

# ON THE FOOD TRAIL

Where: HengLong Restaurant, Warisan Square  
 Specialty: La Mian  
 Origin: China  
 Theme: Fusion Chinese

By REKHA BHARBRA

**H**englong Restaurant at Warisan Square offers delicious freshly made 'La Mian' or hand pulled noodles. La Mian which means noodle pulling has a history that goes way back, right to Ming Dynasty, and served frequently at the Imperial Palace over 400 years ago.

La Mian noodles are pulled a special way to create thinner and thinner strings of dough, and finally, noodles. The noodles are boiled quickly (or stir-fried) and various ingredients are added.

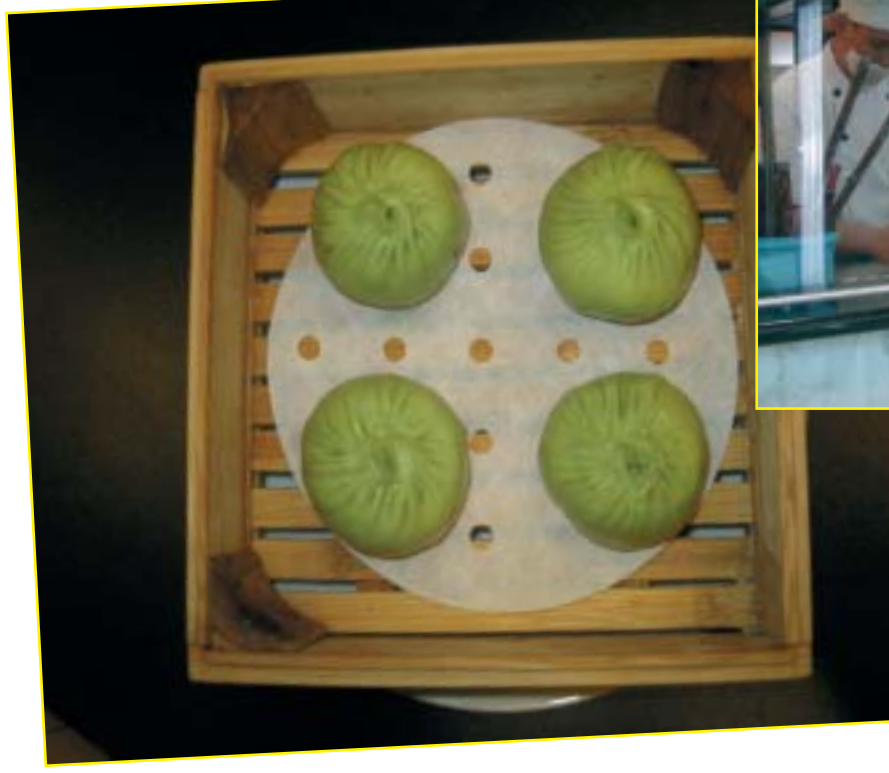
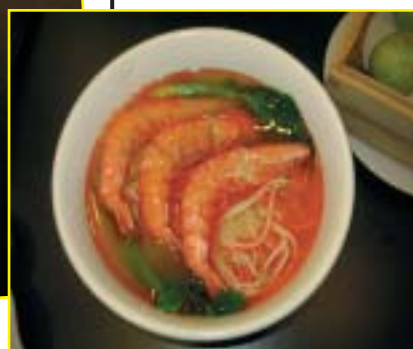
This restaurant has classy fusion furnishings with a touch of Chinese elegance, the ambience just right to indulge in Imperial Chinese cuisine.

What makes this restaurant so special is the fact that the noodles are handmade, patrons are encouraged to watch the delicate process through the glass window, its here that you can truly appreciate the level of skill required. Handmade noodles have a firm, yet smooth, texture. The chefs are from mainland china so these dishes could not get any more authentic.

My choice was the Penang style fried la mian with shrimp which costs only Rm12. The La Mian with king prawns is an absolute must try. If you feel like having rice instead, the rice dishes are amazing.

The dumplings and appetizers are also very good here. I would recommend the Shanghai Steamed Meat Dumplings and the Steamed Green Tea Dumplings. You can't get the Green Tea Dumpling any where else in Kota Kinabalu.

The service here is friendly. The food is absolutely awesome. This is one restaurant I definitely will keep returning to.



## WHERE TO STAY

Winner Hotel  
 Phone: 60 088 243222  
 Fax: 60 088 217345

Hotel Deleton  
 Phone: 60 088 252222  
 Fax: 60 088 267999

Kinabalu Daya Hotel  
 Phone: 60 088 240000  
 Fax: 60 088 263909

Berjaya Palace Hotel  
 Phone: 60 088 211911  
 Fax: 60 088 211600

Hotel Shangri-La  
 Phone: 60 088 212800  
 Fax: 60 088 212078

Likas Square Business Suites  
 Phone: 60 088 252233  
 Fax: 60 088 251122

Tang Dynasty Hotel  
 Phone: 60 088 263389 / 251155  
 Fax: 60 088 263989 / 265566

Beverly Hotel  
 Phone: 60 088 258998  
 Fax: 60 088 258778

Promenade Hotel  
 Phone: 60 088 265555  
 Fax: 60 088 246666 / 253980

Hyatt Regency Kinabalu  
 Phone: 60 088 221234  
 Fax: 60 088 225972

Le Meridien Kota Kinabalu  
 Phone: 60 088 322222  
 Fax: 60 088 322223

Nexus Resort Karambunai  
 Phone: 6 088 411222 / 411030  
 Fax: 6 088 411020 / 412028

Shangri-La Tanjung Aru Resort  
 Phone: 60 088 225800 / 41800 / 293306 (Reserv)  
 Fax: 60 088 244871 / 217155

Sutera Harbour Resort - Magellan Sutera  
 Phone: 6 088 318 888  
 Fax: 6 088 317 777

Sutera Harbour Resort - Pacific Sutera  
 Phone: 6 088 318888  
 Fax: 6 088 317777

Radius International Waterfront Kota Kinabalu  
 Phone: 6 088 525969 / 447200  
 Fax: 6 088 525967  
 Email: www.radius-waterfrontkk.com

Imperial International Hotel Kota Kinabalu  
 Phone: 6 088 522888 / 447200  
 Fax: 6 088 522999 / 442300  
 Email: www.imperialkk.com