

古晉 Kuching 馬來西亞 Malaysia

加入網絡
Year of designation
2021

城市介紹 City Information

Kuching's cuisine is the confluence of the biodiversity of Borneo and the knowledge of its indigenous people, blended with the multicultural communities of modern Malaysia. It combines unique ingredients, foraged and cultivated from the rainforest, with the cooking styles of many cultures, all localised to the Borneo landscape.

The city has been the centre of trade and exchange for the vast territory of Sarawak, characterised by long coastlines, rivers and rainforest. Founded in the 1820s by high-ranking representatives of the Brunei Sultanate, it continued as the capital through the Brooke Raj, one hundred years of highly unusual rulership by a British family, through a brief Colonial period and into the formation of Malaysia in 1963.



All these influences can be seen in its heritage streets, hugging the banks of the Sarawak River, and its rapidly expanding city limits. Now a modern city of 620,000 inhabitants, its character is based in community – Chinese, Indian and Indigenous. Traditional wet markets, hawker centres and kopitiam (coffeeshops) thrive among modern innovation and international influence.

A creative hub, it experiments with its Sarawak identity to create new flavours steeped in ancient traditions. The city is a place of celebration, in festivals, family gatherings and food.



廚師簡介 Chef Information

- **Laura Jane Bara**

Diploma in Food Preparation and cooking (Culinary Arts) July 2006 School of Food & Hospitality Christchurch Polytechnic Institute of Technology, New Zealand.

Tv Appearances:

- Cooking with Chef Wan on Astro Ria
- Astro AEC (Borneo Culinary Adventure, Sarawak)
- Sarawak Culinary Adventure @ Asia Society , Hong Kong 2019

- 2023 Macao COCG Showcase

Membership Association:

- Kuching Chefs Association

- CHASS Culinary Heritage Arts Society Sarawak

- Technical Advisor Committee with Yahos School of Skills

- **Penelope Ling Kieng Wee**



菜品名稱 Dish Name

- **Sarawak Laksa**

- **Sambal Prawn with Wild Torch Ginger**

Sarawak Laksa



Sambal Prawn with Wild Torch Ginger

