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**times**  
**Extra** weekend Guide

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# OFF THE SIDE LINE

In numbers not seen since the tumult of the 1960s and '70s, Americans are venturing off the sidelines and into the game in a remarkable surge of political and social activism



DRIVE IN

Jake Coyle, AP Film Writer

SODERBERGH'S 'UNSAINE' IS PULP SEEN THROUGH AN IPHONE

AP PHOTO

Steven Soderbergh, who briefly retired from Hollywood after lamenting its timid small-mindedness, has shot his second post-hiatus film entirely on an iPhone. "Unsane," a pulpy psychological thriller, is an exercise in both genre and technology. It's a B-movie iMovie. And it's 98 minutes of proof that the laborious apparatus of filmmaking can be not only light on its feet, but fit snugly inside your pocket. Of course, not everyone has an "Unsane" on their smartphone. Some of us just have Words With Friends and a couple cute kid pictures. But Soderbergh ("Out of Sight," "The Knick"), who serves as his own cinematographer under the pseudonym "Peter Andrews," is a restless, protean filmmaker prone to experimentation and live-wire immediacy in his movies. He likes to cut out the middle man, even if the middle man is a camera. "Unsane," made secretly over two weeks last June, is also unusually timely. In the script by Jonathan Bernstein and James Greer, Claire Foy, the breakout star of "The Crown," plays a data analyst named Sawyer Valentini who has relocated from Boston to Pennsylvania to flee a stalker. Foy, proving every bit as good in a low-budget, on-the-fly indie as in a sumptuous period drama,

plays Sawyer with deep inner trauma masked by tough, guarded exterior. When her married boss calls her into his office to, wink wink, suggest they travel together to a weekend conference, she immediately senses the danger and briskly returns to work. But when Sawyer attempts a one-night-stand with a Tinder date — she assures the guy the night will go "exactly like you want it to go," so long as he never contacts her again — she violently withdraws from him at their first embrace and locks herself in the bathroom. Seeking the advice of a therapist, she speaks to someone at an anonymous behavioral center named Highland Creek. The meeting goes well, Sawyer thinks, but as she's departing she's asked to wait in the lobby. Later, a curt attendee comes to lead her down a drab, darkened hall, ushers her into a room, locks the door, and asks Sawyer to empty her bag, hand over her phone and disrobe. "Procedure," she says. A growing sense of nightmare takes hold, but it's not elevated by the usual shrieking score or stylish flourishes of a horror film. Sawyer eventually learns that her offhand acknowledgement of occasional suicidal thoughts has gotten her admitted for 24 hours, and that she's unwittingly signed away her rights for that time. Her



Claire Foy (left) and Jay Pharoah in a scene from "Unsane"

fury quickly leads to scums that extend her stay and increase her dosages, dispensed in little paper cups. Her mother (Amy Irving) can do little to free her. Inside, the atmosphere is only a shade tamer than "One Flew Over the Cuckoo's Nest" or "Shock Corridor." But while "Unsane" initially feels reminiscent of past insane asylum horrors, the terror of Soderbergh's film is more of a waking nightmare. Through the unfiltered, plain lens of an iPhone, Sawyer's predicament is frightfully ordinary. The hospital isn't a shadowy gothic trap. It's a realistic suburban bureaucracy.

"They got beds. You got insurance," explains a fellow inmate played by a terrific Jay Pharoah ("Saturday Night Live"). "Unsane," though, severely heightens things with a twist. Sawyer believes her stalker (Joshua Leonard) has infiltrated the hospital and is working there as an orderly. She has said she sees him everywhere. Is this a delusion? Is Sawyer, in fact, unstable? Or is this another case of a woman's accusations against a sexual harasser being ignored and explained away? Even Sawyer isn't sure which it is, at times. "Unsane" keeps those seesawing

possibilities alive for a good while, but eventually settles definitively — disappointingly, because it saps the mystery — on one side. A movie predicated on realism teeters toward preposterousness. Yet while Soderbergh made the film shortly before the Harvey Weinstein accusations unspooled, "Unsane" captures much of the pain, confusion and self-doubt that can follow sexual abuse — and the potentially dire consequences of not heeding a victim's warnings. "Think of your cell phone as your enemy," Sawyer is told by a stalker adviser, played by an uncredited Matt Damon, who

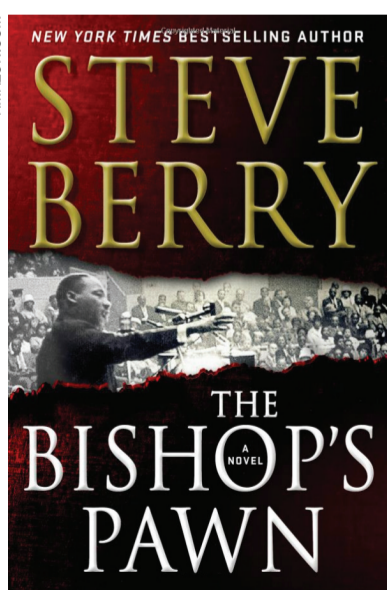
instructs her on the perils of social media exposure. But Soderbergh's movie is a testament to the power of one's phone, and not just because it was shot with one. In "Unsane," nothing portends that something terrible will befall someone more than when they, against their better judgment, give up their phone.

"Unsane," a Fingerprint Release and Bleecker Street release, is rated R by the Motion Picture Association of America for "disturbing behavior, violence, language, and sex references." Running time: 98 minutes. ★★★★★

BOOK IT

'BISHOP'S PAWN' IS STEVE BERRY'S MOST PERSONAL NOVEL TO DATE

Before Cotton Malone worked with Stephanie Nelle and the Magellan Billet, he was a Navy lawyer who seemed to get cases that kept him busy, but weren't intellectually challenging. When Nelle approaches him with a simple assignment, Malone cannot say no. A vessel containing a rare 1933 Double Eagle has sunk near Dry Tortugas National Park, just over 70 miles from Key West, Florida. His mission is to retrieve the case with the coin from the sunken ship and give it to Nelle. When he arrives, he quickly learns that he's not the only one trying to get the case. The coin plays only a tiny part of a much bolder plot when he learns the case is somewhat heavy and actually contains classified files. The contents reveal what really happened on April 4, 1968, the day of the Rev. Martin Luther King, Jr.'s assassination. Since the story showcases Cotton Malone's first mission, it creates a lack of suspense regarding his safety because readers know he will come out just fine. So Berry has to create a compelling historical mystery with a terrific payoff to compensate — and he nails it. To



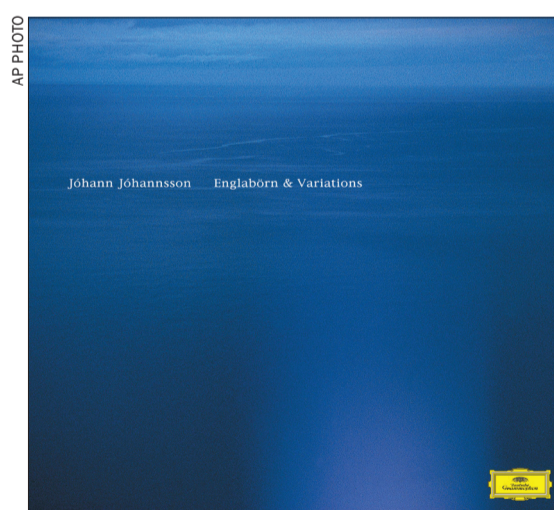
"The Bishop's Pawn" (Minotaur), by Steve Berry

further his experimentation, Berry writes Malone's story in first person rather than third person using multiple points of view. Narrowing it to just Malone's perspective makes the story tighter while providing a more insightful look into Berry's hero. It also makes it Berry's most personal novel to date.

Jeff Ayers, AP

tTUNES

JOHANN JOHANNSSON'S DEBUT ALBUM IS NEWLY INTERPRETED



Johann Johannsson, "Englaborn & Variations" (Deutsche Grammophon)

Englaborn was Icelandic composer Johann Johannsson's debut album, first issued in 2002. Best known for his soundtracks, Johannsson received Oscar nominations for "The Theory of Everything" and "Sicario." Shortly before his unexpected death on Feb. 9, he completed a series of reworkings of "Englaborn" tracks. Some he performed himself, while others were covered by musicians like stunning vocal ensemble Theater of Voices, ambient duo A Winged Victory for the Sullen, pianist Vikingur Olafsson and Ryuichi Sakamoto. The package has a remastered version of the original release, which developed from music he wrote for a play by Havar Sigurjonsson, as well as the reinterpretations. At the time, some of the focus was on the electronics and digital processing coloring the sounds produced by the Ethos String Quartet, tuned percussion and traditional keyboard instruments like piano and harmonium. Sixteen years later, the album's sonic palette is eminently familiar, but the compositions remain just as seductive, dramatic and captivating. Phil Spector built walls of sound but Johannsson's compositions are like kaleidoscopes of sieves. There are multiple layers but there's also a skillful economy to the motifs — a combination at once airy, dense and vibrant. The variations aren't a complete set, though some tunes get multiple covers. Johannsson's input validates them and they range from basic to complex to frenzied. Some of Johannsson's ability of compression gets diluted but the mysteriousness remains intact. Theater of Voices' version of "Odi et Amo," which opens the original album, becomes an elegiac coda, a requiem for the innovative composer. Though seemingly ideal for winter, the 16 tracks on the 48 minutes of "Englaborn" trigger deep impressions in any season.

Pablo Gorondi, AP

# Students, women, teachers embrace activism

Suddenly, America is on the march.

This weekend's March for Our Lives, planned for Washington and hundreds of other locations, is just the most recent sign that an extraordinary number of Americans are taking to heart the old truism that democracy should not be a spectator sport.

Their ranks include high school students angered by gun violence, teachers fed up with low pay, and women energized by a range of grievances — notably pervasive sexual harassment and the longtime dominance of men in political power.

The array of massive women's marches in January 2017, primarily a backlash to Donald Trump's election as president, served as prelude to the #MeToo movement, which caught fire in October and continues to this day as emboldened women call out men who have sexually mistreated them in workplaces ranging from Hollywood to state legislatures to symphony orchestras.

The Feb. 14 massacre at a high school in Parkland, Florida, reignited the simmering national campaign to curtail gun violence. Tens of thousands of students across the U.S. walked out of their classrooms on March 14 to demand action by politicians, a prelude to this weekend's March for Our Lives.

"I'm scared to attend my own school," said Scarlett Scott-Buck, one of about 100 high school students from Lake Oswego, Oregon, who traveled to the state capitol for a recent gun-control rally. "I'm here to be an activist for my rights to live, my friends' rights to live."

As the gun-control campaign was spreading nationally, public school teachers in West Virginia provided a dramatic example of how organized activism can prevail. After a nine-day walkout, they won a 5 percent pay raise even though they lacked collective bargaining rights and had no legal right to strike.

Racial tensions also have fueled activism, including the Black Lives Matter campaign protesting the deaths of black men at the hands of police, and the take-a-knee protests by some National Football League players.

Randi Weingarten, president of the American Federation of Teachers, sees a common denominator in the overlapping movements.

"People see that when they come together, they have power that they don't have when they're alone," she said. "Trump says 'I alone can do it.' But in these movements being created now, there's a sense that with collective action, you



can make possible what would have seemed impossible."

Another common denominator: The use of social media to publicize and organize a movement with a speed and scope beyond the wildest dreams of activists in the 1960s. It took only a few days for global use of the #MeToo hashtag to pass the 1 million mark. Parkland student Emma Gonzalez quickly amassed more than 1.2 million Twitter followers after the shooting. And the West Virginia teachers plotted their walkout strategy over a private Facebook page that grew from an initial 100 members to more than 24,000.

The new embrace of activism has spread into the realm of pop culture as well. When Frances McDormand accepted her Best Actress award at the Oscars, she urged all the women to stand in unison in support of equal pay. She was on stage accepting the Academy Award for her role in "Three Billboards Outside Ebbing, Missouri," fittingly about a mother who takes matters into her own hands and fights back against the status quo.

The protests have echoes of what happened the last time a new president was elected. In 2010, conservatives staged boisterous rallies around the country in response to President Barack Obama's health care law. The tea party movement helped Republicans complete a takeover of Congress the midterm elections that year.

Some organizers of the current protests have openly borrowed strategies developed by the tea party.

The group Indivisible was launched as an online handbook in December 2016 by two former Democratic congressional staffers in hopes of building anti-Trump resistance, similar to what the tea party was to Obama.

As it became more of a force in activism, Indivisible has taken money from deep-pocketed donors, leading to criticism that the protest movement is more of an effort by powerful people on the left than a truly grassroots endeavor. Indivisible co-founder Ezra Levin disagrees, saying many of the movement's recruits are first-time activists eager to make a difference.

Among those getting deeply engaged are a record number of women seeking high-level political office. Nearly 500 women — roughly three-quarters of them Democrats — plan to run for Congress this year, according to the Center for American Women and Politics at Rutgers University. That's up from 334 women who filed to run for the House or Senate in 2012, the previous record high. Women

currently hold 106 of the 535 seats in Congress.

Political science professor Kelly Dittmar, a scholar at the Rutgers-based center, said the surge of Democratic women seeking office reflects their concerns about the 2016 election results.

"It created a sense of urgency," Dittmar said. "They felt they needed to be at the table to protect against what many women feared would be pullback on protections and advances made over the previous eight years."

What lies ahead for these recently ascendant movements?

For school teachers, the West Virginia walkout has clearly been an inspiration. Teachers in Kentucky, Oklahoma and Arizona have been threatening walkouts of their own as they press for pay raises or oppose pension cutbacks.

The national gun-control movement seems certain to remain energized for the foreseeable future by the infusion of student-led activism, even if Congress and many state legislatures balk at meeting the activists' demands.

Shannon Watts, who founded Moms Demand Action for Gun Sense in America after the December 2012 school massacre in Newtown, Connecticut, says her nationwide organization has added 135,000 new volunteers since the Parkland shooting who have been helping press elected officials to curb gun violence.

"We've never seen this kind of outpouring of interest, and people getting off the sidelines," Watts said. "We're seeing our events so full, we have to move them to new venues."

As for #MeToo, there have been some suggestions the movement has peaked and is being overshadowed by the gun protests. However, many activist women say the movement is assured of a lasting legacy, particularly in the way gender equality is addressed in America's workplaces.

Dittmar said #MeToo and the surge of women seeking office overlap in ways that will ensure those developments have staying power.

Eric Liu, a former adviser to President Bill Clinton and founder of a nonprofit called Citizen University, says the protest campaigns' names and social-media hashtags may change, but their influence will endure.

"When movements are decentralized, and change is coming from the bottom up, the movements end up being way more resilient," he said. "People's underlying norms have shifted — the default setting has changed from 'I'm powerless' to 'I'm potentially powerful.'"

WORLD OF BACCHUS

Jacky I. F. Cheong



BODEGA OTAZU "SEÑORÍO DE OTAZU" CHARDONNAY FERMENTADO EN BARRICA 2009

A single-varietal Chardonnay aged for nine months in barrel and 18 months in bottle. Radiant citrine with brilliant yellow diamond reflex, the exuberant nose offers nectarine, green almond, salted butter, crushed rock and acacia. Anchored by rounded acidity and firm minerality, the delectable palate delivers dried apricot, oregano, pine nut, crème bavaroise and rock salt. Full-bodied at 14 percent, the creamy entry continues through a saline mid-palate, leading to a nutty finish. A gourmand's philtre, equals to a solid Saint-Aubin Premier Cru. Merely 6,000bts produced.



BODEGA OTAZU "SEÑORÍO DE OTAZU" TINTO 2009

A blend of Cabernet Sauvignon, Tempranillo and Merlot aged for 16 months and barrel and 36 months in bottle. Reddish black with carmine-maroon rim, the aromatic nose presents blackberry, clove, caffè espresso, leather and charcoal. Buttressed by abundant acidity and tasty tannins, the potent palate furnishes chokeberry, black pepper, liquorice, pu-erh and cigar ash. Full-bodied at 14.5 percent, the dense entry persists through a muscular mid-palate, leading to smoky finish. Masculinity in a bottle, the natural partner of embutido. Merely 18,000bts produced.



BODEGA OTAZU "ALTAR" 2008

A blend of Cabernet Sauvignon, Tempranillo and Merlot aged for 18 months in barrel and 40 months in bottle. Saturated garnet with carmelian-crimson rim, the scented nose reveals boysenberry, mulberry, spice box, coffee arabica, tobacco and peach blossom. Underpinned by ultra-fine tannins and ebullient acidity, the urbane palate unveils blackberry, cassia, allspice, Keemum red tea, cocoa and sandalwood. Medium-full bodied at an unobtrusive 14.5 percent, the poised entry evolves into a melodious mid-palate, leading to a lingering finish. A statement wine, rivals the finest of Rioja. Merely 8,000bts produced.

The New Pinnacle of Spain

Possessing the most vines and vineyards amongst all wine-producing countries in the world, Spain is, somewhat counter-intuitively, just the third largest by volume. This curious discrepancy is largely due to Spain's climatic conditions as well as its unwavering loyalty to gnarly old vines. A sizeable part of the country is semi-arid and, unlike New World countries, 30-year-old vines are hardly considered "old vines" in Spain.

With the en primeur allocation system in place and shareholders in New York to answer to, top Bordeaux estates often have to replace old vines with new plantings so as to maintain production level; Spaniards can afford to take their time – after all, who would object to concentrated wines from old vines? These factors, coupled with the country's idiosyncratic elaboración (wine maturation) system, whereby producers traditionally release their wines only when they are ready to be consumed, are music to the ears of savvy oenophiles.

To the neutrals, it is almost unfair that Spanish wines do not command prices that their quality deserves. All Old World wine-producing countries are in various degrees subject to the strictures of heritage and tradition, e.g. the birth of Super Tuscans and IGT (Indicazione Geografica Tipica) was not without controversy. Yet, the Italian precedent may have given Spain additional confidence to legislate proactively culminating in the creation of VP (Vino de Pago) classification in 2003.

Unlike DO (Denominación de Origen) and

DOCa (Denominación de Origen Calificada), which apply to the entire region and sanction certain grape varieties and wine styles, VP concerns only individual estates and vineyards, which must be limited in size and able to demonstrate unique characteristics, whilst abiding by requirements as stringent as a DOCa. VP is particularly useful for high quality wines produced outside of the DO, DOCa and VT (Vino de la Tierra) framework, and indeed producers from lesser-known wine regions, e.g. Aragón, Castilla-La Mancha, Navarra and Valencia, which currently constitute the entirety of VP producers.

Detractors are quick to point out, however, that many VP estates tend to focus on international varieties, and that it is unclear whether VP sits below, on a par with or above DOCa. The PDO (Protected Designation of Origin) classification under EU law, indeed DOP (Denominación de Origen Protegida) in Spain, encompasses VP, DOCa and DO. It would appear that VP sits on a par with, or slightly above, DOCa.

A monopole of Bodega Otazu, Pago de Otazu DOP is an estate-specific VP situated in Cuenca de Pamplona, Navarra. The viticultural history of Pago de Otazu, Spain's northernmost VP, can be traced back to the 12th century. Samples provided by Imperial Wine Cellar International Ltd., exclusive importer of Bodega Otazu in the Greater China region; E: jackalyap@imperialwinecellar.com; T: +852 9626 3125

Jacky I.F. Cheong is a legal professional by day and columnist by night. Having spent his formative years in Britain, France, and Germany, he regularly writes about wine, fine arts, classical music, and politics in several languages

RESTAURANTS

CANTONESE



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SHANGHAI

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11am - 12midnight  
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Grande Praça, MGM MACAU



**BRASSERIE**  
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11:00am - 11:00pm  
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Dinner: 5:30 - 11:00



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The Venetian(r) Macao-Resort-Hotel  
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mortons.com  
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Open daily at 3pm  
• Dining Room  
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Sunday: 17:00 - 22:00

ABA BAR

**ABA BAR**  
5pm - 12midnight  
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Grande Praça, MGM MACAU

**COPA STEAKHOUSE**  
3/F, Sands Macao Hotel  
OPENING HOURS:  
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**ROSSIO**  
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T: 8802 2372  
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**PORTOFINO**  
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The Venetian Macao  
TEL: +853 8118 9950



**AFRIKANA**  
Sun to Thu: 04:00pm - 01:00am,  
Fri, Sat and Eves of Public Holidays:  
06:00pm - 03:00am  
Location: AfriKana, Macau Fisherman's  
Wharf  
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**FERNANDO'S**  
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12:00 - 21:30

THAI



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**R BAR**  
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Fri & Sat:  
11:00 - 24:00

**THE ST. REGIS BAR**  
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Cuisine: Light Fare  
Atmosphere: Multi-Concept Bar  
Setting: Refined, Inviting  
Serving Style: Bar Menu  
Dress Code: Casual  
Hours: 12:00 PM - 1:00 AM; Afternoon Tea:  
2:00PM - 5:30 PM  
Phone: +853 8113 3700  
Email: stregisbar.macao@stregis.com



**D2**  
Macao Fisherman's Wharf  
Edf. New Orleans III  
Macao

**VIDA RICA BAR**  
2/F, Avenida Dr. Sun Yat Sen, NAPE  
T: 8805 8928  
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Friday: 12:00 - 01:00  
Saturday: 14:00 - 01:00  
Sunday: 14:00 - 00:00

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Grand Lapa, Macau  
956-1110 Avenida da Amizade, 2/F  
T: 8793 3831  
Monday to Thursday: 18:30 - 12:00  
Friday to Saturday: 18:00 - 02:00  
Sunday: 18:00 - 24:00

## KITCHENWISE

Sara Moulton, Celebrity Chef via AP



## SPAGHETTI SQUASH IS TASTY ALTERNATIVE TO PASTA

Spaghetti squash is a large round squash that forms spaghetti-like strands when it's cooked. Its texture is crisp, its taste is mild, and it can indeed replace spaghetti in the recipe of your choice. This is especially good news if you're searching for an alternative to pasta, either because you're allergic to gluten or because you're seeking a more nutritious landing pad for a delicious sauce. Spaghetti squash can be steamed, roasted or cooked in the microwave. Whatever method is used, the squash cooks much faster if you start by slicing it in half. But you have to be careful — sawing through its thick skin can be dangerous. Happily, just a few minutes in a

microwave will soften up the squash enough to alleviate this danger. After cooking the squash and halving it, I finish it off in the microwave, which tenderizes it in 17 to 20 minutes rather than the 30 to 45 minutes required when it's steamed or roasted. By the way, most recipes instruct you to halve the squash lengthwise, but if you halve it crosswise, as in this recipe, you'll end up with strands that are much longer ... and more spaghetti-like. When the squash has cooled, use a fork to scrape out the strands. Having prepped the squash to this point, you can store it in the refrigerator for a few days until you're ready to prepare a sauce and finish it, an option you

can't employ with actual pasta that, because of its starch content, turns into a big gummy wad of stuck-together strands. (You can also freeze spaghetti squash.) After scooping out the squash strands, add them to the creamy goat cheese sauce, then simmer them for 5 minutes while they soak up the flavor. Again, this is something you can't do with actual spaghetti, which would not only become too soft but also completely absorb all of the sauce if you simmered it at length. You can pair spaghetti squash with any sauce you would add to regular pasta. Just remember to let the spaghetti squash cook in the sauce — whatever kind it is — for a few minutes before serving.

### RECIPE

**START TO FINISH:** 1 hour (30 active)

**SERVINGS:** 4 to 6

1 1/2 pounds zucchini  
3/4 teaspoon kosher salt  
One 3- to 3 1/2 pound spaghetti squash  
1 1/2 cups sliced onion  
2 tablespoons extra-virgin olive oil  
1 cup vegetable or chicken broth  
1 tablespoon finely chopped fresh sage  
4 ounces fresh goat cheese, crumbled  
1 ounce grated Parmigiano-Reggiano  
1/3 cup toasted pine nuts

#### HOW TO COOK IT

Coarsely grate the zucchini, preferably using the grating disk of a food processor, toss it in a colander with the salt and let it drain for 20 minutes. Prick the spaghetti squash in three or four places with a skewer and microwave on high for 4 minutes. Cut in half crosswise and microwave for 5 minutes. Scrape out and discard the seeds and microwave again for 8 minutes or until the strands of squash are easy to scrape out. Meanwhile, in a large skillet cook the onion in the oil over medium heat, stirring occasionally, until golden, about 8 minutes. Working with one handful at a time, squeeze the zucchini tightly to get rid of excess moisture. Add the squeezed zucchini to the onion and cook over medium heat, stirring for 3 minutes. Transfer to a bowl and reserve the skillet. Let the spaghetti squash stand until it is cool enough to handle, then scoop out all the strands (you should end up with about 4 1/2 cups). Add the vegetable broth, 1 cup water, the sage and the cheese to the skillet and bring to a boil, whisking. Add the spaghetti squash strands, cover and simmer 5 minutes or until the squash is tender. Add the zucchini and cook for 1 minute more until the mixture is heated through. Stir in the Parmigiano-Reggiano and salt and pepper to taste, transfer to four bowls and top each portion with one-quarter of the nuts.

**NUTRITIONAL INFORMATION PER SERVING:** 326 calories; 170 calories from fat; 19 g fat (7 g saturated; 0 g trans fats); 43 mg cholesterol; 582 mg sodium; 31 g carbohydrates; 8 g fiber; 14 g sugar; 14 g protein.

WHAT'S ON



**TODAY (MAR 23)**

"KINGDOM AND BEAUTY" - LIU SHA AND THE MACAU CHINESE ORCHESTRA

Guest conductor Liu Sha, an advocate for the new generation of music composers in China, leads the Macau Chinese Orchestra in a cooperation with Zhao Cong, a pipa soloist - a traditional Chinese instrument - and the first artist to receive the "Personal Contribution of Overseas Promotion Award" from the Ministry of Culture. The two-hour concert, with one intermission, will end in style with "Silk Road and Feitian", a musical piece composed by Zhao and arranged by Yin Tianhu.

TIME: 8pm

VENUE: Grand Auditorium, Macau Cultural Centre

ADMISSION: MOP80, MOP100, MOP120, MOP150

ORGANIZER: Macau Chinese Orchestra

ENQUIRIES: (853) 8399 6699

www.icm.gov.mo/ochm

TICKETING SERVICE: (853) 2855 5555

www.macauticket.com



**TOMORROW (MAR 24)**

CONCERT BY SCHOOLS ORCHESTRAS

This concert is the latest product of a collaboration between the Macau Youth Symphony Orchestra Association and several locals schools that began in 2010. The first session will include the Macau Baptist College Symphony Orchestra; the Sacred Heart Canossian College (English Section) Primary Orchestra; the Pui Ching Middle School Primary String Orchestra; and the Concert Band of the Macau Youth Symphony Orchestra. The second session features the Pui Ching Middle School String Orchestra; the Sacred Heart Canossian College (English Section) Symphony Orchestra; and the junior rank of the Macau Youth Symphony Orchestra.

TIME: 3pm & 8pm

VENUE: Grand Auditorium, Macau Cultural Centre

ADMISSION: MOP100

ORGANIZER: Macau Youth Symphony Orchestra Association

ENQUIRIES: (853) 2825 2899

www.macauyso.org.mo

TICKETING SERVICE: (853) 2855 5555

www.macauticket.com



PHOTO MACAU

Photo Macau is a new international art fair dedicated to art photography and the moving image, and aims to bring world-class fine art photography and video to one of Asia's fastest growing economies. Through galleries containing a carefully-curated collection of material from around the world, the exhibition brings together the world's leading photographers, curators, collectors, dealers and art lovers to become the art fair of reference in Asia for photography and the moving image.

TIME: 1pm-6pm (March 24)

10am-7pm (March 25- 26)

VENUE: Exhibition Hall A, Venetian Macao

ADMISSION: Free

ORGANIZER: Red Balloon Co Ltd



**SUNDAY (MAR 25)**

STRING AND LIGHTS CONCERT

Macau Strings Association invites everyone to enter the Hundred Step Trail to listen to Chinese music played with both traditional Chinese and Western instruments, which will be accompanied by a show of lights and projections designed by Macau Maker Interactive Arts Space. Lou Lim Ioc Garden might well be the city's most traditional Chinese-style garden but this concert promises to offer a new experience in musical learning.

TIME: 7pm & 8pm

VENUE: Lou Lim Ioc Garden

ADMISSION: Free

ENQUIRIES: (853) 2825 2953

ORGANIZER: Macau Strings Association

www.fmac.org.mo



**MONDAY (MAR 26)**

SOMETIMES I FEEL THAT I'M NOT MYSELF - WORKS BY JOSÉ DRUMMOND

The exhibition showcases the most recent works of the artist dated from 2017 to 2018, including painting, photography, video art as well as installations. In recent years, Jose has turned from his characters (mentioned above) into a more philosophical aspect which was already embedded in his expressions since the beginning of his practices. As if his external characters have dissolved into star dust which is the very essence of the true nature of our being, they have become part of a grander picture. The questioning of where the self comes from and is going to never ends. At the same time, the artist's expression is becoming ever more expansive and free of the figurative in his strokes of experimentation with various media. Yet not confined only in the abstract description, his works remain a romantic representation of his profound understanding of the human dilemma.

TIME: 11am-7pm (Closed on Mondays and mandatory holidays)

DATE: March 24 to April 14, 2018

VENUE: 1st Floor, Macau Art Garden, No. 265, Av. Dr. Rodrigo Rodrigues

ADMISSION: Free

ORGANIZER: Art For All Society

ENQUIRIES: (853) 2836 6064

www.afamacau.com



**TUESDAY (MAR 27)**

"PUNACOTHECA" - PAINTINGS AND ILLUSTRATIONS BY RODRIGO DE MATOS

Also called paronomasia, the pun is a form of wordplay that exploits multiple meanings of a term, or of similar-sounding words, for an intended humorous or rhetorical effect. Recognizing in this process a potential to create ambiguous and bizarre - sometimes ludicrous - images, Rodrigo breaks down the barriers of the possible, to produce paintings and illustrations of a surreal world of visual absurdity, which gives title to this exhibition: Punacotheca. Playing with the English or the Portuguese languages (almost always choosing puns that work in both), the artist portraits readings on expressions, sometimes being artificially literal, some others, focusing on second meanings that he extracts from them. Using acrylics, permanent pens, or other techniques, Rodrigo brings us a selection of 30 paintings and illustrations that will leave no one indifferent.

TIME: 2pm-7pm (Mondays to Saturdays)

UNTIL: April 21, 2018

ADMISSION: Free

VENUE: Center for Creative Industries, G/F Macau Cultural Centre Building, Xian Xing Hai

ORGANIZER: Creative Macau - Center for Creative Industries

ENQUIRIES: (853) 2875 3282

www.creativemacau.org.mo



### WEDNESDAY (MAR 28)

WOMEN ARTISTS 1ST INTERNATIONAL BIENNIAL OF MACAU

The initiative combines two parts. On the one hand, works by 101 active artists and with an international curriculum. Diverse sensibilities and approaches invite for the knowledge of the living art as it is made today by women from various geographic and cultural origins and belonging to several generations – almost 60 years separate the oldest and the youngest. On the other hand, around 40 works from the MAM, partially presenting the research work that the museum has developed on the contribution of pioneering women to Macau art history, organized by decade, from the 1970s to the present day, including large scale works of both their collection and invited artists. As a whole the exhibition features works by 132 women artists expressing themselves in a wide spectrum of techniques. On display are works of painting, silkscreen, drawing, sculpture, installation and video, carried out in a period that extends from the 1970s until now and coming from 22 countries and regions.

TIME: 10am-7pm (last admission 6:30pm; closed on Mondays)

UNTIL: May 13, 2018

VENUE: Macau Museum of Art

ADMISSION: Free

ORGANIZER: Macau Museum of Art

ENQUIRIES: (853) 8791 9814

www.mam.gov.mo



### THURSDAY (MAR 29)

“THE LOST LITTLE MERMAID” CHILDREN’S MULTIMEDIA DANCE THEATRE

“I wish I were a human, to feel the sun, breathe fresh air, touch the trees and walk with the animals,” said a hopeful little mermaid. But she quickly realized the ocean she lived in was threatened by pollution. Ieng Chi Dance Association presents one of its original productions, “The Lost Little Mermaid”, to celebrate its 20th anniversary. In this multimedia show with dance, the audience is invited to help the little mermaid find a way to bring joy back to the ocean.

TIME: 8pm

VENUE: Grand Auditorium, Macau Cultural Centre

ADMISSION: MOP60, MOP80, MOP100, MOP120, MOP150

ORGANIZER: Ieng Chi Dance Association

www.iengchidance.wordpress.com

TICKETING SERVICE: (853) 2855 5555

www.macauticket.com

# Sands WEEKEND



## LA PARISIENNE CABARET FRANCAIS

Until 17 June

The Parisian Theatre, The Parisian Macao

La Parisienne Cabaret Francais blends illusion, dance, acrobatics and comedy in true Parisian style to delight viewers of all ages. The show uses state of the art audio and visual technology to take viewers on an immersive tour of Paris via the Eiffel Tower, Arc De Triomphe and Notre Dame Cathedral before heading to Macao. An international cast of 38 death-defying stunt performers, illusionists, world champion skaters and dancers will take the audience on an amazing 65-minute journey.

Time: Weekday shows at 8pm, no shows on Monday

Saturday shows at 2pm and 8pm

Sunday shows at 2pm and 5pm

Tickets: From MOP188, call reservations +853 2882 8818

cotaiticketing.com

Not suitable for children under 13.



## THOMAS FRIENDSHIP BREAKFAST WITH THE LITTLE BIG CLUB ALL STARS

Until 31 March

Urumqi Ballroom, Level 4, Sands Cotai Central

Start your day off right, with the ultimate breakfast party!

Kids are transported to The Little Big Club character stories by the immersive room décor, and see their dreams come to life by experiencing the loveable live mini shows. No party is complete without an awesome and delicious array of dishes and desserts prepared just for you.

Time: 9am – 10:30am

Admission: MOP238\* (Adult) / MOP138\* (Child)

MOP688\* (Family Package: 3 family members +1 child)

Tel: +853 8113 7915 / +853 8113 7916

You can approach the reservation counter next to Paradise Gardens between 2pm – 6pm

\*Child admission prices apply to children 5 – 12 years of age only. Terms and Conditions apply.



## VIEW AND DINE AT THE PARISIAN MACAO

Until 29 March, savour exotic flavours at The Parisian Macao and enjoy the spectacular views from the Eiffel Tower. Tickets include admission to Eiffel Tower 37th Floor and a meal at selected restaurants.

Lunch Set

MOP258\* per adult | MOP178\* per child

Enjoy Lunch at Le Buffet or Set Lunch at Brasserie or Lotus Palace for one person, plus Eiffel Tower ticket for one.

Dinner Buffet

MOP418\* per adult | MOP258\* per child

Enjoy Dinner at Le Buffet for one person, plus Eiffel Tower ticket for one.

Book Now

Le Buffet +853 8111 9250 Brasserie +853 8111 9200

Lotus Palace +853 8111 9260

\*Subject to 10% service charge. Terms and conditions apply.



## INTRODUCING THE ANYWHERE, ANYPLACE, ANYTIME CARD: THE ICBC SANDS LIFESTYLE MASTERCARD

Sign-Up Now: [www.sandslifestyle.com](http://www.sandslifestyle.com)

Take advantage of our special introductory offer for the new ICBC Sands Lifestyle Mastercard. The card offers great opportunities to earn points everywhere with special bonuses for spending within Sands Resorts Macao. For a limited time only, there is a special welcome offer for retail spending in the first three months:

- Spend MOP5,000 for 2 round-trip Cotai Water Jet tickets
- Spend MOP10,000 to earn MOP500 Sands Resorts Macao dining credit
- Spend MOP25,000 for one complimentary Sands Resorts Macao room night

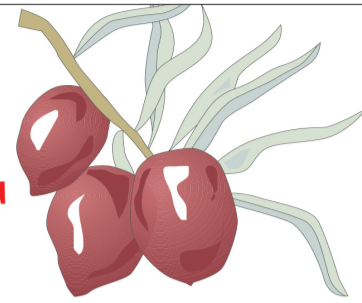
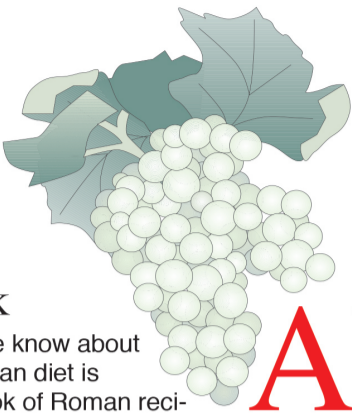


澳門金沙度假區

Sands  
RESORTS MACAO



The staple crops of Roman farmers were various grains, olives and grapes.



Olives and olive oil were important for food and export in ancient Italy. Olives were often used in relishes and salad dressings.

# World of Wonder

EXPLORING THE REALMS OF HISTORY, SCIENCE, NATURE AND TECHNOLOGY

# RECIPES OF ANCIENT ROME

By Laurie Triefeldt

## Cookbook

Much of what we know about the ancient Roman diet is credited to a book of Roman recipes titled "*De re coquinaria*" ("On the Subject of Cooking"), generally referred to as Apicius. It contains about 500 recipes divided into 10 books. Old Roman recipes did not indicate quantities or cooking temperatures.

These recipes were geared for the wealthiest classes, and many contained exotic ingredients such as flamingo or dolphin.

## Class system

Rome was a very class-conscious society. The wealthy nobles of old families belonged to the senatorial class. The equestrian class consisted of very wealthy (but not noble) men. Meals were prepared by the lady of the house or by slaves she directed.

The poor lived in crowded multi-story tenements called insulae. Commoners and slaves ate mostly cereal grains (wheat or barley) as porridge or bread.

## Party planning

Dinner parties for wealthy Romans were a combination of business and pleasure. Elaborate menus were made to impress influential guests. Stylish table pottery was set on low, rectangular tables. Watered wine was served to guests reclining on comfortable couches. The fancy dinner would have consisted of an appetizer (salad, stuffed dormouse), six or seven main courses (fish, poultry, meat) and dessert (honey-sweetened cakes and fruit). After dinner, entertainment (music, dancers or acrobats) would be provided. House slaves escorted the guests home safely.

## Good manners

Table etiquette dictated that food should be eaten with three fingers (keeping the ring finger and pinkie clean). Bowls of warm water were used for washing between courses. Belching in appreciation of a good meal was customary.

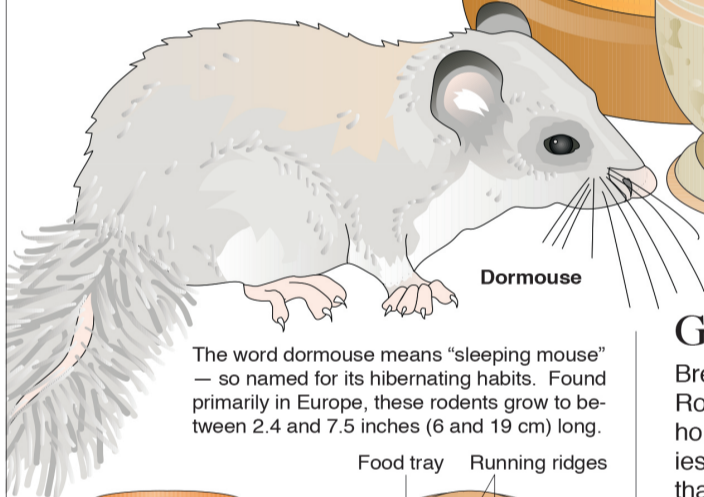
## Sumptuary laws

At one point, gluttony and excess grew problematic, and the Roman government tried (unsuccessfully) to limit the extravagances of the very wealthy. Laws were passed that banned the use of dormice and limited the amount that could be spent on food.

During the Roman Republic (509 B.C. – 27 B.C.), most people ate modestly. It was not until later that luxurious and costly meals became popular among the wealthiest citizens of ancient Rome. Camel, giraffe and flamingo were served at lavish dinner parties, but even the very rich did not eat to excess every day.

## Dormouse, anyone?

It may make the modern stomach queasy, but dormice were a delicacy in ancient Rome. Stuffed dormice were dipped in honey and poppy seeds and served warm. Edible dormice were raised in large pits or in terra cotta containers known as glirariums. Several dormouse recipes have been found in ancient Roman cookbooks.



Honey was used as a sweetener.

Grain for bread was ground into meal with a mortar and pestle.

Dormouse

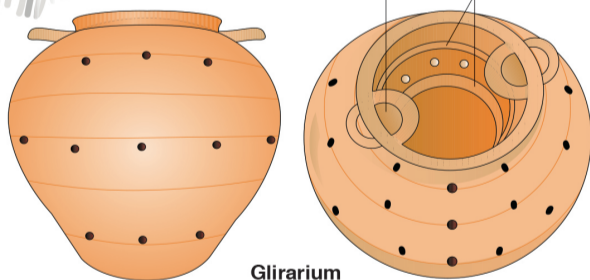
Barley

Wheat

Rye

The word dormouse means "sleeping mouse" — so named for its hibernating habits. Found primarily in Europe, these rodents grow to between 2.4 and 7.5 inches (6 and 19 cm) long.

Food tray Running ridges



Glirarium

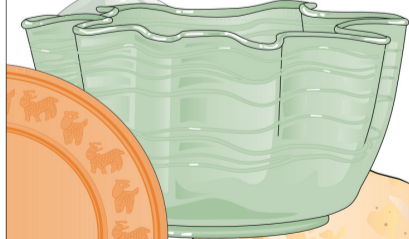
The holes in the glirarium allowed the mice to breathe. The inside spiral ridges were for the mice to run on. The mice were fed on little trays at the top.



Goblet and bowl

Roman, blown glass, 3rd–4th century A.D.

Takeout restaurants called tabernaria or thermopolia were popular in ancient Rome.



Redware plate

Roman, 2nd–4th century A.D.

The quality of bread varied, depending on the flour used. The best bread was made with wheat flour.

## Grains and bread

Bread was the main staple of ancient Rome. It was baked in brick ovens at home or purchased at public bakeries. (By 30 B.C., there were more than 300 bakeries in Rome.)

The first heat of the oven was suitable for baking unleavened or thin breads. When the oven was hot enough, round loaves were baked.

## Ancient bread recipe

**Ingredients:** 2 ¼ teaspoons yeast (1 package), 1 tablespoon honey, 1 ½ cups warm water, 4 cups flour, ½ cup finely chopped onion, 2 teaspoons salt, dried rosemary, oil (as needed), salt (as needed)

### Instructions:

Get an adult to help you!

Dissolve yeast and honey in luke-warm water.

Add flour, onion and salt.

Knead (by hand or machine) until smooth and elastic.

Place dough in an oiled bowl and let rise until double in size.

Punch down dough and allow it to rise a second time.

Flatten dough on an oiled baking sheet to about an inch thick.

Sprinkle with salt and rosemary.

Bake at 400 degrees for 20 to 25 minutes, or until the crust is golden brown.

Serve warm for best taste.

## Basic ingredients

Sugar, potatoes, tomatoes and pasta were not available in ancient Rome. Fruit, nuts and cheese were popular snacks.

Garum was a major ingredient in ancient cooking. This fish sauce (made by frying small fish such as anchovies) was used in nearly everything. Today we have Asian fish sauces that are similar.

## Breakfast

Breakfast (jentaculum) in ancient Rome was served at dawn and might consist of salted bread, milk or wine, and perhaps dried fruit, eggs or cheese.

## Lunch

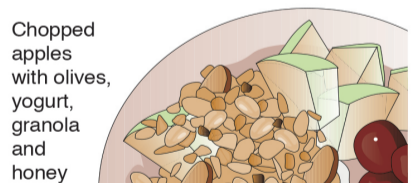
The Roman lunch (cibus meridianus) was eaten around noon and might include a thin bread wrapped around salad, eggs, meat or fish, vegetables and cheese.

## Dinner

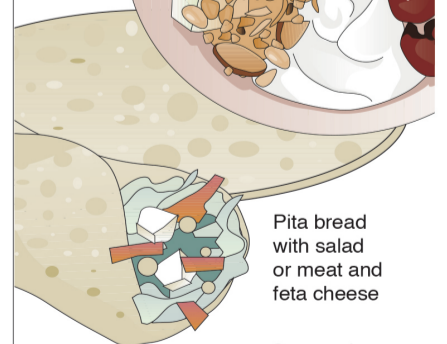
The Roman dinner (cena), the main meal of the day, was served in the evening. A poor man might have a dinner of onions, porridge and pancake. A rich man might be served meat, vegetables, eggs and fruit. People who lived along the coast would have enjoyed fish, oysters and other seafoods.

## Easy Roman menu

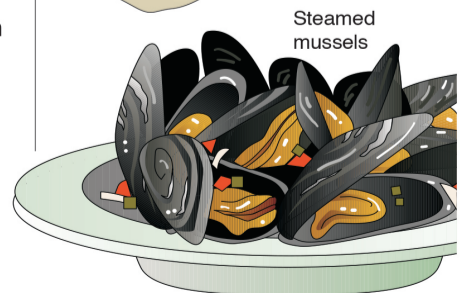
Many of the foods we eat today would also have been served in ancient Rome. You can eat like a gladiator when you sample these simple and healthy meals.



Chopped apples with olives, yogurt, granola and honey



Pita bread with salad or meat and feta cheese



Steamed mussels

SOURCES: *World Book Encyclopedia*, World Book Inc.; NOVA; <http://ancienthistory.about.com>; Carnegie A.D. Mellon's School of Computer Science; *A Taste of Ancient Rome* by Ilaria Gozzini Giacosa; *The Classical Cookbook* by Andrew Dalby and Sally Grainger; *Around the Roman Table: Food and Feasting in Ancient Rome* by Patrick Faas; [www.roman-oolosseum.info](http://low-cholesterol.food.com); <http://low-cholesterol.food.com>