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Understanding the taste of Macao

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Essential Information for Travelling in Macao



Macanese and Portuguese dishes

The Taste of the Mediterranean in Macao

The stunning variety of distinctive cuisine available in Macao makes this international city a paradise for food lovers. With plenty of fresh ingredients and many restaurants to choose from, there is food to please every palate.

Macanese Cuisine

Macanese cuisine is unique and irresistible. It is a special combination of Portuguese and Chinese cuisines, with ingredients and seasonings collected from Europe, South America, Africa and South East Asia.

Portuguese Cuisine

Authentic Portuguese cuisine is also widely available in Macao, affordable and irresistible.



Appetizer - Salad and Soup

Let's have a relaxing trial on Macanese and Portuguese dishes. There is always an option for 3-course meal, i.e. appetizer, main dish and dessert. In fact, it's quite common to have appetizer and main dish on the table at the same time in most of the restaurants.



Squid Salad

Poached squid with sliced onions, red pepper and lemon juice sprinkled on top. The taste of sour lemon and sweet octopus helps whet your appetite.

Tuna Salad

The traditional Portuguese salad is tuna with vinegar-cured chickpeas, all mixed together, while the traditional Macanese salad is tuna mixed with vegetables. The sauce used tends to be olive oil, slightly seasoned with salt. Canned tuna is most commonly used, but, in some high-class restaurants, fresh tuna is chosen for its freshness, and it does indeed means a huge difference reflected by your taste buds.

Bacalhau Cakes

It's a type of croquette with minced bacalhau meat and mashed potato. It's an appetizer always ordered by locals and tourists.



Seafood Supreme

Each restaurant has its own style of seafood supreme. The rich seafood and cream inside incredibly balance well and form a fantastic taste. Its unique taste makes it really popular among the tourists.



Portuguese Green Vegetable Soup

This is the most common soup. It's boiled with cabbage base, various vegetables and Portuguese sausage "chourico". It tends to taste either refreshing or just bland. It is considered as a high-quality green vegetable soup.



Olives

This is the best appetizer in Portuguese restaurants. Each restaurant has its own special way to salt the olives, but each way makes them taste particularly refreshing in the mouth with an excellent texture.



after grilling. It's an important appetizer for the Portuguese.





Fried Clams Portuguese Style

This dish is closer to fried clam soup than Korean stir-fried dish with chili paste dipping sauce. The clams are fried with olive oil and then boiled with white wine, garlic sauce and lemon juice. It boasts the unique taste of clams and flavor of olive oil, while it is also infused with the aroma of wine, adding complexity to the dish.



Crab Curry

Crab Curry uses a whole Vietnamese mud crab. It's one of the most expensive Macanese/Portuguese dishes and is also a dish which has been heavily influenced by India. Its unique spices and creamy coconut milk sauce combine together to deliver a superior taste. Usually, it's served in big portions, so it's better to order it when eating with 2~3 people. Enjoy the crab meat and mix the white rice with the curry sauce!



African Chicken

A traditional Portuguese dish of grilled chicken topped with piri piri sauce, which is a mix of pepper and herbs and has its own unique taste. The cooking style varies according to the restaurant, with some places having a slightly spicy curry sauce than the true piri piri, and some places pouring the sauce on top of the fried chicken.



It's boiled with fresh tomato puree and shrimps, mussels, octopus and other various seafood. It's an excellent combination of the clean taste of seafood stock and refreshing tomato puree. Restaurants are divided into those that opt for the refreshing taste of tomato puree and those that instead use cream for a creamy taste.



Grilled Portuguese Sausage

Portuguese-style sausage served



Shrimp in Curry Sauce

This is a standard Macanese curry dish. It's known for its spicy taste and has a thicker curry sauce.



Stuffed Sauid

Portuguese sausage chouriço, onion, garlic, minced meat and egg-whites are all mixed together and stuffed inside the squid, which is then topped with tomato sauce. It's quite a delicacy!



Fried Bacalhau with Egg, Onion, and Julienne Potatoes

This dish includes fried minced bacalhau meat, eggs, and other vegetables. Think of it as a salty fried dish. It's considered to be quite a heavy meal.

Roasted Bacalhau

The easiest way to understand it is that it's like a bacalhau steak. A well made grilled bacalhau has a unique softness and boasts a light taste to its cod meat. It is served with boiled potatoes and blanched vegetables.

Fried King Prawn with Garlic

King prawns grilled with olive oil and garlic sauce. It is a delicious combination of garlic flavor and sweet prawn meat.



Roast Suckling Pig in Portuguese Style

This is the best Portuguese pork dish. Its crunchy skin and lean meat creates a whole new taste sensation.



Minchi, Macao Style

It's a dish of fried potatoes, onion, cheese and minced meat. This is eaten while mixing them with the egg yolk on top.



Stewed Oxtail with Red Wine

Stewed Oxtail steamed in red wine. You can enjoy the unique taste of oxtail steamed tender meat. It also works as an energy supplement during holiday. Try this if you feel





Roast Duck Rice

It's a dish with duck meat on top of rice, garnished with Portuguese sausage and bacon, baked in the oven. It's surprisingly light and lean. Some tourists consider this to be one of the best

Macanese dishes.



The sardines are grilled with lemon juice squeezed on top. Some restaurants use wine sauce instead.



Grilled Veal Ribs

Barbecued veal ribs in Portuguese style.



Dessert

Desserts from Portugal were imported to Macao while the pure and original taste remained unchanged. Generally, an Italian or French cake in European style predominates the desserts here. The most famous desserts offered are either pastéis de nata (Portuguese egg tarts) or serradura. Many tourists like to enjoy searching for the famous desserts in the cafes where they can start their culinary journey across Macao.

Pastéis de Nata (Portuguese Egg Tarts)

Though this dessert originated in a monastery in Portugal 200 years ago, it became popular only after it arrived Macao. The egg-custard stuffed pastry with a bitter caramel flavor really captivates everybody's soul.



Egg Pudding

It's not fancy and is just a light pudding, but it does the basics well. If you spread caramel on the outside, it becomes akin to caramel custard. Depending on the sauce, you can also make various changes.



Serradura

A soft whipped cream with cookie crumbs layered on top to be eaten with a spoon, it is one of the best snacks of both Portugal and Macao. The taste varies according to the texture of the cream, so it's recommended to try it in a Macanese/Portuguese restaurant that's rated above average.



Molotof

With caramel at the bottom, it's baked with the froth of egg whites. The soft texture of the egg whites combines with the bitter sweetness of the caramel to form an unique taste. It's one of the most famous Portuguese traditional desserts.





The delights of Portuguese wine could fill a book, but for a brief introduction, visit the Wine Museum in the Tourism Activities Centre before setting out to buy them.

Wine Museum

Rua Luís Gonzaga Gomes 431, basement (Tourism Activities Centre - CAT), Macao 10:00~18:00. Closed on Tuesdays.



Chinese Dim Sum and Dishes

A world of excellent taste filled with the history and traditions of the Orient

Chinese dishes can often seem never ending in their diversity and imagination. There is a saying amongst some parts of China, that Chinese people eat anything that flies - except planes; and anything that has four legs - except tables.

Chinese dishes are divided into four major regional styles: Beijing, Shanghai, Sichuan and Cantonese. Perhaps by virtue of its geographical proximity, the most commonly found dishes in Macao are Cantonese.

Cantonese dishes differ from those of other Chinese provinces because of the local wide plains and mild climate, along with recipes that make great use of the easy access to the rich bounty of the South China Sea. There is also evidence of a strong influence from western cuisine, due to historical reasons, which has enabled the region to boast a range of different cooking styles - all of which goes together to mean that, to the tourist as much as to the local, there are plenty of delicacies offered.



Tea

Chinese tea once represented part of the mystery of the Orient to Westerners, with tea in Europe being prized almost as much as gold. Nowadays, of course, tea remains a global phenomenon, drank in cups on every continent and country, with Chinese tea a staple for many the world over.



~ Why is tea traditionally served with meals in China? ~



First of all, most Chinese dishes are greasy.

That is why it's best to drink tea with your meal, especially for those, whose digestions tend to be weak because of greasy food, as the tea can in fact work with the food to leave your mouth feeling refreshed.





In Macao, some good Cantonese restaurants offer a separate tea menu. Indeed, some particularly high-class restaurants may also offer a tea professional, who is there specifically to provide patrons with the best quality tea and to recommend teas that go well with your meal.

~ Types of Chinese tea (Local pronunciation/Chinese characters) ~

Here are a few of the best kinds of tea that are particularly worth a sip.



Oolong Tea

Thanks to the fermentation process, a unique scent arises in this tea. Unless it's your very first time with Chinese tea, Oolong tea will leave you captivated and wanting more.

Longjing Tea

This is the best example of Chinese green tea and is a renowned specialty of Hangzhou, near Shanghai. If you see the shape of its tealeaves, which are dried flat, you can easily tell it apart from other types of tea. Its delicate flavor leaves the mouth refreshed.

 $oldsymbol{\xi}$



Puer Tea

It's from Yunnan Province of China, and is a fully-fermented tea. It's black in color and is particularly loved by Cantonese people. It makes you feel relaxed and works really well at removing grease from the body especially after eating. That might be why Macao locals generally order Puer tea after eating Dim Sum or to go with their meals.

Wuvi Tea

It's a tea from Wuyi Shan that goes through a process called Hongbae, giving it a deeply smoky flavor, which somehow, in the tea itself, lends a delicacy to its taste, meaning even beginners can enjoy it.

Black Tea

This is, simply, black tea. It differs from English black tea, which is a blended mix of various tealeaves, whereas, in Chinese black tea, what is enjoyed is the tea leaf itself. You can try out the different black teas that each region specializes in; it's generally best to stick to Keemun black teas, which are the most accessible black teas and are widely popular.

Dim Sum, a staple of Cantonese cooking

As the basic Cantonese dish, some people say that Dim Sum is the flower of Cantonese food. Most Macao locals have a light breakfast or lunch of Dim Sum and enjoy a meal for dinner. Locally, they call it Yumcha. Take the time to enjoy Dim Sum for lunch while staying in Macao.

~ The best 3 types of Dim Sum ~

Steamed Shrimp Dumplings

A chewy half-transparent cover filled with shrimp and pork. You will be surprised by the size of the shrimp and the sweet juice which oozes from the shrimp

when you chew on it. It's one of the most popular Cantonese Dim Sum dishes, with a taste you can never forget.





Steamed Pork Siu Mai

This Dim Sum has a pork and shrimp filling, covered with a thin layer of dough mixed with eggs. Some expensive Shaomai have fish roe, crab roe, or are decorated as a swallow's nest. It's divided into Southern style Shaomai, which is the one available in Macao, and the Northern style.



Steamed Pork Dumplings

This is Shanghai-style Dim Sum. With its thin cover, it's stuffed full with succulent pork filling. You put the Dim Sum on the spoon and open the cover with the chopsticks, sipping on the juice from the meat first, and then enjoying the Dim Sum after. Adding some thinly cut ginger and vinegar really enhances the flavor.

~ Dim Sum for the Brave and Adventurous ~



Glutinous Rice with Assorted Fillings

This is chicken with chewy rice, all covered in a lotus leaf. If you enjoy the unique smell of the lotus leaf, you will definitely like this.



Steamed Beef Balls

Beef is minced well and steamed into the shape of a ball. The combination of cilantro, orange peel and sesame oil give the beef an amazingly fresh flavour.



Turnip Cake

This Dim Sum features a puree of grinded white radish that's mixed with sauteed preserved pork, small dried shrimps, and dried mushrooms, and then steamed before finally, it is slightly grilled.

~ Dim Sum for those who want to delight their taste buds ~



Steamed Barbecued Pork Buns

This Dim Sum has a thick outer layer, akin to steamed buns, and is stuffed with a sweet pork filling which has been boiled in soy sauce and sugar. As it's bigger in size than other Dim Sum, it's particularly popular with those who prefer to travel on a full stomach.



Deep-fried Shrimp Dumplings

Deep-fried shrimp dumplings, have a cover that's as crunchy as nachos. It's classified as Dim Sum, but some restaurants simply label it as a dish.



Dumpling in Soup

This is a big Dim Sum, served within a soup. It's a type of high-quality Dim Sum, accompanying soup made from chicken bone which has aged 10 years. In Macao, it's a hugely popular health food. The flavor of the soup is quite thick.



Steamed Chives Dumplings

A Dim Sum which includes minced pork and chives. Thanks to the unique flavor of the chives, it's not as greasy as the other Dim Sum.



Steamed Pork Ribs

This Dim Sum features steamed pork ribs marinated with soy sauce and garlic. The taste of sweet marinated sauce and a delicate pork taste is well harmonized.



Spring Rolls

Enjoying real Cantonese dishes

This is a deep-fried Dim Sum that's filled with vegetables and meat, wrapped with several covers made out of flour. It's like one of the spring rolls you can find on the menu at Vietnamese restaurants. The crispy, yet soft texture of the filling makes for a great combination in terms of tastes and textures. Meanwhile, it is interesting to note that increasingly these days, the meat filling is being replaced with shrimp inside, instead.

If Dim Sum is a kind of appetizer for Cantonese food, now let's try the main course,

by stepping into the world of delicacies, and getting to the real dishes. In fact, the

Meals are often served first with a soup, while this is sometimes either accompanied

and the ingredients, it's served as either barbeque, swallows nest, Abalone, seafood,

or followed by the appetizer and the main dish. Depending on the cooking style

basic structure of Cantonese food is surprisingly similar to that of Western food.



Rice Noodle Roll

Grind the rice very finely and, after

thinly spreading it. steam it. The thinly spread cover is then filled with shrimps, meat, or vegetables and then wrapped. It is often served with soy sauce. The soft cover helps with digestion, which is perhaps why it's a breakfast staple in Macao. It's served in a variety of different ways, such that it may seem that every restaurant has its own particular special recipe.



Deep-fried Prawns

This is known as gold shrimp. It's a deep-fried dish of shrimp roe batter with eggs covering the shrimp. In other words, it's fried shrimps, but the cover itself is shrimp roe. It's a delicacy with the unique flavor and texture of shrimp roe.



Sea Cucumber

Sea cucumber is considered a high quality ingredient in Cantonese cuisine, along with abalone and swallow's nest. It has saponin, which is also found in ginseng, and thus boasts great credentials as a healthy dish, full of nutrition with which to help you recover from fatique.



Deep-fried Crispy Chicken

the exact name listed above

Abalone

once a year; 2 Tou is half the size of 1 Tou. Restaurants

dish varies according to the origin of the abalone, the

restaurant itself, meaning it might be difficult to order

generally have sizes between 12 Tou to 24 Tou. This

is about the size of a child's hand. The name of the

type of sauce used, and also the preferences of the

This is one of the finest

Cantonese seafood dishes. Every

abalone dish uses dried abalone,

called in units of Tou. 1 Tou is the

biggest, which barely comes out

which, depending on its size is



This is Cantonesestyle crispy chicken A boiled chicken is marinated in starch syrup and has boiling oil poured on it to make the skin turn nice and crispy. If vou are a fans of chicken dishes. you will definitely enjoy it.

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Sweet and Sour Pork

Sweet and sour pork has always been a popular dish. The sauce is very appetizing and the dish is also very appealing, with a very colorful combination of ingredients.



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poultry, meat, or in-season vegetables.

Steamed Fish

This is Cantonese-style steamed fish. Pour hot oil over a slight cooked fish to make the outside crispy and then add a dash of special light soy



of crabs, so you can pick the one you want to eat directly.

Stir-fried Crab



Roasted Goose

This is one of the best Chinese poultry dishes, together with Beijing duck. It's boiled goose marinated in starch syrup, done in the same cooking style as with Deep-fried Crispy Chicken mentioned above. However, roasted goose is cooked first over a wooden fire, sometimes even up to three times, with sauce being applied in each time. This makes for an extraordinarily special texture for the fully marinated meat.

sauce. You can eat the meat with the soy sauce and enjoy the soft fish meat with the flavor of clear spring onion from the soy sauce.



Fired RiceChinese style fried rice is a

fried rice is a kind of art in Chinese food. The egg coating between every rice, fine diced meat and vegetables forms a fantastic ensemble.



Barbecued Pork with Honey

It's skewered pork barbeque. After grilling, apply malt to give it a gloss, and use a torch to heat it once again. It's a humble meat dish with a sweet and smokey flavor.



Fried Noodles

These are noodles fast-fried over high heat with various vegetables and soy sauce thrown in, which means that, even without many ingredients, the taste is mouth watering. Similar dishes are flatly sliced beef with rice noodles.



Barbecued Suckling Pig

This is one of the best of Cantonese meat dishes. It's a barbequed newly born baby pig, between 2 and 6 weeks old, and is renowned for its crispy skin and lean meat. Some like to savour only the skin and don't even touch the meat. It's a dish which shows huge variation according to each restaurant.

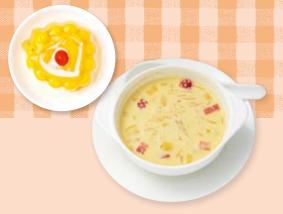
Dessert

Dessert is the finale of a meal. Macao has developed its dessert culture for a long time, meaning there are so many different types of desserts, more than you can imagine.

Some travelers say they come to Macao just for the desserts. Let's journey into a sweetness that can never be escaped.

For your reference, some Cantonese restaurants have dessert menus on the Dim Sum menu. If you can't find the dessert you want, make sure to check with the waiter.





Chilled Mango and Sago Cream with Pomelo

Normally it's called Sago. It's a dessert with mango juice mixed with coconut milk and grape fruit pulp and various sliced fruits, eaten with a spoon. The taste varies by restaurant, with some places adding a lot of coconut milk in to enhance the smoothness and some places adding sour fruits like pineapple to make it more refreshing.



Pumpkin Cake

It's a glutinous rice made out of grinded old pumpkin. It has the sweetness of old pumpkin and the softness of a glutinous rice - it's a comfort food



Chilled Sweetened Bean Curd Flavored with Almond

It's an unfamiliar tofu dessert. It's soft tofu covered with grinded almond sweet sauce. The soft texture and tofu and almonds make for a harmonized flavor.





Steamed Milk Pudding

This is well known as milk pudding to travelers. It's translated as pudding but it's closer to heated milk. Many people are crazy about it, with its soft texture and the unique sweetness of the milk flavor.



Caste

A Taste of Macao's Daily Life

Dried Shrimp Roes Noodles

It's dried noodles slightly fried with sea shrimp roe and mixed with egg noodles. The shrimp roe are too small to chew but as it breaks down between the teeth, the flavor is surprisingly strong, so that



you can taste the salty sea in your mouth, even with a small amount. It is best with egg noodles that are as bouncy as string instruments.



Wonton Noodles

This is a well-known noodle dish called Wonton noodles. Yellow chewy egg noodles with small shrimp dumplings and the tasty soup made of boiled dried fish attracts the travelers with its taste.



Pork Chop Bun

A Macao-style burger in a crispy baked baguette with thickly sliced grilled pork meat in between. It is different from a regular hamburger as it doesn't have vegetables or sauce, but just meat to enjoy the taste, and the grilled charcoal flavor on the pork is a great combination.



Beef Jerky

This is one of Macao's specialty snacks. There are various types, from beef, chicken and pork.



Porridge (Congee)

Porridge is a favorite breakfast among Macao locals and Chinese people. The most common dish is white porridge, but depending on what is inside, it can also be a high quality dish. The most recommended one is the porridge with fresh water crab that has a whole crab inside. Just like the Chinese saying 'You can eat a cow secretly but you can't eat a crab secretly, the flavor and taste of the crab inside the porridge is outstanding.



Skewers

The street from Senado Square to the Cathedral called Travessa da Sé is famous with the Macao locals for skewers. Macao skewers use every ingredient that can be used to eat it by dipping it inside spicy Chinese pepper oil sauce and spicy curry sauce. It's one of the Macao dishes that you eat while sweating, and it's popular among teenagers and young adults. There are skewers made out of animal organs, fish cakes or rolled up noodles.



These are some of Macao's most popular traditional cookies. They have a lot of almonds, meaning every bite is crunchy, but it's recommended that you eat it with a drink because it's dry.



Coke Boiled with Ginger

Do not be surprised. This funny named drink is cokeboiled with ginger. It might sound weird to boil coke, but it's good to drink it when you have a cold or are tired in order to gain energy. You might imagine a weird taste but it's guite delicious. The combination of ginger and coke make an excellent flavor.



Egg Puffs

It's a type of waffle made in a certain shape. There are two stories: some say it's called Egg puffs because there are a lot of eggs in it; and some say it's because it's as lumpy as an egg rack. Freshly made egg puffs are crispy on the outside and soft in the inside, which is a good taste to snack on.





The Historic Centre of Macao

The Historic Centre of Macao

- 1. A-Ma Temple
- 2. Moorish Barracks
- 3. Lilau Square
- 4. Mandarin's House
- 5. St. Lawrence's Church
- 6. St. Joseph's Seminary & Church
- 7. St. Augustine's Square
- 8. St. Augustine's Church
- 9. Dom Pedro V Theatre
- 10. Sir Robert Ho Tung Library
- 11. Leal Senado Building
- 12. Senado Square
- 13. Sam Kai Vui Kun
- 14. Holy House of Mercy
- 15. Cathedral
- 16. Lou Kau Mansion
- 17. St. Dominic's Church
- 18. Ruins of St. Paul's
- 19. Na Tcha Temple
- 20. Section of the Old City Walls
- 21. Mount Fortress
- 22. St. Anthony's Church
- 23. Casa Garden
- 24. Protestant Cemetery
- 25. Guia Fortress

Tourist Information



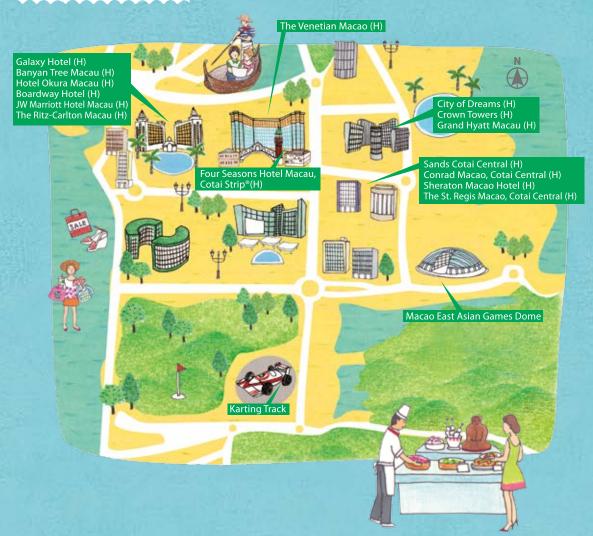




Taipa Village

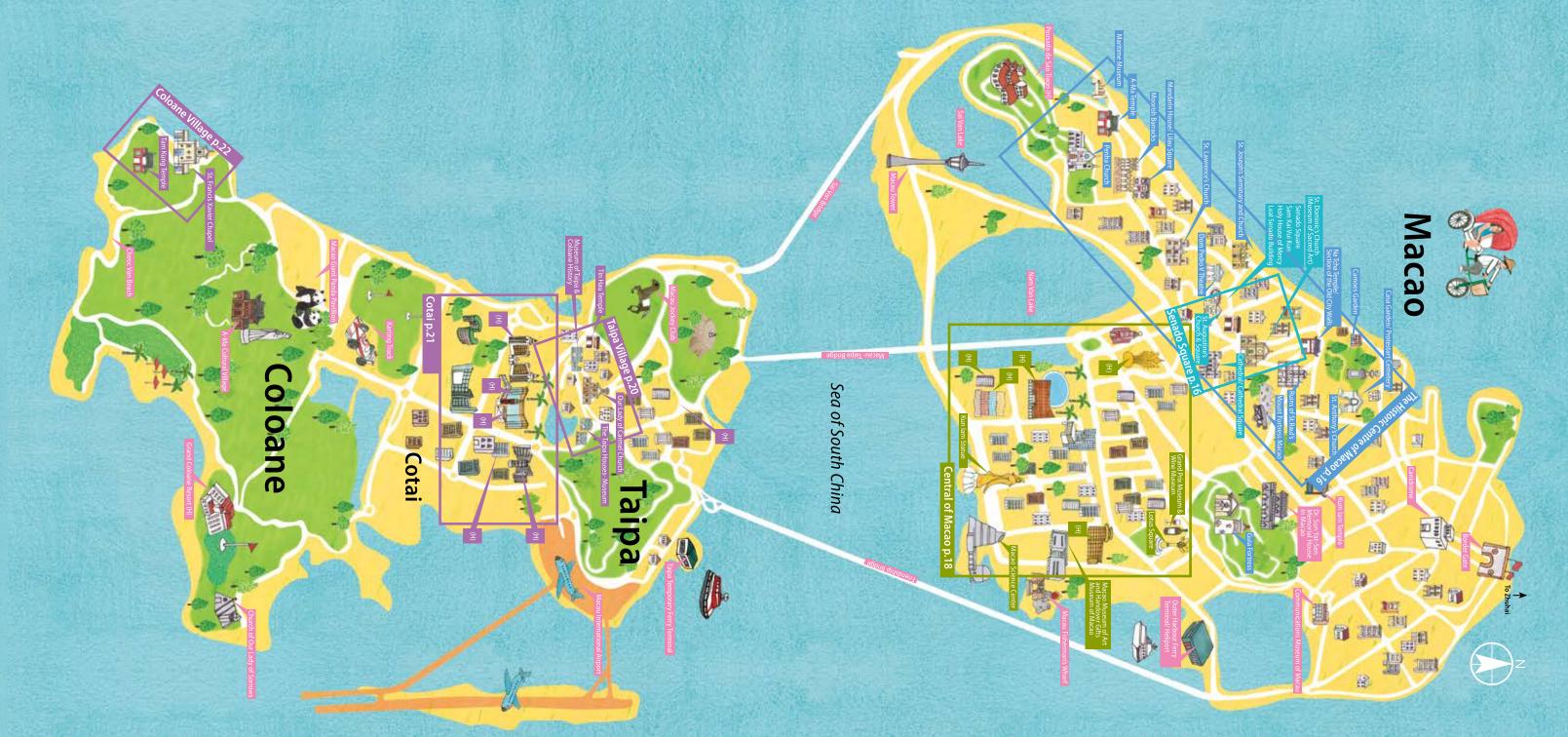


Cotai



2.2





Transport to and from Macao

By Air:

Macau International Airport

Tourists can use the Macau International Airport. It operates 24 hours a day. Macao (853) 2886 1111



Helicopter Service

Service Provider: Sky Shuttle Helicopters Limited Flight Details:

a.) Macao <--> Hong Kong

b.) Macao <--> Shenzhen

Macao (853) 2872 7288

Hong Kong (852) 2108 9898

Shenzhen (86) 755 2345 8740

Website: www.skyshuttlehk.com



TurboJET

Macao (853) 2855 5025 Hong Kong (852) 2859 3333 International toll free tel: 00800 3628 3628 Website: http://www.turbojet.com.hk



Macao (853) 2885 0595 Hong Kong (852) 2359 9990 Website: http://www.cotaijet.com.mo





Local Transportation Buses

Bus fares

Journeys within Macao peninsulaMOP\$3.20Macao <--> Taipa (Airport inclusive)MOP\$4.20Macao <--> ColoaneMOP\$5.00Macao <--> Hac Sa BeachMOP\$6.40







Taxis

Taxi fares

Tuxi Tures	
First 1600m	MOP\$17.00
Every 260m	MOP\$2.00
Waiting time(per minute) with the vehicle stopped according to	MOP\$2.00
passenger s' request or necessity during the journey	
Baggage transported in baggage compartment (each piece)	MOP\$3.00
Additional fee	
Taipa to Coloane	MOP\$2.00
Macao to Coloane	MOP\$5.00
When boarding taxi at the Macau International Airport	MOP\$5.00



Tourist Information at:

Macao

Border Gate

Tel: (853) 2843 9310

Outer Harbour Ferry Terminal/ Heliport

Tel: (853) 2872 6416

Macau International Airport

Tel: (853) 2886 1436

Largo do Senado, Edif. Ritz

Tel: (853) 8397 1120

Taipa Temporary Ferry Terminal

Tel: (853) 2885 0438

Hong Kong

Hong Kong International Airport

Hong Kong Chek Lap Kok International Airport Counter A06 Level 5 Terminal I Tel: (852) 2769 7970

Fax: (852) 2261 2971

Shun Tak Centre

336-337 Shun Tak Centre 200 Connaught Road, Central, Hong Kong Tel: (852) 2857 2287

Fax: (852)2559 0698

Useful Telephone No:

Emergency Call: 110/112/999

Tourism Hotline (24 hrs): (853) 2833 3000

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