

Yat Tung Heen 24 Solar Terms Series – Autumn Rejuvenating Menu

(12 August 2015 · Hong Kong) – According to Traditional Chinese Medicine theory, autumn is the season of the Metal element and the organs associated with it are the lungs. The Metal element is said to induce dryness in the bodies respiratory system and skin.

To help counter these symptoms the Yat Tung Heen culinary team has hand-picked an array of seasonal and nourishing ingredients such as fish maw, walnuts, ginseng, green tea and fresh fruits to create our Autumn Rejuvenating Menu helping to keep you healthy inside and out.

Double-boiled Nourishing Soup

Double-boiled Sea Whelk Soup with Fish Maw, Red Dates and Chinese Herbs HK\$138

Fish Maw is a precious traditional Chinese ingredient owing to its high content of proteins, phosphor and calcium. Fish maw cooked with red dates and herbs can help heal weak lungs and kidneys. Most importantly, it could improve people's skin and invigorate blood circulation. This soup is definitely a good choice for women.

Refreshing Appetisers

Marinated Turnip Slices rolled with Shredded Chicken, Celery and Carrot in Hua Diao Wine HK\$78

Thinly sliced marinated turnip wrapped with shredded chicken, crispy celery and carrot in Hua Diao Wine providing a delicious flavour to the dish and making it a refreshing chilled appetiser.

Chilled Cod Fish Jelly topped with Walnut HK\$78

It is believed that consuming walnuts may support brain development and help reduce levels of cholesterol. This freshly made cod fish jelly topped with walnut contains rich collagen and provides deliciously refreshing flavours.

Rejuvenating Gourmet Highlights

Steamed Chicken Fillet with Fresh Ginseng and Yunnan Ham (in half) HK\$238

Many studies have shown that ginseng helps improve liver function, slow down the aging process and increase blood circulation. Adding ginseng to the chicken fillet makes it both tasty and fragrant too.

Braised Spareribs with Strawberry Paste HK\$218

Strawberries rank amongst the top 10 fruits in providing health benefits, for example, they are said to help boost immunity and regulate blood pressure. This dish is crispy on the outside but soft, tender and juicy on the inside. Each piece of meat is coated with fresh, sweet and sour strawberry sauce making it more appetising.

Deep-fried Eel Fillet with Pomelo Sauce accompanied with Pan-fried Silver Cod with Preserved Beancurd Paste HK\$328

Pomelo is popular due to its nutrition value and health benefits, including helping weight loss, improving digestion and many more. Eel fillet and silver cod could invigorate the spleen and stomach, accompanied with the delicious sauce to provide an enticing dish.

Sautéed Sliced Abalone with Lily Bulbs and Cordyceps Flower HK\$398

It is believed that abalone helps promote healthy eyes and liver function, reduces fluid retention and improves circulation, while cordyceps flowers have anti-aging properties. This is a rejuvenating dish that should not be missed this autumn.

Nourishing Desserts

Sesame Dumplings stuffed with Green Tea Almond Juice (4 pieces) HK\$48

This treat provides the perfect amount of sweetness. The soft and chewy sesame dumplings infused with green tea and almond juice will moisten the lungs and help relieve thirst.

Double-boiled Whole Pear with Honey and Snow Fungus HK\$38 per person

This traditional Chinese dessert is thought to ease coughs and reduce body heat plus snow fungus has been used as a tonic to help improve ones complexion. A sweet and healthy dessert that is very suitable for women.

Other recommendations

- Double-boiled Soup with Crabmeat, Bamboo Pith and Yellow Fungus in Fresh Papaya Bowl (HK\$138 per person)
- Stewed Whole Tiger Garoupa with Pomelo Peel and Turnip (HK\$580)
- Sautéed Scallops and Asparagus, garnished with Fresh Sliced Green Pear (HK\$268)
- Poached Shrimps and Angled Luffa with Straw Mushroom and Chinese Wolfberry in Supreme Broth (HK\$168)



Double-boiled Sea Whelk Soup with Fish Maw, Red Date and Chinese Herbs



Braised Spareribs with Strawberry Paste



Steamed Chicken Fillet with Fresh Ginseng and Yunnan Ham



Marinated Turnip Slices rolled with Shredded Chicken, Celery and Carrot in Hua Diao Wine



Deep-fried Eel Fillet with Pomelo Sauce accompanied with Pan-fried Silver Cod with Preserved Beancurd Paste



Sesame Dumplings stuffed with Green Tea Almond Juice

About Yat Tung Heen

The renowned Cantonese restaurant presents an extensive menu of traditional Cantonese cuisine in elegant and contemporary surroundings. Try dim sum, double boiled soup, fresh seafood and much more. The popularity of this venue confirms its enduring quality. With private rooms, it's ideal for banquets, celebrations and functions.

About Eaton, Hong Kong

Conveniently located on Nathan Road, Eaton, Hong Kong is only a few minutes away from the Jordan Mass Transit Railway while many famous attractions in the city including Temple Street and the Jade Market are within easy reach.

The hotel boasts 465 well appointed and custom-designed guestrooms and suites, three ballrooms, ten break-out rooms, a stylish E Club, six restaurants and an alfresco bar, which offer an array of culinary delights from around the world. It also features a roof-top heated outdoor swimming pool and gymnasium overlooking the famous Nathan Road - your perfect spot to relax.

The Eaton is part of an environmental conscious and committed management company based in Hong Kong. It has actively introduced environmental and social performance initiatives to reduce overall resource consumption whilst promoting efficiency and behavioural change amongst colleagues, suppliers, guests and clients.

For information on Eaton, Hong Kong, please visit hongkong.eatonhotels.com

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