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#### Events Calendar (2014-2015 Snow Season)

2015.01.10	Qualifier 13 <sup>th</sup> Red Bull Nanshan Open, World Snowboarding Tour National Event
2015.01.11	Toread Mountaineering Ski Lesson
2015.01.17-18	13 <sup>th</sup> Red Bull Nanshan Open, World Snowboarding Tour International Event
2015.01.31	VOLCOM Peanut Butter and Rail Jam
2015.02.04	Toread Mountaineering Ski Lesson
2015.02.07	VANS HIGH STANDARD
2015.02.14	The 8 <sup>th</sup> Canada Nanshan Ski Mogul Slope Championship
2015.02.14	Reima Nanshan Kids Ski Competition
2015.02.14	Toread Nanshan Valentine Snow Concert
2015.02.22	JBMC Method off
2015.02.28	Hoshino TOMAMU Resort Travel Salon
2015.03.08	Women's Day

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**Stat:** China as the world's largest economy  
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**Just Desserts:** Aux Delices' Napoleon  
**Old School:** The Den  
**Back For More:** Brunch 88 at CRU Steakhouse  
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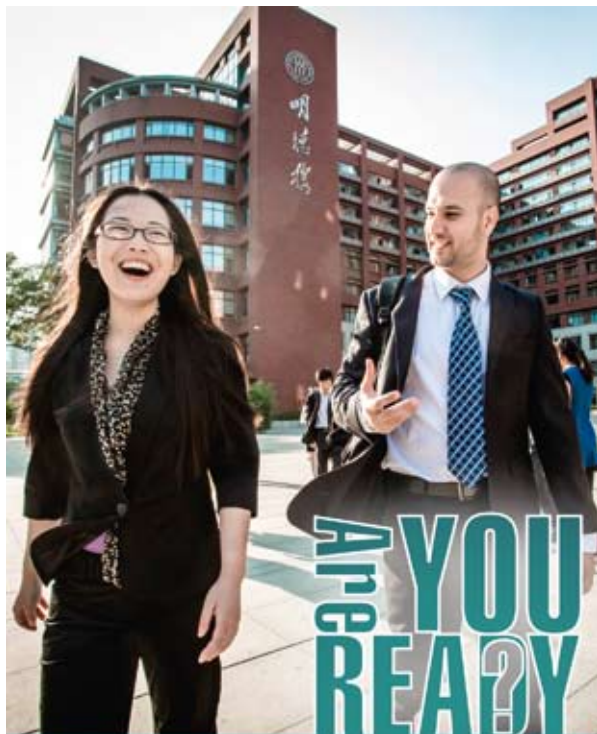
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VALENTINE'S  
DAY AND SPRING  
FESTIVAL

JANUARY  
EVENTS  
DEADLINE:  
JANUARY 15

This month's cover features Tommy Young and Rory Van Den Berg of Fight Camp China. Image shot by Ken.





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# WHAT'S HAPPENING



## JAN 8

### **Musical Toy Orchestra of Beijing**

Musicians and non-musicians alike are welcome to join in on the fun of this Fluxus-style happening at DDC. This is for everyone who enjoys getting loose with a kazoo in a supervised environment of improvised fun.

## JAN 17

### **2015 CBA ALL-STAR WEEKEND**

Backboards will shatter and knees will burn. It's time to pick sides as North is pitted against South in this epic weekend of professional basketball.



## JAN 24

### **THE BOYS**

Beijing will get a rare dose of original punk rock from one of the genre's founding groups. So strap on your spike collars for an evening of degenerated fun, supported by Bedstars and Round Eye.

## JAN 30

### **XIAO HE SHOWCASE**

Known as one of Beijing's most legendary musical performing acts, Xiao He returns to School Bar for an epic evening of outsider music that you'll have to see to believe.



# CITY SCENE

STAT // LETTER FROM THE EDITOR // BEST OF THE BLOG // SCENE & HEARD



## STAT: 1

China's rank in terms of the world's largest economies at the end of 2014, based on numerous economists' estimates.

While we could do a separate stat on the number of economists who believe that China is now the world's largest economy and the number who don't (including *Beijinger* Most Interesting People of 2014 alumnus Michael Pettis), the fact that there is an increasing consensus affirming China's economic power, not just its growth, is singularly noteworthy.

China takes the number one spot based on purchasing power parity (PPP), which calculates what purchasing a basket of goods (foodstuffs, energy, and other

basics) would cost while converting for local currency. Or something like that. It allows economists and others to estimate both the size of economies and the ability of participants in those economies purchase goods, hence "purchasing power parity."

In 2013, China's gross domestic product (GDP) was valued at USD 9.24 trillion. In 1962, it was valued at USD 46.5 billion. By comparison, China-based technology company Xiaomi was valued at about USD 45 billion at the end of 2014. That GDP still puts it behind the United States in a very strong second position.

The point is: for 2015, if you're in Beijing, you're in the right place.

PHOTO: HALLA MOHIEDDEN



## LETTER FROM THE EDITOR

**A** Northern Hemisphere new year always arrives so full of hope, but it seems the cold works against us. It's tough getting up on January 2 (you don't actually start on the first morning of the year, do you?) to run, or go to the gym, or even just home, with the weather and your 2014 bad habits all shouting "Go back to bed! Bed warm! Bed comfy!"

But 2015 can be your best Beijing year ever. Not just your best year, but your best Beijing year, a year in which it's not just about achieving goals and self-improvement, but embracing this wonderful city in which we live. 2015 is lining up to be a big year for Beijing: 365 days from now, we may very well be looking back at this as the year that Beijing was, once again, awarded the right to host the Olympics, in this case the 2022 Winter Games. For those of you who missed it the first time around, expect a scaled-down version of seven years of construction, propaganda, new subway lines, and a new airport. New Beijing, New Olympics, as the saying goes.

Our January issue hopes to start you off on the right foot for this momentous year. On our cover are Rory Van Den Berg and Tommy Young, founders of Fight Camp China, who will kick your ass into shape – if you let them. The duo know a thing or two about discipline, training, and maintaining good habits, whether you decide kick-boxing or some other fitness formula is the way to go.

For a softer touch, we look at KORE therapy, which combines Chinese and Western hands-on medical techniques including deep tissue massage, *tuina*, cupping, and cranial balancing. Rather than treating surface symptoms, it aims to get to the root cause of aches and pains by using muscle and functional tissues to check for nerve, organ, and muscle imbalances.

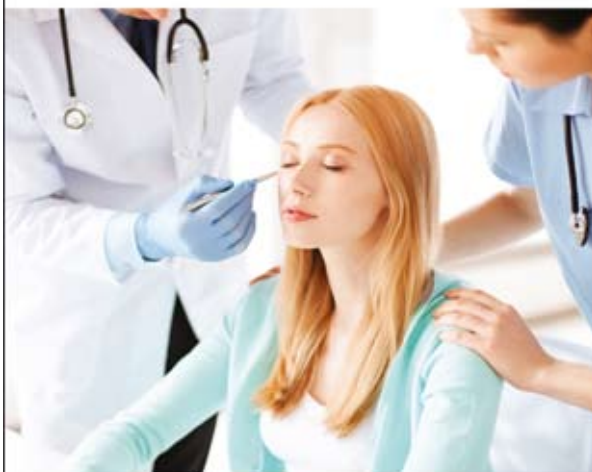
We also look at three sites in Beijing you've probably thought about visiting but never have. No better time than the present! Don't procrastinate in ticking these three fascinating but lesser-known sights off your Beijing bucket list. Finally, we offer a whole bunch of tips to help you be more efficient, productive, happy, and healthy.

This is a rare January that is uninterrupted by the approach of Spring Festival. As such I hope you enjoy the start of 2015 with the January issue of *the Beijinger*. Happy New Year!

*Schwankert*

Steven Schwankert  
Executive Editor

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## BEST OF THE BLOG

Every month we tally the hits from thebeijinger.com and bring you the top five most viewed blogs from our website.



### 1. Girl at Center of Foster Child Case Dies from Injuries

An eight-year-old girl at the center of a controversial foster family case died Dec 7 at 8pm, according to Chinese media reports. She stopped breathing on her own around 7pm and passed away an hour later. The girl, known as Phoebe, was brought to the Capital Institute of Pediatrics on Nov 24. Suffering from an intestinal obstruction and kidney problems that began sometime in September, this was her third trip to the hospital since the injury. Her caregivers held a memorial service for her December 22.



### 2. Barack Obama “Would Not Want Your Kids Growing Up in Beijing”

US President Obama said on Dec 3, in remarks relating to new environmental protection regulations in the US, “you would not want your kids growing up in Beijing right now, because they could not breathe.” This made us cringe a little as Obama’s most recent visit to Beijing, during APEC, brought some of this year’s bluest days.



### 3. Thinking of Opening a Little Café or Bar in Nanluoguxiang? Think Again

This just in from the Ministry of Trying to Control Everything: officials imagine a future for NLGX that consists of a business mix of precisely 35 percent creative industries and retail stores; 25 percent bars and cafés; 25 percent fashion retailers; 5 percent lodgings, 5 percent specialty restaurants, and 5 percent other.

### 4. PM2.5 Levels Are Not 16 Times Higher in the Subway (They Are Only About Five Times Higher)

*Beijing Youth Daily* responds to a recent online discussion stating the air in Beijing’s subway system is 16 times worse than the air outdoors. Regardless of the inaccuracies in all tests, we can all conclude that PM2.5 levels inside the subway are significantly worse than PM2.5 levels outside.



### 5. HBO Finds New Home in China with Tencent Video

Tencent Video is now the exclusive provider of all HBO series, including *Game of Thrones*, *Boardwalk Empire*, and *True Detective*. Details have yet to be released about when this content will become available, as it first has to make its way past government regulators, who will most likely censor all of that delicious immoral content.

For these stories and more, check out [thebeijinger.com/blog](http://thebeijinger.com/blog)





## 6. Yashow to Close for Renovation December 31

Grab your bargains quickly folks as Yashow is closing for renovations by the end of the year, and who knows what sort of stores will return.

*Legal Daily*, the source of the news, interviewed a shop owner who has been at Yashow since its opening 12 years ago told the reporter that "all shop owners received a notice from Yashow's administration that our contract won't be renewed after this year, and we were asked to move out by December 31." Now the sweaters that used to sell for few hundred kuai are sold only RMB 35, and the jackets which were priced RMB 500 are sold only for a fifth of that.


**Official 2015 Holiday Calendar**

Holiday: ■ Make-up work day: ■

January	February	March	April
Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
May	June	July	August
Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
September	October	November	December
Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

## 7. China Announces Holiday Calendar for 2015

Slackers and hedonists rejoice! The Ministry of Controlling Your Life and Letting You Know Things at the Last Minute has released the official holiday schedule for 2015, and it contains only one horrendous six-day work week. China seems to have taken a page from Western countries in giving the populace a Monday off when a holiday falls on a weekend – that's happening twice this year, and when you add the May Day holiday we are looking at three, three-day weekends this year.




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## SCENE & HEARD



**santa on ice**  
Le Cool, Dec 13 & 14. Photos by  
Ken and Uni



**Agua party photos**  
The Nali Patio institution celebrated its sixth anniversary on  
November 15. Photos courtesy of Agua





## Transit

Transit celebrated its fourth anniversary December 6.  
Photos courtesy of Transit



## Jagermeister Party

Lantern, Dec 12. Photos by Ken



# HAVE YOUR BEST BEIJING YEAR EVER IN 2015

GET FIT, CLEAN UP YOUR ACT, AND SEE MORE OF YOUR CITY

by Steven Schwankert



PHOTO: XEN



2015 has arrived (or perhaps is just about to). 2014 was a blur. There was a World Cup, if anyone can remember back that far. All of a sudden there was a chill in the air, Beijing went insane at a bunch of Halloween parties, then APEC came along and blued our skies, and suddenly there are champagne corks popping everywhere to welcome a new year.

Think of 2015 as *the year*. The year to get a better job. The year to start a new business. The year to finally, finally get in shape. The year to get rid of that jerk with whom you've been wasting your time. And most importantly, it's the year to enjoy and explore the city where you live. In our cover story, we look at two kinds of fitness, one soft and one really hard; seeing the Beijing you haven't seen; and ways to make your life in Beijing better.

Glasgow natives Tommy Young and Rory Van Den Berg are tough guys. They'll leave you gasping on the floor without ever laying a glove on you. While both are accomplished *muay thai* (Thai kickboxing) boxers, it's Young's Fight Camp China regime that will leave you feeling like you've been hit in the stomach, at least for the first couple of classes.

The two know a bit about fitness and discipline. We asked Van Den Berg about how to get fighting fit this year.

### What's the biggest mistake people make when starting a new workout program?

Generally what I find people do wrong is they set too

big a goal initially. Rather than building up slowly, step by step, people set really big fitness goals like going every single day for a month, then it drops off. It's better to build up and get your body used to exercising, develop consistency, and then usually the results will follow.

### Should people do something fun or something more traditional, like running?

I think it's really important to do something fun and something you enjoy. You'll be much more inclined to stay with it. For me it's *muay thai*, and it's much more likely I'm going to do that, than say, zumba. I like watching it, I like practicing it, and as such it's easier for me to stick with it.

### How does Fight Camp help get people into shape?

In Fight Camp, what we try to offer is a fun, structured, and balanced program that is not only fun for the individual, but builds a lot of camaraderie. You're doing things with partners, sometimes with groups of three and four. We've found that really helps people be consistent, and also get people to keep coming back. Fight Camp also aims to be holistic in that we also try to take care of the diet, and making sure that people are getting support, and we offer feedback, support, and advice on any injuries that might arise.

*Find out when the next Fight Camp is beginning by contacting Young and Van Den Berg at 153 1128 3161 or [fightcampbeijing@gmail.com](mailto:fightcampbeijing@gmail.com).*

## A FIGHT CAMP SAMPLE

*A full body exercise. Do 10 repetitions per set.*



1. Begin by standing with your feet shoulder-width apart, hands together near your chest.



2. Squat down, bring your elbows to your knees.



3. Put your hands on the floor.



6. Jump.



4. Kick your legs back (so you are in an upper plank or push-up pose).



5. Hop to bring both knees back up to your elbows.

# KORE THERAPY

GET TO THE CORE OF YOUR ACHES AND PAINS

by Robynne Tindall

With the start of the New Year, many will be embarking on a new, intense exercise plan designed to kick our unwilling bodies into shape. However, many will also be held back by persistent aches and pains, which often aren't helped by standard stretching and massage therapies. If this is the case, now could be the time to treat yourself to a round of KORE Therapy.



PHOTOS: KEN





Originally developed in the UK around 25 years ago, KORE Therapy combines Chinese and Western hands-on medical techniques including deep tissue massage, tuina, cupping, and cranial balancing. Rather than treating surface symptoms, it aims to get to the root cause of aches and pains by using muscle and functional tissues to check for nerve, organ, and muscle imbalances. The Four Seasons Hotel's Four Seasons Spa is the first location in Beijing to offer the treatment, which claims to be able to identify and treat everything from neck, back, shoulder and leg problems, to digestive issues, to fatigue and sleep disorders. Being your typical achy, hunchbacked office worker, I was the perfect candidate to try it out.

Having changed into a set of comfortable Four Seasons pajamas, I lie down and let my pleasant female therapist get to work. After ten or so minutes of testing the strength in my limbs and core, she correctly identified that my right foot and right shoulder are particular problem areas, explaining that both likely stem from a spinal imbalance that throws my whole body out of whack. Focusing on my

shoulder, which thanks to years of stubbornly carrying my laptop in a stylish satchel instead of a functional backpack sits slightly higher than my left, my therapist decided to use a Chinese massage technique and commenced a thorough 20 minutes of pushing and kneading that had me yelping in pain as she worked out the knots. The after-effect, though, was pronounced; after the initial soreness wore off my shoulder felt significantly looser.

People are often rightly skeptical about treatments like this and at the end of the day the efficacy will vary person by person. However, for a break from the typically clinical environment of Chinese massage parlors, the luxurious environment and competent staff of the Four Seasons Spa can't be beat.

A 20 minute KORE consultation session with one of the Four Seasons' therapists is RMB 580, while each 45 minute treatment session is RMB 1300 (all prices are subject to 15 percent service charge)

*Visit [www.koretherapy.com](http://www.koretherapy.com) for more detailed information about the treatment and its applications.*





# SEE THE BEIJING YOU HAVEN'T SEEN IN 2015

MAKE THIS THE YEAR TO VISIT ALL THOSE PLACES  
YOU SAID YOU WOULD WHEN YOU ARRIVED

By Steven Schwankert

Visiting the Forbidden City and the Great Wall are boxes that get ticked early in a Beijinger's life or stay. The Temple of Heaven is an easy subway ride. Even the Summer Palace can be reached via public transportation. But it's the sites that are somewhat off-beat, a bit farther afield, second and third-tier attractions that are put off, until 15 years later, one thinks, "I've been in Beijing a long time but have never visited X or Y."

The new year represents an opportunity to shake all of that off and see a side of Beijing previously undiscovered. Many of these are easy to access, and each is worth a visit to highlight some less-examined aspect of Beijing culture or history. In 2015, see more of Beijing than you've ever seen before.



**Dongyue Temple.** Few people seem to know of Dongyue Temple, literally "Beijing Eastern Peak Temple." Located just a 15-minute walk south from Workers' Stadium, this Daoist temple is tucked among the high rises of down-

town Beijing.

Upon entering, Dongyue seems like an ordinary Chinese temple. There's an entrance with a red gate and two large white stone tablets, and the inside opens up into a courtyard layout. However, walking further in, you will discover Dongyue is anything but ordinary.

Encircling the central two courtyards are 76 rooms or "departments" (very impressive for such a small temple) that each feature a set of statues from the Daoist supernatural world.

Outside each department is a sign that explains which gods are portrayed by the figures as well as a collection box for donations. As one would expect, the Department for Accumulating Wealth has significantly more donations stuffed into its boxes than the Department for Rain.

Side note: It may be a bit early, but the Chinese New Year temple fair at Dongyue is incredible. The courtyards are completely transformed to host traditional games and performances, as well as an entire section dedicated to local treats.

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北京市朝阳区朝阳门外大街141号. Daily 8.30am-4.30pm. Admission: RMB 10

**Lugouqiao (Marco Polo Bridge).** The event known in the West as the Marco Polo Bridge Incident and in Chinese as *Qi-Qi* or *Lugou Qiao Shijian*. It was a turning point in 20th century world history and it took place on the periphery of old Beijing.

Apparently the incident, which was instigated by the imperialist Japanese government of the time, began as a



minor skirmish between Japanese and Chinese soldiers on the night of July 7, 1937 at a railway bridge junction just north of the more famous overpass. An exchange of gunfire turned into a full-fledged assault on the nearby garrison town of Wanping.

China stiffened its resistance to Japan after that firefight on the banks of the Yongding River, resulting in eight full years of the Anti-Japanese War. The bitter wounds of that tragic era still have not completely healed.

Originally called the Guanli Qiao or Bridge of Vast Benefit, it was built during the Jin dynasty. Positioned between Mongol and Southern Song territories in north China, the aptly named bridge served both commercial and strategic purposes. Work on the bridge began during the reign of Emperor Shizong (1161-1189 AD) and was completed in the early part of the reign of Mingchang (1190-1208 AD) when the dynasty was at the apex of its power. It was a vital transportation conduit enabling the Jin to be middlemen controlling regional trade links, as well as being a key jumping-off point for military campaigns in all four compass directions.

Adorned with marble lions and ornate balustrades, the bridge was designed to impress travelers, reflecting its status as a final major crossing on approach into the capital city of Zhongdu. It certainly had that effect on a certain Venetian trader who wrote about the bridge and perhaps used it around 1276, less than a century after its completion.

There are plenty of reasons to speculate about whether or not Marco Polo ever made it to China – including his failure to mention chopsticks or the Great Wall. His use of Persian place name terms for the Yuan capital, its environs and inaccurate description of Lugou Qiao also raise doubts, but at least he can't be accused of naming the bridge after himself.

Lugouqiao, Yongding River, Fengtai District. 8389 2355. 丰台区永定河卢沟桥, Daily 8.30am-4.30pm. Admission: RMB 10

**Niujie Mosque.** Located in the Xuanwu District of Beijing, Niujie Mosque (Ox Street Mosque) is the city's largest and most famous. It was first constructed in 996 CE during the Liao Dynasty and has since gone through numerous restoration and conservation efforts. The mosque was rebuilt and expanded after it was destroyed by Genghis Khan and his armies, and today the mosque is over 6000 sq meters with over 42 rooms and a Prayer Halls that can fit thousands of worshippers. The Niujie Mosque was built pointing towards Mecca, the Muslim holy land, and boasts a mix of both Chinese and Arabic architecture. The mosque's structure is simple and compact and was

constructed based on the traditional Chinese wooden palace design. However, the decorations are distinctly Islamic. There are no images or statues depicting humans or animals as is customary to Islamic beliefs, and the still intact Watching Moon Tower was used by imams to determine fasting times for holidays like Ramadan. Niujie Mosque is also home to many artifacts that are very important to Islam. Several ancient Islamic texts, stone tablets, and porcelain relics that came to Beijing via the ancient Silk Road are housed in this mosque. Outside of the prayer hall, there is a garden where the son of the founding Imam is buried, along with a few other sheikhs. Their gravestones are still intact and the epigraphs visible.

Conservative dress is also required in all areas of Niujie and certain areas of Niujie Mosque are off limits to tourists and non-believers. These areas include Watching Moon Tower and the main Prayer Hall. Niujie's worship services have been known to draw hundreds of people each day and the Muslim community surrounding the mosque remains strong. Local grocery stores carry halal meats and bilingual signs. Visiting the Niujie Mosque is a beautiful opportunity to see the influence of Islam in China's culture and history and see the ancient Silk Road's endeavors brought to life.

18 Niu Jie, Xuanwu District. 6353 2564. 宣武区牛街18号  
Bus Route: Take bus no. 10, 48, 213, 626 or 717 and get off at Niujie or Niujie Mosque Station. Daily 8am to 6pm. RMB 2 for Chinese citizens, RMB 10 for foreigners.

*Parts of the preceding article were previously published on theBeijinger.com, and contributed by Leah Sprague, Ed Lanfranco, and Sarah Isabel Lavers, respectively.*



# FIX YOUR LIFE IN 2015

NOW IS THE TIME TO DO ALL THOSE THINGS YOU SAID YOU'D DO LAST YEAR

by Steven Schwankert

The conveniences and small services available in other cities sometimes appear elusive in Beijing.

Here are some suggestions for services that may help to get some leftover items crossed off of your 2014 to-do list, and get a solid start on 2015.

## Mend Your Coat

Your correspondent had a durable winter coat that would have been facing the end of its useful life, except that while outside looked like Savile Row, the lining smacked of Skid Row. It was Pride Laundry to the rescue. They replaced the lining and cleaned the coat, and actually now it looks better than new. They also do basic alterations and repairs, including sewing buttons and the odd cuff or hem. Start looking better in 2015 without losing a calorie. *Pride Laundry, G/F, Forte International Apartments, 235 Chaoyang Beilu, Chaoyang District. 8571 5058. 北京朝阳区朝阳北路235号.*

## Eat Organic, at Home

Eating healthy has never been simpler, with fresh, organic produce delivered right to your door. Tootoo Organic Farm offers an English interface and home delivery on organic fruit, vegetables, meat, dairy, eggs, and even products like coffee and wine. Discounts apply on larger orders. Why worry about food safety when a solution even easier than buying it yourself is available? *Order from Tootoo Organic Farm at [www.tootoo.cn/index-en-1.html](http://www.tootoo.cn/index-en-1.html)*



## Quit Smoking

It's one of the most popular new year's resolutions, and most difficult to achieve. But you can do it, even in smoky Beijing.

There are a couple of options. Formal quit smoking programs are available from healthcare providers in Beijing. Such programs usually include a step-by-step approach that may also involve a nicotine patch or gum, supervision with a counselor to help you hit your goals along the way, and some follow-up to ensure continued success. International SOS Beijing Clinic, Suite 105, Wing 1, Kunsha Building, 16 Xinyuanli, Chaoyang District. 6462 9112. 北京市朝阳区新源里16号琨莎中心1座105室

The other option is to step back from cigarette smoking and move to something less harmful and somewhat more socially acceptable, the inhalation of vapors, or "vaping." Some non-smokers enjoy vaping for the flavor, but many use it as a way to ease off proper lighting up on their way to being nicotine free. It's not risk-free, but it's better than something referred to as "cancer sticks." *Cyovape, 105 Gulou Dong Dajie, Dongcheng District (158 1138 3777) 东城区鼓楼东大街105号*



## Take the HSK

*Shenme?* If the letters HSK don't ring any bells, they're worth learning. They stand for *Hanyu Shuiping Kaoshi*, very literally "Chinese Level Examination," the TOEFL of Chinese. It's a standardized test designed to measure fluency in written Chinese, through both reading and writing of short essays. Expect that someday, probably before long, companies and Chinese educational institutions will want to see it on job applications. HSK-1 is basic, real fluency is measured by the HSK-6. If nothing else, studying for the test will make ordering in a restaurant easier. *Live the Language, Suite 2910 Building C, Sunshine 100, Guanghua St. 2, Chaoyang District. 5100 1269. 朝阳区光华路2号阳光100 - C 座房间号码2910*



## Mind Your Manners

Let 2015 be the year that you become lady or a gentleman, or just your company's go-to person to toast a joint venture partner. Sara Jane Ho, Beijing's "Miss Manners," can fix your chronic faux pas and teach you to interact socially on a new level. More than just learning which fork or chopsticks to use, Ho's Institute Sarita (see our article on pg.) training concentrates on the finer points of projecting confidence, and dressing for success. Courses are an investment – tuition for some is in the thousands of RMB – but consider it an investment in yourself and your future. *Institute Sarita, Unit #5131-1, Building 5, Sanlitun SOHO, 8 Gongti North Road, Chaoyang District. 8590 0835. 北京市朝阳区工体北路8号三里屯SOHO 5号楼商铺5131-1*

## Whiten Your Smile

People with white teeth earn an average 13 percent more than those who don't. Of course we made that statistic up just now, but white teeth are a beauty standard both in China and elsewhere. Cosmetic dentistry is now widely available in Beijing and affordable. A simple tooth whitening (which goes beyond the normal cleaning) can be had at most major dental clinics, and other adjustments, including orthodontic work are now similarly ubiquitous. Shop around, whitening can be done at some locations in the RMB 1,000-1,500 range. *EverCare Perfect Cosmetic Dentistry Center, Zhongyuan Xingfu Mansion, 3 Dongsanhuan Beilu, Chaoyang District. 6538 0098. 北京朝阳区东三环北路3号幸福大厦A首层*



Sip, nibble, gulp, chew, guzzle, savor, feast

# FOOD & DRINK

JUICE CLEANSSES // OYSTERS // ALCOHOL DELIVERY // SWEETS



***Shape up for the new year with fresh juices from Westin Fresh by The Juicery. Read more in our interview with Westin Beijing Financial Street Food and Beverage Director Elie Houbeich on page 36.***

PHOTO: COURTESY OF WESTIN BEIJING FINANCIAL STREET



## NIBBLES AND SIPS

### Openings

Beijing has its fair share of Chipotle-inspired burrito bars, but up to now no-one has come quite so close to the original as the newly opened **Hffousa Taco** in Indigo Mall. The menu covers the usual selection of burritos and tacos both crispy and soft, and initial reports are that the food is actually quite serviceable. We are left wondering what inspired that crazy name though.

Behemoth bräuhaus **Hacker-Pschorr** is the latest venue to open in that up-and-coming strip of real estate along Xindong Lu. According to the website, "Hacker-Pschorr has been a symbol of Munich's centuries-old brewing tradition since 1417." They have three varieties of house-brewed beer on tap, along with a menu of hearty Bavarian classics – think plenty of pork and sauerkraut.

The team behind Mercante have opened their first sister venue, **Fiume**, on the first floor of the FX Hotel on the banks of the Liangma River. The food builds and expands upon many of the favorite dishes from Mercante, but in a sleeker, more modern space. Note that at the time of writing Fiume was still in soft opening.

### Happenings

Reliable Italian dining destination **Barolo** has come out with a new **Sunday brunch** option. Start with a glass of sparkling wine and a rotating selection of complimentary antipasti, before choosing from a menu of classic dishes like spaghetti alla carbonara. Prices start from RMB 198 for two courses.

Gongti organic restaurant **Tribe** has already developed a solid following among more health conscious Beijingers, but with the launch of their **new winter dishes** we're pretty sure they'll be turning people away at the door. Dishes like Sichuan chicken chop salad and kimchi and beef noodle soup perfectly bridge the gap between healthy and hearty.

Bakery stalwart **Comptoirs de France** has had a bit of a brand overhaul, coming up with classic black and white packaging that celebrates the brand's French heritage. Having called into the Chaoyang Park Branch earlier this month, it's safe to say the bread and patisseries are as good as ever – sometimes it's nice to be reminded why an old favorite became a favorite in the first place.

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# C PEARL

BEIJING'S NEW OYSTER KING





## WHAT'S NEW RESTAURANTS

Daily 5.30pm-2am. Bldg 14, Shunyuan Li, Xinyuan Jie, Chaoyang District (5724 5886)

斯普汇生蚝餐厅：朝阳区新源街顺源里14号楼

🚶 600m southwest of Liangmaqiao Station (Line 10)

Oysters seem to be having somewhat of a “moment” in Beijing right now. Having welcomed Breton oyster ambassador Marcel Lesoille in December, we have now been graced with a new addition to Beijing’s short list of existing oyster bars, C Pearl. Much like Lesoille, C Pearl is looking to bring oysters to the masses. While the pricing for some of the more than 15 varieties on offer is not quite so accessible (individual oysters start at RMB 38, but the most expensive will set you back RMB 99 each), they all come equipped with thorough tasting notes, all the better to guide oyster ingénues as they make their first steps into exploring the menu.

Of course, a platter of oysters does not a full meal make. So the rest of the menu is oriented more towards sharing platters and large mains. While the oysters are uniformly fresh, the other dishes are less consistent. Plump Canadian mussels (RMB 169) lack a little creaminess in the sauce, although the overall flavor is good. Pair the *moules* with *frites*, of course, but hesitate before pouring all the fries into the mussel pot; save some to go with their sticky and delicious accompanying cheddar cheese sauce (RMB 69).

With its extensive wine list and leaning towards sharing plates, C Pearl seems more like a place to drop in for a bite with friends over a bottle than a specific dinner destination. Either way, oyster fans will want to snap up this pearl as soon as possible. *Robynne Tindall*



## WOKIPEDIA



### E

#### ...eggs 蛋

From a humble stir fry of eggs and tomatoes, to smoky tea eggs, to the opinion-dividing thousand-year-old eggs, eggs in all their forms and species are an indispensable part of Chinese cuisine, often providing a cheap form of protein where it may otherwise be lacking. And it's not only chicken eggs. You might find a salted duck egg yolk peeking out from the middle of a mooncake, or a handful of diminutive quail eggs adding substance to a dish of red-braised pork.

#### ...eggplant 茄子

I often think that all the eggplant haters out there in the world should come to China to see what they're missing. Chinese cuisine seems to have a way of transforming this often bland vegetable into something so silky it's almost sensual. See, for example, the otherwise-homely dish known as “three earthly delicacies” (*di san xian*), in which eggplant is first deep fried before being tossed together with potatoes and peppers in a savory soy-based sauce.

#### ...e-fu noodles 伊面

*E-fu* noodles, also rendered as *yee-fu* noodles or *yi mein*, are a type of egg noodles made from wheat flour. The noodles have a chewier, more elastic texture than other varieties, which is due to the use of soda water in the dough and the fact that they are fried before being dried into ramen-like bricks. They are also known as longevity noodles due to their extra long shape and are often eaten at birthday celebrations.

#### ...edamame 毛豆


Along with boiled peanuts, edamame are the ultimate accompaniment to an evening spent squatting street-side on a tiny stool with a couple of frosty bottles of Yanjing. The Japanese name edamame refers specifically to immature soybeans still in the pod, which are then commonly boiled or steamed and served simply seasoned with salt. In China, you may also see them cooked in a highly fragrant broth called *lushui* (卤水).

## WHAT'S NEW RESTAURANTS



### CRAFT CRAFTY CUTS

Daily 7am-midnight. 1/F, Crowne Plaza Beijing Lido, 6 Jiangtai Lu, Chaoyang District (6437 3388)  
朝阳区将台路6号丽都皇冠假日酒店1层

 3.3km northeast of Sanyuanqiao Station (Line 10)

No restaurant can be all things to all people, but it can certainly try to cover as many bases as possible. This seems to be the strategy at Craft, the new casual all-day dining restaurant in Lido's Holiday Inn Crowne Plaza Hotel. Go in the morning and you can kick-start your day with a coffee and croissant to go. Go at lunch and grab a reasonably-priced sandwich or salad (most around RMB 40-50). Go after sundown and enjoy a range of tapas platters complemented by wine and beer packages. Refreshingly for a hotel restaurant, you won't find a sneaky service charge appended to your bill, but then again, that's because the service has been pared down to the bare minimum – you order and pay at the counter, then return to pick up your food. Even wines by the glass are self-service, by virtue of a pre-paid charge card inserted into an enomatic machine.

So far, so trendy, but what of the food? Thankfully, the

name "Craft" is reflected in the quality of ingredients on the menu. All of the charcuterie and cold cuts, from mortadella to salami Milanese, are made in-house by executive chef Daniel Brooker. The substantial sandwiches, with fillings like smoked salmon and cream cheese or tasty white bean hummus, make us wish Craft was just that little bit closer to our office. For evening visitors, the beer selection, while not particularly groundbreaking, also makes a nod to craft, with bottles from local brewers like Slow Boat.

My personal favorite part of Craft is the afternoon "Crumble Time." In lieu of afternoon tea, between 2.30-5pm you can help yourself to unlimited servings of a range of crumbles made with fresh seasonal fruits. If all-you-can-eat dessert isn't a way to endear people to your restaurant, even if it is in Lido, then I really don't know what is.

*Robynne Tindall*



# TIAGO

## MIDDLE GROUND

Daily 10am-10pm. L173, 1/F, Indigo Mall, 18 Jiuxianqiao Lu, Chaoyang District (6348 8772)

酒仙桥路18号颐堤港商场1层L173商铺(星巴克对面)

 200m south of Jiangtai Station (Line 14)

You have to be pretty proud of your restaurant's ingredients to put them up on the wall for all your customers to see. The team behind new Italian restaurant Tiago clearly is, because that's exactly what they have done. For those in doubt, we're assured that they really do use them – if you stop by in the afternoon you might even catch one of the chefs up on a ladder stocking up on olive oil and Tipo 00 flour before the dinner service.

This kind of quiet self-assurance in what they're doing suffuses everything about Tiago, from the unadorned contemporary décor to the confidently short menu. Certainly it's a breath of fresh air for Indigo, where the norm is chain restaurants like Blue Frog and Bibigo.

Wading into Tiago's menu presents a study in the classics:

a smattering of pastas (RMB 38-69) and a handful of pizza varieties (RMB 69-99). All are well executed, at times quite delicious, but the surprise standout is a wild mushroom salad (RMB 48), which while not perhaps as wild as the name implies, is satisfyingly piquant with chopped herbs and vinegar. A giant portion of pillowy tiramisu (RMB 39) is the kind of good that makes you wish you had had an Italian *nonna* to teach you her secret recipe growing up, the perfect balance of bitter coffee and not-too-sweet mascarpone. Match it with one of their Segafredo espressos (which we're told already have people spurning the Starbucks across the way) and celebrate the arrival of a solid mid-range Italian option to the Beijing dining scene.

*Robynne Tindall*



PHOTO: UNI

## DINING FEATURE

# FEELING JUICY

EXPLORING BEIJING'S JUICE  
CLEANSE OPTIONS

by Robynne Tindall

As a dining editor, I do my fair share of bandwagon jumping when it comes to the latest food fads. One recent trend I have thus far been reluctant to join is juice cleansing. Why subject yourself to that when there's so much delicious food to be eaten? However, with the Beijing juicing scene on the up-and-up and with an eye to the strain the festive season places on both waistline and wallet, I decided to wade into this liquid world.

Whether or not you buy into the detox propaganda is up to you, but there's little doubt that introducing fresh fruit and vegetable juices into your diet is a positive choice, at least for your body, if not for your wallet. Read on for our picks of the companies around town who are juicing up a storm.





### In the Deep Mid-Winter:

#### V Cleanse Warming Cleanse

V Cleanse have come up with a warm cleanse to keep people on the juice wagon throughout the frigid Beijing winters. Combining Chinese medicinal traditions with Western nutrition, the cleanse incorporates herbal infusions, vegetable soups, and nut milks. Another bonus is that the cleanse varies day to day. Don't like the infusion you get on the first morning? You won't encounter it too many other times during the cleanse.

**Three Day Cleanse:** RMB 900

**Juice of Note:** Chai Latte (cashew, cardamom, cinnamon, vanilla, clove)

[www.vcleanse.com](http://www.vcleanse.com)

#### Scientific Standpoint: (per se)

(per se) is the first juice company in China to use high pressure processing (HPP) for its juices. HPP uses extreme pressure at 600 MPa (6,000 times higher than the earth's atmospheric pressure) to sterilize the juice, without decreasing its nutritional content during traditional heat treatment sterilization methods. This means they keep longer without spoiling if you can't face the whole cleanse.

**Three Day Cleanse:** RMB 900

**Juice of Note:** Cashew Milk

[www.perse.cn](http://www.perse.cn)

#### Fight the Pollution:

##### Juice by Melissa

Juice by Melissa would be a favorite just for the sheer variety they have available, but the juices themselves are also delicious: thick, luscious, and filling. We like the "Fight Pollution Package" (RMB 205 for three 500ml juices and one booster shot), which is packed with antioxidant ingredients like turmeric root and acai berries. They opened their first retail store on Xinzhong Jie near Great Leap Number 12 Brewpub at

the end of November.

**Three Day Cleanse:** RMB 1080

**Juice of Note:** Beet Pollution (beet, kale, strawberry, lemon, ginger)

[www.juicebymelissa.com](http://www.juicebymelissa.com)

#### The Bargain Option:

##### Früt Actually

Considering the price of their juices in store, I was pleasantly surprised to find that Früt Actually's three-day cleanse comes in at just RMB 399, way below the price of the other brands. Order online or call one of their stores in Taikoo Li North, Indigo or the Yintai Center one day in advance to reserve.

**Three Day Cleanse:** RMB 399

**Juice of Note:** Lemon and cayenne pepper

[www.fruitactually.com](http://www.fruitactually.com)

#### Sip in Style: Bon Juice

From ordering to delivery to their cute logo and bottle designs, it's clear that a lot of thought has gone into making Bon Juice not only healthful, but also stylish. Bon Juice's products are a little sweeter than say, V Cleanse's, but this may make them more palatable for people who are new to juicing.

**Three Day Cleanse:** RMB 690

**Juice of Note:** Green Glories (cucumber, pear, kale, mint, spirulina)

[www.bon-juice.com](http://www.bon-juice.com)

#### For Health Nuts: Circle Chic

Circle Chic has worked together with popular local brand iF Juice to produce their detox juice series. You get eight juices per day, in flavors such as "Green Velvet" (avocado, grape, celery, apple and lemon). Circle Chic take a holistic approach to wellness and frequently work together with health and fitness brands like Prime Fitness and Le yoga.

**Three Day Cleanse:** RMB 1388

**Juice of Note:** Green Velvet (avocado, grape, celery, apple, lemon)

[www.yishike.com](http://www.yishike.com)



# THE KITCHEN TABLE

FASHIONABLE HOTEL DINING



CANADA PRIME RIB

PHOTOS: KEN



## WHAT'S NEW RESTAURANTS

Mon-Fri 6-10.30am, 11.30am-2pm, Sat-Sun 6.30-11am, 12-3pm, 5.30-11pm. B1, W Beijing Chang'an, 2 Jianguomen Nandajie, Chaoyang District (8590 1755)  
 标帜餐厅: 朝阳区建国门南大街2号北京长安街W酒店B1层

 300m south of Jianguomen Station (Line 1, Line 2)

Like the rest of the hotel, there is a definite "see and be seen" vibe to the W Beijing's all-day dining restaurant The Kitchen Table. However the slick modernity hides playful nods to the hotel's Beijing location, for example, a wall of golden decorations shaped like *jiaozi* and designed to emulate the golden knobs found on the doors of the Forbidden City. Take in the décor while enjoying the very reasonably priced lunch buffet (RMB 198 + 15 percent service charge).

The buffet is competent, but most will find the evening a la carte menu to be of greater interest. As the restaurant's name suggests, the emphasis is on family dining, so expect big portions and casual service. The leading light of the a la carte menu is the Forbidden W Beef Burger, a veritable mountain bursting with Australian beef, Périgord foie gras, prosciutto and a mustard-spiked mayonnaise, among other accoutrements. Come with friends, or prepare for one hell of a food coma. If you are a fan of culinary artistry, be sure to order the Alinea-inspired Choco-Nut Explosion. We won't spoil the surprise by describing it here, but suffice to say that while it's maybe more gimmick than gourmet, you can't fault the creative ideas on show.

The man behind this culinary merriment is chef Gunnar Kuchenbecker. Kuchenbecker joins W Beijing Chang'an after a stint at W Hong Kong, where he established the Sunday brunch at all-day dining restaurant Kitchen as one of the best on the local scene. He has similarly big ambitions for W Beijing, with plans for a champagne brunch on the restaurant's sunken terrace, replete with iced foot baths once the warm weather hits. We'll see you there. *Robynne Tindall*



<b>FATBURGER BEIJING</b>  <a href="http://www.fatburger.com">www.fatburger.com</a> <small>fatburger</small>	<b>GRAND SUMMIT STORE</b> No.1 LB01, Liangmaqiao Diplomatic Compound No.19 East Dongfang Rd, Chaoyang Tel: +86-10-85321878
	<b>CHINA WORLD STORE</b> 2nd Units 01-03, China World Office Tower 2 Tel: +86-10-6505 8422
	<b>GEMDALE PLAZA STORE</b> B105A Basement 1, Tower C Gemdale Plaza, No.91 Jianguo Rd, Chaoyang Tel: +86-10-85712797



## WHAT'S NEW RESTAURANTS



# GOKU UMA

## CUCKOO FOR GOKU

Daily 10am-10pm. 2 Qianyuan'ensi Hutong, Jiaodaokou Nandajie, Dongcheng District (138 1060 0189)  
东城区交道口南大街前圆恩寺胡同2号

 1km northeast of Nanluoguxiang station (Line 6, Line 8)

Occupying the same premises as a tattoo parlor, be careful when entering Goku Uma Japanese Restaurant, Café & Bar lest you be led to the skin ink instead of the squid ink. Contained on the ground level of the shared space, you'd do best to keep your elbows to your side as you squeeze into one of the three table spots, or for those who don't mind a view of the food preparations or want to be closer to the sake, nab a stool at the elongated bar front.

Despite the restaurant opening only recently, popularity is clearly growing quickly among both locals and foreigners, with both English and Chinese on the menu accurately translating a range of starters, sashimi, *nigiri* sushi, and other specialty assortments. A large dollop of seasoned lobster meat (RMB 18) filled with sweet prawns, fish roe, and slivers of shredded crustacean set off quite an excitement across our taste buds. A behemoth bowl of boiled, unsalted

*edamame* (RMB 10) came next and, while proving to be fun to eat, their blandness acted merely as a palate cleanser while we waited for the next course. Thankfully a delicately warm *nigiri* salmon sushi was plated next, undoubtedly a winning standalone dish for its simple execution.

The biggest star of the show however followed after a warming miso soup (RMB 10). Sleeves were rolled up to tackle the monstrous Goku Uma specialty roll (RMB 68). Fist-sized slices stuffed with deep-fried prawn, crabmeat, cucumber, and swishes of marinade with mayonnaise across the roll were set down as a challenge to our ever-filling stomachs. After a hefty bite (or five) we realized their cunning marketing strategy as we sat buried under empty plates wondering exactly how we were going to get ourselves out of a seemingly ever tighter enclosure.

*Erin Strong*

PHOTOS: KEN




# BAOLI RAMEN

## WINTER WARMER

Daily 10am-2am. 32 Sanlitun Nan (west of Sanlitun Police Station), Chaoyang District (151 1022 9981)

保利拉面：朝阳区三里屯南32号院（三里屯派出所往西）

 800m west of Tuanjiehu station (line 10)

Sanlitun's grungy southern belt has a shiny new spot adorning its strip. In between small bars and weary looking apartments, a bright bento box of straw colored wood and tatami mats has taken shape as Bauli Ramen.

Slide through the doors and sit down around the sturdy bench. If you come as a group, you might be lucky enough to nab the only indoor table available (during warmer weather their outdoor deck is going to provide a lot more seating options).

An auspicious Maneki Neko cat guards the open kitchen

where sounds and smells of hotplates and boiling broths drift over the divide and surround patrons. Ramen is the biggest player here with a current tally of eight pork, seafood, or combinatory flavors. Belly-warming pig bone with soy sauce ramen (RMB 46) with piquant ginger, salty seaweed sheets and slivers of melt-in-your-mouth pork lying on top worked a treat at keeping the brutal Beijing winds at bay. For a little more heat the pork fried with kimchi (RMB 28) left a slight tingle on the tongue, and boasting a supremely generous pork-to-cabbage ratio, it made for quite a substantial side dish. *Erin Strong*



PHOTO: UNI




# AUX DELICES' NAPOLEON

## STANDING TALL

Daily 11.30am-2pm, 5-9.30pm. 5 Hegezhuang, Shunbai Lu, Chaoyang District (5350 9898)

莲品手工巧克力: 朝阳区顺白路何各庄5号

 2km northwest of Maquanying station (Line 15)

The origins of the Napoleon, or *mille-feuille*, are shrouded in mystery, with most accounts placing the earliest records to around the mid-17th century, with the great Marie-Antoine Carême taking the recipe and improving on it in the 19th century. There is little evidence to link the pastry with the diminutive emperor with which it shares its name. Why then, we might ask, is it so enduringly popular, and increasingly so in China? One look at the crisped layers and oozing pastry cream in the version at Aux Delices and you will struggle to remember the question.

The origin of the Napoleon (RMB 28) here at least is not in question, since the mastermind behind it can still be found working in the kitchen every day. Sprightly Japanese chef Sugita-san is Aux Delices' pastry chef

and trademark holder, and his 50 years of experience in chocolate and pastry in both Japan and Europe shines through in all the desserts on offer. His Napoleon is an exercise in classic technique, the puff pastry crumbling easily under the weight of a spoon to be scooped up with bites of a *crème pâtissière* that is the essence of smoothness. The sizeable portion errs ever so slightly on the sweet side, all the better to wash it down with a strong black coffee (RMB 28).

Be sure to stock up on some of Sugita-san's signature chocolates (he studied chocolate in Switzerland for six years) before you leave, especially since for many the trek out to Shunyi will be an occasional one. Probably best to grab a bag of chocolate-covered orange peel (RMB 60 per pack) for the trip then, just in case. *Robynne Tindall*




# THE DEN

## STILL CRAZY AFTER ALL THESE YEARS

Open 24 hours. 4 Gongti Donglu, Chaoyang District (6592 6290)

朝阳区工体东路45号

 800m west of Tuanjiehu station (line 10)

Beijing bars have come and gone: Berena's Bistro, Studio No. 5, Jam House, The Rickshaw. But one pillar of the city's nightlife remains, as it has since its doors first opened in 1997: The Den.

The Den is like a museum of fin de siècle, after-hours Beijing. Every minute of every hour that The Den has been open seems to occupy the place, either on a tablecloth, a slightly bent chair leg, a scratch on the floor. Some staff, like head server Lisa appear to have been there throughout. Perched at the corner of Gongti Beilu and Gongti Donglu, it has even outlasted the neighboring City Hotel, the temporary residence that wouldn't die, about to be reborn as a Kempinski hotel. The China View building that The Den now faces? Yeah, that was a parking lot when The Den opened.

There was a time when The Den's second floor wasn't a sedate sports-viewing area; it was a wild and notorious late-night disco. The approach of the Olympics put an end to that, but the space is still there and it's a nice place to watch a game or match, especially during special events like the Olympics or the World Cup.

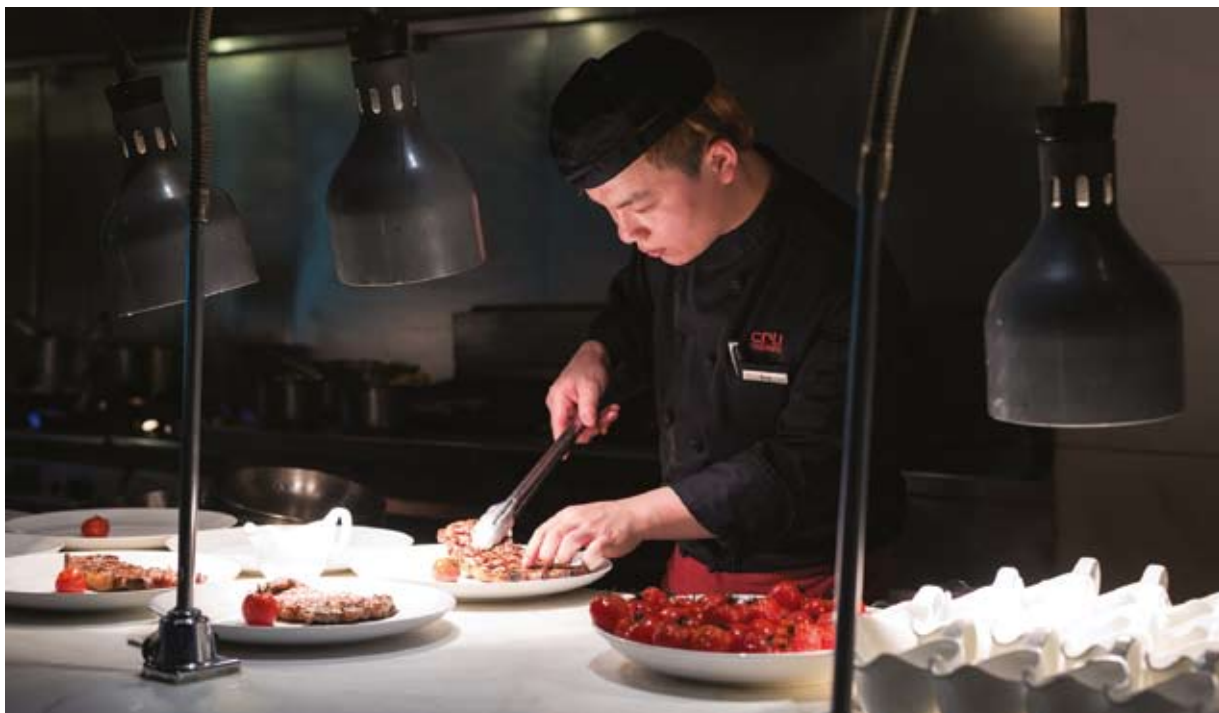
The Den has always offered its customers two things: convenience and reliability. Its location just off the main Sanlitun strip, a strip that has changed and moved at least twice, but has remained equidistant from The Den, makes

an easy first stop, last stop, or way station for a night out. The bar is always open, the kitchen is always open, and the full menu is always available.

Although some of Beijing's most dedicated night owls may not know that The Den is also operates during daylight hours, it is its more traditional offerings that have solidified its reputation over the years. A reliable brunch and a full English breakfast still attract a regular following, even if there's the risk that some of the place's patrons remain there from the night before. It also has one of Beijing's best happy hours: not only are drinks buy-one-get-one-free from 5-10pm, but so is any pizza on their menu. Sure, there's better pizza in Beijing (according to Beijinger readers, just a short walk away at Gung Ho!), but at that price, with half-priced drinks to match?

My fave has always been the nasi goreng, Indonesia fried rice. For RMB 60, it's a big plate of fried rice topped with a sunny-side up fried egg, two beef satay, two chicken satay, peanut sauce, and shrimp chips. It's a great lunch or early dinner, especially on a cold day. A time capsule of late 1990s Beijing, we hope The Den remains where it is for years to come. In 2022, Beijing will hopefully celebrate two things: the hosting of the Winter Olympics, and the 25th anniversary of The Den. We think both are pretty likely. *Steven Schwankert*





## BRUNCH 88 AT CRU STEAKHOUSE

### QUALITY OVER QUANTITY

Daily 11.30am-2pm, 6-10.30pm, Sunday brunch 11.30am-3pm. 2/F, JW Marriott Hotel Beijing, 83 Jianguo Lu, Chaoyang District (5908 8995)

朝阳区建国路83号华贸中心JW万豪酒店2层

 300m north of Dawanglu station (Line 1)

You might be feeling, at this early stage of the year, that after the indulgences of the festive season you need to cut back, trim down. Perhaps you're considering cutting out alcohol or embarking on some other kind of detox. To that I say: you clearly haven't been to brunch at CRU yet.

What to so many people just means a plate of eggs and maybe a bloody mary has become an art form in Beijing, a three-hour-long-booze-infused art form. The latest offering from CRU takes this premise as its starting point, although the slightly hushed atmosphere and pared down buffet means that the final effect is somewhat less debauched than some of its counterparts around town.

Buffet appetizers come in a relatively limited selection, although what is there will delight gourmands. A whole leg of Iberico ham sits next to a side of home-cured salmon, while at the end a chef tosses accomplished Caesar salads topped with delicious (and rarely seen in Beijing) *boquerones* (fresh anchovy fillets marinated

in olive oil and vinegar). Perhaps the lightened buffet load is an intentional preparation for the a la carte main courses, which certainly do not scrimp. Unsurprisingly for a steakhouse by trade, the Australian beef is excellent, although those that ordered steak did look enviously at the whole Boston lobsters gracing our dining companions' plates. Ask for a top up of Perrier-Jouët champagne and imagine for a moment you are a Wall Street big wig. The champagne matches better with the seafood than the steak, but after the fourth glass it's difficult to notice or care.

While the visual effect may not be as awe-inspiring as some of the other brunches around town, the quality of the ingredients on show speaks for itself.

Try out BRUNCH 88 at CRU Steakhouse every Sunday, featuring 88 different delicacies, including a main course from a list including Boston lobster and Australian wagyu strip loin. RMB 588 including free flow of Perrier-Jouët, imported wines, and classic martinis. *Robynne Tindall*



# LING ER JIU NOODLES

## USE YOUR NOODLE

Daily 10am-4am. Xingfucun Zhonglu, near the crossroads with Chunxiu Lu (5745 4029)

零贰玖油泼面：幸福村中路（靠近春秀路十字路口）

 1.2km northeast of Dongsishitao station (Line 2)

For weeks now the Shaanxi-style noodle bar Ling Er Jiu Noodles has been attracting large crowds. Even in the freezing cold of winter, people huddle up outside patiently waiting to get in for one of the mammoth bowls of noodles that are being sucked up by the lucky ones inside. Surely with such numbers swarming nightly it must be good.

The reality, however, was below our expectations. Service was rough and perfunctory, and the tight squeeze of bodies and tables left us feeling irritable rather than cheerful. The size of the noodle bowls were reduced to a gimmick when we discovered how shallow they were inside and as they became obstacles to sharing and side dishes.

The food itself, though, was acceptable. What they did do well in particular was the bite of the noodles. Unlike what often turns up as a sloppy expression of flour, the noodles here were *al dente*, deftly treading the fine line

between undercooked and cooked.

We ordered the signature dishes, the wide belt-like *you po che mian* (often also known as *biang biang mian*), on the menu translated as noodle with spicy oil and pork (RMB 25), and the finer, softer gun gun noodles with spicy oil (RMB 25). The first were thick and had a great hand-made artisanal texture to them, and were dressed in a pungent spicy sauce. The second were delicate and came in a more subtle fragrant soup. On the side we had *rou jia mo*, (sauced lean pork burger, RMB 12), which had a rather subdued flavor.

The restaurant itself has a quaint, appealing design, with everything themed in the style of blue and white chinaware, even down to the embroidered chefs' jackets. Unfortunately it's a little hard to take in due to the squeeze. Once the crowds die down, we imagine we'll go back again for another try. *Shannon Aitken*



PHOTO: KEN



## A BALANCING ACT

ELIE HOUBEICH, FOOD AND BEVERAGE  
DIRECTOR, WESTIN BEIJING FINANCIAL STREET

by Kyle Mullin

As the director of food and beverage at the Westin Beijing Financial Street, Elie Houbeich has a unique opportunity to reach a relatively untapped local business class clientele, compared to his counterparts in Beijing's more central, hotel-rife locales. But that fresh territory comes with new challenges that keep him and his staff on their toes.

"Our customers won't have time to wait if their coffee doesn't come quickly ... our speed of service is crucial, as most of our guests are running under a very tight schedule."

But success in that domain can cause strain in others. Houbeich knows he can't let speed come at the expense of quality. This is especially true of late, when the public is more health conscious than ever, leaving Houbeich to provide a product that is not only prompt, but also nutritious.

While some might complain and call those conflicting circumstances a Catch-22, Houbeich has decided to turn his lemons in to lemonade. Or, more aptly, he's juicing the situation in every sense of the word.

"The 'Westin Fresh by The Juicery' menu will include nourishing juices and smoothies that blend nutrition-rich ingredients like beetroot, pomegranate, spinach, coconut water, and blueberries," Houbeich says of the fresh option that he and his staff are readying for a January unveiling. "Sipping fruit and vegetable juices can be very rewarding, as the ingredients with the brightest and deepest colors provide lots of nutrients, and give our guests a boost for

their work day or their travels," he added.

Houbeich's balancing act continues as he and his staff decide on the ingredients for not only The Juicery, but also the rest of their menu. "It's important to buy local and organic whenever you can. If you can get your tomatoes and carrots here, then why not do that?" he says, before adding that such an eco-friendly ethos must also accommodate a hotel menu's rigorous standards. "There are many ingredients that we have to import, to satisfy our customers' expectations — especially our pasta, one of our very most popular choices, which is all sourced from Italy."

Houbeich must also attain equilibrium between healthy options and indulgences. While he aims to satisfy many local Financial Street businesspeople with prompt, nutritious lunches, he also wants to compel that clientele to return for a more leisurely Sunday champagne brunch with their families. Those who partake in the latter can choose from a wide ranging buffet that includes sushi, prime cuts of beef, fruit cocktails for the grownups, and several racks of mouth-watering desserts for the kids.

Rather than letting all those varying elements conflict, Houbeich says they must each be carefully tended to, because guests always have nuanced needs.

"All that I have mentioned is crucial to be a successful director of F&B. It is like a necklace, it's all connected together. If one area is neglected all the other areas will be seriously affected," he says, adding: "It's all about taking care of people."



## P.S. WE ATE YOU

Every month, we like to shine a spotlight on the most delicious dishes we've stumbled upon recently. Dig in!



### sweet and sour chicken

#### Flypizza & Hoodadak Chicken, RMB 80

Nothing says "glutton" more than settling down to a steaming hot plate of Korean fried chicken. A mountain of meat and bones, double deep-fried and covered in the stickiest sauce this side of caramel. Although the sweet and sour chicken became sickly towards the end, something about the gorge felt so right.

### mushroom swiss burger

#### Katchup, RMB 58

It's a rare occasion to turn down accompanying sides to a burger meal, but this monstrous Katchup creation of juicy beef patty topped with earthy mushrooms and decadently creamy Swiss cheese genuinely leaves you with no room to stomach more. Kudos to proper burger proportions in Beijing.

### the onsen

#### Hatsune, RMB 90

The standout dish from Hatsune's latest menu revamp is rich, unctuous and altogether luxurious. Dig through a layer of squid sashimi, sea urchin, salmon roe and daikon to pop the yolk on a lightly poached quail's egg suspended in *dashi* broth.

### soba fix

#### MOKA Bros, RMB 48

Take these tasty soba noodles for a peanut buttery twirl. This delicious lunch option is served in a deep bowl with edamame, carrots, broccoli, and cubes of chicken or tofu doused with a healthy dose of peanut sauce. This will certainly assassinate your hunger without adding too much to that evil muffin top.

### coco cici

#### Pak Pak Thai Kitchen, RMB 42

You might feel like reaching for something cooling after a spicy meal at Pak Pak's new CBD location, but ride out the heat for just a bit longer to indulge in this chili-chocolate combination, a stunningly smooth mousse infused with tiny pieces of candied chili. We couldn't be happier that upper crust gourmet Thai food has made its way closer to the city center.



# SUGAR

## PUTTING SWEET AND SOUR TO THE TEST

by Kipp Whittaker

As we get older we undeniably lose some of our lust for super sweet confections. These selections are a mix of Western imports and old Beijing standbys

easily found around town. Dig in and figure out which ones to unwrap.



### **Bonumee Gummi Sour Worms (RMB 10)**

"Much cuter and tastier than the worms found in puppy stools."

"Way too many of the yellow/red flavor worms, would much prefer more red/blues in here."

"These are loaded with tartaric acid, which really dries your mouth out. Regardless, these are still a sour, chewy classic and a triumph of synthetic flavor invention."



### **Kang Er Bei Suan San Se (RMB 19/kg)**

"Definitely tastes like something my grandmother would eat to wake up her taste buds."

"Featuring synthesized apple, strawberry and lemon flavors, these were an essential candy to many a Beijinger in their formative years."

"Strawberry is by far the most sour of all the flavors, and causes the most puckered-up face action."



### **Skittles Sour (RMB 8.5)**

"These are sadistically sour little suckers. Not for the amateur candy consumer."

"This is probably what battery acid covered in sugar tastes like. There is a slight burning a hole in your tongue sensation."

"Will cause mouth numbness and an ugly puckering of disgust to your face."



# SHOCK

## VERDICT

In the end, Heitang Huamei hit our sweet spot. They more or less taste like a Chinese equivalent to a chocolate-flavored Werther's Original with a dried plum shoved in the middle. If that sounds intriguing to you it's because they are actually very awesome and addictive. Our collective waistline would probably prefer us to erase the knowledge of these from our memory.



### Xufu Ji Suantian Meitang (RMB 19/kg)

"This brings back terrible memories of the candies from the bottom of your Halloween bag, before you realize the truth in the old adage 'save the best for last.'"

"This is your typical generic hard candy, with a slight plum flavor."

"Definitely not sour, but very sweet and a slight caramel flavor and color."



### Madajie Huamei (RMB 16.9/kg)

"These are just candy for candy's sake."

"Not my favorite out of the bunch, but they are more than capable of fixing a sudden drop in glucose levels."

"This little plum flavored candy is a tad boring, but I would still eat it after finding it in a jacket that's been in storage all summer."



### Xufu Ji Heitang Huamei (RMB 33.9/kg)

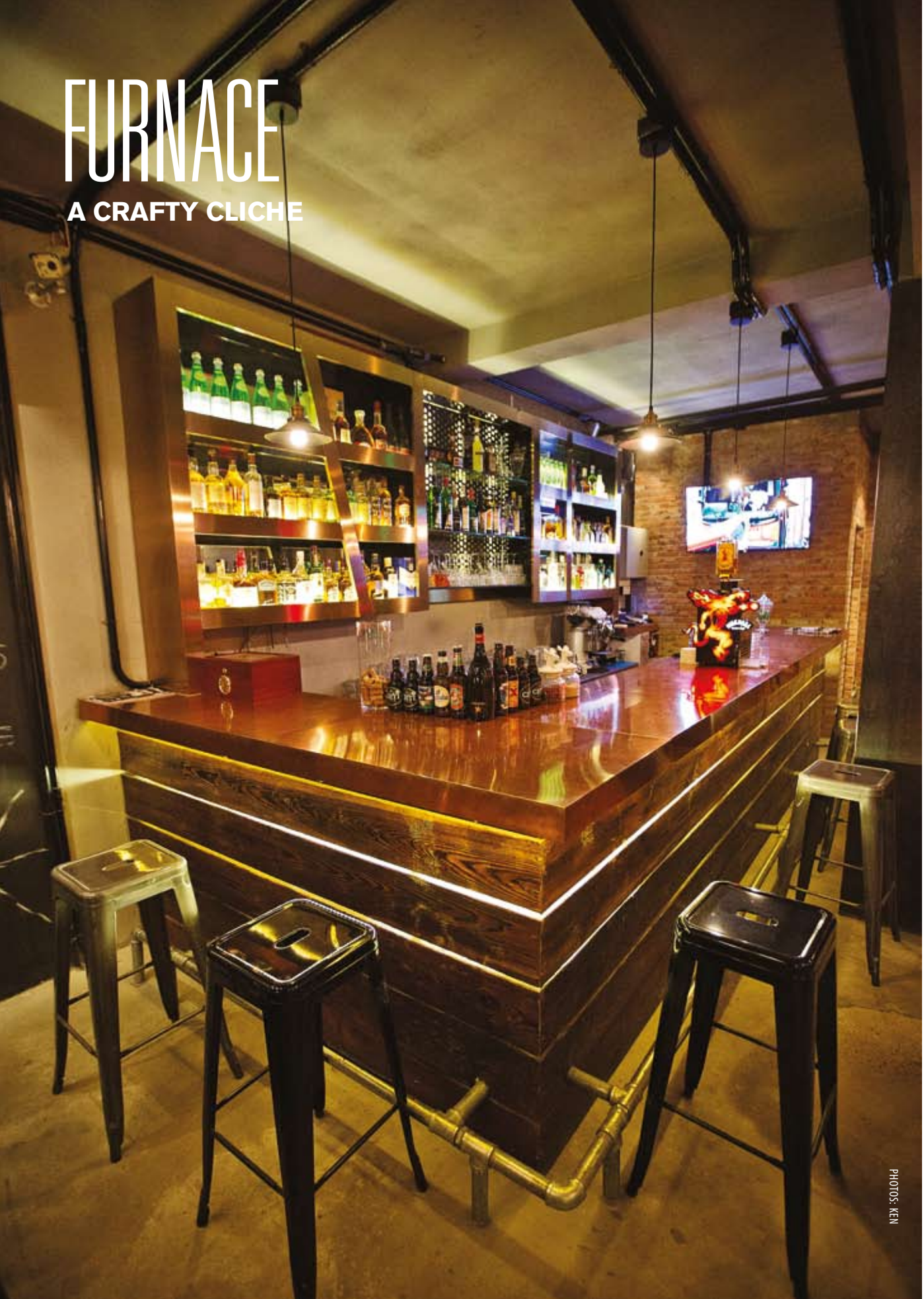
"Kind of difficult to describe, but they're super chewy and fantastic!"

"These would be the equivalent to a lump of gold in Candy Land. The top of the Chinese candy chain."

"If you can imagine and materialize the perfect sweet through some sort of sorcery, this would pop up in front of you."

# FURNACE

A CRAFTY CLICHE





## WHAT'S NEW BARS & CLUBS

Daily 2pm-2am. 98-2 Gulou Dongdajie, Dongcheng District (139 1069 5665)

东城区鼓楼东大街98-2号

🚶 500m north of Nanluoguxiang Station (Line 6)

Many Gulou bars and restaurants are created by people who have little or no experience in the restaurant business. They are often filled with generic dishes and drinks that you could find better and cheaper at a less trendy location. Furnace, unfortunately, fits this tired and sad trend.

We arrived at the tail end of their happy hour which goes from 5-8pm. We ordered up a Moscow Mule (RMB 40) and were genuinely excited about their buy one, get one free offering. Since we weren't quite throwing them back and asked for our second Mule after happy hour ended, they went on to charge us for the follow up. They didn't even mention adding the second drink to the bill, which left us with an ungracious taste in our mouths. If we had known this was the rule, we would have chosen something else besides this mediocre at best beverage.

While drinking, we ordered up some food from their small but fitting list of bar food selections. We began with their prawn spring rolls (RMB 42), which were delightfully crunchy. For our entree, we picked the pan-seared salmon (RMB 78), that according to the menu was served on potatoes and asparagus. When it arrived, there wasn't a potato in sight. The overly-salted salmon filet was served on an assortment of bland, undercooked steamed vegetables. We would have appreciated it if the staff consulted us first about not having any potatoes, but they opted to be silent about the matter.

Finally we sucked down a lovely Long Island ice tea (RMB 45). This helped us restore a degree of moisture to our mouths from the salt-laden salmon. Then we evacuated the premises, hoping this was just an off night for this new Gulou establishment. *Kipp Whittaker*



## WHAT'S NEW BARS & CLUBS




### 京A TAPROOM

#### TAP OF THE TOWN

Mon-Thu 5pm-Midnight, Fri 5pm-2am, Sat 2pm-2am, Sun 2pm-Midnight. Bldg B, 1949 The Hidden City, Courtyard 4, Gongti Bei Lu, Chaoyang District (6501 8883)

朝阳区工体北路4号院

 300m west of Tuanjiehu subway station (Line 10)

The 京A team has taken their creativity and knack for DIY to a longer-term venue, a taproom that has overtaken the former Bar Veloce in 1949: The Hidden City. Beers are the main event, but it's the stripped back food menu with recipes dreamed up by 京A's own multi-talented crew that has caught our attention. Two sausage sandwiches courtesy of Andy's Craft Sausages – one a spicy variety smothered in grilled peppers and onions, one taking a German twist with a pile of steaming sauerkraut – are served on a wooden cutting board alongside deliciously crispy sweet potato fries and homemade aioli for a reasonable RMB 50.

Sausages aside, the food menu has gained momentum since the Taproom first opened, with a raft of new menu items and specials. Recent additions include a thoughtfully assembled charcuterie platter (RMB 100) featuring, among other things, salami and grilled Yunnan goat's cheese, and

a frightfully moreish bar snack of *mala* popcorn chicken. Call by on Wednesdays to get a steaming hot mug of chili for just RMB 30.

Speaking of chili, if there ever was a time food was necessary with 京A's beers, it was with the debut of the powerful Guizhou Smoked Chili Porter, one of their ever-changing selection of beers inspired by local Chinese ingredients. It's a double whammy, with a deeply fragrant beechwood smoked malt and Guizhou hot chili peppers, and made in collaboration with Huo Li of the Beijing Homebrewing Society. This and other brews are RMB 40-190 for a range of sizes (400ml, 1L, 2L), and there's an option to get creamier pours via a new craft beer trend, the nitro tap. Drink your way through the menu on Sunday – or Super *Xiuxi* Sunday in 京A vernacular – when all beers are on happy hour prices all day.

Jessica Rapp and Robynne Tindall

PHOTO: COURTESY OF 京A TAPROOM



# THE SECRET

## TONY ZHAO'S LATEST VENTURE SHOULD REMAIN A SECRET

Daily 5pm-late. 1-2022, Yongli International Center, 21 Gongti Bei Lu (8405 9525)

工体北路21号永利国际A座2022

 500m east of Dongsishitiao subway station (Line 2)

**T**he first thing to know about The Secret is that it's hard to find.

Sure, hunting down what you hope will be a hip, hush-hush bar in Beijing seems fabulous, that is, until you're wandering the labyrinth-like residential Yongli International Center at 10pm in the cold. Doormen who weren't in on The Secret took me on a wild goose chase, leaving me to wonder if Ounce, hidden behind a café wall in Taipei, or The Hideout, hidden inside a bar in San Francisco's Mission District aren't entirely more favorable because you can at least drink while you look for them.

Pro tip: Make a reservation for The Secret in advance because the phone service on the 22nd floor of building one in Yongli is crap. After a stint of shameless shouting and banging on the door, an obliviously composed bartender – dress shirt on top, too-distressed jeans on bottom – welcomed me and my friend inside an apartment-turned-bar. It looked like the landlord hadn't allowed them to

paint the white walls. I had expected The Secret would be cave-like.

Atmosphere wasn't the only thing The Secret didn't have. Owner Tony Zhao, after tapping into Sanlitun's whiskey bar craze, has gone menu-less.

Where menu-less bars rely on the bartender's ability to assess the customer's taste, The Secret fell short. I asked for something refreshing and a tad on the sweet side, and was awarded with a RMB 100 glass of X-Rated Fusion vodka with blood orange, mango and passion fruit. "Ladies don't like drinks that are too strong, and they like really sweet drinks," the bartender declared. Clearly, he didn't get I was no ordinary lady.

Meanwhile, for my friend who asked for a strong drink ("Like a Manhattan," he said), the bartender delivered a syrupy blend of liqueurs before sneaking away to fiddle with his phone.

Admittedly, though, the drinks were pretty. *Jessica Rapp*



PHOTO: UNI

# DRINKS DELIVERY

**HAVE BEER, WINE, AND SPIRITS BROUGHT  
STRAIGHT TO YOUR DOOR**

by Erin Strong

**T**he Beijing nightlife scene becomes a little unstirred as everyone decides that staying home curled up under blankets and watching their favorite TV qualifies as a “wild party.” But why not put some pizzazz back into the weekend by setting up your own home bar? And, even more amazingly, why not do it from the comfort of said couch by using one of these fantastic online purveyors of beer, wine, and spirits that will deliver to your front door.

**Who: CHEERS Imported Wine Wholesalers**

[www.cheers-wines.com.cn](http://www.cheers-wines.com.cn)

**What they offer:** A comprehensive wine selection with some beer options available. Their website gives you a rundown on food pairing options, as well as a quirky events pairing option (you might be able to find that magical karaoke wine after all!)

**Delivery timeframe:** For same day services call their delivery hotline: 400 005 5500 between 10am-10pm to place your order. Delivery hours are between 11am-9pm.

**Delivery fee:** Orders above RMB 300 will receive free delivery (bottles within the order that are priced RMB 50 or less will incur an additional RMB 5 delivery fee). Orders RMB 300 and below will incur a RMB 50 charge.

**Delivery scope:** Within the Fifth Ring Road.

**Payment:** Cash on delivery unless ordered through their Taobao store.

**Who: The Wine Republic**

[www.thewinerepublic.com](http://www.thewinerepublic.com)

**What they offer:** An extensive wine catalog from seven nations including New Zealand, France, and Chile. Detailed tasting notes are provided on the website, as well as links directing you to their 40



wine producers.

**Delivery timeframe:** Next day delivery.

**Delivery fee:** Orders RMB 800 and over are free, orders under RMB 800 are subject to certain delivery fees.

**Delivery scope:** Within the Sixth Ring Road, and Shunyi.

**Payment method:** Cash on delivery and bank transfer.

#### **Who: Shanghai9**

[www.shanghai9.com](http://www.shanghai9.com)

**What they offer:** One hundred percent guaranteed authentic products across almost every alcoholic category. The website features a beer/wine/whiskey showcase that rotates every month showing the best in savings, as well as a cocktail corner that shows you how to mix it up (cocktails, that is) in the comfort of your own home.

**Delivery timeframe:** Two to four days.

**Delivery fee:** RMB 16 up to 1kg. Additional RMB 4 up to 10kg. Additional RMB 3 for every 1kg over 10kg.

**Delivery scope:** All of Beijing.

**Payment method:** Cash on delivery, bank transfer (RMB only), Alipay, and Paypal.

#### **Who: Drink Fans**

[www.drinkfans.com](http://www.drinkfans.com)

**What they offer:** Boasting a dedicated tab for champagne selections, which will certainly get those in the crunking mood excited to shop, almost every other drop of grog can also be found for purchase here. An all-inclusive spread of articles under the Party Mixer tab will educate you in the perfect home bar essentials, ensuring you impress guests at your next soiree.

**Delivery timeframe:** Two to four days.

**Delivery fee:** RMB 18 for the first 1.5kg. Additional RMB 6 per bottle for orders over 1.5kg.

**Delivery scope:** All of Beijing.

**Payment method:** Cash on delivery, local credit or debit card services, and Alipay.

#### **Who: TRB-wine**

[www.trb-wine.com](http://www.trb-wine.com)

**What they offer:** Freeing the world from the idea that wine is meant only for exclusive wine club members, TRB promises the best in customer service with a 90-

minute delivery service (orders before 9pm within Fifth Ring Road) and a very healthy selection of affordable wine, beers, and spirits.

**Delivery timeframe:** Orders placed before 9pm can expect same day delivery within the Fifth Ring Road. Shunyi orders can expect delivery the next day.

**Delivery fee:** Free delivery with no minimum spend required.

**Delivery scope:** Within the Fifth Ring Road and Shunyi. For shipping outside of these locations contact their hospitality team.

**Payment method:** Cash on delivery and Alipay.

#### **Who: Yihaodian**

[www.yhd.com](http://www.yhd.com)

**What they offer:** A wide range of the wondrous (and slightly terrifying) mouthful that is *baijiu*, can be bought as well as a select range of classy foreign spirits, wines, and beers for those who need something a little tamer in their alcohol cabinet.

**Delivery timeframe:** Orders placed before 11am can generally expect a same day delivery (timeframe may differ for areas outside the fifth ring road)

**Delivery fee:** Varies, calculable through their website with dropdown tabs for different districts.

**Delivery scope:** All of Beijing.

**Payment method:** Cash on delivery, select local credit and debit card services.

#### **Who: Jingdong**

[www.jd.com](http://www.jd.com)

**What they offer:** Packed to the digital brim with a huge selection of baijiu, wines, beers, and spirits, the front page is forever rotating with special promotions and sales data ensuring you can hunt down the most genuine of products to imbibe in.

**Delivery timeframe:** Orders placed before 11am can generally expect a same day delivery.

**Delivery fee:** Free for orders RMB 59 and above (select items may not apply at certain times to secure this offer). Third-party services selling through Jingdong are subject to separate delivery services and may incur additional fees.

**Delivery scope:** All of Beijing.

**Payment method:** Cash on delivery and select local credit and debit card services.

## IRON BARTENDER



Three bar masters. Three “secret” ingredients. One judge. Would Beijing’s cocksure mixologists fumble when faced with an unusual condiment or unfamiliar fruit? Or can they concoct a drink to

impress one tough taster? In the spirit of Iron Chef, we put our bartenders to the test by announcing a secret ingredient, giving them ten minutes to conceive of and create a mix, and finding out just how creative a cocktail can get.

### THE CONTESTANTS



**Paul Hsu**  
**Ocean Grounds**

If there’s any question as to whether Paul’s custom cocktails are worth a try, all one needs to know is that he practiced among award-winning mixologists at Taipei’s Barcode. (One of Barcode’s first consultants was Peter Kendall of one of London’s best cocktail bars, Milk and Honey.) With access to an island of fresh, tropical ingredients, Paul had plenty of elbow room for experimentation.



**Attila Balint**  
**Atmosphere**

Atmosphere may be the highest bar in Beijing, but it wouldn’t be a complete experience without one of Attila’s tea-inspired cocktails. Hailing from Hungary, Attila spent five years bartending on cruise ships around Europe before spending time in Austria and Germany. Look for his Gao Shan Lady, which pairs Cointreau and Beefeater Gin with Taiwan’s signature oolong tea.



**Eric Liu**  
**Mao Mao Chong**

Eric is the partner of Stephanie Rocard of Mao Mao Chong, and fans of the award-winning bar will see him a lot more after Rocard leaves China early next year. The former BBC bartender from says to look for more food and his new creations on the menu. Meanwhile, customers can take a bit of Rocard’s legacy home with them via bottled MMC infusions.

### THE JUDGE



**Kenn Bermel**  
**The Local**

Kenn was gung ho about judging for Iron Bartender – one look at The Local’s homemade infusions, syrups and spices confirms he has an open mind when it comes to flavors. He did warn us, however, that he couldn’t detect whether or not a drink was particularly bitter, so his restaurant partner and former Iron Bartender contestant, Martin Aretino, gave input as well.



# ROUND 1

Paul



Nutella, spiced rum, vanilla vodka, crème de cassis, water, and Aperol, topped with steamed milk, coffee beans and a lemon twist

Attila



Nutella, bourbon, coriander powder, ginger liqueur, and elderflower syrup, topped with orange peel, mint, and a chocolate goldfish

Eric



Nutella, hawthorn-infused gin, crème de cassis, Frangelico, fresh lemon juice, and egg white, topped with chili powder

SECRET INGREDIENT

**Nutella**



**Verdict:** Kenn was thrilled the bartenders avoided creating sweet drinks and noted an interesting, contrast between the nose and the flavor of each one. In the end, Attila's aromatic drink won him over.

# ROUND 2

Paul



plum wine, ginger liqueur, and Old Tom Gin, garnished with a twist of orange peel

Attila



plum wine, tequila, honey, Lagavulin, and lime juice, plus orange peel on the rim

Eric



plum wine, absinthe, Grasovka, fresh lime juice, simple syrup and cider

SECRET INGREDIENT

**plum wine**



**Verdict:** Paul's drink smelled like chocolate orange slices, but for Kenn, its flavor and strength didn't surpass Eric's ever-so-slightly sweet and complex concoction. "As soon as I sipped it, I knew it was a winner."

# ROUND 3

Paul



bourbon, lychee honey, yellow chartreuse, and black sesame paste, topped with burnt mint leaves

Attila



Jamaican rum, simple syrup, Bénédictine, black sesame paste, and a few drops of lemon juice

Eric



Lagavulin, coffee-infused vodka, Peychaud's bitters, brown sugar, water, and black sesame paste, cinnamon stick

SECRET INGREDIENT

**black sesame paste**



**Verdict:** Black sesame paste doesn't make for an attractive-looking drink, but Paul's creation was declared the most bold (and, ahem, herbal), while still being balanced and delicious.

Things to do, places to be, stuff to try

# GO

INSTITUTE SARITA // AOTU STUDIO // BODY MEMORY // PADI ISLAND



***Head to Harbin early this year and experience the stunning Ice Lantern Festival at Sun Island Park. As peak season begins in late January, the China Culture Center has organized an all inclusive trip from Jan 1-2, where you can experience all of the amazing winter time fare that Harbin has to offer. [www.chinaculturecenter.org](http://www.chinaculturecenter.org)***

PHOTO: COURTESY OF THE ORGANIZERS





# INSTITUTE SARITA

## CLASSES IN FIRST CLASS

Mon-Sat 10am-8pm. Unit #5131-1, Bldg 5, Sanlitun Soho, 8 Gongtibeilu, Chaoyang District, (5716-9080)  
 朝阳区工体北路8号三里屯SOHO5号楼商铺5131-1

 500m west of Tuanjiehu station (Line 10)

Knowing the proper course of action in a variety of social situations makes for fewer embarrassing moments in life. This can be anything from greetings, table manners, or telling someone they have bats in the cave (something in their teeth). Institute Sarita is the city's most established school of contemporary etiquette training. Experience the unique tutelage of Sara Jane Ho, a lady whose impeccable presence exudes these fading but essential branches of knowledge.

Her institute doors are open for anyone, both foreign and Chinese, desiring skilled instruction on how to commune with elite socialites of our or any generation. Sarita has been attracting lots of attention lately in various international publications due to their unique curriculum, and the somewhat pricey services rendered. They offer instruction in a variety of areas including deportment, flower arrangement, lingerie, art appreciation, and even an expensive sports class where they provide an informative introduction to the competitive leisure activities of

the upper crust.

The venue has a real homely feel to it. Upon entering Institute Sarita, you'll find a nice living room, with a dedicated area for luxury items you can procure. This includes porcelain wares from Bernardaud, one of the most opulent brands of French china to be utilized at all of your finest dining occasions. In the back of the ground floor, you'll also find a selection of designer clothing items from Maison Ullens. These elegant threads are fashioned by Myriam Ullens, one of the masterminds behind the UCCA in 798.

While it goes without saying that there are many practices in traditional etiquette tutelage that have become outdated due to a higher awareness concerning gender equality, there is still much viable information that Institute Sarita can impart. Information that will not only make you a more socially wise person, but a more well-rounded person. After all, when you dine with the queen, good manners are never, ever out of style! *Kipp Whittaker*



# AOTU STUDIO

## HAIRCUTTING AND CULTURAL STUFF

Daily 10am-10pm. 67 Beixinqiao Toutiao, Dongcheng District, (8408 4189)

东城区北新桥头条67号

 50m north of Beixinqiao station (Line 5)

Aotu Studio is a minimalist space fabricated on the west end of Beixinqiao Toutiao that will chop off hair for that slick modern look that is hard to get anywhere but those expensive Chaoyang beauty parlors. You know those places where you try and ask them about their sketchy pricing systems, they reply with something helpful like “more expensive, more better.”

A haircut at Aotu will set you back anywhere from RMB 180-380 depending on what you want done. This is pretty much the standard for all high-end hair salons, but it is difficult to find a place with the same proficiency in English so a non-native speaker can effectively communicate their desired look. Currently the main man with the trimming shears is founder Ray Wu, backed up by partner Pilar Escuder, who's available to glam you out with some makeup or take some chic photos after your makeover is complete.

Pilar is also in charge of the programming for the exhibition room on the ground floor. There will be

numerous gatherings and mixed media art exhibitions throughout the winter featuring works from local artists. Aotu are among a small group of business owners trying to bring these exhibition opportunities to the city center as opposed to the more commercial zones of 798 or Caochangdi. Currently on display is an exhibition titled *Hair*, which explores the cultural and symbolic importance of hair design, and features work from artists Alessandro Rolandi, Yi Zhou, and Solveig Suess. This is definitely worth experiencing if you are in the area.

Aotu Studio kills a couple of birds with one stone as this neighborhood becomes more and more of a hotbed for the adventurous and fashion conscious youth of the city. Any foreigner who has just stumbled into any of hair salon on the street here knows that it can be a crap shoot to get a decent cut. Well, Aotu Studio has this and more to keep you engaged culturally and looking sharp.

*Kipp Whittaker*




# SCOTCH & SODA

## URBAN AMSTERDAM FASHION

Daily 10am-10pm. NLG-18, Taikoo Li Sanlitun North, No.11 Sanlitun Road (6416 7738)

三里屯路11号

 1000m northwest of Tuanjiehu station (Line 10)

It's come time, at last, for Amsterdam's trend hunters to rejoice. Dutch couture fashion brand, Scotch & Soda, has opened their flagship store in Beijing just in time to ring in the new year with quality, well-tailored garments. Located in Taikoo Li North alongside the likes of Paul Smith and Phillip Lim, its sister shops under retail brand management company, ImagineX Group, Scotch & Soda adds a much-needed option for designer urban wear for men and women at approachable prices.

Their newest location is smaller than many of their stores in Europe, so fans of Scotch & Soda's gorgeous mesh lingerie, playful accessories and their children's lines, Scotch Shrunk and Scotch R'Belle, are out of luck for now. However, the 30-year-old brand is primarily known for their menswear, and it's this that's clearly the focus of their slick retail space. Guys are in for a winter collection that whispers of vintage street wear and natty evening looks.

For dapper gents, we recommend the woolen tweed blazers in bold hues, which, at just over RMB 1,600, are pleasingly comparable to what you'll pay for in Europe's locations. That means no more ducking out of the country to suit up, once you're hooked. Womenswear leans more toward imagery of surfing-obsessed, coastal gals, but their Amsterdam Blauw ripped and dyed denim makes for a timeless addition to any look.

To celebrate their opening, Scotch & Soda is offering 20 percent off select winter items for a limited time and have already collaborated with popular local brands like The Opposite House's North Village cafe, Colibri. Look for more cooperation of this kind in the coming months as they prepare to open two more locations in Beijing -- one in Shin Kong Place on Dawanglu in February and one in Joy City mall in Xidan -- before Scotch & Soda reportedly spreads to Shanghai next year. *Jessica Rapp*



PHOTO: COURTESY OF SCOTCH & SODA

# NIGHT AND DAY

SUITED UP FOR WORK AND ...  
MORE WORK

by Jessica Rapp

**Koen Naber**  
Country manager of O'Quirey

**His style:** "Suited up with a kick-ass pair of colorful shoes and a matching belt."

**Most treasured item of clothing:** "As a Dutchman, I am a proud owner of four pairs of orange shoes."

**Style transformation:** He wore suits when he was a lawyer, but admits his shoes have become more vibrant recently.

What shoes he is wearing when he's not wearing O'Quirey's: "Although I do all my nightlife dancing in my O'Quirey's, I do run (once a year) in a pair of Asics."

**How he'll ring in the new year:** "We have developed a new style of shoes where colored leather is combined with textiles. It is already a big hit in Europe, and I'm sure it will do just as well in colorful Beijing."

**What he's wearing:** shirt and tie by Ermenegildo Zegna, suit by D&J, and brogue shoes and belt by O'Quirey

*Naber says he rarely ever leaves Parkview Green, so find him there working, shopping, eating or downing a cup of espresso during his break.*





**Yinmai O'Connor**  
**Marketing Manager for Circle and LIV,**  
**freelance mural artist, DJ**

**Her style:** Eclectic, excessive, funky, and cheap. "I don't like to spend money on clothes, so I tend to alter and combine purchases from thrift shops and Taobao to get the look I want."

**Most treasured item of clothing:** "I've gone through phases. I've had over 100 pairs of shoes, got 14 ear piercings so I could wear as many earrings as possible, but as far as a guilty-pleasure goes, there is nothing I enjoy wearing more than a solid onesie."

**Style transformation:** "Less elaborate." She found

she had to leave much of her wardrobe behind in LA and doesn't like to buy too much in Beijing.

**Who inspires her:** Her sister-in-law, fashion photographer Chen Man. "She does a lot of interesting things with make-up, and I do a lot of face painting so these things make me want to be a bit more experimental."

**What she's wearing:** Secondhand jacket from childhood, Topshop shirt, shorts from Taobao, "Cutie" shoes from street shop, handmade jewelry, and Native American antique bracelet

*Find Yinmai Djing as Half N' Half for the Bunker parties, Dada, and around town.*



# BREATHE EASY

## 10 TIPS FOR CHOOSING AND USING AIR PURIFIERS IN BEIJING

by Kyle Mullin

**T**ribe may be best known for its fresh and organic-based food, but it is also working to create a healthy atmosphere, literally. The Gongti Donglu restaurant not only has a bed of aloe planted above the entryway, and a pair of thick-pane doors that seal out Beijing's notorious smog – it also utilizes top of the line Daikin air purifiers to ensure the split-level 70-sqm interior is cleansed of PM2.5 pollutants.

"We have 'eat, drink, and breathe' written on the window when you walk in, because we know how important breathing is in Beijing," explains Yvonne Yu, Tribe's executive director, who adds that all of the restaurant's tables and chairs were constructed and painted with natural, chemical-free materials.

"We just want to guarantee that the air is purified enough. And the model is very well reviewed. It works very well so far, and customers say the air smells fresher at Tribe," says Yu.

Considering how bad the air in Beijing can get, it's a shame that many businesses have not invested in air purifiers to keep their customers healthy and safe. But at the very least you can, and should, use air purifiers to clean the air in your own personal spaces. If you're looking to buy an air purifier for your home or business, here are a few tips on what to look for and how best to use them, followed by a select list of links, brands and retailers to keep in mind:

### Tip 1: Avoid the duds

When it comes to air purifiers, purchasing any old device simply won't do – especially those that generate ozone or rely on ionizing technology. These devices are not only ineffective at cleaning the air, they can even "expose users to potentially harmful levels of ozone, posing serious health risks ... some of the contraptions out there can do more harm than good."

### Tip 2: Pricey doesn't necessarily equal quality

While some purifiers are dangerously faulty, it isn't difficult to find quality, reasonably priced alternatives. Nikki Wu, marketing manager at Airgle Air Purifiers, notes that brands and prices aren't the most important factors when it comes to purchasing a safe and reliable device. Instead of focusing on the brand logo, she suggests checking for a seal of approval: "There are a few third party groups that have cleared about 40 air purifier brands for the market. Because they're third parties, the results are fairer," Wu says, adding that air purifiers bearing the seal of these objective standardization organizations – such as the Association of Home Appliance Manufacturers (AHAM) – will be up to par.





### Tip 3: HEPA filters are a must

Aside from third party approvals, air quality experts also recommend purifiers with HEPA (high efficiency particulate absorbing) certified filters, which are defined as those that filter 99+ percent of particles sized 0.3 microns or larger. Bear in mind that HEPA is a minimum benchmark – many manufacturers offer devices that go above and beyond this standard and feature superior air circulation capabilities, which is a hallmark of the larger and pricier machines.

### Tip 4: There are different types of air filter for different purposes

Purifiers range in size and capabilities. As [purelivingchina.com](http://purelivingchina.com) points out, many manufacturers offer purifiers that range from basic models that simply clean PM 2.5 pollutants out of the air to top-of-the-line components with “medical level” filters that can weed out the tiniest of viruses and microbes. Allergy and asthma sufferers should go with models that use HEPA filters, while people who have recently remodeled their home or office should buy special purifiers with carbon-activated gas filters.

### Tip 5: Assessments can be an asset

If you're super detailed and serious about finding the most suitable purifier for your needs, consider calling in professionals for an air quality assessment. Many retailers, including HealthPro (which sells IQ Air) and Torana (the distributor of Blue Air) offer home testing – HealthPro charges RMB 500 for testing while Torana does it for free. PureLiving China also offers home testing (for a fee, depending on the size of the space you want to get tested), which they claim can also detect indoor pollutants like lead, carbon monoxide, ozone and radon gas. If you prefer to go DIY, you can go online and buy a testing kit to see for yourself.

### Tip 6: Ensure your purifier measures up

One of the most important factors to consider when purchasing your air purifier is the room that you want to place it in. Depending on the size of the room, certain purifiers may be too small to adequately cleanse all its air, or may be so big that a smaller, cheaper unit could do the job and save the user considerable expense.

### Tip 7: Your purifier needs room to breathe as well

“Do not put your purifier up against the wall. The air

needs to circulate through it properly,” says He Jiao, a spokesperson for Lightair purifiers. Also be sure that the air has the space to circulate upwards – units should not be placed under shelves – and there should be a “few feet of clearance at the top, front, and sides for optimal efficiency.”

### Tip 8: Change filters regularly (and consider their cost when buying a unit)

Air purifiers are just glorified fans once their filters get too blocked up. So unless your aim is to run up your electric bill or circulate dusty air around your room, you're well advised to change the filters on a regular basis (manufacturers all have their recommended time-tables – most recommend changing every six months). Do note that filter costs, which can range from RMB 200-500, depending on the brand and model, can add up over time, so consider this factor carefully.

### Tip 9: Keep it running

As opposed to your air conditioner, and unless it's a “legitimate blue sky day,” it's actually best to keep air purifiers running around the clock to ensure that the air you're breathing is actually clean at all times.

### Tip 10: Keep your windows closed

Last but not least, be sure to keep your windows closed when your purifier is on, otherwise you will simply be cycling in the dirty air from outside on a continual basis. As our sister site [beijingkids](http://beijingkids.com) puts it: “The grim reality is that you have to choose between a hot, stuffy room with clean air, or a cooler, more aerated room with pollution.”

### Useful Links

Dr. Richard St Cyr's [myhealthbeijing.com](http://myhealthbeijing.com) has one of the most comprehensive sets of air quality posts relevant to Beijing. For more details on air purifier brands and models, refer to Consumer Report's test results, as well as the reviews from Consumer Search. My Health Beijing also lists the results of a 2013 analysis, conducted by the Shanghai Consumer Rights Protection Commission, on major air purifier models like Blueair, Samsung, Honeywell, and more (IQAir, one of the most popular purifier brands, is strangely absent).

*The above article originally appeared on theBeijinger.com as part of a blog series sponsored by Tribe Organic Restaurant, Beijing's newest option for fresh, healthy, organic and vegetarian-friendly dining.*

# PIECES OF YOU

YI ZHOU'S BODY MEMORABILIA

by Kipp Whittaker



Beijing is a transient place. You meet people of all shapes and sizes from around the world and then inevitably say goodbye forever. Why not keep a piece of these special acquaintances without literally amputating your favorite parts and horribly disfiguring your close friends? This is exactly the service Yi Zhou and her Body Memory project provides.

Yi Zhou is a designer, who after finishing up her studies at St. Martin's College in the UK returned to her home in Beijing to get involved with the rapidly expanding design scene here. It was during these first couple of months that she developed the idea behind this conceptual mobilized clinic, and has since been featured and exhibited in

publications and galleries across the city.

Body Memory draws upon her hypothesis that the human body is capable of remembering through textures, sounds, and shapes, the details of people and things we encounter in our lives. The objects and accessories she creates are meant to act as a detailed visual reproduction of a physical attribute bound in plaster. It is a piece of yourself ready to be distributed to your friends and family. It is quite the cute and chic concept.

You can contact Yi Zhou through email, and she will set you up with an appointment at an appropriate venue. She will arrive acting doctorly, wearing operating room scrubs, a stethoscope, possibly a small flock of nurses, and





even one of those fancy business banners to portray that special aura of authenticity.

Start off the pseudo-surgical procedure by filling out a small form of your ailment or essentially what body part it is that you would like copied. She then provides a little consultation about pricing. Almost everything Yi Zhou does is RMB 450, yet larger body parts might cost you a little more. She begins the “surgical” procedure by covering your finger, foot, ear, or bellybutton in alginate, a casting material often used by dentists to create dental impressions. After a few minutes, this material dries up and is covered with a plaster bandage. Once the bandages dry and harden, the mould is removed and ready to be

filled with plaster. It takes about a week to create the final product, which she will then deliver to you.

She is really professional and cute about the whole process, treating you like a patient and playing the part of a caregiver doing her best to fix you up. She will cast almost anything including your foot, finger, hand, belly-button, ear, or even nipple if you really want to get your point across. I’m not sure if Yi Zhou has ever done the rock n roll style genital cast made famous by the band groupie Cynthia Plaster Caster, but cast the right price and anything could happen.

Contact [y.zhou@yizhoudesign.com](mailto:y.zhou@yizhoudesign.com) for more info or to set up an appointment.

# PADI ISLAND

BACKPACKERS CONTINUE TO FLOCK TO KOH TAO

by Steven Schwankert

Perched in the Gulf of Thailand, Koh Tao has a unique claim to fame: it's one of the world's few scuba diving destinations for backpackers. While the demographic that heads to the island is overwhelmingly 20-something, the underwater variety that lies nearby – everything from turtles, a sunken warship, and even the occasional whale shark – will appeal to divers of all ages.

Reachable by ferry from Chumpon on the Thai mainland or nearby island Koh Samui, Koh Tao became a mecca for young people, especially from Europe, about 15 years ago. That steady stream of youth has made it one of the world's least expensive places to earn a scuba certification. Although the island's eastern side has some lovely beaches, soaking up the sun is better done at other destinations.

Although Koh Tao features 60, yes, 60, dive centers from which to choose, two stand out from the crowd. Located right on the main strip near the ferry pier in Sairee is Impian Divers, operated by former Beijing resident and PADI Master Instructor Robert Rhemrev. Impian specializes in small group classes and diving, and reaches all of Koh Tao's major dive sites with their own boat. They offer courses in four languages: Dutch, English, French, and German. Find

them at [www.impiandivers.com](http://www.impiandivers.com).

For more advanced training, few if any dive centers in the world have a better reputation than Buddha View Diving Resort, perched on the south end of the island. Active divers looking at courses such as Divemaster or even Instructor can take advantage of Buddha View's dedicated facilities, along with learning from one of the world's most experienced PADI Course Directors, Mark Soworka. Learn more at [www.buddhaview-diving.com](http://www.buddhaview-diving.com).

Koh Tao also benefits from its proximity to two other well-known Kohs (Thai for "island"), Koh Samui, and Koh Phang'an, the latter best known for its Full Moon Party. Koh Tao mysteriously sees a decline in the number of young people eager to go diving during the day or two before and after the event, so if all-night raving is not your thing, that may be a good time to plan your visit.

One tip: take the Lomprayah ferry. It's much faster than its competitor, Seatran. Just bear in mind that the Lomprayah ferry pier is as much as an hour away from Koh Samui International Airport (the loveliest boutique airport in the world), so make sure you leave hours between your ferry's arrival and your plane's departure.

*Disclosure: Steven Schwankert is the founder of SinoScuba and a PADI IDC Staff Instructor.*





Introducing the people who matter

# MEET

STARSAILOR // MICHAEL CUPOLI // DAVID FERTITTA // CHERRY DENMAN



***Make sure to check out Starsailor as they fly through on Jan 10 at Beijing Exhibition No. 11 Hall. They will make you swoon with their dreamy Brit-pop tunes and unique command of sound and stage.***

PHOTO: COURTESY OF THE ORGANIZER

# MICHAEL CUPOLI

NOISE ARCADE

## Which song lifts your spirits?

Pair's "Gig of the Week" always seems to lift my spirit. The drums on this track are great and I can't believe that Xiao Zhong would be screaming his heart out while playing this beat. The lyrics aren't the most uplifting but that doesn't really take away from the music.

## What's your favorite Chinese song, and why?

I would have to say "Kuai" by PK-14 is my favorite Chinese song. The first time I saw them play was at a music festival like seven or eight years ago and they played this song. The amount of energy they had on stage was impressive. Then I listened to the record at home and it still had that level of energy.

## If you could play any instrument, what would it be and why?

If I could play another instrument, I would choose the bass clarinet. The tone of the bass clarinet is quite special. Of course it can sound like a clarinet, but it can make sounds quite similar to a synth. Eric Dolphy is one of my favorite bass clarinetists to listen to. His solo bass clarinet version of "God Bless The Child" is great.

## Name a song or record for your time in Beijing?

At this point in time, I have lived in Beijing for 10 years. A piece of music that would describe that amount of time would Morton Feldman's String Quartet No. 2. It is a four to six-hour piece of music that is quite beautiful to listen to. Time-wise, that feels like an equivalent amount of time because no one every thinks they will stay here that long or finish listening to piece.



## What is your workout music?

Recently, I have been listening to either Death Grips or Nine Inch Nails while I work out. I find both groups are great to listen to when I am running or lift weights so I don't have to play around with my iPod while exercising.

## What was your favorite period or year for music?

I have two favorite periods for music. The free jazz that came out in the 1960s primarily on Blue Note Records and ESP Disks is one. The level of musicianship and the mature compositions that came out of this period are ridiculously good. The other favorite period of music would be the late 70s/early 80s post-punk movement that was happening in England. Bands like Joy Division, Bauhaus, Cabaret Voltaire, Throbbing Gristle, and a ton of other bands are among my favorites to listen to.

*Check out Noise Arcade's new album "Lack of Regrets."*

## MICHAEL CUPOLI'S FIVE-SONG PLAYLIST



"Acknowledgement"  
by John Coltrane



"Piano Phase" by  
Steve Reich



"Smothred Hope"  
by Skinny Puppy



"Yangpu Qu" by  
Pairs



"Second Bad  
Vilbel" by Autechre





# DAVID FERTITTA

COMEDY CLUB CHINA

## Who would you most like to go out drinking with?

Tough call. I might have to go with Anthony Bourdain, I've read all his books, am kind of like a Trekker with regards to his various shows, and he seems like an all in all righteous dude. Plus he's at least in some way responsible for me living in Asia for three years, so I guess I have to thank him or blame him for that, haven't decided which yet.

## If you could only imbibe one drink for the rest of your life, what would it be?

If I was rich I'd drink only high-end Champagne. Given my current financial situation I drink a troubling amount of second-rate sparkling wine.

## Tell us about the first time you were drunk.

The first time I was drunk was at a lame college party, we were drinking some horrible "jungle juice" concoction. As soon as I realized I was pretty drunk I went back to my room and played video games. I was a real rad guy.

## Tell us about the last time you were drunk.

I've been drunk way too often lately. Recently I hosted a show at Cheers. Those shows are always particularly messy. Lots of cheap champagne. Later I came to while

standing alone in the middle of an obscure hutong at 3am. Real rough night.

## What's the dumbest thing you've done while drunk?

Hmm, hard to say. I guess when I first got to China I was in a mode where I liked to steal things when I was drunk. Never anything important or valuable, but stupid stuff. My first week here I stole a six-foot-tall poster of George Clooney that I still have. This interview is making me look less than awesome.

## What's your idea of a good night out?

If I get to do comedy or DJ that's always a good start or end. Other than that a perfect night would involve lots of chuan'r and street beers and then finding some place to dance like an idiot.

## What are your secret watering holes?

It's not really "secret," but I love SIIF bar on Beiluogu Xiang. Not that many people go there, but I don't know why, it rocks. Super nice staff, a wacky basement dance floor, a nice little roof and two big dogs to pet. It's a dope spot.

*See David every Tuesday at Jing A's comedy open mic.*

# THAT WAS CHINA

MARK KITTO LOOKS BACK AT THE TURBULENT HISTORY OF PUBLISHING IN CHINA IN "THAT'S CHINA"

"The foreign communities are almost as different as the natives. Beijing is home to the China hands, young and old, overseas students, China career diplomats, foreigners who come to China to discover the country, to do something useful, creative even. The Shanghai expats come for jobs and money. They come to see if Shanghai can do something for them, make their dreams come true, make their fortune. Everyone in Shanghai is on the make, local and foreign."

Such is author Mark Kitto's comparison of two cities where he did much of the above, coming to discover the country, and then settling in Shanghai for a job and maybe even some money. His second book, *That's China*, is his account of his bare-knuckle fight to build a publishing empire in China, and the backstabbing and betrayal that led to its failure.

Originally a metals trader based in Beijing, during a stint in Guangzhou Kitto became interested in the local expatriate magazine scene. Teaming up with Kathleen Lau, who was publishing "Clueless in Guangzhou" in the late 1990s in that southern city, the two decided to take on Shanghai with a new magazine aimed at readers of English. It was originally titled "Ish," which was actually an acronym for "In Shanghai."

"The lead story for our next – double – issue was about the inaugural Shanghai Arts Festival. We had already decided to use the words 'that's entertainment,' thinking of the famous Jam song, on the cover. How about we use the word 'that's' again in December? It would be the end of the year. We could say 'that's All Folks!,' after Disney. We could use 'that's' for all sorts until, when we felt the moment was right, we morphed it into 'that's Shanghai.' It was a catchy and appropriate name. One day we could use it for other cities. Renaming Clueless in Guangzhou was an obvious place to start," Kitto writes, describing the genesis of his, and this, publication's earliest moniker.

This is one of many instances when Kitto was forced to make changes due to regulatory or personal pressure. The reason that Beijing today has two separate magazines: *the Beijinger* and *That's Beijing*, is explained fully in the book, and it's not a simple or pleasant story.

"My China publishing career did not end that horrible September day. It lasted a few months more," Kitto writes

mournfully. His ultimate "retreat," as he called it, led him to the Zhejiang province mountain of Moganshan, which was the subject of his first book, *China Cuckoo*.

Kitto may have been finished publishing, but he wasn't finished writing. Aside from *Cuckoo*, he created a mini-genre of China commentary when he wrote "You'll Never Be Chinese," for the UK's *Prospect Magazine*, the first of what became a series of such farewell letters by long-term expatriates.

"Death and taxes. You know how the saying goes. I'd like to add a third certainty: you'll never become Chinese, no matter how hard you try, or want to, or think you ought to. I wanted to be Chinese, once. I don't mean I wanted to wear a silk jacket and cotton slippers, or a Mao suit and cap and dye my hair black and proclaim blowing your nose in a handkerchief is disgusting. I wanted China to be the place where I made a career and lived my life. For the past 16 years it has been precisely that. But now I will be leaving," he wrote in the article. When he ultimately did depart from China more than a year later, with his wife and two children in tow, *The New York Times* deemed his story, the one now told in *That's China*, to be worthy of an article.

"Mao Zedong famously said, or is reputed to have said, in Tiananmen Square, when he announced the founding of the People's Republic of China on the first of October, 1949: 'The people of China have stood up.' One day soon perhaps they'll walk too, along a path they'll choose for themselves. I hope so," Kitto writes at the end of this latest book.

*That's China* reads like an artisanal balsamic vinegar: although a sour bite permeates it (bitterness, to be more accurate), the book is an overall lively and interesting read, and the latest in a line of cautionary tales by and for foreigners who want to do business in China, a lineage that extends all the way back to James Mann's *Beijing Jeep*. If this were the last installment in that sad series, it would be a fitting finale, but it most certainly will not be. Steven Schwankert

*That's China is available from amazon.com in electronic and paperback editions.*



# CHERRY DENMAN

AUTHOR/ILLUSTRATOR, *WAY OF DOG*

**The books on my shelf have the most sentimental value to me** are the ones my children still pull out on rainy Sunday afternoons.

**The bookshelf in Beijing I would most like a peek at is** [Penguin Random House North Asia Managing Director] Jo Lusby's ... all those old, crunchy Penguins.

**If you only ever read one book about China, make it** *Flashman* and the Dragon by George MacDonald Fraser.

**The book I pretend to have read, but haven't really** is anything Russian, particularly *Anna Karenina*. Never got more than half way without throwing it across the room. She is an exasperating miserable idiot.

**My bathroom reading is cheap, waterproof thrillers,** authors like Jo Nesbo and Lee Child.

**My subway reading is** also *Anna Karenina*. I like to feel that someone is having a worse time than I am.

**I didn't hide any books before you arrived.** All my friends know I have a mind like a garbage truck.

**My favorite book from childhood is** *The Little White Horse* by Elizabeth Goodge.

**The book I'm saving for old age is** ... nothing. Books are like chocolate cake, I have no will power.

**The book that changed my life is** Diana Henry's *Cook Simple*. I put on 15 kilos.

**The character in a book I would have liked to meet** would have to be Kinky Friedman: he is a character in, as well as the author of a series of hilarious, irreverent detective stories set in New York. However, I should like to be [Harry Potter's] Professor McGonagall or [101 Dalmatians'] Cruella de Vil.

**The characters in books I've had a crush on** include Sherlock Holmes, Peter Wimsey, Albert Campion, basically any detective who wears tweed.

**The last book I read was** *The Incarnations* by Susan Barker. Loved it.

**The last book I bought was** a reprint of *How Tom Beat Captain Najork and his Hired Sportsmen*, by Russell Hoban and Quentin Blake. The expression "eat your greasy bloater" is now a family war cry.

**The book I wish I had written is** the *Harry Potter* series. Has to be. It is every book I read as a child rolled into one story.

**The book with the best ending is** *The Railway Children* by E. Nesbit. I just have to read "Daddy, oh my Daddy"

and I start to sob. In fact I'm welling up now just writing it.

**The book with the best beginning is** *I Capture the Castle* by Dodie Smith. "I write this sitting in the kitchen sink." So accurate ... you'll never believe where I am typing this.

**The book I wish I hadn't read is** *Atomised* by Michel Houellebecq. The worst book you can possibly imagine. Everyone is unpleasant, the sex is unpleasant, and the writing is unpleasant. Really ... if you see it ... run.

**The book that surprised me most is** Philip Pullman's *Dark Materials* trilogy.

**The book you'd like to see adapted as a film/play/TV show is** *The Wish List* by Eoin Colfer, with Timothy Spall playing pensioner Lowrie and a young Billie Piper playing Meg Finn.

**A good book to read during turbulence is** *Holidays in Hell* by P.J. O'Rourke.

**The fictional "world" I would you most like to be part of is** *Harry Potter*. I want to be the first headmistress of Hogwarts.

**My favorite quote from a book is** "I had the liver twice that day," from *Portnoy's Complaint* by Philip Roth.

**What came first, the way or the dog?** The dog. I am still looking for the way.

*Way of Dog* is available at *The Bookworm* and from [amazon.com](http://amazon.com)



# ELISA CUCINELLI

VIDEO ARTIST



**Have you ever walked out of a movie theater? If so, which scene made you say “I can’t watch any more of this”?**

Yes, it was for *La Môme*, a few years ago. It was overplayed and felt very cliché, so I got bored and left. I don’t understand why people were so crazy about it and why Marion Cotillard achieved such international acclaim. Apparently she is also trying to become a singer with *Metronomy*. Whaaat?!

**In your opinion, which season of which TV show was a complete waste of time?**

Haha, I have the tendency to forget something right away if it’s boring, which is probably a good quality in this case. Last one I remember was the second season of *Girls*. It lost its freshness.

**In the biopic of your life, which scene should be filmed in slow motion?**

Crying in the middle of IFC in Hong Kong, in front of the Shu Uemura shop, then a proper blond foreign family with kids walked by staring at me.

**What’s the movie that you haven’t been able to find on DVD?**

I’ve been searching for movies from Ulrike Oettinger, a German female filmmaker. She’s a mix of Matthew Barney, Alejandro Jodorowsky, and John Waters but without their success. She did films about midgets before David Lynch and Werner Herzog, I think. She is

insane and very inspiring. I don’t understand why she didn’t get more international recognition.

**Favorite dance film?**

*Fish Tank* from Andrea Arnold. More a film about passion than about beautiful technique but so strong.

**What is the slowest paced movie you still enjoyed?**

I really like slow movies! That’s why I’m interested in Asian cinema. I like *Nobody Knows*, *The Taste of Tea*, *Tokyo Sonata*, and so many more.

**What’s the scariest movie you’ve ever seen?**

*Jurassic Park*! I remember going with my older sister Nadia who was already annoyed to bring her little sister to the cinema with all of her girlfriends. She warned me but I wanted to do what the cool girls were doing. I remember it feeling like the first time on a roller coaster, when you only want it to stop without killing you. I spent the length of the movie hiding myself under my jacket and probably spent two weeks afraid that a Tyrannosaurs Rex or something similar would be under my bed.

**What snacks did you used to sneak into the movie theater?**

Everything I could. I was pretty big at that time.

*Look out for Elisa Cucinelli’s camera work on the film “Fidan,” currently in production.*





## HANNAH LINCOLN

CONSUMER INSIGHTS ANALYST AND FICTION WRITER

### What famous person would you want to have a drink with?

Charles Bukowski. In a sense, he's my hero. He sort of haunts me, actually. Just reading his stuff struck me in a way that other writers haven't. He and Frank McCord, who wrote *Angela's Ashes*. They actually have this thing going on where they were just shameless to the tenth degree about their attitude. They were quite talented in how they did and got credit for doing that. They are also both heavy drinkers, so why not?

### How old were you when you started drinking?

I had my first drink when I was 15. The first time I got drunk when I was 16. Drinking was so much easier as a teenager even though it was hard and illegal and you had to sneak around. The motivations were different. The motivation then was this teenage angst darkness that you had to grasp, whereas now it's just more of a habit. It's a social cue. Then it was an event that we congregated around and it made us special, and there was something very special about it.

### When was the last time you were drunk?

I was drinking with some friends, some of whom were leaving Beijing for good. A bunch of us went out for wine. I had some wine and some more wine and some more wine, and it was just one of those days when I was so high on life. Once everyone was going home, I grabbed the friend nearest me who is single and younger and capable of going out, and I said, "we're going to go rage!" So we walked over to Kokomo and it

was empty, and then we went somewhere else and it was empty. Then we went to The Local and I passed out at a table there, and then I left my bike there for a week.

### What was the dumbest place you've gone drinking?

I have this image of me and my friends when I was 17, we had all been accepted into good colleges and we were going off to school. We were drinking at the beach in our town and the police showed up. We thought, "oh my god oh my god! What are we going to do?" So we just threw the beer cans in the rocks in front of us, and by some miracle, the police didn't see us, they just walked by and said hello. So that was pretty dumb. That wasn't really that dumb, just unfortunate.

### What kind of drunk are you?

I seek intimacy in the friendship sense. When I'm drinking I really want to know everything about everyone around me, and when I'm drinking, I'm seeking that deep, bonding experience. Some people aren't really down with that, they think that's boring and would rather play foosball. In my mind, the goal of drinking is to really, deeply connect with someone, so it's like truth serum. I realize that's not always what people want to do when they're drinking. Sometimes they don't want to talk about their deep dark secrets. That's fine.

Read all about Lincoln's deep, dark secrets in her contributions to *The Anthill*, [www.anthill.org](http://www.anthill.org).

What are you planning to do?

# EVENTS

OUR EDITORS PICK THE BEST OF THE MONTH

UPLOAD YOUR EVENTS AT [THEBEIJINGER.COM/EVENTS](http://THEBEIJINGER.COM/EVENTS)

FIND ALL VENUE INFO AT [THEBEIJINGER.COM/DIRECTORY](http://THEBEIJINGER.COM/DIRECTORY). PLEASE CALL VENUES AHEAD OF TIME TO CONFIRM DETAILS.



**MORGAN (COMPACT DICKS) AND COUSIN KIPPY'S BIRTHDAY BASH!**

JAN 3 – Witness the depraved magic of Beijing's most notorious party boys as they celebrate their creation by humiliating themselves on the Dada decks. Expect a superbly curated mix of glam, soul, and 80s synth pop, also featuring support from DJs Ozone and Booty Clap. Free. 10pm-Late. Dada (183 1108 0818)

PHOTO: KUN LIANG



## Gallery Exhibitions

### BILL VIOLA

**ONGOING** – The world premiere of Viola's latest work entitled *Inverted Birth* (2014), a towering five-meter video and sound installation showing violent awakenings and transformative stages through fluidity to represent human form's various stages. Free. 10am. Faurschou Beijing (5978 9316)

### ZHAN WANG: MORPH

**JAN** – Deviating in traditional aesthetics from Wang's well-established 30-year career, the new exhibition 'Morph' showcases a Baroque inspired sensuality in the form of gigantic boulder like sculptures acting as an artificial complex drawn from the natural world. Free. 11am. Long March Space (6438 7107)

### YING JI

**ENDS JAN 24** – Death and hope are the inspirations behind the new photographic series from Ying Ji. The death of the noeme is also the rebirth of the image itself and the viewing of it from an audience gives rise to this lifecycle of ending and beginning. Free. 2pm. Jiali Gallery (8402 5613)

### MINISTRY OF TRUTH II: THE FACTITIOUS AND ITS REALM

**JAN** – Five artists explore the concept of truth in this second installment from the Ministry of Truth whereby they deconstruct the relationship between the reception and conception of art through the practices of texture, surface, and spatial relations. Free. 12pm. Boers-Li Gallery (6432 2620)

### GATE-OPENER

**JAN** – Six Korean artists are bringing together new, contemporary, trend-setting ideas in an aggressive Asia meets West exchange to highlight the growing idea of South Korea being the new centrality for the modern art industry. Free. 10am. Beijing Commune (8456 2862)

### ZHONGYING'S ICONS

**ONGOING** – Shi Zhongying, straight from his exhibition at Red Gate Gallery, moves his sculptural pieces 'Buddha Icon' and 'Self' series to a new viewing platform in Sanlitun. Free. 10am. The Opposite House (6417 6688)

### DENG TAI: SHADOW

**OPENS JAN 10** – A haunting showcase of deceased artist Deng Tai in a self included photographic series where he roams the pathways of Beijing dressed head-to-toe in vivid red satin and glaring red face paint. Free. 11am. Telescope (135 2264 6411)

### YAO QINGMEI SOLO EXHIBITION

**OPENS JAN 10** – Local artist Yao Qingmei, who trained in France to hone her craft, presents a burlesque parody thematic across performance, video, and photographic artworks that address the fading legacies of communism. Free. 10.30am. Magician Space (5840 5117)

### 1. BACK TO 88

**JAN 2** – Fifteen years ago Club 88 hit Beijing, and brought the most fashionable and trendiest folks in electronic music together. Resurrecting this scene back into the present, these same folks are going to hit the decks once more and show the new kids in Beijing how it's really done. RMB 99, RMB 88 (advance). 9pm. Yugong Yishan (6404 2711)

### 2. MUSICAL TOY ORCHESTRA OF BEIJING

**JAN 8** – Come enjoy the musical happening of the month, where all attending will be asked to participate in a playful orchestra of dissonance, using everything from recorders, kazoo's, whistles, flutes, pipes and many other toys for real impromptu fun. RMB 40. 9pm. DDC (6407 8969)



## EVENTS



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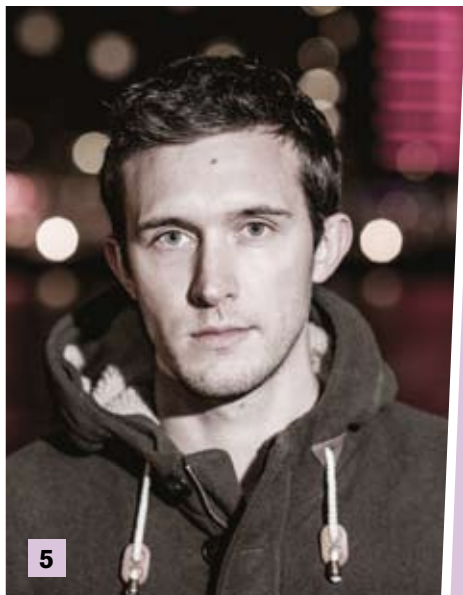
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### 1. GUIGUISUISUI ASIAN TOUR KICK OFF

**JAN 9** – Join King Necro, Beijing's only true representative and heir to the 8-bit, death rock throne. It's going to be dark and beautiful in a way only a lord of the underworld could provide. Free. 9pm. Temple Bar (134 2607 0554)

### 2. INTLX #8: GRAIN FIELDS

**JAN 9** – Pangbianr returns in 2015, resurrecting its long defunct INTLX show series to host American composer and experimental musician Luke Moldof, along with a range of Beijing heads including Charm, Vavabond, and Xiao Hong yu Xiao Xiao Hong. RMB 30. 9pm. DDC (6407 8969)

### 3. THE SYNDICATE PRESENTS: DOC SCOTT

**JAN 10** – UK Drum n' Bass legend Doc Scott will be kicking off the new year with a boom. He's traversed the world with his intricate electronic warbles and now he's ready to shiver the Dada timbers with support from The Syndicate. RMB 50. 10pm. Dada (183 1108 0818)

### 4. ICEAGE

**JAN 10** – The howling winter winds of Denmark are probably created by the massive music machine that is Iceage. Nothing but dark, raw energy blows out from their speakers so come prepared for a savage performance. RMB 80. 10pm. XP (6406-9947)

### 5. DIM SUM DISCO PRESENTS SAN SODA

**JAN 10** – Last spring his gig was cancelled due to a freak thunderstorm that left him stranded on a Hebei tarmac. Well, this razor-sharp producer and versatile DJ returns to get the party moving in the Migas dance pit. RMB 50. 10pm. Migas (5208 6061)





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### 1. JOZEF K

**JAN 16** – Figurehead of Manchester's vibrant house and techno scene, Jozef K, who despite his young age has many years of DJ experience at an international level, playing to thousands of people regularly under his residency at Sankeys Manchester, NYC, and Ibiza. RMB 50. 10pm. Dada (183 1108 0818)

### 2. 2015 CBA ALL-STAR WEEKEND

**JAN 17** – From upcoming rookies to the biggest names in Chinese basketball, players will hit the courts for some fast paced dribbles, drills, and the hardest of slam-dunks. Basketball fans rejoice! RMB 60 and up. 7.30pm. National Indoor Stadium (400 601 3721)

### 3. THE BEIJING BEATLES

**JAN 17** – Beijing's premier Beatles cover band will present superb renditions of your favorite Beatles hits. If all you need is love, then we love them yeah, yeah, yeah! Free. 9pm. Temple Bar (134 2607 0554)

### 4. GOA PRODUCTIONS PRESENTS: PSYFIDELITY

**JAN 17** – It may be cold as ice outside, but it will be a steamy trance-tastic love-in at Dada with the fantastic folks of GOA Productions. They will be featuring only the best trance music Beijing has to offer. RMB 30. 10pm. Dada. (183 1108 0818)

### 5. BEGINNERS MAHJONG WORKSHOP

**JAN 18** – There's nothing we hate more than losing all our lunch money to some neighborhood grannies in a hutong gambling den. Join Culture Yard's mahjong experts as they show you the ropes of this addictive Chinese past time. RMB 120. 10am-12pm. Culture Yard (8404 4166)



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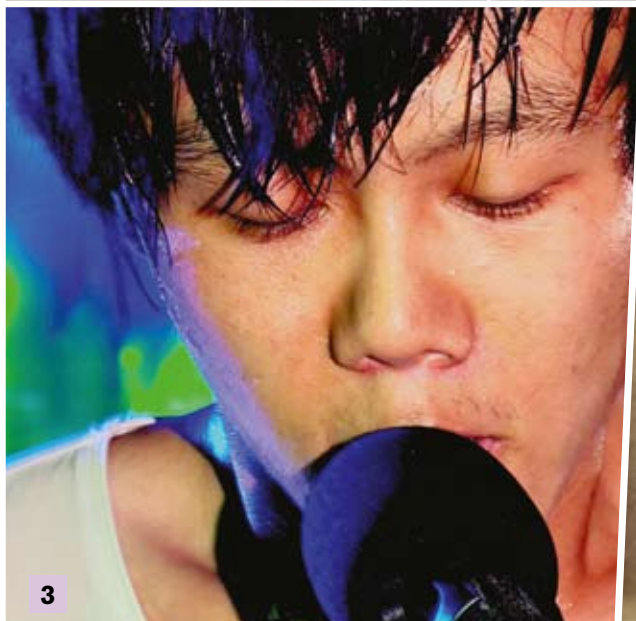
## EVENTS



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### 1. TRIAD ELECTION

**JAN 18** – Shady dealings, back stabbing, and brutal violence weaves a wicked metaphor about Hong Kong's troubled relationship with the rest of China. This is arguably director Johnnie To's greatest film. RMB 50. 6:30pm. Culture Yard (8404 4166)

### 2. PUNCHLINE COMEDY PRESENTS: BEST OF BRITISH COMEDY WITH JOHN MOLONEY, JEREMY O'DONNELL, AND ANDREW STANLEY

**JAN 20** – Join an amazing line up of professional comedians flown in from the UK, promising a great night of fun and raunchy laughter. RMB 300, RMB 250 (advance). 8:30pm. The Local Bar and Grill. (185 0040 7732)

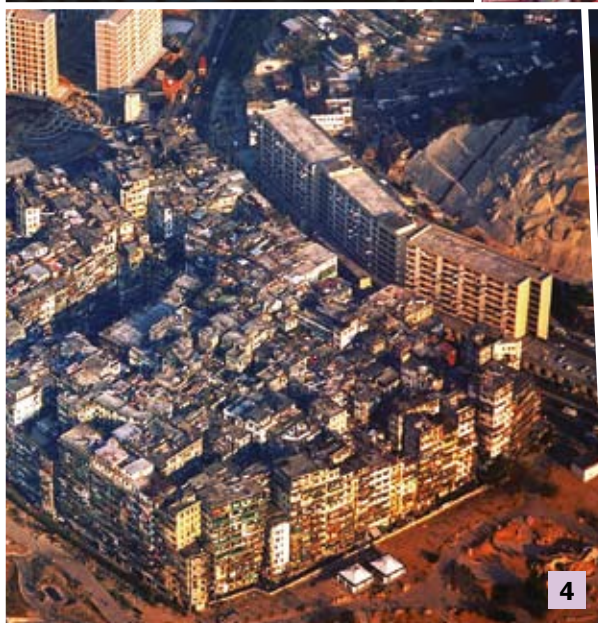
### 3. GULOU DOUBLE DECKER #1

**JAN 22** – Come witness the magic of this special interplay between Live Beijing Music and Pangbianr, featuring an odd mix of genre-bending extreme music that includes Fake Weed, Gate to the Other Side, Jerry Chan, and Fratricide. Free. 9pm. Temple Bar & Dada (134 2607 0554)

### 4. XIAO HE SHOWCASE SHOW

**JAN 30** – 2012 was the last time Xiao He graced School Bar freaky presence and stunned the crowd with his labyrinth of sounds. Fast-forward a massive two years and he's back with an unpredictable, but guaranteed to be amazing, show. RMB 100. 9pm. School Bar (6402 8881)





### 1. RED BULL MUSIC ACADEMY PRESENTS: LOST CARGO TOUR

**JAN 30** – Come experience some forward thinking electronics acts like Yosi Horikawa and Daisuke Tanabe from Japan and Faded Ghost as they team up with Red Bull to ring in the application phase for the 2015 RBMA. RMB 60. 10pm-late. Dada (183 1108 0818)

### 2. HELLO MONEY

**JAN 31** – Join these international troublemakers from Shanghai, as they use live instruments and mad skills to bring you a heavy dose of mashed up soul and reggae. Free. 9pm. Temple Bar (134 2607 0554)

### 3. POPASUDA

**JAN 23** – D-d-d-d-drop the bass. Deep heavy vibes are slinking in from all corners of the globe to wrap their seductive booty shaking pleasures through Dada's speakers and straight into you. Think everything from Latin to Zouk to Trap and more. 10pm. Dada (183 1108 0818)

### 4. CAPITAL M BOOK TALK: CITY OF DARKNESS REVISITED: KOWLOON WALLED CITY

**JAN 18** – Join photographer Greg Girard and learn how Kowloon's infamous Walled City has influenced a generation of film-makers, architects, urban planners, and others who were inspired by the idea of a self-organizing yet unplanned city. RMB 75, RMB 20 (students). 4pm. Capital M (6702 2727)

# THE FIRST YEAR'S THE BEST

by George Ding

**"T**he first year's the best." Someone actually said that to me seven years ago, some grizzled expat who I swore I'd never become, and yet, as it happened, he turned out to be right. So here I am, dear reader, saying the same thing to you.

In 2008, two equally important things were true: I was 22, and time didn't matter. Indeed, I was hardly cognizant of it.

All those insignificant seconds ran together, piling up into a life that was aimless, meandering, and, best of all, completely without responsibility. With no promises and no obligations, anything was possible.

There was only one rule: don't buy furniture. Don't buy anything that can't go home in a suitcase.

For me, that year had the feeling of a scrimmage, as if the score would always be set back to zero and the real match was always somewhere in the offing. Choices would never sour into regret because they could always be changed.

Was it me or was it Beijing?

Would I have felt the same in New York or Paris or Nairobi? It's impossible to know without being 22 again, without having two lives to waste.

You taste every flavor in that first year. Nothing is too far because you have no idea how far anything is. You're willing to travel, across town, to the outskirts, to Shunyi for chrissake, just to meet a friend for dinner. You cab it too.

You don't yet know which kinds of people you like and which kinds you hate, so you meet them all, talk to everyone, nod politely. They tell you what life is like and you don't believe them.

In the first year, everything is new. Every experience—every exploding firework, every scorpion-on-a-stick, every child pooping—is so full of wonder and awe that you can't wait to run home and blog about it. Perhaps

more telling, you believe someone will actually read your blog.

You spend money like you've never seen it before because, well, you haven't. Eventually, you learn to put a couple stacks out of reach, to protect them from yourself.

You meet some of your best friends and share some of the best times—talking into the night, dancing until the sun comes up, going to work drunk and realizing: wait, no one cares.

Even the pain, with time, ages into something sweet, like the crush who tells you, as you're stepping off the subway, that she'd had a boyfriend the whole time.

Those moments come fast and furious that first year because every time is the first time. Maybe that's why I stayed. Maybe I mistook the exception for the rule.

I'll never be 22 again or have another freshman year in Beijing, but like a junkie with a new drug, I'm content to chase the highs, even if they come less and less frequently.

Ultimately, I'm glad I did. By deciding to stay, I experienced the most perennial feeling of all: loss.

The final lesson of that first whirlwind year is that everyone leaves, sooner or later. Even your Chinese friends go abroad or back to their hometowns. The only rock not moving in this river is you.

Then slowly, as time goes by, it dawns on you: everything changes, everything's happened before, you are not unique. And that scrimmage? Turns out you were playing for keeps all along.

And in the end, I'm still left wondering: was it me or was it Beijing?

I'll never know. But by the end of that first year, I had changed. I was ready for something larger than my suitcase. I was ready to buy furniture.

WAS IT ME OR  
WAS IT BEIJING?





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