

# FOOD & WINE

## Go List



SS *Shabestan, in Dubai, serves the best Persian food I've ever had in a restaurant. Few places serve tahdig—rice that forms a crust when it's dry-cooked in a pan—but it's here, and it's perfect.*

—ANISSA HELOU, AUTHOR OF *LEBANESE CUISINE AND MEDITERRANEAN STREET FOOD*

## KENYA

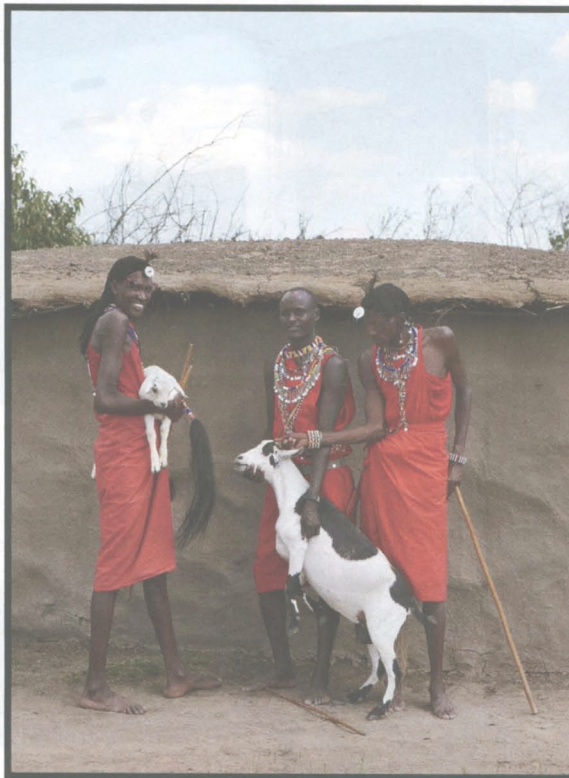
*africa's best barbecue*

A writer offers this look at a Nairobi tradition: grilled goat and cold beer in the highlands.

KENYANS ARE THE KINGS of goat meat. We are connoisseurs, able to tell from the taste how much salt was in the soil where the animals grazed. On Sundays, even busy Nairobi professionals and their families make a pilgrimage to the highlands to spend the afternoon eating charcoal-barbecued goat meat off wooden cutting boards. That's how I recently found myself in the back of a pickup truck with friends, tearing up the bumpy back roads on our two-hour drive from Nairobi to the town of Siakago, which is famous for its fresh goat meat.

On market day, Siakago is full of bicycles and hundreds of traders; there are a few dusty cars belonging to civil servants from nearby Embu town and sales reps from all over. But Sundays are for eating. My friends and I located a shop called Vision Butchery, where the carcasses of young goats hung upside down, their ribs streaked with what would soon be crispy fat. We knew the meat would be superlative. Siakago is sandy, with lots of minerals in the soil and many species of thorny bushes—but goats can get their tongues between the thorns and find the juiciest leaves to nibble. They do not eat grass. That is what makes the meat so good.

We ordered two kilos of goat—ribs and back leg—from the butcher and asked him to grill them for us outside on one of the giant barbecues loaded down with slowly dripping meat. We would eat the



The Masai people of Kenya raise goat that's prized for its rich, herbal flavor; the animals eat juicy

goat meat with sautéed kale, tomato, chili, *bali*; and he maize dish that much like pot

After 40 minutes, the giant cutting board was cold Tusker beer

The butcher could wash and cut the ribs, piece by piece to taste faint herbal flavors. We sipped our beer down. My friends and I people in Africa barbecue sav

We shuddered —*Binyavang*

*n/naka*  
 "This new place is more of a *kaiseki* spot—some of its multicourse menus are vegetarian—but the fish sounds so cool. Chef Niki Nakayama has a modern sashimi course, *kanpachi* [amberjack] with pickled burdock 'snow.'"  
*n-naka.com.*



### LOS ANGELES SUSHI

Tony Maws of Craigie on Main, in Cambridge, Massachusetts, was last in L.A. as a kid. Now he wants to go back and eat sushi and sashimi around the city.

*Sushi Katsu-Ya*  
 "Katsuya Uechi is the original master sushi chef. He has 13 restaurants now, but I'd check out the original, Katsu-Ya, for his famous spicy tuna on a crispy rice cake." *katsu-ya group.com.*

*Sushi Zo*  
 "I'd go to L.A. just to eat here. The chef, Keizo Seki, serves minimally adorned fish and makes his own soy sauce. I've never been to Japan, but reading about places like this inspired me to put a raw-fish dish on my own menu." *310-842-3977.*

*n/naka*  
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