

VANTAGE

COVERING ST JOHN'S WOOD, MAIDA VALE, PRIMROSE HILL, MARYLEBONE, REGENT'S PARK AND THE SURROUNDING AREA

THE ENGLISH gentleman

CLASSIC MEN'S STYLE

Utopia

ROCK 'N' ROLL IN PRIMROSE HILL



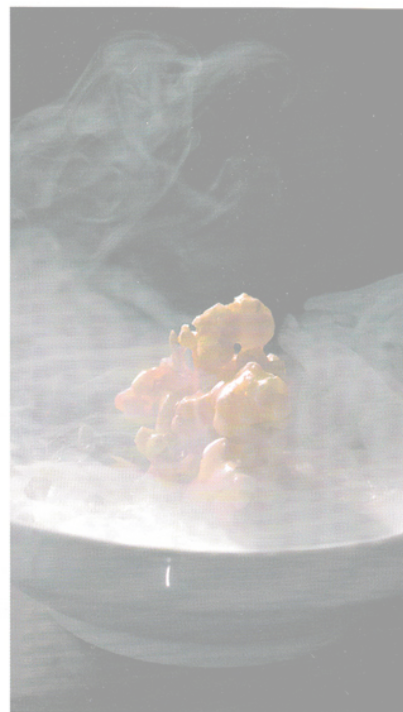
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food & drink **connoisseur**

food & drink

news



UBER COOL

Its offering may be cool but it's certainly red hot news that Europe's first liquid nitrogen ice-cream parlour will be opening its doors in Camden Lock.

Based on the wonderfully visual culinary alchemy practised by the likes of Heston Blumenthal, Chin Chin Laboratorists is the creation of former City worker, Ahrash Akbari-Kalhur and his wife Nyisha Weber. Together these two twentysomethings travelled the world to research both methods and ingredients before putting their life savings into opening their dream business.

The shop's focal point is a 180-litre tank of liquid nitrogen. With smoke filling the room, customers are treated to a complimentary theatre show as Chin Chin's white-coated staff prepare their fabulous concoctions. And what concoctions they are – ice-chip free ice cream with the added bonus of half the fat and sugar.

The selection of flavours is as unconventional as the process with choices such as basil and saffron. New flavours will be announced every Tuesday via twitter.

ICE CREAM AND SAUCE IS £3.95
WWW.CHINCHINLABS.COM

DECADENT CAKES

Chef Masayuki 'Masa' Hara runs the boutique French style tea salon, Lanka, that offers delicately designed cakes with a distinctive and unusual Japanese French fusion.

With 20 years of French cuisine experience behind him, he moved to London in the 1980s with his fashion journalist wife Mina who is



also very much involved in the day-to-day running of an enterprise that also includes outside catering for both corporate and private functions.

When walking through the stylish streets of Primrose Hill make sure you stop off for a Sri Lankan tea or a freshly ground Monmouth coffee accompanied by one of Masa's infamous macarons or a piece of his signature green tea, almond powder and white chocolate cake.

71 REGENT'S PARK ROAD, LONDON, NW1 8UY
020 7483 2544
WWW.LANKA-UK.COM



£5 BURGER THURSDAYS

Every Thursday in September family favourite restaurant Giraffe is offering all burgers at a fiver to help soften the blow of going back to school.

WWW.GIRAFFE.NET

NEWS:

CURRY CLUB

When talented local cook Aruna Khanzada invites you over for a curry, it's an offer you really can't refuse. For Aruna's Indian cuisine is second to none.

Under the Curry Powder name, she's hosting her first Curry Club event downstairs in the Princess of Wales Pub in the heart of Primrose Hill.

Using ingredients sourced wherever possible from local suppliers, Aruna's three-course feast will also include a number of vegetarian options.

THURSDAY 7 OCTOBER, 7.30 - 8.00PM
£25 PER HEAD AT PRINCESS OF WALES PUB
22 CHALCOT ROAD, PRIMROSE HILL, NW1 8LL
WWW.OPENANDSHUTLTD.COM

FOOD LINGO:

HARISSA

Originally from Tunisia, harissa is a spicy paste, is commonly used in cuisines across North Africa. Recipes vary across regions, but the main ingredients are generally Piri Piri chilli peppers, Serano pepper and olive oil.

The paste is used to flavour a wide variety of dishes, in particular meat or fish stews, grilled fish and couscous.



QUOTE:

“ Ask your child what he wants for dinner only if he's buying.”

FRAN LEBOWITZ, AMERICAN AUTHOR



WEBSITE:

Eat The Seasons is a simple website that makes green gourmet cooking uncommonly easy.

Updated every week, the website's home page gives the definitive low-down on what foods are in season and good to eat right now, including interesting information, recipes and helpful hints.

www.eattheseasons.co.uk