

**S**HANGRI-LA'S Tanjung Aru Resort and Spa's Peppino restaurant is organising a gourmet week from Nov 13 to 17 Nov with Chef Rosario and three very talented international celebrity chefs.

The gourmet week will showcase specially prepared dinners with wine by Chef Carmelo Greco, "The Michelin Star Chef" on Nov 13 Nov; Chef Gary Robinson, "The Royal Chef" on Nov 15 Nov; and Chef Kevin Cherkas, "The Molecular Chef" on Nov 17.

The dinners will include wine and guests could opt to attend all three dinners.

Other than indulging in the creations of these celebrity chefs, guests can take up a special room package at Kinabalu Mountain View room with free upgrade to a Kinabalu Seaview room including buffet breakfast for two adults.

On the chefs, Italian Chef Carmelo discovered his love for culinary pleasures at a very young age. He started out at the legendary Michelin two-star Da Guido restaurant in Costigliole d'Asti, Italy, and worked under Lidia Vanzino, who has been a big influence on his cooking style.

He then moved to Frankfurt, Germany and opened his own restaurant Osteria Enoteca, with business partner and wine expert Roland Brzezinski. Chef Carmelo is known to spoil food critics and guests with classic creations of Italian alta cucina, his legendary stews as well as new creations such as the Parmesan Flan and Panna Cotta, and proving to his visitors that Italian cuisine has more to offer that pizza and

# Shangri la's gourmet week



Chef Carmelo



Chef Carmelo

pasta. In 1996, Osteria Enoteca was awarded with a Michelin star. During the dinner, Massimo Pastura, winemaker of Cascina La Ghersa, will entertain guests on the piano.

Hailing from Scotland, Chef Gary Robinson began his career at the young age of 17. With 20 years of culinary experience in restaurants from Scotland to the United Arab Emirates, and former

head chef to His Royal Highness The Prince of Wales, Chef Gary is a strong advocate for classical cooking techniques and believes that the ingredients are the real stars of his dishes and should be cooked in ways that help retain their natural goodness.

He has gained invaluable first-hand experience and culinary exchange with many accomplished chefs from all over the



Chef Rosario

globe while serving His Royal Highness, and had the honour of preparing meals for members of the British royal family, heads of state, foreign dignitaries, Hollywood stars and some of the world's most famous and important people.

Chef Gary is dedicated to reinventing classics, authentic reproductions and honest cooking. He has been honoured with several culinary accolades that include the "Young Chef of the Year" title. He is now the executive chef at Kowloon Shangri-La, Hong Kong.

Molecular Chef Kevin Cherkas, chef de cuisine of BLU restaurant at Shangri-La Hotel, Singapore, previously helmed Restaurant Lafite at Shangri-La Hotel, Kuala Lumpur.

He has a track record garnered from some of the world's most outstanding Spanish restaurants such as the Michelin three-star Arzak restaurant, the Michelin three-star El Bulli, the



Michelin two-Michelin two-owned by ren-Boulud in New

A classical chef, Chef Ke lar gastronom and his cooki as "traditiona twist".

He believes that nobody e before, and w that dare to b three ways: e of ingredients or is prepared niques, or it eating "that is

His popula "Breakfast", a made with co purée for the cream for the a plate with in breakfast.

Chef Kevin to beverages, and experime tures and tem "Celsius", a t served frozen

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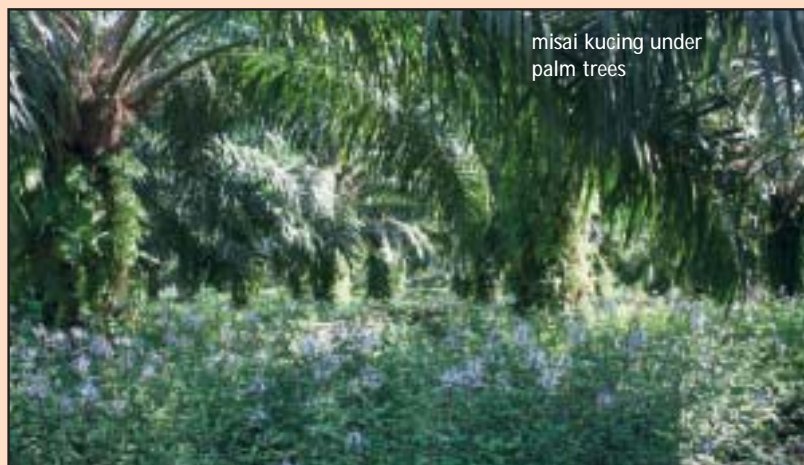
You may notice a river flowing merrily down a few paces away from you. If the day is fine, the water is sparklingly clear; so bathing in it will be a pleasure. It's so cool and invigorating. This way, you have a choice, the pool or the river. The river wins every time for yours truly.

If you love fishing, Balung has a huge man made pond for you to practise your skills. Nature may take one step further and interact with you through one of its tiniest agents, the mosquitoes, so it is advisable for you to rub some insect repellent on yourself.

Your interaction with nature does not end there, actually. There are many more interesting sights to see.

There is the Arenga Pinnata, a palm that is common in Southeast Asia. In Balung there is an area where this palms grow. There are several workers there whose duties are to tap the palm fruits' sweet sap and processed it into brown sugar.

Brown sugar is not as sweet as



misai kucing under palm trees

processed white sugar but it is much more healthier, according to some people.

The sugar is also processed into syrup, which is taken like thick honey. In the resort, this product takes the place of marmalade.

Other than the sugar palm, there is the lemon grass plantation, coffee plan-

tation, the pepper plantation, cocoa, pomeloes, mummy apples, abiu and the veritable dragon fruit plantation.

You can see how it is not possible to take in the sights in one day.

Presently, the resort does not have a set package tour for tourists. They cater on case-to-case demand basis.

The Managing Director Khatizah

Harris shares that they are in the process of formulating proper tour packages for those who wish to take an excursion around the plantation.

"Presently our visitors are usually those who want to hold talks and meetings in our resort. We have many and various groups of visitors from both the government and private sectors. We hope that more visitors will come and

stay with us. terms of sig who want to tion," she sha

The sun r blows where own ancient enjoy these resort. Info from 088233

