

# SPHERE

PRICE £6/US\$12

## PRIME MOVERS

THE BATTLE FOR BRICKS AND  
MORTAR IN THE CAPITAL

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**FABRIC  
FOR LIFE**  
FUTURE PROOFING  
FASHION FOR  
POSTERITY

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## PEAK HEALTH

WELLNESS ON  
THE SLOPES

# Male order

STAY SMART IN THIS SEASON'S SNUG KNITS AND COSY COATS





**RAW TALENT:** CASITA ANDINA

Martin Morales has created something of a cult out of ceviche and may have cornered the capital's market in giant corn — but there is no gimmicky cooking at his latest outpost. The space in the heart of Soho is upliftingly decked out in Peruvian fabrics and old Latin American movie posters. Start with a punchy chilli and pineapple Pisco-based Peru Bravo, with black kingfish tiradito and seabass ceviche. Or try the maca lamb with Andean uchucuta herb — great value at £14. [andinalondon.com](http://andinalondon.com)



**ITALIAN JOB:** PADELLA

If proof were needed that carb dodging is so 2015, one need look no further than the queue outside this Borough restaurant, the second from the team behind Highbury's Trullo. Pasta is handmade every day and the *pici cacio e pepe* might be one of the most Instagrammed dishes of the year and with good reason — it is creamy, piquant and the perfect size. Or warm the soul with the ravioli of goat's curd with marjoram butter. Arrive with an appetite for the *burrata* and Puglian olive oil and save room if possible for the rich chocolate tart. Wines by the carafe include a 2014 Sangiovese, which slips down a treat accompanied by the *papardelle* with eight-hour Dexter beef shin ragu. [padella.co](http://padella.co)



**RUM DEAL:** MOUNT GAY RUM

Mount Gay Rum has launched a treacly limited-edition XO Cask Strength to celebrate 50 years of independence in Barbados. Enjoy it warmed with a dash of apple juice and a cinnamon stick for a winter warmer. It comes in a gift-friendly wooden box, available now at Selfridges for £150. [selfridges.com](http://selfridges.com)

**TIME FOR TEA:** OBLIX

*Ideal for an indulgent treat, Oblix's new London Afternoon Tea uses ingredients sourced from all over the capital. Each sandwich is named after a different area, such as the duck egg and truffle mayonnaise "Islington", made with Russell's of Smithfield eggs. There are scones, pastries and cakes aplenty and unparalleled views of London from the 32nd floor of The Shard. The beautiful Bon Vivant cocktail adds a kick, combining a cool infusion of gin, tonic and herbal tea with a mini decanter of champagne for topping up. [oblixrestaurant.com](http://oblixrestaurant.com)*

