UNIVERSIADE daily

HOTELS

Hotel Oriental Regent 晶都酒店

RESTAURANTS



Hotel Oriental Regent is located at the strategic point leading to Shenzhen's main shopping and financial centers. It's near the Shenzhen Municipal Party Committee, the securities exchange, Diwang High-Rise and the Shenzhen-based general headquarters of major banks. The windows of the hotel overlook the picturesque Litchee Park and exuberant Hong Kong can be seen in the distance. The 30-story mansion covers 55,000 square meters and offers more than 360 first-class guestrooms, modern business offices and the biggest underground parking lot in Shenzhen. Inside the hotel there is a large banquet hall, a song and dance hall, a sauna fitness center, a swimming pool and a tennis court. There is a Carrianna Chiu Chow-flavor restaurant, a shark fin seafood restaurant, an Amigo Western-style restaurant and a coffee bar.

Address: Financial Center Building on the Midway of Shenzhen Main Street, Shenzhen

Century Plaza Hotel 新都酒店 Century Plaza Hotel, Shenzhen, is a famous four-star international hotel listed on the stock exchange. Located in the bustling commercial and shop-



ping area adjacent to Luohu Railway Station, Luohu subway station, Luohu Checkpoint and Bus Station, it is a good choice for business, leisure or tourism. The hotel offers 401 immaculate accommodation units, decorated in Chinese and European styles. Each room is endowed with all the essential amenities. Century Plaza Hotel Shenzhen offers conference rooms for business meetings. Every conference room is equipped with up-to-date meeting facilities, including videoconferencing systems, highspeed broadband and wireless Internet access. Recreational facilities, such as the gymnasium, swimming pool and sauna, can enhance physical well-being.

Address: No 1 Chunfeng Road, Luohu district Shenzhen





Xingli Chinese Restaurant 星丽中餐厅

Chaozhou cuisine offers a wide range of dishes, from home-style cooking to high-end seafood banquets.

Meals at Xingli Chinese Restaurant average from 250 to 850 yuan per person but a hungry diner with a thick wallet can spend a lot more. The restaurant occupies the whole fourth floor of The Ritz-Carlton Shenzhen, which overlooks the Shenzhen Convention and Exhibition Center. Chaozhou dishes are the highlights of the restaurant.

You can spend around 1,000 yuan on a helping of top-quality Japanese abalone, a pot of shark fin soup or bird's nest soup. But there are also plenty of dishes that cost from 50 to 150 yuan.

According to the philosophy that the gourmet spirit is best seen in simpler dishes, polin bean curd is a magnificent option. It looks like stinky tofu but shares nothing in common with that strong smelling bean and variety, except both are deep-fried. The first bite tells you the difference. Its crispy skin preserves the tenderness of the tofu inside. It can be summed up as: "Once bitten, forever smitten".

Sauces for the dish are salty water and red pepper. These get rid of the extra grease, if there's any.

No effort is spared to provide the best food. All ingredients are transported from Chaozhou, Guangdong province, the home of the cuisine, to ensure the fresh taste of each bite. Dishes are beautifully presented and are healthy. They use only a small amount of salt and oil, according to Chef Lo Yuk Fai from Hong Kong.

"As the climate of Guangdong is hot, Cantonese food, especially Chaozhou cuisine, does not use much spice, bringing out the natural flavors of the vegetables and meats," Lo said.

"The dishes are fresh, crisp, tender and lightly seasoned. Best known for its seafood, Chaozhou cuisine emphasizes light tastes and healthy soups. Plenty of dishes are prepared and served on the spot, such as salmon, lobster, abalone, beef fillet, goose liver and rice noodles."

Pan-fried and stewed grouper has a fresh, white broth and offers a chewy sensation. Fried turnip cakes with prawn balls offer a perfectly balanced mixture of ingredients. Seafood congee uses grouper simmered for more than two hours to derive a tasty white soup, to which dried scallops, prawn and dried fish are added.

Address: Fourth floor of the Ritz-Carlton Shenzhen, 116 Fuhuasan Road

Hours: 11 am-2:30 pm for lunch and 5:30 pm-10:30 pm for dinner

Average cost per person: 250 yuan for the main dining area and 850 yuan for a VIP room

Tel: (755) 2222 2222 Ext 8658

