



Hokkien-style Fried Rice topped with seafood and dished over thick oyster based gravy.



Fried Nian Gao wrapped in Purple Sweet Potatoes is enjoyable to have at the end of the meal.



Stir-fried Mantis Shrimp with Tomatoes and Bamboo Fungus.

Eating Out



By VIJENTHI NAIR
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MAKING healthy eating choices during the festive season can be a challenge but it is not impossible.

Red Chinese Cuisine head chef Linus Mak has created dishes fit for gym junkies without sacrificing on flavour in the Chinese New Year menu.

To toss to the Year of the Pig at Pullman Kuala Lumpur City Centre Hotel & Residences, Mak has crafted Fresh Fruits and Garden Yee Sang comprising jackfruit, young mango, dragon fruit, pink guava and pomelo, as well as vegetables like red and green lettuce, carrots and coriander.

Toppings for the yee sang include fresh salmon, fresh tuna, scallop lips, jellyfish, sea urchin, tempura prawn, crispy whitebait, black truffle, abalone, crispy soft shell crab and crispy fish skin.

Mak recommends the Cantonese style whitebait for extra crunchiness as it provides texture.

The colourful yee sang is enhanced with the addition of julienne orange pumpkin and purple tapioca chips for added colour and texture, tossed in strawberry and plum sauce.

We had the chance to try recommended dishes from the set and a la carte menus.

The Double-boiled Sea Whelk Soup With Matsutake Mushroom, Winter Melon and Conpoy (dried scallop) helped soothe the body with its appetising combination of chicken, winter melon and bamboo pith.

My favourite was the Stir-Fried Mantis Shrimp with Tomatoes and Bamboo Fungus. The crispy fried

Guilt-free festive indulgence

Fresh and healthy ingredients give Chinese New Year dishes their unique appeal



prawn is tossed in flavourful salted egg yolk sauce and served with fish roe and asparagus to balance the taste.

This was a hit among the diners. The healthy dish in the menu was the one with egg whites - Scrambled Egg White with Tomatoes and Bamboo Fungus.

"I want diners to savour the egg without worrying about cholesterol from the yolks.

"The bamboo fungus adds crunchiness and the tomatoes lends the sour appeal," he said.

The Hokkien-style Fried Rice is a must-try as well as the Fujian-style Seafood Fried Rice with Whole Abalone. This is a simple, egg fried rice topped with prawns, scallops and abalone set on a bowl of thick oyster based gravy.

To end the meal, the Pan-fried Chinese Pudding and Fried Nian Gao wrapped in Purple Sweet Potatoes did the trick to add some sweetness.

These dishes are in the three set menus available, priced from RM1,388 to RM1,888.

Each set menu serves 10 people and will be available until Feb 19.



Fresh Fruits and Garden Yee Sang made from jackfruit, young mango, dragon fruit, pink guava and pomelo, as well as vegetables like red and green lettuce, carrot and coriander. — Photos: AHMAD IZZAFIQU ALIAS/The Star

Vegetarian options and private dining rooms are available for family reunions or company events.

Red Chinese Cuisine is a pork-free restaurant and open on the eve of Chinese New Year.

There will be a lion dance perfor-

mance and giant yee sang toss to celebrate with the public on Feb 12.

RED CHINESE CUISINE, Pullman Kuala Lumpur City Centre Hotel and Residences, Jalan Conlay, Kuala Lumpur. (Tel: 03-2170 8888 ext

8200). Business hours: noon to 2.30pm, 6.30pm to 10.30pm. Closed on Monday and public holidays.

This is the writer's personal observation and not an endorsement by StarMetro.

Developer launches CNY video to celebrate silver jubilee

MAH Sing Group Bhd will celebrate Chinese New Year in conjunction with its silver jubilee, which marks the company's 25th anniversary as a property developer, by producing a video to commemorate this achievement.

The video starts off with quick drum beats, capturing viewers' attention and then goes on to highlight the group's constant reinvention for the past 25 years, from "Reinventing Ourselves" to "Reinventing Growth", "Reinventing Fun" and "Reinventing Care" to "Reinventing Spaces".

Also highlighted is the establishment of Mah Sing as a plastics trading firm in 1965 and then a

property developer in 1994.

In the video, Mah Sing features its developments, including Icon City in Petaling Jaya, Icon Residence in Mont Kiara, M City in Jalan Ampang, Southville City in KL South and Legenda in Southbay, Penang.

The video also shows Mah Sing's past events, including the Arts and Lights Festival which drew more than 23,000 visitors last year in Southville City, and Fire in the Sky which offered over 40 different health classes throughout one day in M City.

Last year, Mah Sing marked Ramadan by hosting a breaking fast event for 600 of its Muslim construction workers in Savanna

Executive Suites in Southville City, and renovated three homes for senior citizens in Kampung Cempaka, Petaling Jaya. The video ends with Mah Sing wishing everyone a happy Chinese New Year.

"Mah Sing is very proud of where it is today, as we started building homes in 1994 with only four projects.

"Today, we have sold over 39,000 homes and have 47 projects across Malaysia. We also launched our new corporate logo and tagline 'Reinvent Spaces. Enhance Life.' in 2017 and made a commitment to enhance the lives of not just our customers, but also our employees," said Mah Sing group managing director Tan Sri Leong

Hoy Kum.

To view the video, visit <https://www.youtube.com/watch?v=rYQwKJ6zGms>

This year, Mah Sing has its Spin and Win campaign, whereby all buyers of selected Mah Sing properties are entitled to spin the Wheel of Prosperity and win a guaranteed prize worth up to RM25,000.

Participating projects in the central region include M Vertica in Cheras, M Centura in Sentul, M Aruna in Rawang, Sensory@Southville City and Cerrado@Southville City in KL South, Lakeville Residence in Jalan Kuching, Icon City in Petaling Jaya and D'sara Sentral in Sungai Buloh.

In Penang, they are M Vista in Batu Maung, The Loft in Southbay City, and Ferringhi Residence and Ferringhi Residence 2 in Batu Ferringhi. In Johor, they are Meridin East in Pasir Gudang, Meridin@Medini in Iskandar Puteri, Meridin Bayue in Sierra Perdana and i-Parc in Tanjung Pelepas.

Interested buyers have until Feb 28 to book their units for the participating projects. By booking now, buyers can enjoy special Chinese New Year deals, including free legal fees, low down payments, attractive savings and prizes.

For details, call 1300-80-6888 or visit www.mahsing.com.my/cny2019