

# Rise and Shine

WORDS AND PHOTOS DAVID HAGERMAN

Whoever coined the term “Breakfast of Champions” must have been inspired by Asia’s mind-boggling buffet of morning eats. Craving spice for a wake-up jolt? Dig into a *dosai* filled with *masala* vegetables and accompanied by chilli-coconut *sambar* (lentil-based stew). Prefer comfort food to gently warm the tummy? Slurp on rice noodles in rich, soothing chicken broth. Can’t manage more than a quick bite? Munch on a piping hot *samosa* or *dim sum* to get going.

Breakfast may be the most important meal of the day, but in Asia it’s not just about fuelling up. Coffee shops and street stalls are community spaces where regulars gather to gossip, relax, collect thoughts, and finalise shopping lists for the wet market.

Whether it’s *dim sum* with friends or a solitary plate of fried noodles with a newspaper, breakfast is often that precious downtime just before the day’s gears start cranking up.

Some people go the distance with their love of breakfast. Consider the Chiang Mai engineering professor who quit his job to open a fried cruller (a popular breakfast snack) stall outside Gat Luang Market. His isn’t any ordinary fried dough, but crullers in the shapes of animals like alligators and dragons. Add a glass of hot soy milk and you’ve got what might be the region’s most artful breakfast.



**Opening spread:** The proprietor of Kuching kopitiam (coffee shop) whip up *wan tan mee* – a breakfast favourite of noodles, dumplings and *char siew* or barbecued pork slices – lovingly prepared one bowl at a time

**This page, from top:** Penang is renowned as a street food destination. Here, a group of tourists from Singapore tuck into *koay teow th'ng* (rice noodles in a savoury soup), accompanied by *kai lan* (a veggie), shredded duck, soup with duck parts, and a dip of hot chillies served in soy sauce; temptingly displayed fresh, deep-fried *samosa* (a savoury pastry fried in ghee or oil, stuffed with spiced vegetables or meat) make the perfect on-the-go brekkie

**Above:** When you have the luxury of time, you breakfast with friends over a leisurely chat. Here, a group in Kuching tuck into *dim sum* and tea

**Next spread:** Green chillies are cut and added to vinegar to be served alongside popular breakfast dishes such as *wan tan mee* and fried vermicelli or *bee hoon* for extra bite and to perk up the palate



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**月落**

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婚辦為減重第一



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**推展文化交流並加強**

李



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In Chennai, nothing whets the appetite more than waking up to the smell of *dosai* on the grill: thin rice pancakes made of fermented rice flour and served with chutney, *sambar* and *dal*. The fermentation of the rice flour is thought to aid digestion



From top: Simple pleasures include tucking into a crispy *dosai*. The tartness of the fermented rice is perfectly complemented by (from left) fish curry, coconut chutney and *dal*. Eat with your hand to get every last bit; in Hanoi, crowds jumpstart the day packed in elbow to elbow to enjoy fried noodles with beef, rice flour crullers and greens





**Clockwise from top:** A Cambodian taxi driver digs into a pile of fried egg noodles bathed in dark soy sauce. A glutinous rice dumpling is added to the mix, making for a hearty breakfast; in the mood for more than plain *you tiao* (fried dough sticks)? Head to Chiang Mai and bite into a playful dragon cruller, made right before your eyes; sit or stand to eat – either way, it's all good at this mobile cart selling Hokkien *mee* (yellow noodles in rich prawn broth) in Penang's George Town

 SilkAir flies to Kuching, Penang, Chennai, Hanoi, Siem Reap, Phnom Penh and Chiang Mai. For flight schedules, see SilkAir Postcards on page 61



Advertorial

# A rewarding transit

Whether it is catching a free movie at the airport's theatre, or taking a stroll in the Butterfly Garden - there is something for everyone at Changi Airport.

For an even more rewarding experience, from now till 31 March 2016, eligible passengers who transit through Changi Airport on Singapore Airlines or SilkAir can redeem Changi Dollar Vouchers during their layover, which can be used at selected outlets across all three terminals of Changi Airport.

For redemption of Changi Dollar Vouchers, simply produce your passport, e-ticket and boarding passes at the iShopChangi Collection Centres in the transit area of Terminals 2 and 3. E-ticket numbers must begin with 618 or 629.

Other terms and conditions apply.

For more information, please refer to [www.ChangiAirport.com](http://www.ChangiAirport.com)

## *DFS Duplex Wine and Spirits Store*



Travellers can now enjoy a unique, elevated shopping experience at the wines and spirits duplex store at Changi Airport Terminal 3.

Designed by Masamichi Katayama, the award-winning designer and founder of design firm Wonderwall, the store offers Asia's largest assortment of single malt scotch in an airport and a wide selection of wine from key regions worldwide.

The flagship store also features Changi's first branded boutiques for nine renowned brands- Absolut, Dom Pérignon, Glenfiddich,

Hendrick's, Hennessy, Johnnie Walker, The Macallan, Martell, and Penfolds. Throughout the year, the store will host visits from master distillers, blenders and brand ambassadors and unveil worldwide products.

Fans of the iconic Singapore Sling will be thrilled to find bar set-up by Raffles Hotel serving a free sampling of the cocktail among other drinks.

Now, how about a drink or two on your next visit to Changi?