



يىپەك يولى
丝绸之路



World plates

by Besha Rodell

Crossroad of tastes from the Silk Route

Westerners tend to think of Chinese food as one type of cuisine. Some know the difference between Cantonese and Sichuan cooking, and may even have heard of China's eight great culinary styles. But in reality, there are dozens of distinct regional cuisines of China, and we are lucky to be able to find restaurants specialising in many of these right here in Melbourne.

Dolan Uyghur Food Heaven is one such restaurant. Or, more precisely, it is four such restaurants. The original was opened in Springvale a decade ago by Ilham (Eddie) Aziz. Since then, Aziz and a number of partners have opened three more, in the CBD, Box Hill and Carlton. The restaurants specialise in the food of the Uyghur ethnic minority from the Xinjiang Autonomous Region in north-west China, who are predominantly Muslim. The restaurants are halal, and lamb is the base of many dishes.

Xinjiang, in China's north-west corner, borders Mongolia, Russia, Kazakhstan, Kyrgyzstan,

Dolan Uyghur Food Heaven

Address 166 Little Lonsdale Street, Melbourne 03 9041 8802, dolanuyghurhalalrestaurant.com.au

Open Daily 11:30am-10pm (takeaway from 3pm-5pm only)

Bottom line Mains \$10.80-\$38.80

Must-order dishes Oy lagmeri (hand-pulled noodles with lamb) \$14.80, Uyghur pastry \$16.

Tajikistan, Afghanistan, Pakistan and India. It is the link on the Silk Road between the Middle East and Asia, and much of the food of the region has more in common with Middle Eastern flavours than what many people think of as Chinese.

At Dolan Uyghur Food Heaven in the CBD, the "exotic lamb skewers" come with a heady aroma of cumin, and the lamb chops



Chinese halal (Clockwise from main) Dolan Uyghur Food Heaven owner Ilham (Eddie) Aziz; oy lagmeri (hand-pulled noodles with lamb); Uyghur pastry is like Middle Eastern meat pie. Photos: Joe Armao



arrive over rolls of Turkish bread. There are steamed dumplings and buns, but there's also a dish called "Uyghur pastry", which is very much like a Middle Eastern meat pie ground lamb shot through with black pepper and onion, encased in flaky pastry.

One of the region's most famous dishes is its hand-pulled noodles, made through a laborious process

of rolling then pulling wheat dough until it achieves the desired length and stretch and texture. At Dolan, the noodles are made in-house, and they have a wonderful resistance when you bite into them. The restaurant also serves short hand-pinched noodles, which are softer and especially well-suited to soups.

The menu at Dolan Uyghur Food Heaven tells the story of this

fascinating cuisine, both through its offerings and also quite literally: a page is devoted to explaining the region and its people. But, as is so often the case, the more visceral path to understanding comes through tasting the food. Dolan Uyghur Food Heaven offers a delicious lesson in history and geography and culture.

Uyghur Introduction

Uyghur a turkic-speaking people of interior Asia, uyghurs live for the most part in north western China. The Chief uyghur cities are urumqi, and Kashgar an ancient centre of trade on the historic (Silk Road) near the border between Russia and China. The uyghurs identified as muslims by the 16th century. They are predominantly Sunni Muslim community.

The owner is ilham Aziz running the buisness over 13 years, more information on the website: dolansilkroad.com.au

丝绸之路

Featured Dishes

特色菜

A1. Spicy Chicken / Noodles (S) \$18.80 (小份)
大盘鸡 (面底) 🌶️🌶️ (L) \$29.80 (大份)

A2. Lamb Chops with Bread \$35.80
饅包肉

A3. Tasty Lamb Ribs \$28.80
风味羊排

A4. Cumin Lamb with Bread \$21.80
饅炒烤肉

A5. Lamb Mince Veg / Wrap \$23.80
薄饼羊肉

A6. Tasty Spicy Chicken \$28.80
丝绸之路辣子鸡 🌶️🌶️

A2



A3



A4



A1



Featured Dishes

特色菜

- A7. Pepper Hot & Spicy Chicken (S) \$19.80 (小份)
with Noodles (L) \$36.80 (大份)
特色椒麻鸡(面底) 🌶️🌶️🌶️



- A8. Beef with Eggbread \$22.80
丝绸之路牛肉夹沙

- A9. Flame Mountain Roasted Quail \$53.80
火焰山烤鹌鹑(4只) 4pcs



- A10. BBQ Whole Lamb Ribs \$58.00
丝绸之路烤大羊排 🌶️

- A11. Kashgar Braised Oxtail \$39.80
喀什红烧牛尾

- A12. Boneless Curry Chicken / Bread \$39.80
特色咖喱无骨鸡 / 馍

- A13. Hots Stir Fry Pots \$58.80
[Veg / Wings / Seafood]
特色麻辣香锅 🌶️🌶️🌶️



Delicacy Stir Fry

精品小炒

B1. Crispy Spicy Chicken
重庆辣子鸡 🌶️🌶️🌶️
\$29.80

B2. Braised Lamb Spine
红烧羊蝎子
\$22.80

B3. Beef & Rice Cake
with XO Sauce
XO酱牛肉炒年糕
\$21.80

B4. Spring Onions Lamb
葱爆羊肉
\$19.80

B5. Cumin Lamb
孜然羊肉
\$22.80

B6. Sizzling (Chicken/Lamb/Beef)
铁板 (鸡, 羊, 牛)
\$23.80

B7. Beef Tongue
爆炒牛舌 🌶️🌶️
\$21.80

B8. Hots Lamb Tripe
香辣爆肚子 🌶️🌶️
\$18.80

B9. Sauteed Lamb Haggis Mixed
爆炒羊杂 🌶️🌶️
\$18.80

B10. Hots Lamb Waist
火爆羊腰 🌶️🌶️🌶️
\$21.80

B11. Claypot Braised
Beef Potato
土豆烧牛肉煲
\$22.80

B12. Claypot Chicken & Fish Egg Plant
鸡肉鱼香茄子煲
\$21.80



B10



B3



B1

BBQ 烧烤



- C1. Lamb kebab \$12.80
烤羊肉串 [4串] 4 Skewers

- C2. Roasted Chicken Kebab \$8.80
烤鸡肉串 [2串] 2 Skewers

- C3. Grilled Chicken Wing Skewers \$7.80
烤鸡翅串 [4个] 4pcs

- C4. BBQ Lamb Shank \$16.80
烤小羊腿 [1个] 1pcs

- C5. BBQ Lamb Ribs \$11.80
烤小羊排 [4个] 4pcs

- C6. BBQ Lamb Waist \$8.80
烤羊腰 [4片] 4pcs

- C7. Roasted Duck (Whole) \$88.80 Pre-Order
烤鸭 (一鸭三吃) 一只 提前预定

- C8. Grilled Meat (One) \$78.80 Pre-Order
架子烤肉 【一份】 提前预定

- C9. Roasted Lamb (Whole/Half) Pre-Order
烤全羊 【一只 / 半只】 提前预定
\$488 / \$288

- C10. Roasted Leg of Lamb (One) \$168.80 Pre-Order
烤大羊腿 【一条】 提前预定



Main Dish 主食

D1. Noodles with Veg & Lamb \$15.80

丝绸之路拌面



D2. Spicy Noodles with Lamb \$16.80

辣皮子拌面

D3. Deep Fried Lamb & Veg Noodles \$16.80

过油肉拌面

D4. Stir Fry Hot Noodles (Flat/ Thin) \$15.80

干煸炒面 (宽/细)

D5. Stir Fry Noodles \$15.80

炒拉面 (面片/细面)

D6. Cubes Stir Fry Noodles \$15.80

丁丁炒面

D7. Beef Noodles Soup \$15.80

牛肉清汤面

D8. Rice Noodle (Chicken) \$16.80

网红炒米粉 (鸡肉)



Main Dish 主食

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|------|---|---------------------|------|--|---------|
| D9. | Silk Road Special Rice
丝绸之路皇帝抓饭 | \$21.80 | D14. | Special Uyghur Meat Pie
肉饊 | \$18.80 |
| D10. | Special Fried Rice Meat/Veg
维吾尔炒饭 | \$15.80 | D15. | Baked Buns
烤包子 (2个) | \$7.80 |
| D11. | Thin Skin Buns (3pcs)
阿图什薄皮包子【三个】 | \$11.80 | D16. | Handmade Noodles (Flat/ Thin)
手工面 (宽/细) | \$6.00 |
| D12. | Handmade Dumplings
(Beef/ Lamb/ Chicken)
手工水饺 (牛, 羊, 鸡) 【8个】 | \$9.80
8pcs/per | D17. | Uyghur Bread
维吾尔饊 | \$3.50 |
| D13. | Handmade Pan-fry
Dumplings
(Beef/ Lamb/ Chicken)
手工煎饺 (牛, 羊, 鸡) 【8个】 | \$11.80
8pcs/per | D18. | Steamed Rice
米饭 | \$2.50 |



Cold Dish

凉菜

- | | | | | | |
|-----|---|---------|-----|-------------------------------|---------|
| E1. | Cold Noodles Salad
(Hot / Sesame)
凉皮 (酸辣/芝麻) 🌶️ | \$7.80 | E5. | Beef Tongue Salad
凉拌牛舌 🌶️ | \$12.80 |
| E2. | Bean Powder Noodles Salad
凉粉 🌶️ | \$8.80 | E6. | Lamb Tripe Salad
凉拌肚丝 🌶️ | \$11.80 |
| E3. | Garlic Cucumber
蒜泥黄瓜 | \$9.80 | E7. | Mixed Salad
维吾尔凉菜 🌶️ | \$9.80 |
| E4. | Beef Salad
凉拌牛肉 🌶️ | \$12.80 | E8. | Sweet & Sour Hawthorn
水晶山楂 | \$8.80 |

Vegetarian

素菜

- | | | | | | |
|-----|-----------------------------------|---------|-----|---|---------|
| F1. | Cashew Celery Lily
腰果西芹百合 | \$22.80 | F4. | Hot and Sour
Potato Shreds
酸辣土豆丝 🌶️ | \$15.80 |
| F2. | Stir Fry Broccoli
素炒西兰花 | \$16.80 | F5. | Mixed Vegetables
特色炒合菜 | \$21.80 |
| F3. | Stir Fry String Beans
干煸四季豆 🌶️ | \$16.80 | F6. | Mushroom Tofu Pot
鲜菌豆腐煲 | \$21.80 |



Soup Dish 汤类

G1. Winter Melon and Lamb Boiled Meatballs \$23.80
冬瓜羊肉汆丸子

G2. Mixed Lamb Haggis Vermicelli Soup \$18.80
羊杂粉丝汤

G3. Flower Lily Quail Soup \$25.80
虫草花百合鹌鹑汤 (2只)

G4. Herbal Black Chicken Soup \$25.80
滋补药膳乌鸡汤

G5. Shreds Noodles Soup \$16.80
维吾尔汤面片



Drink 饮料

【杯】
CUP

【扎】
JAR

H1. Bayberry Juice
贵妃杨梅汁

\$8.80

\$16.80

H2. Milk Tea
维吾尔奶茶 (咸/甜)

\$3.00

\$10.00

H3. Fresh Juice
[Watermelon/Orange/Apple]
鲜榨果汁 [西瓜/鲜橙/青苹果]

\$5.80

\$13.80



H4. Yogurt
维吾尔酸奶

\$3.00

H5. Chinese Tea
[Tieguanyin /Chrysanthemum/ Pu'er]
中国茶 [铁观音/菊花/普洱]

\$18.80 (一壶)

H6. Cans Drink
碳酸饮料

\$3.00

H7. Bottle Drink
瓶装饮料

\$3.50