

foodie®

The Food Nomad

Discover the best bahn mi in the streets of Ho Chi Minh

Countdown Diet

The skinny on how to look your best on your Big Day



Wedded to Deliciousness

Menus and cakes to fit every wedding



CEO

Lily Ng

CTO

Derek Kean

Interim Editor-in-Chief

Celia Hu

Editor-in-Chief

Alicia Walker

Digital Editor

Keshia Hannam

Creative Director

Helen Griffiths

Designer

Robert Li

Foodie Club & Events Manager

Hannah Chung

Head of Sales & Marketing

Joseph Kwok

Client Engagement Manager

Kathryn Riley

Developer

Dale Foo

Photographer

Sophie Jin

Published by Foodie Group, 16/F, Chao's Building, 143-145 Bonham Strand, Shaung Wan, HK
www.afoodieworld.com

Printed by Teams Printing Co., Ltd

If you'd like us to help you to promote your brand, please contact Joseph Kwok at sales@afoodieworld.com, 3791 2565

Foodie is published monthly, 12 times a year. The contents of the magazine are fully protected by copyright and nothing may be reproduced without permission. The publisher and editors accept no responsibility in respect to any products, goods or services that may be advertised or referred to in this issue or for any errors, omissions or mistakes in any such advertisements or references. Foodie and the Foodie magazine logo are trademarks of Foodie Group Limited. All rights reserved.

Love in All Its Deliciousness

We ring in August with wedding bells. This month, we celebrate one of the most memorable days in life with a full feature on all things wedding...at least, the food and drinks department! We've got you covered when it comes to selecting the perfect wedding cake, as well as deciphering the often daunting world of Chinese banquets. We've racked our brains and consulted esteemed wedding planners to come up with unique wedding venues and bachelorette haunts. And to ensure that our brides stay glowing despite all that glorious eating, we've enlisted our nutritionist Michelle Lau to create a month-long countdown fitness and diet regime to ensure the most stress-free walk down the aisle. Speaking of memorable occasions, we're thrilled to announce the arrival of baby Finnegan Hardy Walker, our Editor-in-Chief, Alicia Walker's, newest addition. Finnegan arrived at the nick of time the night of our editorial sign-off on May 22nd at 3.4 kilograms, and we're looking forward to fattening him up with plenty of good food in our Foodie office!



Finnegan Boy
3.4kg



Celia

Celia Hu Interim Editor-in-Chief
editor@afoodieworld.com

Foodie Panel

Food-loving folks who've helped us this month:



Evelyn Mills
The mastermind behind Marriage Maestros
p.22



Sonya Yeung
Seasoned chief wedding planner of Bliss Creations
p.22



Michelle Lau
Nutritionist and health guru
p.31

Love food? Join the Foodie community!



facebook.com/foodiehk



[@foodiehk](https://twitter.com/foodiehk)



pinterest.com/foodiehk/



[afoodieworld](https://instagram.com/foodieworld)

www.afoodieworld.com



Masters of Celebration

Between menus, venues, and customs, not to mention choosing the perfect dress and organizing all the logistics, weddings can be a lot of work. But they are also some of life's most memorable moments. Based on our editors' experiences, and the helpful tips from our wedding planner consultants, we've put together a list that will, hopefully, ease any bride's pre-wedding jitters.

MEET OUR ESTEEMED WEDDING PLANNERS



Evelyn Mills of Marriage Maestros has been planning luxury, large scale weddings in Hong Kong and across the globe for over 13 years. With typical attendance lists ranging from 300 to 1000 guests, it's safe to say she's an expert at organization. Recently, she launched Wedding Maestros, which caters to more conservative budgets

www.marriagem maestros.com



Sonya Yeung of Bliss Creations has over 10 years of experience in event and wedding planning, and has created unforgettable moments for lucky couples all across Hong Kong and the Asia-Pacific.

www.blissweddings.asia

Location, Location, Location

Whether it's a rustic country wedding under fairy lights in a barn, or a black tie soiree in a palatial chateau, the venue plays a key factor in setting the tone, and theme, of a wedding.

Here are some of our favourite Hong Kong wedding venues:

5 STAR SWANK

The Ritz-Carlton

ICC, 1 Austin Road West, Kowloon, 2263 2263

Say "I do" from the highest wedding venue in town at Ozone, on the 118th floor of the towering Ritz-Carlton overlooking Hong Kong's iconic skyline and Victoria Harbour. Several ballrooms are on offer, including ones that can accommodate over 500 guests! We also love the personalized Pierre Hermes macaroons as guest favours!

InterContinental

18 Salisbury Road, TST, 2721 1211

With panoramic views of Victoria Harbour and the city's largest pillarless ballrooms, Intercontinental is the perfect venue for large, extravagant weddings. With a reception venue that can accommodate up to 720 guests for a sit-down dinner, as well as the city's largest hotel LED wall, there's plenty of space for create the perfect ambiance.

The Peninsula

Salisbury Road, TST, 2920 2888

This historical hotel is all about refined elegance, from the gilded ornate ceiling and walls to the classic Rolls Royce and white gloved bell boys. We love the intimacy of the Salisbury Room, which can fit up to 12 cozy tables. There's even the option of a string trio or a jazz band to enliven the romantic ambiance.

Four Seasons

8 Finance Street, Central, 3196 8888

The sprawling luxury hotel is renowned for its panoramic harbour views and impeccable service. Opulent ballrooms are ideal for extravagant receptions of 450 guests for sit-down banquets, while more intimate affairs can be had with special wedding packages ranging from 10 to 60 guests. The blueberry and honey buttercream cake sounds mighty drool-worthy!

BOUTIQUE CHARM

One Thirty One

131 Tseung Tau Village, Shap Sze Heung, Sai Kung, 2791 2684

Evelyn: One Thirty One, a 3 storey Mediterranean-style house nestled in Three Fathoms Cove in Sai Kung, is a perfect venue for romantic outdoor weddings overlooking the ocean. The outdoor space can comfortably accommodate up to 80 guests.

Butcher's Club ED1TUS

16-17/F, 18 Wong Chuk Hang Road, Aberdeen, 2552 8281

Sonya: The industrial chic venue can accommodate up to 120 people for seated dinner, or up to 400 for cocktail receptions. There's also the massive 7,000 square foot rooftop that can seat 400 guests comfortably. Guests can stop at the food truck before making their way up to the oyster bar, carvery station, and the a hog roast! There's also plenty of sweet temptations, like the "build your own s'mores station" and the waffle sundae station!

Auberge Discovery Bay

88 Siena Avenue, Discovery Bay, Lantau Island, 2295 8288

Evelyn: With an open-air horse-drawn carriage to take couples to the 16 meter seaside White Chapel, and a European tall ship named The Bounty, there's plenty of fairy tale elements at Auberge. For reception, the massive ballroom can accommodate 570 guests for sit-down dinner, or up to 700 for cocktail reception!

Crown Wine Cellar

18 Deep Water Bay Drive, Shouson Hill, 2580 6287

Sonya: Crown Wine Cellar was constructed 80 years ago by the British military as an ammunition bunker during the Second World War and was declared a UNESCO Asia Pacific Heritage Site in 2007. Tucked in leafy Shouson Hill, the venue boasts six underground cellars and a private members clubhouse. Its 1,500 square foot glass conservatory is the perfect venue for a reception filled with fine wines.