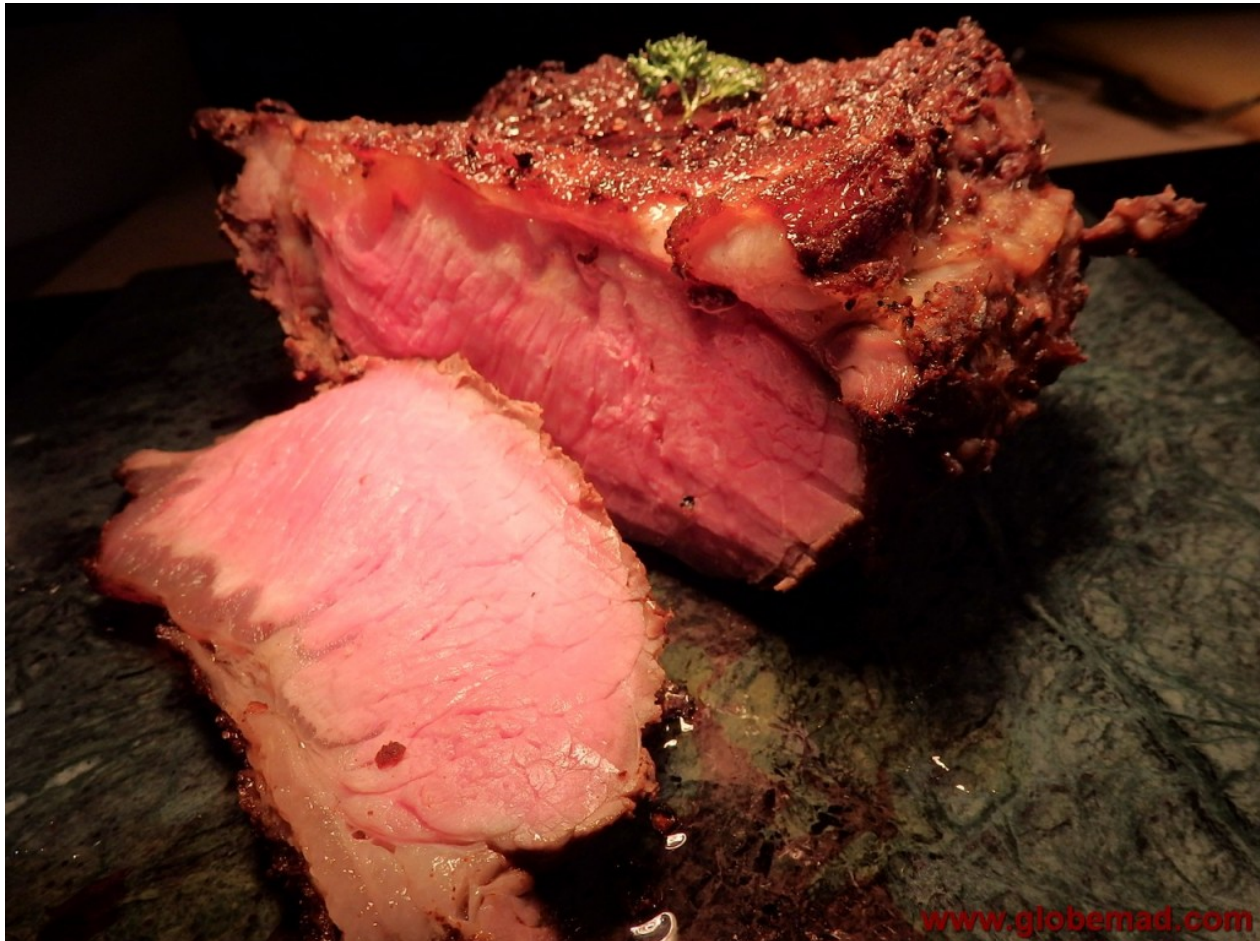




by PETE TRYON on JULY 12, 2016

Eastern and Oriental buffet

Penang is the food capital of Malaysia and Malaysia is the food capital of Asia. So if you're visiting Penang why not go for it and sample the best of the best at the Eastern & Oriental Sarkies buffet? If you're an avid foodie like me and you love a great meal- I couldn't recommend this place more highly. Alternatively if you love to glam up for a romantic meal, this is a must do. So what is the Eastern & Oriental buffet like and why is it so special? Eastern and Oriental fine dining



VARIETY

The broad variety of food at the E&O buffet celebrates the diverse array of cultures that call Malaysia their home. The buffet features Malay, Chinese, Indian, Italian, Japanese, Nonya dishes and much more. There is something deeply satisfying about filling your plate with incredible foods from around the world; one mouthful you are enjoying succulent fresh Japanese sashimi, in the next mouthful tangy crunchy Mediterranean salad... and then off for some more rare roast beef! Eastern and Oriental fine dining



They even offer lobster depending on the season. There really is something for everyone here. Just remember to save room for desserts.



CREATIVITY

Friendly chefs work throughout the evening to ensure that the food is as fresh as possible and prepared to your personal tastes. I was struck by the fact that many of the E&O dishes are the very best version of that dish that I have ever tried. This is no accident; over the years the E&O catering team have fine tuned their recipes to achieve superlatives in flavours, textures and aromas. Creative adaptations to traditional recipes gives the food an exciting twist without losing the original authenticity of the dish. Some dishes are not available anywhere else; they are unique creations of the catering team at the E&O. For instance the signature roast duck with the E&O special sauce is a must try. The crispy skin and rich meat of the duck are perfectly complimented by the tangy, sweet and mildly spicy sauce. Eastern and Oriental fine dining



AMBIANCE

The buffet is so extensive it actually takes some time to peruse all of the dishes and you have to make sure you don't miss anything. Once you have selected your food, you can eat in the stylish air conditioned restaurant or you can eat in the outside seating area and enjoy the beautiful tropical sunset overlooking the ocean. If all this isn't romantic enough, on the weekends they also serenade you with live music. Food served with the warm hospitality that is at the heart of Malaysian culture.



This was truly one of the most memorable food experiences of my life. By the end of the night my only regret was that I don't have a second stomach so I could keep eating.

A FEW PERSONAL FAVORITES

Oysters with cheese and garlic



Seafood Carbonara



Char Koay Teow: Chinese Malaysian fried Koay Teow noodles with shrimp



BOOK THE MOST EXTRAVAGANT NIGHT OF YOUR LIFE

Whilst living in Penang, it was our ultimate treat to spend a night dining in the luxury of the E&O. Everything about the place is just so classy. It would be one of the few occasions that we would actually dress up and splash out. It has been popular with royalty and celebrities alike over the years. If you are in a season in life where you could not only dine, but **stay at the E&O**, just do it.

A HERITAGE OF FOOD

Food is a central and essential part Penang's culture. It is given the status of a food capital for a very good reason. However, as you find with a lot of internationalisation, things are been watered down. There is an incredible **Penang Heritage Cook Book** that preserves and shares the foods and cooking style that are so unique to Penang. It's a bit pricey, but then it is so unique and equips you to cooking distinctively epic and unique food at home. When I'm back in England, Malaysian is my favourite go-to-impress food for friends!

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