



**Hot Pot** is a traditional dining experience that dates back more than 1000 years. Arguably created by Mongolians in northern China, where, during the cold winter months, families would huddle together around a communal cooking pot, for both warmth and nourishment.

Commonly known as Chinese Fondue (due to the manner in which it is eaten) it has evolved into many forms across Asia with varying guises and labels such as - ‘**Huoguo**’ in Chinese meaning ‘Fire -Pot’, ‘**Shabu-Shabu**’ in Japan meaning ‘Swish-Swish’ and also widely referred to as a ‘**Steamboat**’. Whatever you wish to call it, it’s a fantastic hands on, interactive dining experience, enjoyed by millions around the globe.

How best to describe it.....the concept is basically a communal pot of simmering broth, surrounded by meats, seafood, vegetables and noodles, which are dipped into the liquid at varying intervals, cooked to your liking, removed from the pot and plunged into a variety of spicy condiments and dipping sauces before being devoured.

There are no hard and fast rules for Cooking and eating your Hot Pot, but here is rough guide to getting the best from your experience.

Taste your broth. Seasoning is at your discretion..... at this point you are the master of your Hot Pot destiny !!! Bear in mind that the broth will become stronger in flavor as the meal progresses, any chili, salt, pepper or spice that you add will intensify as the broth reduces. It’s fair to say, the meal tastes better as it progresses, as it takes on the flavors of the ingredients that you add. It’s pretty much tradition to eat the broth as a soup at the end of the meal when it is at its most flavorful

Next step is to allow your chosen broth to come to the boil.

At this point, you may wish to add the denser vegetables and meatballs as these items take longer to cook, and add flavor as they do so.

Thinly sliced meats and leafy vegetables can go in later as they do not require much cooking.

If you are having a Mixed Hotpot, (meat and seafood), you may wish to cook the meat first, as the seafood will add its own distinct flavor to the broth.

Generally noodles are added at a later stage in the dining process as they soak up all flavors, but they can of course be added at any time, to your liking.

This is ok course just a guide and everybody has their own preferences. My advice would be, **cook little and often**, no need to fill up the pot, overcook your food and ruin the experience. All we would ask, is that you take care to cook your chicken and seafood thoroughly as to prevent any illness after your meal. The rule of thumb tends to be “if it’s floating, it’s cooked”.

To make things a little more interesting, **our** Hot Pots have an added griddle in the center, so you get a Korean style BBQ and Hot Pot all in one sitting. This will allow you to cook your meat and seafood separately, or grill all your protein and keep the broth purely for the veg and noodles. I am sure this may be frowned upon by traditionalists, but I think it adds another dimension to an already awesome experience

There are many varieties of Hot Pot in China alone, but for me, the beauty of Hot Pot, is there is no ‘recipe’ as such. Here we present our version of this classic culinary experience, taking our favorite components of Hot Pots we have eaten, to design one that best suits the palettes of all our guests. We hope you enjoy it !

## Konotta Hot Pot Menu

Designed for 2 guests to share, every Hot Pot consists of the following

**Vegetables** - broccoli, cauliflower, okra, pumpkin, sweetcorn on the cob, green beans, onion, tomato, spinach, morning glory, shitake mushroom, enoki mushroom, bok choy, bean sprouts, tofu.

**Egg Noodles and rice noodles**

**Condiments** - garlic, ginger, soy sauce, chili sauce, hoi sin sauce, Chinese BBQ sauce, fish sauce, fresh chilies, lime, sesame oil, sea salt and Szechuan pepper, coriander

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Please choose your preferred Broth

**Chicken, Beef, Seafood or Vegetable**

**Mixed Seafood and Meat \$160++ (\$80++/guest)**

Meatballs, chicken fillet, Angus beef, Shrimp, tuna, Reef fish and crab

**Seafood \$160++ (\$80++/guest)**

Shrimp, salmon, calamari, crab, reef fish, tuna, mussels

**Meat \$160++(\$80++/guest)**

Angus beef, spicy meatballs, pork belly, chicken fillet, lamb rump, duck breast, chicken wing

**Vegetable \$90++ (\$45++/guest)**

We have a huge array of vegetables, fruits, salads and herbs available on the island, offering you a tasty and uber healthy Hot Pot experience. Please inform us if you have any particular preferences

## Hot pot

