

# Food & Drink

## Shanghai's most epic desserts

Victoria Brownlee sinks her teeth into the city's most delectable and indulgent sweet thangs



### *Fromage Blanc Island 'Cheese Cake' at Chikalicious*

Served as part of the upstairs prix fixe menu at this New York founded dessert-only restaurant, this not-too-sweet, incredibly fluffy showstopper will leave you gloriously content. Arriving on a small plate atop a bowl of crushed ice – which keeps the temperature perfectly chilled – the dessert is then doused with a pot of luscious cream by your waiter. Pair with a glass of Champagne to complete the decadence, and take a bite – the airy marshmallowy texture and delicate flavour of this dish will completely wow you time after time.

**Price** 188RMB (three course dessert menu, plus 108RMB for wine pairing) plus 10 percent.

Unit 205a, Xintiandi South Block, No 5, Lane 123 Xingye Lu, near Madang Lu, Huangpu district (6333 9233)

### *M's Very Famous Pavlova at M on the Bund*

Although the origins of this hotly contested meringue dessert remain unknown (Australia? New Zealand? Who knows!), it's found a happy home here in Shanghai at M on the Bund. In theory, the pavlova is relatively easy to make, but it's also wildly hard to perfect, and the M version is the epitome of a successful pav. It scales ambitious heights, presented as a gleaming tower of tropical fruits piled atop a fluffy cloud-like interior and a magically crunchy meringue crust; this dessert should be enjoyed often and with gusto.

**Price** 98RMB plus 10 percent.

Seventh Floor, Five on the Bund, 20 Guangdong Lu, near Zhongshan Dong Yi Lu, Huangpu district (6350 9988)



### *PBJ (peanut ice cream, red fruit and salted peanut caramel) at The Commune Social*

Peanuts and red fruits are two dessert heroes when consumed solo, but when you put them together they create a taste explosion that's hard to top. This gorgeously plated mix from Kim Melvin is a delight both on the eyes and taste buds – a tower of flavours and textures. Lining the plate is a sweet puddle of raspberry jam, which is topped with seasonal fresh berries and super-tasty peanut clumps made from white chocolate, thin wafers and peanut butter. A salted caramel peanut sugar crisp then creates the base for a block of oozing peanut ice cream and a quenelle of blueberry sorbet. The final touch: a sprinkle of frozen mixed berries; the perfect dessert for any season.

**Price** 62RMB.

511 Jiangning Lu, near Kangding Lu, Jingan district (6047 7638)





## Gracie's Banana Split at Al's Diner

This incredible concoction of childhood favourites isn't for the faint of heart. The hugely nostalgic Split features a trio of ice cream (Gracie's homemade take on the classic Neapolitan choc-vanilla-strawberry combo) – nestled among slices of a perfectly ripe banana, topped with whipped cream, hot fudge sauce, sea salt caramel sauce, and a sprinkle of Graham cracker crumble; last but not least, three plump, sweet Amarena cherries quite literally form the cherry on top of this tasty treat.

**Price** 128RMB.

204 Xinle Lu, near Donghu Lu, Xuhui district (5465 1259)



## The 'Coconut' at Alan Wong's Shanghai

The 'Coconut' at Alan Wong's is tasty, tropical and melodramatic (in a good way). Light coconut sorbet is moulded into a dark chocolate shell, with the ingredients working together to imitate the look of a coconut – the husk is recreated using real stuff. The flavours are balanced and not overly sweet, with the fragrant sorbet teamed with seasonal fruits – the likes of mango, cherry, kiwi and strawberries – and drizzled with a passion fruit sauce. Say aloha to holiday vibes.

**Price** 98RMB plus 15 percent.

Second Floor, Shanghai Centre, 1376 Nanjing Xi Lu, near Xikang Lu, Jingan district (6289 0618)

## Lemon & Lemon Tart PP at Mr & Mrs Bund

This chic and elegant dessert may look simple, but the recipe – created by Paul Pairet in 2001 – is jaw-droppingly complex. To start, the lemon's insides and pith are removed and the fruit is slow-cooked in syrup for six hours, before it's left to soak at room temperature. Then, after a night spent in the fridge, any remaining pith is painstakingly removed, and the whole soaking-cooking-scooping process is repeated another two times, taking a total of around 72 hours. Phew. Finally, before being served, the delicate lemon case is stuffed with lemon chantilly, lemon sorbet, lemon ice cream, lemon curd and segments of grapefruit, orange and lemon. This complicated combination of citrus is offset by a chopstick sized sablé biscuit that helps cut through the tang. This is the ultimate dessert for those who know that when life gives you lemons, you make a lemon tart.

**Price** 110RMB plus 10 percent.

Sixth Floor, Bund 18, 18 Zhongshan Dong Yi Lu, near Nanjing Dong Lu. Huangpu district (6323 9898)

