

# SH

OUT EVERY FRIDAY

dining Vegetable happiness  
health Laying on of hands

餐饮 乐而思素  
健康 手到病除

It's Free



Readers' Choice Awards 2007:  
Have your say inside

# The Roughage Guide

No meat ≠ fake meat, explains Christopher St. Cavish.

**G**oing without meat isn't an automatic sentence to home-cooking, imitation meat restaurants, a plate of suspect stir-fried vegetables, or indeed the usual roll call of designated vegetarian restaurants.

Instead, you just have to know where to look. These places don't advertise as vegetarian, and they don't specialize themselves into a fake-bacon or black pepper "steak" corner. They take a different approach, catering to meat and non-meat eaters alike, and don't force the latter into ordering afterthoughts on the menu.

As any home cook can tell you – of whom more than a handful are vegetarians – cutting out meat as an ingredient still leaves a world of room for varied meals. No, not having more than just a token option doesn't cut it anymore, and here's a few of the places who agree.



## H Café

This well-designed spot is across from the Huashan Green Space, full of mahjong players by day and music fiends fleeing the nearby Logo and Pirates by night, and is one of the best in the city for eating meat-free with assurance. It's awash with light from big windows, and an especially nice glassed-in terrace towards the rear, and full of both lunch and dinner veggie options. A trip through the menu found nearly 20 suitable dishes. And there's no second guessing what they may or may not be adding in the kitchen: they're all clearly indicated by a sprightly sunflower.

1415 Huashan Lu, near Tai'an Lu, 6283 8308.

华山路1415号, 近泰安路



## Shui Yuan

Smart addition to the Bund that opened late last year, proving that business lunches don't have to mean macho displays over foie gras or cha shao. The kitchen instead treads a lighter path of healthy regional Chinese food, with a produce-conscious approach that means plenty of lesser known, exotic, and wild seasonal vegetables and greens. At lunch the menu consists of two set meals, one of which, called Moon, is both vegetarian and a very tempting ¥98 for four courses. The evening a la carte is also laden with veg-friendly dishes.

1 Yan'an Dong Lu, near Zhongshan Dong Yi Lu, 6330 8098.

延安东路1号 近中山东一路

## Nepali Kitchen

This stalwart of our dining scene has lasted not just for its food and pillow seating, but partially because it is a great standby for those sick of cooking at home, and sick of second-guessing the existence of chicken powder, stock, or other offenders in their dinner. Their ¥80 veggie set menu is three plates of non-carnivorous confidence, in curry, soup and rice, plus tea.

819 Julu Lu, near Fumin Lu, 5404 6281.

巨鹿路819 近富民路

## Zentral/Slice/iiii!

Places geared towards the lunching munching crowds are constantly trying to figure out how to include every last person in their potential customer base, great for those in the market for a panini, a pizza, risotto or salad, of which these chains (and some other big players who we've consciously not bothered to re-mention here), do pretty damn well.

Zentral (three locations), see [www.zentral.com.cn](http://www.zentral.com.cn)

Slice (three locations), [www.slice-deli.com](http://www.slice-deli.com)

iiii! (three locations), call 5239 1566 for addresses.

## Masala Art

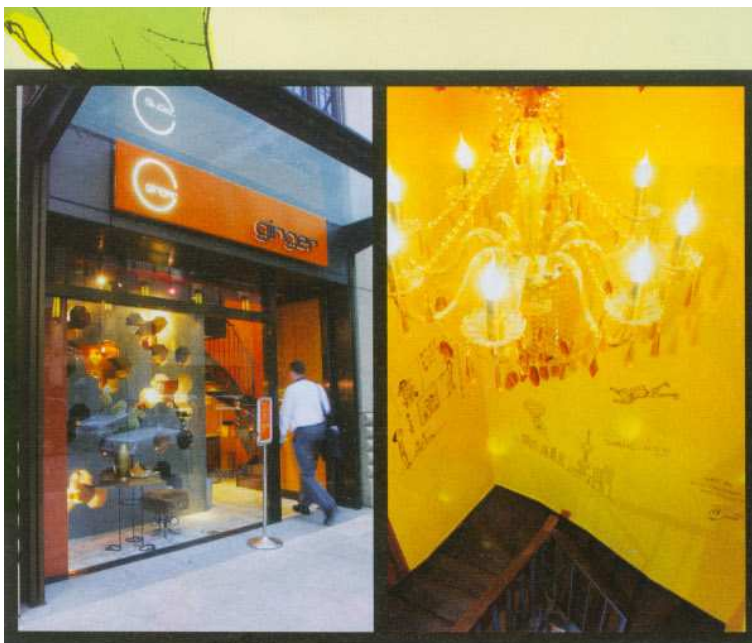
Indian restaurants are the saving grace of many vegetarians worldwide. Thousands of years of abstaining from meat have produced a highly developed cuisine, well balanced by dals, beans, grains, yogurts, pickles, wet dishes, dry dishes – the list goes on. Even at places that showcase the other, meaty side of the cuisine, such as Bukhara, choices abound. And though Vedas and Bukhara consistently get the highest marks in town, they don't come with particularly low prices.

Masala Art, however, has taken the middle ground, re-opening last year on Dagu Lu with a classy wood interior and great food (matched only by their service), at prices that make it a once or twice a week spot. Keep an eye out for Mr. Sunny Sudan the manager, and ask him to navigate the menu, pluck out the best vegetarian options, and turn them into a properly balanced meal. If you're just popping in for a quick fill, don't miss the malai kofta, dumplings in a lightly spiced and cream enhanced tomato curry.

397 Dagu Lu, near Chengdu Lu, 6327 3571.

大沽路397号 近成都路





### Ginger

The original location on Fuxing Lu has been a forward-thinking cafe for the couple of years it's been open, and now its two offspring, one on Corporate Avenue near Spendtandi, the other a smaller version tucked down pseudo-hemian Taikang Lu, are carrying the torch. In fact, they're both quite tucked away, the one on Corporate Avenue not visible from the street, and just a slice of a location, double-layered like a proper chocolate cake (which they serve). Nearly half of the menu on our most recent visit was pure veg – quiches, Southeast Asian salads with their homemade tofu, and others that were more than just pizza-pasta-panini – and clearly marked as such. Quality is high, service is friendly, prices are quite reasonable, and the small bakery section discounts its great cookies biscotti, and other products after 6pm. More than enough to keep Ginger at the front of our mind next time we want a lighter meal.

No.1, Lane 299 Fuxing Xi Lu, near Huashan Lu, 6433 9437.

复兴西路299弄1号 近华山路 Building 2, G/F, Corporate Avenue, 202 Hubin Lu, near Huangpi Nan Lu, 6340 6800.

湖滨路202号企业天地大厦2号楼一层 近黄陂南路

No. 47, Lane 248 Taikang Lu, near Jianguo Lu, 5465 7355.

泰康路248弄47号 近建国路

### Jade on 36

If creativity is what's lacking in other eateries who won't accommodate vegetarians, then it's no surprise that probably the best non-meat menu in town comes from Paul Pairet. Pairet's mind is an endless supply of ideas and curiosity, and his strong technical background and hotel dream kitchen turn them into tangible, edible concepts organized into several degustation menus, named by color. The obviously titled Green menu, like the others, is a pre-determined affair leaving only the choice of how many courses one opts for, five or eight. Neither are short on culinary adventure. The "Orange Sunny Side-up" looks like the an egg, except for the fact the "white" is made from coconut milk and the "yolk" is fresh orange juice, manipulated by a series of chemicals to hold its spherical shape, and break only when pierced by your cutlery. At ¥350 (plus the standard hotel 15 percent service) for the shorter menu, ¥500 for the longer one, it's not an everyday affair, but still one of the best deals in the city.

To be fair, most of the fine dining establishments in town pride themselves on great service and food and will happily accommodate you. What is important, however, is that you call a day or two ahead to ensure getting something more exciting than just a green salad and a risotto.

33 Fucheng Lu, near Lujiazui Xi Lu, 6882 3636.

富城路33号 近陆家嘴西路

# LIULI CHINA MUSEUM

Museum • Museum Café 10:00AM - 10:00PM



## City

Jay Musler U.S.A.

LIULI CHINA is a multi-cultural platform between the East and West, displays exclusive pieces by Stanislav Libensky, Kyohei Fujita, Antoine Leperlier, Paul Stankard and other distinguished artists among the contemporary Glass Art arena.



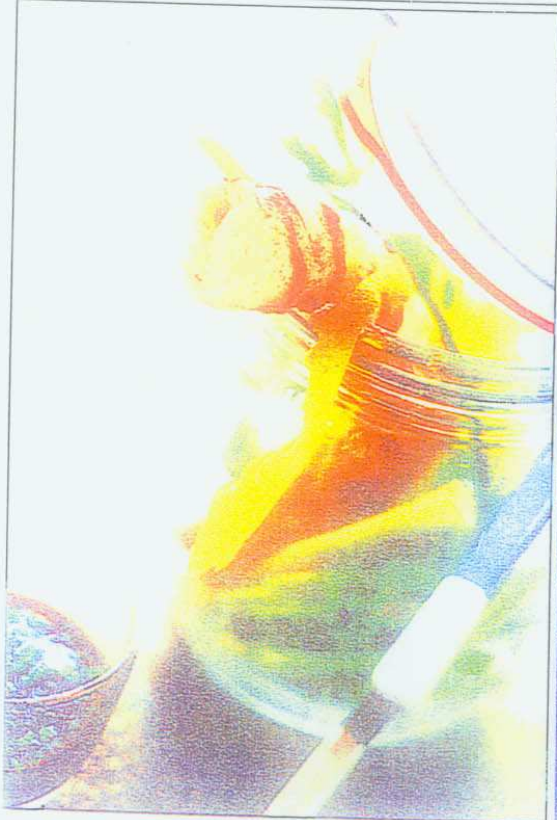
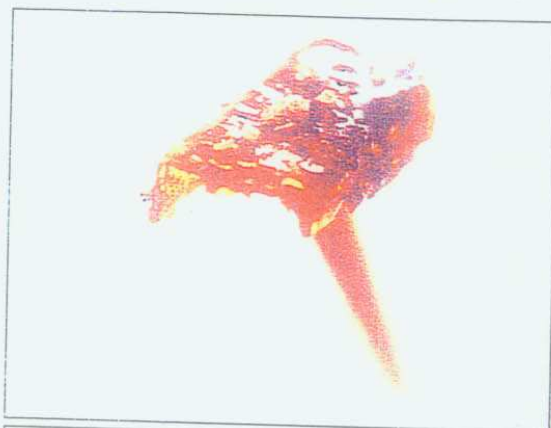
[www.liuli.com/museum](http://www.liuli.com/museum)

Public Transport · Subway: South Huangpi Rd. Station · Buses: 146, 781, 932  
No.158 Ma-Dang Road, Lu-Wan District, Shanghai, China TEL: 021-53829886

# Eating Avant-Garde

As Shanghai strives to become a world-class dining destination, **Jarrett Wrisley** finds out what some of the city's most adventurous chefs are doing in the kitchen.

The art of fine dining has become a science. The nouvelle cuisine movement of the 1970s, when French food finally decided to lighten up, shaped the progression of expensive restaurant food on the Continent and in North America in the 1980s and 90s. During this time, Western flavors and an Asian aesthetic sensibility seemed to intersect – and soon the flavors followed. As lemongrass and sashimi crept their way onto Michelin menus in Europe and tiny, kaiseki-style tasting menus became the norm in restaurants round the world, chefs needed a new challenge to further their craft. Inspired by pioneers of molecular gastronomy, a place where science and food intersect, some restaurants have blurred the line between kitchen and laboratory. Chefs play with presentation, and are able to harness ingredients and shape flavors in entirely new ways. We took a look behind the heat lights at three kitchens in Shanghai, to see what tricks chefs are employing to push the culinary envelope.



**CHALLENGING CREATIONS:** PAUL PAIRET'S FOIE GRAS LOLLIPOP (ABOVE) AND FRAGRANT SHRIMP IN A JAR (RIGHT).

## Jade on 36

36/F, Tower Two, Pudong Shangri-La, 6882 8888 ext 280.

When diners are confronted with a foie gras lollipop or a tin of fluffy sardines, they might think Chef Paul Pairet is sitting in his kitchen, giggling. He's not. This chef's deadpan delivery belies a menu that seems almost whimsical. "There is a reason I do all of the things that I do," he explains. "Sure, we clip scallops with a clothes pin – but for a technical reason. [The shell works as] a little steamer, a natural one – but the purpose is not to be playful." Pairet's cuisine at Jade is unique. No one else in town is serving Nutella and canned sardines on a tasting menu, or a magnificent goose liver lollipop, coated in caramel, that melts in your mouth after a shot of hot spiced tea, topped with chilly Champagne foam. Inside Jade's kitchen we watched him assemble what has become one of his signature dishes – a lemongrass skewered tiger prawn served in a bell jar, perched atop an orange slice. The prawn is perfumed with lemon leaves and the zest of lemon, grapefruit and orange as it steams in the juices of these fruits, alongside a deliciously fragrant vanilla bean. When the jar is opened the aroma explodes with an intense bouquet of citrus and vanilla.

"Some people say I am 'presenting' the shrimps in the jar – this may be true, but I am not simply doing this. I don't know what I could use to replace the jar to cook them the way we do, to pack the flavors and the aroma inside. It's not for the drama, or the science, although it took a long time to get this right. It was inspired by eating drunken shrimps in Hong Kong – you need to come to Asia to discover shrimp."