



# Casa de Macau no Canada (Toronto) Newsletter

www.casademacau.ca

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## **PRESIDENT'S MESSAGE**

Summer has come and gone and I hope you all had a relaxing but also more importantly safe time. For my part, I attended the Maryknoll Worldwide reunion and then extended my holiday with family and friends by driving up Pacific Coast Highway # 1, up the coast of California with more days spent in beautiful Vancouver. Unfortunately due to bad timing, I was unable to accept the invitation sent by APIM (Associação Promotora Da Instrução Dos Macaenses) to the two Casas in Toronto to join a delegation that was going to meet in Vancouver to discuss amongst other matters, plans for the Encontro. Following APIM's stay in Vancouver, the Macau delegation went to California to meet with our sister Casas there. Fortunately for us, Gloria was able to attend the Vancouver "Summit" and you can read in the following pages of the newsletter, her report.

The planning of the Encontro is in full swing and we are all busy with the preparations that now need to be carried out. The Organizers are requiring information from us, which we are making every effort to supply, sometimes in quite short order so we would appreciate it if there are deadlines to be met regarding the return of information from those members who have confirmed that they will be attending the Encontro, that they co-operate. It just will make life easier as I am sure things will get increasingly hectic as November approaches.

After taking a bit of a break for the summer, our regular events are back. Tai Chi has resumed as well as

Line Dance and Friday morning Yoga classes. If anyone would like to join the Line Dance or Yoga classes, please phone the contact people and make arrangements.

Our Social Committee has also some planned activities that will cover the next three months so sign up early if you have not already as space could be limited.

## **ENCONTRO**

A notice was sent to all those members who had indicated their intension of attending the Encontro that a meeting was to be held September 16<sup>th</sup> at the clubhouse. Twenty-seven participants attended out of fifty-eight.

There were a number of matters discussed relating to the Encontro. Members will be interested to know that Cintia do Serro has been selected as Casa's Gastronomía representative. By accepting this position, she will act as our "Confrere Correspondent" until the end of 2008. More immediately though, APIM has indicated that she will be required to attend all events/Conferences having to do with the Confraria that will be held during the Encontro. We look forward to reading a report of the discussions and ideas exchanged between Cintia and the other Gastronomía representatives worldwide who will be meeting in Macau and we look forward to her proposals for events, activities or projects that she can organized for our Casa in 2008.

The push to have our youth learn about and actively participate and

promote their Macanese culture between and amongst themselves is the only hope that the aging Macanese community can assure the continuity of and preservation of our culture. It is with this in mind that APIM has allotted 3 free tickets and accommodation to our Youth Representatives who will be attending the Encontro. Members were informed of this in the last circular mailed to everyone August 24<sup>th</sup>. Along with the privilege of having free passage, APIM has indicated that these representatives should be made aware that they will be required to attend any and all activities that are planned for them during the Encontro. Furthermore, as these youths will be representing our Casa, it was explained to them that upon their return, they will be required to provide a report to the members as to what conclusions if any came out of the meetings held in Macau. Their commitment will not be just for the duration of the Encontro but will continue until the end of 2008. Upon their return from Macau, we would expect that they come up with ideas/programs/activities directed specifically at and involving participation of our own Casa's youth. So stay tuned.

It was explained to all present that because APIM has set as the deadline for all Casas to submit their Enrollment Forms as October 12, and because some youth members were unable to attend the September 16 meeting held at Casa, the consensus was reached that the selection of the 3 youth to represent Casa will be deferred at least until October 12<sup>th</sup>. Any youth interested in putting his/her name forward for consideration must inform either Monica or Marie-Cecile by October 11<sup>th</sup>. Once all the names have been submitted, all interested parties will be called to a meeting at which time the names will be placed in a bag and the lucky 3 names will be drawn.

APIM has also indicated that there might be an opportunity for the Casas to 'perform' something in Patuá during the Encontro. Being good sports, all those present at the

meeting were willing to make an effort to perhaps sing a song in Patuá. The details are still to be worked out regarding song selection etc but hopefully we will be able to prepare something to present at one of the evening events.

### ***Monica***

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#### **VANCOUVER REPORT** (from Gloria)

As Monica mentioned in her message above, I attended the meeting called by Associação Promotora Da Instrução Dos Macaenses (APIM) for the Presidents of the four Casas in Canada on August 6<sup>th</sup>-9<sup>th</sup> in Vancouver.

The primary purpose of this meeting was to discuss the plans for the upcoming Encontro in November; the push for Patuá to be recognized by UNESCO; and to bring forth suggestions from all present. I will very briefly recap some of the highlights of that meeting, and my visit to Vancouver, however, excluding the more detailed information for members who have signed up to attend the Encontro.

Before leaving Toronto, an invitation was received from Antonio Amante, President of Casa de Macau (Vancouver) to attend a dinner for representatives of APIM and guests. The restaurant was filled with members who were there to welcome the visitors.

At the dinner, Dr. Jose Manuel Rodrigues, president of (APIM), made an announcement to those present that Antonio Amante worked hard for his Casa and the members, that the funds for the clubhouse has now been transferred; and members will eventually be able to enjoy the Clubhouse facility. Much rejoicing, cheers and toasts greeted this information.

At a breakfast meeting between APIM representatives, chaired by Dr. Rodrigues, the Canadian Casas were briefed as to the subsidy for the Encontro, which APIM advised follows the formula of the 2004 Encontro. A chart outlining free

tickets per number of attendees per Casa was circulated.

We were informed that free airfare and accommodation will be allotted to each of the following representatives from all 12 Casas worldwide: the President and one Representative of each Casa, one representative designated as Confrere Correspondent of the Confraria de Gastronomia Macanese (CGM) according to Article 13 of the Articles of Incorporation of the said Confraria (refer to APIM website at <http://www.apim.org.mo/en/index.html>), and last but not least three youths between the ages of 18 to 35 from each Casa will also qualify.

It should be noted that the free tickets and accommodation for the CGM representative, and the Youth representatives come with certain commitments stipulated by APIM; please refer to Monica's message, above.

Two of our members, Joe and Tony Oliveira of the New Satellites band in Toronto have been invited to perform at the Encontro and will be in Macau a week before the Encontro begins in order to practice with other invitees, former members of the famous Satellites band in Hong Kong. Accommodation and airfare will be paid for these invitees. (There may be others who we are not aware of.)

Also circulated were copies of a 'Provisional' Program of events (since updated on APIM's website).

As well, a copy of the Cooperation Agreement between APIM and the Canadian Casas outlining the terms needed to promote, within the Macanese communities worldwide, the usage of Patuá, and to mutually find necessary solutions to support the candidacy of Patuá to the Universal Intangible Heritage of UNESCO. This agreement was signed by a representative of APIM and all four Canadian Casas on August 9<sup>th</sup> 2007; and will be in effect for three years, renewable for equal periods. We understand that identical agreements were drawn up for the Casas worldwide.

On the last evening APIM hosted a scrumptious buffet dinner, including an open bar at the Hotel. The Vancouver press, Portuguese/other tabloids covered the event; as well, there was local TV coverage. A few of us were interviewed by Terry Costa, Editor of "Lusitania" and also Executive Director of the Portuguese Benevolent Society in Vancouver.

Honourable guests who attended were Mr. João Larangeira de Abreu Counsel General of Portugal in Vancouver; Mr. Li Bao Goang, Deputy Vice Counsel of China in Vancouver, and Mr. Wang Jiang, Minister of Overseas Chinese Affairs in Vancouver, invited guests, and a limited number of members of the two Vancouver Casas were also present.

Before dinner commenced, there was a power point presentation of some magnificent slides of the different stages of architecture in Macau spanning a period of many years, with excellent narration by Arq. Carlos Marreiros who had our undivided attention. There were many "ohs" and "ahs", and for the majority the presentation could have continued as it was extremely interesting and informative.

Speeches by Dr. Rodrigues and other dignitaries followed before dinner began. At this time gifts and club pins were exchanged.

To wind-up the evening everyone adjourned to listen to music and dance. Shortly after midnight when the bar closed, groups drifted off to their favourite watering holes or continued to chat in the Hotel.

The next morning, Friday 10<sup>th</sup>, after a late and leisurely breakfast the entire delegation checked out of the Hotel and flew to San Francisco to meet with the three Casas in the Bay area.

I took the opportunity of staying on for another week, visiting with relatives and friends, then returning to Toronto.

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## **ENCONTRO**

**Note:** When we gave the date of September 10<sup>th</sup> as the deadline for confirmation of attendance at the Encontro it was **before** APIM posted the 3-page Enrolment form, with the **deadline of October 12<sup>th</sup>, 2007.**

For this reason, anyone else who is interested to attend the Encontro please contact either Monica Alves or Marie-Cecile Remedios ASAP. All confirmation/enrollment forms in hand will be sent to Macau by October 1<sup>st</sup>.

If, after October 1<sup>st</sup>, a member should decide that he/she would like to attend the Encontro, they must fax their completed Enrollment Form to 905-887-3329 no later than October 11<sup>th</sup>.

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## **ANNUAL GENERAL MEETING**

Members are advised that arrangements will be made in the following weeks to book a venue to hold our Annual General Meeting, which will be held in February 2008. This marks the end of the first year in our two-year mandate. Details will follow in the December newsletter and General Notice(s) that will be mailed in the New Year.

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## **"DROP IN" AND LIBRARY**

FIRST TUESDAYS OF EACH MONTH  
This will be discontinued due to lack of interest. If anyone would like to borrow a book, or take note of what we have, please call David Tavares at 416-282-7738 to arrange a mutual time to meet.

Thank you, Eddie Cruz for volunteering your time.

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## **GENERAL NOTICE**

When copying articles from our Newsletter, as a courtesy, please first ask our permission before you reproduce, and make a notation as to where it was first published. Thank you.

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## **DIA DE MACAU - RECAP**

Once again, there was great support shown by our members who

attended our Dia de Macau celebrations, which included a Mass followed by a delicious Portuguese catered dinner held Sunday, June 24, 2007. The intension of the Mass was dedicated to all the deceased members of the Macanese community worldwide. Our Social Committee had arranged that there would be involvement by the members in the various aspects of the Mass. Meno and Archer Larcina were asked to lead us in song, Monica was asked to do the first reading in English, Cacilda Ribeiro followed with the second reading in Portuguese and Marie Louise read the Intensions.

Following the Mass, we all filed into the hall to enjoy a delicious served dinner, which began with Caldo Verde. This was followed by Filete com arroz de marisco e salada. Now if you can imagine still being hungry after that, a second entrée was then served, porco assado com batatas e broccoli. To end the meal, everyone was served a generous portion of pudim followed by tea or coffee. Our social Committee then set up the Sweet table and offered a number of Macanese delicacies that members could nosh on as the evening continued.

Our thanks are extended to our "young" helpers, Stephanie Law and Francesco Angeloni, who undertook the selling of tickets for a 20-30-40 draw. The lucky winners were: Celsa Larcina; Andrea de Lemos and Elizabeth Vieira-Ribeiro.

Thanks to all the volunteers, with special mention of Americo de Sousa, who once again came through with arrangements with the Church, priest and use of the hall the evening went without a hitch and was most enjoyable. (Visit the Casa website and look at the photos posted on our Gallery page)

## **PICNIC REPORT - RECAP**

The skies were not clear and blue, and the sun was not shining down, however the picnic turned out to be most enjoyable for the 53 members and family that turned up.

The first busload were deposited at the waterfront around ten and proceeded to board the ferry to get across to Centre Island; the second busload came a little later and others drove on their own to the ferry docks.

Everyone brought their lunch and were very generous sharing with their neighbours.

As a bonus, there was an Indian festival and not only did we get whiffs of curry and other foods they were cooking, there were also free samples!! We were not shy. The stalls offered a variety of foodstuff, clothing, books, CDs, beads, etc. there were also demonstrations of meditation and yoga.

Some of the guys had a card game going most of the time while the rest of us were scattered over the island walking, canoeing, bicycle riding and the youngsters went on the rides.

Around mid-afternoon when the skies looked threatening and we knew it was going to rain, the majority made a bee-line for the ferries while the brave of heart kept riding their bikes on the island.

Our thanks to the Social Committee for arranging this event, and if repeated, it will surely draw a larger crowd next year.

#### **WOODBINE – RECAP**

On Sunday September 9<sup>th</sup>, 2007, 34 members enjoyed a sumptuous buffet at Woodbine. Thanks to Celsa Larcina who made all the arrangements with Woodbine, we had front view window seats of all the races. While there were no big winners, all had a great time betting on the horses or playing the slots located on the lower level.

#### **□ DECEMBER EVENT □**

On Sunday, December 16<sup>th</sup> the Executive will be hosting a Cha Gordo – please refer to the form at the bottom of the Newsletter.

#### **NEWS FROM AUSTRALIA**

(From Yvonne Herrero)

On behalf of the Committee, we wish to advise that our Casa's 13th Annual General Meeting was held on Saturday 15th September 2007 with the following results of elections for the next term of office 2007/8 as follows:

#### Office Bearers:

President: Yvonne Herrero  
Vice President: Marcus Gutierrez  
Secretary: Mary Rigby  
Treasurer: Rogerio Fernandes  
Deputy Secretary: Antonieta Manolakis

#### Committee Members:

Mariazinha Callaghan, Lizette Akouri, Judy Rocha, Beatriz Cartledge

Our congratulations to the new committee.

#### **SOME HELPFUL TIPS**

##### Reheat Pizza

Heat up leftover pizza in a non-stick skillet on top of the stove, set heat to medium-low and heat till warm. This keeps the crust crispy. No soggy micro pizza. Shown on a cooking channel and it really works.

##### Easy Deviled Eggs

Put cooked egg yolks in a zip lock bag. Seal the bag and mash till they are all broken up. Add remainder of ingredients, reseal, and keep mashing it up, mixing thoroughly. Cut the tip of the baggy, squeeze the mixture into the egg. Then simply throw bag away when done - easy clean up.

##### Expanding Frosting

When you buy a container of cake frosting from the store, whip it with your mixer for a few minutes.- this doubles the quantity. You get to frost more cake/cupcakes AND you also eat fewer sugar/calories per serving.

##### Easier Thank You cards

When you throw a bridal/baby shower, buy a pack of Thank You cards for the guest of honor. During the party, pass out the envelopes and have everyone put their address on one. When the bride/new mother gets ready to write out the thank you notes, they're all addressed!

##### Reducing Static Cling

Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. The same thing works with slacks that cling when wearing panty hose. Place the pin in seam of slacks and -- voila! – static is gone.

##### Measuring Cups

Before you pour sticky substances into a measuring cup, fill it with hot water then throw out the hot water, but don't dry the cup. Next, add your ingredient (such as peanut butter) and watch how easily it comes right out.

##### Conditioner

Use your hair conditioner to shave your legs. It's a lot cheaper than shaving cream and leaves your legs really smooth. It's also a great way to use up the conditioner that you bought but didn't like when you tried it in your hair...

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#### **SUMMER BEVERAGES THAT I REMEMBER** By Doreen Remedios

On a hot summer's day I decided to make Barley Water (yee mai sui), just like my Ah Ng used to make. Wash and boil the pearl barley for an hour, strain, add sugar and refrigerate.

Barley Water usually flavoured with lemon is a popular British soft drink. Lemon Barley Water has a long association with Wimbledon, being still the official drink supplied to players on the court, though it faces competition from drinks such as Gatorade. In Britain, Robinson's Lemon Barley Water is popular with parents and children alike. It is sold in one litre bottles of concentrate, which is usually diluted with three to five parts cold water.

One evening my nephew dropped in and I offered him a cool glass of Barley Water. He looked at the cloudy drink and said 'I'll try some, just a tiny tiny bit'. Unlike Oliver Twist, he did not ask for more. The next day I emailed close friends enquiring if anyone else made Barley Water or is it just me. Que ramade! (good grief) little did I know that this email would start a

chain reaction with over 70 emails on the subject of 'yee mai sui' and other favourite Hong Kong beverages.

Here are some of the email memories:

"This brings back memories of my childhood when we actually had bottles of prepared barley water in the fridge which I was forced to drink. My aunt was a huge advocate, especially in the summer. Lemon barley is more tolerable."

(Note: Poofis!, (gosh) she said 'tolerable'. I guess she agrees with my nephew).

Yuk! - my mom forced me to drink barley water - I hated the chalkiness and the taste.

(Note: another non fan of 'yee mai sui'.

"Of course!!! We still boil barley, sometimes cut a carrot or two, quarter a lemon, and use the Chinese rock sugar instead of white sugar. We boil for a few hours until the water is on the "cloudy" side, then drink a glass full and refrigerate the rest." (Note: carrot with lemon? Fala sung Ya (if you say so)

"Used to clear "yeet-hay" ... mouth ulcers, coated tongues etc ... avo, mother and amahs believed in t ... we still do."

(Note: 'yeet-hay' will be explained in another article.)

"And quite a bit of dog food has barley in the content"

(Note: even cachoros (dogs) like barley ??

"No more amah to "bo yee mai sui" - must do it ourselves now."

"I had forgotten about this for years, thanks for the flashback."

#### **Other Favourites:**

Apart from Lemon Barley Water, so many of my friends remember other summer beverages. We also had Green Spot and Bireley's orange (spelling?) and, of course, Sarsie. It's not always about a six pack of Beer cans!!

**Watson's cordial** - we had to add water to all those drinks. Watson's offered a variety of flavours, e.g.- orange, lemon, lemon barley, etc.

**Grenadine** is traditionally a red syrup. It is used as an ingredient in cocktails both for its flavour and to give a pink tinge to mixed drinks. Grenadines are also made by mixing the syrup with cold water in a glass or pitcher, sometimes with ice.

**Ribena** is a childhood favourite. As told to me by one of my email exchanges "when we were in primary school the big thing was to drink Ribena in those plastic bottles with a squirt. It was interesting to see Ribena sold in individual cans (or was it in bottles) when we were in HK in '96. We got these from the Star Ferry concession stand."

I still like Ribena and have heard of people mixing with milk, ummmm I dunno .... a squeeze of lemon is nice.

**Rose's lime juice**, often known simply as "Rose's", is a brand of sweetened lime juice used in mixed drinks most notably the Gimlet. It is made by the British company L. Rose & Co. (founded 1865), and distributed by Mott's in the United States and Canada. Rose's lime juice is often used to make gin and vodka gimlets. The standard recipe is 1.5 oz of Vodka or Gin and 1oz of Rose's lime juice poured and mixed over ice.

**X-ropo = syrup.** Do you folks remember the syrup "Figo de Portugal" that we would mix with ice water as a drink? My friend in Portugal wrote "It's funny how Fig trees grow everywhere in Portugal and everybody has them in their gardens and the people only eat the figs and sometimes make jam but don't know what to do with the fig leaves. Here in Portugal they never heard of making X-ropo but I make it and taught my friends as there are so many fig trees here, even growing in the wild and now they make it too. I always thought that this was a Portuguese drink when I was in HK. In New York another friend wrote to say his cousin makes

delicious X-ropo from an old Macau recipe. He would drive to Queens which is 45 minutes away to pick up but 'muito pregozo!' (too lazy).

On a hot summer's day, whatever your favorite summer beverage - bottoms up!

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#### **ON THE LIGHTER SIDE**

On their way to get married, a young Catholic couple was involved in a fatal car accident.

The couple found themselves sitting outside the Pearly Gates waiting for St. Peter to process them into Heaven. While waiting they began to wonder if they could possibly get married in Heaven. When St. Peter arrived they put the question to him.

He looked at them and said, "I don't know as I've never had this question before. I will find out"; off he went.

The couple sat and waited for an answer... for a couple of months. While they waited, they discussed the pros and cons. If they were allowed to get married in Heaven, should they do it? "What if it doesn't work? Are we stuck in Heaven together forever?"

Another month passed. St. Peter finally returned, looking somewhat bedraggled. "Yes," he informed the couple, "You can get married in Heaven".

"Great!" said the couple. "But we were just wondering; what if things don't work out? Could we also get a divorce in Heaven?"

St. Peter, red-faced with anger, slammed his clipboard on the ground.

"What's wrong?" asked the frightened couple.

"OH, COME ON !!" St. Peter shouted. "It took me 3 months to find a priest up here! Do you have ANY idea how long it'll take to find a lawyer???"

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## REPORT FROM YOUR SOCIAL COMMITTEE

### **BINGO/PIZZA BASH**

Place: Casa Time: 3 p.m. – 8 p.m Date: October 13, 2007

There are a few spaces left, if you are interested, please phone Marie Louise @ 905-889-3298. The usual return form is not included as the cut off date is only a few days away, Sept. 28/07

**Mass For The Deceased** followed by Cha Gordo at the Casa. Members are more than welcome to attend the Mass, however, please note that attendance at Casa for Cha Gordo following the Mass is **FULLY SUBSCRIBED** .... If you wish to be on the "waiting list", then please contact the Social Committee.

**New Year Gala Banquet** We are pleased to advise that we have reserved the St. Peter and St. Paul Banquet Hall (the same one where the Christmas party for 2006 was held) for a New Year Gala Dinner and Dance to be held on January 19, 2008. As previously advised, due to the large number of members who will be away for the Encontro, we

have delayed our holiday celebration to January 2008. Please mark your calendar for this special date. We anticipate it to be a special and wonderful event to celebrate both the new 2008 year and the Chinese New Year. While this event is still some time off, we have included the registration form for our loyal and strong supporters who wish to reserve their spaces and/or tables early or who may be away at the Encontro. Close off date will be **December 14, 2007**.

After a lot of negotiations, we have managed to keep the cost to the same as that of 2006. Cost that is partially subsidized for adult members is \$35.00 and members children ages 5-10 is \$25.00. Cost for non-members is \$52.00 and non-members children ages 5-10 is \$39.00.

To accommodate those who will be away at the Encontro, you may postdate you cheques to December 14, 2007

Marie Louise (Rocha) Chang

# MAIL feature pages

"MIRANDA, the cake man." "Ah, I know him", is a common observation by Portuguese citizens of Hongkong.

Some might say: "Miranda, what kind of name is that for a man?"

That has been his name for a long time and Miranda personally admits that its origin has slipped his mind.

Possibly it holds the same meaning as "confectioner", for that's precisely what he is.

Being Chinese, but brought up in Macau, Miranda seems to be more Portuguese than the Portuguese themselves.

Aside from specialising in their traditional delicacies, he also speaks their language.

For the past 17 years, he has catered for birthdays, holy communions, ordinary parties, and weddings.

Familiar edibles are "bibingas" or egg pudding; "batadada", sweet potato cake; "chilicote", a crescent shaped savoury with meat or potato filling; "pao de leite", milk pudding, somewhat similar to the bibingas, both of which are often mistaken for each other; "Cornstarch"; "Angel's sole, or Soladeanjou more commonly known as egg host; "Cuscarao"; wedding specialties like "Bride's Tresses", just to mention a few.

"Bride's Tresses" is an extravagant dish.

For a small portion, no less than 60 egg yolks are required. They are poured into a boiling water and sugar liquid, and the curdled result resembles "hair", hence its name.

And the source of such skill?

## Inherited

We could say "like father like son", for it was "inherited" from his father who was in the same profession.

Naturally most of the credit goes to Miranda himself, whose own initiative and goal has seated him in such a favourable position in the eyes of his many regular customers, the Portuguese topping the list.

And it was their constant encouragement which brought Miranda to Hongkong, in 1946, and nine years later started him in a little shop to service their orders.

This same small shop is still going strong today, 17 years later.

"But San Francisco has taken away many of my customers these recent years; and now on their return visits, they try to convince me to migrate and bring my shop over," he said.

Even with a long list of "future customers", Miranda still has his doubts about this popular suggestion. But then it's a fact that he would probably get a large response as much of the local Portuguese population has recently moved to San Francisco. His specialties are not all strictly Portuguese either.

In fact some are greatly influenced by Chinese, Indian, and Goanese delicacies. Which they resemble closely not only in appearance, but also taste. Like samosas - curry triangles, and honey comb cake.

Examples of the wedding dainties include small slices of fruit cake wrapped in pretty d'oyleys and silver bows; tissue paper cuttings enveloping bite size cakes; and "Bride's Tresses," in tiny pastry cases with coconut, raisins, and nuts underneath.

According to Miranda, not many would sit down and really "put their heart and soul" in the intricate preparation of such foods which are more for display than anything else.

"Nowadays, people lack the patience, and find importance in making fast money and saving time" said Miranda.

"Bride's tresses" is one of the dishes that is becoming a rare sight on the table as it is uneconomical. The price of eggs is soaring compared to the amount consumed; and therefore the dish just isn't worth the money and the time.

Recognised by his Chinese styled "sumfoo" that blends so well with his humble manners, Miranda is one person who is frequently referred to and remembered for his scrumptious patisseries.

## Sweet Miranda-like father like son

By BARBARA DJENG



■ ABOVE: Miranda one proof that men can also excel in a "women's world".

**"THE MERENDA MAN : ABRIDGED VERSION"** by George Remedios

We had our very own merenda man in Kowloon, Hong Kong. In my Portuguese dictionary "merenda" means "snack" or "high tea". "Snack" as we know it (potato chips, popcorn, peanuts etc.) does not give full justice to this exotic Macanese food.

The merenda man's elite and exclusive clientele was Macanese and amidst the millions of people in Hong Kong he knew exactly which doors he would knock and be greeted by a Macanese family. When we opened the door we would excitedly shout "The merenda man is here" to my mother or "Merenda ja vem" to my grandmother. My mother or grandmother would then come and they would exchange "Bom dia". They would ask "Tem coosah hoje?" (What do you have today?). The merenda man was pure ethnic Chinese but he spoke Macanese. The merenda man came on foot under the semi-tropical sun carrying his tin container, going from house to house to sell his snacks to his regular clientele and others. He was comfortable squatting in his black "sam foo" and never seemed to stand up. I faintly remember he had gold capped teeth and had a pleasant disposition.

It is no surprise that business was good for the merenda man. Especially, when there were birthday parties or First Holy Communion or Baptism parties the merenda man could count on an increase in sales. So what was in his tin container? This is what I can remember with the help of some Macanese friends of my generation. Many "barrigas" came together for this article.

This list is NOT a complete because as children we just ate and never paid much attention to preserving historical records for posterity. Perhaps our readers can help to complete the list (send to the editor of Casa newsletter)

The "chilicote" (deep fried pastry with tumeric flavoured ground meat and "batata" filling) The mystery of a good chilicote is in a good crispy pastry. It is for me the crown jewel from the merenda man's treasure chest. I think if filhos de Macau were not called "balichung" they would be called "chilicote". "Chilicote de folha" obviously was influenced by Asian cuisine. The filling of tiny bits of ground meat and "lo pak" (Chinese turnip) was wrapped in a dough, flattened, wrapped in banana leaves and steamed. This reminds me of several dishes wrapped in leaves and steamed that are available at dim sum. It was sometimes eaten with the Chinese "laat chiu cheung" (chili sauce). "Chilicote de rabano" is a variation of the regular chilicote. It is also fried but the filling was "lo pak" instead of "batata" and tumeric.

"Pao recheado" (small deep fried buns stuffed with tumeric flavoured minchi) were popular. You could devour it in two or three bites. If you were a senhorita minding your etiquette it might take four bites. "Appa bico" or "Appabico" is a small roundish steamed dumpling with a little "bico" (beak, point) where the dough has been pinched to keep in the filling (minced pork, chopped preserved vegetables and that black fungus, "wun yee"). This reminds me of the little steamed dumplings and "pow" at dim sum. It can be eaten with "laat chiu cheung".

On the sweet side there were many things but usually not the traditional Macanese "bolos" (cakes) which are super rich. These recipes were made up in the days when people could overdose on butter, eggs and milk as if they were immune to cholesterol. Many families had their own handed down from "avo" to "avo" (grandmother) recipes and did not depend on the merenda man for "bolo".

"Bicho bicho" was fried twisted dough coated with sugar sometimes sold in a white paper cone. "Bicho" means "worm" or "insect". In Macau "bicho bicho" is the cornstarch cookie which we HK filhos de Macau call "genete".

There were "coqueiras" (coconut tarts) and "natas" (egg custard tarts). Coconut was a popular ingredient and was used also in "Baji" (coconut flavoured rice pudding). These tarts remind me of the tarts one sees in Portuguese bakeries in Toronto and also the Chinese "taan tat", which is the Queen of Tarts.

The humble "genete" or cornstarch cookie was probably the easiest to make. After all it just came out of a cornstarch box. However it was adopted by the filhomacs as one of our delicacies.

"Bebinca de leite" is one of the jewels of merenda snacks. It is difficult to make and in the hands of a beginner it could come out as some mushy blob.

In the bebinca family is also the "bebinca de arroz pulu". It goes also by the un-Macanese sounding name of "gummy", which is too humble a name for such a celestial creation.

At Christmas there were "aluar", "empada" (fish pie), "cuscarao" (representing Jesus' blanket) and "farte" (representing His pillow) and many other things but some families made some of these on their own as part of the Christmas tradition.

There were many more and I am not sure my "barriga" encountered all of them. As I name them you are allowed to "correr babo", groan "ooi di saboroso" and sigh "agora eu lembrar". Here they are"

Fula-fula, Onde-onde, Ladu, Sonhos, Sonho recheado, Pastelinhas, Suspiros, Bolo Menino, Barba, Perada jam, Doce de Camelenga, moochee, cabelo de noiva...

This is food that brings together the spices (tumeric, coconut etc.) of the Portuguese colonies in Asia. You can see the influences of China, Goa, Malacca and Portugal. This food is a microcosm of the Macanese people themselves, a blending of many cultures in Macau.

## Signing of the Protocol Agreement

Vancouver, August 9, 2007



Back: APIM delegation and Mr. João Larangeira de Abreu Counsel General of Portugal in Vancouver  
Seated: Representatives of 4 Canadian Casas and Mr. Sebastiao da Rosa (APIM)

I wish to thank Eddie Cruz for having dug up that article on Merenda Man (look at date of newsclipping March 8, 1973 !) Any idea where Merenda Man is these days, let us know.

Then there's George Remedios' article naming all the mouth-watering delicacies many of us remember so well.

Last but not least, Doreen Remedios' down memory lane on those cool summer drinks. Ummm

Note that usage of Patuá is scattered throughout the current issue of the newsletter. This is in accordance with the agreement referred to in my report above. The need "... to promote, within the Macanese communities worldwide, the usage of Patuá "

In this connection, please forward Patuá material you would like to share with your fellow members, and other readers. Thank you.

In closing, remember that  
***To be in your children's memory tomorrow, you need to be in their lives today.***

Dia de Macau Celebrations – June 24, 2007



**Marie Louise and Monica**



**Social Committee** L – R Virginia Sanchez, Joyce Barros, Celsa Larcina, Cleo Ozorio, Tony Gutterres, Marie Louise Chang, Marie Camille Gonsalves, Regina Holden and Cacilda Ribeiro

