

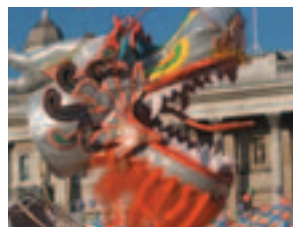


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History of
Chinatown
Hotspots
Cuisine
Music & Art
Lifestyle
Travel
Community
Maps

CHINA IN LONDON

中 国 在 伦 敦



◀ Includes 28 page event guide.

**A London-wide season
celebrating all things Chinese**
January-March 2006

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MESSAGE FROM THE MAYOR

Greetings from **Ken Livingstone, Mayor of London**



It is my great pleasure to introduce China in London 2006, London's largest ever celebration of Chinese culture.

China is now the most rapidly growing major economy in the world, and its development potentially brings great advantage not just to China, but also to London.

Trade with China is already expanding rapidly. Chinese companies are looking for skills that we have in abundance in London – finance, design, marketing, brand development and biosciences among them.

At the same time, many of the

largest Chinese enterprises are very interested in the opportunities offered by the London Stock Exchange or in setting up their European headquarters in our city.

A future of mutual benefit for London and China is one that I am keen to promote. And with the next two Olympic Games in first Beijing and then London we have a very strong shared interest in promoting each other.

Part of that is through developing better cultural understanding. China is one of the oldest and richest cultures in the world, but we know far too little about it.

We know something of Chinese cuisine through the many restaurants in Chinatown – one of London's visitor attractions. And the annual Chinese New Year festival gives us a little insight into that country's vast and varied culture.

But during the China in London season there will be an unparalleled opportunity for Londoners and visitors to experience China both ancient and modern.

At the wonderful 'Three

Emperors' exhibition at the Royal Academy we can see treasures of the former emperors of China.

At Oxford Circus a special lighting display will run alongside works by contemporary Chinese artists with window displays at Selfridges and offers and promotions in many other stores.

The Shanghai on Screen film festival will provide an opportunity to see some little known Chinese films and animation.

Museums, attractions and galleries across London are arranging special events and displays; participants include Madame Tussauds, the V&A, the Royal Artillery Museum, London Zoo, British Museum, Natural History Museum, National Portrait Gallery, Battersea Arts Centre and many others.

I hope that many Londoners will take up this unique opportunity to experience Chinese culture and join in the celebrations for Chinese New Year in 2006.

Ken Livingstone
Mayor of London





I am delighted to see the launch of China in London 2006 by the Greater London Authority.

In recent years, the relationship between China and the UK has grown stronger, and there is

increasing interest in China among the general public in Britain. So it is most appropriate and timely to launch such a programme. China in London 2006 will include various arts and culture events, which are exciting and informative. Through these events people can learn more about both ancient and modern China. I am sure this season of events will play a positive role in promoting the mutual understanding and friendship between the peoples of China and Britain.

I sincerely wish China in London 2006 a complete success.

**His Excellency
Mr Zha Peixin
Chinese Ambassador to London**



I am very pleased that the London Chinatown Chinese Association's Chinese New Year celebrations to be held on Sunday 29 January, in Trafalgar Square,

Leicester Square and across Chinatown, will form a major part of the China in London 2006 season.

To mark the advent of the Year of the Dog, we will be providing a spectacular Chinese New Year programme that will include traditional lion and dragon dancing, martial arts demonstrations, performances by artists from China, local artists, school and youth groups.

I welcome the continued support from the Mayor of London and his commitment to the LCCA and the Chinese Community, and I'm sure that the China in London season will be a huge success.

**CT Tang President,
London Chinatown
Chinese Association**



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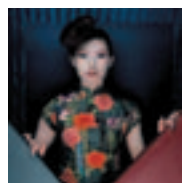


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See p18 for 28-page supplement containing full events listings for the largest ever celebration of Chinese culture in London January-March 2006.



Plus: Prize draw to win a trip to China for 2 people.



55 Pennyfields, circa 1928

FROM LIMEHOUSE TO THAMES GATEWAY

The capital's Chinese community is older than you might think. **Jonathan Derbyshire** charts the history of the Chinese in London

The shops and restaurants in Gerrard Street and its environs are such a fixture on the London scene, and such a major draw for visitors to the West End, that it's easy to forget that this enclave between Shaftesbury Avenue and Leicester Square, which houses the largest Chinatown in Europe, hasn't always been the hub of the capital's Chinese community. In fact, the Chinese first left their mark on London further east, near the docks

in Limehouse and Poplar.

From the beginning of the 19th century, Chinese sailors, most of them employees of the East India Company, were a familiar sight around the docks in the East End. But it wasn't until the 1860s that the Chinese settled in London in any numbers and began to open businesses – restaurants and laundries principally – in Limehouse and Poplar. And by 1890, two distinct Chinese

communities existed cheek-by-jowl: Chinese from Shanghai settled around Pennyfields, Amoy Place and Ming Street (the area that now lies between Westferry and Poplar DLR stations); while Chinese from Guangzhou and elsewhere in southern China congregated around Gill Street and Limehouse Causeway.

By 1914 there were more than 30 Chinese-owned businesses in the area, which became known as



(Left) Pennyfields 1968
(Above) Pennyfields 1927



(Above) 39-41 West India Dock Road, 2006
(Right) 39-41 West India Dock Road, 1932

‘Chinatown’. Nonetheless, the population numbered little more than 300, even at its peak, and after World War I the inhabitants of Limehouse and Poplar had to contend with anti-Chinese prejudice whipped up by the penny press.

In the 1930s and early 1940s, London’s Chinese faced threats of a different kind, in the shape, successively, of slum clearance projects and the Blitz, which together razed much of the old East End. After the war, the Chinese community had not only lost its neighbourhood (to the Luftwaffe and city planners), but its livelihood was on the wane too: Chinese laundries, for many years a highly successful line of business, were

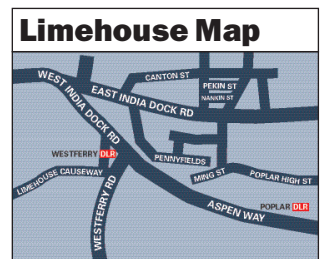
starting to lose out to the new high street launderettes and domestic washing machines.

‘By 1914, there were more than 30 Chinese-owned businesses in Limehouse’

Legend has it that salvation came in the form of British soldiers who returned from action in the Far East with a taste for Chinese cuisine. The early 1950s saw a boom in the Chinese catering trade and with it huge growth in Britain’s Chinese population, which, at the start of that decade still only numbered just

over 2,000. The majority of the Chinese immigrants to Britain during this period were from Hong Kong and the New Territories, though substantial numbers also came from Singapore and Malaysia.

These immigrants headed not to Limehouse, but to the area around ▶



The Chinese in London: Timeline

1782: The first record of Chinese seamen in Britain.

1851: Census records 78 Chinese living in Britain.

1877: The first Chinese embassy in Britain opens on Portland Place in London.

1902: The term 'Chinatown' comes into use as London's first Chinese laundry opens in Poplar.

1909: Britain's first Chinese restaurant opens.

1921: Census records 2,419 Chinese living in Britain.

1937: The first Chinese School opens in Middlefields in the East End.

1957: The Chinese population in this country grew rapidly after the war and by this time there are more than 300 Chinese restaurants in Britain.

1961: The first Chinese community centre opens in Gerrard Street in London's Chinatown.

1983: Gerrard Street is pedestrianised.

1987: The popularity of the Chinese New Year celebrations in London mean that the annual festivities are extended from Gerrard Street to nearby Leicester Square.

2001: Census records 247,403 Chinese living in Britain, of whom 80,203 live in London.

2004: Mayor of London Ken Livingstone announces plans for a new Chinese business, cultural and social quarter in the Thames Gateway.

2006: China in London, a major season of cultural events, opens.

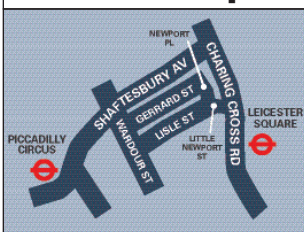


▶ Gerrard Street, attracted by low rents in what was then a decidedly shabby part of town. By the early 1970s, Gerrard Street was recognised as the centre of London's new Chinatown and was lined with Chinese barbers, supermarkets and bookshops, as well as restaurants. And as the community became more prosperous and rents in central London went up, many British-born Chinese moved to the suburbs, though businesses remained in Chinatown.

Chinatown was formally recognised in the 1980s by Westminster City Council, which initiated a regeneration programme in the area, pedestrianising Gerrard

Street and restoring 18th-century shop fronts in nearby Lisle Street. The first organised Chinese New Year celebrations took place in 1985 and, by the end of the decade, imperial gates, a pagoda and stone lions in Gerrard Street stood as

Chinatown Map





(Left & top) **Gerrard Street** now, and (right) in 1974



symbols of the extraordinary success of the Chinese community.

Now, London is entering a new chapter in its long and fruitful relationship with the Chinese. Since 1999, there has been significant cooperation in trade, investment and education between the UK and the People's Republic of China, and this means that the face of the Chinese community London is changing (see p30). It is estimated that by 2011, one in three Chinese in this country will have been born in mainland China rather than in the UK or Hong Kong.

Of the many ties now connecting London and the Chinese capital Beijing, perhaps the most exciting

is the shared status as Olympic host cities. The organising committees of Beijing 2008 and London 2012 have been working closely together, and last year, a Chinese business delegation visited the Olympic Park site in Stratford.

Business links between London and China continue to flourish: this year the GLA will open offices in Beijing and Shanghai with the aim of encouraging Chinese direct investment in London, while Mayor Ken Livingstone recently announced plans for a new Chinese business and cultural quarter in the Thames Gateway in East London, close to where the story started back in the 1800s. ●

China

**China
FACT**

- China's population is roughly 1,300,000,000.
- At 9,600,000 Km², China is the largest country in East Asia.
- There are 7 major dialects spoken, but over 70% of the population speak Mandarin Chinese, which is the world's most widely-spoken language.
- The unit of currency is the Renminbi (CNY).
- China's capital is Beijing.
- China's largest city is Shanghai.

HOTSPOTS

There's a lot more to the Chinese experience in London than you might think.

Jonathan Derbyshire takes a tour

CHINESE FOOD

If you imagine Chinese cuisine means lots of salt and MSG, and staples like sweet and sour pork or egg fried rice, then think again. Today, London's Chinese restaurants cater to a growing population of residents from all over China, who want authentic regional cuisine, rather than the anglicized hybrid found in many local takeaways. London now has at least three restaurants serving Sichuanese food – lavish with chilli and broad-bean paste and lip-tingling Sichuan pepper – and two Hunanese restaurants (see p16 **Cuisine**).

And while Chinatown remains a great central place to eat, these days opportunities to experience different styles of Chinese cuisine exist across the capital. High-end restaurants such as the consistently excellent Royal China chain, Hakkasan and Mandarin Kitchen, have raised the standards of Chinese cooking.

And Alan Yau of Hakkasan has been at the forefront of another trend too. Dim sum, the snacks that are part of a traditional Cantonese breakfast, have settled into the mainstream as part of a wave of interest in tapas-style eating. Yau's Yauatcha and other restaurants such as Shanghai Blues, Drunken Monkey and Ping Pong have led the way.

For full restaurant listings, see www.visitlondon.com; see also Time Out London Eating & Drinking 2006 and www.timeout.com/london/restaurants ●





CHINESE NEW YEAR

What better way to launch China in London 2006 than by celebrating Chinese New Year? The celebrations to mark the advent of the Year of the Dog will take place in London's Chinatown, Leicester Square and Trafalgar Square on Sunday 29 January 2006.

As usual, the festivities will

transform the centre of the capital: Trafalgar Square will be the venue for music and dance, including appearances by visiting Chinese artists, while Leicester Square will reverberate to the sounds of fireworks. In Chinatown, restaurants and stalls will serve food throughout the day, while Lion

Dance teams entertain the crowds.

The annual Chinese New Year celebrations are organised by London Chinatown Chinese Association, with assistance from, among others, the Chinese Embassy, Arts Council England, the Mayor of London, and Westminster City Council. ●



CHINATOWN

London's Chinatown hasn't always occupied the location it enjoys today, between Shaftesbury Avenue and Leicester Square. The first Chinese community in the capital grew up in the 19th century around the docks at Limehouse, in the East End (see p5). And by the beginning of the 20th century, a number of Chinese-run businesses, many of them laundries, were established in the area. But the decline of the docks and extensive bomb damage during the Blitz meant that by the early 1950s the Chinese community was on the move – westwards, attracted by cheap rents in Gerrard and Lisle Streets. And they didn't wait long to leave their mark on the area, with numerous Chinese

restaurants and shops springing up and doing brisk business.

The oriental gates, stone lions and pagoda on Gerrard Street, erected in 1985, suggest a Chinese theme park, but in fact this is a close-knit residential and working enclave. Gerrard Street is the glitziest spot, crammed with restaurants and bright lights.

In 2002, the Chinese New Year celebrations expanded into neighbouring Leicester Square and Trafalgar Square, but Chinatown, and Gerrard Street in particular, remains the centre of festivities – not to mention a powerful symbol of the hard work and success of the Chinese community in this country. See p19-20 for where to shop in Chinatown. ● ▶

MUSEUMS



Jade figure of man standing



Jade coiled dragon



Jade cong

© British Museum

Two of London's major museums have significant collections of Chinese artefacts dating back thousands of years. A permanent exhibition at the British Museum, '7,000 years of Chinese Jade', illustrates the development of Chinese jade from around 5,000BC to the present. The subtle varieties in colour and texture of this exotic stone can be seen, as well as the many different types of carving, from long, smooth Neolithic blades to later plaques, ornaments, dragons and animal and human forms.

At the Victoria & Albert Museum, the Tsui Gallery of Chinese Art houses objects from as far back as 3,000BC. These include dragon robes from the Imperial court and a giant Buddha's head. The collection is organised thematically, based on what the objects were used for: living, eating and drinking, ruling, temple and worship, burial and collecting. ●



Head of Buddha. Cast iron, painted. Tang Dynasty
© V&A Museum



Jade

Known in China as *yu*, the royal gem, jade was more valuable than gold.

Porcelain

Porcelain was first made in China and then exported worldwide, and was so popular in the West that the word 'china' became synonymous with porcelain. It took Europeans many years to discover the secret of its manufacture.

ALTERNATIVE CHINESE LONDON

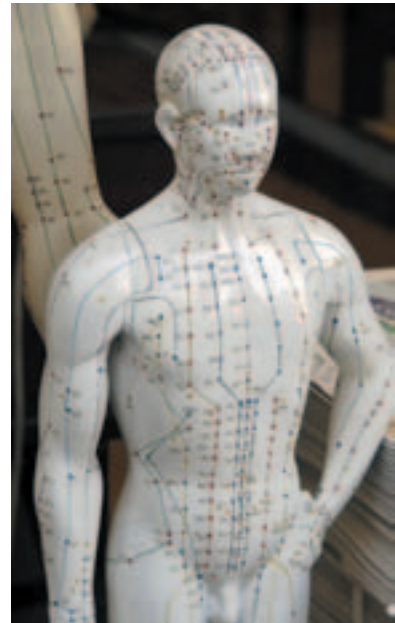
London's alternative health obsession goes back thirty years or so; China's goes back 5,000 years. Traditional Chinese medicine (TCM) is the latest health trend to hit the capital, the tiny medical practices of Chinatown now joined by stylish shops such as SEN, which incorporates a tea and juice bar.

For anyone serious about learning traditional Chinese martial arts, the Shaolin Temple UK is as genuine as it gets. Fifteen centuries ago, disciples at the Shaolin Temple in Henan province learned martial arts to assist meditation and defend themselves from local bandits. Tufnell Park's bandits had better watch out, as that's the location of one of only two Shaolin branches outside China (the other is in New York), founded by Shifu Shi Yanzi in 1998. Yanzi is a martial monk

who trained at the Shaolin Temple for 15 years, learning not just deadly fighting skills but Ch'an Buddhist teachings and the healing arts of meditation and qi gong.

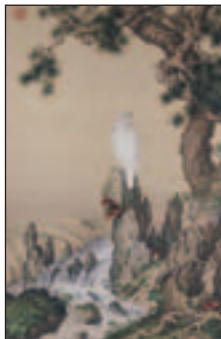
If it still sounds a little too violent, you could try tai chi, based on fighting styles but with slow, gentle movements that promote balance, strength, relaxation and mental well-being – qualities that have made it irresistible to stressed-out Londoners. Master John Ding, whose '15-Minute Tai Chi' (Thorsons £8.99) is an excellent introduction, teaches the popular Yang style at classes in South Woodford, Limehouse and other locations.

See p22 Lifestyle for details. To find martial arts classes in London, contact the British Council for Chinese Martial Arts (024 7639 4642/www.bccma.com). ●





1.



2.



1. Anonymous court artists; Portrait of the Kangxi Emperor in Court Dress, late Kangxi period (1662-1722); Hanging scroll, colour on silk; 278.5 x 143 cm; The Palace Museum, Beijing.
2. Giuseppe Castiglione (Chinese name Lang Shining, 1688-1766); Pine, Hawk and Glossy Ganoderma, 1724; Hanging scroll, colour on silk; 242.3 x 157.1 cm; The Palace Museum, Beijing.
3. Ceremonial costume for an imperial lama: collar, sleeves, skirt and beaded apron, eighteenth century. Embroidered silk and stained ivory, skirt 96 x 80 cm, sleeve; length 58 cm; The Palace Museum, Beijing.
4. Decorative flattened flask (bian hu) in the shape of an ancient bronze; Qianlong period, 1736-95; Copper decorated with cloisonné enamel with gilding; 21.9 x 23.3 x 8.5 cm; The Palace Museum, Beijing.

CHINA THE THREE EMPERORS

‘China The Three Emperors, 1662-1795’, which opened in November 2005 and runs until April, is the Royal Academy’s current landmark exhibition and a major part of China in London 2006.

The exhibition features 400 treasures of the imperial court of the last dynasty, the Qing. The three emperors represented are the first Qing ruler, the Kangxi Emperor (1662-1722), the Yongzheng Emperor (1723-35) and the Qianlong Emperor (1736-95). Works include paintings and painted scrolls, jades and bronzes, porcelain and lacquerware, precious robes, palace furnishings, scientific instruments, weapons and ceremonial armour, many of which have never been shown outside China.

The Qing were Manchus who

invaded China from the north, with the Kangxi Emperor at the head of the troops; he is depicted in ceremonial headdress and armour by Giuseppe Castiglione (Chinese name Lang Shining). There are formal portraits of all three emperors, as well as more personal representations. Kangxi, a scholar and patron of the arts, is depicted in an informal scholar’s hat, poised to write, while Yongzheng is variously portrayed spearing a tiger, wearing a European wig and dressed as a Daoist monk; there is also a set of portraits of 12 of his concubines.

Art of the period is represented by, among others, the celebrated



3.



4.

17th-century landscape painters the Four Wangs, and the iconoclastic Zhu Da (literary name Bada Shanren). All three emperors were avid art collectors, and there is a whole room devoted to Qianlong’s collection of new pieces and copies of ancient artefacts.

There are also scientific instruments and clocks from Europe, the result of the influence of Jesuits at court, who encouraged interest in Western art, science and dress. Some of the extraordinary clocks by British, French and German makers have not survived in Europe and are the only examples in existence. ● ▶

CHINA IN LONDON HIGHLIGHTS

Gold Sail Dance Group



London's galleries and museums are playing a central role in China in London 2006. Aside from the keynote exhibition at the Royal Academy (see above), there is an astonishing range of events taking place during the season.

Anyone interested in Chinese military history should check out **'Dragons:**

Artillery of the East' (pictured right) at the Royal Artillery Museum in Woolwich. Just along the Thames at the Stephen

Lawrence Gallery at the University of Greenwich, **'Dog Days'** is a display of photographs, videos and installations by Chinese and British artists on a canine theme.

Contemporary Chinese art is also represented in a show at the Red

Mansion Foundation on Great Portland Street. **'Good Girls, Bad Girls'** gathers together

photographs, sculptures and paintings depicting aspects of Chinese urban life by seven major artists. Young artists from mainland China are also

represented in **'China**

Avant Garde', a group show at the Chinese

Contemporary Art Gallery. After that show ends on February 18, the gallery will exhibit works by Wei Dong, who works in inks on paper and acrylic on canvas.

One of the busiest places during China in London 2006 will be the Museum in Docklands. Highlights of the season there include weekends devoted to Chinese games, Chinese dance and the

history of the Chinese community in London. Museum staff will also lead a walk around the site of the first Chinese settlement in London, in the East End (see p6-7).

There's a good deal happening on the other side of London too, at the Natural History Museum. The museum's Darwin Centre will be the venue for a number of talks on subjects as diverse as Chinese dinosaurs and Chinese medicinal plants.

Children will enjoy **'The Emperor and the Nightingale'** on February 11, an interactive workshop led by Yellow Earth Theatre and based on 'The Nightingale' by Hans Christian Andersen. And they'll be able to create a forest, transform themselves into the Nightingale and meet the formidable Chinese Emperor at the Imperial Palace. *For full details of all these events, see Listings.* ●



SHANGHAI ON
SCREENUK FILM COUNCIL
LOTTERY FUNDED

'Good Girls, Bad Girls'

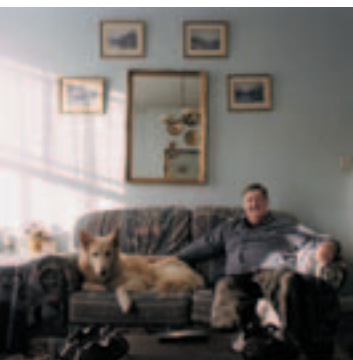
Artist: Feng Zhengjie



'Yellow Gentlemen'

Sirius Arts at

Oval House



Platform for Art: Year of the Dog celebration. Artist: Suki Dhanda



'The Goddess'

British film fans know Hong Kong as the capital of Chinese cinema, but the original city of film was Shanghai, which looks set to regain its place as the Chinese Hollywood. The Hong Kong film industry started up when Mandarin became the official language of Nationalist China and film makers moved to Hong Kong to continue making Cantonese language films. In the 21st century Shanghai is now making a comeback as exciting as the city's skyline.

The Shanghai on Screen festival celebrates the past and future of Shanghai in Chinese film history. The earliest film on show is the silent classic 'The Goddess' (1934), directed by Wu Yonggang, and there is also 'Myriads of Light'

(1948) by Shen Fu. Both of these were seen as 'progressive' films, and 'Myriads of Light', portraying the misery and poverty of those on the bottom of the social heap, was banned by the nationalists.

Shanghai's history is also represented in 'Escape to Shanghai', Chen Yifei's 1999 documentary about European Jews who fled to the city in the late '30s, and 'Shanghai Story' (2004), Peng Xiaolian's portrayal of three generations of Shanghai women. We come bang up to date with Wilson Yip's 'Leaving Me Loving You' (2004), a romance starring Cantopop stars Leon Lai and Faye Wong.

For full details and screening times, see Listings p18-19. ●

Shanghai on Screen is organised by the Chinese Cultural Centre in association with Shanghai International Film Festival and British Council, Shanghai.

The season is supported by Mayor of London, London Development Agency, Film London, UK FC Lottery and Vue Cinemas. Screenings take place at Vue, West End and Museum in Docklands



'Suzhou River'

DIM SUM
ALL DAY

CHINESE CUISINE

There's a Chinese revolution going on in London — 'Anglo-Canto' staples are making way for China's exciting authentic regional cuisines. About time too, says **Fuchsia Dunlop**

In the past, Chinese food in London was almost exclusively Cantonese, and Cantonese was the language of Chinatown. In recent years, however, there's been a steep increase in the numbers of students and other visitors from all over China. They speak other Chinese dialects or Mandarin and like to eat in Chinese restaurants that offer some of the flavours of their home towns.

Among the regional Chinese cuisines to have emerged in London in recent years, it's the Sichuanese and Hunanese who've been raising eyebrows with the delicious and often fiery cooking of their home provinces. A good example is Angeles, a Chinese restaurant in Kilburn run by Xue Meizhang.

'There are so many Cantonese restaurants in London,' she explains, 'and I wanted to do something special. Sichuanese food is hugely popular all over China and, as I'm Sichuanese myself, I decided to open a Sichuanese place.' She brought over a chef from Sichuan and set about wooing London's Chinese residents with the spicy tastes of her native province.

The menu at Angeles lists some of the conventional Anglo-Canto restaurant dishes (crispy duck et al), but is also a roll-call of classic Sichuanese fare. Old favourites such as gong bao chicken (small cubes of chicken with peanuts and chillies in spicy sweet-sour sauce), fish-fragrant pork slivers (yu xiang

rou si, in which the meat is flavoured with garlic, ginger, spring onions and pickled chillies) and pockmarked Mother Chen's beancurd aka ma po dou fu (tofu with minced beef, Chinese leeks, chilli bean paste and black

Tea

Tea farms are recorded in some provinces of China as early as 1000BC. Tea has been used in a variety of ways, from ceremonial offering to a vegetable at mealtimes.

Tea was referred to as 'tu', 'jia' and 'she' in the classical literature of the early dynasties. The modern pronunciations 'tea' and 'chai' derive from these ancient usages.

China
FACT

fermented beans) are included, as well as dishes that are currently popular in Sichuan, such as shui zhu yu (boiled fish in a fiery sauce). You'll find, too, a number of offal plates, like fire-exploded kidneys. Zhang personally imports all her key seasonings from Sichuan, so there is good lip-tingling Sichuan pepper, plump red 'facing-heaven chillies', and, most delightfully, the chilli and broad bean paste (dou ban jiang) that lends a deep red colour and rich, spicy savouriness to many Sichuanese dishes.

Since Angeles opened in 2003, other Chinese restaurateurs have followed suit, offering genuine Sichuanese and Hunanese cooking. Blue Thames is a glamorous restaurant on the river at Wandsworth. Its main menu is unexceptional, but the Chinese-language list includes Sichuan and Shanghai specialities such as ma po dou fu and gong bao chicken. The chef is from Shanghai, but he worked for several years in the Sichuanese metropolis Chongqing, so the flavours from both regions are remarkably authentic. And out west in Acton, the simply-named Sichuan Restaurant serves a



(Above) **Hot and peppery fish** (Sichuan)
(Right) **Gong bao chicken** (Sichuan)



wonderful array of honest, home-style Sichuanese food.

Some of the Sichuan dishes offered at these places do appear on the menus of more standard Chinese restaurants, but you won't find them authentically spiced. The Cantonese are known for their dislike of chilli heat and of the lip-tingling taste of Sichuan pepper, so the Cantonese version of ma po dou fu is an emasculated version of the real thing. Most mainstream restaurants pad out the gong bao chicken with various crunchy vegetables: not an improvement on the Sichuanese recipe.

The food of Hunan province in southern China is well known in the United States, but until recently the only supposedly Hunanese food available in London has been at the wonderful Hunan restaurant in Pimlico. This place, good though it is, offers a Taiwanese take on Hunanese cooking that bears little relation to the contemporary food of Hunan province. Now, however, seekers of real Hunanese cooking can dine at the Shangri-La in Colindale, opened in 2004 and to our knowledge the only authentic Hunanese restaurant in London.

All these changes on the fringes of the London Chinese restaurant scene suggest that the capital is heading in the direction of New York when it comes to the regionalisation of Chinese cuisine. With a bit of luck, the trend will catch on, and more people will appreciate the extraordinary diversity of Chinese cooking. ►

(Below) **Steamed fish head with special chilli** (Hunan)



HEALTHY EATING

The Chinese National Healthy Living Centre launched its 'Chinese Takeaway Project' when it became clear that the traditional low fat Chinese diet had got lost in blizzards of salt and monosodium glutamate. Nutritionist Wynnie Chan travelled up and down the country encouraging chefs in Chinese takeaways to develop healthier versions of such staples as sweet and

sour pork, chicken chow mein and beef in black bean sauce.

Now Chan has decided to share her expertise with the rest of us:



'Fresh Chinese', with a foreword by Ken Hom, contains more than eighty recipes, all of which eschew MSG and excessive salt and fat in favour of fruit and vegetables. 'Fresh Chinese' is published by Hamlyn at £16.99.

choi, gai lan, pea shoots and water spinach. Fill up on plain steamed rice, which is a good foil to the flavours of the other food.

Restaurants in this feature
Angeles, 405 Kilburn High Rd, NW6 7QL (020 7625 2663) Kilburn tube.

Blue Thames, Dolphin House, Riverside West, The Boulevard, Smuggler's Way, SW18 1DE (020 8871 3881) Wandsworth Town rail.

Hunan, 51 Pimlico Rd, SW1W 8NE (020 7730 5712) Sloane Square tube.

Shangri-la Hunan Cuisine Restaurant, Top Floor, Oriental City, 399 Edgware Rd, NW9 0JJ (020 8200 9838) Colindale tube.

Sichuan Restaurant, 116 Churchfield Rd, W3 6BY (020 8992 9473) Acton Central tube.

▶ THE MENUS

Typical Sichuan dishes:

Gong bao (kung po) chicken with peanuts, ma po beancurd in numbing-and-hot (ma la) sauce, fish-fragrant (aka 'sea spice') aubergines.

Typical Hunan dishes:

Chafing dishes that bubble away on a tabletop burner, steamed fish with chopped salted chillies, Chairman Mao's red-braised pork.

Typical Cantonese dishes:

Steamed whole fish with ginger and spring onion, char siu barbecued pork, stir-fried clams in black bean sauce, dried seafood (e.g. scallops).

KEY SEASONINGS

Sichuan seasonings:

Chilli and broad bean paste (dou ban jiang) – a rich, fermented paste that lends a mellow spiciness and deep red colour to many dishes. Sichuan pepper (hua jiao) – the dried berries of a shrub related to

Japanese sansho spice, but not black pepper or chilli. When fresh, Sichuan pepper berries have a slightly citrusy aroma and an amazing lip-tingling effect.

Hunan seasonings:

Smoked salted chillies (duo la jiao) – brilliantly scarlet and salty preserved chillies that are usually made at home in Hunan.

Cantonese seasonings:

Black bean sauce made with black fermented soya beans and other seasonings.

HOW TO ORDER

Set menus in Chinese restaurants tend to pander to outdated Western stereotypes of Chinese food, featuring only clichéd dishes such as sweet and sour pork, chicken in black bean sauce and egg fried rice. Our advice is avoid them. Order, instead, from the main menu and, if possible, the seasonal specials list.

The art of ordering a Chinese meal lies in assembling a variety of dishes, differing from one another in terms of their main ingredients, cooking methods and flavours. For main courses, aim to order about one dish for every person in your party, and then one or two extra, and share everything.

Make sure you choose a variety of main ingredients so things don't get repetitive. Then try to balance dry, deep-fried dishes with slow hot-pots and crisp stir-fries; rich roast duck with fresh vegetables; subtle tastes with fiery flavours. And ask your waiter about seasonal greens: you may find the restaurant has pak

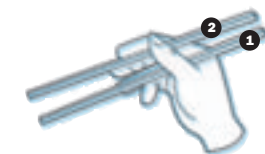
HOW TO USE CHOPSTICKS



Chopstick 1 rests between thumb and index finger.



Chopstick 2 is held in place by thumb.

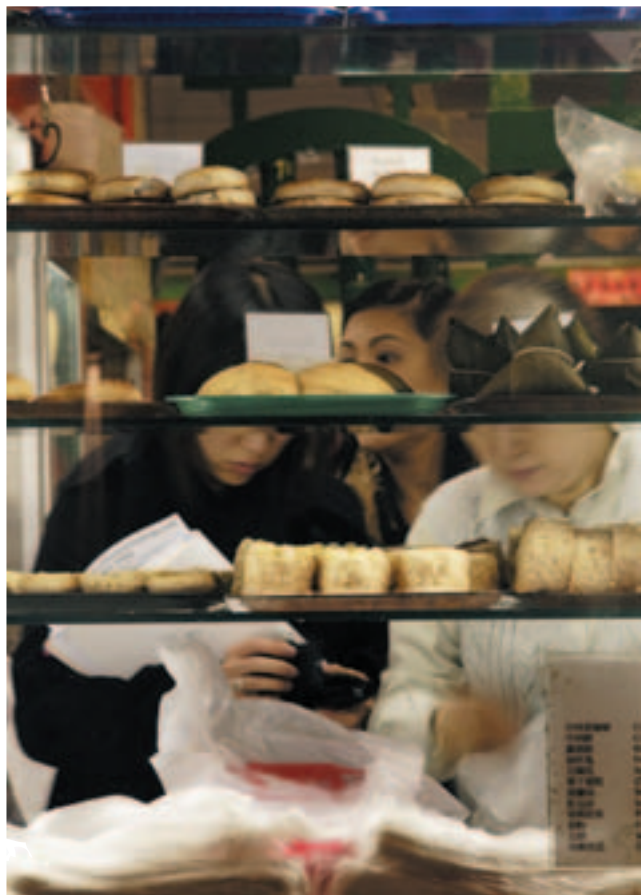


Chopstick 1 remains stationary. Chopstick 2 is controlled by index, middle finger and thumb.



LIFE STYLE

Londoners wanting to live the Chinese lifestyle have it all on their doorsteps: supermarkets, galleries specialising in the cutting edge of contemporary Chinese art and practitioners of the ancient disciplines of tai chi and kung fu – not to mention doctors applying the holistic methods of traditional Chinese medicine



SHOPPING CHINATOWN

Walk through Chinatown, starting from either Lisle Street or Newport Court at the Charing Cross Road/Leicester Square end, and you'll be surprised at the number of Chinese businesses crammed into a relatively small area.

If you're after kick bags and taekwon-do trainers, a dancing lion head or gold jewellery, hair styling, steaming pork buns or iced grass jelly, speciality teas, special airfares to China or Chinese books and artefacts (abacus, pottery, religious figurines), you'll find them all here.

On Gerrard Street, you can stock up on CDs, DVDs, movie ephemera, Chinese New Year cards, wall-hangings, funky product packaging, cakes for all occasions, magazines, paper lanterns, dragons and explore esoteric groceries selling lotus root, Chinese radish and jack fruit.

Wandering around Shaftesbury ►



▶ Avenue and Wardour Street, you'll find the fish market and lots more artefacts and novelties. You can also get a haircut or drop a few quid in the amusement arcade.

On most of the main streets, you'll also find Chinese medical practices, where you'll be prescribed herbal remedies as part of a holistic cure (see p23).

For a list of all of the businesses in Chinatown go to www.streetsensation.co.uk

Here's just a small selection of the many shops in Chinatown.

Beijing Hair Salon,
30 Newport Court.

Sun Luen Café, 25 Newport Court.

Jade Travel, 5 Newport Place.

Jen Café (Tea Specialist),
4 Newport Place.

Guanghua (Books and Artefacts),
7 Newport Place.

Shaolin Way (Martial Arts),
10 Little Newport Street.

See Woo (Supermarket),
18-20 Lisle Street.

Lee Fook Electric Co. (CDs),
25 Wardour Street.

Marx (Barbershop),
26 Wardour Street.

CD News (CDs, DVDs, magazines,
paper goods, movie memorabilia),
36 Gerrard Street.

Jensen Trading Co. (CDs, DVDs,
magazines, paper goods, movie
memorabilia), 9 Gerrard Street.

New Loon Moon Supermarket
(CDs, cards, DVDs, magazines,
paper goods, figurines and food
stall), 37-38 Gerrard Street.

Oriental Delight (Supermarket),
42-44 Gerrard Street.

Good Harvest (Fish Market),
65 Shaftesbury Avenue.

**China
FACT**

Fans

Fans have been found in China which date back to the 2nd century BC. Their design and quality would reflect the social status of the user. One version, known as the tieshan (iron fan), was even used as a weapon.

ART AND DESIGN

Chinese Contemporary Art Gallery (pictured) Interest in contemporary Chinese artists has grown enormously since this pioneering gallery opened nine years ago. It is still the only London gallery specialising in Chinese-based artists, representing 20 individuals from across the artistic disciplines. You can pick up a small piece for around £1,200, but prices rise to £90,000. And there's always an exhibition if you'd rather just look instead. *Chinese Contemporary Art Gallery, 21 Dering Street,*

W1S 1AL (020 7499 8898/
www.chinesecontemporary.com)
Oxford Circus tube. Open Mon-Fri
10am-6pm, Sat 11am-4pm.

Mandarin Collections
Mandarin imports attractive new furniture made in China from reclaimed wood. Designs are mainly traditional Chinese. *Mandarin Collections, 3 Brighton Buildings, 40 St John's Hill, SW11 1RZ (020 7350 2229) Clapham Common rail. Open Mon-Fri 11am-5pm, Sat 11am-4pm, Sun by appointment.*



FOOD AND GIFTS

Loon Fung

Meat, fish balls, teas, noodles, and fresh-looking vegetables in the heart of Soho's Chinatown. You can also pick up some bargain accessories for the kitchen – wooden steamers start at 90p, a box of chopsticks is £1.30 and huge ladles are £9.

Loon Fung, 42-44 Gerrard Street, W1D 5QG (020 7437 7332) Leicester Square tube. Open Mon-Sun 10am-8pm.

New Loon Moon

Opposite Loon Fung, this is another jam-packed and rambling Chinese food shop offering fresh fruit and vegetables and an array of dried, tinned and pickled goods.

New Loon Moon, 9 Gerrard Street, W1D 5PL (020 7734 3887) Leicester

Square tube. Open Mon-Sun 10.30am-8pm.

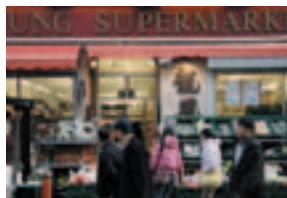
See Woo

Lobster, crab and plenty of other live seafood is the highlight of this large and impressive Chinese supermarket and wholesale outlet way out near the Millennium Dome. There's also plenty of groceries and a good selection of low-priced crockery and utensils.

See Woo, Furlong House, Horn Lane, SE10 0RT (020 8293 9393/ www.seewoo.com) North Greenwich tube/Charlton rail. Open Mon-Sat 9.30am-7pm, Sun 11.30am-5.30pm.

Asia Dragon

Order online from this Leeds-based seller of Chinese furniture, clothes,



art, tableware and accessories. As well as Chinese calligraphy prints, you can buy your own calligraphy brush set for £18.

Asia Dragon (www.asiadragon.co.uk)

Scribblers

This online specialist in writing, drawing and painting materials is perfect for anyone interested in taking up Chinese calligraphy. They also offer calligraphy courses.

Scribblers (www.scribblers.co.uk)

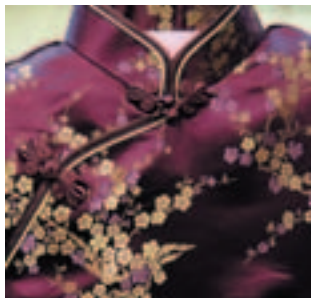
ORIENTAL CITY

Oriental City's location may not be very handy – in Colindale on the northern reaches of the tube map – but the vast range of exotic and, to western palates at least, unfamiliar foods in the retail complex's large supermarket make it worth the trip. This supermarket is certainly the highlight of Oriental City. It specialises in all foods from the Far East – Chinese, Thai, Japanese and Korean – and with its spacious aisles and huge range of stock is quite unlike the higgledy-piggledy little food shops in Chinatown.

Those of a squeamish disposition would do well to avoid the meat section, which is otherwise fascinating to peruse. Pigs' ears and stomachs, chicken and duck feet, pork belly, wild eel and plenty more that you won't see down at Tesco, all packaged up for the adventurous shopper. A pack of duck tongues, if you're interested, is priced at just £1.52.

Away from the meat section are lots of other Chinese staples – soups, fish sauces, marinades, teas, noodles, a huge variety of rice, plus dried and pickled delicacies.

There's a particularly wide range of dried mushrooms, including 'dried white fungus' for £1.69, advertised as a health food and resembling a natural sponge, plus scary-looking peony dried mushroom for £2.49. Honeysuckle flowers, powdered purple yam, dried



lily bulb and chestnut flour – the contenders for strangest supermarket product are endless. If you end up daunted and want to cheat a little, you can buy batches of pre-made dim sum from the freezer department.

'Pigs' ears and stomachs, wild eel, chicken and duck feet and plenty more you won't see down at Tesco'

Oriental City also has a smattering of furniture, clothes, music and gift shops, as well as Chinese medi-



cine outlets, several restaurants and a food court. One of the more interesting shops is Golden Fleece, which specialises in traditional Chinese clothing – children's embroidered jackets start from £24.95. You can also buy 'Slimming Tea' from the Heavenly Dragon Tea House. While the small shopping mall was disconcertingly quiet when Time Out visited on a weekday, the food court next to the supermarket was bustling with people taking advantage of dim sum, noodles and rice dishes for around £5 a dish. *Panela Buxton Oriental City, 399 Edgware Road, NW9 0JJ (food court 020 8200 0009) Colindale tube. Open Mon-Sun 10am-10pm.*

MARTIAL ARTS

From Bruce Lee to Jackie Chan via 'Crouching Tiger, Hidden Dragon', our fascination with Chinese martial arts is enduring. There are literally thousands of styles, all with their own distinctive techniques, whether designed for combat, self-defence or greater awareness of the spirit, mind and breath – and you can find many of them taught in London.

Gunpowder

The exact circumstances of the invention of black powder (the first gunpowder) are unknown; however, Chinese chemists are known to have experimented with fireworks in the 9th century during the Tang Dynasty.

The oldest representation of a cannon is in a Buddhist carved relief dating from 1128. The cannon could well have been made by the iron-casting process developed in China some time around 550BC.



Lee studied the southern Chinese art of wing chun as a child and it remains hugely popular. Master Wai-Po Tang founded the Martial Art Institute (07976610901/www.martialartinstitute.com) as a specialist wing chun kung fu school and there are weekly classes in Tooting, Wimbledon and Croydon.

Lee can also be credited with starting the modern cross-training trend when he came up with jeet kune do, or 'the way of the intercepting fist'. This is a simple, direct style – why bother stamping on an attacker's foot, grabbing their hand, taking them down to the ground with a wrist lock then subduing them with an arm bar when a strike to the throat would do the job far quicker? Don't worry – you won't be doing that in



week one. The British Martial Arts Institute (www.bmai.co.uk) will find a class for you. Alternatively, try the West London Martial Arts Academy (www.jkd-london.co.uk) or Bob Breen Academy in Hoxton (020 7729

5789/www.bobbreen.co.uk).

In contrast, lau gar is more about self-defence, being a traditional Southern Chinese system based on the defensive movements of animals like the tiger, crane, snake and leopard. London Lau Gar Kuen (07956974225/www.laugar.org.uk) run weekly classes in east, south-east and west London.

Andrew Shields

For further information about a range of martial arts or to find a club, contact the British Council for Chinese Martial Arts (024 7639 4642/www.bccma.com).

TAI CHI

Mention tai chi and most people think of the BBC ident featuring a group of people dressed in loose red clothing slowly waving their arms and balancing on one leg. For devotees, however, this ancient discipline is a combination of Chinese culture, philosophy and medicine that contributes to fitness, health and a balanced sense of well-being.

No other activity is as gentle, graceful or meditative. The movements of tai chi stimulate the flow of energy and massage the meridians to give a total body workout of a non-aerobic kind, while relieving stress, building confidence and enhancing awareness. 'It has the unique ability to enrich the mind as well as invigorate the body,' says Master John Ding, founder of the John Ding International Academy, who can trace his lineage back six generations to Yang Lu Chan, creator of the accessible and popular Yang style. Ding teaches daily classes for all standards at his full-time centre in South Woodford and new purpose-



built premises in Limehouse, while there are branches across London (020 8502 9307/www.johndingacademy.com).

Not surprisingly, tai chi is hugely appealing to stressed-out Londoners.

You can find classes all over the

capital with both Chinese and British instructors.

To find a class, contact the Tai Chi Union for Great Britain (0141 810 3482/www.taichiunion.com). Founded in 1991, the Union is a collective of 400 independent instructors. *Andrew Shields*

TRADITIONAL CHINESE MEDICINE

In the streets surrounding London's Chinatown, there's no shortage of traditional Chinese medicine (TCM) shops offering relief from a wide range of complaints, including chronic skin conditions, sports injuries or male-pattern baldness. But for any Londoner of non-Chinese origin, the confusing protocol, exotic practices and potential pitfalls can be daunting.

'It can take a Chinese doctor between five and 11 years to train fully'

The medical establishments of Chinatown tend to fall between two poles. First, there are the smaller operations consisting of little more than a counter and a wall or windowful of herbal ingredients, either stored in mysterious banks of drawers or sweetshop-style glass jars. Then there are the bigger, brighter chain outlets, such as Everwell, that display gruesome anatomical charts and models as hopeful icebreakers, with welcoming plates of seed pods and dried leaves peeping out from behind the ubiquitous posters. Most accessible is SEN, a veritable Muji of the medicinal marketplace, which uses stylish modern packaging and has even built Chinese tea and herbal juice bars into its feng-shui friendly TCM practices.

'It can take a Chinese doctor between five and 11 years to train fully, but there are some practitioners working with incomplete or inappropriate qualifications,' says Kenneth Gibbons, a specialist psychotherapist and TCM convert who has been working with the British and Chinese governments to set up an official licensing and accreditation system. 'It's a complete, holistic system that's all about ying and yang – about balance. A doctor will start off giving you, say, ten or 15 herbs, both to treat your particular symptoms and to strengthen your body as a whole. Then he has to

react and judge which drugs to substitute or gradually ease off as your body starts to respond.'

Gibbons says that a Chinese doctor looks at the patient as a whole. 'They look at how you approach them. Then they take up to six pulses, using three fingers, taking not just the beat of the pulse, but measuring how blood is travelling through the veins. Then they'll look at your tongue colour, its coating and textures. Finally, they'll give you the first week's herbs, and as they fine-tune over the weeks, they'll chase the condition in your system and strengthen your system to join the chase.'

An initial consultation can cost anything between £10 and £90, but you'll find yourself falling into line with the traditional Chinese remuneration system, with the

weekly cost of your medicine decreasing as your condition subsides. *Derek Hammond*

Recommended practices:

Acumedic Centre 101-105 Camden High St, NW1 (020 7388 5783)

Hong Yuen 22 Rupert St, W1 (020 7439 2408)

Everwell Chinese Medical Centre 64-68 Charing Cross Rd, WC2 (020 7240 1188/www.everwell.co.uk)

Institute of Chinese Medicine 44 Chandos Place, WC2 (020 7836 5220)

SEN 59 South Molton St, W1 (020 7629 2243); 4 Market St, Spitalfields, E1 (020 7392 8899); Fenwick, 63 New Bond St, W1 (020 7629 9161 ext 299/www.senhealth.com).



WHO'S WHO IN MUSIC AND ART

MUSIC

Before the 1960s, if you wanted to listen to Cantonese music in Hong Kong, you had a choice of trad comic opera, or humorous versions of Western music. But by the end of the decade, younger audiences heard the first stirrings of a style that would become known as 'Cantopop'. These songs started out as the theme songs to hit TV shows

(sung in classical Chinese for historical stories, colloquial for modern tales). It was the glitzy '80s though, that ushered in the first proper Cantopop stars – Jackie Cheung, Andy Lau, Leon Lai and Aaron Kwok – who became known as the 'Four Heavenly Kings.' Suddenly Cantopop was big business. The major record companies stepped in (Sony, EMI, Polydor), marketing became slick and sheeny, and greater and greater

demands are now placed on its stars, who are expected to churn out hit movies, alongside four or five albums a year, TV ads... the list goes on. Where can you hear Cantopop? On the radio, the TV, and most prominently in the karaoke boxes that line the streets of Hong Kong and Beijing. And if you want to seek out the sounds locally, the boutique stores of Chinatown are well stocked with the big-hitters. *Sophie Harris*

Here's our guide to some of the top-sellers, the rockers and the rebels on the Cantopop scene...

CROONERS

▼ Jackie Cheung

Born and bred in Hong Kong, Cheung grew up in thrall to Barry Manilow, competing in singing contests till he was signed up by Polydor. At the start of the '90s, he released the interestingly-titled 'Love You A Bit More Daily', which became one of Hong Kong's best-selling albums; he's notched up a worldwide total of 25 million sales.



▲ Andy Lau

Lau started out as a movie star, encouraged to release records to broaden his appeal. In films, Lau's often cast as the tough guy. He's hugely dedicated, working on films and recording songs at the same time, supposedly sleeping in his car to save time.

BALLADEERS



◀ Faye Wong

Cantopop inspires a hysterical level of devotion in its fans, as the countless websites dedicated to picture-perfect Faye Wong

attest. Her voice is lovely – and in addition to her massive success in China, Wong was spotted by the UK's Cocteau Twins, who invited her to guest on their 'Milk 'n' Kisses' album. She's also a movie star, turning in a brilliant performance in Wong Kar-Wai's landmark film 'Chungking Express'.

REBELS

▶ Edison Chen

Chen was in fact born in Vancouver, and while he speaks English, Japanese and Mandarin, he's often criticised for his poor pronunciation of Cantonese. Fans adore him, though, for his ineffable cool.



BUBBLEGUM POP

Part of a new generation of 'prefab' Cantopop bands, these are carefully assembled groups modelled on Western girl and boy bands.



▲ Twins

Put together by mogul Albert Yeung's Emperor Entertainment Group, Twins set the standard for the bands that followed (Cookies, Boy'z, 2R, Shine). Charlene Choi and Gillian Chung aren't actually twins,



but with their barnets hair-slided into the same schoolgirl style, they look pretty similar. As well as topping the charts, Twins have their own TV series and regularly spearhead social campaigns.



China. The group's been going since 1998 and has a huge following.

◀ Tian Zhen

Tina Turner-admiring pop rock queen from Beijing, who's been going since the mid-80s, Zhen's latest album is called '38.5 Degrees'.



Calligraphy

Hanzi, the traditional calligraphic writing system, has over 50,000 symbols, with a single character used to represent a word or phrase.

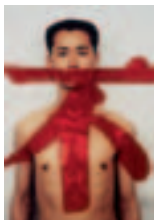
Printing

The world's earliest printed book, a Diamond Sutra text which dates from 868AD, currently held in the British Museum, was produced by the Chinese using the woodblock technique - a process which it is estimated that they'd invented approximately 1200 years before.

ART

In September, the Victoria & Albert Museum announced a remarkable Anglo-Chinese collaboration due to last until 2010. That collaboration, which will culminate in a joint show coinciding with the Shanghai Expo, began last autumn with 'Between Past and Future', an exhibition of new photography and video work by artists from China.

Many young Chinese artists choose to work in photography and video since these fast and cheap technologies enable them to navigate the terrain of a country changing at a prodigious rate. **Wang Qingsong** is a case in point. He switched from painting to photography almost a decade ago. The V&A show included Wang's 'Night Revels of Lao Li', a scroll-like photograph based on a Tang Dynasty painting of Han Xizai, an intellectual who, powerless to reconstruct the country as he wished, retreated into a life of indulgence. Wang's picture gaudily updates the



(in)action to suggest that while things appear to have altered beyond recognition, the inability of individuals to effect change remains depressingly similar.

Just as influential as Wang is **Rong Rong** - though he seems to have achieved fame almost by accident. In 1993, attracted by low rents, Rong, along with a dozen or so artists and musicians, moved into a decaying village on the eastern fringes of

Beijing that they dubbed 'East Village'. This tight-knit community spawned the new wave of Chinese performance art and Rong was around to capture the action on film.

Rong never imagined the appeal and impact his photographs would have when they were subsequently published - partly because, at the time, no one considered photography to be art.



Zhang Dali (below) is Beijing's most famous graffiti artist. Over the past decade or so Zhang has created a body of work documenting the immense physical changes in China's capital, while also drawing attention to what gets lost in the rubble.

If artists like Zhang Dali are concerned with the effect of galloping change on the built environment, **Qiu Zhijie** (far left) is preoccupied by what's happening to people as China hurtles into a quasi-capitalist future. In one photo in his

'Tattoo' series, Qiu's body becomes flattened by text written across his torso and on the wall against which he stands. Image and background are confused, the character that consumes him - meaning 'No' in Mandarin - a comment about the sense of individuality being diluted amid the onslaught of change.

Martin Coomer

CITIES OF THE 21ST CENTURY

Once upon a time it was all about the Great Wall, now it's great walls, great domes and great towers says **Andrew Humphreys**

BEIJING

OLYMPIC CITY

奥林匹克城 **1** See map p29

Nothing is set to open for another two years but already there's a huge buzz surrounding some of the high-profile buildings under construction in preparation for

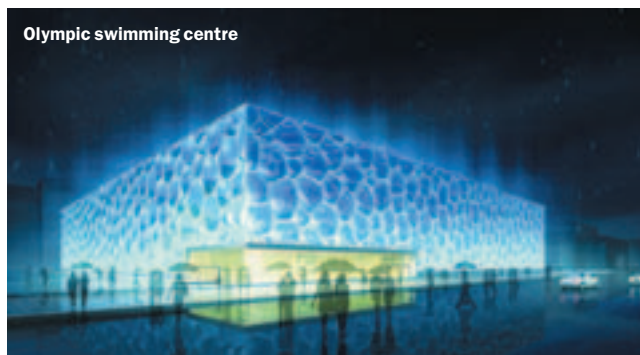
the 2008 Olympics. The Olympic Stadium, designed by Swiss architects Herzog and de Meuron, the partnership responsible for the Tate Modern, will resemble the planet's biggest bird's nest, thanks to 36 kilometres of steel strapping wrapped around the three million cubic metre structure. It'll be the world's largest enclosed space, but its use

of avian-inspired architecture will help it appear to float. The Olympic Swimming Centre, Co-engineered by Arup & Partners, set to be the largest swimming venue ever built, will take the form of a massive transparent crystalline 'water cube'.

NATIONAL GRAND THEATRE

国家大剧院 **2**

French architect Paul Andreu hit the news in 2004 when the roof of his terminal at Paris's Charles de Gaulle airport collapsed. His latest project is all roof, being a parabolic dome half buried in a plaza west of Tiananmen Square. It's a glass-and-titanium opera house that will be 'a miniature metropolis of theatres.' Visitors will enter the building through a transparent tunnel surrounded by rushing water. Although not





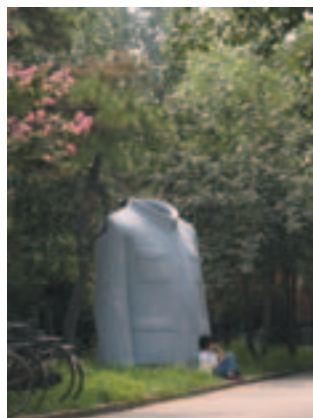
scheduled to open until later this year, it has already achieved the status of major Beijing landmark.

CCTV BUILDING **中央电视台大楼 3**

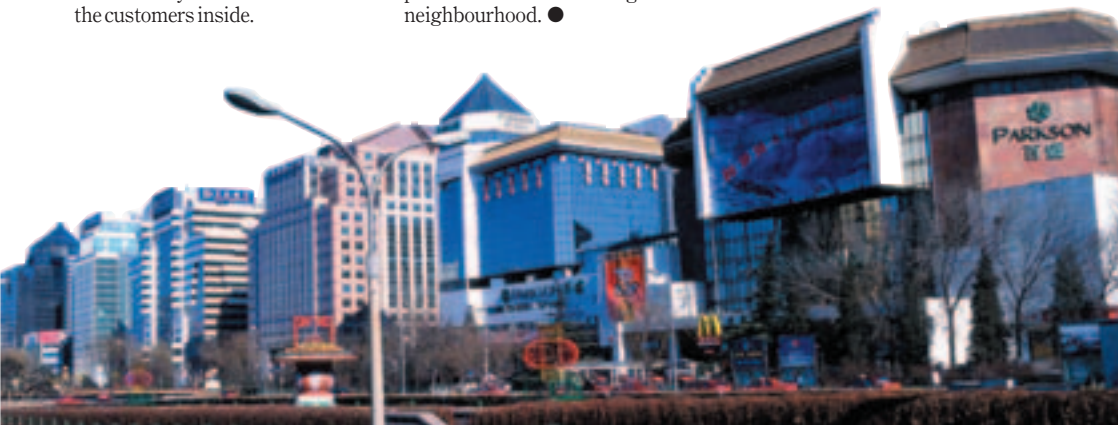
Billed in advance as ‘one of the most exciting buildings in the world’, the looping, seemingly gravity-defying complex currently under construction as the headquarters of China’s state-owned TV network resembles a visual conundrum dreamt up by MC Escher. In fact, those responsible are Rem Koolhaas’s Office for Metropolitan Architecture. The same firm is also rebuilding the Beijing Books Building, adding a vast glazed ‘bookcase’ façade with an interactive electronic display controlled by the movements of the customers inside.

798 ART DISTRICT **798艺术区 4**

A factory compound in the northeastern district of Dashanzi, 798 is the city’s unofficial arts centre. A growing number of its barrack-like former workshops and soaring industrial spaces play host these days to dozens of ateliers and galleries, the latter filled with constantly changing exhibitions. Dealers from the international art world pass by lathe-filled shopfloors on their way to snap up canvases by the young up-and-coming. A clutch of cafés and restaurants has appeared, to serve as meeting venues and lunch spots for the media staff and other professionals now working in the neighbourhood. ●



798 Art District



▶ SHANGHAI



The Bund

THE BUND

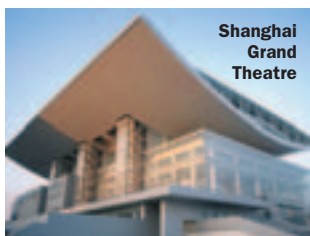
外滩 1

In 1949 the never-ending party that was colonial Shanghai came to an end. The famous Bund, the waterfront esplanade with its sweep of monumental foreign-owned banks, insurance houses and gentlemen's clubs, was sidelined. But the Bund is back. Spearheading the revival is Three on the Bund, a glorious neo-renaissance building revamped for the 21st century by Michael Graves. Armani has moved into the ground floor, while upstairs are a clutch of top-end eateries including Jean-Georges, operated by New York celeb chef Jean-Georges Vongerichten. Bund 18 boasts Cartier, Zegna and a restaurant run by Michelin-star chefs Jacques and Laurent Pourcel.

PUDONG

浦东 2

As recently as 1990, the eastern shore of the Huangpu River across from the Bund was little more than marshy plains. Flash forward a decade and a half and today it's a sci-fi landscape of rocket-like towers and golden skyscrapers that double as video screens. Most prominent of the lot is the 88-storey Jin Mao Tower, a hi-tech, cloud-piercing, silvery



Shanghai Grand Theatre



Jin Mao Tower

pagoda, designed with the help of feng shui experts. The top 34 floors are occupied by the Grand Hyatt Shanghai, making it the world's highest hotel.

RENMIN SQUARE (PEOPLE'S SQUARE) 3

人民广场

What's now the city's central park started life back in the 1860s as the Shanghai racetrack. These days, as well as being a venue for morning tai chi, al fresco English lessons and cruising, it's also the site of several bits of impressive modern architecture: the world-class Shanghai Museum boasts a distinctive profile inspired by the *ding*, an ancient Chinese cooking pot, the Shanghai Grand Theatre is a Meccano plinth supporting a huge arched roof, while the Urban Planning Centre is a grounded space module.

XINTIANDI

新天地 4

Mirroring London's Covent Garden in its mix of commerce, culture and entertainment, Xintiandi is an overhauling of old tenements, repackaged with boutiques and classy restaurants and bars. Its narrow alleys and piazzas connect the likes of Starbucks, Häagen-Dazs and Vidal Sassoon with East Asian brands like Crystal Jade, a dim sum restaurant originating in Singapore, and local retailers such as Simply Life, majoring in quality Chinese decor and lifestyle products. ●

Great Wall of China

The Great Wall is 4,500 miles long. Work began on the first major wall of China in 208 BC, however the Great Wall as we know it today was built between 14th and 17th centuries (Ming Dynasty).

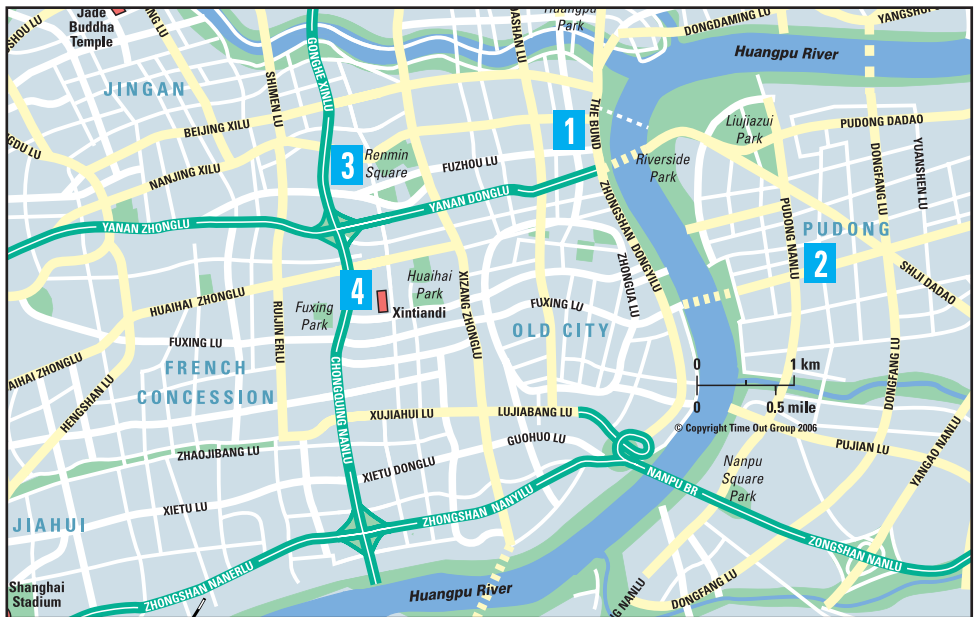
Contrary to widespread belief, it's actually impossible to see the Great Wall from near space orbit with the naked eye.

China
FACT

Beijing



Shanghai



THE CHINESE COMMUNITY TODAY

Today, the Chinese make up one of the largest and most diverse communities in London. **Jonathan Derbyshire** discovers that a substantial network of community organisations helps to meet their needs



The 2001 Census revealed that 247,403 people of Chinese origin live in the UK, of whom more than 80,000 (36%) reside in London. And of those living in the capital, nearly 20% live in just three London boroughs: Barnet, Southwark and Westminster. That's changing, however, as many Chinese move back to East London, site of the original Chinatown in the 19th and early 20th centuries (*see p. 6*). And it's expected that the trend will have become even more pronounced by the time of the next census in 2011. Which is one of the reasons London Mayor Ken Livingstone recently announced plans for the development of a Chinese business and cultural quarter in the Thames Gateway area.

London's Chinese community is not only large, it's pretty diverse

too. As well as British-born Chinese, it includes people from Hong Kong, mainland China, Singapore and Malaysia, and elsewhere in the Chinese diaspora. In addition London has a substantial Chinese student population, many of whom are temporarily resident in the capital for the duration of their courses. Most Chinese Londoners of longstanding are either from Hong Kong or south-east Asia. In contrast, a substantial majority of residents originally from the Chinese mainland have been in this country for less than a decade. And while UK-born and Hong Kong Chinese currently outnumber those from the mainland, that's also set to change as financial and business links between London and major cities like Beijing and Shanghai multiply at a dizzying rate.

And the Chinese community is not only geographically diverse, but socially and economically too. For instance, research has shown that there are significant differences in levels of spoken and written English between Chinese people from Singapore and Malaysia and those from Hong Kong and mainland China. Similarly, while economic migration from the People's Republic has made the headlines in recent years, nearly 50% of Britain's Chinese adults have jobs in law, medicine and other professions.

'More than 80,000 people of Chinese origin live in London'

All of which goes to show how far removed from the old, monolithic stereotype, with its emphasis on restaurants and takeaways, the contemporary reality of the Chinese community actually is. And, of course, such a diverse community has a pronounced diversity of needs. Fortunately, a wide-ranging

The Compass

The Chinese invented the compass for use in Feng Shui. When a new house was built, a magnetised needle was used to ensure that the building stood in perfect harmony with nature.

It is known that the Chinese were navigating by magnetic compass as early as 12th century AD. Arab traders learned of the Chinese method of sailing by compass and in turn passed that knowledge on to the Europeans.



CHINATOWN BRITAIN



Liverpool

London's Chinatown is so vibrant that it's easy to forget that several other British cities boast long-established enclaves containing numerous highly successful Chinese businesses. And in fact Britain's oldest Chinatown is not in London, but in **Liverpool**, where Chinese sailors began to settle around the docks in the early nineteenth century. By 1868, when China sent a delegation which landed at Liverpool with the intention of setting up an embassy in Britain, a Chinese community had taken root in Pitt Street and Cleveland Square. And by early in the next century, a majority of the



Manchester

addresses in Pitt Street were occupied by Chinese restaurants, shops and laundries.

However, a combination of the best

efforts of city planners and the Luftwaffe forced most Chinese residents to leave the area after World War II. Many set up shop on Nelson and Berry Streets, and these two thoroughfares remain the focus of Liverpool's Chinatown today. In 2000, the Chinese presence in Liverpool was acknowledged in dramatic fashion, with the installation at one end of Nelson Street of the Imperial Arch, the largest structure of its kind outside China.

Just down the East Lincs Road in **Manchester**, there's a much younger but no less bustling Chinatown. The first Chinese restaurant opened in Manchester in 1948, and it wasn't until the 1970s that the term 'Chinatown' was applied to George Street and its neighbours.

Manchester's Chinatown now has its own Imperial Arch, a Ming Dynasty replica unveiled by the Duke of Edinburgh in 1989. And it has some of the best Chinese restaurants in the entire country.

Chinatowns took root later still in Birmingham and Newcastle. Birmingham is now home to the Arcadian Centre, housing more than a dozen Chinese businesses, including accountants and booksellers as well as restaurants; while Stowell Street in central Newcastle, a run-down backwater as recently as 1980, is now lined with Chinese shops and restaurants and is enlivened by a mural depicting a dragon and a phoenix as well as a pair of stone lions from Xi'an. *Jonathan Derbyshire*

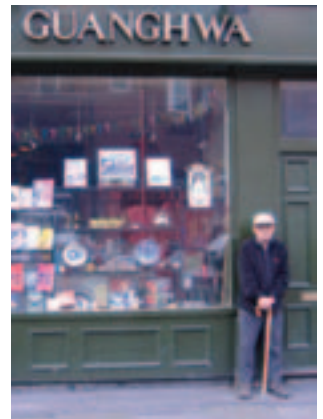
network of organisations exists to cater to those needs.

There are a number of Chinese community centres across the capital, which offer a range of services including language courses, welfare and social activities. Many of these are now affiliated to the London Chinese Community Network (LCCN), an umbrella organisation set up March 2001.

Dedicated Chinese language schools, such as the Ming-Ai Association, offer courses in both Cantonese and Mandarin. And Chinese organisations also contribute greatly to the rich cultural life of London. The London

Chinese Cultural Centre, based on the South Bank, oversees the activities of a number of artistic companies.

Many of these organisations have arranged events which are included in China in London 2006. These include: Camden Chinese Community Centre; Lambeth Chinese Community Association; Chinese Association of Tower Hamlets; Croydon Chinese Community Association; Kingston Chinese Community Association; Ealing Chinese School. *For further details of the activities of these organisations, visit the LCCN website: www.chinese-network.net*



LONDON CHINESE COMMUNITY DIRECTORY

The following is a selection of information sources about the Chinese community in London and is not comprehensive.

British Born Chinese
www.britishbornchinese.org.uk

Camden Chinese Community Centre
9 Tavistock Place, WC1H 9SN
Tel: 020 7388 8883
Fax: 020 7383 2886
www.camdenccc.co.uk

Chinese Community Centre
2nd Floor, 28-29 Gerrard St, W1D 6SP
Tel: 020 7439 3822
www.ccc.org.uk

The Chinese In Britain Forum
1st Floor, Boardman House, 64 Broadway, E15 1NG
Tel: 020 8432 0681
Fax: 020 8432 0685
www.cibf.co.uk

Chinese Mental Health Association
2nd Floor, Zenith House, EC2A 3QY
Tel. 020 7613

Fax. 020 7739 65777
www.cmha.org.uk

Chinese National Healthy Living Centre
29-30 Soho Square, W1D 3QS
Tel. 020 7287 0904
Fax. 020 7534 6545
www.cnhlc.org.uk

Chinese Information and Advice Centre
4th Floor, 104-108 Oxford St, W1D 1LP
Tel. 020 7323 1538 (office); 020 7462 1285 (legal advice helpline); 020 7462 1281 (Women's Support Project); 020 7462 1283 (Refugee and Asylum Seeker's Support Project)
www.ciac.co.uk

Dim Sum – The British Chinese Community Website
www.dimsun.co.uk

Islington Chinese Association
33 Giesbach Rd, N19 3DA
Tel. 020 7263 5986
Fax: 020 7281 7136
www.islingtonchinese.com

London Chinatown Chinese Association
Tel. 020 7292 2877
www.chinatownchinese.co.uk

London Chinese Community Network
First Floor, Boardman House, 64 Broadway, E15 1NG
Tel. 020 8432 0683
Fax. 020 8432 0685
www.chinese-network.net

Ming-Ai (London) Institute
1 Cline Rd, N11 2LX
Tel. 020 8361 7161
Fax: 020 8361 4207
www.ming-ai.org.uk

See also: www.bbc.co.uk/london/faith/index for information about London's Chinese and many other different communities.

OTHER HANDY CHINESE UK WEBSITES

GENERAL

www.chinatown-online.co.uk

SHOPPING

Chinese supermarkets in Croydon and Cricklewood

www.wingyipstore.co.uk

Women's, Children's and Bridalwear

www.chinesedresses.co.uk

Chinese Antique Furniture

www.shimu.co.uk

Chinese Music

www.chinesemusic.co.uk/english/music.html

Oriental Food importer, wholesaler and supermarket
www.hoohing.com

EMBASSY

Chinese Embassy website

www.chinese-embassy.org.uk/eng

MEDICINE & HEALTH

The Register of Chinese Herbal Medicine

www.rchm.co.uk

Foundation for Traditional Chinese Medicine

www.ftcm.org.uk

College of Integrated Chinese Medicine

www.cicm.org.uk

NEWS

Online news

www.chinaonline.com

www.chinadaily.com

www.chinese-channel.co.uk

Links to all the Chinese newspapers

www.cnd.org/china/news/newspapers

Paper

The method of making paper from cotton rags was invented by the Chinese as an alternative to using bamboo or silk for writing documents. The production process was a fiercely guarded secret; first mentioned in 105AD it did not appear outside China until the 7th century AD.

Paper was used for many different purposes, including umbrellas, rainwear, windows and kites.

It was also used for the popular Chinese arts of paper folding and paper cutting – examples of which have been found dating from the 6th century A.D.

China FACT



KEY TO MAP ON PAGES 34-35

1, 5, 13. Chinese New Year celebrations

Jan 29, parade starts 11am, Trafalgar Square 12noon-6pm

Chinatown/Leicester Square/
Trafalgar Square/Charing Cross Rd,
WC2 (www.chinatownchinese.com)
Charing Cross/Leicester Square
tube.

2. National Portrait Gallery

National Portrait Gallery, 2 St Martin's
Place, WC2H 0HE (020 7306 0055/
www.npg.org.uk) Charing Cross/
Leicester Square tube.

3. Shanghai on Screen - Vue West End

3 Cranbourn Street, Leicester Square,
WC2H 7AL (08712 240240/
www.myvue.com) Leicester Square
tube.

4. Charing Cross Library

4-6 Charing Cross Rd, WC2H 0HF
(020 7641 4628) Leicester Square
tube.

6. Queen Elizabeth Hall

South Bank Centre, SE1 8XX (box
office 08703 800 400/
www.rfh.org.uk) Waterloo tube

7. Inn the Park Restaurant

St James's Park, SW1A 2JB (020
7451 9999/www.innthePark.co.uk)
St James's Park tube.

8, 9. Royal Academy of Arts

Piccadilly, W1J 0BD (Tickets 0870 848
8484/www.threeemperors.org.uk)
Green Park/Piccadilly Circus tube.

10. Austin Reed

103-113 Regent St, W1.

11. Trocadero

1 Piccadilly Circus, W1.

12. Linbury Theatre, Royal Opera House

Bow St, WC2E 9DD (020 7240 1200/
www.royaloperahouse.org)
Covent Garden tube.

14. Southwark tube station

SE1 (www.tfl.gov.uk/pfa).

15. Westminster tube station

Exit 3, SW1 (www.tfl.gov.uk/pfa).

16. Museum in Docklands

No 1 Warehouse, West India Quay,
Hertsmere Rd, E14 4AL (0870 444
3856/www.museumdocklands.org.
uk) Canary Wharf tube/West India
Quay DLR.

17. Natural History Museum

Cromwell Rd, SW7 5BD
(020 7942 5000/www.nhm.ac.uk)
South Kensington tube.

18. Victoria and Albert Museum

Cromwell Rd, SW7 2RL
(020 7942 2000/www.vam.ac.uk)
South Kensington tube.

19. Campbell's Art Gallery

1-5 Exhibition Rd, SW7 2HE (020
7225 3942/www.campbellsof
london.co.uk) South Kensington tube.

20. Royal Geographical Society

1 Kensington Gore, SW7 2AR
(020 7591 3044/www.rgs.org)
South Kensington tube.

21. Chinese Contemporary Art Gallery

21 Dering St, W1S 1AL
(020 7499 8898/www.chinese
contemporary.com) Bond St/Oxford
Circus tube.

22. Selfridges

400 Oxford St, W1A 1AB
(08708 377 377/
www.selfridges.com)
Bond St/Marble Arch tube.

23. Debenhams

334-348 Oxford St, W1.

24. The Hospital

24 Endell St, WC2H 9HQ
(020 7170 9100)
Covent Garden tube.

25. British Museum

Great Russell St, WC1B 3DG
(020 7323 8299/www.thebritish
museum.ac.uk) Tottenham Court
Rd/Russell Square/Holborn tube.

26. Asia House

63 New Cavendish St, W1G 7LP
(020 7307 5454/www.asiahouse.org)
Oxford Circus tube.

27. Red Mansion Foundation

Red Mansion Foundation, 12 Great
Portland St, W1W 8QN (020 7323
3700/www.redmansion.co.uk)
Oxford Circus tube.

28. School of Oriental & African Studies

Thornhaugh Street, Russell Square,
London WC1H 0XG. Khalili Lecture
Theatre, Main Building.
www.soas.ac.uk 020 7300 5839

29. Madame Tussauds

Marylebone Rd, NW1 5LR (0870 400
3000/www.madame-tussauds.com)
Baker St tube.

30. Percival David Foundation of Chinese Art

53 Gordon Square, WC1H 0PD (020
7387 3909/www.pdfmuseum.org.uk)
Euston Square/Russell Square tube.

31. Robin Howard Dance Theatre

17 Duke's Rd, WC1H 9PY
(020 7387 0031/www.theplace.
org.uk) Euston/King's Cross tube.

32. Camden Town Hall

Judd St, WC1H 9JE
(020 7388 8883/
www.camdencc.co.uk)
King's Cross tube

33. British Library

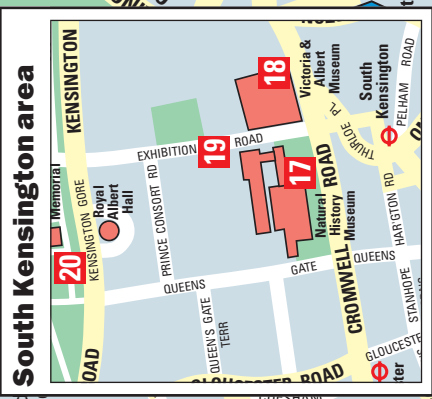
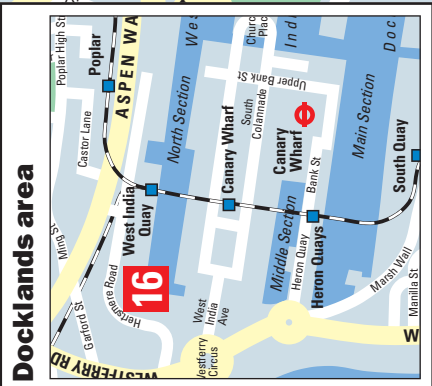
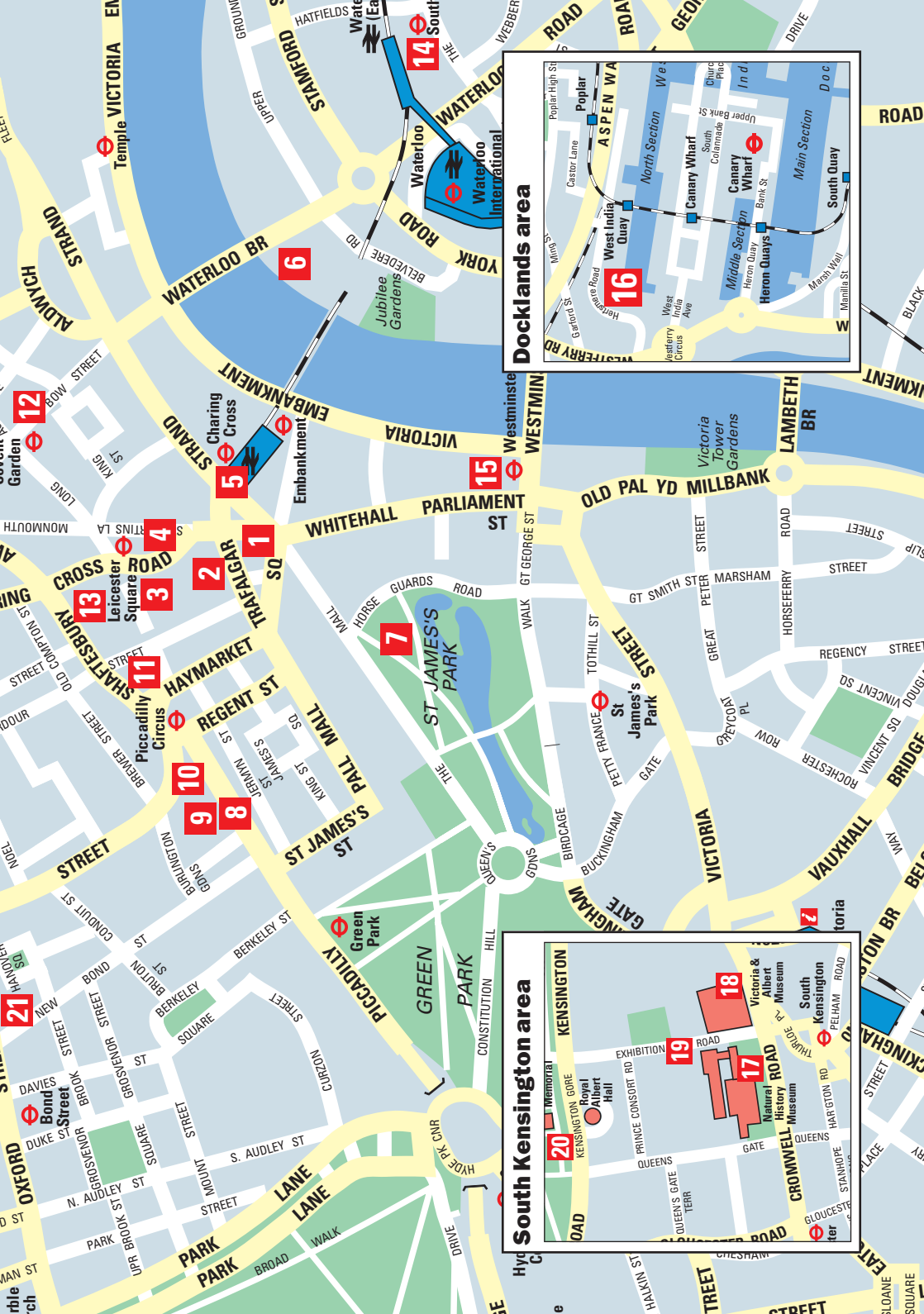
96 Euston Rd, NW1 2DB
(020 7412 7222/www.bl.uk)
Euston/King's Cross tube.

34. London Zoo

Regent's Park, NW1 4RY
(020 7722 3333/
www.londonzoo.co.uk) Camden
Town/Regent's Park tube.

Events 1-34







BRITISH
TRANSPORT
POLICE

THE YEAR OF THE Dog

British Transport Police
wish the Chinese community
a Happy New Year.

We have a commitment
to diversity and strive
to develop a workforce that
reflects the community.

If you'd like further
information on careers
within the force, visit
www.btp.police.uk

