

on the menu are for two people. So the Hong Kong Restaurant became friends for life when they happily did a special mix and match of duck and crispy aromatic bean sprouts just for us.

everything is cooked to order, not pre-prepared. After our special starter (and they have a wide variety to choose from, including crispy aromatic versions of just about anything), I went for roasted lean pork

sauce. Lean and sweet? Perfect description. We shared egg fried rice, vegetable chow mein and mixed vegetables, while my other half added crispy coated mushrooms. When eating out, she often has a "choice" of one or two vegetarian dishes, so it was a refreshing change to have a large range of options. The crispy mushrooms were certainly a good pick. They were crunchy on the outside and succulent on the inside, with a real kick of chilli and garlic – a perfect complement to the fluffy rice and tender vegetables.

The dessert menu is probably the most extensive I've seen at a Chinese restaurant. I nearly plumped for the Fantastico, a gooey chocolatey concoction which looked, well, fantastic.

But plump would have been an apt choice of words for how it would have made me feel after such a good main course.

So we shared a lemon tart and



Accommodating: Hong Kong Restaurant's Malik Sheik and Amanda Church.

Pictures: Duncan Lamont
476410/377/407.

the croquante, a mix of ice cream and meringue wrapped in a nutty shell.

And while the tart was a bit too lemony for my taste, the latter was a definite winner. With a wine menu to suit all palates, Hong Kong represents an exciting Oriental dining experience – at a more than fair price.

The restaurant website claims that it is "Almost certainly the finest Oriental restaurant in Cambridgeshire". It's not an idle boast – I for one wouldn't argue.

foodfile

Hong Kong Restaurant
16 Market Square, St Neots,
Cambridgeshire PE19 2AF
Tel: (01480) 473158/474016
Opening times: Noon-2pm,
5.30pm-10pm (last orders)
weekdays; noon-2pm, 5.30-
11pm Fridays and Saturdays;
5.30-10pm Sundays.
Disabled Access: Yes.
Cost of meal: £40 for two
including glass of wine each.
Food: ☆☆☆☆
Service: ☆☆☆☆
Ambience: ☆☆☆☆
Value: ☆☆☆☆



Sausage dish is a racing cert

■ **This superb signature dish from Sebastian Budin, head chef at The Fleur Bar & Bistro in Humberstone Road, sources local ingredients and adds a new twist to a popular traditional recipe. Serves two.**

Newmarket Sausages on Caramelised Onion Mash Potato.

Under starter's orders . . .

For the mashed potato
500g good quality potatoes
100g butter
½ tsp salt
Dash of milk/cream

For the caramelised onions

Extra virgin olive oil
1 red onion, peeled and sliced
4 tbsp balsamic vinegar
6 tbsp brown sugar
A liberal drizzle of honey
6 Newmarket sausages (a secret recipe, blending herbs and spices with prime British pork shoulder).

And they're off . . .

Firstly, heat the oil in a non-stick frying pan. Lightly sauté the onion for several minutes until golden in colour.

Add the sugar, honey and balsamic vinegar. Then reduce the heat and stir the onions at regular intervals until caramelised, adding a dash of water occasionally to prevent the mixture becoming too sticky.

Meanwhile, peel and slice the potatoes, running them under cold water to remove any surface starch.

Heat a large pan of water to just under boiling point and add the potatoes, simmering them for half an hour. Then drain them and run them under cold water.

Refill the pan with cold, lightly salted water. Bring it to the boil then reduce the temperature, allowing the water to simmer. Add the potatoes once again and cook until soft. Then drain them and place them back in the pan.

Mash the potatoes together with the butter and seasoning, whisking in a little milk or cream until the potatoes are creamy and soft. Fold in the caramelised onions.

Grill the sausages, turning occasionally until thoroughly cooked. Mount each one on individual stacks of the mashed potato, with a small jug of rich onion gravy sitting majestically in the centre of the plate. Garnish with home-made parsnip crisps.



Flower power: Sebastian serves up another triumph.