

# POST FOOD

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with **DEBRA GREENHOUSE**



## DINING DIRECTORY

### CONWY

#### FISH TRAM CHIPS, LLANDUDNO

Sea fish Quality award 2007. Traditional Fish and Chips Take Away and Licensed cafe. Closed Sun tea and all day Monday. Open Tues - Sat for lunches and tea. Tel:(01492) 872673 (opposite tram station)

#### FIFTY 5 DINER, LLANDDULAS, CONWY, LL22 8HH - J23 A55

A variety of meals, snacks, desserts and beverages. Friendly, fast service. Ample parking and easily accessible toilets. Open daily 8am-9pm. Call 01492 514151.

#### OCEANS FISH BAR CRAIG Y DON

Newly opened behind the County Hotel. Traditional freshly cooked fish and chips, run by local people for local people. Daily Specials include Roast Dinners and Homemade pies. Open Tues- Sat 11.30am - 2pm & 5pm - 10pm, Sun 4pm - 10pm. Telephone Orders Welcome: 01492 860455 or [www.oceansfishbar.co.uk](http://www.oceansfishbar.co.uk)

### GWYNEDD

#### BISTRO MOELWYN, HIGH STREET, BLAENAU FFESTYNOG

We promise you a warm welcome and views of the Moelwyn mountains. Local, fresh produce provides the basis of our healthy lunch and tempting evening menus. To reserve a table or book a private party call 01766 832358. Visit [www.bistromoelwyn.co.uk](http://www.bistromoelwyn.co.uk) for more details

#### TYN LLAN HARP, LLANDWROG, CAERNARFON

Meals served noon-9pm daily, including Sunday lunch. Warm and friendly atmosphere, children welcome. Under new management. Late bar Friday and Saturday with bar meals and separate restaurant. Call 01286 831071.

#### THE ROYAL SPORTSMAN HOTEL, PORTHMADOG

Traditional favourites and modern European menus cooked to order, using fresh local Welsh ingredients. Open daily noon-2.30pm and 6pm-9pm. Call 01766 512015 or visit [www.royalsportsman.co.uk](http://www.royalsportsman.co.uk)

#### HERBS RESTAURANT, 162 HIGH STREET, BANGOR

Organic, locally sourced fair trade ingredients whenever possible. Come and join us for our themed weekend evenings. Open 10am-3pm Mon-Thur, 10am-9pm Fri and Sat. Closed Sundays. Call 01248 351249 for details.

#### MEIFOD COUNTRY HOUSE, BONTNEWYDD, CAERNARFON

A variety of meals served noon-9.30pm Mon to Sat. Sunday lunch served noon-9pm. Children welcome. Call 01286 673351.

#### Y BEUNO, CLYNNOG FAWR

Cinio dydd Sul noon-3pm. Bwyd da, golygfeydd bendigedig, croeso cynnes. Sunday roast noon-3pm. Good food, fantastic views, warm welcome. Call 01286 660785 to book.

### ANGLESEY

#### HARBOURFRONT BISTRO - MARITIME MUSEUM

Newry Beach, Holyhead. Lunch Tue-Sat noon-2.30pm; Sunday 12.15-3.30pm. Three course lunch menu. Closed Mondays. Dinner Thur-Sat from 6pm. Reviewed by Daily Post 2006 as "absolutely top notch". Call 01407 763433.

**GET IN OUR DINING DIRECTORY**

Call 01492 574419 and be in it next week

## 1 DO TRY THIS AT HOME

Chinese cooking does not have to be complicated. This simple home-made turnip cake - Luo bo Gao - can be eaten any time but is especially enjoyed during Chinese new year celebrations. You need a 5-inch round cake pan, preferably with a removable base, 2oz dried shrimp, 2oz Chinese 'laap cheung' sausage, 2oz Chinese cured ham, 1lb turnip/taro, spring onion, coriander, 3tbsp sesame oil, half tspn pepper, half tspn salt, 2 tspns sugar, 8oz white rice flour, 2oz wheat starch, 6 cups water

**2 TO PREPARE** Dice the dried shrimps, Chinese sausage, cured ham, spring onion and coriander. Thinly slice the turnip, stir fry until the turnip softens.

**3 PERFECT BLENDING** Mix the water with wheat starch and white rice flour. Stir constantly until smooth and velvety. Then combine the flour mixture with the hot turnip mixture and blend both mixtures in well.

**4 SEASON IT** Mix in the rest of the ingredients - sugar, salt, sesame oil and pepper.

**5 INTO THE PAN** Pour the mixture into a round cake pan, smooth out the top. Steam for 45 to 60 minutes, then serve. The time of steaming depends on how big and thick the cake is.

**6 FIRM FAVOURITE** Turnip cake is set when firm to the touch. Serve plain, with chilli sauce or soy sauce or pan fry in a little oil until golden. Delicious with Chinese tea!

# Chinese new year party fare



Head chef at the Garden Hotel, Bangor, Mrs Man Kiu Lui makes some of Wales's best turnip cake. Passionate about food, she specialises in traditional Cantonese cooking, having trained in Hong Kong, Malaysia and Singapore. Details 01248 362 189, [gardenhotel.co.uk](http://gardenhotel.co.uk)

Chef Mrs Man Kiu Lui, head chef at Garden Hotel, Bangor, making home-made turnip-steamed Glutinous-cake for the Chinese New Year celebrations

# A feast full of good fortune

By **DEBRA GREENHOUSE**

**T**HURSDAY is the start of the Chinese New Year of the Rabbit, 15 days of celebrations and banquets, for which chefs prepare days in advance. Andrew Lui, secretary of North Wales Chinese Association said foods served are symbolic, their names homonyms, sounding like something lucky. Dishes are uncut or prepared whole, symbolising unity and completeness (see side column).

Andrew owns the Garden Hotel and Cantonese Restaurant, Bangor, which celebrates yearly with firecrackers, a lion dance and drums. This Friday, February 4, at 7pm, it hosts a charity dinner, open to the public, including a buffet and lion dance performance. The lion eats a lettuce to symbolise freshness for New Year. Firecrackers



Chef Mrs Man Kiu Lui with husband Andrew Lui at Garden Hotel, Bangor

## BOUNTIFUL BANQUET SYMBOLISES LUCK

ward off the bad from the old year. The first day of new year is usually 'jai', a vegetarian meal. On the second day food is more lavish: chicken, duck,

oysters, fish, seaweed, lobster, abalone, exotic roots, lotus seeds, seaweed, bamboo shoots and dried beancurd.

A typical dish is crispy roast duck - a whole duck washed and cleaned on the inside, being sure not to damage the outside skin. Inside the duck place a seasoning mix of 4 tbspn salt, 1 tspn five spice powder, 1 tbspn barbecue sauce, 2 tbspn sugar, 1 tspn Chinese ginger powder, 4 pieces aniseed star, 4 tbspn light soy sauce. Seal the bottom with a skewer and hood with an "S" hood through the right wing armpit.

Pump up the skin with an electric pump so it's light, thin and crispy on cooking. Pour a pot of boiling water over the skin from top to bottom a few times. Mix 2 tbspn maltose syrup and 6 tbspn red vinegar, brush over the skin. Hang the duck for two hours in a well ventilated area until skin is dry. Then oven roast (gas mark 6) for 40 minutes, turning once half way.

## Tempting ways to prosper

THERE are a range of tempting traditional dishes for celebrating Chinese New Year, according to Andrew Lui of the Garden Hotel, Bangor, which also has the Garden Oriental Food Store below the hotel, where you will find many of the essential ingredients. Try some of these favourites:

- Nian Gao, a steamed glutinous cake or pudding as some people like to call it.
- 'Nian' means year and 'Gao' means cake but it also means getting higher, signifying a more prosperous new year.
- Sweet sesame seed balls are deep fried large glutinous rice balls with a sweet filling which expands when cooked signifying the way your luck will expand through the year.
- Yu means fish but also abundance and cooking the fish complete with its head and tail indicates wholeness.
- Lettuce 'sheng cai' or seaweed 'fa cai' in Chinese sound similar to words for 'your fortune growing'.
- Noodles represent longevity so should never be cut.
- Dishes made with oranges and mandarins signify wealth and good fortune.

## Extra special fried rice

TO achieve authentic egg fried rice over Chinese New Year or at any other time, chefs from Kikkoman soy sauce makers have a tried and tested tip: cook the eggs first in the wok, then add cooked rice. That way you'll get small pieces of egg separate from the rice grains.

## Delicate shallot has lots of zing

SHALLOTS are greatly used in oriental dishes for their strong but delicate, piquant flavour. Finely sliced, deep-fried shallots are also a condiment.

## Bangers and ale festival

MOLD'S hilltop pub, Glasfryn, is holding a beer and bangers week from February 4 to 13, including a choice of 10 different flavours of sausages. There will be 20 different ales available through the week, with nine on the pumps at any one time. For details call 01352 750500, [glasfryn-mold.co.uk](http://glasfryn-mold.co.uk)

## Celebrate Year of the Orchard

HEREFORDSHIRE has declared 2011 to be the Year of the Orchard and is staging events across the county to mark the 200th anniversary of the publication of the Book of the Apple by horticulturist Thomas Andrew Knight. For events details see [ciderroute.co.uk](http://ciderroute.co.uk)