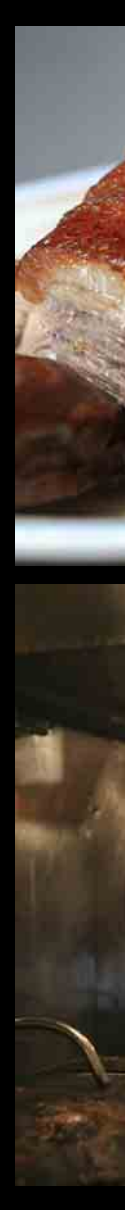


Text: BERNICE CHAN, VANESSA YUNG and CHARLEY LANYON

ROAST WITH THE MOST

Hongkongers love goose for its crispy skin and tender, juicy flesh. And everyone has a favourite venue. Here are our top five



Kam's Roast Goose

Po Wah Commercial Centre, 226 Hennessy Road,
Wan Chai, tel: 2520 1110
(HK\$238 half; HK\$468 whole)

This small eatery only opened in July and has quickly built up a loyal following. One of the grandsons of Yung Kee founder, Hardy Kam Shun-yuen opened the restaurant to serve quality roast goose in a casual setting with rice or rice noodles, either thick (lai fun) or thin (mai fun).

The birds are sourced near Dongguan, as Kam believes the weather and climate is better there. The geese are roasted in a gas oven as opposed to traditional charcoal, but the classic flavour for the most part is retained.

Kam admits the skin isn't so crispy, explaining it's more about the meat. The sesame-infused jus is similar to Yung Kee's but the plum sauce here has a fruitier taste. For a small shop, business is brisk, selling almost 100 whole birds a day.

Verdict: the taste is very much like Yung Kee's, as the head chef used to work there. The goose arrives at the table very warm and the meat is very tender. However, the beans aren't as well cooked as at Yung Kee.



LOVE IT TENDER: chef Wong Kwan-sang (above) with two of his birds; marinated soya beans (right) at Kam's Roast Goose.



Yat Lok Barbecue Restaurant

Block A, Po Wah Building, 5 Tai Ming Lane,
Tai Po, tel: 2656 4732
(HK\$200 half; HK\$400 whole)

The interior looks more like an aquarium than a roast meat place. There's a large screen showing clips of celebrity chef Anthony Bourdain trying out the roast goose here.

Owner Chu Kin-wah explains his father didn't start out as a restaurateur, but as a Chinese opera singer. Eventually he had to give that up and start earning money for the family. He dabbled in a series of businesses before finally settling on roasting geese.

He started Yat Lok's first outlet in Fanling in 1957 and in 1976 he moved to the Tai Po location. These days Chu does everything himself, because he wants to retain a standard he thinks his employees may not be able to maintain.

This means long hours for the 57-year-old, but seeing happy customers encourages Chu to keep going. His brother has opened a branch in Central.

Verdict: hands down the overall winner – crisp skin, not too fatty and very flavourful, tender meat, the taste was not gamey and the plum sauce was quite sweet. Be patient – the restaurant is supposed to open at 11am, but you may have to wait until 12.30pm for the doors to open.



BOX TICKER: with the balance of crispiness, flavour and tenderness, the goose (left) at Yat Lok (above) is the overall winner. Photos: Paul Yeung



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