Enjoy The Sumptuous Chinese Food At Ipoh

by dailynews

The name Ipoh originated from a local tree known as the pokok ipoh. This particular plant is known for its tree sap, which is poisonous and was traditionally used by the Orang Asli (aboriginal people) in their blowdarts. Ipoh is also known as san seng which means "city surrounded by mountains" in Cantonese. Ipoh is located in the rich tin bearing valley of the Kinta River. It grew up as a mining town. During the British Colonial Era, Ipoh was the second city of Malaysia. Its railway station is an excellent example of the architecture of this period. It is situated in the "Old Town" of Ipoh.

Ipoh’s growth has stagnated ever since the development of the country and the closure of the tin mines. This stagnation has prompted many residents to move to other parts of Malaysia, particularly Kuala Lumpur. Ipoh has since been called a dead city and a good retirement city. In spite of this, Ipoh still remains one of Malaysia’s largest cities, with a population of 637,200 (2004) and urban area population of 798,800 (2004), placing it in the top five cities in Malaysia by population. Ipoh’s food is famous, and comparable to that from Penang. Many people, some as far as Singapore, actually travel to this city just to taste its variety of great food. There are numerous dishes worthy of gluttons but visitors to Ipoh should make it a point to taste the local fare. Chances are the cuisine here is more varied and likely to be tastier than many other places in Malaysia.

Best Chinese Restaurants

Ipoh beansprouts chicken"芽菜雞" , which consists of chicken meat, assorted chicken innards and beansprouts boiled in hard water and served with soy sauce and sesame oil. Ipoh’s beansprouts are very fat, short and tastier than those produced outside Ipoh, thus Ipoh’s beansprouts also receive orders from other states. Famous beansprout chicken noodles include Onn Kee (安記芽菜雞沙河粉) and Lou Wong (老黃芽菜雞沙河粉) Restaurants - both located at the junctions of Yau Tet Shin Street 姚德勝街 and Osbourne Street.

Ipoh Sar Hor Fun"怡保沙河粉", which are rice flat noodles prepared in hard water and served in clear chicken and prawn soup with chicken shreds, prawns and spring onions. Famous sar hor fun include Thean Chun and Kong Heng Restaurants - located along Leech Street 列治街 in the old town. Other popular food choices include chicken and pork intestines satay, curry pork skin chee cheong fun, and their custard! Custards are usually sold out around 3pm weekdays and noon on Saturdays and Sundays.

Ipoh Chicken Rice. The famous Ipoh Chicken Rice can be found in Bak Gong restaurant located near the Foh San restaurant in city centre. (Opens afternoon)

Hor Hee noodles. This is also a very delicious kuey teow noodles with fish balls and fish pastes. The most famous stalls selling Hor Hee including those located in Heng Heung restaurant besides restaurant Sin Yean Lee in Ipoh Old Town (Opens only at night), and also the "Gao Peng" restaurant in Ipoh New Town (again, night only).

Dim sum"点心"(fish balls, fried stuff, dumplings, buns, served in small quantities). Foh San(富山) restaurant, located nearby the tauge ayam outlets, is a famous. It has a branch in SS2 Petaling Jaya, the satellite town of Kuala Lumpur. Yuk Fook Moon Lau (玉福满楼) (Opens in the morning and also at night), located behind Excelsior Hotel, sells excellent dim sum too. Ming Kok(明阁) which is just opposite is the best dim sum restaurant in Ipoh. Also try out or take away the Cha Siew Bao", Chinese pork pao sold in Yuk Fook Moon Lau.

Beef noodles. There is one famous beef noodles restaurant called Buntong beef noodles restaurant, sells very delicious beef noodles, beef balls and yong tau foo. There are three restaurants in Ipoh famous of its Beef Noodles, run by three brothers originally from the Buntong Village of Ipoh. The restaurants are located at 1) Kong Heng Restaurant in Old Town Ipoh (morning til noon); 2) Taman Rishah Restaurant, between First Garden and Menglembu (noon til evening); 3) Jalan Theatre, near the Rainbow food court, in the Ipoh city. (evening til night).

Banquet dining restaurants (usually for holding Chinese wedding dinners) which serve excellent seafood and meat. The famous ones among Ipoh natives are Overseas restaurant opposite Excelsior.
hotel, Mun Zhongi¼°äº“ä¼—í¼%crestaurant in Jalan Pasir Puteh, Pusing Mun Zhongi¼°å…“ä¼—í¼%crestaurant (Remember to try their signature prawn dish known as the Kou Hai) in Ipoh town.&ldquo;Tung Hoií¼°ä¸œéµí¼%crestaurant in Menglembu & branch in Ipoh Garden South, Lee How Fooki¼°å“è¡•é¢•í¼%crestaurant in Jalan Kampar. Two restaurant that serves very good Nyonya cuisine are Yum Yum restaurant at Persiaran Greenhill near Excelsior hotel and also A-Ssam House restaurant near Jalan Yang Kalsom.

Fish ball noodlesé€‰é€œ/yong tau fooé”¨é‡£…í•・. Some of the recommended outlets are Nam Fatt í¼°å—•í¼%cin Jalan Kampar, Tai Kar Lokí¼°å­§å®¡í¼%the best one in city centre near Hotel Excelsior, and also one stall Pasar Pasir Pinji (Open nights only).

Chow hor funé’œ,æ²ºç‰‘or Kueh teow basah, rice noodles fried in such a way that it is a little wet with dark gravy (as opposed to the Penang char kueh teow which has no gravy but fried with egg, prawns or cockles and the Cantonese-style wat tan horæ”›è·œè²3 which is completely immersed in clear, egg gravy). You can get chow hor fun in all Chinese restaurants in Ipoh. The best chow hor fun can be found at a street stall in the Mengelembu town area and one restaurant near Xin Hup Zi (Origin from Buntong) (Only opens at night).

Hakka noodleså®ç®¡µ. There a few restaurant around the city sells delicious Hakka noodles with yang tau foo. The most popular Hakka noodles is offered by Yin Yau Kui at Hugh Low Street (Jalan Iskandar). This shop specialises in noodles rather than its yang tau foo. Another lesser known favourite, known to local old-timers is located at Majestic Food Centre at Osbourne Street (Jalan Tahwil Azar). This stall offers much better yang tau foo compared to Yin Yau Kui but Yin Yau Kuií•#39;s noodles are superior. There is one near the Mun Zhong restaurant in Jalan Pasir Puteh (Only opens in the morning), one in a food court behind the Olympia college or Jalan Yang Kalsom (Only opens in the morning).

Salted chicken or Yim Kok Kai.ç·‘ç”¨è¡‘ã‘ The chicken is baked in salt in such a way the skin and meat is so delicious when you eat it and you will finished it all. Whole chicken are wrapped in "oil paper" and then baked in large woks filled with heated salt. The restaurant that sells salted chicken is Aun Kheng Lim Restaurant, located at Theatre Street, opposite Martell house or near Bak Gong restaurant in the city centre. It is so popular that you must call to order before you drop in. Tel: 05-254 2998.

Roasted duckç‘¨è‘…The duck is roasted in such a way the skin of the duck is so crispy, smells great when you eat it and the meat is delicious to be eaten. Recommended famous restaurant that sell roasted duck: Yeong Waií¼°æŠí¼%crestaurant in Greentown Business area and Tuck Keeí¼°å¼—è®©í¼%crestaurant in Pasir Pinji, Ipoh. Thereí•#39;s also a restaurant called Kedai Hong Kong in the Tasek area. The chef famously studied his duck preparation in Hong Kong. A couple of ex-staff have opened their own duck restaurants in adjacent restaurants.

Curry noodleâ’¨å—žéµµ. There is one restaurant in old town Ipoh, called Sin Seng Fatt,í¼°æ—°æ°•í¼%ci which is located near Kong Heng restaurant in Market Street, sells very delicious curry noodles. The curry paste of the curry noodle is so good that ití•#39;s packed and sent to franchises in Hong Kong. They have a franchise at SS2, Petaling Jaya, Selangor. (Open mornings and afternoons only.). Another famous shop known to the locals is Sin Chuan Fatt (æ°–æ³‰è¿TMí¼) located at Jalan Pasir Puteh, known for its very spicy and thick curry paste, fried chicken and pork to go with the noodles. Lesser knowns are; the restaurant facing the roundabout besides MGS secondary school. (Open mornings and afternoons only.) and a coffee shop called Sin Chuan Fongí¼°æ–°æ³‰èŠ†í¼%located at Hugh Low Street. Prawn meeè’œéœ or Hokkien mee. This is also another noodle that is same as Penangí•#39;s Hokkien Mee. The soup of this noodle taste spicy and sweet. Recommended prawn mee stall is the roadside stall on the road between Yik Foong complex and Super Kinta shopping centre (Only opens at night and until early morning).

Sze Chuan food.ä¸•éœ There is a very good Sze Chuan Restaurant located in Fair Park (There is only one, along the way from Ipoh General Hospital to Ipoh Indra Mulia Indoor Stadium.) They serve some very authentic Sze Chuan-style dishes that can only be described as heavenly. Doní•#39;t forget to order the deep fried "Man Tou" &ldquo;è¡•éœ ¨&rdquo;or Chinese "Pau", Cheong Chang Arp (sauce-layered duck), Sze Chuan fried long beans, Taufu cooked Szechuan-style and Tong Por pork meat. These are signature dishes at this establishment. Chinese Vegetarian Foodç´‘é£’Yå—. There is one restaurant, Restaurant Sin Meng Kee æ–°æ°Žè®¸ in the city centre that offers good Chinese vegetarian economical rice. It has many dishes in its menu. Main shop located at Jalan Dato Onn Jaafar and branch located at Jalan Lau Pak Khuan, Ipoh Garden and Kinta City food court. (Opens morning until evening)

Claypot Chicken Riceé”¨è¥’é¡‘é¥—. This is a hot and delicious chicken rice cooked in a claypot. There is a stall
at Shatin food court at Pasir Puteh that is very famous for selling this rice. (Opens only at night). Chinese-style Satay. This is skewered meat seasoned and flavored with spices and served with cucumbers, onions and a chunky peanut sauce. Please note that the Chinese-style of satay (compared to other satay) contains pork and thus unsuitable for Muslim tourists. The preferred stall is in Thean Chun Restaurant, Ipoh old town. (Open mornings and afternoons)

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