

FLYING CONNOISSEUR'S SHANGHAI

INTRO

Shanghai is one of the most intriguing cities in the world, and one of the fastest developing, but, in essence, not much has changed.

During the last century it underwent transition from the leading city in Asia – the Paris of the East & Pearl of the Orient, as it was known, to disappearance behind closed doors. Now Shanghai has emerged as if from a time warp - with all the pace and panache of its former glory and its elegance intact. Its pre-Revolution attractions are all back – its East/West cultural mix and opportunities, glamour and pace – grand establishments and lifestyle, coupled with a renewed drive and a determined Westernisation.

Gone is its opium-related underbelly and other grim vestiges of the past. Shanghai is back on track to catch up with the rest of the world... and the eyes of the world are watching. Shanghai is the designated Face of the New China and the epi-centre of its burgeoning economy. It's the showcase of the country's new affluence, with one of the fastest growing infrastructures in the world. So much is happening so fast in this city, that it's a race to keep pace with what's new - or if it's still there!

The other fascination is its balance of East/West influences. Irrespective of its space age architecture, there's little chance of Shanghai becoming the new New York.

The bonus is that many of Shanghai's architectural icons have been preserved, particularly the historic 19th and early 20th Century Colonial buildings on the famous riverside strip of *The Bund* - although the commercial and financial power base has shifted across the Huangpu river to the fast-developing "New Bund" at Lujiazui, Pudong.

The Bund remains the symbolic heart of Shanghai, resuscitated as a luxury dining and lifestyle precinct, due to the vision of entrepreneurial American attorney Handel Lee. He invited American architect Michael Graves, designer of Alessi's whistling bird kettles, to remodel the historic building now known as *Three on the Bund*. He selected chefs of the calibre of Jean George Vongerichten from New York and designer labels such as Armani (for the luxury retail outlets on the ground floor).

Now all the luxury design labels and major chefs and restaurateurs of the world are establishing branches on *The Bund* - fantastical temples of contemporary design and haute cuisine, breathing new life into the historic strip. Cocooned within these rarified walls of the past, diners gaze on Shanghai's dazzling digital future across the river - and take another sip of their Bollinger.... the money and ex-pats are back, the neon lights and the jazz. The buzz is back in Shanghai.

You can feel the new energy on the streets and in the fast-developing population of foreigners. Shanghai is once again a dynamic, sophisticated city. Residents

complain of landmarks disappearing overnight and every day there is something new - a new luxury hotel, the opening of a Parisian bakery chain or the announcement of a Shanghai branch of *The Pompidou Centre*.

New restaurants appear on a regular basis – *Hamilton House* is an enticing new gourmet drawcard in the heritage Art Deco building of the same name near *The Bund*. *1933* is a major redevelopment of a British-designed 5 storey, 31,000 square metre former abattoir and medicine factory on the other side of *The Bund* in the Hongkou District. It is being transformed into a cutting edge creative and lifestyle destination of restaurants, private clubs and painting schools, in a canal and cobblestone setting – a defining cultural landmark.

Shanghai is an Aladdin's Cave of forgotten treasures and beckoning opportunities. Always the city where Westerners have felt most at home, it has all the makings of the world as we know it, coupled with the current drive - underpinned by the age-old attractions of Asia.

Shanghai is again an international style city - an incubator of fashion and design to rival Paris or New York. The Asian-Pacific gourmet set and fashionista no longer need travel to keep abreast of global trends.

Here is a sample of one of the days in the 7-day itinerary of *FC Shanghai*:

VISIT THE NEW CHINA

PUDONG 浦东

INTRO

Take a taxi across the river to Lujiazui - the “New Bund” – the financial and commercial heart of modern Shanghai, in the centrepiece of the Pudong New District.

Walk down beside the river on the freshly completed Riverside Boulevard for a view of the grand buildings on *The Bund*, in vivid contrast to the row of outlandish skyscrapers on the Pudong side.

Pudong is the fastest developing area in Shanghai and the technical showcase - the most ambitious and audacious development in Shanghai. The roll-up of new architectural showpieces include: *The Oriental Pearl TV Tower*; glamorous *Shangri-La*, *St Regis* and *Grand Hyatt* hotels; and cultural showcases of *The Oriental Arts Center*, *Shanghai Science and Technology Museum*; and the departure station for the German-built “*Maglev*” – magnetic levitated train, which takes 7 minutes to cover the 30 kilometre run to the airport.

Paul's Bakery 保罗面包房

One of the two branches of this popular 100 year old French bakery & tea rooms chain, with its elegant & distinctive Parisian Black shopfront, to open recently in Shanghai – there is another in Xintiandi and several more are planned for the Puxi area. This popular rendezvous is set well away from the river side of Pudong – a taste of rustic France. A fascinating mix of French & Asian faces and expertise!

Open daily 7.30am – 10.30pm.

1F Zendai Thumb Plaza, no 8, Lane 199

Fangdian Road Pudong

浦东芳甸路199弄8号大拇指广场1层

Tel. 5033 5402

Also in Xintiandi next to Starbucks:

Unit 01, Building 17, Lane 181

Taikang Road

泰康路181弄17楼1单元, 新天地星巴咖啡店旁

www.paulchina.com

Zendai Museum of Modern Art 正大现代艺术馆

A modern, private contemporary art museum owned by the developers of the plaza, with a serious commitment to the development of the art form.

A cultural distraction from the commercialism of the complex, with some interesting exhibitions.

Open Tuesday to Sunday 10am – 9pm (usually) sometimes **closed between exhibitions**.

Building 28 (Upstairs) 199 Fangdian Road

Zendai Thumb Plaza

正大拇指广场, 芳甸路199号28号楼楼上

Tel. 5033 9801

www.zeudaiart.com

BRUNCH

After your walk, take a cab into outer Pudong for brunch to *Slice* 思莱仕 - do this for a different view of life in Shanghai.

Driving into the depths of new Pudong, you may feel you are disappearing into a grey cloud of pollution, through a massive building site – black skies and tall constructions. **HOWEVER** once you arrive you could be in a village in the UK or

an affluent US suburb – on the veranda overlooking the playing fields of Dulwich College, amongst Expats from around the globe, gossiping, chasing their children and doing Brunch. Western food in the Eastern sun in a Western scene – veranda, global dress style, rugby field, crested school buildings, gin & pearls.

A modern day version of Shanghai pre-1949 serving a Western menu of breakfasts and light meals, pizzas and gourmet sandwiches & salads – Australian steak and salmon, and an English ex-pat waiter experiencing life in the Far East.

Slice is the brainchild of trailblazer David Laris – the Australian restaurateur owner/chef of *Laris* at *Three on the Bund*. A retail, delicatessen and gourmet café, it specializes in imported cheeses, biscuits, wines, meats boutique food and wine. You can find that elusive product you're been craving here and really good bread at this store + the 2 other branches – (1, not far from the JW Marriott in Times Square).

Beware expats on bikes on the footpath outside (I was nearly run over) – you're back in the 'burbs!

Open daily 9.30am – 9.30 pm

688 Bi Yun Road, Lan An Road, Jinqiao

蓝桉路,碧云路688号

3382 0653 www.slice-deli.com

Also:

Slice Lakeside Villa思莱仕湖畔佳苑

1517 Hu Qing Ping Road Tel; 5988 700

沪青平公路1517号

& *Slice* Shanghai Times Square

99 Huaihai Middle Road

思莱仕上海时代广场,淮海中路99号

Tel: 6386 8588

Slice Market at Slice Jinqiao

Upscale food tasting and gourmet monthly event- on every 2nd Saturday, with representatives of *Slice*'s premier suppliers on hand to offer samples and answer questions. Artisan bread, organic products, cheese & meat.

11am – 3pm

Tel. 33820653

LUNCH

South Beauty 俏江南 - for a different perspective of the city from the *Pudong* side. Insist on sitting in the balcony by the window - although you pay more for the honour, and look back over the Huang River to *The Bund* in daylight. Not fine wine and dine, more the style of Chinese restaurant you can find anywhere in the world, this restaurant is one of a Beijing-based chain of 5 individual places in various locations across the city. This branch is hard to find - on the 10th Floor of one of the towers of an unexceptional shopping mall. It's not the most beautiful of the group, but worth it for the view and excellent Sichuan food, which is milder than the traditional version, but packed with flavour. They also offer Cantonese dishes.

Try the magnificent Mandarin Fish, Fried with peppers & spicy sauce and *South Beauty*'s signature dish of tofu made before your eyes at table and served with a wide selection of flavourings.

Open daily 9.30 am – 10.30pm

10F Super Grand Mall 168 Lujazui Xi Road by Yincheng Xie Road

陆家嘴西路168号正大广场10层

504 1817

www.qiaojiangnan.com.cn

OR *The Kitchen Salvatore Cuomo*

Another restaurant with a breathtaking view of the river and *The Bund* through a wall of glass.

The Kitchen Salvatore Cuomo is right on the banks of the river in a series of terraces and pavilions under wooden slatted pergolas, plus the glass-walled dining room. Once you find it, on a curving road behind the *Oriental Pearl Tower*, you'll revel in the space and river life. A perfect place for an outdoor summer lunch or dinner.

And a most unusual experience to sit in a low-rise restaurant in the New China!

Despite the Japanese ownership and black Martial Arts headscarves worn by the kitchen staff, this restaurant manages to feel very Italian. It combines a sleek, sophisticated decor with the idea of eating in a warm & friendly Italian kitchen. There are no walls separating the preparation area and wood-fired oven from diners, although much of the culinary action does take place out of sight.

Glory in the array of ingredients for antipasto and other dishes, imported directly from France – sublime Buffalo Mozzarella & other cheeses, plus a wide range of meats. No need to choose beyond the range of first class pasta and pizza from

the hand of the Naples-born Chef who formerly worked at the Grand Hyatt – it is arguably the best in Shanghai. The menu revolves around the excellent thin-crust pizza from the central oven. Also try the Spaghetti with clams & crab or seek advice of the well-informed, professional staff.

Nevertheless, it's a shock to be greeted in Italian by the Chinese staff!

Set lunch menus @ 128RMB with choice of 3 antipasti, 3 pizza, dolce – fruit sorbet & salad, plus coffee. (unfortunately not including a green salad). Yummy herbed pitta/pizza bread.

Good wine list – specializing in Italian by both bottle & glass.

Open daily for lunch 11am – 2.30pm

Dinner 6pm – 10pm

Unit D, 2967 Lujiazui Road W

陆家嘴西路2967号D单元

Tel. 5054126

Reservations. 131 6218 6088

www.ystable.co.jp

DINNER

Forget all the other views for cocktails tonight and head over to *Jade on 36* on top of the tower of the *Shangri-La hotel* for the climax of your visit – a thrillingly theatrical experience of stunning views, sumptuous setting and sensational cuisine – the best of experimental French, perfect service, perfect view – a culinary adventure and treat for the senses that evokes contemporary Shanghai. Save this for your last night or birthday or any other celebration to be savoured.

MAKE SURE TO REQUEST A TABLE BY THE WINDOW WHEN YOU BOOK.

You will be ushered in and out of lifts to this 36th floor oasis by gorgeous girls and your needs attended by passionate and caring staff. The breathtaking views of the dazzling skyline over the river to *The Bund*, are offset by the seductive, hip-Chinese, décor of famous New York designer Adam D Tihany – towering Jade snuff bottles, a porcelain rice bowl and a rice-grain chandelier dominate the glittering interior – all red & black with neon-lit bathrooms.

Savour the ambience with a drink at the super-stylish bar, while you deliberate over the choice of beautifully balanced degustation menus in 3 sizes. Your

culinary adventure is about to begin...relax and expect the unexpected - extraordinary combinations of ingredients, textures and presentations –dis-assembled and re-assembled cuisine a la E Bulli. A complimentary Sardine Mousse might arrive, served in a sardine tin, accompanied by lace-thin wafers! **OR** maybe, Beef consommé with caviar on ice.

The aroma from a dish of Jumbo Prawns on a Lemongrass skewer, cooked in a preserving jar with herbs and lime zests, will herald your arrival in Gourmet Heaven.

The fish dishes are sublime. A creative dish of Watermelon-infused Tuna; Red Mullet skin cooked with Basil & Passionfruit Sea Bass cooked in a claypot, served beside your table. The odd weirdo –like a giant, oversized French Fry, cut to portion at table & served with a sorbet of Tomato Ketchup!

Desserts are equally daring: Toffee with Apple foam served in a tiny glass demitasse & saucer (irresistible even to those who never eat dessert!)

Fois Gras Terrine of Chocolate; a composition of Mango, Licorice & Dill!

It's worth a try – and the presentation is always top drawer!

Disappointing range of wines by the glass – only 2 whites + 2 reds + 2 Champagnes

glass Australian Greenpoint RMB 75 & Veuve Cliquot RMB 120.

Dinner daily 6.30pm – 10.30pm

36th Floor, Tower Two, *Pudong Shangri-La*

浦东香格里拉,2号塔36层

33 Fucheng Road

Tel. 6882 8888 ext. 280

www.shangri-la.com