

foodie®

Drunken Desserts

Pick your poison
from these spirited
indulgences

Avoiding the Chop

Our Food Nomad
thrills in AFC's new
reality show

Molecular Man

Meet the culinary alchemist Heston Blumenthal

THE SPICE OF LIFE



Holistic health counsellor and owner of SpiceBox Organics Punam Chopra has recently launched a series of monthly educational and cooking workshops at her lovely shop in Sai Ying Pun. Coming up this month, health coach Marissa Needles will host a workshop on Saturday the 5th from 10am until noon focusing on how to achieve a five-day express detox (\$350 per person), and on Saturday the 26th from 10am until 12:30pm, Ayelet Idan from Olive Leaf Kitchen will teach participants how to whip up a healthy Middle Eastern brunch (\$400 per person). Fees include a \$50 SpiceBox Organics voucher for a post-workshop spice shopping spree. There will also be a complimentary hour-long class held at 11am on Saturday the 19th to introduce the art of neti pot and simple nasal irrigation. To book, phone 2568 2728 or email info@spiceboxorganics.com. **Shop K, G/F, Fook Moon Building, 72 Third Street, Sai Ying Pun**

CUBAN SUPPER CLUB



Discovered by world-famous music producer Quincy Jones in 2009 whilst playing at the Montreux Jazz Festival, Cuban jazz pianist and composer Alfredo Rodriguez and his band will get down Havana style two nights this month at SEVVA. On 10 and 11 April, guests can book for a cabaret-style evening of cool tunes and Cuban eats, with pulled pork, rice and beans and plenty of mojitos (and Cuban cigars) on the menu (\$1,280 per person, inclusive of live music). To book, phone SEVVA at 2537 1388 or email reservations@sevva.hk. **25/F, Prince's Building, 10 Chater Road, Central**

MICHELIN CRUISE ON THE MEKONG

In terms of holiday wining and dining, it doesn't get much better than Aqua Expeditions' appointment of Michelin-starred David Thompson to the post of Executive Chef of its luxury 20-suite Aqua Mekong cruise, scheduled to set sail between Vietnam and Cambodia in September of this year. Known around the world for his mastery of South East Asian flavours, Chef Thompson's Bangkok restaurant Nahm has recently claimed the number-one spot on Asia's 50 Best Restaurants 2014 list. The Australian-born chef will craft a spectacular menu for Aqua



Mekong cruise-goers, with fresh, local ingredients in the spotlight, including Mekong River catfish and prawns and fruits and veggies from the markets of Ho Chi Minh City, Phnom Penh and Siem Reap. Bon voyage and bon appétit! For more information about *Aqua Expeditions*, head to www.aquaxpeditions.com.