

## FOOD

# SUM KIND OF WONDERFUL

The cart-filled aisles of Chinese brunch restaurants don't have to be intimidating. Navigate them with this handy guide to traditional dim sum dishes.

ILLUSTRATIONS BY ANDREW DEGRAFF



## HAR GOW (shrimp dumplings)

These translucent balls of shrimp and minced bamboo shoots are steamed and served in a bamboo basket. Delicate and light, they are an ideal starting dish. **Try some** at Phoenix Restaurant in Chicago. 2131 S Archer Ave; 312-328-0848; chinatownphoenix.com

## CHAR SIU BAAU (barbecue pork buns)

Sweet, shredded pork hides inside these steamed, pillowy standbys, which are favored by first-timers who are intimidated by more unusual dishes. **Try some** at Hei La Moon in Boston. 88 Beach St; 617-338-8813; heilamoon.com



## LO MAI GAI (steamed rice in lotus leaf)

Sticky rice, black mushrooms and other vegetables, Chinese sausage and chicken are wrapped inside an envelope of lotus leaves. **Try some** at Yank Sing in San Francisco. 49 Stevenson St; 415-541-4949; yanksing.com

## JIN DEUI (sesame seed balls)

People sometimes bypass these desserts because they look savory. In fact, the fried balls of sweet rice dough hold delicious nuggets of lotus or red bean paste. **Try some** at 88 Palace in New York City. 88 E Broadway; 212-941-8886



## BLOG FEED

## Chowda Chat

BOSTON FOOD BLOGGER LILLY REVEALS WHERE TO PAHK YOURSELF FOR CLAM CHOWDER.

**1. NED DEVINE'S IRISH PUB** "The smoky, bacon-y chowder has fat, juicy clams in every bite and won last summer's 28th Annual Chowderfest." Faneuil Hall Marketplace; 617-248-9900; neddevinesboston.com

**2. SUMMER SHACK** "Our local seafood guru, Jasper White, perfectly balances the line between light and hearty with rich and meaty chowder that never feels heavy." multiple locations; summershackrestaurant.com



**3. LEGAL SEA FOODS** "Thick and full of clams and potatoes, Legal's soup has been served at every presidential inauguration since 1981. Hey, if it's good enough for the president ..." multiple locations; legaleseafoods.com

**4. B&G OYSTERS** "Chef Barbara Lynch has updated the original, making it more complex. The restaurant also has an amazing raw bar." 550 Tremont St; 617-423-0550; bandgoysters.com

**5. UNION OYSTER HOUSE** "The service can be gruff and the décor feels as if it hasn't been updated since the place opened in 1826, but this chunky classic is a local staple." 41 Union St; 617-227-2750; unionoysterhouse.com

Follow the musings of this self-professed "epic foodie"—who's currently getting a Master of Liberal Arts degree in gastronomy and food studies—at [consuminglilly.com](http://consuminglilly.com).