种食材熬成。食客可选配河粉、米粉、油面、全蛋面、乌冬或米线，与炖至脱骨的牛腩搭配成令人满足的窝心美食。

“赤龙面馆”提供中国、日本、马来西亚、新加坡和泰国多款美味面食。这间人气餐馆楼底高旷，装潢以红色作主调，瑞龙装饰增添吉祥氛围。

踏进澳门巴黎人的巴黎街头，便来到了能品尝亚洲风味的“色香味”，餐馆网罗越南等东南亚地区的传统菜式。招牌菜式有越南牛肉河，当中配料包括肉丸、



North's "old Beijing" noodles with condiments
“北方馆”配上佐料的老北京面食

Red Dragon Noodles features enticing noodle dishes from all over China, Japan, Malaysia, Singapore and Thailand. The bustling restaurant features high ceilings with red dominating the colour palette. Decorative dragons add an auspicious touch to the ambience.

Step into the streets of Paris and its pavement cafes at Market Bistro, The Parisian Macao, which highlights a number of Asian cuisines, including those with a historical connection such as Vietnam. Dishes include the signature beef pho, featuring beef balls, beef brisket, sliced beef and rice noodles, in a rich layered beef broth, plus side dishes of fresh, zesty garnishes, as featured in the Autumn 2017 issue of Sands Style (pp. 65-69). Take a journey to Singapore with the deliciously spicy Singapore laksa, served with shrimp, fish, bean curd and basil, and a touch of coconut.

Market Bistro offers traditional pulled noodles, flying dagger noodles, sweet potato noodles and yellow noodles, each with a choice of broth and toppings.

牛腩、牛肉片和河粉，配合香浓牛肉汤及新鲜、悦目的配菜，滋味无穷，《金光时尚》2017秋季刊（65-69页）也有相关专题。然后再来一趟舌尖上的新加坡之旅，品尝由大虾、鱼片、豆干、罗勒和少许椰汁炮制而成的新加坡叻沙。

“色香味”另提供传统拉面、刀削面、木薯粉和油面，可自选汤底及配料。

若想体验正宗的面条艺术，不妨光顾澳门威尼斯人的得奖食府“北方馆”。餐馆中央设有开放式面食厨房，厨师在食客面前即时制作手工拉面和刀削面。“北方馆”以中国东北及四川菜色闻名，但你亦可一尝老北京炸酱面。弹牙（干身）面条拌以辣豆瓣酱及青瓜丝和芽菜等爽口佐料，口感和味道相得益彰。

若想吃得清淡一点，可选鲜族冷面配牛肉



Spicy Taiwanese beef noodles at Red Dragon Noodles
“赤龙面馆”的台湾牛肉面



Moonlight Noodle House, at Sands Macao
澳门金沙的“皎月食坊”

Stir-fried rice noodles with sliced beef and bean sprouts, at Moonlight Noodle House
“皎月食坊”的干炒牛河，配料包括牛肉片和芽菜



"At the hands of a master chef, a bowl of noodles will engage all the senses"
在出色的厨师手中，一碗面就能满足各种感官

For true noodle art, try the award-winning North at The Venetian Macao, famous for its handmade, hand-pulled, hand-shaved noodles, made in front of diners at the centrally placed noodle counter. North focuses on dishes from northern China, particularly Dongbei and Sichuan, but you can also try their outstanding “Beijing” noodles. Springy (dried) wheat noodles are topped with a spicy fermented soy bean paste and served with textural contrasts, such as raw cucumber and bean sprouts, creating a delicious harmony.

Another great light option is the chilled buckwheat noodles served with sliced beef, pickled and fermented vegetables, fresh apple and a broth with notes of apple vinegar.

Dan dan noodles are another speciality, with a wonderfully spicy peanut broth with big notes of Sichuan pepper, and handmade noodles that speak of the mastery behind their making. Complementing the dining experience

片、腌制蔬菜和新鲜苹果，还有以苹果醋制成的清爽汤底。

另一款特色面食——担担面配上香辣的花生酱汤底、香味浓郁的花椒和体现个中真功夫的手工面条。

“北方馆”精致舒适的装潢设计令餐饮体验更臻完美，环境以红色作主调，以艺术品点缀，洋溢古色古香的中国风情，与中式料理互相辉映。

澳门金沙的“皎月食坊”将传统食谱升华至可登大雅之堂的广府菜。其中一道招牌菜是干炒牛河，貌似平常不过的亚洲粉面，其真正考验专业厨师的功架。

澳门金沙酒店行政总厨许志昌解释：“干炒牛河是考验厨师炒菜技术的菜式，烹调得宜则可以晋升，不行的话就得再接再厉。”对某些厨师而言，干炒牛河难在炒河粉的时候不能黏锅，碟子底部要几近无油，牛肉炒出来不能过熟，上桌时要保

"What proves challenging to some – but not to the chefs here – is being able to cook the fresh noodles without any sticking"

对某些厨子而言，炮制干炒牛河时要不黏锅是一大考验，但当然，这难不到这里的厨子

at North is the interior: refined yet comfortable, the red motifs and other decorative works of art create an authenticity in harmony with the cuisine.

Over at Moonlight Noodle House, at Sands Macao, the focus is on Cantonese dishes inspired by traditional recipes elevated for restaurant dining. One of the signatures is the classic stir-fried rice noodle with sliced beef and bean sprouts. While this dish appears on many menus around Asia, getting it right takes a skilled chef.

Alain Hui, Executive Chef at Sands Macao, explains: "When a chef is moving up the ranks of mastering the wok, this dish is always a test dish. If done right they are promoted, if not, no." What proves challenging to some – but not to the chefs here – is being able to cook the fresh noodles without any sticking, ensuring that there is no oil residue on the plate, that the beef is not overcooked and that it arrives at the table fragrant and fresh.

Another quintessential southern China dish is the noodles in soup with shrimp wonton. The broth is complex and flavourful, the wonton skin thin, the filling tender and bursting with shrimp flavour, while the egg noodles, made with duck egg, give the dish richness. Chef Hui is proud of the daily soup, inspired by his grandmother's recipes: many regulars come to the restaurant every day just for the soup. Hui is particular about the noodles he uses – all are made by an outside supplier to his exacting recipe, with daily deliveries, depending on the type of noodles.

There's much more to this essential Asian dish than meets the eye. Which noodle journey will you take today? \$

特色香味美，而这些全都难不了澳门金沙里经验丰富的厨师。

中国南方另一道面食的代表菜式，得数鲜虾云吞面。汤底甘醇鲜味，云吞“皮薄馅靓”，虾味浓郁，鸭蛋制的生面令菜式更丰富。行政总厨许志昌对每天熬制的汤底深感自豪，灵感源自其祖母的家传食谱，吸引熟客天天光顾。许志昌对选用的面条非常讲究，全部由外判供应商依照其严格食谱制作，视乎面种每天新鲜运到。

这些亚洲主要面食个中大有学问，你今天打算到哪里会“面”？\$

Red Dragon Noodles,
The Venetian Macao
赤龙面馆
澳门威尼斯人
+853 8118 9900

Market Bistro,
The Parisian Macao
色香味
澳门巴黎人
+853 8111 9270

North,
The Venetian Macao
北方馆
澳门威尼斯人
+853 8118 9980

Moonlight Noodle House,
Sands Macao
皎月食坊
澳门金沙酒店
+853 8983 8125

The very beefy pho
served up by Market Bistro
“色香味”的牛肉河，
真正色香味俱全



Chilled buckwheat noodles at North
“北方馆”的鲜族冷面



Noodles 101

Noodles used in Asian cuisines can be broken down into four main categories: wheat, rice, eggs, plant starch/other

Wheat

Made with flour and water, and in certain cases the addition of lye. Wheat noodles include hand-pulled noodles such as Dan dan, ramen, udon, flying dagger and wonton.

Rice

Made with ground rice and water, these noodles can be fresh, thin and round, such as the noodles in the famous crossing the bridge noodle dish, in Vietnamese pho, or dried in the case of pad Thai and vermicelli. The fresh rice noodles used in wok-fried rice noodle dishes (or in some Malaysian and Singaporean dishes) tend to be thicker and flatter.

Eggs

Noodles made from water, flour and eggs. Restaurants tend to use either chicken or duck eggs, or a combination of both. These noodles have a rich taste and a silky texture. They range in width and can be bought fresh or dried.

Plant Starch/Other

Often gluten-free, starch noodles are typically made from sweet potato, yam, mung beans or peas. These noodles tend to be translucent, and absorb the cooking liquid taking on the dish's key flavours.

Buckwheat noodles, such as soba, are made from the seeds of the buckwheat plant.

面条小知识

亚洲菜入饌的面条普遍可分成四大类，分别以小麦、米、蛋、植物淀粉/其他制作

小麦

面粉加水制成，某些面条更会加硷。以小麦面粉制成的面包括手拉面，如担担面、拉面、乌冬、刀削面和云吞面。

米

磨成粉的米加水制成粗细圆扁各异的新鲜面条，如著名过桥“米线”、越南“河粉”；亦可烘干成金边粉和米粉。用锅炒（或用于马来西亚及新加坡菜式）的新鲜河粉会比较粗身扁平。

蛋

以水、面粉和蛋制面。餐厅普遍用鸡蛋或鸭蛋，或混合两者。全蛋面蛋味香浓，口感丝滑，宽度各异，市面一般可买到新鲜或烘干的两款蛋面。

植物淀粉/其他

淀粉面主要以木薯、山药、绿豆或豌豆为原材料，多数不含麸质。面条呈半透明，面质吸收汤汁精华。荞麦面则以荞麦种子制成。