

# 妹記

## MUI KEE CONGEE

HONG KONG · SINGAPORE

### A Taste of Traditional Cantonese Heritage



*Fish Belly Congee Set, \$14.50 nett*

SINGAPORE, 5<sup>th</sup> JUNE 2017 --- On the 30<sup>th</sup> June, Cantonese porridge concept, Mui Kee, will be making its first venture into the Singapore food market with a 6-month long pop-up at Casa Verde, as part of a collaboration with the Les Amis Group. A third generation congee concept from Hong Kong owned by 34-year-old Mr Pierre Choi (affectionately known as Ah Tung), Mui Kee is best known for its delicious, heart-warming bowls of Cantonese congee that are made using traditional recipes and cooking methods with a touch of old school ingenuity.

### BACKGROUND OF MUI KEE



*Mak Mui at Mui Kee in Mong Kok, Hong Kong*

In 1979, Ah Tung's late grandmother, Mak Mui, opened the very first Mui Kee in Mongkok, Hong Kong. Without any formal culinary training, she relied on her past experience working in a congee shop and took the plunge to set out on her own. After a few months of experimenting with various ingredients and cooking methods, Mui Kee's signature recipes were born. Over the years, Mui Kee steadily built its reputation, and has since developed a strong following in Hong Kong from both locals and tourists alike.

Today, Mui Kee is led by third-generation chef-owner, Ah Tung, who took over the reins from his father at a tender age of 22. Spurred on by his late grandmother's wish that he take over the business, he spent 2 years training under both his grandmother and father before he was finally allowed in the kitchen. Armed with a wealth of knowledge about Cantonese heritage, a skilful

mastery of traditional congee preparation, and his down-to-earth, amiable personality, it is no wonder that Mui Kee has gained much attention in recent years.

### INTRODUCING MUI KEE TO SINGAPORE

When the Les Amis team first tasted Mui Kee's congee in Hong Kong, they were not only blown away by the unique taste and silky texture of the congee, but also by the rich heritage surrounding the brand. The historical preparation of this traditional Hong Kong dish is a dying art not commonly found in Singapore, despite our vibrant food scene. The Les Amis team hopes the introduction of Mui Kee will allow for Singaporeans to have a taste of traditional Cantonese porridge, without having to make the trip up to Hong Kong.

To ensure consistency with its Hong Kong outlet, Mui Kee's kitchen in Singapore will be helmed by Sous Chef Er Suen Liang from the Les Amis Group, who has personally trained with Ah Tung for a year.

### THE COOKING PROCESS

What makes the taste of Mui Kee's congee so unique is that only fresh ingredients are used, with no artificial flavouring or monosodium glutamate (MSG) added. The silky-smooth texture of the congee can be attributed to an arduous 5-hour long preparation process, which starts by using preserved century eggs to break down the raw rice grains. The rice is then cooked with beancurd skin, before being slow-boiled with pork bones and fish, and stirred every 5-10 minutes, for 5 hours. The resultant congee base boasts a delicious, creamy quality and aromatic flavour.

Depending on the order, a selection of fresh ingredients are then added to the base, and cooked in handmade copper pots which ensures even heat distribution. The congee is topped with scallion and ginger before serving.



*Ah Tung cooking in Casa Verde*

### THE MENU

For the pop-up, diners can select from 8 different types of congee, each served with a side of fried dough fritters and century egg. Highly recommended would be Mui Kee's signature **fish belly congee (\$14.50 nett)**, featuring dace fish sourced from Shunde Province sautéed with rice wine, and is cooked in a special method separate from the other congees that gives it an accompanying fragrant *wok hei* taste. Those who prefer meat can opt for the **homemade meatball congee (\$12.50 nett)** or the **pig's innards congee (\$12.50 nett)**. Other options such as sliced beef, scallop or pork & century egg are also available at either \$12.50/\$14.50. Additional side dishes such as the **drunken chicken (\$10 nett)**, and **kai lan (\$7 nett)** are also available for those who would like some extra dishes to complete their meal.

The Mui Kee pop-up menu will be available at Casa Verde from 30<sup>th</sup> June onwards, from **7.30am–3pm, every Tuesday – Sunday**. Perfect for breakfast or lunch, Mui Kee is a great choice for those looking for something light, but yet satisfyingly flavourful.

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**RESTAURANT CONTACT**

1 Cluny Road  
Singapore Botanic Gardens Visitor Centre  
Singapore 259569

**For media enquiries, please contact**

Ms Lim Yizhen  
Group Marketing & Communications Senior Executive  
T: 6733 7741 | E: [limyizhen@lesamis.com.sg](mailto:limyizhen@lesamis.com.sg)