

## Klang Valley Streets: Eat-Zy does it, with

Eat-Zy does it, with porridge NOEL ACHARIAM gets a taste of Teow Chew cuisine in a new Sunway Mas restaurant.

EAT-ZY Teow Chew Porridge and Rice restaurant in Sunway Mas may be only three months old, but this restaurant is rapidly gaining popularity with residents and porridge lovers for what some believe to be the best Teow Chew style porridge.

Joanne Lau, 36, owner of Eat-Zy Teo Chew Porridge and Rice, got into the food business 10 years ago when she started working in her father's coffee shop at Court 4, USJ, Subang. "My family has been in the kopitiam business for more than 30 years now," said Joanne.

In 2004 she opened her first Eat-Zy Teo Chew Porridge and Rice restaurant in SS14, Subang Jaya. It was her love for porridge that inspired her to open a porridge shop. "I love to eat porridge so all the dishes I cook are with porridge. I also like curry a lot, especially fish and chicken curry, it goes so well with my porridge," said Joanne.

Not only does she cook, she also creates new Teo Chew style dishes for her restaurants. Her interest in cooking started when she was growing up in Subang. "There was no one to teach me how to cook, so I learnt from reading magazines and newspaper articles. And once in a while some friends would come over and we would exchange recipes," she said.

Three months ago, Joanne opened her new outlet at Sunway Mas.

Ellie Wong, 52, who manages the day to day operations, said that the restaurant caters to a diverse mix of clientele. "We get a lot of executives dropping by for lunch, but most of our customers usually come for dinner. They are mostly families from around the area" said Wong, a retired kindergarten teacher.

Wong said the restaurant usually gets busy at lunch, due to the fact that the restaurant is located in the heart of Sunway Mas Commercial Centre, a prominent business hub.

There are two types of porridge available at the shop, the sweet potato porridge and plain porridge (80 sen a bowl); rice is also available: yam rice (RM2.80) and plain rice (80 sen).

Just looking at the waiters serving up all those delicious dishes got my stomach growling. I was quite eager to try out a few of the house specials. I first started with the deep fried minced pork and salted fish cutlet. This dish was pretty good considering the fact that I'm not a big fan of salted fish.

Then I was served the pomfret fish and fried long beans with lup-lup which is made from Chinese sausage, dried shrimps, mushroom and sautéed vegetables from China. This dish was a bit spicy for me, because of the sweetness of the Chinese sausage infused with chilli padi. The price ranges from RM2 to RM6 depending on the size of the dish.

Also available is an assortment of soups. According to Joanne her soups are a good remedy for coughs, sore throat and flu. There are five types of soup available at the shop, but the house specialty is the ABC soup. Joanne explained that all the ingredients that go into the creation of this soup contain the vitamins A, B and C. All soups are priced at RM2.90.

The restaurant also features vegetarian dishes like mushroom with dry bean curd and vegetarian duck, preserved vegetables, and mixed vegetables.

Gennie Ong, 30, who lives at Bandar Utama, said that she loves Eat-Zy for the sweet potato porridge. "I love to eat porridge, it's one of my favourite dish and the choices here are simply fantastic," said Ong, a beauty consultant.

"When I was just a little girl, my grandmother use to make the same type of sweet potato porridge," said Gennie.

I couldn't leave without trying Joanne's famous Loh Hon Gua a traditional home-made herbal drink made from imported dried fruits, dried longan, preserved dates and Chinese herbs. Joanne said that this drink has a cooling affect after it is consumed.

Eat-Zy Teo Chew Porridge and Rice is located at 82-1, Jalan PJU 1/3A, Sunway Mas Commercial Centre, Petaling Jaya. Mobile Phone: 012-664 2447/ 012-204 5585.

## About the Author

From [www.nst.com.my](http://www.nst.com.my):

Home remedies offer you herbal and natural method to treat Sore Throat effectively. It also explains the preparation, using basic household. Swallowing is a normal part of our everyday lives. In fact, we probably do it around every 15 seconds of our lives. So when a sore throat. Sore Throat Home Remedies for Quick Relief. This gargle makes a very good remedy for all kinds of throat. A sore throat can be painful and irritating, You might be surprised to know that simple things in your cupboard can help ease the pain, no matter. Learn about sore throat remedies, including slippery elm, licorice, lemon, cayenne, and apple cider vinegar. Sore throats are often associated with a cold or the flu. But, truth is, there are many other things that can cause a sore throat. Website that contains home remedies for snoring, sunburns, sore throat, and toothache. A sore throat is a disease primarily located in the area around the tonsils. It is also known as pharyngitis.

Source: <http://www.productsherbal.com>