



## Kitchen Confidential

Enter a world of culinary adventures



### CULTURE CONNECT

Whip up a hearty meal for you  
and your loved ones

### GASTRO SAVVY

Five best restaurants to talk shop  
over top-notch nosh

### EXPLORE MORE

Melbourne, the rightful gastronomical  
capital of the country

### WELL AWARE

Burn calories to indulge in  
your favourite food later

# The Perfect Power Lunch

Whether you're brokering a million-dollar merger or simply trying to impress a new client, there's no underestimating the importance of the power lunch. We pick five of the best restaurants around the world to talk shop over top-notch nosh.

PSST

The 21 Club is only a 10-minute walk from Hotel Central Fifth Avenue – one of our two properties in America.







Visiting any of the restaurants featured here? Take a food selfie, tag #AscottLifestyleGastro and you may win a free night's stay with us. Contest valid till 30 Jun 2018.

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## THE 21 CLUB

Since the rise of the power lunch in 1980s New York, this iconic hideout has been a prime spot for corporate pow-wows. The 21 Club's status as a top table for titans of industry was even immortalised in the 1987 movie *Wall Street* – required viewing for any prospective investment banker.

It began in the 1920s as a Prohibition-era speakeasy before becoming a regular haunt of actors, artists, and politicians: from Frank Sinatra and Ernest Hemingway to Harrison Ford and Bill and Melinda Gates. Today, 21 Club's Bar Room echoes the venue's powerbroker pedigree, with dark wood floors, red leather banquettes, and an imposing mahogany bar.

Here, American classics like the Crab Cake, '21' Burger, and Cobb Salad never disappoint, while the three-course prix fixe lunch menu is ideal for keeping the meal moving. If you need more time to seal the deal, move to the Bar & Lounge for signature cocktails that pay homage to 21 Club's speakeasy heritage. And don't forget to dress the part – jackets are required for men.

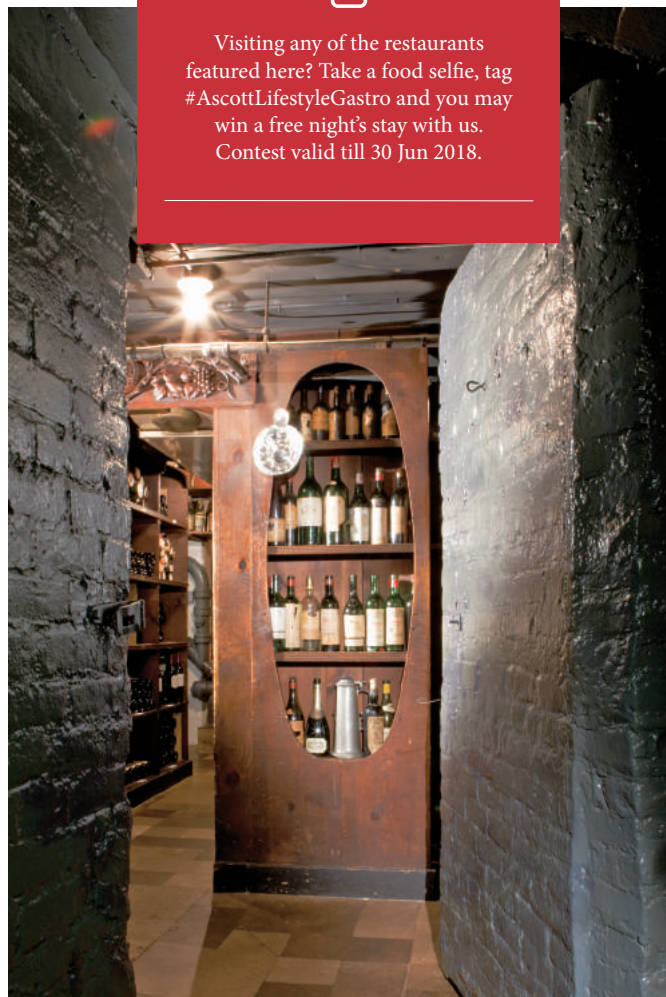
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21 West 52nd Street, New York, NY, USA

Tel: +1 (212) 582-7200

[www.21club.com](http://www.21club.com)

Lunch hours: 12-2.30pm (Mon-Fri) at the Bar Room





## DISFRUTAR

Ambitious owners, a stellar track record, industry acclaim, and an incredible end product: these are the goals of every business, and it's exactly what you get at Disfrutar. Helmed by a trio of ex-elBulli chefs – making it one of Spain's buzziest restaurants – Disfrutar opened in 2014, and picked up a Michelin star a year later. It's currently ranked #55 by the World's 50 Best Restaurants, and was given this year's "Miele One to Watch" award, so expect Disfrutar's star to soar even higher. Scoring a table here will certainly earn you bragging rights, and points with your clients.

For the busy executive, the tasting-menus-only concept takes all the guesswork out of ordering. This allows the chefs to fully explore flavours of the Mediterranean via the inspired, avant-garde executions that earned elBulli its legendary reputation. (Spherified liquid olives and chocolate peppers, anyone?)

The intimate space of just 50 seats and the attentive yet unobtrusive service set just the right ambience for business meetings. Plus, the restaurant's unique design requires diners to pass through the kitchen to get to their seats – a cool conversation-starter to break the ice before settling in to talk shop.

Carrer de Villarroel, 163, 08036 Barcelona, Spain  
Tel: +34 933 48 68 96  
[en.disfrutarbarcelona.com](http://en.disfrutarbarcelona.com)

Lunch hours:  
1-2.30pm (Tue-Sat; closed Mon & Sun)





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## TRB FORBIDDEN CITY

Opened by the same team behind Beijing's iconic Temple Restaurant located down a discreet alley, TRB Forbidden City recreates the elegant fine dining concept in a more convenient (and highly enviable) location: overlooking the east gate of the Forbidden City imperial palace.

Rest assured, you and your clients will receive the royal treatment from the restaurant's highly trained service staff, who can guide you through the extensive menu of modern European plates. The lunch set allows you to choose three, four, or five dishes to compose your meal, and can also be accompanied by a wine pairing.

You'll have reason to come back with your business partners with the restaurant's rotating roster of celebrated Michelin-starred guest chefs, who source seasonal ingredients from the local markets and take over the TRB kitchen for days at a time. Book ahead during these special events to taste the culinary prowess of globally renowned chefs with an iconic Beijing backdrop – and be sure to ask for a table by the window.

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No. 95 Donghuamen, Dongcheng District, Beijing, China  
Tel: +86 10 6401 6676  
[www.trb-forbiddencity.com](http://www.trb-forbiddencity.com)

Lunch hours:  
11.30am-2.30pm (Mon-Fri); 11.30-3pm (Sat-Sun)





## ODETTE

Though it's barely two years old, Odette has already made its mark on the global stage – it earned two Michelin stars within nine months of opening, and debuted on the Asia's Best Restaurants list at #9. Needless to say, competition is fierce for a spot in this 32-seat dining room, so your clients will appreciate that you took the initiative to secure a table here weeks in advance. If your dealings are confidential, there's a private room that seats eight.

Located in the iconic National Gallery, Odette is the brainchild of French chef-prodigy Julien Royer, whose contemporary French cuisine is driven by seasonality, artisanal produce, and purity of flavours. The concept is reflected in the design of the dining room – a chic, light-filled space outfitted in soft blush tones, with the kitchen in full view through a glass partition.

Take full advantage of this hard-to-score reservation with the six-course lunch menu. You can't go wrong with signature dishes like the heirloom beetroot done three ways, or the rosemary-smoked egg – served with dramatic flair on a bed of dry ice that will really wow your clients.

National Gallery Singapore, #01-04, 1 Saint Andrew's Road, Singapore 178957  
Tel: +65 6385 0498  
[www.odetterestaurant.com](http://www.odetterestaurant.com)

Lunch hours: 12-1.30pm last seating (Tue-Sat; closed on Sun)



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## MINGLES

Leading the pack in a new wave of modern Korean cuisine, Mingles – helmed by chef-owner Mingoo Kang – is widely considered the best restaurant in Korea. Its philosophy is spelled out in its name, “mingling” Korean flavours with European and global influences (the chef has worked in Spain, France, the US, and the Bahamas) to produce an ever-changing menu of creative and surprising dishes.

At the heart of Chef Kang’s food is the traditional Korean *jang*, the umami-laden fermented soy bean paste, which is used to reinterpret classic dishes through a contemporary lens – think Korean beef tenderloin flavoured with truffle *jang*, or anchovy broth with ravioli dumplings inspired by *xiaolongbao*. His innovative approach also extends to kimchi, which he pickles and ferments in-house, and sometimes even uses in desserts.

Seasonal tasting menus expertly showcase his bold Korea-meets-world concept, with each dish elegantly composed. Between bites, you’ll have few distractions while discussing business in the minimalist dining room with its sparse wooden tables. Opt for seats at the bar for a more business-casual dynamic, and to watch the culinary team at work.

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1/F, Nonhyun-dong 94-9, Gangnam-gu, Seoul,  
South Korea  
Tel: +82 (0) 2 515 7306  
[www.restaurant-mingles.com](http://www.restaurant-mingles.com)

Lunch hours: 12-3pm (Mon-Sat; closed Sun)



Have a late-morning stroll from the Somerset Palace Residence to Ogeum Station and take a train to Apgujeong Station just in time for lunch at Mingles.

