



Eat your way around the world

LONDON is the most diverse city on earth, and what better way to experience this ethnic melting pot than to tuck into the capital's different flavours.

MetroTravel takes a look at a sample of the cuisines on offer:

Vietnamese – Shoreditch

Shoreditch High Street is home to London's greatest concentration of Vietnamese restaurants. This Southeast Asian cuisine is highly regarded for its use of fresh herbs such as mint, basil and coriander. Banh mi (baguette with various tasty fillings), pho (noodle soup), goi du du (papaya salad) and bo luc lac (grilled beef) are among the many flavours to be found on a Vietnamese restaurant menu.

Nearest Underground stations: Shoreditch High Street and Hoxton

Punjabi – Southall

Restaurants and specialist Punjabi food shops abound in Southall. Straddling the border between India and Pakistan, the Punjab offers some of the region's most varied cuisine. Perennial favourites such as chicken tikka, naan bread and pakoras come from the Punjab.

Nearest rail station: Southall

West African – Elephant & Castle

A sizeable West African community is centred around Elephant & Castle in South London.

Typical dishes include hearty staples such as jollof rice, powdered yam and egusi soup. Huge African snails are also available in some establishments for those with a more adventurous palate.

Nearest Tube station: Elephant & Castle (Bakerloo and Northern lines)

Turkish – Dalston

Alongside the various bars and cafés decked out in the colours of Turkish football teams, Dalston also boasts a wealth of ocağbaşı (open grill) eateries concentrated on Stoke Newington Road. Head here for some of the best kebabs and lamb chops in town.

Nearest Underground stations: Dalston Kingsland and Dalston Junction

Portuguese – Stockwell, South Lambeth Road

Stockwell in South London is home to the largest Portuguese community outside of the country. There is a wide range of traditional cafés, bars, patisseries and restaurants dotted along South Lambeth Road offering Portuguese favourites such as caldo verde soup, salted cod fishcakes and the ever-popular pastel de nata custard tarts.

Nearest Tube station: Stockwell (Northern and Victoria lines)

Lebanese – Edgware Road

London's Lebanese community has been established for more than 30 years, with the heart of the action fanning out from Edgware Road between Marble Arch and Edgware Road Tube stations.

Small grocery stores sell fresh fruit and heady spice mixtures from the region, with takeaways and restaurants offering Lebanese favourites such as baba ganoush, tabbouleh, hummus, labneh and grilled meats.

Nearest Tube stations: Edgware Road (Circle, District and Hammersmith & City lines) and Marble Arch (Central line)

Colombian – Brixton

London has a relatively small Colombian population, but the South American country's cuisine has made a big splash on the Brixton food scene in recent years.

A pocket of Colombian restaurants and cafés cluster around Granville Arcade and Electric Avenue.

Bandeja paisa (meat, beans and rice platters) is a Colombian favourite, alongside ajacico (chicken and corn soup), empanadas (stuffed pastry or bread), maduros (grilled ripe plantains) and stuffed tamales (corn cakes).

Nearest Tube station: Brixton (Victoria line)

■ To plan your quickest route to any of these culinary hot spots, go to tfl.gov.uk/journeyplanner

Traffic information for the capital

North Circular

July 26 to 28, midnight to 7am

A406 Pinkham Way (North Circular) will be closed eastbound between Colney Hatch Lane and Station Road for resurfacing works.

Queen Elizabeth Olympic Park

July 26 to 27, 10am to 11.30am

Local lane restrictions in place within the park owing to athletics events.

Central and East London

July 28, 5am to 6pm

Road closures in place for a triathlon from and returning to the ExCeL Centre, via central London. Closures include Seagull Lane, Lower Lea Crossing, Aspen Way, Limehouse Link, The Highway, Upper

and Lower Thames Streets, Victoria Embankment and Westminster Bridge. Diversions will be in place.

Regent Street

July 28, 10am to midnight

Closed between Piccadilly Circus and Oxford Street for a car-free day. Also closed southbound at Mortimer Street.

London

August 3 to 4

Extensive road closures in place for cycle races – visit tfl.gov.uk/prudentialridelondon for details.

■ For a full list of traffic information, go to tfl.gov.uk/trafficnews

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London Travelwatch

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www.londontravelwatch.org.uk

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