

COSMOPOLITAN SÃO PAULO
Boomtown beat drives Brazil wild

YOGA GETS ITS CLOSE-UP
LA & the new gurus of pose

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THE AUSTRALIAN WAY

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The Sydney edit

One perfect day in the Emerald City

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THE SPICE IS RIGHT

Whether Hunan or Sichuan, Xiangjiang or Shaanxi, **Neil Perry** chases the chilli at Sydney's regional Chinese restaurants.

GONE ARE THE days when going out for Chinese in Sydney meant eating Cantonese and little else. There's now a wide range of regional restaurants, some located in the traditional hub of Chinatown, others in the west or the east. The use of spice and chilli in these cuisines fits well with a city fond of flavour and heat. Sydneysiders have taken to these new styles like (Peking) ducks to water.

Chairman Mao is a terrific Hunan restaurant named after its most famous citizen. The Chairman Mao pork is a standout – the best I've ever tasted – while the twice-cooked pork with chilli also delivers. Want more heat? Try chillies stir-fried with black bean and chilli oil. The cumin lamb is also a blast in terms of both flavour and heat. Other standouts include steamed fish with pickled chillies, and noodles with smoked beef, black vinegar and chilli. Hunan cooking is straightforward food flavoured with garlic and chilli. Here, it's heaven.

Red Chilli Sichuan Restaurant is not for the fainthearted. That said, many dishes don't require a side of fire extinguisher. I always order the crisp duck, and stewed abalone, bamboo shoots and chicken soup. They also do a killer cold chicken, noodle and chilli oil dish, and even a fish drowned in chilli and Sichuan peppercorns, plus all the great standard dishes. Expect hot and numbing food – and plenty of it.

Kiroran Silk Road Uygur offers peasant-style Uygur food from the Xiangjiang province of

SPICE TRAIL

CHAIRMAN MAO
189 Anzac Parade,
Kensington.
(02) 9697 9189.

**RED CHILLI
SICHUAN
RESTAURANT**
Various branches
including Chinatown
and Burwood.
redchilligroup.com.au

**KIROAN SILK
ROAD UYGUR**
Shop 3, 6 Dixon Street,
Sydney. (02) 9283 0998.

**CHINATOWN
NOODLE KING**
357 Sussex Street,
Sydney. (02) 9266 0933.

sprout salad. I adore the tea mushroom hot pot, which is loaded with green and red chillies and ham – it's chewy, spicy and full of flavour – and the beer-braised duck isn't bad, either. 🌱

China. There's lamb and mutton, dumplings, pancakes and even a Russian salad of lettuce, cucumber, tomato and garlic. I particularly love the use of spice in this Muslim wheat-based cuisine. The kebabs here are terrific, but I always plump for the chicken stew, cooked in a broth of tomato paste, stock, star anise, chilli and lots of cumin, along with noodles and potatoes. As a dish, its flavour is almost reminiscent of Indian or Turkish food.

Chinatown Noodle King serves absolutely delicious food from Shaanxi province, which is adjacent to Sichuan and skirts up almost as far as Mongolia. As a result it has chilli and Sichuan peppercorns from the south and the noodle and pancake tradition of the north. I always start with cucumbers drowned in chilli oil and Sichuan peppercorns before

✦ Sydney chef & restaurateur Neil Perry designs Qantas First & Business menus. For recipes, cooking tips & previous Neil Perry Qantas *The Australian Way* columns visit neilperrychef.com or rockpool.com



Tea mushroom hot pot, Chinatown Noodle King