

絲路

# SILKROAD

2014年12月 DECEMBER 2014



DRAGONAIR  
港龍航空

山海遊蹤  
亞庇旅遊攻略

HIGH POINTS  
25 things to do  
in Kota Kinabalu

滿盆歡慶  
感受盆菜濃情味

BOWLS OF  
BOUNTY  
Poon choi: the  
crowd pleaser

劇藝新貌  
京劇舞台重現光芒

NEW FACE OF  
BEIJING OPERA

Update for an  
ancient art form

## 編者的話 Editor's Note



### 冬日妙趣 Winter wonders

**要** 度過與別不同的冬日假期，亞洲區內有很多選擇。北京和釜山附近的滑雪度假村，交通方便，設施齊備，短短幾小時的車程，便讓你進入白雪皚皚天地裡，享受滑雪之樂；若你想放鬆身心，則可以一嘗福岡市內，結合天然溫泉水及現代化浴池的超級錢湯，泡一泡可消除疲勞。本月，我們為你逐一介紹。

若喜歡和暖的冬天，不妨到訪馬來西亞東部沙巴州首府亞庇，那裡以熱帶雨林和自然生態著稱。我們為你推介當地美食、文化、住宿、遊覽及嬉水的體驗，希望你策劃一次揮灑汗水的行程。

回到香港，盆菜是近年大受歡迎的節慶美食，與其說是因為大眾化口味，不如說大家更愛它的鄉土風味，特別在寒冷天氣下，更能感受其暖洋洋的情味。最後，來欣賞屬於國寶級藝術的京劇，為了與時並進，新一代的京劇已加入許多創新元素。

無論大家到哪裡旅遊，祝願你有一次輕鬆而難忘的旅程。

**H**oliday getaways are always a treat and in this issue, we look at choice destinations in Asia. Easy to reach ski resorts located around Beijing and Busan offer instruction at all levels and equipment rental so you can hit the slopes right away. Meanwhile, visitors to Japan can rest tired muscles in Fukuoka's "super sento", a hybrid of natural *onsen* hot springs and urban bathhouses.

Those who prefer warmer climes can dive into our feature on the local food, culture, tropical rainforests and laid-back style of Kota Kinabalu, the capital of East Malaysia's Sabah state on the island of Borneo.

In Hong Kong, we look at *poon choy*, a traditional one-pot communal dish that brings friends and family together, while in Beijing, innovative new ideas are opening up the time-honoured art of Beijing Opera to a new generation.

But wherever you travels take you, we wish you a relaxing and memorable journey.

盧美貞 Amy Lo  
編輯 Editor



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## 作者簡介 CONTRIBUTORS



### 黎樹基 Alex Lai

作者Alex熱愛美食，對於盆菜更是樂此不疲，尤其喜愛相約一班朋友分享。今期他為讀者介紹盆菜的起源及蛻變過程。

When it comes to the Chinese dish of *poon choy*, writer and food-lover Alex loves to dig in with a bunch of friends. In this issue, he explains about the dish's roots and evolution.



### 麥永恆 Gary Mak

攝影師麥永恆走出他位於九龍鬧市的影樓，前往新界圍村拍攝美味盆菜，以及當地人炮製盆菜的有趣情景。

Gary was happy to escape the confines of his photography studio in busy Kowloon to capture the making of *poon choy*, literally "basin food", a beloved dish from Hong Kong's villages.



### Simon Ostheimer

在香港成長的旅遊作者Simon造訪沙巴首府亞庇，對這個婆羅洲人暱稱的「風下之鄉」的各種特色感到著迷。

For this issue, Hong Kong-raised travel writer Simon visited Kota Kinabalu and came away delighted by what Borneo locals refer to as the "Land Below the Wind".



### Catherine Shaw

Catherine喜愛撰寫藝術及文化等題材的文章，她也是Wallpaper\*東京指南的作者。本月她專訪致力推動香港藝術壇發展的商人鄭志剛。

An arts and culture writer, and author of the Wallpaper\* Tokyo City Guide, Catherine profiles one of Hong Kong's most influential art patrons, Adrian Cheng.



### Daniel Allen

穿梭於倫敦與亞洲之間的Daniel是攝影和文字記者，他遊歷甚廣，本月便前往北京，探索歷史悠久的京劇舞台如何重生。

Based in London and Asia, writer and photographer Daniel has journeyed widely across the globe. This month, he flew to Beijing to explore the rejuvenation of Beijing Opera.



### Nick Szasz

創辦網上雜誌《Fukuoka Now》的Nick喜愛探索九州鮮為人知的地方。在本月的冬日度假專題，他推介福岡市內的溫泉浴場。

Fukuoka Now publisher Nick loves to explore lesser-known parts of the Japanese island of Kyushu. He shares with us some Fukuoka City hot spots for our winter holiday round-up.

# 山海遊蹤

SUN, SEA AND THEN SOME

讓你暢遊亞庇的25個精選推介

25 ways to get the most out of exploring  
the Malaysian city of Kota Kinabalu

撰文/TEXT SIMON OSTHEIMER

## 5 種美味享受

廣受食客歡迎的瓊萬興茶店，除了可口的雲吞外，各式惹人垂涎的包點才是其主要賣點，例如以菠蘿果醬做餡料的菠蘿包，以及包滿豬肉和雞蛋的鹹點蒸大包，都是當地食客的最愛。午餐時分，不妨試試怡豐茶室的沙撈越叻沙，與檳城叻沙相比，味道較甜，可以加入一匙用蝦醬製成的參巴拉醬增添風味。日落西山，是時候造訪坐落於殖民地年代建築的**The Jesselton**酒店，其入口處由頭戴狩獵帽的門衛看守，酒保Aji有逾50年經驗，他調配的血腥瑪莉雞尾酒特別出色。淺酌後，可移駕到空間寬敞的**Texas Grill Restaurant & Bar**，與當地人一同享用啤酒和漢堡包，但要留點肚子到海傍的夜市品嚐即場烹調海鮮，為美食之行完美作結。

## 5 項文化體驗

蒙索畢悅文化村距離亞庇市中心約30分鐘車程，村內展示當地卡達山土著的生活面貌，並紀念該族的驍勇戰士蒙索畢悅，館內「顛骨屋」存放的42具頭骨，均屬於他的手下敗將。想認識亞庇歷史的遊客，也可以參加亞庇人文歷史遺蹟行，造訪城中多個景點，了解土著、移民及殖民者的精采故事。你也可以登上由英國Vulcan古董蒸汽引擎推動的列車，沿沙巴海岸線前往吧巴，重溫昔日鐵路風情。這條北婆羅洲鐵路在1914年開通，是亞庇與婆羅洲其他地方的重要連繫，運送出口的米、煙草、糖、絲及

## 5 GOOD EATS

At popular eatery **Keng Wan Hing**, the dumplings are delicious, but its buns take the cake. Try the Hainanese polo bun, made with pineapple marmalade, and the savoury pork-and-egg bun, which tops local foodies' lists. For lunch, head to **Kedai Kopi Yee Fung** for Sarawak laksa noodles. This local dish is sweeter than Penang laksa, so you may want to add a spoonful of sambal belacan – a spicy sauce made from shrimp paste – for extra zing. To start the evening right, head down the road to **The Jesselton Hotel**, a colonial-era building where the entrance is manned by a pith-helmeted doorman and the bartender Aji has been pouring excellent Bloody Marys for more than five decades. Later on, join the locals at the sprawling **Texas Grill Restaurant & Bar** for beers and burgers, and wind up the night across the road, where a **night market** stretched along the waterfront serves freshly cooked seafood.

## 5 CULTURAL EXPERIENCES

**Monsopiad Cultural Village**, a 30-minute drive from downtown Kota Kinabalu, showcases

於東姑阿都拉曼海洋公園的加雅島感受亞庇的熱帶情調；入住Gaya Island Resort 度假村（右下圖）一享閒情；或是親睹長鼻猴（左下圖）等稀有野生動物  
Enjoy Kota Kinabalu's tropical setting at Pulau Gaya in Tunku Abdul Rahman Marine Park; lounge around at Gaya Island Resort (below right); or spot rare wildlife such as the proboscis monkey (below left)



Photos: Proboscis monkey: Alamy/Argusphoto. Marine Park: Getty Images

北婆羅洲鐵路的列車(右圖)讓遊人將鄉郊美景盡收眼底;成功攀登京那巴魯山(最右,上圖)的登山客則可於海拔4,100米的山頂飽覽壯闊美景  
亞庇海傍的夜市攤檔吸引許多饕客前來嚐鮮(最右,下圖)

The North Borneo Railway (right) lets passengers glimpse countryside vistas, while climbers atop Mount Kinabalu (far right, top) are rewarded with views from 4,100 metres above sea level

Dinner can be found among the stalls at the Kota Kinabalu waterfront's night market (far right, bottom)



菠蘿等。時至今日,列車上仍供應簡便午餐,讓乘客體驗昔日情懷。沙巴博物館也值得一遊,其前身是前英屬北婆羅洲總督的官邸,現則設有畫廊、科學中心、伊斯蘭文化博物館及文化村。若然造訪亞庇時正好是星期天,別錯過加雅街星期日市場。當地人由早上6時30分至下午1時聚集於此,擺賣蠟染布料、手工藝品、古董及食品。

## 5 間豪華酒店

**Sutera Harbour Resort**大型度假區位於亞庇市中心與機場之間,佔地155公頃,集合了The Magellan Sutera Resort度假村、The Pacific Sutera Hotel酒店、一個27洞高爾夫球場,以及一個遊艇碼頭。你可以在碼頭乘快艇前往**Gaya Island Resort**,該度假村有120幢建於茂密山林間的豪華別墅,其駐村自然學家及海洋生物學家樂意為住客介紹當地的生態系統及保育設施,當中包括珊瑚礁生態及一個海龜救援組織。位於市區的**Le Méridien Kota Kinabalu**及**Hyatt Regency Kinabalu**等豪華酒店位置理想,方便住客前往市區的餐廳、商店及市集吃喝玩樂。此外,亞庇還有兩間香格里拉酒店集團開設的酒店,當中包括三面環海、適合一家大小入住的**Tanjung Aru Resort & Spa**, Kota Kinabalu; 以及瀕臨達利海灘、坐落於自然保護區內的**Rasa Ria Resort**, Kota Kinabalu, 區內還設有一個紅毛猩猩保育中心。

## 5 個戶外景點

訊號山瞭望台是欣賞亞庇全景的最佳位置。由獨立大草場乘搭的士前往,短短一段車程便可抵達。在山上

the traditions of the region's indigenous Kadazan people and memorialises the legendary headhunter Monsopiad – 42 of his enemies' skulls are on display in a "House of Skulls". Visitors can also explore Kota Kinabalu's history by way of the **KK Heritage Walk**, a city tour that covers stories of the region's indigenous people, immigrants and colonialists. Alternatively, a train pulled by a restored British Vulcan steam engine heads along the coast of Sabah between Kota Kinabalu and Papar, recreating a journey established in 1914 by the **North Borneo Railway** to transport goods such as rice, tobacco, sugar, silk and pineapples for export. The present-day ride strives to capture those days with a tiffin lunch served onboard. Meanwhile, the **Sabah Museum**, on the site of the former residence of the British North Borneo Governor, combines galleries, a science centre, the Museum of Islamic Civilization and a heritage village. Finally,

Texas Grill Restaurant & Bar 除了供應牛扒及漢堡包,還有別具當地風味的各式美食

Along with steaks and burgers, Texas Grill Restaurant & Bar offers locally inspired fare



## ✈ 航程 FLIGHTS

港龍航程  
亞庇:  
每周有七班航機

DRAGONAIR  
Kota Kinabalu:  
7 x Weekly

if you are in town on a Sunday, don't miss the **Gaya Street Sunday Market**. Open from 6:30am to 1pm, it's where locals gather to sell batik textiles, handicrafts, antiques and food.

## 5 LUXURY HOTELS

Located halfway between the airport and downtown Kota Kinabalu, the **Sutera Harbour Resort** complex is a sprawling 155-hectare property, home to The Magellan Sutera Resort, The Pacific Sutera Hotel, a 27-hole golf course and a marina. A speedboat ride from the marina brings you to the **Gaya Island Resort**, which has 120 luxury villas set amid lush jungle. The resort even has an on-site naturalist and marine biologist who offer insights into the surrounding ecosystem and conservation facilities, including coral reefs and a sea-turtle rescue unit. Back in town, both **Le Méridien Kota Kinabalu** and the **Hyatt Regency Kinabalu** are ideal bases for exploring restaurants, shops and markets. There are also two Shangri-La hotels to choose from: the family-friendly **Shangri-La's Tanjung Aru Resort and Spa**, Kota Kinabalu, which is surrounded by water on three sides; and **Shangri-La's Rasa Ria Resort**, Kota Kinabalu, set on Pantai Dalit Beach amid a nature reserve that includes an Orangutan Education Centre.

Photos: North Borneo Railway: Alamy/Argusphoto. Mount Kinabalu and Night market: Getty Images

## 旅遊資訊 MORE INFORMATION

### 1 美食 EAT

瓊萬興茶店  
Keng Wan Hing  
80 Jalan Gaya

怡豐茶室  
Kedai Kopi Yee Fung  
127 Jalan Gaya

Jesselton Hotel  
www.jesseltonhotel.com

Texas Grill  
Restaurant & Bar  
www.facebook.com/  
texas.kotakinabalu

海傍夜市 Night Food Market  
Jalan Tun Fuad Stephens

### 2 文化 CULTURE

蒙索畢悅文化村  
Monsopiad Cultural Village  
www.sabahtourism.com

亞庇人文歷史遺蹟行  
KK Heritage Walk  
www.kkheritagewalk.com

北婆羅洲鐵路  
North Borneo Railway  
www.northborneorailway.com

沙巴博物館 Sabah Museum  
www.museum.sabah.gov.my

加雅街星期日市場  
Gaya Street Sunday Market  
www.sabahtourism.com

### 3 酒店 HOTELS

Sutera Harbour Resort  
www.suteraharbour.com

Gaya Island Resort  
www.gayaislandresort.com

Le Méridien Kota Kinabalu  
www.lemeridienkotakinabalu.com

Hyatt Regency Kinabalu  
www.kinabalu.regency.hyatt.com

Shangri-La's Rasa Ria Resort and Shangri-La's Tanjung Aru Resort and Spa  
www.shangri-la.com

### 4 戶外景點 OUTDOORS

訊號山瞭望台  
Signal Hill Observatory Platform  
www.sabahtourism.com

Coral Flyer高空滑索  
Coral Flyer  
www.coralflyer.com

洛高宜野生動物園  
Lok Kawi Wildlife Park  
www.lokkawiwildlifepark.com

亞庇市濕地中心  
Kota Kinabalu Wetlands  
www.sabahwetlands.org

京那巴魯山 Mount Kinabalu  
www.mountkinabalu.com

### 5 戲水勝地 GET WET

東姑阿都拉曼海洋公園  
Tunku Abdul Rahman Marine Park  
www.sabahparks.org.my

加雅沉船殘骸潛水 Gaya Wreck  
www.borneodream.com

海釣之旅 7 Star Fishing  
7 Star Fishing Adventures  
www.7starfishingsabah.com

九魯河及巴達斯河激浪漂流  
Kiulu River and Padas River White-Water Rafting  
www.riverbug.asia

丹絨亞路海灘  
Tanjung Aru Beach  
www.sabahtourism.com



由五個島嶼組成的東姑阿都拉曼海洋公園堪稱為海洋生態樂園

Tunku Abdul Rahman Marine Park, which encompassing five islands, is a haven for sea life

## 5 OUTDOOR EXPLORATIONS

Hands down, the best view of Kota Kinabalu is from the **Signal Hill Observatory Platform**. A short taxi ride from Padang Merdeka, a central square, it offers a look at most of the city and the islands of the Tunku Abdul Rahman Marine Park, just off the coast. For thrill seekers, there's the **Coral Flyer**, located at the park, which at 250 metres is the longest island-to-island zip line in the world, crossing the channel between Pulau Gaya and Pulau Sapi, with speeds reaching 60 kilometres per hour. **The Lok Kawi Wildlife Park**, meanwhile, is home to rare and endangered local species, including Borneo pygmy elephants, proboscis monkeys and the Malayan tiger. **The Kota Kinabalu Wetlands** feature a 1.5-kilometre-long boardwalk leading deep into mangrove forest where visitors can spot native and migratory birds, fiddler crabs and monitor lizards. Lastly, there's no escaping the lengthy shadow of **Mount Kinabalu**. Sacred to the indigenous Kadazan people, it usually takes two days to climb, but permits are needed and must be obtained before your trip.

## 5 WATER ADVENTURES

**The Tunku Abdul Rahman Marine Park** is a cluster of five islands just off the coast – Pulau Gaya, Sapi, Manukan, Mamutik and Sulug – all easily reached by boat from the Jesselton Point Ferry Terminal. Large tropical fish abound, making the waters ideal for **snorkelling**. Advanced **scuba** divers may want to attempt a technical dive off Pulau Gaya to explore the **Gaya Wreck**, a World War II Japanese merchant ship sunk by an American submarine. **Deep-sea fishing** tours are increasingly popular and are offered by companies such as 7 Star Fishing Adventures, which has all-inclusive charter trips lasting up to five days. Heading inland, the interior of Borneo is home to some of the region's best **white-water rafting**, with tamer runs on the Kiulu River and rougher rides on the Padas River; a number of adventure companies provide gear and guides. If just **lazing about** is more appealing, head to **Tanjung Aru Beach**. The two-kilometre stretch of sand is popular among locals and visitors alike and is especially known for its dramatic sunsets. ■

Photo: Snorkeller: Borneo Dream

可俯瞰城中大部份地方，還可欣賞到東姑阿都拉曼海洋公園的海島景色。喜歡追求刺激的話，公園內長250米的「Coral Flyer」是全球最長的島對島高空滑索，讓你以時速60公里飛越加雅島與沙比島之間的海峽，一嘗騰雲駕霧快感。洛高宜野生動物園是珍稀及瀕危動物棲息之所，當中包括婆羅洲侏儒象、長鼻猴及馬來亞虎等。亞庇市濕地中心有一條長1.5公里的木板步道，遊客可沿此深入紅樹林，觀賞本土雀鳥及候鳥、招潮蟹、巨蜥等。最後，人在亞庇，又豈能錯過登上京那巴魯山的機會。若然想要登上當地卡達山土著視之為神山的山頂，通常需要花上兩天時間，有意登山者需在出發前取得登山許可證。

## 5 大水上樂園

東姑阿都拉曼海洋公園由五個島嶼組成，包括加雅島、沙比島、曼奴干島、馬穆迪島及蘇洛島，全部可由哲斯頓港渡輪碼頭坐船直達。該水域有大量熱帶魚棲息，是理想的浮潛地點。潛水高手不妨前往加雅島附近水域，探索「加雅沉船殘骸」——於二次大戰期間被美國潛艇擊沉的一艘日本商船。此外，當地的深海釣魚團愈來愈受歡迎，7 Star Fishing Adventures等海釣公司提供全包式包船海釣行程，最長行程達五天。於婆羅洲內陸地區，遊客還可一嘗區內最刺激的激浪漂流，你可以選擇水流較不湍急的九魯河，或挑戰怒濤洶湧的巴達斯河；城中多家旅遊公司均提供齊全裝備及導遊服務。假如你只想度過一個懶洋洋的假期，則可到丹絨亞路海灘一遊。這個綿延兩公里的沙灘，深受當地人及遊客喜愛，其夕陽景致更是美不勝收，聞名遐邇。