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FLUID★LOND

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Gilgamesh in Camden introduces black rice to menu



Acclaimed Head Chef Ian Pengelley is proud to unveil an Asian black rice menu at [Gilgamesh](#) this spring. Ian has created a menu of five eclectic dishes all incorporating black rice, and ranging from sushi

to tempura.

Black rice is widely cultivated across Asia, with Korean black rice often the most popular for its slightly nutty flavour. It contains more nutrients than both white and brown rice and also has high levels of the antioxidant anthocyanin. Black rice has been scientifically proven to lower cholesterol. It also does not contain the high levels of bran found in brown rice so can be ideal for those following a diet low in carbohydrates. Whilst it is not necessary for most people to follow a low carb diet, Ian's alternative offers a healthier approach.

Ian's exotic menu consists of Black Rice Risotto with King Crab, Yuzu, Truffle and Bonito, Stir Fried Black Rice with Chinese Sausage, Prawn and Egg, Black Rice Sushi Roll with Pickled Daikon, Sweet Tofu and Spicy Toro, Tempura of Warm Chilean Sea Bass Nigiri, Black Sticky Rice with Chicken, Salted Duck Egg and Barbequed Pork wrapped in Bamboo Leaf.

Black rice sushi will be one of the most interesting and healthy food trends of 2009.

[Gilgamesh](#), Camden View, Camden Stables Market, Chalk Farm Road, London NW1 t: 0871-426-7105

Open seven days a week from 11am until late.

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Posted By: Fiona Collett

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Genesis (E1)

Genesis is an independent art house cinema with up to 575 person capacity for conferences, corporate hospitality, private parties, live music, and quiz nights or any themed night that would benefit from...

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Loved Bars, Clubs & Restaurants

"I chose the Peacock Bar for my birthday bash and booked a reserved area for 30 of us. Amazed when I arrived to see all the retro furniture mixed in with antique chaise longues and huge golden peacocks..."

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"Guys...Really is a must Go spot! Visited there weekend just past and had an unbelievable time! Music is excellent...Alcohol measures are excellent...really just excellent as a whole...Not to mention my..."

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Hated Bars, Clubs & Restaurants

"Very disappointed. I booked in for a stag party to be told at the door that we were a large group of men (don't say) and was told we were not allowed in. I have lost all my money and whole stag night was..."

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"What a complete and utter let down. 2 expensive, 2 small and far 2 over rated. Save your money for a decent night out elsewhere." [Which venue is this?](#)

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