

# news release

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## **EXECUTIVE CHEF BRINGS LIFE LESSONS TO ORGANIC MENU AT MANDARIN ORIENTAL, HONG KONG**

**Hong Kong, 6 May 2015** – Executive Chef Uwe Opocensky is introducing healthy lessons from his personal life into the menu at [Mandarin Oriental, Hong Kong](#) this season, mixing local organic produce with progressive gastronomy at Michelin-starred [Mandarin Grill + Bar](#). Chef Uwe’s move towards featuring more locally grown vegetables is a result of years of shaping healthy meals for his own family.

“My family and I don’t consume gluten. We eat an organic, low-sugar, vegetable-rich diet,” says Chef Uwe. “I have adopted the knowledge from my home test kitchen and am bringing the results to our guests who want clean, local food that is grown naturally.”

In search of the right partner over the last few years, Chef Uwe sought out locally farmed ingredients and learned of a local forager and an organic farm on Cheung Chau, Hong Kong’s first island settlement, which is only a 40-minute ferry ride from the hotel. It was during a visit to the farm that he met Mr. Lam, a retired postal worker who runs his organic family farm with his wife, a descendant of the island’s original Huang clan. The 20,000-square-foot farm is located in an idyllic and weather-protected part of the island with a natural water well sustaining it, growing vegetables and fruits that are suitable to the climate of Hong Kong, and in the right season.

As Chef Uwe learned of the Lams’ pesticide and chemical-free farming techniques, he also recognised a shared pride in producing rich-tasting vegetables and fruits that would enhance dishes and aid in improving his guests’ healthy lifestyles. Presently, Mandarin Grill + Bar imports ingredients from the fields of Cheung Chau and gradually incorporates them into new menu options, creating the possibility of an “island farm to table” route.



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“We are still in the early stages of incorporating local organic ingredients into our dishes,” says Chef Uwe. “However, we are progressing quickly, discovering new flavours to excite our guests’ palates and heal their ills. By sourcing local ingredients, I am able to change our menu continuously, depending on what is readily available and on what the earth naturally produces. This also goes hand in hand with our efforts to become more sustainable, socially responsible, and support the local community.”

Dishes incorporating the new produce in Mandarin Grill + Bar’s menu are as follows:

Flower Pot

Organic, Soil, Cress, Salad, Tea

Tree

Organic, Spring, Pea, Ham, Truffle

Sea Bass

French, Line Caught, Lettuce, Asparagus, Caviar

Amadai

Japanese, Line Caught, “Fish & Chips”, Peas, Broad Beans, Caviar

Chicken

Welsh, Rhug Estate, Organic, Roast, “Chips”, Ketchup, Salad

### **About Mandarin Oriental, Hong Kong**

The iconic [Mandarin Oriental, Hong Kong](#) is the epitome of contemporary luxury combined with Oriental heritage. Having delighted guests with award-winning services and impressive facilities for over 50 years, it is a much-loved address for those seeking an exclusive sanctuary in the heart of this exciting city. The hotel’s spacious [rooms and suites](#) offer magnificent views of the famous Victoria Harbour and the city’s skyline. A collection of 10 outstanding [restaurants and bars](#), including three with Michelin stars, a Shanghainese-inspired [holistic spa](#), an indoor pool and a 24-hour fitness centre, make Mandarin Oriental, Hong Kong the quintessential “home away from home” for discerning leisure and business travellers alike.

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### **About Mandarin Oriental Hotel Group**

Mandarin Oriental Hotel Group is the award-winning owner and operator of some of the most luxurious hotels, resorts and residences. Having grown from a well-respected Asian hotel company into a global brand, the Group now operates, or has under development, 43 hotels representing almost 11,000 rooms in 24 countries, with 20 hotels in Asia, nine in The Americas and 14 in Europe, Middle East and North Africa. In addition, the Group operates or has under development, 15 *Residences at Mandarin Oriental* connected to its properties.

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