

The Epoch Times

London Lennies

A truly happy and warm experience for the seafood enthusiast

By Nadia Ghattas

Epoch Times Staff Oct 5, 2008



Platter of crabs (Nadia Ghattas/The Epoch Times)

It stands out as one of the finest seafood restaurants in one of New York's most ethnically diverse neighborhoods. What started as a fish n' chips shop in Rego Park, New York almost 50 years ago has become a magical paradise for the gourmand.

Whether it is fresh fish, meats, wine, or beer, you will have the chance to enjoy it all at London Lennies. For starters, the ingredients are guaranteed to be fresh. The raw bar is the finest in the area while the pastas and breads are made on the premises. All ingredients are fresh from local farms and the world-famous Fulton Fish market; where the fish is carefully selected daily.

This unique restaurant evokes days of ages past with its old, dark wood furniture that serves to provide a comfortable and nostalgic feel. The bar has the perfect décor and atmosphere to enjoy fresh clams and oysters with a glass of champagne.

London Lennies is a great place to dine no matter the occasion. There are family style tables at which you will often see three generations of local families dining at the same time. It has truly become a part of the neighborhood.

If you are a seafood lover and in a “crabby” mood, make sure to visit London Lennies between October 15th and November 9th to partake of their 12th Annual Get Crackin’ Crabfest Menu. This crab-filled menu extravaganza is prepared by the Executive Chef Jeffrey Baruch (ex Four Seasons and Rainbow Room). For the epicure, it is your chance to experience over twenty tasty crab specials hailing from six different regions including: Florida, Oregon, Maryland, Alaska and Maine. The seafood is cooked in such a way that it enhances the natural flavor. This is not just a seafood restaurant, however, as the menu includes top quality meats and poultry as well. The divers wine selection is also quite extensive.

My friends and I had the pleasure of sampling the “crabby” menu and it was absolutely superb. The crabby, delicate meat was in charge in every dish that we tried. We started with the Chesapeake Crab and Corn Chowder with Maryland crab and local corn from Long Island. Although the corn was very fresh and crunchy, it did not overwhelm the tender lump of crabmeat displayed over the soup. With this dish, a “La Coriz du Roy” 2006 Sancerre was recommended as a beautiful complement to the soup that also served to cut it’s creamy element.

Then we ventured into the Crab Cake Trio, whose name is self-explanatory. Three different types of crabmeats with creamed leeks and herb mayonnaise add to the complexity of this combo to provide the ultimate in pleasure for your palate. The Telmo Rodriguez “Basa” Rueda 2006 that has a prominence of a Sauvignon Bleu is recommended to accompany this dish.

If you like seafood and you like ravioli, you will definitely want to try the Jumbo Lump Crabmeat Ravioli. As I mentioned before, the pasta is made fresh on the premises and is served with chanterelle mushrooms, plum tomatoes and scallions in a crab infused sherry cream sauce. Because there is so much going on with this plate between the different textures and flavors, a Spanish wine – the Alejandro Fernandez Tinto Pesquera 2005 will make a great compliment to this dish.

For dessert, you must make room for the Pumpkin Flan with freshly whipped cream and if you are still sober, try this unique, intense, jammy, apricot, dessert wine from the Aeolian Islands of Italy, Hauner Malvasia delle Lipari Passito 2005. It’s a real treat. The wine program revolves around the menu at and its diverse clientele at London Lennies with prices ranging from under \$20 to \$200 per bottle.

For this menu, a three-course meal with a glass of wine ranges from \$55 to \$75 per person.

There is also a “catch-of-the-day” menu.

THE VERDICT: A very friendly neighborhood restaurant. Part of the family—especially a crabby family. If you want to see an Iron Chef go there to see Executive Chef, Jeffrey Baruch.

London Lennies is open for lunch and dinner Friday from 11:45 a.m.—10:00 p.m. and for dinner Saturdays from 4:00 p.m.—11:00 p.m. and Sundays from 2:00 p.m.—9:00 p.m.

63–88 Woodhaven Blvd, Rego Park, NY 11374, (718) 894-8084 or visit www.londonlennies.com