# KUCHING OLD BAZAAR TRADITIONAL STREET FOOD 古晋老巴刹美食

#### SARAWAK LAKSA 叻沙





Believed to be first sold by Teochew hawkers in the 1940s. laksa is an iconic local noodle dish few visitors to Kuching would pass up. Rice vermicelli is topped with shredded chicken, prawns, sliced omelette, bean sprouts and coriander all immersed in a rich, piquant broth. Twenty to thirty spices and aromatics contribute to the complex flavours of the broth.

发源地是古晋,1940年代已经出现在街巷 里,据说是潮州人最早在卖。 叻沙的重点在 汤头,是加入二、三十种辛香料熬煮而成。大 多游客来到古晋, 必吃这道街头经典美食。传统 的叻沙是以米粉,佐以鸡丝、切半的虾仁、蛋饼、 豆芽、芫荽,再淋上浓郁的叻沙汤。

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### KOLO MEE 哥罗面

This very popular street food could be found in the Old Bazaar as early as the 1910s. Thin egg noodles are blanched then tossed in shallot oil, light soy sauce, fish sauce and other seasonings, then served with minced pork and char siew (sliced pork) slices.

哥罗面也就是干捞面,是古晋最普 遍的街头美食,早在1910年代已经在 老巴刹的街头出现。这道面食采用蛋 面, 经烫煮过后以葱油、酱青、鱼露等 干拌,再加上肉燥和叉烧片。



#### HAINANESE FOOD 海南美食





Hainanese immigrants combined their food traditions with their experience working in British kitchens to create the kopitiam culture unique to the Nanyang. A typical Hainanese kopitiam offers toast, chicken rice, curry rice and more, all served with a cup of tea or Hainanese coffee.

> 海南人下南洋后, 先在英国人的 厨房帮佣,后来创业时将中西饮 食文化结合, 开创了独特的南洋 咖啡店文化。海南咖啡店的主要美 食, 有烤面包、鸡饭、咖哩饭等, 饮料 则务必品尝海南咖啡或茶。

### MEE JAWA 爪哇面

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Kuching's Javanese community has existed since the early 19th century. The local version of Mee Jawa consists of blanched yellow egg noodles topped with tofu puffs, beef, bean sprouts and hard-boiled egg, drenched in a potato or potato-based sweet sauce, garnished with chilli, coriander leaves and fried shallots and served with satay.

19世纪初期, 爪哇人就已经 定居在古晋。古晋爪哇人卖的 爪哇面, 是经烫熟的碱水黄面, 撒上豆腐卜、牛肉、豆芽和水煮 蛋,再淋上马铃薯或番薯熬煮的酱 汁,最后加入辣椒、香菜和油葱,配 上沙爹烤肉就可以上桌了。



## KEK LAPIS 千层糕

This multicoloured confection is a Sarawakian adaptation of an Indonesian layer cake. In recent decades this has become an iconic and popular treat, available from many stores and street stalls.

目前流行于砂拉越的千层糕, 是从印尼传入, 然后再加以变化 而成, 在街头巷尾流行起来还是近 20年的事,如今已经成为具有砂拉越 代表性的食物。









## KUIH CHAP 粿汁

A dish brought by Teochew immigrants from Southern China, enjoyed by Chinese and Dayak locals alike. Broad sheets of rice noodles are served in a dark broth with pork offal, with a chilli dipping sauce that lifts the dish.

粿汁是由潮州人从中国带来的美食,以 米香浓郁的粿片配着卤猪杂一起吃,再 以辣椒制成的沾酱添风味解油腻。除了华 人喜欢吃卤猪杂,原住民也是特别喜欢这道 美味。

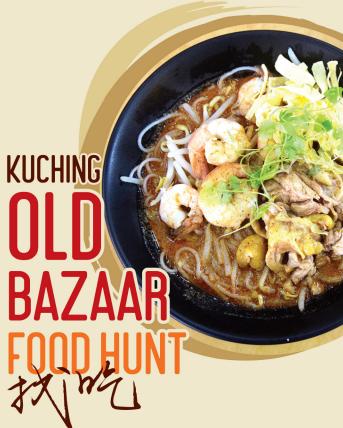












#### **KUCHING OLD BAZAAR FOODIE TRAIL** 古晋老巴剎吃饱饱路线

Kuching's Old Bazaar is a paradise for food lovers: iconic traditional dishes, eclectic street food, unique Davak cuisine, quality western food and stylish bars await just around each corner.

古晋老巴刹是美食天堂,你可以吃到几代人的祖传美食;独具风味的街边小吃; 砂拉越原住民的雨林美食;很有品味的西餐;或者在很有格调的酒吧喝上一杯。

