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19 Feb

eat

FOODIE CENTRAL

MACAU, CHINA

If you want to really know Macau, let your stomach lead the way. Just a stone's throw from Hong Kong, Macau has a rich and varied history that reflects in its tasty food. Yes, you'll get dim sum and stir-fried Chinese vegetables but you'll also get a whole lot of Portuguese cuisine, thanks to a period of settlement by the Europeans from the mid-16th century.

Head to *Lord Stow's Bakery*, set up by Englishman Andrew Stow in 1989, to tuck into a few of the egg tarts the bakery is famous for. Up the cobblestone streets of historic Taipa village you'll find *Antonio's*, headed by Master Chef, Antonio Coelho. Antonio serves up sautéed clams with garlic and white wine sauce, alongside stuffed crab and home made Portuguese sausage. With its colourful tiles and paintings inside, you'll have to remind yourself you're in Asia.

There's loads of other places to eat in Taipa Village, originally a fishing hamlet that's hung on to its heritage architecture. *O Manel* is also in high demand, along with *Litoral*, much sought after for its Macanese dishes such as African Chicken, cod cakes and Minchi (steamed rice, fried mince meat and egg on top).



Step back to 1960's Macau at Lung Wah Tea House in Old Macau, with its retro furniture and huge windows overlooking Red Market. If you want to eat like a local, small street-side eateries serve up claypot and hot pot meals alongside barbecued skewers.

For something truly special, investigate one of the 19 Michelin-starred restaurants in Macau. Dim sum (yum cha) at The 8 Restaurant (within the Grand Lisboa) and Wing Lei Palace (Wynn Palace Cotai), Wing lei (Wynn Macau) will leave you wanting more.

With Macau having recently having been designated a UNESCO Creative City for gastronomy, this is the place to let you taste buds go wild.

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