

If the way to a man's heart is indeed through his stomach, then food lovers across Kota Kinabalu should all be steered towards the direction of Little Italy located on the ground floor of Hotel Capital. With its highly satisfying and diverse northern Italian menu, it is no surprise that this casual eatery packs a jovial buzz nearly every night of the week. The chefs avoid showiness and gastronomic trends by focusing on serving home cooked meals using authentic recipes that are over 50 years old.

Unbuckle a button and start off a comforting meal with *antipasti* such as the *Melanzane alla Parmigiana* (luxuriant layers of eggplants baked with mozzarella cheese and tomatoes), *Carpaccio di Manzo e Salmone* (thinly sliced beef carpaccio and smoked salmon served with capers, onions and garlic bread) or *Frittura Mista di Pesce* (a medley of deep fried seafood and vegetables accompanied by three types of dipping sauces). Weight watchers need not fret as there are a variety of vegetarian and low fat options that are equally flavorful.

Proceed with a *primo* or main course like the Ravioli Combo Fiesta where customers can mix and match three types of ravioli with a choice of 29 types of sauces. Highly recommended

is the Chicken Ravioli with *Arrabbiata* (tomatoes sautéed with fried garlic and parsley), Spinach and Ricotta Cheese Ravioli drenched in *Quattro Formaggi* (a creamy combination of Danish blue, emmenthal, mozzarella and parmesan cheese) and Mushroom Ravioli tossed in *Panna e Funghi* (fresh mushrooms simmered in white wine and cream).

The culinary adventurer can opt for the *Gnocchi di Patate* (boiled dumplings made of flour and mashed potatoes) cooked in *Emiliana* (bolognese sauce spiked with white wine and cream) or the peculiar looking *Risotto al Nero di Seppia* (an addictive black squid ink concoction). And for the finale? Chocoholics can indulge in the heavenly Chocolate Mousse or Chocolate Almond Cake served with vanilla ice cream. Coffee lovers, however, will enjoy the sinful *Affogato al Caffè* (*zabaglione* gelato drowned in imported espresso) or classic Tiramisu.

Little Italy is located at Jalan Haji Saman (across from Wisma Merdeka), Kota Kinabalu. Business hours are from 10.30am to 11pm daily. For reservations, please call or fax to +60 88 232231 or visit www.littleitaly-kk.com.



WINDBELL Seafood Restaurant

The renovation of Windbell Seafood Restaurant early last year has seen this long-standing eatery transform into a three-section, 450-seater premises that now caters to weddings and exclusive functions. While much has physically changed since the initial opening in 1986, the restaurant still continues to serve simple Chinese inspired cuisine to mammoth-sized families and groups with large appetites.

Fans of DIY culinary experience can take a break from fussing in the kitchen by heading over for the steamboat buffet that is held every night. This all-you-can-eat feast is perhaps the most reasonably priced offer found in and around Kota Kinabalu. Children between the ages of one to five can eat for free; and six to 12 are only charged half the price.

The voluminous buffet spread consists of a selection of raw ingredients ranging from seafood, chicken, beef, egg, noodles, and vegetables; eight hot options that features the signature crispy roast chicken; and five choices of desserts. The four types of broths that are available are chicken, Chinese herbs, tom yam and curry. However, the popular approach is to order half and half, a combination of a mild and spicy stock.

The kitchen also turns out various crowd pleasers on the ala carte menu such as Butter Fried Rice with Shrimps and Garlic, Vietnamese Sauce Prawns, Lamb Chop with Black Pepper and Sautéed Beef with Ginger and Spring Onions. Serving size ranges from small, medium to large.

Windbell Seafood Restaurant is located at 20 Jalan Selangor, Tanjung Aru (3rd Beach), Kota Kinabalu. Business hours are from 10.30am to 2pm and 5.30pm to 10.30 pm daily. For reservations, call or fax to +60 88 222305, or e-mail windbellseafoodrestaurant@gmail.com.

WINDBELL Seafood Restaurant

Ideal for:
 Wedding Functions, Birthday Parties,
 Full Moon Parties, Family Gatherings,
 Office Celebrations & Outside Caterings.

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