

San Diego

MAGAZINE

WE LOVE

ROLL WITH IT

Explore the heart of the city's Asian food scene

25 top recs from food lovers
OUR FAVORITE INCLUDED!

ROLL WITH IT:
SAN DIEGO'S SEATING COMMUNITY

D.I.Y. TIE-DYE:
MAKE INK FROM FOOD SCRAPS
(REALLY!)

SEE "THE SHELL":
INSIDE THE \$85 MILLION CONCERT HALL BY THE BAY

JUNE 2021



16.95

Biang-biang hand-ripped noodles from Shan Xi Magic Kitchen

#HOTPOTSUMMER

Keep it cool this summer with the multitude of hot pots that San Diego has to offer—in Conway and beyond

BY SARRINA MEDORA

'Tis the season to beat the heat, and there's no better way than to fight fire with fire, by eating hot food on a hot day! Whether the heat comes from the spice, temperature, or both, consuming food that makes you sweat has been scientifically proven to cool the body down more than a bowl of ice cream (although we won't say no to that, either). In fact, hot pot meals are often concluded with ice cream and fresh sliced fruits.

Hot pot, or huò guō (火锅) in Mandarin, is a communal dining method that involves cooking an assortment of thinly sliced meats and vegetables in a flavorful broth. For those who want to speed things up or prefer their meals readymade, restaurants also typically offer dry pot or pan-fried pot, which are fully cooked hot pot ingredients without the accompanying broth (although broth can be ordered separately as an add-on).

Legend has it that hot pot was inspired by Mongolian soldiers who would cook meat and vegetables they found along the way in a water-based broth using their helmets as cooking vessels. Today, variations of hot pot are a staple in Korea, Japan, Vietnam, China, and Thailand.

MONGOLIAN HOT POT World-renowned for its broth recipes, Mongolian Hot Pot (below) celebrates classic Chinese flavors and regional hot pots. From the mouth-numbing Szechuan hot pot to the full-flavored vegetarian broth, they pride themselves on not needing to serve dipping sauces because the broths are packed with all the flavor needed. Their secret? A concoction of healing herbs that goes into every broth. Choose the yin-yang option if you'd like a mix of spicy and non-spicy broth.
4718 Clairemont Mesa Boulevard, mongolianhotpot.com



San Diego Magazine features Mongolian Hot Pot

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