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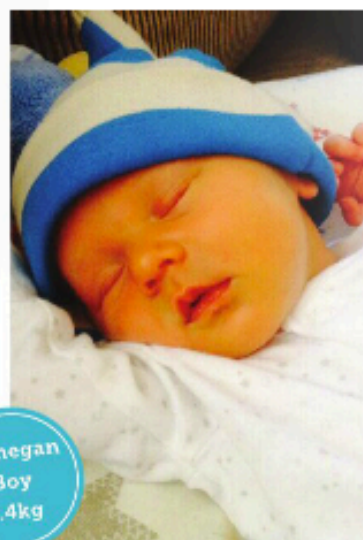
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## Love in All Its Deliciousness

We ring in August with wedding bells. This month, we celebrate one of the most memorable days in life with a full feature on all things wedding...at least, the food and drinks department! We've got you covered when it comes to selecting the perfect wedding cake, as well as deciphering the often daunting world of Chinese banquets. We've racked our brains and consulted esteemed wedding planners to come up with unique wedding venues and bachelorette haunts. And to ensure that our brides stay glowing despite all that glorious eating, we've enlisted our nutritionist Michelle Lau to create a month-long countdown fitness and diet regime to ensure the most stress-free walk down the aisle. Speaking of memorable occasions, we're thrilled to announce the arrival of baby Finnegan Hardy Walker, our Editor-in-Chief, Alicia Walker's, newest addition. Finnegan arrived at the nick of time the night of our editorial sign-off on May 22nd at 3.4 kilograms, and we're looking forward to fattening him up with plenty of good food in our Foodie office!



Finnegan  
Boy  
3.4kg

*Celia*

Celia Hu Interim Editor-in-Chief  
[editor@afodieworld.com](mailto:editor@afodieworld.com)

### Foodie Panel

Food-loving folks who've helped us this month:



**Evelyn Mills**  
The mastermind  
behind Marriage  
Maestros  
p.22



**Sonya Yeung**  
Seasoned chief  
wedding planner of  
Bliss Creations  
p.22



**Michelle Lau**  
Nutritionist and  
health guru  
p.31

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## Masters of Celebration

Between menus, venues, and customs, not to mention choosing the perfect dress and organizing all the logistics, weddings can be a lot of work. But they are also some of life's most memorable moments. Based on our editors' experiences, and the helpful tips from our wedding planner consultants, we've put together a list that will, hopefully, ease any bride's pre-wedding jitters.

### MEET OUR ESTEEMED WEDDING PLANNERS



**Evelyn Mills** of Marriage Maestros has been planning luxury, large scale weddings in Hong Kong and across the globe for over 13 years. With typical attendance lists ranging from 300 to 1000 guests, it's safe to say she's an expert at organization. Recently, she launched Wedding Maestros, which caters to more conservative budgets

[www.marriagemastros.com](http://www.marriagemastros.com)



**Sonya Yeung** of Bliss Creations has over 10 years of experience in event and wedding planning, and has created unforgettable moments for lucky couples all across Hong Kong and the Asia-Pacific.

[www.blissweddings.asia](http://www.blissweddings.asia)

#### Location, Location, Location

Whether it's a rustic country wedding under fairy lights in a barn, or a black tie soiree in a palatial chateau, the venue plays a key factor in setting the tone, and theme, of a wedding.

Here are some of our favourite Hong Kong wedding venues:



## 5 STAR SWANK

### **The Ritz-Carlton**

*ICC, 1 Austin Road West, Kowloon, 2263 2263*

Say "I do" from the highest wedding venue in town at Ozone, on the 118th floor of the towering Ritz-Carlton overlooking Hong Kong's iconic skyline and Victoria Harbour. Several ballrooms are on offer, including ones that can accommodate over 500 guests! We also love the personalized Pierre Hermes macaroons as guest favours!

### **InterContinental**

*18 Salisbury Road, TST, 2721 1211*

With panoramic views of Victoria Harbour and the city's largest pillarless ballrooms, Intercontinental is the perfect venue for large, extravagant weddings. With a reception venue that can accommodate up to 720 guests for a sit-down dinner, as well as the city's largest hotel LED wall, there's plenty of space for create the perfect ambiance.

### **The Peninsula**

*Salisbury Road, TST, 2920 2888*

This historical hotel is all about refined elegance, from the gilded ornate ceiling and walls to the classic Rolls Royce and white gloved bell boys. We love the intimacy of the Salisbury Room, which can fit up to 12 cozy tables. There's even the option of a string trio or a jazz band to enliven the romantic ambiance.

### **Four Seasons**

*8 Finance Street, Central, 3196 8888*

The sprawling luxury hotel is renowned for its panoramic harbour views and impeccable service. Opulent ballrooms are ideal for extravagant receptions of 450 guests for sit-down banquets, while more intimate affairs can be had with special wedding packages ranging from 10 to 60 guests. The blueberry and honey buttercream cake sounds mighty drool-worthy!

## BOUTIQUE CHARM

### **One Thirty One**

*131 Tseung Tau Village, Shap Sze Heung, Sai Kung, 2791 2684*

**Evelyn:** One Thirty One, a 3 storey Mediterranean-style house nestled in Three Fathoms Cove in Sai Kung, is a perfect venue for romantic outdoor weddings overlooking the ocean. The outdoor space can comfortably accommodate up to 80 guests.

### **Butcher's Club ED1TUS**

*16-17/f, 18 Wong Chuk Hang Road, Aberdeen, 2552 8281*

**Sonya:** The industrial chic venue can accommodate up to 120 people for seated dinner, or up to 400 for cocktail receptions. There's also the massive 7,000 square foot rooftop that can seat 400 guests comfortably. Guests can stop at the food truck before making their way up to the oyster bar, carvery station, and the a hog roast! There's also plenty of sweet temptations, like the "build your own s'mores station" and the waffle sundae station!

### **Auberge Discovery Bay**

*88 Siena Avenue, Discovery Bay, Lantau Island, 2295 8288*

**Evelyn:** With an open-air horse-drawn carriage to take couples to the 16 meter seaside White Chapel, and a European tall ship named The Bounty, there's plenty of fairy tale elements at Auberge. For reception, the massive ballroom can accommodate 570 guests for sit-down dinner, or up to 700 for cocktail reception!

### **Crown Wine Cellar**

*18 Deep Water Bay Drive, Shouson Hill, 2580 6287*

**Sonya:** Crown Wine Cellar was constructed 80 years ago by the British military as an ammunition bunker during the Second World War and was declared a UNESCO Asia Pacific Heritage Site in 2007. Tucked in leafy Shouson Hill, the venue boasts six underground cellars and a private members clubhouse. Its 1,500 square foot glass conservatory is the perfect venue for a reception filled with fine wines.



# Traditional Chinese Banquet

Traditions can be fun, but they can also be mighty confusing! We've consulted our expert wedding planner, Sonya Yeung of Bliss Creations to put together a simple list of do's and don'ts to help make planning a Chinese banquet effortlessly delicious.

A classic Chinese banquet menu usually consists of eight dishes, and if you are planning to serve beyond this number, then it's best to stick with even rather than odd numbers. Stay away from serving only four or seven dishes, as they are especially unlucky numbers to the Chinese!

The Chinese associates auspicious meanings to many food items, and here's just a few lucky dishes that have plenty of happy sentiments behind them.

**Scallops** equals fertility. The Chinese pronunciation is a homophone for the phrase "raising children"

**Chicken** served as a whole complete with the head represents togetherness and completeness. It is also a symbol for the phoenix, which represents the bride.

**Lobster** is a symbol for the dragon, which represents the groom.

**Noodles** are a symbol of longevity due to their seemingly endless strands.

**Peking duck** represents fidelity, and when served whole, represents peace, unity and completeness in a couple's marriage.

**Red sea bass** has a similar pronunciation to the word "abundance" in Chinese, and is always included in a wedding banquet to bring plenty to a couple's marriage.

**Abalone** in Mandarin sounds similar to "abundance" while **sea cucumber** in Cantonese is a homophone for "good heart".

**A dessert** of lotus seed and lily soup with red bean has the auspicious meaning of "staying together for a hundred years", so really think about it before you drink this soup!

## MENU SAMPLE

*Here's a sample of a traditional Cantonese banquet menu, and we've also factored in the sequence in which each course should be served. Remember, fried rice or noodles are not considered mains, and should always be served last.*

1. Roasted pig
2. Shrimp
3. Scallops
4. Vegetable stuffed with dried scallop
5. Soup
6. Abalone
7. Red sea bass
8. Roasted chicken
9. Fried rice or noodles
10. Dessert - lotus seed and lily soup with red bean