



# YUM CHA

**East Ocean**  
Reporter: Adam Dixby

Yum cha is fast becoming a Sydney Weekender favourite but East Ocean in Sussex Street in Haymarket has been serving up trolley loads of goodies for years - that's a lot of dishes.

East Ocean is a pioneer of Yum Cha in Australia with a selection of favourites like pork char siu, steamed prawn dumplings and chicken putting my mouth near any kind of feet but when in Rome, or when in a Yum Cha restaurant...

When it comes to Yum Cha there is no need to be chicken. Just ask if you don't know what's on the trolleys and there's an order to eat in. Normally you work your way from lighter to heavier so start off with rice and noodles.

Yum Cha is a great way to eat because you have a little bit of this and a little bit of that but East Ocean also has an à la carte menu with Peking Roast with salt & pepper and live green topped abalone steaks (steamed & served at your table).

To finish off, try the wonderful dessert tarts or anything else on the colourful dessert trolley. Samsa everything, I say!

Who: East Ocean Restaurant  
Where: 421-429 Sussex Street, Haymarket  
Open: 7 days  
Entrées: from \$6  
Mains: from \$14.90  
Contact: 9212 2088



Source From:  
WIN 7  
Sydney Weekener  
Magazine  
Volume 2 Issue 3  
Summer 2006

Source From:  
BOIS BE CHESNE,  
Carole and Henry  
"Bois de Chesne top art & food:  
art & eatery guide: Sydney"  
Bois De Chesne Design 2004  
(www.topartandfood.com)  
(P.8 and P14)



**East Ocean**  
421-429 Sussex Street &  
86-88 Dixon Street  
Haymarket NSW 2000  
T 81 21 9212 4188  
9212 1989 / 9212 2088  
F 81 21 9280 0172



**east ocean**  
Lunch yum cha on à la carte  
Monday to Friday 10am - 5:30pm  
Saturday and Sunday 9am - 5:30pm  
Dinner Monday to Sunday 5:30pm - 10pm  
Night supper  
Monday to Sunday 10pm - 2am (yum cha available)  
(Bookings for dinner preferred)  
Fully licensed  
Smoking not permitted  
Private dining  
Room 1 seating from 6 - 12  
Room 2 & 3 seating from 12 - 48  
All rooms with karaoke facilities.  
DVD player and plasma large screen TV  
Function enquiries welcome  
Cards AC DC MC V  
Capacity up to 500  
map ref. page 9 / A5

East Ocean Restaurant celebrated winning One Chef's Hat in the Sydney Morning Herald Good Food Awards 2003 by initiating a full renovation. The work is now complete and East Ocean is offering a very stylish, contemporary, Chinese-style dining experience. Choose from: booth seating for privacy or a table which is popular for business dining.

Select from over 100 varieties of dim sum prepared in-house by East Ocean's very own, Hong Kong trained dim sum chef.

The in-house Chinese barbecue kitchen offers daily selections of scrumptious barbecue pork, roasted pork, roasted duck and traditional soy sauce chicken.

And it's all very conveniently located in the heart of Sydney's Chinatown and open for supper and yum cha up and 2am!

**Barramundi Fillet steamed with sliced Prosciutto, Chinese Mushrooms and Bamboo Shoots**  
Serves 2  
500g barramundi fillet cut into bite-sized pieces, butterfly style  
100g prosciutto, thinly sliced  
8 pieces Chinese mushrooms, thinly sliced  
8 pieces bamboo shoots, thinly sliced  
1 cup shallots, ginger and coriander, chopped  
Sauce  
1 tablespoon Chinese cooking wine  
2 tablespoons soy sauce  
2 tablespoons fish stock  
1 tablespoon white sugar  
1 tablespoon peanut oil  
Garnish  
1 bunch broccoli, blanched, cut  
2 tomatoes, cut into wedges

Insert a slice of prosciutto, Chinese mushrooms and bamboo shoots into the cut fillet.  
Steam fish for 5 minutes.  
In a saucepan, combine sauce ingredients, bring to boil and pour on top of steamed fish.  
Garnish with extra freshly cut shallots, ginger and coriander. If desired and serve while hot.

