

# 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 Convoy and beyond

BY SABRINA 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.

HOT  
POTS  
TO  
TRY

**1 SHABU WORKS** Shabu-shabu, a style of Japanese hot pot (nabemono), translates to "swish-swish," referencing the fact that thin slices of meat need only be lightly swished in boiling broth to cook. Shabu Works (pictured right) is best known for its all-you-can-eat hot pot format, but they've been offering an at-home option: For \$76, you can get two choices of flavor-bomb broths with two containers of broth base, two choices of meat, two vegetable platters, assorted fish cakes and fish balls, and fresh ramen for two. 5041 Mira Mesa Boulevard, Scripps Ranch; shabuworks.com



\*For Japanese-style hot pot in Convoy, check out Shabu Shabu House (not pictured), which specializes in shabu shabu with New York strip steak and prime rib-eye. 4646 Convoy Street, 858-268-8648

San Diego Magazine features Shabu Works

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