

For Immediate Release

## Authentic Chinese Dishes that Bring a Slice of Home

**Suzhou, China, 5 November, 2015**—Located on the first floor of Hotel Soul, **Ying Fook Court** takes guests back in time to the old Jiangnan, with its traditional Jiangnan-inspired interior design, where wooden furnishings are dimly lit with a soft glow from the Chinese red lanterns eluding a sense of simplicity and comfort. Ying Fook Court introduces a brand new menu inspired by the concept of experiencing “a slice of home”. The four core aspects of this menu includes Hong Kong, Cantonese, Jiangsu, and Su Bang Cai (Suzhou Cuisine) served on charming Chinese-style coveted blue and white porcelain tableware, bringing patrons an authentic feeling of home.

### **Hong Kong Cuisine: Reputably known as the “World’s Gourmet Paradise”**

Despite having a palate for savouring international tastes, Hong Kong Cuisine holds true to “home” with a traditional Cantonese-influence in their seasoning and culinary preparation. An iconic Hong Kong favourite is the **Stuffed red pepper, eggplant and bitter melon with minced fish** (RMB 38) consisting of minced fish stuffed into eggplants, green peppers, and bitter melons, which are then fried—hence its endearing Chinese name “Stuffed Three Treasures”. When dipped into soy sauce, it offers a rich flavour and explosion of crunchy and soft textures. Another recommended dish is **Soy sauce chicken** (RMB 118), golden in colour with a sweet aroma, full of flavour, tender, and juicy, with a touch of Chinese rose wine added during the stewing process gives it an enhanced subtle floral fragrance.

### **Cantonese Cuisine: Delicacies inspired by a blend of the international and the homely feeling**

Cantonese cuisine originates from the Guangdong province, known as one of the four main cuisines from China, widely recognized around the globe as Chinese cuisine. Cantonese cuisine uses an extensive range of delicate and fresh ingredients, finished dishes should be well balanced, and not greasy. The Cantonese home-style dish **Baked pork ribs with salt** (RMB 48) has an amazing melt-in-the-mouth tenderness and crispy outside texture, a great choice amongst the featured home-style dishes.

### **Jiangsu Cuisine – From The Land Flowing with Milk and Honey**

Jiangsu cuisine is derived from the native cooking styles of Jiangsu province, also listed as one of the four major cuisines of China, distinctly characterised by its focus on broths and soups. Its dishes retain the original juices of their fresh ingredients, and have distinct but subtle flavours. Meat dishes are soft and maintain their shape but do not separate from the bone. Whether juicy, tender, or crispy, they all retain their original flavours. Jiangsu, the Land of Milk and Honey, boasts many salt and fresh water fish, and seafood specialties. The **Braised tofu with fish soup** (RMB 38) is a succulently tender fish with silken tofu in a milky white soup. This fresh and smooth flavor leaves a memorably “sweet” aftertaste making highly appealing for the young and elderly.

### **Su Bang Cai (Suzhou cuisine) – Delicate and Sweet Delights of South China**

As the name suggests, Su Bang Cai represents authentic local cuisine from Suzhou in Jiangsu Province, and belongs to a branch of Jiangsu Cuisine, also known as one of China’s four major cuisines. Su Bang Cai “Southern Sweet” culinary tradition is well-known for its sweet tastes, stews, and thick red sauces. This cuisine not only stresses strict selection of ingredients and meticulous preparation, but also for its soups and juiciness, delicate presentation, much attention is given

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to ensuring the soups natural goodness and flavours are retained. **Deep-fried Mandarin fish with sweet and sour sauce** (RMB 168) is one of the most famous amongst Jiangnan dishes, which requires the chef to be skillful with a knife, and sauce-making ability. The flesh of the fishes finely and evenly carved to create the “squirrel fur effect” when fried, resulting in that unique taste and shape. Meanwhile, the accompanying sauce is slowly simmered over a gentle fire, when ready this thick sweet and sour sauce is poured over the fish, giving it a sizzling aromatic fragrance.

Dining patrons are always eager with exploring and savouring something refreshingly unexpected and new, but there are times when one simply cannot resist the desire to go return to their origins and let their palate have a taste of “home” to reminisce familiarity.

Opening Hours: 10:00am – 2:00pm, 5:00pm – 9:30pm, Mondays to Sundays

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### About Hotel Soul

Established in May 2010, **Hotel Soul** is the **first contemporary boutique hotel in Suzhou**, China. The **220 room** hotel’s design concept juxtaposes elements of modern and ancient China, celebrating the nation’s remarkable swift modernisation while paying tribute to its distinguished past. Guests at Hotel Soul can enjoy a wide range of culinary delights at the continental restaurant, **Brasserie 101**, inspired by chic Sino-French interior design. **Bar Soul** brings a unique blend of retro and industrial elements. It is also the ideal place for carousing with regular live band performances and a variety of drinks and snacks. Chinese restaurant **Ying Fook Court** serves a taste of the Guangdong province in the heart of Suzhou through traditional Cantonese-style dishes and an innovative congee hotpot. On the second floor, **Ying Fook Heen** boasts a bright, spacious banquet hall and three VIP rooms perfect for hosting banquet receptions and business dinners for all occasions. Hotel Soul also offers a fully equipped gym alongside premium leisure and meeting facilities, making it the perfect choice for leisure and business travellers.

### About GR8 Leisure Concept Limited

Founded in 2004, **GR8 Leisure Concept** is an innovative hospitality group that owns and manages a portfolio of 17 brands including hotels, serviced apartments, restaurants, and bars across Hong Kong and China. The group’s first property, **The Luxe Manor** is a surrealism-inspired boutique hotel in Tsim Sha Tsui that was the first designer boutique hotel in Hong Kong. Shortly after, a stylish Dadaism-themed variety club located in The Luxe Manor **Dada Bar + Lounge** was launched. In 2011, GR8 Leisure Concept launched its second hotel brand **Hotel Soul** in Suzhou, China, which features continental restaurant **Brasserie 101**, innovative Cantonese-styled restaurant **Ying Fook Court**, and multifunctional banquet venue **Ying Fook Heen**. In the following year, the group introduced beachside café **Cafe Roma**, and Hong Kong’s first and only Nordic restaurant **FINDS** led by celebrity chef Jaakko Sorsato the company’s portfolio of restaurants. GR8 Leisure Concept also acquired heritage hotel **Hullett House** and its five F&B brands in 2013, including the colonially-designed restaurant and lounge bar **The Parlour** serving international cuisine, the hotel’s signature Cantonese restaurant **Loong Toh Yuen**, contemporary French fine

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dining restaurant **St. George**, casual grill restaurant **Stables Grill** located in the old horse stables, and one-of-a-kind British bar **Mariners' Rest** where the original jail cells from the former Marine Police Headquarters still stand. In 2014, two new outlets were launched in Hullett House, **Champagne Gallery**, a champagne lounge designed in the style of a French maison offering bespoke champagnes and seafood pairings, and **Whisky@Stables**, the only whisky bar in town renovated from a former horse stable that serves over 100 different types of whiskies from around the world, both located within Hullett House. The group's latest opening, **Bar Soul**, which is located on the first floor of Hotel Soul, brings a unique blend of retro and industrial elements.

For more details, please visit [www.gr8lc.com](http://www.gr8lc.com).

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Stuffed red pepper, eggplant and bitter gourd  
with minced fish  
(RMB 38)



Soy sauce chicken  
(RMB 118)

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Baked pork ribs with salt  
(RMB 48)



Deep-fried Mandarin fish with sweet and sour  
sauce  
(RMB 168)



Braised tofu with fish soup  
(RMB 38)



Stewed chicken soup with Chinese herbs  
(RMB26/person)  
(RMB108)

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