

watercolours

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JOHOR'S CULINARY HERITAGE

Scrumptious Southern delights

Art Lane brings people and art under one roof

A Rendezvous with the finest

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ISSUE 15 | October 2018



THE COVER
Johor Bahru's culinary heritage lives on at some of the capital's oldest *kopitiam*

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Art for the people

George Town's newest art space, Art Lane, was conceived for passion and preservation.



Scrumptious Southern delights

From decades-old bakeries to Malaysia's best chicken chop, Johor Bahru's cultural enclave—around Jalan Tan Hiok Nee, Jalan Dhoby and Jalan Trus—has some of the capital's most authentic local eats.



Rendezvous with the finest

Straits Quay Marina was a befitting venue for Southeast Asia's most anticipated luxury lifestyle event.

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ART FOR THE PEOPLE

George Town's newest art space, Art Lane, was conceived for passion and preservation.

On any given day, you can see a line of people at the start of Lebuh Armenia, waiting for their turn to pose for a photo at the 'Little Children on a Bicycle' installation-mural. It's a self-regulated system; there's no one to monitor or direct the crowd but somehow, the line proceeds in an orderly manner. Such is the draw of the infamous mural that was first installed in 2012, for the George Town Festival, and has been defaced and repainted a few times since. Where something good awaits, people will muster enough patience to last the wait.

There's another queue for the art that many may not be aware of. As much as the city encourages the growth of its art trail, there are limited walls available and public murals must first get the approval of the George Town World Heritage Incorporated (GTWHI).

ARTISTS LOOKING TO LEAVE THEIR MARK IN GEORGE TOWN THUS HAVE SEVERAL HURDLES TO OVERCOME.

CLOCKWISE FROM FACING PAGE, TOP: Colourful expressions brighten up the walls; Art Lane's simple but informative signage; the entrance on the Lebuh Victoria side

Since January this year, a new regulation states that they must also obtain permit from the Penang Island City Council. Artists looking to leave their mark in George Town thus have several hurdles to overcome. Yet, the city is not short



THIS PAGE: Dila and Otong, travelling artists from Indonesia, created four murals at Art Lane; **FACING PAGE:** Thomas Powell's striking mural of a Chinese opera performer



on painting space—albeit not all of it is outdoors or on the streets.

Narelle McMurtrie, long-time Penang resident and co-owner of China House Café as well as Straits Collection Boutique Hotel that are all housed in heritage buildings, had observed that there are many vacant lots among George Town's old shophouses. Her idea was to allow artists to go in and paint on the walls and put those spaces to good use. She cited Australia, where she's from, as an example: Local councils would list building spaces that are awaiting

renovation. Artists can bid for the space and successful applicants can then utilise those spaces as art galleries, even if only on a short-term basis.

Earlier this year, she made good on her idea. She secured two linked pre-war shophouses, exact replicas of China House's layout, just eight doors away and on the same row. Named Art Lane, it was conceived as a public art space and a community hang out, an alternative for artists seeking opportunities to express their creativity and a point of interest for art lovers.



ALLOW ARTISTS TO GO IN AND PAINT ON THE WALLS AND PUT THOSE SPACES TO GOOD USE.

The previous tenant was a hardware company that used the space as a warehouse. The buildings were left bare and Narelle kept them that way, except for a few tables and chairs, and a ping pong table. Instead, the walls take centre stage as canvasses for murals and graffiti. There are also a couple of installation pieces on site, by local artist Ono Kang. In the first room, at the Lebuhraya Pantai entrance, his *Chae Chuan Kui, Chae Yit Cheh (Above All Else, We Must Learn To Control Our Breath)* will make you stop and ponder. Inspired by



a time machine, it features a rotating globe and reminds us that we decide our future. Time is important but more importantly, what do we do with the time that is given to us?

In the next room, you can view two works by Indonesian street artist duo Fahla Fadhillah Lotan (Dila) and Bonar Diat Senan Putro (Otong), known collectively as thedeoMIXBLOOD. Dila's *Sweeter Than Candy* is an ode to the 30 cats she left behind in Yogyakarta. On the facing wall, Otong's figurative piece features a gigantic dog.

Look for the ping pong table and you will also see one of the most striking murals at Art Lane, a floor-to-ceiling piece that depicts a Chinese opera performer resplendent in full costume. The artist, UK-born Thomas Powell, has been living in Penang for a few years now and is popularly known as the "Chinese zodiac

artist" since his exhibition on the subject at George Town Festival 2014. Australian textile designer Chris Stone, who has also exhibited in Penang, contributed a pastel floral piece while Philip Hemnell's whimsical Rice Cookers bearing the phrase "Nasi Adal!" brightens up what used to be the kitchen area.

The walls are constantly changing as new art works find their way onto them. Some may be painted over after some time, to make way for others. The art may be transient but in Art Lane, George Town's built heritage has yet another chance to be preserved for posterity. 🍷

ART LANE
127 Lebuhr Pantai, George Town
Opens: 9am-7pm daily
FB & IG: @artlanepenang

CLOCKWISE FROM TOP: Chris Stone painted this as an ode to Langkawi LASSie, an animal shelter; how many cats and dogs can you see?; every inch of Art Lane's walls is covered in art

**Keen to have your art on Art Lane's walls? Submit your proposal to info@chinahouse.com.my*





SCRUMPTIOUS SOUTHERN DELIGHTS

From decades-old bakeries to Malaysia's best chicken chop, Johor Bahru's cultural enclave—around Jalan Tan Hiok Nee, Jalan Dhoby and Jalan Trus—has some of the capital's most authentic local eats.



RESTORAN KIN HUA

Soft-boiled *kampung* chicken eggs, kaya toast hot off the grill, economy fried beehoon, all accompanied by fragrant local coffee. When it comes to variety, few outlets in the area can beat this 55-year-old *kopitiam* and even more impressively, every dish is done so well. The soft-boiled eggs are something of a signature, known for their perfect consistency and intense yellow yolks.

Come lunch hour, you can take your pick from dozens of *lauk* at the *nasi padang* stall—which serves *nasi lemak* earlier in the day—and the owner will proudly tell you their version is the best in town. Believe him; the fluffy creamy rice is the perfect vessel to soak up curries and their fiery, pungent *sambal* that takes enjoyment up a notch. Other recommendations include *mee rebus*, oodles of yellow noodles swimming in a spice-rich sauce, and traditional delicacies including *chee cheong fun* and *chwee kuih*.

8 Jalan Trus
Opens: From 7am daily

HIAP JOO BAKERY

Once you're done with breakfast at Kin Hua, cross the road to this family-run bakery, one of the Johor's oldest and best loved. Their main claim to fame is banana cake, which is soft and moist, and loved by all ages. It draws a long line every day and is so popular, there's a separate schedule for it: From 12pm on Mondays, from 7.30am Tuesdays to Saturdays, and from 8.30am on Sundays.

Their other bestsellers include traditional breads such as red bean and coconut buns. Everything is baked freshly on the spot. While queueing, you can observe the non-stop action taking place around their wood fire oven and watch trolleys fill up with baked beauties.

13 Jalan Tan Hiok Nee
Opens: 7.30am - 5.30pm daily



RESTORAN HUA MUI

Another stalwart in the area and even older than Kin Wah is this Hainanese restaurant that's said to be the first in the city to serve chicken chop. That remains one of their most-ordered dishes at lunch. What you get is a generous serving of chicken thigh that's deboned, battered and fried to a satisfying crispiness served with sides of potato wedges and garden peas in a brown gravy. There's a version that comes with salted egg sauce.

Their extensive menu also includes a variety of rice and noodles, as well as dishes to pair with steamed rice—all comfort food that's easy on the palate. What adds to the enjoyment is Hua Mui's unapologetically retro décor and fittings. Mosaic floor tiles lead to a rickety wooden staircase flanked by nostalgic pastel wall tiles, and a pulley system delivers orders from the kitchen to the upper floor.

131 Jalan Trus
Opens: 8.30am - 5.30pm daily

IT ROO CAFÉ

IT Roo is often mentioned in the same breath as Hua Mui when it comes to Hainanese chicken chop, thanks to a Best Chicken Chop award bestowed upon it by a local daily back in 2003. Although it's been 15 years since, IT Roo's reputation lingers among Johor travel and food guides (it's also proudly mentioned on their façade) so it continues to attract droves of curious foodies. Here, you get a choice between fried and grilled chicken chop and either mushroom or black pepper gravy. Their chop is served with potato wedges, coleslaw and a simple salad of cucumber and tomato. You have the option of adding two fried eggs for a more substantial meal. Rice, noodles, Western soups and sandwiches, meat and vegetable dishes round up their offerings.

17 Jalan Dhoby
Opens: 10am - 12am daily



SALAHUDDIN BAKERY

Like a time capsule that's heady with the waffing smoke and aroma of wood fire, this institutional bakery has been faithfully churning out crusty Benggali loaves and a smorgasbord of popular local pastries since 1937. Everything is laid out in trays on the long counter, with a wall of old photographs and framed newspaper clippings as its backdrop. It's hard to pick a favourite and if you ask them, every item is a bestseller as they have been serving a regular clientele for over eight decades now. If it's your first visit, start with the Benggali bread (which you can dip into curries or spread kaya-butter over) and curry puffs, triangular delights of flaky pastry generous stuffed with curry potatoes, onions and either chicken, beef or lamb.

26 Jalan Dhoby
Opens: 9.30am - 5.30pm



HZ CAFE

Two doors away, this unassuming café helmed by Kak Zalizam focuses on simple southern-style Malay cuisine such as *nasi ayam rempah* and *laksa Johor*. The latter is a must-try: al dente spaghetti doused in a thick gravy that's cooked from several types of fish, garnished with onion slices, fresh vegetables and *ulam* (herbs). A squeeze of fresh lime gives it a tangy lift and when paired with Kak Zalizam's powerful homemade *sambal*, makes for a dish you won't want to stop eating. For afternoon tea, the enterprising Johorean rolls out fried *kuih* such as *cekodok* (banana fritter balls) and *epok-epok* (samosas). She also offered us a tip about her neighbour: Salahuddin Bakery starts baking around 11pm every night; knock on the door and they'll sell you piping hot, oven-fresh buns. 🍞

28 Jalan Dhoby
Opens: 11am - 11pm daily except Fridays (open in the evenings only)



EATING CLEAN AT STRAITS QUAY

If you didn't think it was possible to stay on a healthy diet when in Penang, check out these options.

REAL FOOD | 3A-G-13D

Organic, vegetarian, wholesome and most of all, tasty, even non-vegetable lovers will find something to enjoy from Real Food's extensive menu, which offers more than 50 dishes. Established in Singapore, it was introduced to Malaysia by a young couple who describe themselves as "passionate, stubborn people" who hold firmly to the adage that we are what we eat.

Their bestselling Signature Sourdough Pizza exemplifies that philosophy. The dough is fermented for 16 hours, kneaded by hand, and uses a biodynamic tomato sauce—considered the "Porsche of health food"—as its base. The bold, appetising flavours and the texture of the thin crust come together beautifully. You won't have problems polishing off an entire pizza on your own, although you'd want to save room for their Steamed Dumplings. Each parcel is filled generously with a mixture of seven

vegetables, including mushrooms and beancurd, that are finely chopped by hand. It takes three pairs of hands six hours to prepare enough for 60 servings (of eight dumplings each), and you can practically taste the labour of their love in every mouthful.

For something more filling, try the Lentil (Quinoa) Coquette Burger, featuring a patty that combines lentils, roasted walnuts, mushrooms, quinoa and oregano to satisfying effect. A vegan tartar sauce completes it.

Real Food not only wants to serve healthy and nutritionally-balanced food but also share their knowledge on clean eating besides supporting small, local farms by sourcing fresh ingredients from them. They also initiated a Farmer's Market that has become a regular feature at Straits Quay, held every third Sunday of the month.



FRUENZE | 3A-G-22

Icy treats that are actually beneficial for you, especially your gut, sound too good to be true but that's what you get at Fruuze. Their yogurt recipe was developed by an American engineer, who was based in Malaysia, using ingredients imported from Italy to give it a smooth, creamy texture.

Enjoy the dairy delight on its own—besides original and chocolate, there are usually two other flavours available and it changes every two weeks—or with toppings. There are 24 options, including a variety of fresh and dehydrated fruits. Among the highlights is their homemade passionfruit sauce, a sticky syrup that's just the right combination of sweet and tart. You can also have the yogurt served as a parfait or whipped into a smoothie.

Every bite feels like an indulgence yet you're reaping so much health benefits from it. We can't ask for more!



SUBWAY | 3A-1-8

The breads are baked freshly on site and you can pile on a variety of fresh vegetables. It's no wonder Subway is so popular among gym-goers and those who are counting their macros. There are 15 varieties each of sandwiches, wraps and salads—including vegetarian options—and seasonal fillings that are available for limited periods.

Their subs and salads are ideal for all-day dining, and you can also get your day off to a good start with items from their breakfast menu. Choose from four types of sandwiches, with fillings that include eggs, cheese, tuna and chicken slice.

Another popular feature among regulars is the variety of breads available, providing a myriad of option.



UNCLE ALBERT'S TRADITIONAL ENGLISH FISH & CHIPS | 3A-G-8

Fish is not the only catch you can net at this Malaysian branch of an Irish institution with outlets all over England and Ireland; they serve all manners of seafood as well as other meat. Portions are pretty generous and ideal for sharing.

Their seafood is delivered every morning so you are assured of utmost freshness. The Pan-Fried Sea Trout with garlic, butter sauce, mashed potatoes and cherry tomatoes is testament to that. Crispy skin gives way to tender fish that's made even better with the butter sauce and a squeeze of lemon. For variety and balance, the Seafood Kebab is ideal—skewered fish, prawns, capsicums and onions paired with a chilli dip. It usually comes with egg fried rice but you can swap that for a salad.

Another must-try dish is Roast Chicken with homemade stuffing, roasted potatoes, peas, carrots and gravy. Classic and hearty, this is comfort food at its best. 🍴



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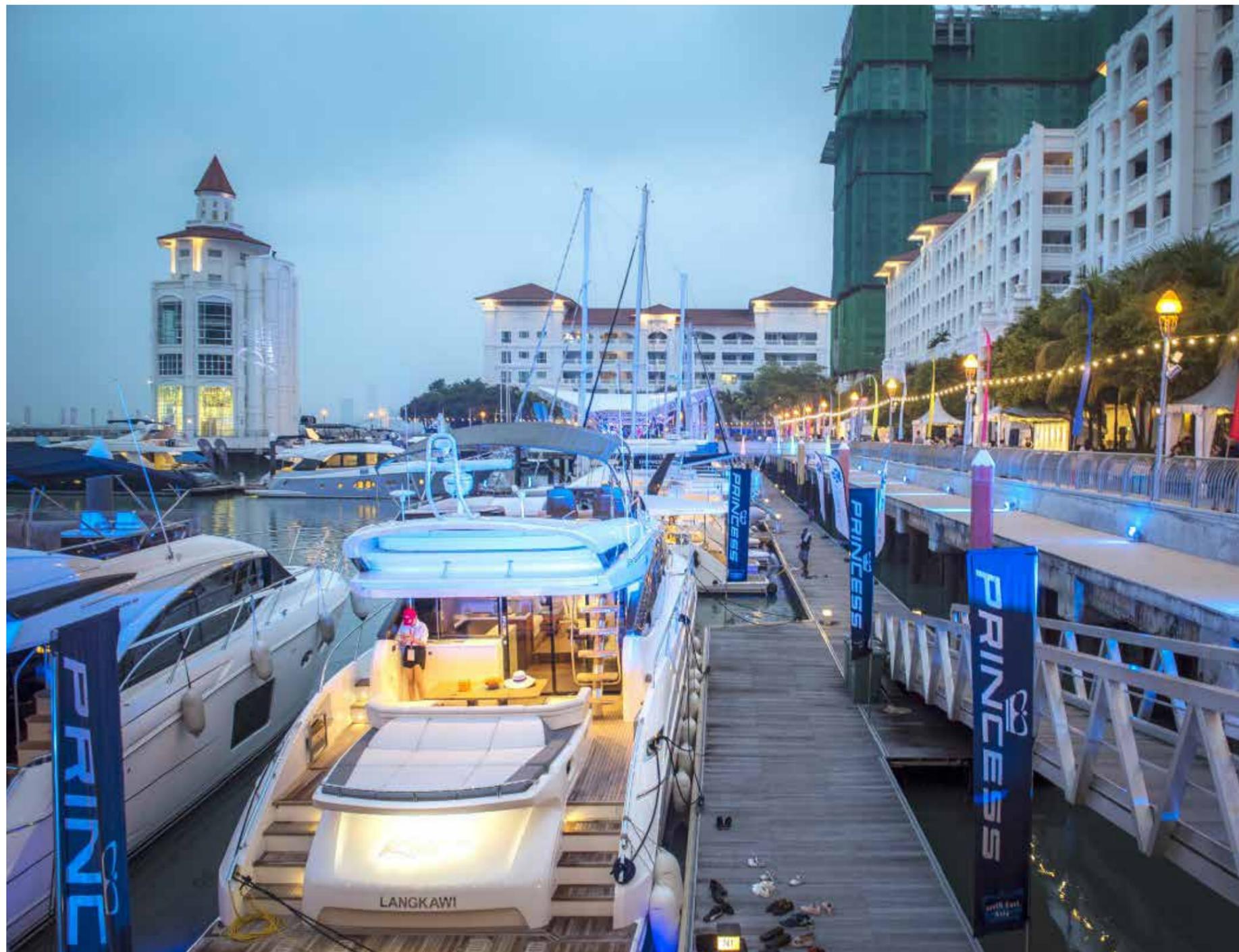
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A RENDEZVOUS WITH THE FINEST

Straits Quay Marina was a befitting venue for Southeast Asia's most anticipated luxury lifestyle event.

Sleek yachts, shiny super cars, handsome classic cars, the best wines and gastronomy to make any epicurean shiver in delight, upscale properties, sea planes, priceless art ... it was a whirlwind four days of hedonistic pursuits when Rendezvous, one of the region's top-billed event of its kind, landed in Penang at the Straits Quay Marina.

Having made waves in Singapore and Phuket with stellar presentations of one-of-a-kind experiences by renowned brands in luxury lifestyle, Rendezvous Penang had a lot to live up to and it did not disappoint.

CLOCKWISE FROM FACING PAGE, BOTTOM: A fleet of sports cars greeted attendees at Straits Quay; sleek yachts filled up the Marina; official opening of Rendezvous 2018 and vintage cars were also among the highlights

IT WAS A WHIRLWIND FOUR DAYS OF HEDONISTIC PURSUITS



THIS PAGE: Guests were entertained by a variety of live events; **FACING PAGE:** An overview of the Seri Tanjung Pinang development

Held from 26-29 July 2018, the extravaganza drew several thousand visitors eager for a taste of the finest. The first thing that caught the visitors' attention were the two sea planes and 25 yachts docked at the marina.

The guest list read like the who's who of Penang's social circle, including property investors, yacht buyers, fashion

enthusiasts, watch collectors, car lovers, art aficionados, and business decision-makers. Ferrari Owner's Club members were among the guests, and they were feted to a Sunset Cocktail Party by Eastern & Oriental (E&O) Berhad, who also revealed the full extent of the Seri Tanjung Pinang development widely regarded as the biggest seafront project in Penang.



THROUGHOUT THE FOUR DAYS, STRAITS QUAY MARINA BUSTLED WITH NON-STOP EXCITEMENT

The event was punctuated by a number of highlights, including a pop-up by Martell called H.O.M.E. Guests were treated to special workshops and exclusive dining experiences based on the theme "Be Curious". Livening things up further were musicians across several genres—jazz, blues, funk and soul—as well as caricaturists and saxophonists.

Throughout the four days, Straits Quay Marina bustled with non-stop excitement that complemented the existing offerings at the adjacent Straits Quay, Penang's only waterfront shopping mall.



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K MARKET | 3H-G-1



The largest Korean supermarket in Penang has found its home at Straits Quay. K Market presents an array of Korean produce, ready-to-eat food and snacks for your enjoyment.

RD RAFAEL DURO FITNESS | 3A-1-3



Rafael Duro is widely recognised for his expertise in Personal Training as well as Group Training classes, and his commitment to develop and implement innovative fitness techniques. Certified by the CREF (Brazil) - International Recognized Physical Education License, Rafael graduated from FEFISA University in Brazil and holds a Bachelor's Degree in Physical Education. Want to get into your best shape? Sign up with his eponymous fitness centre.

UPCOMING EVENTS

JUNIOR KOLAM MAKING COMPETITION
27 OCTOBER 2018

Witness the colours of Deepavali come to life in the form of kolam, designed and created by young competitors. Sign your children up now, there are attractive prizes up for grabs.

ALL-TIME FAVOURITE TRICK OR TREAT
28 OCTOBER 2018

Have a "spooktacular" time at this Halloween event, where you'll be joined by spooky mascots but it's all in the name of fun! Games and prizes await.



THROWBACK THRILLS

Exciting events that marked the second Quarter of 2018

1 STRAITS QUAY COMMUNITY TALENT SEARCH
7, 8, 14, 15 & 29 APRIL 2018

Pure energy and impressive talent were on display in spades at this annual event. There was a myriad of performances—bands, solo vocalist, instrumentalists, and dancers—that wowed the audiences and judges.

2 HARI RAYA CHILDREN'S COLOURING CONTEST
10 JUNE 2018

The vibrancy and festivities of Hari Raya were captured beautifully in this popular contest, which saw children of all races pitting their creativity to produce delightful artworks.

3 MARKET STREET BAZAAR
30 JUNE - 1 JULY 2018

Inspired by night markets and adapted to fit Straits Quay's settings, this bustling bazaar was heralded as a shopping haven with a huge variety of items on sale. From accessories to apparel, antiques to home ware and food and beverage, there was plenty to keep shoppers happy.

4 PENANG RENDEZVOUS
26-29 JULY 2018

Straits Quay Retail Marina had the honour of hosting the first ever Penang Rendezvous 2018, a one-of-a-kind luxury lifestyle experience that took place over four days. Stunning classic vehicles and super cars, luxurious boats and yachts, and fine watches were among the attractive showcases.

WELCOME TO WHERE THE OLD WORLD MEETS THE NEW

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ON THE HUNT FOR GREEN TREASURES

Young eco-warriors ace the third Think Green Treasure Hunt

Straits Green public park turned into a carnival ground of sorts on 31 March 2018 when it became the venue for the Think Green Treasure Hunt and its 145 participants. Comprising students aged 10-12 competing in teams of 10, the three-hour activity was the third edition organised by Eastern & Oriental Berhad (E&O) and facilitated by Consumer' Association of Penang. Shrieks of laughter filled the air throughout as the students tried to outdo each other at various games and stations, which

included quizzes on herbs and recycling, a compost bay, food garden, and making DIY planters.

All the students—from SK Tanjung Tokong, SJK (T) Azad, SJK (C) Hun Bin and SK Convent Pulau Tikus—were awarded a certificate of participation each. The winning team received RM700 Popular Bookstore cash vouchers while the second and third teams walked away with RM500 and RM400 cash vouchers, respectively. 🌱



THINK GREEN WELCOMES NEW SCHOOL

Fourth food garden set up at SK Convent Pulau Tikus

SK Convent Pulau Tikus became a part of E&O's Think Green programme on 1 June 2018 with the setting up of a 1.5 sqm food garden at the school with beds of green spinach, water spinach, Vietnamese coriander, pandan, turmeric and ginger, among other herbs and vegetables.

The food garden was initiated three months earlier in collaboration with

Consumers' Association of Penang (CAP), and was the fourth such set up under the Think Green programme.

Previously, three other schools had been fitted with the same and all were very well received. The idea behind a food garden is to encourage students to understand better about urban gardening as they get hands-on experience in managing their own. 🌱



CELEBRATING RAYA IN HARMONY

Food, games and festivities at E&O's Open House

It was like a scene out of the best Raya greeting card: Malaysians, of various races and all walks of life, clad in smart baju Melayu or gorgeous baju kurung to celebrate Hari Raya Aidilfitri at Eastern & Oriental (E&O)'s Open House at Straits Green. Attendees were treated to a spread of Malaysian dishes and presented with Raya packets containing peanut candies, as a form of blessing to mark the end of the fasting month.

Students from Tadris Ar-Rasyidin and SK Tanjung Tokong, both part of the Think Green programme, entertained guests—who included Penang Deputy Chief Minister I Datuk Ahmad Zakiyuddin Abdul Rahman, deputy state secretary (development) Dr Mohamad Farazi Johari, deputy state secretary (management) Datuk Ghazali Derahman, Balik Pulau member of parliament Bakhtiar Wan Chik, and Teluk Bahang assemblyman Zolkify Md Lazim—with traditional dance performances and were greeted with thunderous applause. 🌟



THINK GREEN UNEARTHS YOUNG ENTREPRENEURS

Inculcating the entrepreneurial spirit.



While SK Pulau Tikus welcomed its new food garden, an earlier recipient showed that the feature can have far-reaching impacts. SMK Tanjong Bunga, which was introduced to the programme in February this year, has incorporated an entrepreneurial element to their food garden. The school has begun selling their food garden-grown produce to

teachers, parents and friends. Green spinach, water spinach and spring onions have proven to be among the more popular produce so far, and the school has already made a profit from their early harvest. The money was used to upgrade school equipment that had worn out. 🍃



BONDING OVER TEA AND NATURE

Fun, leisure activities provide opportunities for residents of Avira Medini Iskandar to get to know each other and build that all-important community bond.

CHINESE TEA APPRECIATION WORKSHOP
There's something inherently assuring and soothing about a cup of freshly-brewed tea, more so if said cuppa was prepared in a ceremonial way that's reflective of Chinese heritage and customs. As Avira residents learned in this special workshop organised just

for them, there is a lot of pleasure to be derived from this ancient art form. Besides the 101s of brewing a cup of tea, participants also picked up tips on tea-drinking etiquette, proper use of drinking utensils, learnt about the many health benefits of drinking tea, and discovered the myriad of teas available.



6-MONTH GARDENING WORKSHOPS

This extensive and intensive learning opportunity was introduced in May 2018 and takes place over six months, with one workshop held each month. multiple useful skills and knowledge that can be applied for the betterment of their health, homes and families. The six workshops cover the following topics:

No-dig raised garden, edible container gardening, plant propagation, plant food composting, plant mixology, and gardening pests. 🌱

These activities are open to the public too. For further information, please contact +607 509 6868.

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