



Sesame noodles

GO NUTS

A CRAVING FOR PEANUT BUTTER SATISFIED WITH THREE LOCAL EATS

According to the America's National Peanut Board (yes, this is a real thing), the average American eats more than six pounds of peanuts per year. The same source states that most American children consume about 1,500 peanut butter and jelly sandwiches before they graduate high school, and ninety-four percent of US households have a jar of spread in the pantry.

So it should be no surprise that as an American abroad, I crave peanuts every time I get the least bit homesick. However, it's not a jar of Skippy I'm after; you can find that anywhere. I want the good stuff. You know, noodles swimming in peanut sauce, wontons bathing in it, peanut ice cream topped with crushed peanuts. When the craving hits, a PB&J is not going to cut it. Luckily, Shanghai has proven (in my opinion) to be the best place in the world for getting a fix. Here are my top three dives to sate creamy peanut spread cravings.

Located on Zhaozhou Lu (near Hefei Lu), Er Guang is a nondescript outpost that's been folding perfectly packaged wontons for almost 20 years. The wontons (包馄饨 *bāo hún tún*) are stuffed with ground pork and mustard greens, then steamed and smothered with a creamy peanut sauce. If you get there right

when they open at 6pm, you're likely to find a table on the street. If not, take it to-go and eat with reckless abandon in bed. A package of 10 costs ¥15.

You'll have to elbow your way through the crowded hole-in-the-wall at 14 Yandang Lu (near Huaihai Lu), but trust me when I say this dish is worth fighting for. Technically, these are sesame noodles, but I'm

95 percent sure they add peanuts. The sesame noodles (麻酱面 *má jiàng miàn*) has a creamy sauce mixed with chili oil and scallions and is one of the most delicious things I've ever put in my mouth. Order a side of curry beef broth (牛肉汤 *niú ròu tāng*) for ¥20.

There is nothing in this world more comforting than ice cream, especially if the ice cream is peanut-flavored. For ¥38, Taiwanese restaurant Charmant's version (花生冰沙 *huā shēng bīng shā*) of this sweet treat is blended with shaved ice and piled high with crunchy peanuts. (Taiwanese cuisine is

famous for these types of "smoothies" and this one will knock your socks off.) This light and airy peanut mountain is big enough for two. Charmant is located at 1414 Huaihai Zhong Lu (near Fuxing Xi Lu).

WHEN THE CRAVING HITS, A PB&J IS NOT GOING TO CUT IT.



Jennifer Stevens
AdventurousAppetite.com



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ITALIAN LA VITE

shanghaiNow: "It's probably one of the most reliable places for Italian food in Shanghai—affordable, consistent and a great selection of wines. Suitable for friends and family to enjoy."

Find it: 247-2 Wulumuqi Zhong Lu (near Wuyuan Lu) 乌鲁木齐中路247-2号 (近五原路).
Tel: 6415-7858

MEXICAN PISTOLERA

mega_mystery: "Had a great lunch at Pistolera with a friend. The food was delicious. The chicken nachos and the beef fajitas were our favorites."

Find it: 3308-8, Hongmei Lu 虹梅路3338号虹梅路休闲街8号.
Tel: 6221-6392

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Find it: Rm. 112, Bldg. 3, 601 Waima Lu 外马路601号3号楼112室.
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