

老撾美點

LAOS FOR FOODIES

萬象城不僅讓你享受一個寧靜的假期，也給你嶄新的飲食體驗

Head to Vientiane for a calming holiday and some kicking cuisine

Text Karryn Miller Translation Chung Wah Chow

當你開始進入萬象城時，你會發現，要知道這個城市的範圍從哪裡開始，哪裡是田園的盡頭，是十分困難的。當小小的棚屋漸漸變得疏落，而更大更堅固的樓房慢慢增加時，你就知道，你來到老撾的首都了。與泰國首都的繁華相比，老撾的首都就更像一個古樸的河邊小鎮。正是這種悠閒的特質，令萬象如此誘人。這裡沒有不斷向你招手的三輪摩托車司機，相反，這裡是寧靜的——僧侶沿著湄公河岸蜿蜒的林蔭路漫步，而兩旁盡是華麗奪目的廟宇，盡顯祥和之美。

WHEN DRIVING INTO Vientiane it's hard to determine exactly where the city begins and the surrounding farmland ends. As the shack-like houses slowly give way to larger, sturdier structures you have entered Laos' capital city. But compared to the capital of neighbouring Thailand, the nation's hub is more a quaint river town than a bustling city.

It's exactly this sleepy nature, however, that makes it alluring. No constant beckoning of tuk-tuk drivers here. Instead, Buddhist monks meander along the wide, quiet boulevards, visiting the ornately

L A O S F O R F O O D I E S



Makphet
的菜式種類繁多
Makphet feast



Makphet的甜品
Makphet dessert



Makphet的素菜amok
Makphet vegetarian amok

如果你想過慢一點、輕一點的生活，萬象就是這樣的一個城市。想享受一個懶洋洋的時光，還有什麼好得過淺嚐一杯鷄尾酒，慢慢吃一頓美味精緻的午飯？萬象有琳瑯滿目的餐廳，而且價錢相宜。熟悉這個地方的顧客，都知道城內最有名的餐廳哪一家可穿拖鞋，哪一間要穿高跟鞋。他們很多時只需花少於港幣80元，就可讓味蕾盡情享受。

Makphet是外地人十分喜歡的餐廳，它是Peuan Mit街童項目的一部份。顧客除了可以邊嚐美酒甜點外，他們所付出的金錢都是這群前街童的收入來源，並且用作培訓他們成為廚師和服務生。在老撾語中，makphet是辣椒，所以餐廳內的多道菜式也用上了辣椒，以及其他東南亞香料，包括南姜、香茅和芫荽。素食者可以享用完全沒有魚類的amok菜式，那是Makphet自創的豆腐蘑菇

decorated temples that are plentiful along the lanes that branch away from the Mekong.

Vientiane is a city where you can observe a life less hectic – and what better way to do so than over a crisp cocktail and well-executed meal? Despite the variety and quality of the various eateries dotting this sleepy capital, low prices keep pretension at bay. Patrons at the city's popular establishments can feel comfortable whether they stroll in wearing flip-flops, hi-tops or heels. They can also take a date out for less than HK\$80 and not appear to have scrimped.

Makphet restaurant, part of the Peuan Mit Street Children Project, is a popular choice for out-of-towners. Visitors can feel guilt-free about over-indulging in cocktails and desserts here, as proceeds go towards offering former street

children a secure source of income, as well as training as chefs or wait staff. In Laotian, *makphet* means chilli and a number of menu items feature the pepper along with other core South-East Asian flavours: *galangal* (a type of ginger), lemongrass and coriander. Vegetarians can enjoy a rare fish-free plate of amok as Makphet's version blends bean curd, mushroom and pumpkin – presented neatly wrapped in a banana leaf.

Le Silapa is another restaurant that supports the local community, with a portion of your bill going to a children's charity. The comfy French bistro is one of the city's more expensive dining options – though the kitchen's haute cuisine remains a tiny fraction of what it would fetch in Paris or Hong Kong. Sings a review from the *New York Times*: “The food is a lot more



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釀南瓜，用香蕉葉包裹著，香濃味美。

Le Silapa是另一家支持當地社區的餐廳，部分的收益會作兒童慈善用途。這家舒適的法式小酒館，是市內最昂貴的餐廳之一。雖然他們出品的高級美食和巴黎或香港的仍有一些距離，但紐約時報對他們的評價仍是：「他們雖然不起眼，但食物的品質卻遠遠比你想像的精美。」親切的氣氛也是這裡的賣點，健談的老闆會經常與客人交流，還會為客人在有多款選擇的餐牌上建議合心意的菜式。

Sticky Fingers 則是一間較休閒的餐廳，提供大家都熟悉的西式美食，包括漢堡包、三文治、湯和沙律，以及自製的醬汁和鷹嘴豆沙律醬。在東南亞國家用膳，往往會讓你對蔬菜有無限的渴求，因此，你千萬不要錯過他們出品的烤茄子和鷹嘴豆沙律，每碟的份量又多又新鮮！雞尾酒也是不能錯過的，他們用本地酒調製出來的雞尾酒，充滿本地創意和想像力！最有特色的老撾雞尾酒，混合了威士忌、酸橙、七喜和苦啤酒，價格僅為港幣8元！若付出16元你便可嚐到香草伏特加混辣椒，非常超值。

離 Sticky Fingers 不遠處就是 Martini Lounge，你可以在那邊繼續你的雞尾酒派對。酒吧的裝潢時尚優雅，露天座位可讓人在溫和的微風中細細欣賞街上的一事一物。每周的特飲和熟練的調酒師，都是這間酒吧令人流連忘返的原因。

除了老撾菜和西餐，萬象也有其他豐富的菜餚，包括泰國、越南、印度和中國。單是



老撾是佛國，到處皆見佛像
 The Buddha Park

sophisticated than you might expect from such an unassuming storefront.” Accompanying the authentic cooking is a welcoming atmosphere. The personable owner interacts with diners and can offer suggestions on the wide-ranging menu and wine list.

Sticky Fingers is a more casual dining option, offering familiar Western favourites like gourmet burgers, sandwiches, soups and salads, alongside home-made dips and hummus. If dining in South-East Asia has left you craving fresh greens, don't overlook the generously portioned grilled eggplant and chickpea salad. The cocktail menu is also not to be missed, with imaginative concoctions made with local spirits. The signature blend of Lao whiskey, lime, 7Up and bitters costs just HK\$8; for double the price

visitors can sip a herb-infused vodka blend with a chilli after-bite.

Just down the road, let the cocktail party continue at Martini Lounge. The sleek, slender bar features outdoor seating for people-watching in the balmy breeze. Weekly drink specials and a skilled mixologist behind the bar make Martini Lounge an excellent after-hours option.

In addition to Laotian and Western fare, Vientiane's restaurants also feature plenty of dishes from nearby Thailand, Vietnam, India and China. Full Moon Café serves all of these under the same roof. The hip spot entices patrons in with its comfy pillows and respite from the heat, while the menu keeps them happy with tapas-style dishes from throughout the region and an ever-evolving course meal menu.

L A O S F O R F O O D I E S



Le Silapa



茄仔沙律
 Eggplant salad



老撾菜多以辣椒調味
 Dried chillies

L A O S F O R F O O D I E S

看來十分美味的蒸魚
Steamed fish



連甜品也要加上一條小辣椒
Chilli dessert

一間Full Moon Cafe就供應了以上所有菜式。這間別緻的餐館，有非常舒適的枕頭和座椅，是個避暑的好地方。東南亞多國的菜式，以tapas的方式供應，令人感覺清新開胃。還有那個經常更新的套餐菜單，往往給人驚喜！

在老撾國家博物館對面，是一間樸素無名的佛教素食餐廳。店內沒有什麼裝飾，但工作人員相當熱心。你可以品嚐到數十款本地的素食，若你早一點到店來，更可以港幣16元享用他們的自助午餐，每款菜式都是新鮮出爐的，若你來晚了，還會有很大選擇，只是菜可能已經涼了。

就像其他東南亞城市，你可在萬象的街頭找到很多廉價的小吃，或在豪華的餐廳內以老撾的價格享用新鮮和充滿創意的菜餚。所以，不論是街頭小吃，還是「奢侈」享受，也是相當實惠。📍

One place to eat that is definitely minus the frills is a nameless Buddhist vegetarian restaurant which is located across from the Lao National Museum. The décor may be lacking but the genuine warmth of the staff and the chance to try dozens of local meat-free delicacies easily make up the difference. Those diners who arrive early for the HK\$16 buffet lunch get a varied, piping hot selection, while the late-comers still get the choice but not the heat.

Just like in other South-East Asian cities, you'll still find cheap street-side pickings in Vientiane. But with plush restaurants serving up fresh, creative cuisine at Lao prices, visitors can afford to move from the street and into the welcoming reprieve of the city's numerous restaurants. 📍

聯絡詳情 DETAILS

Makphet

位於與 Sethathirat Rd 平衡的小徑上，於Wat Ong Teu 後面
Behind Wat Ong Teu on a small road parallel to Sethathirat Rd
+856 21 260 587

Le Silapa

17/1 Sihom Rd
+856 21 219 689

Sticky Fingers

10/3 Francois Nginn St
+856 21 215 972

Martini Lounge

Nokeokuman Rd ，就在 Fa-Ngum Rd旁
Nokeokuman Rd just of Fa-Ngum Rd
+856 21 552 6452

Full Moon Cafe

在Tai-Pan Hotel 對面的Francois Nginn St
Francois Nginn St across from the Tai-Pan Hotel
+856 21 243 373

Buddhist Vegetarian Restaurant

Samsenthai Rd (在國家文化宮旁邊，朝著「Vegetarian Restaurant」的標誌就會找到)
Samsenthai Rd next to Cultural Hall (look for the 'Vegetarian Restaurant' sign)

機場航線

CHECKING-IN

「噴射飛航」海空中轉機場接駁服務，詳情請見第81頁
Turn to page 81 for details of TurboJet's various airport services



老撾的小僧侶
Young monks