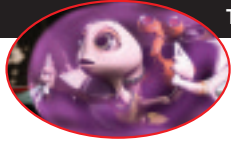


Times & Places

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Through the eyes of a hoodie

INSPIRED by a youth spent knocking about the Westway, one author has put pen to paper and come up with a top novel.

Brendon Lancaster, who grew up in Gloucester Terrace, Bayswater, has used personal experience of Ladbroke Grove, and the surrounding areas to find out what lays beneath the most feared item of clothing in 'Hoodie.'

Seen through the eyes of teenager Ben, the book provides the perfect antidote for the ramblings about and demonization of a whole generation by right-wing press.

Brendon said: "Hoodie gives readers the

chance to view the world through the eyes of a very unique individual as Ben attempts to carve a path out for himself.

"His entertaining and emotional escapades cause him to question today's competitive, consumer-based values, eventually challenging his own beliefs and perception of reality and providing him with a definitive test of resolve and bravery."

The novel, published by Authorhouse, is Brendan's first and is available for order worldwide in paperback and eBook format from Authorhouse, other online retailers – including Amazon – and by order via local bookstores.



Just dessert: Nipa Thai at the Lancaster London and below, a starter of seafood salad



Nip down for a tasty experience

LONG gone are the days when hotel restaurants were second rate eateries serving up lukewarm beef bourguignon and offering just one choice of wine, writes *Lorraine King*.

Nipa Thai, which is in the plush hotel Lancaster London, has been dubbed 'an oriental gem in the heart of the capital' thanks to its authentic cuisine.

The food on offer is so highly regarded that is one of just 15 restaurants to scoop a 'Thai Select' award.

The prestigious accolade is given to restaurants that have achieved the highest standards of quality and cuisine by the Thai Government.

But that it not the only bow is Nipa's cap, the restaurant boasts a line up of chefs that are all women.

Let's hear it for the girls!

Led by Nongyao Thoopchoi, the team use the freshest ingredients to capture the delicate tastes associated with Thai cuisine.

No matter what your palate is Nipa will have a suitable dish.

Kaseam Jongpitikrat, the restaurant manager offered my dining partner and I a selection of



On the menu: Siriporn Butbun, Somthawin Chonechanin, Noongyao Thoopchoi (headchef, in the front) with other chefs

starters that kicked our taste buds into action.

My favourite was undoubtedly Yum Ma Muang Poo Nim (crispy soft-shell crab served with spicy mango salad) while my pescetarian friend endeavoured the Tod Man Pla (Deep fried fish cakes).

For our mains we tucked into Kao Niew (sticky rice) with Pla Rad Prig (deep fried sea bass topped with chilli sauce), Phad Kra Prao Koong (stir fried prawns with chillies and basil leaves), and a traditional red chicken curry called Kaeng Pa Kai.

It's just a pity that I'm a wimp when it comes to very spicy food because Pla Rad Prig is delicious but too hot for my palate.

Even my dining partner, who has been to Thailand several times, said this was one of the spiciest dishes she had ever tasted.

But never mind, Kaseam picked a lovely bottle of Cloudy Bay Sauvignon Blanc to help wash down our meal.

For desserts we shared an Ice Cream Kati (coconut ice cream in the shell) which thoroughly cleared our palate.

The authentic food, wonderful décor of Nipa and its ambience make it hard to believe you are in London and not Bangkok, which is the location of its sister restaurant.

If you fancy a delicious cocktail

after your meal The Island restaurant and bar is also in Lancaster London.

Anyone for a Vodka Martini?

● Nipa Thai Restaurant, 1st Floor, Lancaster London, Lancaster Terrace, London W2 2TY.

Opening hours are Monday to Friday: Noon to 2pm and Monday to Saturday: 6.30pm to 10.30pm.

For more information call 020 7551 6039 or visit www.niparestaurant.co.uk

For more theatre, music, arts and leisure visit www.wbtimes.co.uk