

STAR★RESTAURANT

Apsleys Restaurant
at The Lanesborough Hotel
Hyde Park Corner, SW1
020 7259 5599

APSLEYS offers a modern dining experience in a luxury hotel setting. Cuisine is seasonal, rustic Italian fare — but rustic in a posh way.

WHO Jaime Winstone and Alfie Allen recently enjoyed a meal here.

WHO ELSE Beyoncé and Jay-Z, Mark Ronson and Hugh Grant.

BLENDING IN

An A-list companion is the perfect accessory!

AMBIENCE There's an amazing conservatory — complete with vaulted glass ceiling and super-size Art Deco-style chandeliers. There's even a Michelangelo-inspired fresco on one of the walls, by Simon Casson.



Luxurious setting: Alfie Allen and Jaime Winstone, right, recently ate in Apsleys at The Lanesborough

WHAT TO ORDER Tagliatelle in a light truffle butter sauce (£17.50); lamb cutlets with caponata and artichokes (£26), or the scallops saltimbocca with pea mash (£28.50). A cheaper option is the three-course lunch menu at only £24.

WHAT TO DRINK Make use of the two temperature-controlled

Alfie Allena and Jaime Winstone
Apsleys Restaurant at The Lanesborough Hotel

wine-tasting rooms (where a special system preserves already-opened bottles to allow for an extensive choice of wines by the glass). White wine by the glass starts at £6.50.

BEST TABLE On the raised platform by Casson's mural.

HOW TO LAND A TABLE By booking early in the week.

PERSON TO KNOW The charming Italian manager, Pasquale Cosmai.

NEXT BEST THING Vasco & Piero's Pavilion, 15 Poland Street, W1, 020 7437 8774



Beijing

Bring the Olympics home with our pick of London's best Chinese restaurants

WITH the Olympic Games gripping London, now's the perfect time to sample Beijing-style cuisine — without leaving the capital. They say Beijing locals are so obsessed with food that the phrase "Che fan le ma?" — "have you eaten?" — is used in place of "hello".

The cuisine of Beijing (formerly Peking) is a melting pot of flavours and ingredients, where dishes are shaped not only by the regional diversity within China itself, but also by that of its many neighbours. While dim sum is ubiquitous throughout China, noodles, dumplings, pork, mutton and, of course, duck are more typical of northern Chinese cuisine.

On 8 September, Min Jiang restaurant at the Royal Garden Hotel opens, featuring an authentic Beijing duck oven and great views over Hyde Park. In the meantime, here are our top tips on Chinese restaurants going for gourmet gold...

LEONG'S LEGENDS

IF THERE were food Olympics, China would be wise to field a team from Leong's. Every ingredient at this Chinatown restaurant has been carefully researched, tried and tested so all dishes are works of art.

The menu has a Taiwanese influence, but spicy beef noodles — hunks of meat and fat noodles in a gutsy spiced stock (£4.50) — is Beijing to a T. Portions are big enough to share among an entire family. The freshly steamed

Family favourite: a waitress serves up authentic fare at Phoenix Palace

BY DAISY DUMAS

dim sum is exquisite and comes in steamers of eight for £6, so they're great value, too.

4 Macclesfield Street, W1 (020 7287 0288)



Top-notch: Kai Mayfair offers fine dining

KAI MAYFAIR

THIS is modern Chinese dining at its best. Top-notch service and luxurious dishes such as Buddha Jumps Over The Wall soup (£108, it takes five days to make) have come to define this much-lauded restaurant.

Chef Alex Chow has taken Beijing food and rewritten the rule book. Try his Beijing duck tasting menu (£65pp, minimum two people), showcasing five amazing duck courses. There's also a Dom Perignon champagne menu (£280pp). Dining like an emperor doesn't come cheap, but this is gold medal stuff.

65 South Audley Street, W1 (020 7493 8988)

PHOENIX PALACE

A HEAD count of Chinese people can be a pretty good gauge of quality. As such, Phoenix Palace scores full marks. It's packed with Chinese families who flock here to satisfy their cravings for authentic, fresh food. Capital spare



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Together with



1 ingredient 2 ways

Pollack

POLLACK PIE SERVES 4

- 455g pollack fillet
- 1 tbsp oil
- 1 onion, sliced
- 1 clove garlic, crushed
- small piece ginger, chopped
- ½ tsp cumin
- ½ tsp coriander
- ½ tsp chilli powder
- 200g chopped tomatoes
- ½ tsp tomato purée
- 1 red pepper, cubed
- 225g puff pastry

HEAT oil, add ginger, onion, garlic and cook until soft. Stir in spices, cook for two mins. Add tomatoes, purée and pepper, simmer. Take off heat, stir in fish, put in dish. Cover with pastry, brush with egg, bake 20mins at 200C.



FISH FAJITAS SERVES 4

- 455g pollack fillets
- 1 clove garlic, crushed
- cayenne pepper
- juice and rind of lime
- 1 tbsp oil
- 1 onion, in wedges
- 1 red and 1 green pepper, sliced
- 3 tbsp taco sauce

MIX garlic, cayenne and lime. Add fish, leave 15 mins. Heat oil, add onion and peppers, cook for 5 mins. Add fish and sauce and cook for 3-4 minutes.

● For more recipes, see seafish.org