

THE QUEST FOR GOLD: **HOUSTON'S OLYMPIC HOPEFULS**



HOUSTON'S PREMIERE
LIFESTYLE MAGAZINE

HUNGRY?
FEAST YOUR EYES ON
THIS YEAR'S
CULINARY
STARS!

PAGE 100

MARLEN ESPARZA IS THE FIRST AMERICAN
WOMAN TO QUALIFY FOR THE OLYMPICS
IN WOMEN'S BOXING

PAGE 34

**CASE
CLOSED!**
HOUSTON'S

**TOP LAWYERS
NAMED!**

PAGE 55

**TRAVELING TALES
TO WRITE HOME ABOUT**

**5 DESTINATIONS
FOR SUMMER
VACATIONS**

PAGE 41

PLUS:

TRAVELING WITH STYLE
OUTDOOR LIVING TIPS
PACKING LIGHT
DAY TRIP QUIZ

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SHANGHAI SURPRISE

From Peruvian to French to English, Shanghai restaurants cover the epicurean globe.

by Laurette M. Veres

No city reflects China's diversity and modern architecture more than Shanghai.

And now, this city's dining stature is growing at an unimaginable pace.

CUISINE The restaurant scene exploded when the World Expo came to town. Sinan Mansions is an up and coming hotspot for new restaurants in The French Concession Architectural District. We chose Chicha, Eduardo Vargas' Peruvian establishment. The chef feels Shanghai is international enough to support his Chinese inspired Peruvian fare. We agree. Unique art greets you when you enter the inviting, upstairs dining area where seabass ceviche, seafood stew and lamb are served.

As most do, we retire downstairs to the Alchemist Cocktail Kitchen. This hip bar specializes in molecular cocktails with Latin roots—lots of drinks with spirits like popular Peruvian Pisco.

One of the dining high points includes a stop at Mr. & Mrs. Bund, a modern French eatery from Chef Paul Pairet. This upscale restaurant is located on The Bund, a glitzy thoroughfare with neo-classical buildings and stunning views of Pudong's skyline across the Huangpu River. Here, the portions are generous and the state of the art wine service is changing the way the Chinese enjoy wine. Thirty-two carefully selected bottles are available by the glass. The wine is self-serve. Simply scan your restaurant issued

debit card by the wine of your choice and it automatically pours; your server will scan the card when it's time to pay the tab to tally up the number of glasses you enjoyed. With this new option, we change wine with each course.

We suggest you start your meal with Duck Foie Gras Terrine and salad. For a true culinary treat, the Bordelaise Ceps Marrow made from beef short rib offers an explosion of flavor. Entrées are served tableside; salmon arrives in a large slab, then individual portions are cut. One of the most unique and flavorful desserts we've eaten, the Lemon and Lemon Tart, is a candied lemon filled with lemon sorbet and cream. It takes more than 24 hours to candy the lemon and prepare it for the filling.

ALL THE TEA IN CHINA The British influence in this metropolitan paradise shines through as we head to the Bund's famed Peninsula Hotel for high tea. Scones, macarons, banana cake, raspberry-vanilla tart, egg salad, smoked salmon, and truffle-mushroom quiche are just some of the highlights from this mid-day pick me up.

WHERE TO STAY Looking for the best location in town? The Ritz is for you. Most taxi drivers know the Ritz, even when they can't understand you. The Ritz-Carlton Shanghai, Pudong tops the Cesar Peli's 58-story IFC Shanghai building and the 285-room hotel places you in a cloud level fantasy. An upgrade to the business lounge is worth it. Each day, the chef prepares special treats. Twice, we reveled in Peking Duck cut fresh and mounted to a crepe. Other options: sushi, rice, salads and bread. **H**



FROM TOP: THE SHANGHAI TOWER, LOCATED ON THE BUND; TRY THE SCRUMPTIOUS BORDELAISE CEPES MARROW FROM MR. & MRS. BUND; ENJOY THE FAMED TEA SERVICE AT THE PENINSULA HOTEL.

Enjoy genuine friendliness in Nevis on our next stop!

