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[BOILING POINT: Interview with Anirudh Arora, Moti Mahal](#)

London Restaurant Festival talks to Anirudh Arora, head chef of [Moti Mahal](#) about eating in London.

LRF: What was the last London restaurant you went to?

AA: I went to [Dean Street Townhouse](#) a few days ago – I love the new-old-fashioned British cooking. I was also very excited to see a beautiful, cream-coloured Georgian building that lights up Dean Street.

LRF: Which London restaurant is your favourite and why?

AA: I have been a fan of [Nobu](#) and its truly amazing fusion dishes for years now. What I love most is the delicate balance of textures and flavours. The service, the food and the place are exceptional and the sushi is always good, fresh and faultlessly presented.

LRF: What or who has been the biggest influence on the way you cook and why?

AA: My mother was the biggest influence on me when I was a little boy as I used to help her in the kitchen, and my father's love for food embellished my love for food. I started cooking very young and I always watched and helped my mother and grandmother.

LRF: What is your signature dish?

AA: There are a few dishes on the menu that are my particular favourites: Murghi Nazakat, a trio of chicken tikka; Laal Maas, a lamb stew with cloves and garlic; and Polichathu, pearl spot wrapped in a banana leaf with crab meat and curry leaf.

LRF: What's it like to work in your kitchen?

AA: Everything is very meticulous. I place a great emphasis on sourcing the finest local and global organic produce, therefore my menu is regularly based on seasonality and freshness - so my staff have to be flexible and open to new ideas.

LRF: What do you most like to cook in your spare time?

AA: Chinese – I do like a good stir fry occasionally as this is easy and great fun to make. I can experiment with different flavours and ingredients together. Then all you need is a really hot wok - simple, quick and delicious!

LRF: Which restaurants do you rate in your neighbourhood?

AA: I really like [Terroirs](#) and [Wahaca](#), both situated in Covent Garden.

LRF: Who is your ideal dinner companion (dead or alive)?

AA: My lovely wife – and she is very much alive!

LRF: Which restaurants would you recommend to a tourist with one day to spend in London and why?

AA: Without being biased – I would definitely recommend [Moti Mahal](#) as it is among the best Indian restaurants outside of London. Its traditional menu that reflects the history of Indian cuisine, the restaurant also offers exciting innovative dishes that are sure to delight and appreciate quality Indian flavours.

LRF: Which London farmers' market, food shop or suppliers would you recommend?

AA: [Borough Market](#) is my all time favourite. It's London's most renowned food market; a source of exceptional British and local produce. But it's not just the quality of the food on offer that makes it special – it's also about the people and the place – I love the atmosphere there.