

Shangri-La

SHANGRI-LA'S Tanjung Aru Resort and Spa, Kota Kinabalu recently welcomed the Year of

the Ox with a spectacular lion dance performance by the award-winning Yick Nam Lion Dance troupe.

The lion dance troupe entertained hundreds of hotel guests and local visitors with its vibrant performance in the resort's main lobby before moving around the resort to pass on good fortune, blessings and prosperity to all.

As part of the Chinese New Year ritual, Matthias Roeke, the resort's general manager, together with members of the resort's management tossed the Yee Sang in the main lobby.

Yee Sang is a Chaozhou-style raw fish salad. It usually consists of strips of raw fish (most commonly salmon), mixed with shredded vegetables and a variety of sauces and condiments, among other ingredients.

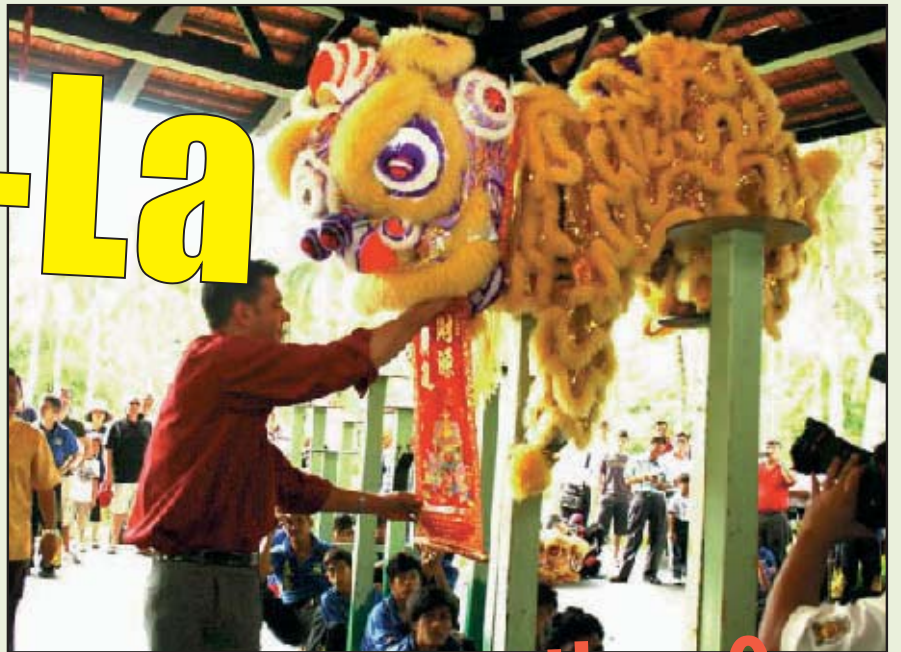
Yee Sang literally means "raw fish", but since the Chinese word for fish has a similar sound to the word used for "abundance", Yee Sang is considered a symbol of abundance, prosperity and vigour.

The tossing of Yee Sang while wishing for luck and prosperity has evolved from a tradition to a fun practice among Chinese family members, friends and business associates.

Hong Kong-based Shangri-La Hotels and Resorts currently owns and/or manages 60 hotels under the Shangri-La and Traders brands with a rooms inventory of over 28,000.

Shangri-La hotels are five-star deluxe properties featuring extensive luxury facilities and services. Shangri-La hotels are located in Australia, mainland China, Fiji, Hong Kong, India, Indonesia, Malaysia, Philippines, Singapore, Sultanate of Oman, Taiwan, Thailand and the United Arab Emirates.

The group has over 50 projects under development in Austria, Canada, Mainland China, France, India, Japan, Macau, Maldives, Philippines, Qatar, Seychelles, Thailand, United Kingdom and the United States. For more information or reservations, please contact a travel professional or access the website at www.shangri-la.com.



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Muscat Oman as a sous chef and in early 2008 at the age of 32; he arrived in Sabah to work with the Shangri-la Rasa Ria Resort, Dalit Bay Tuaran.

On his travels he says travelling so much and working with various hotel restaurants has enriched him in many ways.

"I have gained so much culinary knowledge and collected many recipes. Recipes are actually a pliant subject as one recipe can be developed into two or three dishes, each with its own taste and flavour. You only have to be creative and ready to experiment."

"To date I have hundreds of recipes that I can use garnered through my experience from the various places I worked in. I have my own recipes of course."

He is not so sure whether he will ever compile his recipes in a book but he will go on travelling the world, gathering new recipes and learning

new cooking techniques until he deems himself ready to settle down and open his own eatery.

"Not in Germany though. Maybe somewhere else but not Germany," he says.

On his stay in Sabah, this young man says it's a nice place and the people are friendly. An avid diver in his spare time, he says being able to meet the host country's people and explore tourist sites like Sipadan, a diving haven, is a plus in his job.

"People may think that working in Cruise Ships will enable one to see the world but this is not altogether true. The ship will dock at the harbour for a day but as a kitchen staff you will not be able to disembark and see the city. Whereas in hotels, you can go out, meet people, do a bit of exploring and socialise during your day off."

Andreas who is the Chef de Cuisine of Rasa Ria's Coast Restaurant and Bar is responsible for 14 staff, who assist him in preparing the scrumptious Western cuisine available in that outlet.

Those who want to sample Andreas' creations may do so from 6.30pm to 10.30pm.

chef

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