

Tuesday, 26 January 2010

coffeebreak

Review ■ **National Dance Company Wales** ■ **Dance House, WMC**★★★★★

Fluid movement and high emotion

THE lighting in both these beautiful pieces can only be described as masterly.

In National Dance Company Wales' production *Veil of Stars*, which opens the new tour, we could be sitting at the sea's edge with waves of smoke and light surging towards us, lapping at our feet.

The sound of the sea with harsher tones of music already fills our heads. A glittering figure – a fish or a bird? – is on the shore.

Julien Tarride's enchanting music and the fluid choreography of Andonis Foniadakis fuse together, taking us on a marvellous journey of sound, colour and movement.

In this choreographer's first work for our national company, glittering figures fill the stage, their bodies interact and swirl, making momentary sculptures in the air.

Not only are these dancers masters of

their technique, their eyes, expressions and every muscle wraps around us and compels us further into the narrative. Not that there is a story as such, rather emotions rise and fall, taking us through the adventure.

The ensemble work is strong and the solo dancing equally vibrant, creating a totally thrilling and absorbing work.

The new commission for this spring tour, *Romance Inverse*, from returning international choreographer Itzik Galili, demonstrates the high standard of virtuosity demanded by the company creators, artistic director Ann Sholem and artistic associate Roy Campbell-Moore.

In his debut for the company, Galili's imagination creates a unique work of great excitement. It demands absolute precision from the superb dancers, who with much

less fluid but equally emotive movement draw us strongly towards them.

This is a complex dance created by an international production team headed by Galili, working with the dancers on his first creation for National Dance Company Wales. American Steve Reich's music and a new composition by Percossa fuses with dramatic lighting by Israeli Yaron Abulafia and costume by Nataşja Larsen to fuel an athletic work that grasps us through vision and emotion.

■ **Michael Kelligan**

■ **The company will be at Aberystwyth Arts Centre on Friday & Saturday; Torch Theatre, Milford Haven on February 3 & 4; Taliesin Arts Centre, Swansea on February 11 & 12 and Clwyd Theatr Cymru, Mold on April 15 & 16**

Home cooking

Roasted duck fillets with marmalade and chilli glaze

■ Ingredients

1 tsp Waitrose Cooks' Ingredients A Dash of Sherry Vinegar
Pack 2 Waitrose Skinless Free Range Duck Breast Fillets

1 orange
4 tbsp Waitrose Organic Seville Orange Marmalade
Pinch of dried red chilli flakes

■ Method

Preheat the oven to 190°C, gas mark 5. Cut the orange in half and squeeze the juice from one half into a small bowl. Cut the remainder into four wedges.

To make the glaze, combine the

marmalade, chilli flakes and sherry vinegar with the orange juice and season lightly.

Line a baking tray with parchment paper. Place the duck fillets on the tray and score the flesh in a crisscross pattern, then spread the glaze liberally over the top of each one.

Arrange the orange wedges around the duck and place in the oven for 30-35 minutes (or a little less time if you prefer the duck

slightly rare).

Baste the duck and orange wedges with the glaze a couple of times during the cooking time.

Transfer the duck and orange wedges onto two plates, drizzle with the glaze and serve with lightly steamed kale or green vegetables.

■ Cook's tips

If you have time, allow the duck to marinate for 10-15 minutes to help the flavours develop. This recipe would also work well with chicken fillets.

Waitrose

They said what?

"The nearest I have come to being homeless is going home and finding I don't have my door key. I mean, what a disaster that is, dying to get in your house and you can't"

Fashion icon Dame Vivienne Westwood whose latest collection is called "homeless chic"

"Looking at all these faces reminds me of all the great work that's been done this year by cosmetic surgeons"

Comedian Ricky Gervais, presenting the Golden Globes

"I am personally shocked and indeed baffled by the persistence of an excessive bonus culture in some parts of the sector at a time when times are extraordinarily difficult for millions of Londoners and thousands of businesses"

Boris Johnson, Mayor of London, in a letter to bankers

"It's disgusting. I just look at it and think, 'God that's vulgar'"

Singer Billie Piper regrets being a singer

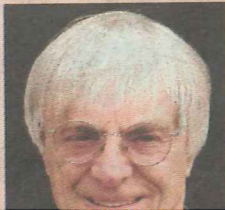
Who on earth?



Yesterday's picture



Bernie Ecclestone



Your

with Patrick A

ARIES Mar 21st - Apr



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TAURUS Apr 21st -



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GEMINI May 22nd



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CANCER Jun 22nd



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VIRGO Aug 24th -



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LIBRA Sep 24th - O



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SCORPIO Oct 24th



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SAGITTARIUS Nov



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CAPRICORN Dec 2



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