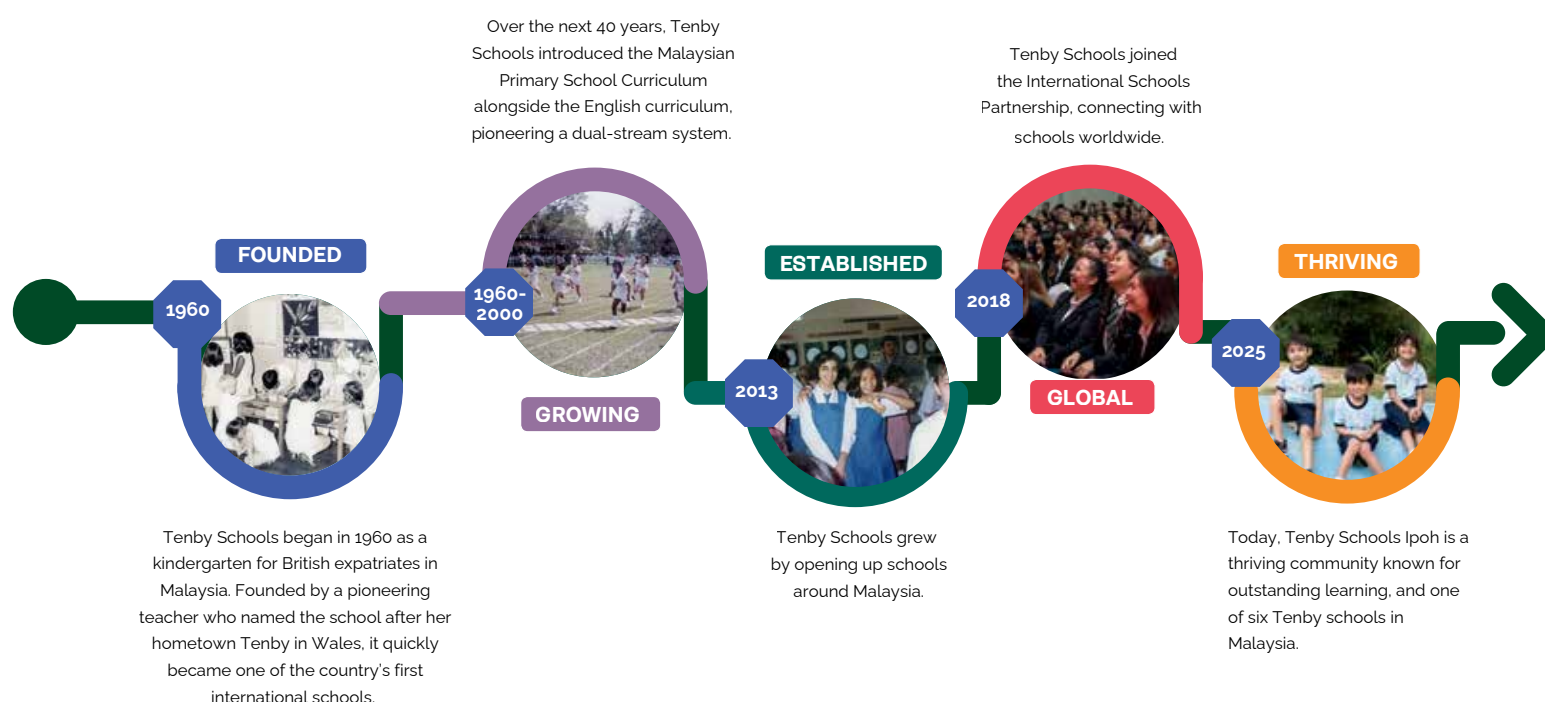




## Where confidence grows

### Did you know?

Our journey began in 1960 — and today, we continue to grow the world's most curious, confident minds from age **2-18**.



 Nestled in the vibrant city of Ipoh, surrounded by nature.

Tenby Schools Ipoh, Bandar Meru Raya, 30020 Ipoh, Perak



Follow us to see how our students **grow confidence** every day.






## Ever wondered how two schools share the same campus?


Tenby International School and Sekolah Sri Tenby share more than just space — they share values, facilities and a vibrant school spirit. Two pathways, one close-knit community.

Students choose between the international British curriculum, leading to IGCSEs and A Levels and the national Malaysian curriculum leading to SPM exams.


### Tenby Ipoh at a glance!



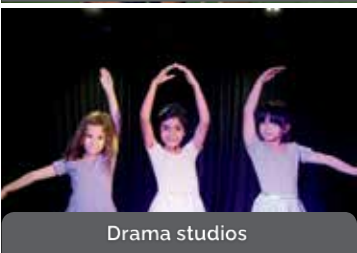
Early Years play area




**13- Acre**  
Purpose-built campus




Art rooms




Drama studios




Science labs




**60+**  
Co-curricular activities



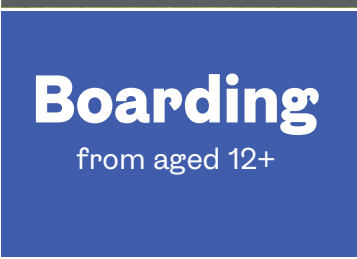
Football fields




**1000+**  
students from 30+ countries




Swimming pools



**Boarding**  
from aged 12+



Design & technology labs



Sports halls

### What our community says!



Tenby's leadership opportunities helped me grow, stepping out of my comfort zone became the turning point in growing my confidence.”

**Machi Nishizawa**  
Year 13-Proud Alumni



At Tenby, every student is encouraged to lead. Through leadership opportunities, I learned to step up, speak out, and grow with confidence.”

**Nesha Gan**  
Form 5- Proud Student



Appreciate the school's efforts in growing confidence through recognition, every achievement, big or small, truly matters to the students.”

**Dato' Nolee Ashilin**  
Sekolah Tenby Proud Parent

### Outstanding academic achievement!



Curious to learn more?  
Book a tour now!





# Jeff's Cellar Ascends

## *A Culinary Journey Like No Other*

By: Anne Das

**F**ew dining destinations in the world offer what Jeff's Cellar does. Perfectly located within The Banjaran Hotsprings Retreat in Ipoh, this remarkable venue has entered a new chapter to mark The Banjaran's fifteenth anniversary. Named Best Hotel Restaurant in Malaysia by the World Culinary Awards and featured in Tatler Dining's Best Restaurant Guide, Jeff's Cellar lives up to its international acclaim, and today, it ascends even further.

Jeff's Cellar is named after Tan Sri Sir Dr. Jeffrey Cheah KBE, founder and chairman of Sunway Group. What began as a bold idea has evolved into a world-renowned dining destination that now feels closer to home than ever for Ipoh residents.

Set within a 260-million-year-old limestone cave and surrounded by natural hot springs and tropical rainforest, Jeff's Cellar feels like a place untouched by time. The space has been transformed with intention and artistry by interior designer Nelson Yong and the team at Sunway Design.

The refreshed layout retains the signature upper and lower decks while introducing a stylish bar and lounge, and a refined private dining space with a dedicated wine cellar. Thoughtfully reimagined with layers of lighting, natural materials, and luxurious details, the redesign preserves the cave's raw beauty. A new state-of-the-art sound system further enhances the atmosphere, allowing every note, whisper, and clink of glass to resonate with clarity.

Ipoh-born Executive Chef Lee Choon Boon and his team have curated three immersive tasting menus. The Seasonal Menu is an eight-course ode to rare ingredients that tell the story of their season, sustainably sourced from Malaysia and around the globe.

The Prestige Menu offers seven courses built around prized delicacies sourced from the best producers in Japan, France, and beyond. For those seeking the most immersive experience, the eleven-course Chef's Tasting Menu blends both approaches into a seamless culinary journey. The menus are priced from MYR 645 nett per guest.

Expect bold flavour pairings and rare ingredients that unfold like poetry. A tuna belly tart sourced from Tokyo's famed fish markets opens one menu, while a dish of mackerel with Kaluga Amur caviar and fermented marigold leaves offers zing and depth. Dover sole from France is presented tomahawk style, unexpected and precise, while grilled Canadian lobster tail with edible flowers and wild cress evokes both sea and forest.

The meal concludes with a Chocolate and Whiskey pairing. Smooth single malts pairs with rich, dark chocolate made from Ipoh-grown cacao.

For a more exclusive experience beyond our regular evening menu, guests may host their small celebrations and gatherings at the private dining space. Available for both lunch and dinner with customisable menus starting from RM390 per person for groups of 15 guests and above. It allows groups to enjoy the Jeff's Cellar experience in an intimate setting without compromising on quality or atmosphere.

For collectors, connoisseurs, and the curious, the wine experience here is as memorable as the meal. Featuring a curated selection of fine wines from across the world, guests are invited to sip and unwind at the bar as they bring their evening to a close. The Berman Podbar system preserves wines and Champagnes at perfect freshness for service by the glass. The Coravin Six is a wine preservation system, ensuring rare pours remain pristine to the very last drop.

Every element at Jeff's Cellar is tuned to the senses. From intuitive service and precise timing to thoughtfully crafted dishes, this is a place that continues to evolve, inviting discerning diners into something truly spectacular. Each decision, ingredient, and design choice exists to honour the space and those who enter it.

Exclusive for Ipoh Echo readers: enjoy 10% off your dinner menu (excluding beverages) when you dine at Jeff's Cellar. Valid from now till 31 October 2025. Offer applies to individual reservations only and is not valid for group bookings.

Jeff's Cellar welcomes walk-in and in-house guests aged 12 and above daily from 6 PM to 11 PM. Advance reservations are essential.



Tel: +60 5 210 7777  
Email: [tbhr.pomelo@sunwayhotels.com](mailto:tbhr.pomelo@sunwayhotels.com)  
Web: [www.thebanjaran.com](http://www.thebanjaran.com)





# SEEFOON IPOH FOOD DIVA *Selects*

## Spoilt for Choice in Ipoh—And Loving It

By: SeeFoon Koppen

**R**estaurants in Ipoh are popping up like mushrooms after the rain. And while I'm no Gen Z hopping from one "Instagrammable" café to another, I'm a foodie and these days, thoroughly spoilt for choice.

I confess, I usually stick to my tried-and-true haunts. But once in a while, I get adventurous and stray off the beaten path... and when I do find a gem, I feel duty-bound to share.

Now, unlike the younger crowd who seem to value ceiling plants and neon quotes over actual food, I'm firmly in the Quality Over Aesthetics camp. Also, fair warning—I lean salty. That means I'm often the odd one out when dishes arrive dripping in sugar. But hey, to each their own.

So are my new finds:

### Yu Long Ge

**T**his one is both beauty and brains. Or rather, flavour and flair. Yu Long Ge is a Chinese restaurant that hits the sweet spot (not literally!) between old-world charm and present-day palate pleasure. For those who care about ambience: think Chinese village nostalgia — aged wood, big wine urns, mellow lantern lighting. Every corner screams "take a picture," which your Gen Z friends will appreciate while you're busy digging in.

Owner **Eric Tung** and his team have serious culinary chops, recently scooping up awards at the Malaysia Culinary World Cup 2025.

The menu is vast—bring your entire extended family and you still won't cover it all. But let me tempt you with a few highlights:

#### Grouper & Seafood Platter – RM108.80

A steaming, slurpable cauldron of comfort: a whole grouper, clams galore, tofu, cabbage, salted mustard greens, all swimming in a broth I practically inhaled. It's big enough for 5 people to share, but you might not want to.

#### Wok-Fried Lamb with Spicy Lao Gan Ma Sauce – RM25.80/35.80/45.80 (S/M/L)

No gaminess here—just tender lamb kissed with just the right amount of spice. It's bold but not burn-your-face-off hot. Even spice newbies can handle this.

#### Creamy Salted Egg Beancurd – RM16.80/22.80/30 (S/M/L)

Tofu that's as smooth as Dean Martin from the '60s, dressed in that luscious salted egg sauce we all know and love. I swooned.

#### Wok-Baked Prawns with Cheese & Garlic – Seasonal price

Big, juicy prawns deep-fried to crispness, then tossed in a cheesy, garlicky coat of umami madness. Yes, please.



Lamb



Tofu



Braised Pork



### Yu Long Ge

Address: 2-15, Jalan Kamaruddin Isa, Taman Fair Park, 31400 Ipoh, Perak.

Phone: **011-1313 4529**

### DeChina Seafood Porridge and Noodles

**Y**ou know that rare moment of culinary joy when you discover your favourite restaurant has opened a sibling next door—and it's just as good, if not better? Well, I'm having one of those moments.

My go-to hotpot haven has birthed a new gem: DeChina Seafood Porridge and Noodles. And now, dear reader, I can literally have my hotpot and eat porridge too—all in one delicious sitting.

Run by the ever-affable **Yu Ming**, this new spot is no half-hearted expansion. In fact, Ming himself—yes, the very same man behind the legendary **DeChina HotPot**—has taken up residence in the kitchen. Why? Because, like many restaurateurs, he struggled to find a chef who met his exacting standards. So, in true culinary warrior spirit, he's donned the apron and taken charge.

And let me tell you: **the man can cook.**

With over 30 years in food and hospitality, I've always maintained that sourcing is everything. You can't fake freshness, no matter how pretty your plating is. Ming understands this in his bones. He selects every ingredient personally and keeps his MSG use at a hard zero—which, for my sensitive system, is no small miracle. I've never once left DeChina feeling that telltale dry-mouth or MSG buzz. Just happy, full, and slightly smug.



Crab Porridge

Let's get to the good stuff:

#### Flower Crab Porridge – Seasonal Price

If you're lucky enough to come on a day when he has fresh flower crabs, do not hesitate. This is crab porridge at its finest—briny, sweet, rich, comforting. Heaven in a bowl, one spoonful at a time. If flower crabs are not available, there's always mud crabs or deep sea crabs.

#### Century Egg & Lean Pork Porridge – RM15.90

A classic, and for me, pure nostalgia. Silky congee with slices of tender pork and wobbly century egg. Like a warm hug from my grandmother. Soul food at its best.

Many more porridge options to choose from.

#### Poached Prawns with Vietnamese Chilli Sauce – RM42

Ocean-fresh prawns, simply poached to retain their sweetness. But the kicker? Ming's own fiery Vietnamese chilli dip. One dunk, and you're off on a tongue-tingling adventure.

#### Stewed Pork Hunan-Style (Mui Choy Kau Yoke) – RM38

Now, this isn't your run-of-the-mill pork belly dish. Ming's version is refined—the pork sliced just a tad finer, the preserved vegetables subtle and silken. A masterclass in restraint and balance.

#### Bean Paste Pork Slices – RM28

A surprise hit. Thin slices of pork stir-fried in a rich, umami-packed bean paste, with crunchy onions and scallions to lift and balance the dish.

This one doubles as both an appetiser and a full-blown indulgence. (I, of course, opted for both.)

And here's the cherry on top: if you find yourself torn between soup and congee, you don't have to choose. Simply order your favourites from both DeChina outlets—HotPot next door and porridge here—and have them delivered straight to your table. One bill, two experiences, zero regrets.

So there you have it—two newly discovered gems in Ipoh, each offering its own kind of magic. But DeChina Seafood Porridge and Noodles? That's the kind of place I'll be returning to again and again. Because when the food is cooked from the heart and served with soul, even something as humble as porridge becomes a masterpiece. Now excuse me—I hear my century egg porridge calling.



Prawn Porridge



Braised Pork



Century Egg Pork Porridge



Bean Paste Pork Slices

### De China Seafood Porridge and Noodles

Address: 51, Medan Bercham Selatan 1, Taman Sri Kurau, 31400 Ipoh, Perak

Phone: **05-541 6660**

Operating hours: 11.00 am – 9.00 pm