



Let the orient impress

The Good Food Guide recommends some of the best restaurants for celebrating the arrival of Chinese New Year on 7 February. *Gong xi fa cai!*

LONDON

HAOZHAN

A new trailblazer in town

The surprisingly short menu of this new-wave Chinese borrows styles from Japan, Malaysia and Vietnam. Jasmine ribs are meaty and tender, deep-fried (but greaseless) curry soft-shelled crab is 'excellent' and unusual Marmite prawns have an 'edgy and subtle flavour'. Standout dishes include a glorious crispy quail with chilli and salt, and a hotpot of braised aubergine and minced pork with silky, creamy home-made tofu.



8 Gerrard Street
London W1D 5PJ



020 7434 3838



www.haozhan.co.uk

CHELTENHAM

MAYFLOWER

Long-standing family favourite

This long-running, family-owned Chinese restaurant in Cheltenham now has a younger sibling in Cirencester. The formula must work, as it's been serving customers for more than 25 years now, with a wide choice of set meals and an extensive à la carte menu. House specials, such as paper-wrapped prawns (£6.50) and Szechuan chicken (£8.50), are sound options. The wine list starts at £12.95.



32-34 Clarence Street,
Cheltenham GL50 3NX



01242 522426



www.themayflowerrestaurant.co.uk



Chinese New Year is a popular time for eating out

New Year dishes

Here are some examples of traditional foods eaten at Chinese New Year

■ Buddha's delight

The black, hair-like moss used in this vegetarian dish is pronounced 'fat choy' in Cantonese, which sounds like the word for 'prosperity'.

■ Jau gok

This is the main Chinese New Year dumpling. It is served because it resembles a gold ingot, indicating wealth.

■ Hotpot

The Cantonese word for hotpot (a Chinese fondue with meat, seafood and vegetables) sounds like the words for 'prosperous and booming'.

■ Jiaozi

These dumplings are served to usher in good luck and wealth. A coin is often placed in one of the dumplings, bringing wealth to the person who bites into it.

■ Noodles

'Longevity noodles' are served to represent a long and happy life. It is considered extremely bad luck to cut them.

■ Dried bean curd

This is served to denote happiness. Fresh tofu is not served because the colour white symbolises death and misfortune.

MANCHESTER

YANG SING

Leading Cantonese restaurant

This recently renovated Manchester institution has a dim sum menu running to 60 items, while the à la carte menu offers close to 200 dishes. Menu blindness can be a real problem, so enlist the help of your waiter. Try chicken and sweetcorn parcels, bamboo boxes crammed full of steamed prawn dumplings, roast pork with soy-drenched jellyfish or ostrich fillets in a piquant lemongrass sauce.



34 Princess Street,
Manchester M1 4JY



0161 236 2200



www.yang-sing.com

HARROW

GOLDEN PALACE

Authentic Chinese in the suburbs

A neighbourhood restaurant with a national reputation, the Golden Palace offers a long menu based on skilled renditions of core dishes. Earthy, peasant-style hotpots, such as braised bean curd with shredded pork, share the limelight with other Cantonese and Peking-style staples. These range from scallops with spicy salt and chilli to baked lobster with ginger and spring onion. Sundays are all-day dim sum extravaganzas.



146-150 Station Road, Harrow HA1 2RH



020 8863 2333

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