

beijingkids

More Than 20 Events UPLOADED EVERY WEEK

BORED, SAD KIDS



ENGAGED, HAPPY KIDS





Tackle your kids' boredom with fun, worthwhile activities

Get inspired by visiting: beijing-kids.com/events/

Beijing's essential international family resource belingkids Plus: Food fads, mindful masticating, and the Tao of school lunches **Balancing** Act: Restaurateurs on combining their demanding work with parenting Feast your eyes on Beijing's diverse dining scene



Harrow Beijing would like to invite you to the 2019 Autumn Fair. Come along and enjoy multicultural arts, music and dance performances as well as trying delicious food from different parts of the world, experiencing amazing and rewarding charitable activities and much, much more!

Time: 9.00 am - 3.00 pm, 19 October

Venue: Harrow Beijing Main Campus, No. 287 Hegezhuang Village, Cuigezhuang County, Chaoyang District, Beijing Dress Code: Traditional Costumes of Any Country

Free admission.

www.harrowbeijing.cn

+86 10 6444 8100

foh@harrowbelling.cn





Leadership for a better world

www.ycis-bj.com

YCIS Beijing

Congratulations to the class of 2019!

Our Mission is to raise **globally** competent and compassionate leaders with a servant's heart, who aspire to, and act for, a better world.

YCIS Beijing students are known for their excellence in academics, including stellar examination results and overall scholastic achievement.

A rigorous academic programme, paired with a holistic approach to education, is one of the main reasons why YCIS Beijing graduates continue to achieve a 100% pass rate and to be accepted into top-ranked universities around the world. Learn more about our Secondary School Programme



Follow us on WeChat!

Committed to Global Education

YCIS Hong Kong • YCIS Shanghai • YCIS Beijing • YCIS Chongqing • YCIS Qingdao • YCIS Silicon Valley

OF CHINA PRICE: RMB¥10.00 US\$10 Plus: Food fads, mindful masticating, and the Tao of school **Balancing** lunches Act: Restaurateurs on combining their demanding work with parenting 国际标准刊号:ISSN 1000-9388 国内统一刊号:CN 11-1704/C Feast your eyes on Beijing's diverse ISSN 1000-9388

thebeijinger



VENI, VIDI, EDI* *I CAME, I SAW, I ATE

Oct 19-20, Sat & Sun, 11am-8pm Galaxy SOHO

WOMEN OF CHINA English Monthly 《中国妇女》英文月刊

Sponsored and administrated by All-China Women's Federation

中华全国妇女联合会主管/主办

Published by

ACWF Internet Information and Communication Center (Women's Foreign Language Publications of China)

全国妇联网络信息传播中心

(中国妇女外文期刊社)出版

Publishing Date: September 15, 2019

本期出版时间: 2019年9月15日

Advisers 顾问

PENG PEIYUN 彭珮云

Former Vice-Chairperson of the NPC Standing Committee 全国人大常委会前副委员长

GU XIULIAN 顾秀莲

Former Vice-Chairperson of the NPC Standing Committee 全国人大常委会前副委员长

Director General 主任·社长

ZHANG HUI 张慧

Deputy Director General & Deputy Editor-in-Chief 副主任 · 副总编辑 · 副社长

WEI LIANG 位亮

Deputy Director General & Deputy Editor-in-Chief

副主任·副总编辑 A RONG 阿榕

Deputy Director General

副主任

XI SHUJUN 席淑君

Chief Editor 主编

YUAN KANG 袁康

Editors 编辑

GU WENTONG 顾文同 WANG SHASHA 王莎莎

Editorial Consultant 编辑顾问

ROBERT MILLER(Canada) 罗伯特·米勒(加拿大)

Deputy Director of Reporting Department

信息采集部(记者部)副主任

LI WENJIE 李文杰

Reporters 记者

ZHANG JIAMIN 张佳敏 YE SHAN 叶珊 FAN WENJUN 樊文军

Director of Website Department 网络部主任

ZHU HONG 朱鸿

Deputy Director of Website Department

网络部副主任

CHENG XINA 成熙娜

Director of New Media Department

新媒体部主任

HUANG JUAN 黄娟

Deputy Director of New Media Department

新媒体部副主任

ZHANG YUAN 张媛

Director of Marketing Department

战略推广部主任

CHEN XIAO 陈潇

Deputy Director of Marketing Department

战略推广部副主任

ZHANG ZHENHUA 张振华

Distribution Supervisor 发行主管

XIA WEI 夏巍

Distribution 发行

QUAN ANYUN 权安云

Advertising 广告

LIU BINGBING 刘兵兵 HE QIUJU 何秋菊

Program 项目

ZHANG GUANFANG 张冠芳

Layout 设计

FANG HAIBING 方海兵

Legal Adviser 法律顾问

HUANG XIANYONG 黄显勇

International Distribution 国外发行

China International Book Trading Corporation 中国国际图书贸易总公司

Address 本刊地址

WOMEN OF CHINA English Monthly 《中国妇女》英文月刊

15 Jianguomennei Dajie, Dongcheng District,

Beijing 100730, China

中国北京东城区建国门内大街15号

邮编: 100730

Tel电话/Fax传真: (86)10-85112105

E-mail 电子邮箱: woc@womenofchina.cn

Website 网址 http://www.womenofchina.cn

Printing 印刷

Toppan Leefung Changcheng Printing (Beijing) Co., Ltd.

北京利丰雅高长城印刷有限公司

国际标准刊号: ISSN 1000-9388

国内统一刊号: CN 11-1704/C

国外发行代号: 1580

国内邮发代号: 2-713

广告经营许可证:

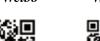
京东工商广字第0121号





Follow us on:

Sina Weibo







COPYRIGHT ACWF INTERNET INFORMATION AND COMMUNICATION CENTER (WOMEN'S FOREIGN LANGUAGE PUBLICATIONS OF CHINA) ALL RIGHTS RESERVED. NO PART OF THIS PUBLICATION MAY BE REPRODUCED IN ANY FORM OR BY ANY MEANS WITHOUT WRITTEN PERMISSION FROM THE PUBLISHER. 本刊版权为全国妇联网络信息传播中心 (中国妇女外文期刊社) 所有 (包括但不限于电子版信息网络传播权、数字发行权、无线增值业务权),未经书面许可,不得转载。本刊同时进行数字发行,作者如无特殊声明,即视作同意授予我刊及我刊合作网站信息网络传播权;本刊支付的稿酬已包括此项授权的收入。



LIVING

14 Indulge

When the twins are away momma will play

16 By the Book

The Xu family tell us about their favorite books

18 Shopping Roundup

Seven inexpensive and indispensable Chinese cooking tools every foodie needs

HEALTH

21 Natural Path

For the love of food!

DINING

22 Dining Out

Urban splendor and spice in the hutong

24 Food Fad or Food Fail

Shocking developments to Beijing's food scene

26 ProvGov Greatest Hits

A culinary trip through the provinces

30 Food for Thought

Liven up your home cooking With TRB!

PLAYING

34 Maker's Corner

A creative colorful ice cream-themed craft for kids to make

LEARNING

36 Blank Canvas

Huijia students share their fabulous paintings depicting fruits

38 Schooled

Beijing international schools share their food philosophy

PARENTING

41 Echo Chamber

Learning to set the table with grandma, but we still don't know where the chopsticks go?

42 West Meets East

Parents from different cultures talk about making sure their kids get a healthy diet

FEATURES

46 If You Can't Stand the Heat...

Three restaurant professionals tell us how they combine work with parenting

50 Eating Around the World

Taking a global culinary journey with these great international restaurants

53 Mindful Masticators

Changing the world from your kitchen, with Robin Salinas

ESSENTIALS

5 A Note to Our Readers

6 What's New?

8 Events

13 New Arrivals

57 School News

58 The Circuit

64 Family Favorites



ON THE COVER:

Alan Wong, CEO of Hatsune Restaurant Group, wife Hannah, and two boys Mason and Ryder destroy a box of burgers, a sizeable pizza, and a tray of baozi for our September 2019 Family Foodies cover shoot. Afterall, you can't eat sushi every day of the week... Or can you? Photos: Ray Town

True Run Media

Chief Manager Kipp Whittaker Deputy Manager Nicole Bonnah

Digital Planner Wendy Xu, Auna Harris Contributors Andrew Killeen, Daniel Rothwell,

Melissa Rodriguez, Ember Swift

Advertising Agency

Beijing Agenda Advertising Co., Limited

广告代理

北京爱见达广告有限公司

Telephone/电话: 5941 5499

Advertising Hotlines/广告热线:

5941 0368

CEO and Founder Michael Wester Owner and Co-Founder Toni Ma Marketing Director Victoria Yang

Marketing Team Echo Wang, Kris Wei, Pablo Vidal

Brand Manager Christina Cao Art Director Susu Luo Production Manager Joey Guo Graphic Designer Michelle Zhang Photographer Uni You Sales Director Irene Yan

Sales Team Gladys Tang, Crystal Yue,

Sharon Shang, Alex Wang,

Liu Yue, John Nuega

Magazine Marketing Robynne Tindall

IT Team Alexandre Froger, Yan Wen Finance Judy Zhao, Vicky Cui, Susan Zhou

HR & Admin Tobal Loyola, Cao Zheng

DM Logistic Cao Zheng General Inquiries 5941 5499

Contact:

General Information: info@beijing-kids.com Magazine: magazine@beijing-kids.com Sales: sales@truerun.com

Marketing: marketing@truerun.com

Digital & Magazine Marketing: DCmarketing@truerun.com

DM Logistic: distribution@truerun.com Directories: listings@beijing-kids.com

www.beijing-kids.com

beijingkids

beijing-kids

🄰 🧐 @beijingkids or #beijingkids

The beijingkids Board

Proud parent of two boys, AJ Warner has been helping Chinese families for the past 13 years in Beijing. He guides Chinese applicants through the complicated process of getting accepted to US boarding schools and top universities. He is also the former Beijing Chapter President of the Entrepreneurs Organization (EO). WeChat: ajwarner, Email: ajwarner@touchdown.education



Mike Signorelli

Mike Signorelli arrived in Beijing in 1994 as a student and has called China home ever since. He has held several senior management roles over the past 20+ years, including his last corporate job with NBA China. Mike is the founder of Signature Wine, China's first independent subscription wine club. Contact him at mike@sigwine.com.

Marianne Daquet

In Beijing for 12 years, Marianne Daguet has always been passionate about art and education. She founded Atelier Art School 6 years ago with the mission to pass on her strong belief that creativity can change the world. She and her French husband have two daughters. You can reach her at Marianne@atelier.cn.com.





Dominika Meiia

Dominika is career diplomat with a foothold in three continents. She shares a taste for food with a passion for books and travel. She is the author of the bilingual culinary blog D-constructed. While she is full of hope to master Chinese while writing her PhD, she's also the mother of a two-year-old daughter.



Caroline Nath

Caroline Nath moved to Beijing as a teenager after having grown up in the US, Canada, France, and India. She is a filmmaker, radio host, Parent Effectiveness Training teacher, founder of Bonne Nani Jams, and an organic food promoter. She has two multi-ethnic and multi-lingual children. Contact her at kulfidoll@gmail.com.



Elisabeth Koch

China's milliner, Elisabeth Koch, arrived in 2007 and hit the ground running with her hats. This TCK has three children who were born in Beijing. While her creations adorn famous heads on the covers of international glossies, Koch gives hat-making workshops in her studio and is kept busy by the kids. Find out more information at www.ElisabethKoch.co



Lise Poulsen Floris is an EU official turned blogger. Since leaving her native Denmark in 1998, she has lived in Italy and Belgium before moving to China with her family. She writes about life in Beijing on her blog ninemillionbicycles. com, aiming to tell "the big story through the small story." Her work has been published in the South China Morning Post, Global Times, and Point of View International.





Juliet London

After seven years in Beijing, market researcher, branding consultant and writer, mother to two teenagers, Juliet 'Lady' London continues to be fascinated by this ever changing city. British by birth, she has also lived in Australia and Hong Kong. Her work primarily focuses on education research, leaving less time than she would like to take exercise, walk her dog, and snap up bargains at local markets.

Eat It While It's Hot

"

One of the first things people comment on when they come to Beijing is the food. There's no denying that it's a great place to be a foodie. There are so many different types of cuisine you can find here from every corner of not only this massive country but also around the globe.

After being in Beijing for seven years, I can credit much of my own interest in the culinary arts to three things: First, working with city magazines for the past six years and having the opportunity to try new and different restaurants very frequently. Two: there are so many foreigners working in the food industry here that it's almost impossible to avoid talking about food and the best places to indulge. Three: finally learning my way around the kitchen when I realized the mulah you can save if you don't eat out every night.

Cooking for me has become a way to share with my Chinese family, my mother's recipes that she received from her mom, and her from her mom, and so on. At some point, these dishes that my mother made, like gumbo or red beans and rice, which I casually took for granted growing up began to take on more meaning for me. If I didn't start learning how to prepare these to perfection, then maybe they would be lost, or my son would miss out on this part of his family's history.

I know for sure that many families and even professional cooks share this sentiment, which was also likely their motivation to get cooking in the first place. This relationship around families and food was our reason behind doing this issue and also the cover feature "If

You Can't Stand the Heat..." (p46). Here we explored how professionals in the restaurant business balance this stressful career with their parenting responsibilities, and how they teach their kids to understand the importance of what happens in the kitchen.

In this Family Foodie issue we not only share some of our favorite new and old international dining venues that Beijing has to offer (p50) but also round up the top Chinese Provincial Government Restaurants (previously featured in *the Beijinger*) and explore recent food fads that run the gambit of delicious, vapid, and downright strange (p24).

It's this and more featured in the pages ahead that will hopefully help you experience Beijing's foodie scene more comprehensively, and know that if there is anything that you are craving, there's a good chance that the capital city has you covered.



Flipp Whittaker

Kipp Whittaker Chief Content Manager



Reputable Program 全球认证课程

Nursery m to Kindergarten Canadian (New Brunswick) Curriculum IB Primary Years Program 幼儿园(18月大)- 学朋教育 加拿大NB省课程/IB小学阶段课程



Strong Vision 我们的愿景

Safe, Caring, Inclusive Environment Positive, Flexible & Engaging Learning 让孩子们在一个充满荣赞·多元文化的环境中 更阳光·更灵活的学习并掌握知识



Hollistic Learning 丰富多彩的课程体验

Diverse After-School Activity Program Field Trip Learning International & Bilingual Programs 多种课外活动课程 一日户外教学课程/国际&双语课程



Beautiful Facilities 设施完善的校区

2 Modern, Technology Focused, Air Quality Controlled Campuses in Downtown Beijing 市中心共有2个校区 拥有现代化设施及整楼空气净化系统

Jianguomen Kindergarten 北京中加幼儿园



Visit Us! 欢迎到校参观!
admissionsDRC@CISBeijing.com (8610) 85315312
www.CISBeijing.com/DRC

What's New



Preparations for 70th Anniversary Celebrations Shut Down the City

What's happening in Beijing this month? Well, the answer is, not much... In October the city will be celebrating the 70th anniversary of the founding of the People's Republic of China. The PRC was officially founded on September 21 1949, after the defeat of the Nationalist (Guomindang) party, but October 1 is the national day, and will be the focus of the celebrations. Rehearsals and preparations for the parade will dominate the city all month, and many other events have been canceled or postponed. Among the latter is our beloved Beijing Pizza Festival, originally scheduled for last month, but now postponed to October. If you're not getting involved with the patriotic fervor, it might be an idea to start planning your getaway for Golden Week. Check our website, www.beijing-kids.com, for loads of ideas for great places to travel to with kids. If you are sticking around, expect to have a guiet week at home, with much of the city's transport network grinding to a halt.

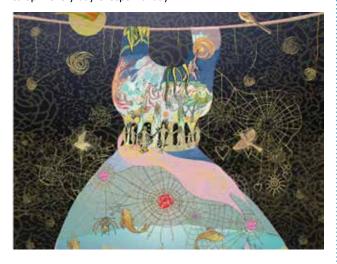
Copy Cat

We at beijingkids love our pets, and our next issue will be all about our furry (and feathery, and scaly) friends. But we're not sure we'd go to the same lengths as a Zhejiang man did when his beloved cat passed away. He had cells taken from the animal and then paid RMB 250,000 to have a clone created. The kitten, named Dàsuàn (Garlic) after its genetic forebear, was born in July and revealed at a press conference by the company which cloned it. They also do dogs, a bargain at a mere RMB 380,000. However, while the new Garlic may be genetically identical to the old, he doesn't look the same – the owner was disappointed that a distinctive patch of black fur on his chin was missing.



Artists of the World Gather for Beijing's Biennale

The original "Biennale" was founded in Venice, as long ago as 1895 – an art competition taking place every two years, in which countries from across the world send a collection of work by one of their artists to represent them. Beijing's own Biennale is a more recent creation, with this year's event being the eighth, but it has attracted 595 artists from 113 countries. The theme is "Colorful World and Common Destiny," and the 640 works in every medium can be seen at the National Museum of China (NAMOC) until September 21. Entrance to NAMOC is free, and the museum is open from 9am to 5pm every day except Monday.





Beijing's Futuristic Daxing Airport Opens for Business

If you are getting away for Golden Week, you may be lucky enough to be one of the first passengers at Beijing's shiny new airport. Daxing International Airport is expected to be open for business on September 30, and hopefully will relieve pressure on Shunyi's Beijing City International Airport (BCIA), which is becoming notorious for delays due to its crowded flight schedule. The new opening means farewell too to the shabby charms of Nanyuan, China's oldest airport, which will close its doors after over 100 years of service. Daxing was designed by Galaxy Soho architect Zaha Hadid, has four runways, and at full capacity will see 100 million passengers every year.

PHOTOS: KIPP WHITTAKER, THE BEIJINGER



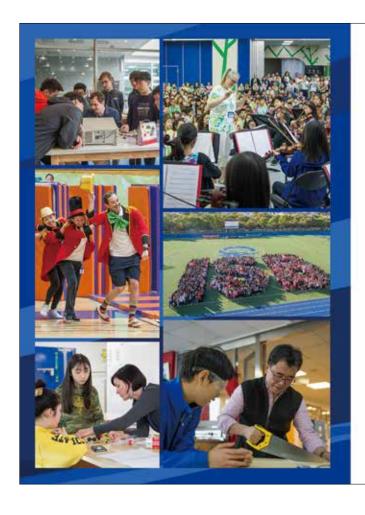
No Need for Panic at News of Bird Flu Case in Beijing

The "bird flu" panic of 2006, which started the trend for the wearing of surgical masks on public transport, turned out to be a lot of fuss over not much. However human avian influenza A (H5N6), to give it its proper name, remains a dangerous illness, if still a rare one. So we should respond calmly and proportionately to news that a Beijing woman has been confirmed to be carrying the disease. She is believed to have contracted the virus while working with domestic birds outside the city, and at the time of writing was critically ill in quarantine. However, the strain is rarely passed from human to human, so there is no likelihood of an epidemic. Authorities advise only that you minimize your contact with wild birds, and observe the usual sensible precautions against contagious disease.

Welcome to Auna!

Beijingkids is very pleased to welcome Auna Harris to the team, as our Digital Editor. Auna is originally from Michigan, and her love for the great outdoors led her to spend six years as a Park Ranger, before coming to China to learn about a new culture and explore Asia. Auna will be overseeing our WeChat official account – if you don't follow us yet, don't miss out! Just search for beijingkids on WeChat to get a daily update on everything international families need to know for a fun and fulfilling time in this great city.







Teacher Recruitment Fair

September 21, 2019 @ ISB

REGISTER TODAY



Scan the QR code above or visit us online at isb.bj.edu.cn

广告

SEPTEMBER EVENTS



Promote your family-friendly event on the beijingkids website!

Submit your activity details before **September 16** to be considered for our October listings.



SAXO CARNIVAL OF THE ANIMALS

This concert is a collaboration between La Sax, a local saxophonists group, and two Hong Kong pianists, theater director Freddy Wong, and storyteller Uncle Hung. Through drama and music, members of La Sax and the pianists transform themselves into different animals to share a story about freedom that connects us all. All ages. RMB 180 - 480. 7.30pm. Beijing Tianqiao Performing Arts Centre Studio Theatre. (www.247tickets.com)



YCIS BEIJING WELCOME BBQ

Sep 6

Yew Chung International School of Beijing (YCIS Beijing) is holding its first community event of the academic year, their annual Welcome BBO. Students, staff, new, and returning families are all welcome to join YCIS Beijing for this big event. Free. 5pm - 9pm. Yew Chung International School of Beijing. (amber.dang@bj.ycef.comfor)



KEN LUDWIG'S "BASKERVILLE: A SHERLOCK HOLMES MYSTERY"

Sep 4-7

The Hound of the Baskervilles by Sir Arthur Conan Doyle comes to the stage. In a clever performance, five actors take on 42 roles, adding humor and a strong air of British comedy to the show. Famous playwright Ken Ludwig takes this classic tale and adds comedy, energy, and imagination to the stage with a retelling of this favorite story. RMB 200 - 880. 7:30pm. National Centre for the Performing Arts. (www.247tickets.com)



FCCC SUMMER PARTY 2019

Sep 7

Beijing's best all-inclusive event is here! The Foreign Correspondents' Club of China is putting on their annual party. Enjoy cocktails, craft beer, a pool, a bouncy castle, and more, all while listening to DJ Cousin Kippy. A delicious Vietnamese buffet by Susu will also be provided. Kids are encouraged to come along too. The pool has lifeguards, and there will be plenty of crafts, face-painting, and ice cream to keep everyone entertained for hours. RMB 280 needs registration. 3pm-8pm. Embassy of the Republic of Poland. (www.yoopay.cn)



KIDS HIKING CLUB: YUNMENG **GORGE PLAY AND PICNIC**

Sep 8

Hiking will be 10km, taking 3-4 hours. Want to get your family closer to the nature? Hike with BeijingHiker's Kids Club. This adventure is perfect for anyone over 5 years old, as it is a mostly flat and short hike up to Yunmeng Gorge. At the gorge there is a beautiful river great for swimming and playing, maybe even catching tadpoles and frogs! Spend a couple of hours in the sun having a picnic, and then return back to the buses. Ages 5-12 based on ability. RMB 150 - 380 (needs registration). 7am. Yunmeng Gorge. (www.beijinghikers.com)



TRADITIONAL MOONCAKE-MAK-ING WORKSHOP FOR YOUR DOG!

Sep 8

Celebrate Mid-Autumn Festival in a slightly different way this year! Join Cultural Keys and Louise from Pet Pamperaz for a traditional mooncake-making workshop with a twist - making mooncakes for our furry friends! Of course, you can use the same method at home to make delicious mooncakes for people to enjoy too. Best of all, wellbehaved, small dogs are welcome to come; please let them know in advance if you'd like to bring your pup. Ages 8+. RMB 388 (please register). 9am - 5pm. CK Culture Centre, Songzhuang Art District. (Wechat: AJDonnelly, events@culturalkeys.cn)



MENTAL HEALTH PEER SUPPORT **GROUP**

Second and fourth Tuesday of every month

There are many things that can be challenging in life: moving to a new country, going through a breakup, job loss, living with depression, or just the difficulties of this fast-paced modern life. Allow this bi-weekly mental health peer group to help you out. CandleX established an English speaking mental health peer support group in Oct 2015. It provides a safe environment for people living in Beijing to share personal experiences, thoughts, and feelings, through small, confidential gatherings. RMB 50, free to people with incomes lower than RMB 6,000. 7.30pm. U-Town Shopping Center. Register at www. wjx.cn/jq/19760285.aspx





RUSSIAN STATE BALLET: "THE SLEEPING BEAUTY"

Sep 13

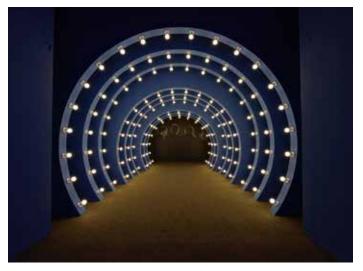
The well known story of Sleeping Beauty is coming to the stage with the Russian State Ballet. For twenty years the Russian State Ballet Theater has been considered one of the leading Russian Ballet companies. The ballet opens with the King and Queen preparing their daughter, Aurora, for her christening. Many are invited, including the fairies of the realm, the new princess's Godmothers. However, one fairy is left out of the party. Her anger at being left out leads to a series of events that leaves the beloved baby princess cursed. RMB 180 – 880. 7.30pm. Mei Lanfang Grand Theater. (www.247tickets.com)



"2047 APOLOGUE 3"

Sep 13 - 15

Zhang Yimou, the award-winning director of House of Flying Daggers, Raise the Red Lantern and other classic films, turns to the stage, and directs 2047 Apologue 3. 2047 Apologue 3 is a conceptual theater presentation, exploring the future of AI and how it brings new possibilities into our lives, both positive and negative. This is a dialogue between humanity, science, and technology. RMB 280 – 1,280. 7.30pm. National Centre for Performing Arts. (en.chncpa.org)



THE BEATLES: BEAT ON

Now to Sep 15

The Beatles were a legendary rock group that formed in Liverpool, England in 1960, and went on to transform popular music into a creative art-form over the next decade. The Beatles were one of the most popular bands of all time, producing songs like "Yesterday, "Hey Jude," "Penny Lane, "With A Little Help From My Friends," and "Come Together." Apart from the music, the exhibition is also a panoramic look back into the Beatles' golden era, to comfort Chinese fans for the years they missed. All ages. RMB 68 - 178. Chaoyang Joy City. www.247tickets.com



MUSICAL: "LES CHORISTES" (MANDARIN)

Sep 13 - 22

Les Choristes (The Chorus) is a 2004 European drama directed by Christophe Barratier based on the 1945 film, A Cage of Nightingales. The story concerns a successful orchestra conductor, Pierre Morhange, who returns to France when his mother dies and explores the childhood inspirations that brought him to music. He reminisces with his childhood friend about their time at Fond de L'Etang, a school for "difficult" boys, and a teacher who brightened up the school by assembling a choir. Ages 3+. RMB 180 - 880. Haidian Theater. (www.247tickets.com)

KIDSCITY: ARCHITECT FOR A DAY!

Sep 15

KidsCity believes that cities can be better by inspiring and empowering the next generation of city-builders: our kids! This is an architecture workshop for kids where they will spend a day together with a team of designers and learn what it is like to be an architect. Kids will learn how to read plans, design roads, parks, and interesting buildings, and then collaborate to build a vertical Hutong. This event is outdoors and offered in English and Chinese. Ages 6-14. RMB 290 (Early Bird), RMB 350. 11am-3pm. 798 Art District. (yoopay.cn)

LOVE IS BLUE -ART EXHIBIT

Now - Sep 22

Go on a journey to the four corners of your imagination, with contemporary artists selected by Art-Des for this summer exhibition, artists who see life through blue and love. Blue is a symbol of truth, like limpid water that cannot hide anything. Blue is the echo of life, travel, and discoveries. The exhibition LOVE is BLUE is like the water that quenches; the blue has a small refreshing and pure side which allows us to find a certain inner calm related to the deep things. All ages. Free. 4pm – 7pm. Contemporary Art Culture Center.



SUNSHINE STUDIOS

Sep 1 to Dec 12

Learn some new moves with Sunshine Studios! Sunshine Studios provides street dance classes where children and adults can learn from one of the biggest dance studios in Europe. Classes are available for a wide range of ages and skill levels, including adults, and are led by professionals who have danced with stars like Justin Bieber, Beyonce, and Lady Gaga. Classes are offered every Wednesday, Thursday, and weekends at a variety of times. All ages. TBD. Western Academy of Beijing. (www.sunshine-studios.co.uk)



SAFARI TIME SONGS AT THE BOOKWORM

Every Saturday

Does your tot love to sing and dance? Does your baby get excited when she hears music? Bring them to the Bookworm for Safari Time Songs! These classes will give your child a chance to learn simple songs from all around the world, have fun, and socialize. There are two classes available, one for toddlers up to four years old from 9.30am - 10.30am and one for babies 3-18 months old from 10.30am - 11.30am. Toddlers and Babies. RMB 80. 9.30am. The Bookworm, 6503 2050, order@ beijingbookworm.com



CHILDREN'S GYMNASTICS

Now to Dec 8

Flips and Kicks Plus provides gymnastics at a variety of locations. Give your child a chance to have fun and learn new skills while developing physical strength, coordination, and building self esteem. These classes are taught in English. Ages 4+. RMB 1,540 for 11 beginner classes, RMB 1,760 for 11 advanced classes. Classes are offered on Fridays after school and Sunday mornings. Western Academy of Beijing. (info@ flipsandkicksplus.com, www.flipsandkicksplus.com)



NBA EXHIBITION: UNSTOPPABLE BEIJING

Now - Oct 13

Aimed at showcasing the excitemvent of the game and the rich history of the league, the NBA is launching its touring exhibition in Beijing. By using interactive exhibits, videos, and exciting memorabilia, the multi-level experience will showcase the passion of the league, its teams, and will explore the many ways the NBA has evolved since its founding in 1946. All ages. RMB 90. 10am. Yang Art Museum. (www.247tickets.com)



KARATE AND MARTIAL ARTS CLASS AT ADVENTURE ZONE

Every Tue and Thu, now through Dec

Adventure Zone is offering Goju-ryu classes, a traditional Okinawan style of karate that uses techniques executed at close range. Your child can enjoy learning martial arts while strengthening and conditioning their body, gaining confidence, and learning discipline. Ages 4+. RMB 3,500 - 3700 needs registration. 4pm. Kerry Sports Center L3. (8565 2460)



GREAT WALL CAMPING | SEE SUN-SET AND SUNRISE FROM CHINA WALL

Every weekend through Oct 20

Spend two days on the Great Wall, experience the Great Wall at sunset and sunrise, and camp overnight at a Great Wall tower. This camping experience is organized by Cultural Exchange Trips (CET) who will provide camping equipment, transportation, and guides (an English speaking guide and local guide). The hiking portion is relatively easy but there are some steep sections. Please contact CET for more information, and to find out if this trip is right for you and your family! Age varies on ability. RMB 365 (Discounts are available for groups). Cultural Exchange Trips. (Jon 185 1420 3469 / Jane: 155 1030 7192).



Kids, Family, Couples, Business, Pregnancy

PROFESSIONAL PHOTOGRAPHY WWW.BAXTERSTUDIO.NET



Share your new arrival and scan this QR code!



Note that we will only publish photos of babies born in the last 12 months





Eno and Bean Stone-Banks

American. Born on July 22 to Wei Yan and Blake Stone-Banks at Beijing University #1 Birth and Infant Hospital



Leah Zhou

Canadian. Born on June 18 to Lillian Dong and Kevin Zhou at Amcare Women's & Children's Hospital



Maxime Jingxuan Brend

Chinese/British. Born on July 22 to Tiffany Liu and Adrian Brend at Amcare Women's and Children's Hospital



Kai Tasi Mar

American. Born on February 2 to Jade Choung and Aaron Mar at Beijing United Family Hospital

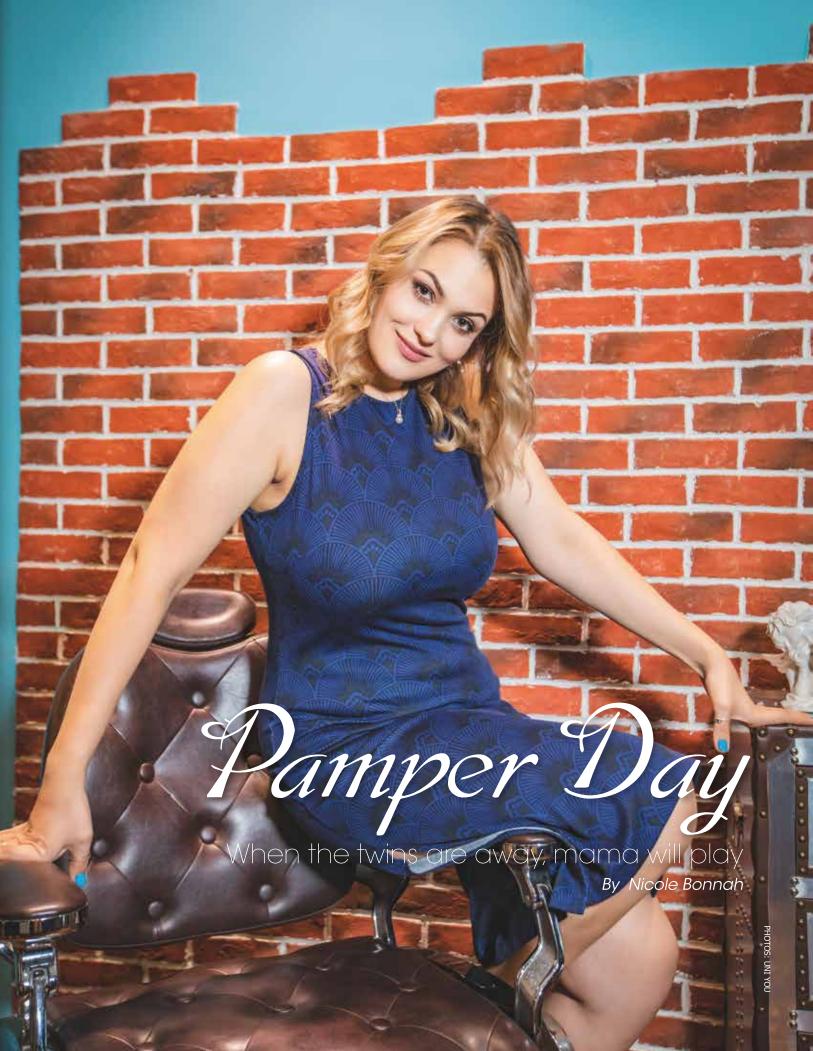




Hanzhi Wang

Chinese. Born on April 12, 2018 to Ting and Qi Wang at Peking University People's Hospital







e all need pamper days, moms and dads especially, and this is particularly true for mother of twin boys, Nellya (aka Nelly) Ndhlovu. A mama after my own heart, Nelly is doing a superb job with dad and English teacher Denzel Ndhlovu in raising Daniel and Damien, who were born last year in a whirlwind of super exciting surprises, which included their double arrival.

Working part time, and caring for a handsome set of rambunctious twins doesn't sound like an easy feat, but Ndhlovu is slaying at the best job in the world. However, like all moms, we rarely find space for me-time, and so Indulge stepped in and decided to lend a hand with a full day of complete and utterly Indulgent pampering!

Ndhlovu, quite frankly, is a rock-star mama, and so needed rock-star hair. The man behind the French-inspired hair concept salon Laurent Falcon started her off with a trim and a few layers, after which his super cool team of color technicians and stylist, Felix, who along with others of the staff come from previous expat favourite, Blow+Bar, to work on creating perfect highlights and toner on her long brunette tresses.

To finish the look we went with banging lashes, curled using makeup artist Maggie's magic bag of makeup wonders. These included a Panasonic heated eyelash curler and epic collection of Mac lipsticks. Ndhlovu was given a dewy, natural look with a kick with sexy liquid eyeliner, nude lips, and muted plum-colored cheeks. This was the perfect accompaniment to her transformative hair color. Playful blue on the nails was the piece de resistance beautifully done by their in-house team.

Meanwhile, the team at Laurent Falcon were full of styling and make-up tips to help out those of us who are looking to reinvent or improve on our beauty choices. Put some of these into practice and get down to Falcon to get a new look!









Curls and Kinks or Plain Straight

If you have naturally curly or kinky hair treat those coily tresses! Go for intense oil or cream based deep conditioning treatment for healthier locks. The same can be done for straight hair. Laurent Falcon have just the right remedy for your hair type, if you're not sure what is the right option for you.

To trim or not to trim?

According to Laurent, it's a little bit of a myth that a trim will help you grow lusciously long hair. A trim encourages the growth of healthy hair but doesn't necessarily increase the speed of hair growth. Trim your hair every three months to promote health not length!

All the colors of the rainbow

It's hard to know what color is best for you when you're thinking of making a change. Brunettes, try and hold back on harsher highlighting processes. Go for more muted, natural tones if going lighter and more woody, defining tones for when going for a tonal color. Blondes, you're best complementing the natural tones in your hair. However if you're going much lighter or peroxide, treat your hair regularly, and lay off the heat when it comes to styling.

Less is more?

When applying makeup always use a primer or good moisturizing cream. Experiment. The makeup artist at Laurent Falcon used a deep conditioning hand cream on the face, to add moisture and create a dewy base. Keep day looks simpler but add some sassiness with a liquid eyeliner flick, or rosy lips. Come dusk there are no rules!

Hair, Makeup, and Nails

Laurent Falcon, French Style Salon F/2, Sanlitun North Street South. www.laurent-falcon.com. (61 867-589-6210)

Dress

Nelly's wardrobe

......

ENTREPRENEURS AND PSYCHO BUTTS

The Xu family tell us about their favorite books

By Andrew Killeen

n this new feature, we ask a family that's passionate about reading to share with us their love of books, by each nominating a favorite read. If you'd like to be featured in a future issue, then contact us on magazine@beijing-kids.com, via our website www.beijing-kids. com, or via WeChat. We'd love to hear from you!

For the Xu family, coming back to China was returning full circle. Their grandparents moved to Taiwan, and from there to New Zealand.

Now they are based in Beijing, but their business as curriculum developers takes them all across Asia to work with teachers, school leaders, and education providers. They wanted to share this adventure with their children, so as educators homsechooling was a natural choice for them. As Gianni says, "When you have delayed flights instead of school assemblies, noses sniffing and snuffling instead of classroom shuffling feet, audio and paper books are your besties!"

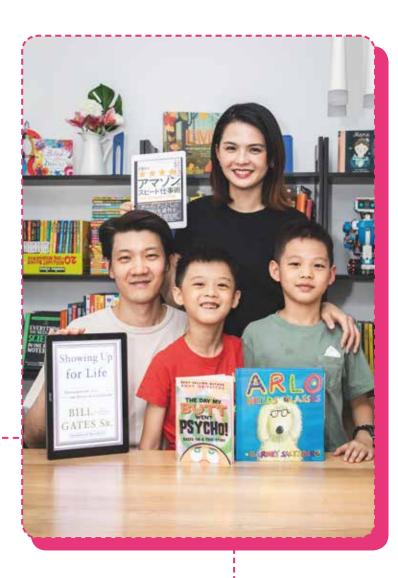


Gianni Xu

We were clueless about parenting when Ethan first gave us his 9 months notice. Showing Up For Life by Bill Gates senior stood out from shelf because it wasn't a conventional parenting book. The book dabs into grand global issues that affect our future little earthlings. It entices you to see how little mundane routines valued by one of the smartest grandpas in the world helped raise one of the smartest entrepreneurs in the world. The book inspired us to focus on the joy of reading at the early stages of our children's development.

Vivian Xu

Like all mothers, we all need some downtime to catch up on the latest episodes of the soul-saving Korean drama. The Amazon Way by Japanese author Masayaki Sato is a great book to help you create some of that time by becoming a bit more creative with productivity. It is a book translated from the original Japanese; I have always enjoyed translated books as a way to understand the moral compasses of different cultures. Amazon has not earned a strong footing in China, but it is still interesting to read about how they are evolving.



Ethan Xu (age 9)

This is torture! Why would anybody pick only one favorite book! It is just too hard. Well, if I really, really, really have to, I would choose The Day My Butt Went Psycho! I laughed my socks off! But I wasn't wearing socks at the time. I think the book really taught me about "sympathy", and putting myself into other people's shoes.

Edward Xu (age 8)

Arlo Needs Glasses is my favorite picture book. I am too old for the book now but I still like it. There are many things you can play with in the book and it tells you wearing glasses is cool. I don't wear glasses but my mom does. I like other books from the author too. I am really happy to know I can meet the author at the book fair.

CHINESE KITCHEN MAGIC

Seven inexpensive and indispensable Chinese cooking tools every foodie needs

By Kipp Whittaker

Every new expat homemaker will spend an inordinate amount of time attempting to cobble together versions of western food without the right ingredients, but when in China, why not eat like the Chinese?

Chinese food is its own universe to explore. It's one of the most practical, and certainly economical, world cuisines to make at home as you can Sinicize nearly any produce or ingredient you find. The

supermarkets in Beijing are stocked with local ingredients vying for your attention, so don't fight it. Even if your family is one of the rare lucky ones with an oven, why not use it to try roasting a tray of duck legs, prepared Peking duck-style?

Check online for the following items, but we prefer classic utensils found at Chinese Restaurant supply stores.



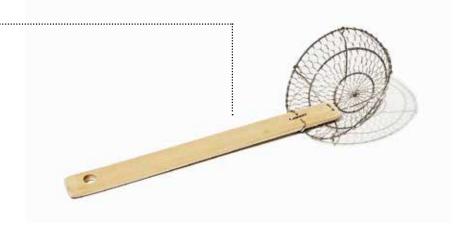
Cleaver (菜刀)

Every cook has their favorite knife, and most Chinese cooks love a heavy, utilitarian cleaver. Don't let it's butcher shop look intimidate you: No knife is more essential, more versatile, than a simple Chinese cleaver. It can hack a whole chicken in quarters, deftly julienne ginger into neat matchsticks and crush a few cloves of garlic on its flat sides. It's tall blade insures fingers are tucked well out of the way of the cutting surface, and the weight allows you to exert less pressure than smaller knives.

Stainless steel is fine, but if you want the sharpest possible knife, go with carbon steel, although it must be oiled, sharpened and kept dry. If rust develops, simply scrub off, dry and oil with a few drops of cooking oil until shiny and well-polished.

Spider Strainer (笊篱)

Aesthetically pleasing and practical, the traditional Chinese bamboo handled strainer with wire mesh is called a "spider" because of its metal web (like the one above). This classic design offers faster and safer draining of oil than a Western slotted spoon when deep frying, but can also be used to blanch vegetables, boil a handful of fresh pasta or skim foam off the top of bone stock.



Rice Cooker (申饭锅)

You can soak the grains, wash them, measure out the water perfectly, keep the flame at the simmering low heat and still the bottom layer of rice can burn to a crisp if you're not careful. With a rice cooker, you can focus on preparing dishes and just leave the rice to sit. Rice cookers help the grains separate better, leaving less chance for mushy rice. Any rice cooker can also be used to make porridge, braise or steam in the plastic steamer basket usually attached or with a bowl and small trivet placed inside.

Get a sturdy, simple, and inexpensive rice cooker. It's not complicated. Famed film critic Roger Ebert even wrote a tongue-in-cheek blog post turned book about the simple genius of the rice cooker with just 'cook' and 'warm' settings, which according to Ebert nourishes "waitress, community organizer, monk, nurse, starving actor, taxi driver, long-haul driver" alike.



Long Ladle & Wok Scoop (长杓子)

Long stainless steel ladles or shovel-like wok scoops may scream "soup kitchen," but these unglamorous tools are perfect for scooping out fried rice or deglazing a wok with a ladle full of stock. They are constantly useful, and long handled ones used in commercial kitchens keep your hands far away from the heat. Wok scoops made of light and nimble bamboo or wood won't scratch your nonstick, and have a tactile, homey, almost nostalgic feeling to them.



Wok (炒锅)

China's quintessential cooking vessel, the wok, is the king of stir-frying, braising and shallow frying for the simple reason that it's base is curved. This allows ingredients to be easily tossed around at epic temperatures, with a few dashes of soy sauce quickly caramelizing along with your charred green peppers, bringing that yummy Mallard effect into full swing. Woks also heat more evenly when compared to flat bottomed Western skillets.

Personally, we enjoy a good quality nonstick wok for ease and to use less oil, but a seasoned iron or carbon steel wok brings out more guō wèi (锅味) or "wok essence" that will make all your flavors sing, much like the twenty year old cast iron skillets our grandmothers swore by. Keep them bone dry and oiled, stored away from sunlight.



Rolling Pins (擀面杖)

Chinese rolling pins are simple, cheap wooden dowels that come in various sizes: larger for rolling out noodles in bulk, a medium one for flatbreads like cōng yóubǐng (葱油饼) and thin ones with tapered ends for deftly rolling out dumpling skins. For us, the medium size is most versatile and also works fine for dumplings, shaomai, or other dim sum.

And when you're not rolling dough, the medium sized pin makes a great muddler for mojitos or mocktails. It's thickness and weight being just right for deftly crushing citrus and mint right in the glass.





Variety of Bowls, with Lids (一些小碗和盖子)

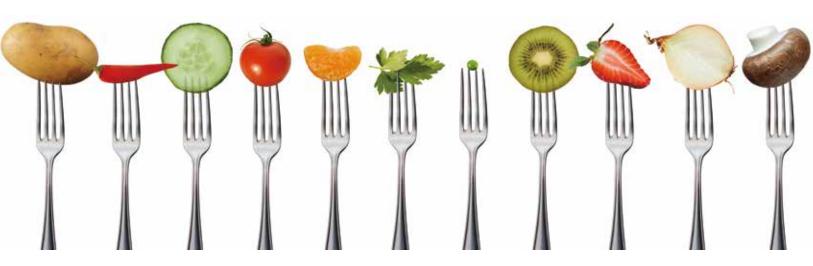
Hear us out on this one. Chinese of course don't own the concept of bowls, but every Chinese kitchen has a cobbled together assortment of colorful bowls of different sizes and materials, from a handful of china tea cups to plastic food containers. Toss sugar snap peas in one, minced herbs in another, and diced carrots and potatoes in yet another to ensure veggies and meats with different cooking requirements are added at the correct time. It also helps with time management and organization, which is an important skill in Chinese cooking. Stack them near your seasonings and spices to whip together dipping sauces, deglazing ingredients, dry rubs and more in advance, or keep stackable, lidded ones for your favorite spice mixes.

Clay Pot (砂锅)

Clay pot cooking is one of the most ancient forms of cooking globally, and is everywhere in China, especially Hunnan province. It's ideal for slow cooked, crockpot dishes like braised beef brisket with black mushrooms or ginger chicken soup. Ingredients inside clay pots are surrounded by steam, so they lose little to no moisture, creating tender, flavorful dishes. As long as the pot doesn't dry out completely, it's impossible to burn food inside.

Clay pot cooking can also be healthier, in that little to no oil is needed when using them. Although with clay pot classics like Cantonese clay pot rice with juicy marinated pork belly, the luxurious fat and marinade flavors the rice completely.





For the love of Food!

By Melissa Rodriguez

openhagen, Bulletproof, The Zone, South Beach, Atkins, TLC, Mind, Ketogenic, Whole30, Low FODMAP... What do all these names have in common? They all refer to diets. Some are very healthy and others not so much. The word diet has many negative connotations, as it's often associated with restricted eating, deprivation, and hunger. Have you heard that diet has the word DIE in it? Joking aside, going on a diet means that someone has a specific health goal in mind, but the word diet simply refers to the food a person eats on a regular basis.

I'd like to focus on what we should be eating on a regular basis, not the things we're often told to avoid. If we eat more healthy foods, they will naturally crowd out the less healthy items from our diet. Vegetables are the number one thing most people need to eat more of. These come in all shapes and sizes, all kinds of colors and unique nutritional profiles. Each vegetable has their own specific combination of vitamins, minerals and micronutrients, pigments like anthocyanins, carotenoids and xanthophylls, flavonoids like catechins, hesperidin and resveratrol, and sulfur-rich compounds like allacin, and sulfuraphanes, to only name a few. These have multiple health benefits, too many to list here. Fruits also contain many of these nutrients. They're a rich source of a long list of vitamins, minerals, and other phytronutrients (phyto meaning plants). I have to admit, it drives me crazy when I hear that fruits "...are just filled with sugar and fiber". That is so far from the truth! Generally, fruits should also be an important part of our regular diet. It doesn't mean that we need to eat fruits in the same quantity as vegetables, but they do provide nutritional diversity which is something we need.

Another important feature of a healthy diet is fermented food. These foods contain probiotics, the helpful organisms that inhabit our digestive tract, our respiratory tract, our skin... in essence, every part of our body! These organisms can include bacteria and fungi, and are referred to as the human microbiome. According to a study published in 2016 in the journal

PLOS Biology, bacteria make up about half the number of cells in the human body. There's a lot of research going into studying our microbiome, with more and more evidence that they play a role in mental health, body composition, cardiovascular health, immunity, and more! Probiotics can be found in fermented veggies, yogurt, kefir, yakult, natto, and kombucha.

Finally I wanted to give a shout out to fiber. Some may think fiber is just something extra our body doesn't digest, and that it doesn't provide any nutritional value, that's not the whole truth. Fiber consumption is linked to decreased cancer risk, it helps balance blood sugar, stabilizes cholesterol levels, and has many other benefits. Let's give fiber some love, because it also supports a healthy microbiome. Fiber feeds the probiotics in our gut, it helps those little guys thrive so we can thrive too. Fiber rich foods include beans, legumes, whole grains, fruits and vegetables.

Now I'm not saying there aren't times when we need to be more careful with what we're eating. This is the case when people have a medical condition or have unique health goals. Some people may be allergic or have sensitivities to certain foods. What I mention above are general suggestions. For the love of food, don't avoid tomatoes because they have too much sugar! Eat naturally, include more things that come from the ground or a tree, and you can't go wrong.

> Got a question? Melissa Rodriguez is a naturopathic specialist

and mother of two. To find out more, check out her website at drmelissarodriguez.com



outhern Chinese food is on the menu this edition and we are raising the temperature with robust Sichuan spicy dishes, an awesome house beer and fruit rice wine, with a perfect sweet end to a meal that any kid would love. When it comes to Chinese food it can be difficult to get the kids on board and equally as challenging to find the right place that can dish up local style dishes in space that exudes cool vibes.

Looking for cool? Looking for vibes? We might just have the perfect place for you and the family to experiment with her spice tolerance and get the kids enjoying the more adventurous side of Chinese cuisine.

Nestled in the back alleyways of the famous Qianmen Hutong area, is NiCaf. With an urban chic aesthetic, this hideaway Sichuan style restaurant, with exposed brick walls and artisan vibe is wonderful for weekend dining and special occasions. It was the Faltin-Elakl family that joined us for our Dining Out experience, and what fun was had.

Manager and creator behind the NiCaf concept, Sue, made a delectable selection of dishes for our family of three to try. Proud parents of almost two-year-old Louis, Franziska and Charles usually go with the flow when it comes to dining out with their little one, and encourage him to try a little of everything at least once. A lot of the menu for the days tasting packed a punch with chili, however many of the dishes were well balanced and varied in spice levels. Louis was open to trying everything laid out on the table and one of his go-to dishes, so happened to be the spicy tofu.







The sides

Baked mini potatoes with Tujia flavor (RMB 48) were a nice staple addition, along with Vegetable Silk Doll (RMB, 32, tofu wrapped vegetables with chili dipping sauce). The Xiao Tao Yuan Spicy Beef Baozi (RMB 32) was a definite hit and although the filling was a little too spicy for Louis he lapped up the soft and fluffy shell of what is one of his favorite foods to eat at home.

The crispy Fried Beef Shredded with Tea (RMB 68) was the star of the sides show. Salty and crispy it matched perfectly with the ice-cold house beer (RMB 32) and although mixed with Sichuan pepper was one of the milder dishes on offer. To finish off the starters were the sweet and sour pork spare ribs (RMB 48); sticky, sweet, and falling off the bone, this too, was a winner.

The Mains

Meat-brewed Peasant Tofu (RMB 48) was the ultimate crowd pleaser. Silky tofu in a spicy broth with onions and peppers couldn't have gone down better. Mom, Dad, and Louis enjoyed this robust dish, which was balanced and delicious. The Pot Fried Pork (RMB 48) upped the ante and was slightly more packed with spice with the addition of explosive green chilies. Charles loved this option ladled over steaming white rice (served in beautiful bamboo cups) and although Franziska has a somewhat more tempered palette when it comes to chili, gave it a try.

Something Sweet

It goes without saying that the crispy Chinese Corn Pie, dusted with sugar (RMB 38) was a complete and utter go-to for Louis and



the parents! Light and crispy with a sugary sweet finish, this dish was like tucking into candied popcorn. The dish was surprisingly oilfree and was a sweet but not overly indulgent finish to the epic and colorful meal.

The Drinks

The house beer was dark and hoppy and served ice-cold. The restaurant serves only one signature beer from Boxing Cat and a house Passion Fruit Rice Wine (RMB 48), which stole the drinks show. Light, summery, sweet, and ice-cold, the grapefruit colored rice wine was a treat and would be perfect as an aperitif as it was a sweet palette cleanser and grand dining finale. I say order several of these and spend the afternoon sipping and snacking.

Although this restaurant may fall out of the distance zone most families are willing to travel for when dining out, this little gem is worth a visit. When asked if they would dine here again, the Faltin-Elakl family said this was the perfect haunt to bring out-of-town family and friends to introduce them to one of the many dynamic aspects of Chinese cuisine and was a great environment for laid back dining with the family. If you can handle the heat, get down there and tuck in!

NiCaf

Daily, 11am-2.30pm, 5-9.30pm 133 Yang Mei Zhu Hutong, Xicheng District

西城区大栅栏街道杨梅竹斜街133号 (18519757830)

Food Fad or Food Fail

Examining some recent, and sometimes shocking, creations on the Beijing foodie scene

By Kipp Whittaker

few years ago, a Beijing hotpot place went viral when photos surfaced of their bizarre, but oddly hilarious, serving methods for thinly sliced lamb. A bootleg Barbie is plunged into ice and then wrapped carefully in meat. This instantly led to seven-minutes of social media fame.

From gimmicky hot pot place to trendy new fusion Sanlitun eatery to hole-in-the-wall Sichuan fanguanr alike, Chinese culture has always had both a fascination with food and a love of novelty. When you introduce social media and the power of KOLs seeking these odd and over-the-top food experiences, then you have the ability to go from a simple hot pot restaurant to a viral, over-thetop dining experience.

However, sometimes, these food trends can transcend their memeable shock-value, especially if they actually taste good. Here are some samples of a few notable "delicacies," of which some are definitely treading into new culinary territories, while others might just be trying a bit too hard to become viral and totally ignoring the fact that food ultimately just needs to be delicious.



Durian Pizza

Dairy and durian actually go together like beans and rice, so it's no surprise that durian pizza is absolutely, officially a thing.

The stinky, divisive combination was originally put together based on trending ingredients and popular food terms on Baidu a few years back by Guangzhou restaurant chain La Cesa. Durian brings to mind stinky gym socks for some, but for fans (myself included) durian has a unique, rich, creamy taste that works for Asian style pizza.

Typically, this pizza is made without tomatoes, just a thick crust, layered with mashed durian and melted processed pizza cheese on top. Many Beijing-based pizza chains are doing their classy take on this divisive pie, but a version sold in Pizza Hut made with "imported Thai durian," is available, so you can order your shame delivered right to your door.

Mantou Burger

I remember being back home in Florida a few years back during the era of the "food truck" craze. There was an Asian fusion truck that deep-fried soft shell crabs slapped between a doughy, simple mantou steamed bun. The combination of crispy crab, spicy sauce, and the soft bun was irresistible. Apparently, Popeye's makes something like this in Singapore. If you are looking for a successful version of this trend in Beijing, check out the variety of delicious mantou baos they're serving up at De Refter.

In lieu of a traditional baked hamburger bun, mantou burgers are more reminiscent of steamed baozi, but with grilled or fried fillings. Try making these at home with fresh mantou from your local grocery along with your ground beef, or try other sandwich fixings like sweet & sour pulled pork, Korean fried chicken and kimchi, or tofu and peppers.

Slice in half and grill each side, just like you would a sesame seed bun at a cookout. Bonus points if your mantou is homemade and dyed a deep black, a trend that constantly resurfaces by adding flavorless activated charcoal to the dough.



PHOTOS: KIPP WHITTAKER, THE BEIJINGER, GUNG HO! PIZZI



Laoganma Chili Sauce

That ubiquitous jar that's always resting by the soy sauce in most Chinese homes from college kids to hutong grannies, Laoganma has never gone out of style. Founded twenty years ago by Guizhou noodle shop owner turned multimillionaire Tao Huabi. Laoganma chili flake and peanut sauce and chili black bean sauce (perfect for stir-frying, but less versatile) neatly fit in the more recent rebranding and refocusing efforts of the "made in China" label, like simply showing appreciation for everyday Chinese food products so many people love.

In trendy Chongging restaurants and Western kitchens alike, this "spicy chili crisp" sauce has even been drizzled on soft-serve ice cream.

Besides a viral video from action star John Cena, Laoganma also provided some very recent inspiration for streetwear brand Opening Ceremony, which featured it on a line of bright red hoodies this year at New York Fashion Week.





White Rabbit Candy

Speaking of Time-Honored Chinese Brands being somehow made into ice cream, enter those simple creamy milk candies, White Rabbit. Those instantly nostalgic candies scattered in bowls during Spring Festival seem to be a much easier sell than chili sauce dumped on soft serve, and the public seems to agree.

Earlier this year for Chinese Lunar New Year, trendy LA ice cream shop Wanderlust Creamery made a few gallons of White Rabbit ice cream, featuring a clever candy wrapper cone in the photos that became an Instagram sensation. Those few gallons sold out quickly, and soon they sold well over a hundred gallons of the stuff throughout February, enough to make it a permanent menu item. It also helps that the graphic design is nothing short of iconic, with its effortless cool vintage red, white, and blue label. You can also find this and the new milk tea variation now in Beijing at Yokikano Tea (White Rabbit Milk Tea and Ice Cream) at Sanlitun Soho. We had a try, and frankly, it just tasted like the vanilla soft-serve you could find at any McDonalds.

"Dirty" Buns and Milk Tea

If all this "unicornification" of foods from grilled cheese to Frappuccinos has proven anything (besides that there's no accounting for taste), it's that social media influences what we desire to eat. Nothing shows this in guite the same way than the "dirty" trend that especially took off last year and hasn't stopped, referring both to food that looks questionable and food that could be messy to eat.

This all started with "dirty buns," made initially at a downtown Beijing bakery in 2017. They were essentially chocolate croissants with chocolate smeared inside and outside, including powdered cocoa on top, ensuring you'll make a mess no matter how to attempt to eat it. Customers posted selfies of themselves with chocolate streaks on their cheeks, making sales peak.

All this filth was a runaway success, so much so that the "dirty" trend appeared everywhere, gaining particular popularity in bubble milk tea drinks. The dirty milk tea from Lelecha Tea Shop was a particular hit, although it's simply milk tea, tapioca pearls, and brown sugar syrup.



ProvGov Greatest Hits

A culinary trip through the provinces, without ever leaving Beijing

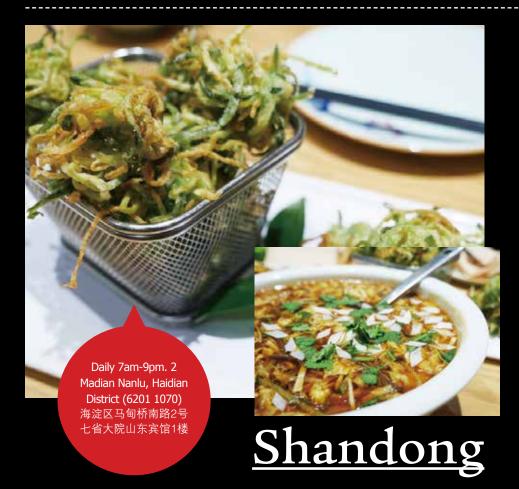
By Margaux Schreurs, Tom Arnstein

ver the past five years, our sibling magazine the Beijinger has made it their mission to try every Chinese provincial government restaurant in the capital... alphabetically. Not an easy feat as there are 23 provinces in China and they aren't exactly the most sought after, or conveniently located restaurants in the city.

But, that doesn't mean they won't deliver you to "Flavortown" or don't deserve the attention of a true foodie. Quite the opposite actu-

ally. They provide a great opportunity for you to get some authentic tastes from the other provinces without ever having to board a plane, train, or automobile.

Here are the best of the bunch to have been featured in the Beijinger's ProvGov column. Don't be shy, check them out. After all, the varied and spectacular flavors of China aren't always going to come to you. You need to hunt them down, and savor the journey. Your tastebuds will appreciate the effort.



Just north of the Third Ring Road sits the unassuming Shandong Provincial Government complex and its adjoining white and airy restaurant. Shandong's deep influence on China's northern dishes may not be immediately apparent at your run-of-the-mill restaurant but here that rich history of cooking methods - quick frying, stewing, roasting, and boiling - and ingredients - heavy on the ginger, onions, vegetables, and seafood come together for a Prov Gov menu far superior in breadth than many of its competitors, eschewing lackluster staples for innovative takes on traditional dishes.

A prime example would be the fried radish balls (RMB 48) which come neatly piled in a deep-fat fryer basket, a deft touch rarely seen in these official outlets, and loaded with a satisfying chewiness and a hint of dried squid. However, it was the hot and sour soup (RMB 38) that stole the show thanks to a perfect balance of sourness and generous chunks of warming duck blood, sliced onion, and poached egg as well as a slow-burn chili finish to heat things up a bit.

In the mood to tuck into pulled noodles, roasted lamb, and circular bread - this government-run take on Xinjiang cuisine can boast being one of the city's best.

A cold starter of tender Xinjiang-style chicken with peppers and a coating of chili oil (RMB 29) whet our appetites to the point that nothing but a pillowy, just-out-of-the-oven bun stuffed with ground lamb and chopped onions (RMB 4 each) would have curbed our salivation. The smoked horse sausage (RMB 46) is decidedly authentic, a mound of circular slices of cured meat that flake apart on your tongue. The lamb chuan'r, though not an easy dish to get wrong, is a little fatty for our tastes but adequately dusted with chili flakes and cumin, the cornerstone spices of Xinjiang cuisine.

Of course no proper Xinjiang feast would be complete without a big plate chicken (dapanji, RMB 98) and this "official" version ironically boasts the use of free range birds. In it, large chunks of chicken sit atop equally large pieces of soft potato, diced green peppers, and thick belts of chewy noodles.





Ningxia Hui Autonomous Region is strongly influenced by flavors traditionally associated with the Hui people. Flipping through the menu, we decided to first play it safe with some cold noodles, the liangpi (RMB 20), which was fantastic; crunchy shredded vegetables blended with chewy cold noodles in vinegar with just the right amount of chili. The fried lamb chops with cumin (RMB 98) and the fried lamb with peppers and onion (yangrou xiaochao, RMB 46), stood out – the latter for its lamb variation on the usual pork-based bread stew found in homestyle restaurants throughout the city.

There are also a range of staple foods available, including baked goods, or even a great, big, steaming bowl of huixiang saozi mian (RMB 14). Its mixture of noodles, cubed carrot, and potato weren't steamy enough to bring beads of sweat to our brow, but nevertheless worth ordering for the perfectly-cooked and demonstrably hand-pulled noodles, and the richly flavored, and slightly sour, broth. We mark this a veritable Prov Gov win!

Jiangxi Province was home to the first revolutionary base in the early days of the communist movement. Hence, you should start ordering at the Jiangxi Provincial Government Restaurant with the much-eulogized dish hongshaorou (RMB 75); fatty pork braised in a sweet sauce.

Many of the other offerings on the menu are named after the provincial capital of Nanchang, home to over 5 million people. The Nanchang fried powder (RMB 20) was basically just fried noodles with some vegetables that probably came out of the freezer. A better surprise, however, came from the 'repair the water whistle' (RMB 28), a name that gives absolutely no insight whatsoever as to what the dish actually entails. In fact, the dish is comprised of a little frying pan filled with tiny pork dumplings- quite possibly the cutest thing we've ever seen. The dough surrounding the small parcels was slightly sweet, offset by the savory flavors of the pork and the scallions sprinkled on top.





The cuisine of Jiangsu Province, or Su cuisine, is generally light and elegant, and characterized by clear soups and an abundance of river greens. These elements come together in one dish often referred to as Lion's Head, which, thankfully, has no relation to eating the king of the jungle. Instead, it's a stew containing large meatballs and bamboo shoots or cabbage. The Jiangsu Provincial Government Restaurant serves the balls, arranged in a beautiful green pot doused in a clear soup with a single green leaf probably placed there for aesthetics. We sampled both varieties: 'crab roe lion' (xiehuang shizi tou), RMB 48 per bowl, and 'Yangzhou (pork) lion' (yangzhou shizi tou), RMB 38 per bowl. Both varieties were soft and succulent, and came accompanied by a clear soup to offset the heaviness of the meats.

Other dishes we were excited to try were the 'leek screw' (jiucai lousi, RMB 48), a fried mix of scallions and river snails, and the 'smoked bean curd malantou' (xianggan malantou, RMB 32), both of which take full advantage of Jiangsu's fertile offerings. What really stood out, however, were the soup dumplings. These comforting parcels of minced pork and abundant soup rarely go wrong, and in this specific case, really hit the spot.

The menu consists mostly of hot pot (RMB 18 per individual pot of broth, with a choice of spicy, clear, mushroom, or tomato) and the standard additions, with, as you might expect, a heavy focus on lamb. Diving straight in, we ordered two types: lamb meat from the hind legs and one meat from near the ribs. Both were of good quality and flavorful. Portions, which range in price from RMB 58 to 138, depending on the cut you are after, are also suitably sizeable. Other hot pot trimmings offer the usual selection: fresh spinach, crispy cabbage, tofu, noodles, frozen dumplings, and large crispy slices of lotus root (RMB 8-28), paired with a sauce buffet.

Exploring the menu further, we found traditional Inner Mongolian shaomai (RMB 38 per basket), a lamb-filled variety as opposed to the usual pork. Larger than their southern Chinese cousins, the dough on these was thin and flaky at the top, and the lamb filling was juicy and tender. Even for someone who isn't the biggest fan of lamb's distinct taste ("what on earth are you doing at the Inner Mongolian Provincial Government Restaurant?" I hear you say – it's all part of the job, folks) these were delicious, especially when dunked in a side helping of chili flakes and oil.



Inner Mongolia



The menu is full of all that good stuff that you used to eat before you learned to speak Chinese, and before you discovered Chinese food wasn't just gongbao jiding.

The disanxian (RMB 36), the star of the show, was the right balance between sweet and savory, with the morsels of pepper, potato, and aubergine fried to a slight crunch. Things got even better when the Dongbei dadoufu (RMB 32) arrived, with tofu chunks floating in a delicious gravy that was definitely not vegetarian-friendly. We also tried a variation of jingchang rousi (RMB 46) which came with larger pancakes than most Beijing-style restaurants usually provide, and more flavors to stuff the pancake with, too.

Even the guobaorou (RMB 58), a dish that usually is ruined by heavy batter throughout Beijing, was tasty. The batter was light, and the sweet sauce wasn't the kind that makes you instantly head into a food coma. Although more than a couple of pieces per person is generally unadvisable, we cleared the entire plate. We're going to actually say this was one the best ProvGov missions.

The restaurant itself looks quite posh, however, the problems started as soon as we opened the menu: shark's fin. Right. Firstly, the dishes were extremely expensive (shark's fin soup at RMB 328). After flipping through a couple of pages of over-priced, show-off ingredients that are or aren't endangered and/ or poisonous, we finally made our decision: crisp-fried dried tofu rolls with minced pork (RMB 42), sautéed sweet and sour pork tenderloin with water chestnut (RMB 48), a Fujian style bowl of noodles in satay sauce (RMB 26), stir-fried tofu and bamboo shoots (RMB 38), and stuffed glutinous rice balls stuffed (RMB 24).

The crisp-fried dried tofu rolls were served with a refreshing, sweet chili sauce. The sautéed sweet and sour pork tenderloin was also not too bad, but the water chestnut took us all by surprise. Note that the noodles are not made using satay sauce as we know it, but rather a local Fujian variation.

The glutinous rice balls were awesome, and came stuffed with a delightful mix of crushed peanuts and sesame seeds, covered in black sesame powder. They were so good that we might actually go there just for the desserts – the menu is home to a few other attractive sounding desserts, including deep fried taro rolls, egg tarts, and ma yuan.



Hainan Daily 11am-9pm. 188 Andingmen Waidajie, **Dongcheng District** (6426 9558) 东城区美术馆后街71 号内蒙古宾馆二层

Upon entering, the staff were friendly without being over bearing as they guided us to a suitable and clean table. There were even crispy white table cloths on the tables and they poured us cups of water without having to ask.

We flicked past the first few pages because they were a mix of abalone, sea cucumber, and other expensive but not very tasty dishes. We settled on a popular Hainan dish: Wenchang crispy chicken (RMB 188 for whole, RMB 98 for half). While this is not one for the lazy or picky eater due to a large number of bones, the chicken was exceptionally tender and the skin certainly crispy. Our sides of steamed greens with olive vegetable (RMB 38) and braised eggplant with sauce in casserole (RMB 58) were both very flavorful. The greens were served in a little dim sum-style basket, retained their crunch, and had a dash of oyster sauce for flavor, while the eggplant was cooked thoroughly and topped off with mince in a dark sauce.

Perhaps this one is almost worth coming back to, especially for the crispy chicken.

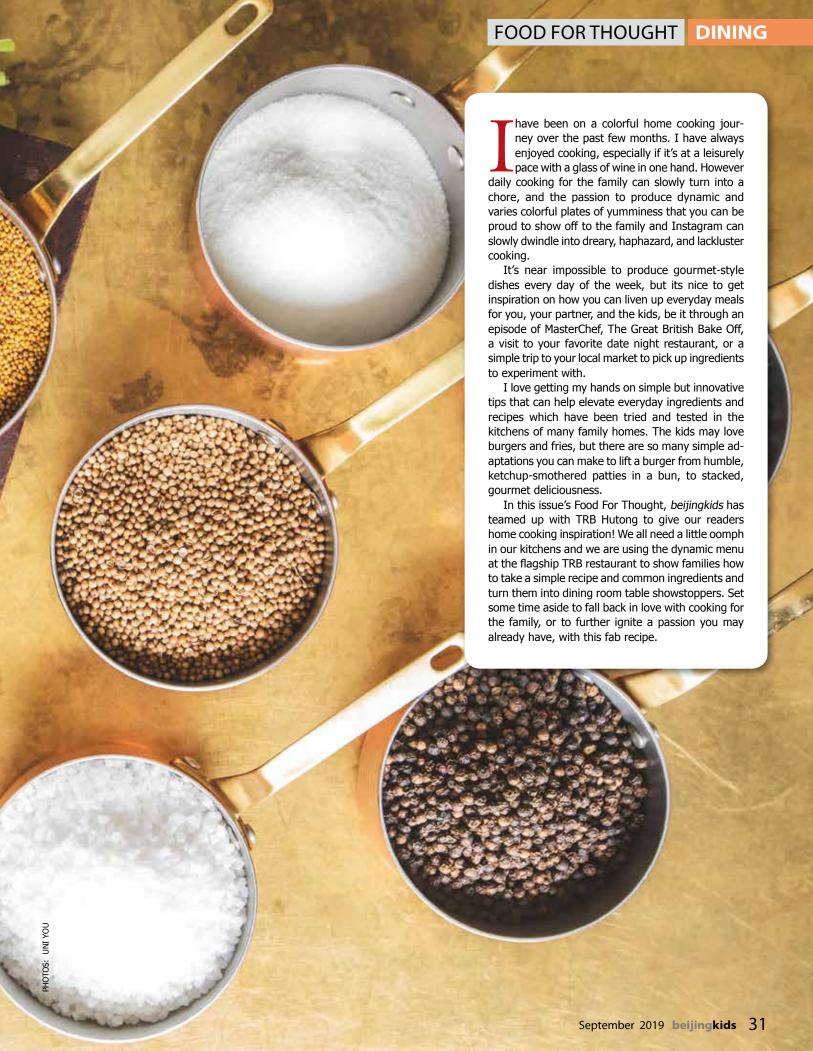
At first glance, this restaurant that featured some of our favorite delicacies from the south didn't seem ideal, but once the dim sum came out there was a big sense of relief.

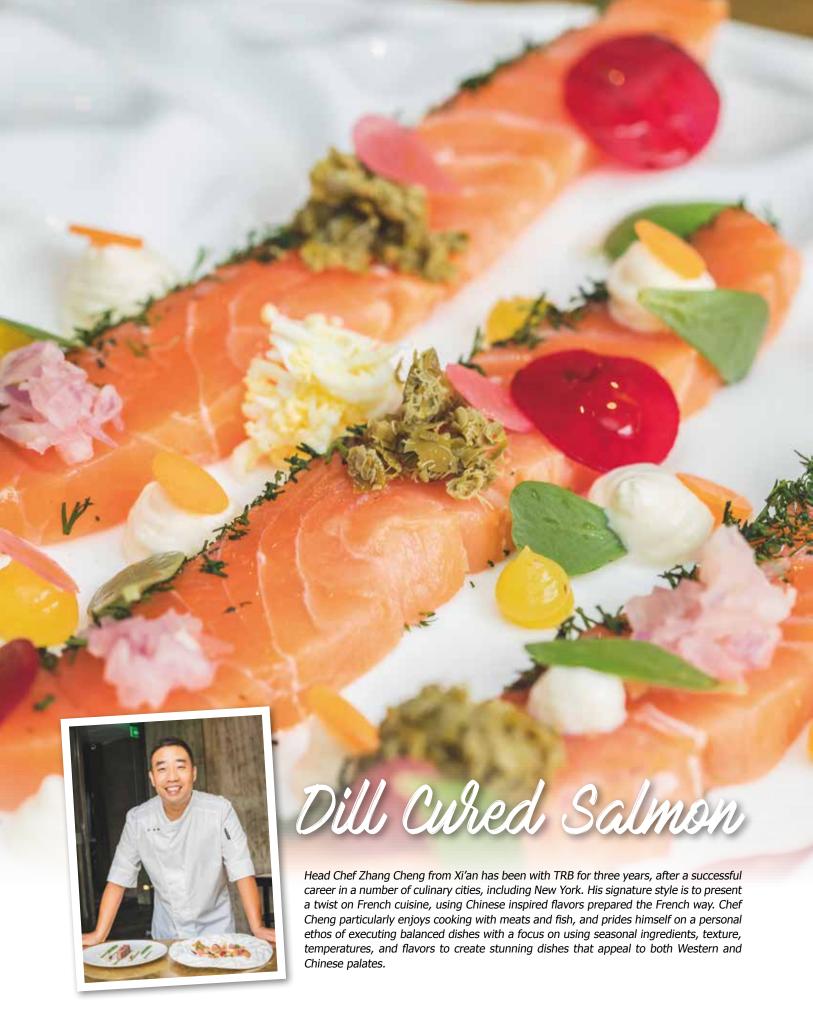
The barbecue pork buns (RMB 18) were brimming with the eponymous sweetened pork. The same goes for the Hong Ma barbecued pork puffs (RMB 18) that were gone within a split second, calling for a swift second order. The mushroom and vegetable buns' "less bun, more stuffing" approach was also highly appreciated. Finally, the steamed shrimp dumplings tasted fresh with not too much dough, and no unnecessary flavoring. The only serious disappointment was the steamed vermicelli roll (RMB 23), in this case it was made using really thick vermicelli with barely any stuffing. The limp rolls were left to the side, untouched.

To experience the breakfast dim sum carts, you'll need to get there between 7-10.30am. Otherwise, they serve dim sum from the kitchen until 1.30pm. Between 11am-2.30pm and 5.30-9pm, they also serve non-dim sum Cantonese dishes from a separate menu.









INGREDIENTS

- 1/2 cup coriander seeds
- 1/2 cup juniper
- 1/2 cup black peppercorn or Sichuan peppercorn
- 1/2 cup mustard seeds
- 1/2 cup rock salt
- 1/4 cup fine sugar
- 1 cup finely chopped dill
- 600g salmon fillet

INSTRUCTIONS

- 1. Combine all the ingredients and spread over the salmon fillet (use Sichuan peppercorns for a spicier cured salmon).
- 2. Put the salmon fillet in a bowl and over with tin foil. Allow the fillet to cure in the fridge for 12 hours.
- 3. Remove the salmon from the fridge, and discard the seasoning and excess water released from the fillet.
- 4. Place chopping board and cover the top of the fillet with chopped dill; gently press in.
- 5. You can rest the salmon in the fridge covered or serve right away. Thinly slice the cured salmon and garnish with slices of pickled beetroot, carrots, shallots, chopped capers, sliced boiled egg, and horseradish. If using as a showpiece for dinner guests, you can serve the salmon fillet with warm crusty bread and a trio of seasoned butters. Season two tablespoons of butter with garlic and sea salt, another with crushed coriander seeds and sea salt, and the last with fennel seeds and sea salt. Other options for seasoning butter are pink and black peppercorns.
- 6. Enjoy, and make a statement with your presentation of the fillet!













Be In No Doubt - Don't Buy Trout!

If you're buying salmon for this recipe or to make sushi or sashimi, make sure that what you're getting is salmon and not trout! It's actually legal to sell trout as salmon in China, but the cheaper river fish is prone to parasites and is not suitable to be eaten uncooked. Be certain it's salmon!



e all love ice cream, but have you thought about making an ice cream cone craft with your little ones? While nothing beats the real thing, this project will have your kids screaming for more. For this issue, our 5-year-old maker, Amber, along with her art teacher Zhang Qi from Yosemite Art Center, gave an impressive demonstration of how to make your own fun ice cream cone.

All the materials are easy to get, but be careful while painting. During the painting, Amber asked Zhang Qi "will my hands get messy?" Zhang Qi said yes, and suggests kids who make this craft should wear an apron or an old T-shirt.





According to the scale of the round painting board, draw an irregular ice cream shape on the cardboard and use scissors to cut it.



Draw the shape of the cone on the felt. The cone needs to match the size and proportion of the ice cream. Then cut out the felt and glue it on the ice cream as the ice cream's hat.



Cut some dark felt strips. Create the lattice pattern and glue them on the cone.



Mix different colored paint in the cups. You can use your imagination to create the colors of the ice cream's body.



Pour the colors onto the ice cream-shaped cardboard, and move around to make it flow evenly on the card board to the color you like. Then set aside to dry. (Option 2: You can also put the cup with colors upside down on the ice cream)



Paint the round painting board in a single color evenly as the background and wait for it to dry.



When all the paint has completely dried, decorate the ice cream's face with eyes and mouth. You can create its face in your own style.

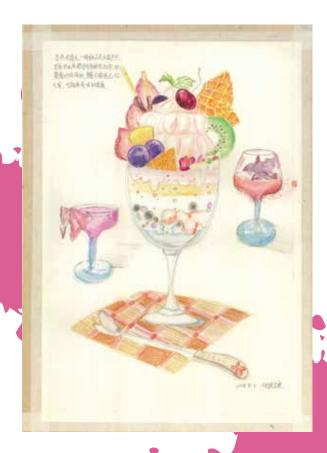


Glue the ice cream with its cone hat onto the background board and decorate as you like, such as adding droplets of "sweat" on the ice cream.

Delicious In Four

Students from Beijing Huijia Private School share their delicious paintings

By Wendy Xu



Mary (Grade 5)

On a hot summer day, one popular dessert is the fruit sundae, which contains many vitamins, such as blueberries which are good for the eyes, and strawberries are good to strengthen memory. It tastes delicious and is healthy.



Li Lutong (Grade 5)

There was a story about fruits and vegetables. Once upon a time, there was an old lady who lived on a farm. Every autumn, the old lady would like to plant new things for her daughter. So there were some things just like what I painted in the picture, including peaches, grapes, peppers, and radishes.



Jiang Zimo (Grade 3)

This is a sketch combining still life. It is made of a heterogeneous combination through collage. A black and white sketch, and color sketch are combined to express a nostalgic atmosphere through comparison.

PHOTOS: COURTESY OF BEIJING HUIJIA PRIVATE SCHOOL



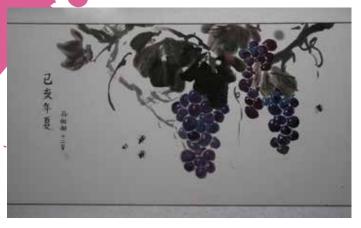
Jiang Zimo (Grade 3)

In this picture, I painted four tastes of sour, sweet, bitter and spicy. Sour: There are many limes because they are very sour. Sweet: A lot of candies. Bitter: I painted tea, coffee, medicine and balsam pear. Spicy: the last taste is spicy, hence the chili peppers.



Xia Weiyue (Grade 4)

This is a delicious pitaya. The emphasis is on the shape and color of the pitaya. Do you want it?



Sun Tiantian (Grade 6)

This is a Chinese painting "Grapes" that I created. Grapes represent harvest, wealth, and nobility. The bunches of grapes symbolize fertility and fruitful life.



Li Shiyi (Grade 5)

In this picture I painted mushrooms, pumpkins, radishes, and some small peppers. The composition of the painting is not very difficult, but mainly composed of some fruits and vegetables.



Zhang Hanyu (Grade 5)

This painting illustrates the vegetables of our garden, including a cabbage, radishes, and peppers. These vegetables often appear on our dinner table! With the hands of my mother these vegetables are very delicious. What I really want to express is that this painting records the best and the simplest part of our life.



Prominent Beijing international schools share their food philosophy

By Wendy Xu

Tao is a concept first created by Lao-tzu, in the ancient classic Tao Te Ching (道德经, Dào dé jīng). It is often used symbolically as the "right way" to approach things in your everyday life. The concept of Tao is all around us, and the Tao of school food is no exception.

With such an emphasis on academics when examining the quality of a school, the food choices on offer for its students can be easily overlooked. However, the care put into crafting their menu selections can be just as important as the curriculum, since a healthy and delicious meal can help students focus better in class. Beijingkids had the opportunity to study the Tao of food at three different international schools in the city, and discover the philosophy and practice which underpin the food they serve.

We talked to the Beijing International Bilingual Academy (BIBA) which has to meet the needs of a large, K-12 student body; the French International School of Beijing (Lycée Français International Charles de Gaulle de Pékin, LFIP), which serves more than 850 home-cooked meals every day; and the Peide School, which looks after kindergarten children with a full in-house kitchen staff preparing meals. We asked these three very different schools about their food philosophy, how they cope with the challenges of meeting their students' needs, and how both students and parents are involved in this process.

Food philosophy

When Tao is used in the context of Chinese cuisine, the 'right way' not only means that it needs to taste delicious, it has to both look and smell great. Meanwhile, people in the west tend to focus more on a complete meal that satisfies all the nutritional requirements.

The Peide School food menu offers exclusively Chinese cuisine, while preferring ingredients that are in season. Aleksandar Palfi, nutritionist and dietitian at the Peide School, describes this approach as "Chinese roots with a global perspective", and explains that they try to follow the 24 solar terms to get the freshest fruits and vegetables, so that they can make the food as healthy as possible. The Peide School believes that "If students develop healthy habits when they are young, they will grow up to be healthy adults."

As the representative of "western style" cuisine, the French international School of Beijing is more dedicated towards providing daily, healthy homemade meals to their students, prepared by the French chef of Chartwells and his team. Olivier Mallard, General Manager at LFIP, told us that "99 percent of the menu is western food. The Asian menu is only offered about once or twice a month, and the emphasis is mostly on French cuisine." With the emphasis on "preparing and cooking on site, using primarily fresh produce," Olivier believes that "even though homemade food could be time consuming, it is important to provide students foods that are safe to eat, but also with real flavors and known ingredients."

Meanwhile, BIBA provides a range of both western and Chinese food for their students. Mei Li, the Logistic Manager at BIBA, said many students like the variety of food on offer. They will usually offer "noodles from different regions in China", while at the same time they also have food catering for different types of vegetarians.

Facing up to challenges

Each of these approaches brings its own challenges. At Peide School, for example, offering a nutritionally balanced diet to their children is their top priority. Previously the school only served vegetarian meals, in an effort to provide students with healthy and varied dining options that were accommodating to all dietary restrictions.

After listening to feedback from the parents as well as research of their own, the school decided to include some meat in their diet. The school then managed to find their supplier of high quality fresh meat, thanks to the parent committee's support. Subsequently, the school gradually introduced beef and some seafood into their meals so their students can receive a nutritionally balanced lunch, while also being health conscious. "They love it! " Aleksandar Palfi told us. "We use less oil than normal Chinese cuisine, I like it too!"

At the beginning of every semester, students can choose between vegetarian food or meals with meat when they start school. A new menu is introduced weekly. A typical week will consist of the "five grains" (wheat, soybeans, broomcorn, foxtail millet and hemp) and different kinds of vegetables that are in season. Examples of these include red

bean cake and multigrain rice. If students choose to include meat in their diet, their meals will include fried seafood or beef with seasonal vegetables on a daily basis.

General manager Olivier Mallard mentioned that training staff to provide homemade meals to students is one of the challenges they face at LFIP. Most of their staff members are Chinese cooks who are more familiar with local cuisine rather than western-style cuisine. Olivier Mallard personally trains the cooking staff on how to prepare and serve western food.

He not only believes in face-to-face interaction when it comes to training staff, he also makes the effort to talk to students. One of his findings was that most students love chicken nuggets. Instead of telling them to stop eating this junk food, he decided to show a documentary explaining how nuggets are made. His approach of "showing, not telling" has actually gotten students to pay more attention to the nutritional value of the food they eat.

Logistics Manager Mei Li told us that "feeding all of the students and catering different types of cuisine is the biggest challenge we have." BIBA focuses on providing a variety of meals to their students so that each student feels like they have a choice when it comes to what they eat. The school achieves this by procuring the services of a reputable food catering company. The company provides high quality food suppliers and chefs for the school to prepare and serve a wide range of western and local food for students.

A reputable company which consistently provides high quality, and safe food at a reasonable price, are the main requirements when picking a catering company. Mei added, "this usually results in us selecting the same catering company as other big international schools, with a good and trustworthy team". This sentiment was echoed by Aleksandar Palfi. He also emphasized that "we also communicate with students, parents, and workers to get feedback and improve."











Students' and parents' involvement

Twins Venice and Alex (Kindergarten): We don't like vegetables, but we love meat and dessert. (Peide School)

Hannah (grade 3): I like Italian pasta, beef, sea weed, eggs, and tomatoes. But pizza is my favorite! (Beijing International Bilingual Academy)

"We discuss with parents a lot to make sure everyone is happy with the food," Aleksandar Palfi at Peide School said. "We will plan our food every two weeks. We consistently make adjustments to ensure that the food is at its freshest and also delicious for everyone."

Before every meal, the students at Peide School sing a "Thank You Food" song: "Thank you flowers, thank you fruit, thank you leaves and trees. Thank you sun, thank you rain, thank you wind and earth. Thank you everyone, please eat."

BIBA has not only set up a parents' committee to evaluate the food served to their children, but the school has also a student union to join in and share their opinions as well. Parents on the committee are all volunteers; the Parent-Teacher Association (PTA) recruits two for kindergarten, two for primary, and one for middle school. Lily, the president of the Parent Committee, told us that the committee has been operating for eight years, and regularly supervises school canteen food.

"We hold monthly meetings to check the menu, and discuss recent problems to find a solution," she said. "Recently we stopped offering pork, due to the African swine fever issue."

The French International School allows for both parents and students to personally interact with the chef, and he even offers classes to educate students about the importance of healthy eating. Parents can also try the food that the school provides and input their own advice on the types of food served. In addition to this, the school has also set up a committee whose goal is to evaluate and improve the services of the school catering company.

Even though each school may have a different food philosophy, the core of their ideals remain the same. Their goal is to provide safe, healthy, and nutritious meals that promote the growth and well-being of their students. LFIP offers homemade meals with an emphasis on being as organic and nutritious as possible. Peide focuses on seasonal local cuisines and involves the students heavily in their meal preparation. Finally, BIBA consciously blends western and local cuisines to give their students a taste of both home and abroad, because this effectively mirrors the makeup of their student body. Each school faces their own challenges, and they all take measures to continually improve how they prepare and serve their students' meals. In this way they plan to be able to meet the changing needs of their students not just now but in the future too.





PHOTOS:COURTESY OF PEIDE SCHOOL, BIBA, AND LFIF



How to Set a Table

By Ember Swift

kay, you must start with the placemats," she said, in her lilting teacher voice. "She" is my mother, standing beside the dining room table with both of my kids at her side. They are looking up at her, rapt, for what she considers to be a very important lesson: How to Set a Table.

This scene is from our Canada trip in July, our first family visit in two years. My mother (their grandmother) used to be a primary school teacher and, even though she is now retired and in her seventies, I never see her in her element quite so much as when she is teaching children. And my two, poised to start both grades one and two respectively, are absorbing her manner as naturally as a cob of corn takes in butter.

In preparation for the trip, the spring was spent talking at length about how dining habits are different in Canada. I explained that some Chinese table manners—while not considered rude in Asia—could possibly rile their Canadian grandparents.

Yet, in these discussions, I recognized, too, that (with the exception of smacking noises, which are strictly forbidden in my home regardless of geography), there are some ways in which even I have ceased to be Western at the dinner table: chopsticks and centrally shared dishes are more our default; the condoning of drinking liquid foods, like soup and zhou, direct from the bowl, for example. (In the first week of our trip, I had to remind the kids that Canadians use spoons!)

I don't see much of a problem with all this, though. In the end, in this merged cultural swirl in which we find ourselves, we take what's comfortable and reject what repels. Different rules for different countries; different rules for different households within those different countries. A balance.

Back to the scene:

"The napkin gets folded and put to the left of the plate," my mother says. The kids dutifully fold napkins, racing each other to encircle the table to see who can place more than the other.

"Now, this is very important," my mother says, pulling the kids' attention back with a slightly raised volume and well-placed pause. They freeze and re-focus. "The fork goes on the left of the plate," she says, placing one in demonstration.

"Now, how many letters in the word 'left'? Let's count them!"

My daughter is on it. She sounds it out. She holds up her fingers proudly and shouts, "FOUR!" Her grandmother beams.

"Yes! Very good. Four. And 'fork' also has four letters, F-O-R-K, so the fork goes on the left. That's how you remember! Place each fork on top of the folded napkin, like this." They mimic. The table gets laden with forks.

"The spoon and the knife," she continues, "both go on the right! Why is that? Let's count the letters in 'spoon' together!" (She does this for my son who is not quite at his sister's spelling level.)

"S, P, O, O, N" she counts on raised fingers. They exclaim collectively: "5!"

"Now 'knife' and 'right' also have five letters," she says, subtly gracing over the silent letters in each word.

But, before they can place the rest of the cutlery, my daughter interrupts her "teacherly" grandmother with a very pertinent question that, for her, is the most obvious in the world. And with it, my mother is silenced and I find myself doubled over in laughter because, after all, there are no little English spelling rules to fully set a cross-cultural table like ours.

Her little excited voice cuts in:

"So, grandma, where do the chopsticks go, then?"



About the Writer

Ember Swift is a Canadian musician and writer who has been living in Beijing since late 2008. She has a daughter called Echo (国如一) and a son called Topaz or "Paz" (国世龙).

THE FOOD OF LOVE

Parents from different cultural backgrounds talking about making sure their kids get a healthy diet

By Andrew Killeen and Jolie Wu

Onika Daley and her fiancé Martin Hylton were both always interested in Asia, and came to China in search of adventure. Now they both work at Harrow Beijing: she as a teacher, he as Head of Football. Their three children, daughters Erykah (age 14) and Alivia (3) and son Kamar (8), all attend the school too. As a family they enjoy playing board games and discovering new foods to try in restaurants, walks in the park, movies, and cooking.

Did you breast- or bottle-feed your children? What was the reason for your decision?

I breastfed, as it allowed me to connect with my children and provide them with an extra boost of natural antibodies. It was also more convenient as I could feed anywhere, at any time.

At what age did you wean your children? How did you go about it, and what food did you offer them first?

At 6.5 months, Erykah began to show an interest in food - one day she just grabbed my spoon of custard and popped it into her mouth. I guessed that was her way of saying "Mum, I need more than milk!" We started with pureed fruits and progressed to porridge.

Have vour children ever been fussy about food? If so, how did you tackle it?

Our girls are not fussy, but our son is reluctant to try foods that are culturally different from what he is used to in the UK. It took him guite a while to warm up to trying new dishes once we arrived here. McDonalds saved us on more than one occasion! But we encouraged him by looking at the menu to see if he recognized ingredients that he liked, such as chicken or corn.

Is there any food your child doesn't like? Does this worry you?

He tastes with his eyes. So if it doesn't "look" like something he recognizes, he will immedi-



ately say "Nope, not eating it". It worried me a lot in the beginning as I was not sure he would eat a balanced diet.

How do you ensure that your children eat a balanced, healthy diet?

At school we suggested that they try to eat a rainbow - basically if your plate isn't colorful enough then go back and try again. At home it is a little easier, as we can ensure that these options are on their plates. We also involve them in the cooking process of new dishes so that they can see exactly what goes onto their plates.

Do your parents or parents-in-law have a different attitude to feeding your

children than you do?

No, my mum is very supportive of how we are trying to help him. She even suggests different meals to make using some of his favorite ingredients.

What's your child's favorite food now? Chili con carne.

Do you have any foods which you didn't like as a child, and still won't eat now?

Yes, I was also a fussy eater when little, so I empathize with my son. I cannot stand celery (he loves it). As a family we remind him that it is OK to have preferences, but he has to try foods enough times before he can make his mind up.

Vicky Li worked at a well-known early education center before she gave birth to her son Francis. Now she stays at home to look after her son and support her entrepreneur husband Chris Yang. Francis was a bouncing baby from the beginning, weighing 4.5kg (10lbs) at birth. By 9 months he'd reached 15kg (33 lbs), and now, at the age of three, weighs 23kg (50lbs). Li says everyone envies her for having such a well-fed child, but she smiles and reminds them that every family has its own challenges

Did you breast-or bottle-feed your child? What was the reason for your decision?

Francis was exclusively breastfed from birth until he was weaned at 19 months, adding fresh milk in the morning and evening when he was 1 year old, without any allergic or intolerant reactions. I advocate nature. Breast milk is absolutely the most precious and natural nourishment for babies. I ate different food every day, so that my breast milk would have a variety of tastes and different nutritional combinations, and the baby could "change taste" every day. Also because the nutrition was more comprehensive, his body naturally grew strong; formula milk has only one combination, a single taste, for several meals a day... Just thinking of it is dull. Artificial is not as good as something "made by nature" after all. Breast milk has a nutritional level that formula can never attain. Of course, in addition to nutrition, the process of breastfeeding develops the bond between mother and child to establish an intimate relationship. Many mothers are reluctant to let their children leave the breast, and it is difficult to give up this close relationship with the baby!

At what age did you wean your child? How did you go about it, and what food did you offer them first?

Francis added complementary food at 6 months, and stopped drinking breast milk naturally at 19 months. By that age, he could eat any food that could be eaten by adults. We just followed the principle that the food should be made with less oil and salt, so that he could taste the original flavors as much as possible. A lot of food is delicious without spices. Francis eats like a horse!

Has your child ever been fussy about food? If so, how did you tackle it?

Francis is not fussy about food at all. He enjoys a lot of food that surprises me, such as



"bitter chrysanthemum mixed with fungus", which hardly ever features in children's diets. However, he can still gobble it up.

Is there any food your child doesn't like? Does this worry you?

Francis never dislikes any food. He can eat chili peppers, or drink American coffee. My concerns are not universally shared. Many people want their children to eat everything, and think that the more they eat the better. But I don't agree with that.

How do you ensure that your child eats a balanced, healthy diet?

Francis is in a special situation because he has a great appetite, so to avoid him gaining too much weight, we give him a diet of relatively reduced fat and low carbs at home. For example, white rice is replaced with brown rice and various grains. His protein intake is mainly based on eggs and lean meat, seafood and so on. Vegetables are not restricted and we encourage him to eat more. When we cook,

we use very little salt and oil.

Do your parents or parents-in-law have a different attitude to feeding your child than you do?

When it comes to nutrition, we have the same opinion. However, the grandparents are even more meticulous and precise about it. They pay attention to nutrition and the amount of food intake to make Francis eat healthier. Before buying food, they also carefully check the list of ingredients, and try not to give him food and snacks with additives.

What's your child's favorite food now?

He likes staple foods. Maybe when that becomes too restrictive for him, he might become more demanding.

Do you have any foods which you didn't like as a child, and still won't eat now?

I didn't like carrots and onions when I was a kid, but now I'm totally OK with them. I also hated blood tofu back then, and I still can't stand it.





Henry and Evan Timberlake



19 you Can't Stand the Heat...

Three restaurant professionals tell us how they combine work with parenting

By Andrew Killeen

To find out we talked to three leading lights of the Beijing Food and Beverage (F&B) scene, who are also devoted parents. Alan Wong is well known as founder of the Hatsune chain of sushi restaurants, but it wasn't food that brought him to Beijing.

"My dad was doing real estate," he tells us, "he was involved in building and managing some pretty high profile residences and offices in Beijing. He brought me out to train me as an intern in his company. I said 'that's not for me,' I borrowed some money and started Hatsune."

However Hatsune was not his first F&B venture.

"When I was 16 or 17 I started working in restaurants. Everybody in the world at some point entertains the idea of owning a restaurant. For several years I owned a Japanese restaurant in California. In China there was opportunity. There were lots of sushi restaurants, but no California-style sushi. I started in Beijing. Now we have 17 restaurants in Beijing and Shanghai. There are a lot of copy restaurants too, so I've really brought Californian sushi to China."

For Henry W. Timberlake, a distinctive and well-known figure with his dapper moustache, working in F&B was not a childhood ambition.

"When I was little, I was hellbent on becoming a garbage collector!" he says. "They would hang onto the back of the truck standing up and holding on with one hand. In my eyes it was like 'No seat belts!'

"Then in 2007-8, I was in working in sales. I was doing really well, then the market crashed and no one was buying anything. So I sat at home and watched cooking shows. And whatever they cooked, I would recreate in my own interpretation.

"It didn't become serious till someone picked me up at a Starbucks when I was applying for a different job. This guy was opening a restaurant right across the street, and he came over to me and said 'I've seen you here all week applying for that job, and I want you to work for me.' So I became wine sales manager at a gourmet comfort food restaurant. I was always in a suit, so I had to take care of customer service – that's my passion and my training. And I was always in the kitchen at home, I always cooked and did house parties for my sister's friends."

Then opportunity knocked, in the form of his cousin.

"I was at the same restaurant in Texas, and he was in China having a blast teaching English, earning 20 to 30 dollars an hour. Two weeks later I quit my job and came to Beijing, not knowing the language or with a single dime to my name. I taught English for six to eight months, then found my way back to the restaurant industry. I met Sam Grossman when he was managing the first Home Plate and the new one was being built, six years ago. He was sick and tired, ready to go home, and he asked me to be the manager of Home Plate when he left. Since then I've cooked at various places, and now I consult for bars and restaurants."

Yoo Eun Jung, founder of MSG-free Korean restaurant Saveurs de Coree, also found her calling in China.

"I always cooked as my mom's assistant," she says. "I never thought of being a professional chef before coming to Beijing. We opened Saveurs de Coree in 2006, and I'm still working there today."

But how do they balance business with having children?

"This is always the challenge," Wong says. "It's a time thing, they both require an exorbitant amount of time to do successfully. When the kids were younger, that was difficult, but as I had my own company bringing them to the office was not a big deal. Now they're at school it's much easier. And living in China you can have an ayi for relatively cheap."



Timberlake, a single parent, says that for him it works better than a 9-5 job.

"I don't start working till later on, so I have energy when he gets back from school. "As for weekends, I have mandatory time in any contract that I spend those two days with my son. The beauty of consulting is I get to make my own hours."

And restaurants can be child-friendly for employees as well as customers.

"Once everybody has seen my son they fall in love! He loves going to restaurants and bars, he says 'Daddy, are we going to the hamburger place?' When he was two he passed beer coasters to everyone in the restaurant, then when they were all passed out he'd go back and collect them. It's because he saw me giving drinks to people and putting a coaster down. He always follows what I do when I'm working."

Yoo's restaurant too is very much a family concern.

"Since we are at the restaurant most of the time," she says, "we ask our three girls (yes, including our 3-year-old!) to come around to help us with our cooking and serving. It's a good chance to spend time with them and to show them how their parents work as well."

We ask Wong whether lessons learned in the restaurant business can be applied to parenting.

"I would say the way I manage my staff, I'm always trying to look ahead and get ahead of the issue so I'm not caught out. For example, when our newborn was two weeks old he took his first flight. Infants don't know how to swallow saliva to deal with air pressure changes. So I worked back a three hour cycle for two to three days, and changed his feed schedule so he would start eating when we were descending.

"I believe in having a very good work ethic," he continues. "We don't spoil our sons with screen time and toys. They get toys only at birthdays or Christmas. Even if aunties or uncles give them something, they don't get it unless they work for it. They get an allowance based on work chores. Everything has to do with the consequence of actions. You do something, you get something, that's how it should be. 16-year-old Chinese kids getting Ferraris, I don't believe in that!"

For Yoo, the key lesson is about working together.

"The concept of teamwork travels from the kitchen to our parenting... and how to avoid conflict with the people that you're working with everyday!"

What, we wondered, do these culinary experts cook for their own





children at home?

"Don't laugh – " Timberlake says – "it's the perfect omelette, with boiled carrots and sauteed broccoli with garlic and butter. It's all about method. Anybody can crack an egg and scramble it. It's about having the perfect amount of butter without burning it, flipping the omelette so it's not burned on one side... I get a buzz from doing it perfectly because I want him to have the best. He loves carrots and broccoli, and he'll have had enough rice at school to have his carb count up. I know he'll always eat it, and it's what he loves."

While Timberlake focuses on perfection, Wong goes big - and classically American.

"I make a mean turkey dinner! One of my favorite things is Thanksgiving. We do it four or five times a year, we have maybe 40 people, make a huge meal and we destroy it. I don't make any Japanese food at home, the ingredients are so important."

His sons, now 10 and 7, are picking up his culinary skills.

"My son makes pancakes himself every morning, or scrambled eggs," Wong says. "He started when he was 8. He'll wake up earlier than we will and make breakfast for everybody."

Timberlake's son is only four, but he too is getting involved in the kitchen.

"He always wants to know what I'm doing, and get involved. He's always sitting up on the counter and cutting veggies. He has a tiny whip that he loves to start stirring stuff with."

We ask whether Timberlake is worried about such a young child

"You can't be afraid, I recommend starting as early as possible. His knife is pretty blunt, it's just a normal table knife. But I'm teaching him how to cut and the dangers of real knives. If he does cut himself, that's the only time you're going to learn."

Timberlake believes that the learning process should begin even earlier.

"Before I got Evan in the kitchen," he says, "I would take him to the garden. It's important to start out where food originally all comes from, understanding how plants grow and what it takes to water, grow, and weed. Only then will he start respecting what I or someone else cooks for him. One good way to start is going out to a strawberry farm and picking fruit."

We wonder whether professionals can ever enjoy eating out, or whether they're always analyzing the competition.

Out of 14 meals over seven days," Wong says, "I probably eat out 13 of them. I eat out every single day, most of the time at my own restaurants. About four times a week I eat somewhere else. It's about maintenance of the quality of food at my restaurants. I'm a freak about sushi, and if I was stuck on an island and could only eat one thing it would be raw fish on top of sushi rice! When I'm eating out I just enjoy the experience. I take away the positives and ignore the negatives. I'm not one of those people that has to take a photo everywhere I go!"

Timberlake too tries to see the positives.

"I don't let it affect who I'm with, but I'm always seeing what's on the menu, how they could be doing things better or differently. On the service side, I'm used to bad service in China, so I don't judge. It's still an evolving country. More often I'll point out when someone's done something good, I'll tell the manager or text message the owner. Working in the restaurant industry you only get negatives and complaints, and it gets old, so what good does a fellow industry person complaining do?"

And while Yoo admits to analyzing both food and service, she knows where to go to enjoy a family meal which someone else has cooked.

"Our favorite restaurant is Justin (星洲老爺), since you can choose both Asian and French cuisine!" she says.

And we learn that professionals sometimes waimai like the rest of us. For Wong, the take-out of choice is xiaolongbao from Din Tai Fung. For Yoo, it's "Cantonese, because that's their Hong Kong father's favorite!" But Timberlake goes for a family standby.

"I would have to say Annie's. One, the service is impeccable, the best in the city. There's no charge for delivery, there's always something that Evan loves and that I love, it's always consistent. Consistency is what every restaurateur strives for."

We ask what advice they would give to someone wanting to eat well in Beijing.

"Stay off Tripadvisor and Dianping!" Wong says immediately. "Talk to actual people and see what they love. Why would you listen to what a complete stranger says? A lot of Dianping reviews are paid for. We don't do this, but we could spend a thousand kuai and get seven Level 8 reviewers. Stay off the apps and talk to real people."

Timberlake also recommends not following the crowds.

"Some of the best spots in Beijing aren't always in the stereotypical areas. Look more widely; in the hutongs, the back alleys of Lido, Shunyi, places you wouldn't expect."

And Yoo has some sensible advice to offer.

"People tend to order too much food, because portions here in Beijing can be excessively generous. Order less so you can enjoy the food better! "

Growing up in the F&B scene has clearly been a plus not a problem for our interviewees' kids. But would their parents want them following in their footsteps?

"I don't know where their paths are going to lead them," Wong says, "but they know the ins and outs of the industry, so I wouldn't be surprised. If they chose to do something different I wouldn't mind. It takes a special kind of person to do this business well, someone that really enjoys dealing with people and getting things done, who notices little details, who's not afraid to handle people issues, who lifts spirits and teaches people what needs to be done... I more or less fell into this business. By all accounts I should have been in an office working for 30 thousand US a year. I don't deserve to be where I am! But I'm very grateful."

Yoo also refers to her children's inside perspective.

"They have the advantage of knowing a lot about the F&B industry compared to other kids. They like what we are doing in general, but at the end of the day it's all up to them. If this will be what they'd like to do when they grow up, we'd not hesitate to share all our secrets!"

And Timberlake harks back to his own childhood ambition.

"I would advise him to do whatever his heart desires, I'm all for it, I'd be tickled to death, but if he wants to be a garbage collector I'd support him in that too!"

Most importantly though, Timberlake wants his son to appreciate the importance of what happens in the kitchen, and the garden and

"I would want him to follow the basics of cooking, to understand and respect food in general. That's something that I think all kids should learn."

Feasting Around the World

Take a culinary journey with these great international restaurants

By Kipp Whittaker

'n Beijing, we are spoiled for choice over the growing number of high-quality international restaurants introducing their unique flavors to locals and expats. This can be overwhelming when you are just getting to know the city or even your neighborhood. Also, ubiquitous sources like TripAdvisor are notoriously in the dark about what's not only the latest and greatest in Beijing F&B but also which venues are the stalwarts of the scene. Not to bash the vital work they do globally, but how can they be expected to know where the real foodies go without putting in the

legwork. That's our job!

These listed eateries are not only places that we consider are doing something important on the international food scene and adding to the overall uniqueness of eating out in Beijing, but they are also some of the survivors of the capital's ever-changing lineup of dining options. Night after grueling night, these restaurants have proven that they are worthy of your patronage by consistently providin some of the most comforting and nourishing foods imaginable. And it goes without saying that these are just the tip of the iceberg

Hon Kaku

(Japanese)

If you are looking for Japanese cuisine that's authentic yet affordable, this is one of our favorites. Owner, Chef Li Weitao, worked in Tokyo for over eight years before opening Hon Kaku nine years ago, and it has since become a secret destination for both locals and Japanese alike looking for traditional Edogawa Sushi. We recommend the nigiri set menu, which is served with what is likely the best miso soup we've ever tasted. But this is honestly just a summary of this spot that needs zero marketing or promotion to boost its business or attractiveness to lovers or great Japanese food.

Daily 5-11.30pm. Rm A101, 1/F, Shifanghaoting, 16 Xinyuan Nanlu, Chaoyang District. (8453 1105) 朝阳区新源里 南路15号世方豪庭一层A101





Hatsune

(Japanese)

While this place has superb Japanese staples, there is also a hint of Californian flavor here that has

made it a Beijing staple on the dining scene since 2001. That's a very long time in Beijing years! This is where you go if you want some expertly crafted rolls (not doused in mayonnaise), nigiri, and a whole range of other creative dishes that aren't necessarily traditional, but you can bet will leave you satisfied.

Daily 11.30am-2pm, 5.30-10pm. F/3, S8-30, Bldg 8, Sanlitun Village South, 19 Sanlitun Lu, Chaoyang District (6415 3939) 朝阳区三里屯路19号三里屯Village南区8号楼S8-30

Caravan

(Moroccan)

Since opening in 2015, Caravan has established itself as a staple hangout in the old embassy area near Ritan Park. Caravan is a food paradise for those looking for hearty Moroccan staples like Mechoui lamb shank, shakshuka brunches, and couscous Fridays, while also maintaining its place as a music haven when the sun goes down for those that believe that good tunes and open mic nights help with the digestion.

Mon-Sat, 11am-11pm. 44 Guanghua Lu, Chaoyang District (8563 0801) 光华路44号





Mercante

(Italian)

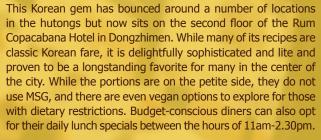
This restaurant serves up classic homestyle Italian cuisine. A real survivor as they've been open and thriving in Fangzhuanchang Hutong for the past seven years despite the great bricking of 2017 and still seem to be thriving in their cozy spot. Mercante specializes in regional cuisine with a focus on signature handmade fresh egg pasta (tagliatelle, pappardelle, ravioli, tortelloni), use of premium quality Italian cheeses, and cured meat from small producers.

Tue-Sun 6-10.30pm. 4 Fangzhuanchang Hutong, Dongcheng District (8402 5098) 东城区方砖厂胡同4号



Saveurs de Corée

(Korean)



Daily 11am-2.30pm, 6pm-10.30pm. 2/F, 22 Dongzhimen Bei Xiaojie, Dongcheng District (5741 5753) 东城区东直门北小街



Biteapitta

(Israeli)

This is simple Middle Eastern food, done well. Biteapitta is justifiably famous for their pita bread, into which all manner of delicious things are stuffed, most notably creamy hummus and knobby homemade falafel. Said pita sandwiches are perfect for a grab and go lunch, but those in search of a more substantial meal have plenty to choose from too.

Daily 11am-11pm. 2/F, Tongli Studio, Sanlitun Houjie, Chaoyang District (6467 2961) 朝阳区三里屯后街同 里2层



Georgia's Feast was a favorite

(Georgian)

real find.

from last year's Dining Out column in beijingkids. We went there with little knowledge about what to expect from this celebrated Eurasian cuisine, but were delightfully astounded by their spread of brightly colored balls of pkhali; beef baked with tomatoes and mushrooms, topped with cheese; and Tbilisi-style Lamb Shashlik. If you're looking for something new to spice up your palate, then Georgia's Feast is a

Daily 11.30am-3pm, 5-11pm. 2 Sanlitun Beixiaojie, Chaoyang District (8448 6886)格鲁·秀色西餐厅:朝阳区三里 屯北小街2号



Side Street

(Indian/American)

We all need some over-the-top comfort food on occasion, but what makes this place so special is its masterful combination of flavors spanning both Indian and American style cooking. You can expect hearty burgers like their K.O. with secret sauce or The Mountain, both of which were created in an ambitious attempt to win this year's Burger Cup. While sadly Side Street didn't win, they certainly shot for the moon and landed among the stars of Beijing's bar food scene.

Daily 5pm-late. 113-02 Jiaodaokou Dongdajie, Dongcheng District(156 5280 3365) 东城区交道口东大街113-02



Pachapapi

Pachapapi wears its Peruvian heart on its sleeve, and nowhere is this more apparent than their choice of décor, which takes its influence from the vibrant aesthetics of Peruvian pop culture. The food ranges from a variety of ceviche to Japanese fusion dishes, also known as Nikkei. Their signature Pacha roll (RMB 78) features shrimp and avocado topped with a heaping mound of squid ceviche, while crunchy quinoa adds textural contrast and a distinctively Andean ingredient. Above all, we've always appreciated how they were able to climb from a small pop-up in Guomao to the lively dining institution that it is today.

Daily 11.30am-2pm, 6-11pm (kitchen). Rm 105, 1/F, Jinshang, 20 Xinyuanlixi, Chaoyang District (6461 8968) 朝阳区新 源里西20号金尚写字楼1层105室



BOTTEGA

We love to jokinaly consider this place to be a high-end Olive Garden, but it's actually so much more. Bottega likely gave us our first ever taste of an authentic Napoli Pizza, and henceforth ruined our chances of ever achieving our ideal waistline. Though, in a fight, the perfect pizza will win over the "ideal" figure every time. Make sure to complete this authentic Neapolitan experience with their wagyu beef carpaccio and six-hour-cooked beef ragu rigatoni.

Daily noon-2am. 2/F, Nali Patio, 81 Sanlitun Lu, Chaoyang District (6416 1752) 朝阳区三里屯路81号 那里花园2层



Pebbles Courtyard

Pebbles Courtyard is nestled in Wudaoying Hutong, Dongcheng District, and delves into the farther reaches of Mexican cuisine, boldly bringing less familiar dishes and flavors to the plates of Beijingers. If you are a snob about your Mexican food, then this is the place for you. Owner and Head Chef Ray Heng learned his chops from Chicago-based celebrity chef Rick Bayless, who is one of the world's foremost experts on Mexican cuisine. Start with the tacos (on Taco Tuesday!) using homemade corn tortillas, then work your way through a lengthy list of decadent mains like the Camarones Con Arroz (char-

grilled shrimp served with shrimp crackers on rice), or the Carne en su Jugo (flank steak).

Daily noon-11pm. 74 Wudaoying Hutong, Dongcheng District (8404 0767) 东城区五 道营胡同74号



3 Little Pigs

(American)

Andy Horowitz started his craft sausage business with an RMB 3,000 loan from a friend and has since become a common fixture on the food festival circuit. In 2018 he decided to expand with the opening of 3 Little Pigs, becoming a Beijing favorite for his creative American comfort food. His



menu includes his delightfully authentic Rueben sandwich, Philly cheesesteak, and his Beijing-famous burger selection. And yes, here you can still buy some of the best sausages and bacon in the city.

44 Xiezuo Hutong, Dongcheng District (151 0168 5397) 东城 区协作胡同44号



Be smart, use your noodle!

Training as a marathon runner at university meant that Robin had ample recognition of the food groups, and what nutrients were needed to replace those lost in a plant-based diet. He also knew how to train the body, and the self-discipline that making change requires. With a thirst for knowledge and new mindful outlook on what was entering his system, Robin delved deeper into the who's who and what's what of human herbivore history.

"A lot of people think that because protein is for muscle, we need to eat muscle. They never think 'I need to eat skin to grow skin, I need to eat hair to grow hair, biting my nails will grow my nails.' The amino acids are all around the vegetable queendom, so you just need to be smart." After a brief pause, he went on to decode the importance of "efficient absorption." Eating is apparently not as important as the periods of abstinence between meals.

Roots and Shoots

In the early stages of human evolution as hunter-gatherers, we'd forage and hunt, eat, wait, repeat. Natural food preservation methods have progressed through the ages, and prototype artificial refrigeration solutions were discovered around the mid 18th century and tinkered with until the 1940s when home refrigeration units became commonplace. They were no longer a luxury but a household essential. This, and the advancement in food packaging solutions, meant that the shelf life of ready-to-eat products increased, as has consumption ever since.

Reminiscent of our ancestors' ancestors' feeding habits, intermittent fasting is the idea of splitting a twenty-four-hour day into two periods of eating and resting: eight hours in which consumption can happen, and sixteen hours of rest. "You can skip breakfast, or dinner, it's up to you. I stop eating at four because I don't need any more food." This debunking of the three-square-meal-a-day mantra we may have been raised with does not apply to pregnant women, children, or practicing athletes, but is the "optimum method of consumption for an optimum body."

Robin breaks it down: "If, for instance, you make a good smoothie, you are drinking up to ten ingredients, your body has to decide how to process each thing." If we're not giving ourselves enough time to utilize the full potential of what we've eaten before the next nutritional data-dump, our body will mostly waste the good stuff, and store the rest in our bellies and bingo-wings.

Maintaining self-restraint is often easier

said than done, but analogies and metaphors can help us reframe certain situations for easier comprehension. "If a car needs more gasoline, you can keep filling until the tank is full, and the tank will take no more." Robin continues, "The human body is a different machine entirely; you can eat, and eat, and eat."

Sometimes our cravings get the better of us, and it's important to know they can happen for a multitude of reasons. Food addictions, dependencies, and deficiencies aside, the root causes can go back to before we were even born.

Mother's Milk

A well-managed, properly planned plant-based diet will provide the optimum fuel for your engine – this is a fact. There are misconceptions that this diet may not be suitable for expecting mothers (dispelled by the American Dietetic Association), as the biggest concern is always where to get protein. The full range of nutrients needed to live healthily can be found across the "vegetable queendom" and foods such as quinoa, hemp, and amaranth combined with nuts and pulses will provide all the amino acids needed to sustain energy and aid muscle development.

With regards to direct ingestion, a baby's kidneys can't handle more salt than the recommended one gram a day, or for toddlers two grams. Sugar is equally harmful to newborns, if not more so. White sugar is refined and loaded with dangerous chemicals while holding zero nutritional value. "Sugary treats" can make a baby feel full without any dietary benefits, introduce harmful bacteria causing early tooth decay, and lead to heart problems and obesity in later life.

To have a "sweet tooth" is a culinary curse (or blessing, you can decide) many of us are afflicted with, and to halt bad habits before they begin, Robin suggests using natural replacements such as agave syrup, stevia, and cacao.

"You can make quinoa sweet, or savory. You can turn avocado into a puree, chocolate, or cake. There are so many ways natural food that some consider boring or bland can actually taste delicious, without an artificial flavor explosion."

Developing children might seem reluctant to eat home-prepared food, but it's doubtful their tastebuds are too discerning at such an early age. Superfoods such as broccoli and spinach are often uninviting due to the



methods in which they are prepared, but can easily be "disguised" in other dishes, such as mashed potato, or a blended soup. Incorporating ideas from the "rainbow diet" and making meals as colorful or visually appealing as possible can also help with fussy eating. We are told not to play with our food, but why not have your kids prepare their own meal-time masterpiece?

What's going on?

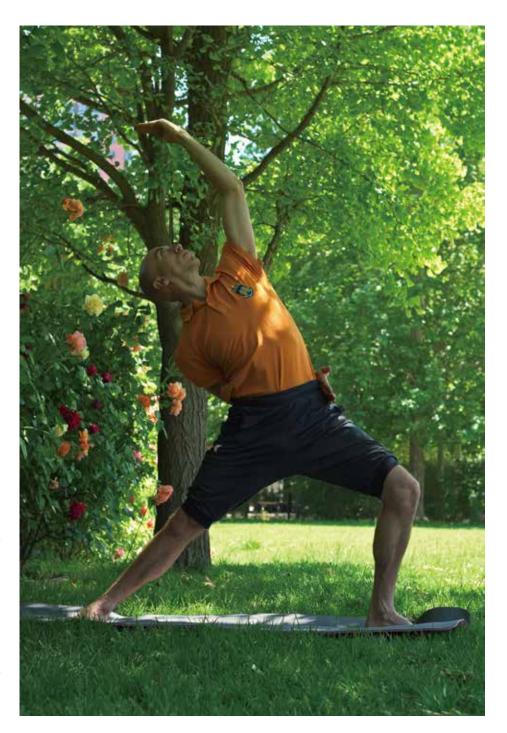
EAT is the "science-based global platform for food system transformation," a global nonprofit foundation with a mission to change the way we view food consumption. In January 2019, a summary of the EAT-Lancet commission was released, a data-rich compendium of targets for worldwide healthier diets and sustainable food production, and pushed forward with attainment targets. In brief, thirty-seven subject-specific scientists have stated: "a diet rich in plant-based foods and with fewer animal source foods confers both improved health and environmental benefits."

What they didn't say is that we have to toss our tomahawks or banish our burgers just yet. In a nutshell, halving meat consumption and doubling plant-based food intake can achieve monumental planetary gains.

"Meatless Mondays" was a movement first introduced in World War One and revived in 2003 as a non-profit public health initiative. The concept is relatively simple - cut meat for one day a week. Why Mondays? Research has suggested that people might be more open to trialing healthy-habits at the beginning of the week, as an opportunity to "reset" after any potential lapses over the weekend. It also makes for a great hashtag eco-brag. Taking it one step further, the "flexitarian diet" is an easy way to cut down on animal-based products, without feeling guilty about going carnitas-crazy the following #tacotuesday.

One of the things we love about being an expat in Beijing is not only the variety of foods on offer from around the world, but the ease with which they can be attained. With an increase in those opting to cut the meat out of their diets, vegetarian-friendly options have progressed considerably since the days of "Sorrowful Soup Of The Day" or "Soggy Spare-Veg Salad". From mouth-watering Indian-inspired bar snacks (Side Street) to five-star, entirely meat-free menus (King Joy), Beijing is actually a great city in which a little dietary shift can be embraced.

While I'm ashamed to admit I've lapsed more often than I'd like, I fashioned myself a "social-carnivore" mindset after spending a considerable amount of time wining and dining with my veggie-mates:



"If you're ordering, order for one of your veggie-mates. Also, if there's a vegetarian at the table, you're eating vegetarian. If there's a vegan at the table, you're eating vegan."

Prana - How To Attain Your Own Slice Of Life

Robin believes that to make the most of life, we need to eat life. Not the life of another animal, but the life provided by mother nature. Prana, or Chi, or... "The Force" is the life-giving force supplied by the air, the sun,

and the breath of the earth.

"Let's say you have a tree, with an apple, and it's still warm from the sun. It still has life, but life intended for us to eat. Let's say you get the apple, cut the apple, put it in an apple pie. You take the pie, cook the pie, freeze the pie. Weeks later, you remember the pie, defrost the pie, cut the pie, and warm the pie in the microwave. Where's the life of this pie?"

"We take food from the earth, and from trees, and trees are clever; they have patience. We are here for maybe ninety years, trees, much longer. They sleep by the seasons and communicate through the soil. We eat the fruits, and we spread the seeds. This is the system of the planet."

Our Internal Rainforest

When we hear about bacteria, we might grimace at the image of nasty dirt-associated germs, making us ill and ruining our fun, but not all bacteria are bad.

"In Chinese kindergartens, they're obsessed with cleanliness. 'Don't touch this, don't touch that!' The problem with this is that children are living in a bubble which will actually lead to more diseases because there's no chance to develop an internal defense mechanism."

Nature produces bacteria, and we need bacteria to function. Our gut produces friendly bacteria that aids digestion, which can be further helped with naturally fermented foods such as sea-salted sauerkraut and kombucha.

"The inside of our body is a rainforest, and we have to keep the rainforest alive."

Composting is when alkaline-rich decomposing fruit and vegetables are used to make nutrient-rich, natural fertilizer for the soil in which our food is grown. The same applies to our internal rainforest. Fiber is one of the most beneficial nutrients required for the proper digestion of foods and helping us feel full. High fiber foods such as beans, lentils, and collard greens not only help us feel full but keep our internal movements flowing.

"The bacteria in our body send messages to the brain, and the food we eat grows the bacteria needed to break it down. We need to grow bacteria that like fiber, and this can only be found in the vegetable queendom. There is no fiber in animals. Our body has an internal temperature of 36 degrees, about the same as outside in the summer. What would happen if you put a piece of meat on the ground outside in the summer? It will rot. There will be worms. It's not pretty."

Food for thought

"We should listen to our body but a healthy body. If you drink tequila, you'll want tequila. If you eat meat, your carnivorous bacteria have a conversation with your brain: 'Hey brain, we need more meat!', and the brain will say 'Don't worry, there's more meat coming!' while shouting at us 'Hey you! Eat more meat!'. We will listen to our brain, and say 'I want more meat,' and as a reward, our mind will release a little dopamine to keep us happy. The same applies to food that is actually doing good. Listen to your body, but only when it's healthy."







ISB Shocases Campus **Improvements**

At the International School of Beijing (ISB), construction over the summer holiday gave rise to new facilities and updates including a bright new façade, and a redeveloped, enlarged elementary school library. The ISB community also looks forward to unveiling its ongoing Facilities Master Plan project, including new arts and theater centers, plus remodels of the Early Years Learning Center and MS/HS Design center. These innovative learning spaces are set to open in 2019 and 2020.

Harrow Beijing Appoints New Deputy Head

Harrow Beijing has announced the appointment of Mr. John Barker as Deputy Head. He joins Harrow Beijing from Bavarian International School in Germany where he spent five years as Principal and Deputy Director. Originally from the UK, Mr. Barker is thrilled to be joining the Harrow Beijing community.



BSB Sanlitun Welcomes New Head of Primary

Ms. Anne Marie Nield is the new Head of Primary and Assessment and Reporting Leader at The British School of Beijing, Sanlitun (BSB Sanlitun). She brings with her 19 years of teaching experience, having taught in two schools in the Middle East as well as for many years in the UK.



the International School of Beijing

(ISB) as a teacher and Assistant

Principal.

First Day of WAB's 25th Year

Celebrating its 25th anniversary year, Western Academy of Beijing (WAB) welcomed its students and families for the first day of school on August 14. Innovative new learning spaces throughout campus enhance WAB's worldrenowned educational programs.



BWYA Receives WASC Accreditation

Following an in-depth investigation and visit from the accreditation committee, Beijing World Youth Academy (BWYA) received full K-12 accreditation from the Western Association of Schools and Colleges (WASC), effective until 2025. BWYA now joins the list of 48 schools in mainland China to have received WASC's approval. WASC was established in 1962 with the mission of assuring the quality of educational institutions.





BSB Shunyi Student at UN Student Summit in New York

The British School of Beijing, Shunyi (BSB Shunyi) Year 12 student Luca Coban attended the NAE-UNICEF Student Summit in New York, together with students from around the world. Students presented how they have worked with local communities to create solutions for Sustainable Development Goals issues.



Animals, Adrenaline, Adventure in Africa for 19 DCB Students

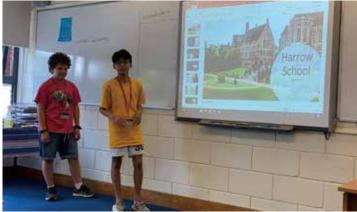
From wild camping to rhino trekking, from river safari to Land Rover safari, from white-water rafting to gorge-swinging – 19 Dulwich College Beijing (DCB) students experienced 3,500km of spectacular Africa. The students also visited a school in Zimbabwe, teaching lessons to the children and bringing them supplies from the DCB community.







high-resolution photos (at least 1MB each) to magazine@beijing-kids.com by September 12







2019 Summer Course at Harrow School London

A group of Harrow Beijing students spent a wonderful summer at the Harrow School in London, where they learned English, went on excursions, and made friends for life with students from different parts of the world.



ISB Kicks Off the New Academic Year

The school year is officially underway at the International School of Beijing (ISB), with over 250 new families joining the community. The doors were thrown open on Monday, August 19, when approximately 1,800 students renewed friendships, started new relationships, and launched into another round of great learning.











Walking into Beijing Expo 2019 with Beijing No.55 **School**

Beijing No.55 School arranged for all teachers and students to visit the 2019 Expo, in order to improve students' understanding of ecological culture and immerse them in nature. Students and staff alike had the opportunity to see horticulture products from all over the world, and experience Chinese views on coexisting with nature.

Study Trip to the Palace Museum with Beijing Haidian Kaiwen Academy

Over summer, Beijing Haidian Kaiwen Academy organized a new cultural course for students, themed around the Forbidden City. It had a great turnout, and everyone had fun while learning through the participation, experience, reflection, exploration, summary, and implementation of the program.









End of Year Concert at YCIS Beijing

In celebration of the end of the year, YCIS Beijing put on a wonderful concert on June 26th. The acts started off with musicals from Disney's popular movies, followed by Chinese Dynasty plays, and ended with their Tony Awards.





Welcome Back to School Tea and Barbecue at Daystar Academy

Daystar Sanlitun campus held a "Welcome Back Tea" event in the morning on August 17 to celebrate the new school year with the community. In the afternoon, the Daystar Beigao campus welcomed their Daystar families with a "Welcome Back Barbecue" party.









All Smiles at BISS on First Day of School

On Aug 16, David Bochen, head of school of Beijing BISS International School (BISS), delivered a speech for new families looking forward to a great school year.



HD Beijing School Annual Production

HD Beijing School stages plays at the end of each semester which act as a showcase of what the students have learned during a month of studying. This semester's shows included Nezha Conquers the Dragon King, The Ugly Duckling, Peter Pan, and The Blue Bird.









BCIS Parents as Learners Workshops

Beijing City International School's (BCIS) Parents as Learners workshops kicked off to a great start this year with workshops on Parenting in the 21st Century, Developing Positive Relationships, and more. Workshops are provided to BCIS parents by faculty and expert speakers, supporting knowledge sharing in the community.





New School Year Orientation Day at CISB Jianguomen Campus

On August 20, Canadian International School of Beijing (CISB) Jianguomen Campus welcomed new and returning students and parents to the Orientation Day with fun games, activities, and school-wide information.







Bikes of course. We have an old Japanese pedal-assist that all the mom's use over there for kid transportation.

Favorite Spot to Relax

For us two, at home - we never get to do it that much.

Favorite Weekend Activity

Vics, otherwise pools, and airports - to other nice places

Favorite Chinese Restaurant

Zhazha Bistro, or Eyu to Longfu for new, fun flavors; Furongji if you are counting based on the fact that my last 60 meals were there.

> Best Daytrip Sanlitun

Favorite Non Chinese RestaurantSaveurs de Coree

Family Rituals

Elevators. Yuanbao adores them and makes us ride each one we happen to pass.

Favorite shop for groceries

Taobao. Each shipment of fruits provides 10x more than necessary for us, so the rest goes in our dehydrator and becomes awesome for snacking.

Favorite place to play indoors

LEGOLAND in Changying. Yuanbao doesn't really know how to play with LEGO but for some reason he can spend half a day there

Favorite place to play outdoors

Yuanbao gets to bike around Ditan a lot. They don't let us adults do that anymore but as long as one of us is having fun it's worth it.

Favorite neighborhood Having just moved to Dongsi, we

Having just moved to Dongsi, we are finally straddling both Gulou and Sanlitun equally. So getting a bit of both has been nice.

Family Favorites!

Photography by Kipp Whittaker

om, Sun Ge, went from selling TV shows on the international market to script-writing for them, all from the comfort of home in Dongsi. Joel Shuchat is a busy man, constantly working on The Orchid hotel, Toast restaurant, Furongji restaurant, The Bakeshop, and Baojian bar, keeping everything tightly fit with never more than 30cm of wall to separate things. Meanwhile, little Yuanbao (3) loves to eat... a lot!



Harrow Beijing would like to invite you to the 2019 Autumn Fair. Come along and enjoy multicultural arts, music and dance performances as well as trying delicious food from different parts of the world, experiencing amazing and rewarding charitable activities and much, much more!

Time: 9.00 am - 3.00 pm, 19 October

Venue: Harrow Beijing Main Campus, No. 287 Hegezhuang Village, Cuigezhuang County, Chaoyang District, Beijing

Dress Code: Traditional Costumes of Any Country

Free admission

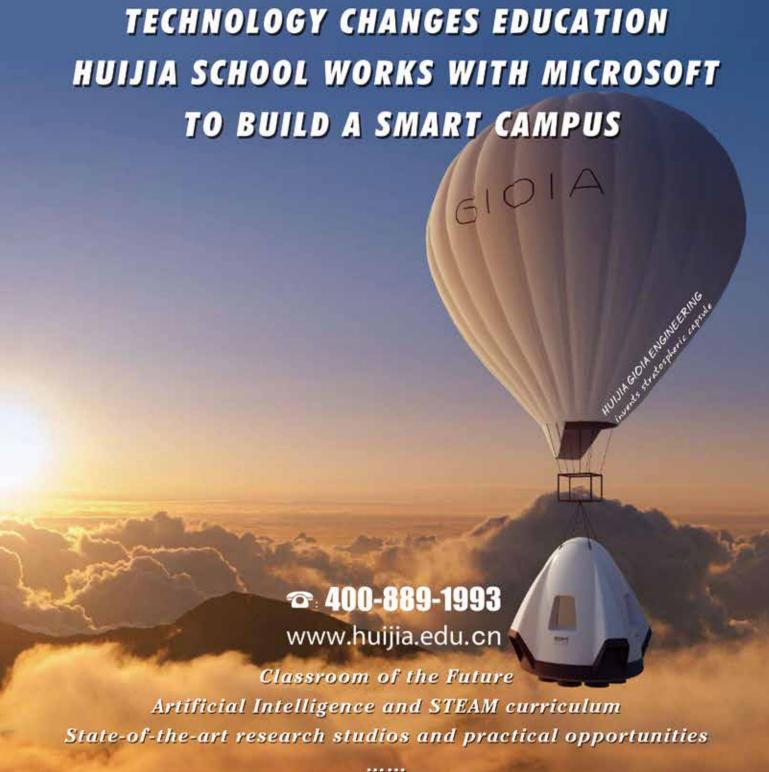
www.harrowbeijing.cn

+86 10 6444 8100

foh@harrowbeijing.cn







We are always on the way of "Innovation in Education"!



