

BBC

June 2018
DHS15 | QR15

goodfood

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Middle East

FLAVOURS OF THE WORLD

Discover global cuisines at home with authentic, easy-to-make recipes

10 exciting Eid staycations to take in the **UAE** this month



WIN!
.....
DINING
VOUCHERS AND
GOURMET
HOTEL STAYS

BAKING SPECIAL

- Learn to make bagels
- How to bake cupcakes
- 12 flours to stock at home

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Ramadan offers • UAE restaurant recommendations • World Cup deals • Dining in Ajman



#BRUNCH068

BRUNCH 068

WITH A LICENSE TO GRILL

When the world is not enough, unleash your inner Bond and experience the high life at the brunch. With a license to grill, this exciting brunch will satisfy even the most discerning palate. Live another day while sipping on signature beverages and taking in Dubai's daring views from the world's tallest 5-star hotel.

Every Friday from 1pm to 4pm, starting from AED 495 'For Your Eyes Only'



Welcome to June!

In this month's travel issue of *BBC Good Food Middle East*, we explore diverse cuisines from around the world.

Journey to Japan, India and China with help from our 'instant expert' series, which cover everything from what ingredients to buy and how to cook them in order to eat like a local. Discovering dishes from all corners of the world like sticky yakitori (p32), Sichuan chicken wings (p42) and Sali murgha (p39), may be easier than you think.

Inside, you'll also find a round-up of some of our favourite iftars taking place during the last stretch of Ramadan on page 19, plus a selection of dreamy hotels around the region that have unmissable deals taking place for Eid weekend on June 15 (page 57).

For those who love baking or would like to learn how to, turn to this month's baking special from page 50 onwards, where you'll find a guide to all the different types of flour available in the supermarket – from the familiar to the unusual, and options catering to dietary requirements such as gluten-free.

Once you've aced the understanding of flour, turn the page for a step-by-step tutorial on how to make bagels at home, or if you have more of a sweet tooth, try the classic cupcake recipe on page 54 – perfect for birthday celebrations, a picnic in the park or a family get-together.

Wherever in the world your taste buds may lead you this month, enjoy the journey of flavour discovery!

Have a wonderful June,



Sophie
Editor

WHAT WE'RE LOVING!



"Try your hand at making homemade bagels – they're great for sharing with family over weekend breakfast," says sales executive, Liz.



Sales director, Michael says: "Don't miss the Sichuan chicken wings – they're packed with flavour and so worth getting sticky fingers for!"



"This crème brûlée from Carine is the perfect dessert to make when you have guests over," says graphic designer, Froilan.



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FOUNDER CPI MEDIA GROUP
Dominic De Sousa
(1959-2015)

PRINTED BY

Emirates Printing Press LLC, Dubai

PUBLISHED BY



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A publication licensed by Dubai Production City, DCCA

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www.cpimediagroup.com

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BBC Good Food ME magazine is published by CPI Media Group under licence from BBC Worldwide Limited, 101 Wood Lane, London W12 7FA.

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Our recipe descriptions

V Suitable for vegetarians.

❄️ You can freeze it.

🚫❄️ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork & alcohol.

These are clearly marked and are for non-Muslims only. Look for these symbols:

P Contains pork.

🍷 Contains alcohol.

gf YOUR SAY

We love hearing from you!

STAR LETTER



I always love seeing articles in BBC Good Food ME, but I particularly enjoyed a piece you guys did a while back on Yas Viceroy in Abu Dhabi. Since reading the feature, it has been at the top of my 'to visit' list! I am so pleased to say we finally stayed there last weekend when I planned a surprise for my husband's birthday. It was the best weekend we have had since moving to the UAE. They upgraded us to F1 track view which was insanely amazing, we had dinner at Amici restaurant which was phenomenal, followed by lush cocktails at the Sky Bar. We also enjoyed Ferrari World and Yas Waterworld whilst there. Thanks to you guys, I discovered that amazing hotel, and it was the most perfect treat for my well deserving hubby. Thank you so much for always letting your readers know the best in the Middle East!

Jemma Synnott



As a young adult living in a foreign country alone, I thoroughly enjoy the recipes published by BBC Good Food. I grew up living with my parents so I am used to have someone preparing my meals, therefore, cooking for myself was really a

big deal for me, as I try to eat healthier while balancing work and social life. I found that the variations and healthy options available makes cooking more enjoyable, sometimes I even I look forward to weekends so I can try the mouthwatering recipes. And just recently, I purchased an oven because the baked goods recipes I found on your website were so tempting I felt that I needed to make one! A big thank you, BBC Good Food, not only I am eating healthier now, but I'm also improving my cooking and baking skills.

Kimberly Anne Varias



During the holy month, I love how family and friends come together over beautiful food. Each year, I'm on the lookout for new places to experience Iftar and Suhoor to celebrate the occasion and thanks to your last issue, I discovered several

new venues to try! My favourite so far has been the brand-new Bulgari Majilis – just wow! The food and the set-up is so magical and I'd recommend to anyone looking for an extra-special Iftar this Ramadan. Thanks again and Ramdan Kareem!

Sahar Al-Mulla





WIN!

The Winner of the Star letter receives a **1,000 AED shopping voucher from Tavola**, the leading retailer for your favorite brands of kitchen products, tableware and bakeware. Shop for Alessi, WMF, Staub, Zwilling Henckels, Vitamix, Wilton and much more in our stores across the GCC and online: www.tavolashop.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:     @bbcgoodfoodme

Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

ESCAPE AND UNWIND

Beat the heat and soak up the sea at The Oberoi Beach Resort, Al Zorah this summer. Book your staycation between the 15th May and 30th September and relax, unwind and revive amidst pristine white sands and lush mangroves. Kick-back in a luxurious Premier room with an expansive private terrace, as well as enjoy a complimentary three course dining experience at either Vinesse or Aquario, our two world-class restaurants from only AED1,100 per room. For reservations, kindly contact reservations.toaz@oberoihotels.com or Tel: +971 6 504 4888



The Oberoi

BEACH RESORT

AL ZORAH



NEWS *ribbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



Get discounted groceries this Ramadan

Till the end of Ramadan, Kibsons, the online home delivery service for fresh fruit, vegetables, organics, meat, seafood, dairy, bread, nuts, drinks, spices, oils and snacks, is offering a 10% discount on everything listed on its website, kibsons.com.

All fresh produce from Kibsons is priced affordably and is handpicked with free delivery to your door. The range on offer features organic produce free of hormones, additives or artificial preservatives. For more information visit kibsons.com or call 800 5427667



THE BEST BITES

Journey to Peru

National Ceviche Day on June 28 will be celebrated at Aji, Palm Jumeirah this year. To mark the celebration of South America's famous marinated fish, Aji will introduce a special ceviche menu for one week only. From June 24 to June 30, enjoy dishes from a menu curated by Peruvian chef Miguel Nagamine, who brings to life the essence of South America through four different styles of ceviche. All selections are priced at Dhs65 each or for a signature tasting experience, the platter, including all four is Dhs240. Call 04-5520244.



Stay at eat for Dhs799 per couple

This summer, Aloft Palm Jumeirah has launched an indulgent one-night stay and eat package for Dhs799 per couple (inclusive of charges and taxes). Wake up to breakfast for two and soak up the sun at the private Splash pool or at the laidback No'shu beach. Next, head for brunch inclusive of food and house beverages at the newly-opened Mexican restaurant, Luchador for the four-course Mucha Lucha Brunch with a live Latino band and DJ, before retiring to the room for a restful night. Priced at Dhs799 per couple, the offer is available for stays from Thursday-Friday or Friday-Saturday and includes one-night, complimentary breakfast and brunch for two (with house beverages), pool and beach access. Call 04-2475555 or e-mail aloftpalmjumeirah.com.

SOLAR POWERED SPINNEYS STORE OPENS

Spinneys supermarket has opened the doors of its latest store that is powered by solar energy at The Villa, Centro Mall. This is the first supermarket to be powered by solar energy as part of Centro Mall's efforts to use renewable energy to create a sustainable future. More than six per cent of the mall's power will be produced through a grid solar panel system and a specially designed solar water heating system for the mall's heating requirements.

Open seven days a week from 7am to 11pm, the new supermarket will offer an in-store bakery, fresh cold and hot deli, freshly baked breads, tasty fruits and vegetables, mixed salads and every day staples.



A NEW BUTCHER SHOP TO TRY

There's a new spot in Dubai to check-out if you're a lover of beef – Beefbar in DIFC is a butcher shop paired with a fine dining restaurant, that sells and serves up some of the world's finest meats such as Japanese Kobe and Wagyu beef. The Beefbar butcher shop features high-quality meat imported from countries like Japan, Australia, Holland, Argentina and the United States. Cuts on offer range from filet and entrecote, to ribs and tenderloin. Takeaway and phone-order delivery from the Beefbar butcher shop is available straight to your door, along with a selection of recommended recipes by executive chef, Alain Regnault. The shop will soon be launching online order options. Beefbar is located on the podium level of Al Fattan Currency House in DIFC. Call 04-3522223 or visit dubai.beefbar.com.



Flavours for Ramadan

In celebration of the holy month, Cinnabon has launched a range of Ramadan-inspired items to its menu with a limited-time only 'Ramadan Bites Box'. The seasonal box will feature two exclusive bites flavours — passionfruit and date — that combine Cinnabon's signature dough and creamy topping.

During Ramadan, you can purchase boxes of the 'Passionfruit Bites' and 'Date Bites' from Cinnabon outlets to share with friends and family or gift to their loved ones, capturing the giving and joyous spirit of Ramadan in the sweetest way possible.



TRENDING

Flavoured butter

HOW TO MAKE YOUR OWN AT HOME

An array of flavoured butters are available to buy, but making them yourself is as easy as it is fun. Food writer Daniel Bardsley travels to France to learn more about making flavoured butter from butter expert Aurelie Rousseaux.

While all of us are familiar with traditional salted or unsalted butters, a wide array of flavoured butters are also available. French brand Le Beurre Bordier produces about a dozen, including seaweed butter, buckwheat butter and lemon – olive oil butter, which are all available online in the UAE.

HERE ARE SOME TOP TIPS FOR MAKING YOUR OWN AT HOME:

1. Only use unsalted butter.
2. With most solid ingredients, (such as beef ham) use equal amounts of the flavouring and butter.
3. If you're using spices or another strongly flavoured ingredient, such as garlic, much less is needed, the vary the quantity according to taste.
4. For consistency, ensure that ingredients are minced or powdered.
5. Before mixing, remove the butter from the fridge and leave at room temperature for two hours to soften.
6. After mixing, leave for at least one hour in the fridge before tasting. This allows the flavour to spread into the butter.
7. Wrap the flavoured butter in cling film or keep in an airtight container.
8. Flavoured butters can be sweet as well as savoury: shortbread and raspberries, for example, make a great sweet butter, while almond paste is another favourite ingredient.
9. Several flavourings can give a Middle Eastern influence, among them zatar, chopped dates and pistachios.
10. For an Indian-flavoured butter, shrimp and curry powder can be used, a mix that is suited for cooking fish.
11. Sun-dried tomatoes make for an excellent Italian-style flavoured butter, which is good on its own with bread or for use in cooking chicken.



Dubai's Favorite Family Brunch Every Friday from 1pm – 4.30pm

Join us for a fun family brunch where kids are covered with a large play area full of activities, including face painting, a movie corner, a PlayStation and Kid's Cooking Classes.

AED 250 inclusive of soft drinks

AED 345 inclusive of house beverages and sparkling wine

AED 135 for kids between 5-12 years old

Kids below 5 are FREE!

We are open every Friday, throughout the entire summer.

Join the fun!

Book Now

T: +971 4 435 5577

E: dining.ahc@marriott.com

www.alhabtoorcityhotels.com



Flavours of the *month*

Here is what's hot and happening around town this month.

New on the block

👉 **STK Downtown, Address Hotel Downtown Dubai**

High-energy dining venue STK recently opened doors at JBR and will now open its second, flagship location at Address Hotel Downtown. Set to open this summer, STK Downtown will boast views over Burj Khalifa, chic vibes and trendy interiors. Classic steakhouse options see a modern twist, catering for all palates; meat lovers and non-steak-lovers alike. With various cuts of beef on offer like filet, ribeye, T-bone and tomahawk, there's also a wide selection of toppings, sauces and sides, with entrees including fish, oysters and more. Serving premium quality USDA prime beef, STK steaks are famous for being big on flavour. We'll be sure to keep you informed on the opening date. See STKhouse.com

REVAMPED AND REFRESHED!

TWO DUBAI RESTAURANTS GETTING A MAKEOVER

👉 **Tresind Dubai, Nassima Royal Hotel**

Modern Indian fine-dining restaurant, Tresind, Dubai has closed doors during Ramadan to undergo a revamp, and is expected to re-open for Eid. "The past four years have been an amazing journey for us all. As a natural progression of our vision, we felt that it was time for us to re-innovate and present the ultra-modern avatar of Tresind Dubai to our patrons. With that idea in mind, Tresind Dubai is taking a short break, assuring to return with fresh ideas, innovations and an edgier culinary palate for the ever-evolving palate of our patrons," said Bhupender Nath, Founder & Managing Director, Passion F&B Management Consultancies.

👉 **The Meat Co, Souk al Bahar**

The Meat Co in Souk Al Bahar will relaunch in September 2018, with a new logo and an upgraded stylish venue featuring a revamped menu. It is the first outlet from the South African steakhouse brand to undergo the renovation, which will last for around 120 days. "After 14 years of serving guests in the UAE, this new chapter for The Meat Co will facilitate a long-held desire to take visitors on an even more personal dining experience. Our aim is to create an interactive journey representing a culinary evolution", said Johnny Tomazos, CEO of Food Fund International.

STK Downtown, Address Hotel Downtown Dubai

Text by SOPHIE MCCARRICK | Photographs SUPPLIED



3
BRUNCHES
TO TRY THIS
MONTH

➤ **WAKA Restaurant & Bar, The Oberoi Dubai**

Enjoy the best of Latin American cuisine at WAKA Restaurant & Bar's Late Brunch that takes place every Friday from 8pm - 11.30pm with packages inclusive of fantastic food, beverage and entertainment. Waka is the latest addition to the growing number of restaurants in Dubai serving Nikkei (Japanese-Peruvian fusion food).

At Waka's new Friday Late Brunch, there's an a la carte menu, alongside buffet options for

main course. All dishes on the a la carte menu can be ordered an unlimited amount, there's wakamole (the restaurant's take on traditional guacamole), sizzling chicken anticucho served straight to the table and plenty of different types of maki. For main course there's a tasty 'cazuela de lubina' (sea bass, Peruvian dry potato, aji, cheese and black mint) that's well worth a try. The buffet bar keeps it simple, with four options: del Mercado ceviche, sansei tuna ceviche, corn salad and a mixed salad. Priced at Dhs285 with food and soft drinks, Dhs375 for food and house beverages, Dhs550 for food and premium beverages, Dhs200 for house beverages only and Dhs400 for premium beverages only. Call 04-4441455 or e-mail reservations@waka.ae.



➤ **Gaicho, DIFC**

Gaicho DIFC is ringing in Eid with a 2 for 1 roast offer. Start off the festivities with slow braised back ribs or a quinoa tartare, followed by a succulent bife de chorizo or bife de ancho, served with roasted potatoes, carrots, parsnips, sautéed broccoli, homemade Yorkshire pudding. And, what's an Eid culinary treat without a little something sweet? Pick between 'mango mess' or chocolate brownie with dulce de leche. Priced at Dhs210 per person for two hours with unlimited grape and hops. Call 04-4227898, or e-mail events.dubai@gaichorestaurants.com.

➤ **Dusty's, DIFC**

If you have a sweet tooth, this one's for you. Dusty's in DIFC has revised its dessert menu! Featuring an array of unusual textures and flavours, the new menu boasts six sumptuous desserts. Inspired by chef Alper's Mediterranean kitchen ethos, Dusty's new desserts revolve around premium ingredients and optimal freshness. Designed to awaken your inner child, the desserts are loaded with everything good in life - sugar, butter, cream, and a blinding amount of chocolate. To hear more, visit info@dustysdxb.com or call 04-3545435.

➤ **La Cantine du Faubourg, Jumeirah Emirates Towers**



Every Saturday from 12noon to 4pm, at the elegant modern Parisian destination at Jumeirah Emirates Towers, La Cantine du Faubourg serves up brunch. In a relaxed atmosphere, the bright and sunny venue lets natural light come in through its glassed pergola. La Cantine du Faubourg turns into a Parisian bedroom with a bed centre stage, clocks on the tables, menus in the shape of

newspapers, and staff wearing silk robes and pyjamas. Enjoy pastries, eggs dishes, signature dishes and sweets all brought to the table, allowing the conversation and laughter with friends to flow. Priced at Dhs265 with mocktails, fresh juices, soft drinks and hot beverages, Dhs400 with house beverages added on and Dhs550 with bubbly added on. E-mail info@lacantine.com or call +971 555377495.

➤ **Nineteen, Address Montgomerie**



Revel in a fresh Mediterranean spread surrounded by chic interiors and unrivalled views of the golf course as Nineteen relaunches a delicious new menu at its Friday Mediterranean Brunch. Taking place every Friday from 12.30pm until 3.30pm, brunch is priced at Dhs290 per person including soft beverages and Dhs380 per person including house beverages. Call 04-3905600 or e-mail dine@theaddress.com.



👉 **Café Bateel**

Café Bateel, home of gourmet Mediterranean cuisine, has launched a fresh new seasonal menu for the summer months. Delight in light and healthy options from soups and salads to mains and desserts, with delicious offerings available for vegans and the health conscious. The new menu is now available in all cafés across the UAE and available for delivery. Options on offer include the likes of the healthy green bowl – a healthy vegan bowl with quinoa, grains, spinach, kale, green peas, asparagus, avocado, broccoli, green tomatoes, French beans, mixed seeds and zingy lemon dressing and the tiger prawn risotto – jumbo tiger prawns on a bed of Venere black rice renowned for its health benefits and trumpet mushrooms with Parmesan Reggiano cheese – plus much more. To see the full menu, visit bateel.com.



👉 **Khyber, Dukes Dubai**

This multi-award-winning restaurant brings an intricate and rich North Indian palette of flavours to Dubai. The first restaurant of its kind outside the flagship in Mumbai, Khyber has risen to international acclaim even hosting celebrity guests from the likes of Sir Paul McCartney, Richard Gere and Demi Moore.

During summer, until September 30, 2018, Khyber will be offering a 3-course menu promotion for Dhs100 per person. Indulge in the delicious signature slow cooked leg of lamb beautifully infused with spices and finish your meal with the pièce de résistance Milky Way dessert, a galaxy of saffron pearls on a bed of tempered condensed milk.

Khyber is situated on the 15th floor of Dukes Dubai with a 180-degree view of the Dubai Marina while dining at the restaurant or outdoor terrace. Call 04-4551101 or e-mail dining.dubai@dukeshotel.com.

👉 **IZU Bakery, Dubai Mall**

Chef Izu Ani – the Chef behind IZU Brasserie and Bakery and award-winning outlets The Lighthouse and La Serre – has launched IZU Bakery, a brand-new bakery in the heart of Dubai Mall. Located in the gourmet section of Galeries Lafayette, Dubai Mall, IZU Bakery boasts a selection of delicious fresh pastries and breakfast dishes such as chia pudding served with fresh berries and pistachios, French toast with berry compote and caramel cream, and eggs served all day. The bakery also offers the traditional dishes that Chef Izu is famous for such as beetroot salad and his signature IZU burger. For more information, visit galerieslafayettedubai.com/izu-bakery.

PLACES TO ENJOY AFTERNOON TEA THIS MONTH



👉 **At.mosphere, Burj Khalifa**

Indulge in the pleasures of a high tea in the elegant setting of At.mosphere Lounge, set on level 122 of Burj Khalifa. This afternoon tea experience offers views of the city served alongside a choice of two high tea menus. Served daily from 1pm to 2pm, high tea is ideal for a group of friends, couples or individuals looking to indulge in a decadent pastime, the La Gourmandise and Luxurious Menu feature a delicate array of sweet and savoury delights with a touch of Parisian glamour. From quintessential scones with traditional accompaniments, to dainty and colourful handcrafted finger sandwiches. Prices start at Dhs335 per person. Call 04-8883828 or e-mail reservations@atmosphereburjkhalifa.com.



👉 **Manzil Downtown, Mohammed Bin Rashid Boulevard**

Enjoy afternoon tea with friends overlooking the iconic Burj Khalifa daily at Manzil Downtown. Authentic Emirati desserts are on offer, alongside traditional afternoon tea delicacies at Boulevard Kitchen from 2pm to 6pm, priced at Dhs160 for one person and Dhs260 for two people. Call 04-4238899 or e-mail connect.downtown@vida-hotels.com

LATIN AMERICAN LATE BRUNCH

Enjoy the best of Latin American cuisine at WAKA Restaurant & Bar's Late Brunch that takes place every Friday from 8pm – 11.30pm with packages inclusive of fantastic food, beverage and an upbeat and energetic atmosphere

Waka is the latest addition to the growing number of restaurants in Dubai serving Nikkei (Japanese-Peruvian fusion food). Unlike some of the more wackier fusions, Nikkei is a tradition that started when Japanese migrants moved to Peru in the 1800s, and grew organically, with them building new dishes with flavours and techniques native to Peru, as well as their homeland. Situated on the ground floor of The Oberoi hotel in Downtown Dubai, Waka breaks away from the fine-dining trend in the district and offers innovative fusion food, in a hip low-lit dining space.

At Waka's new Friday Late Brunch, there's an a la carte menu, alongside buffet options to start. All starter dishes on the a la carte menu can be ordered an unlimited amount, there's wakamole (the restaurant's take on traditional guacamole), sizzling chicken anticucho served straight to the table and plenty of different types of maki. Pick one dish each for main course - the tasty 'cazuela de lubina' (sea bass, Peruvian dry potato, aji, cheese and black mint) is well worth a try. The buffet bar keeps it simple, with four options: del Mercado ceviche, sansei tuna ceviche, corn salad and a mixed salad.

Expect an up-beat, party brunch vibe at Waka's Late Brunch, along with a live DJ later in the evening with people dancing – you're in for an all-round great night!

DID YOU KNOW?

WAKA has been nominated in this year's BBC Good Food Middle East Awards under the following categories. For more information, visit: awards.bbcgoodfoodme.com/2018

- Party Brunch: Late Brunch
- Fine Dining Brunch: The Fiesta Latina Brunch
- Americas & Caribbean Restaurant
- Dessert: Chocolate Bomb
- Happy Hour
- Ladies Night



LATE BRUNCH AT WAKA

WHEN? Every Friday, 8pm – 11.30pm

HOW MUCH?

- Food and soft drinks – 285 AED
- Food and house beverage – 375 AED
- Food and premium beverage – 550 AED
- Only house beverage – 200 AED
- Only premium beverage – 400 AED



W A K A

WAKA Restaurant & Bar,
The Oberoi Hotel, Business Bay, Dubai
+971 4 444 1455
reservations@waka.ae
waka.ae

Opening hours:

SAT-TUE 6pm-12am / WED-FRI 6pm-1:30am

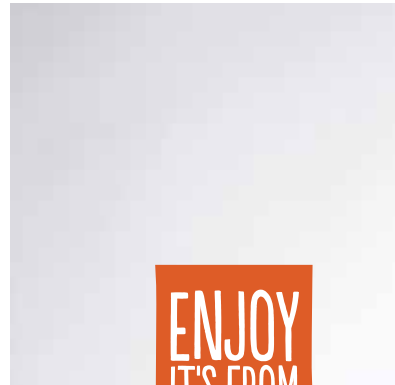


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EAT OUT

ABU DHABI

Dining deals and happenings in the capital this month.

ASIA DE CUBA, THE ST. REGIS ABU DHABI



Beachside venue Asia de Cuba at The St. Regis Abu Dhabi has temporarily closed to undergo a refurbishment during summer. Plans for the well-known venue on the Corniche include a unique new look, ambiance and a complementing dining and lounge experience for its guests, when it reopens later this year.

General Manager, Moustafa Sakr, said: "The refurbishment comes at a time where the Corniche is also coming up to be a dining and entertainment destination within itself. After the recent success of the neighboring Mother of the Nation Festival and the new Al Bahar Beach project which is also due for completion, we recognise the great potential of our unique offering and are striving to create the best ambiance and culinary experience in the heart of Abu Dhabi."

The re-opening is currently scheduled for the last quarter of 2018.

BUDDHA-BAR BEACH, THE ST. REGIS SAADIYAT ISLAND RESORT, ABU DHABI

Buddha-Bar Beach has made its Middle East debut, bringing Pacific Rim cuisine and cocktails to Abu Dhabi.

The day-to-night destination takes the brand alfresco, bringing bohemian chic design and opulent decor into all-natural elements that integrate stones, wood and colourful organic features. With exotic dishes from across the Far East, the menu features dishes like wagyu rib-eye steak, and chicken salad with Chinese leaves, coriander, honey sauce and molasses. Its show kitchen features cevicheria, sushi counter, and robata grill visible to guests as they enter the space.

Saxophonists will perform sunset sessions five evenings a week; there will also be a steady rotation of guest DJs.

For its first few weeks, Buddha-Bar Beach's bar and lounge area will open from 5pm to 2am on Thursdays and Fridays, and from 5pm to 1am on all other days; the restaurant will open for dinner from 7pm to 12midnight daily. During the Holy Month of Ramadan, Buddha-Bar Beach's bar and lounge area will open from Sunset to 2am on Thursdays and Fridays, and from Sunset to 1am on all other days; the restaurant will open for dinner from Sunset to 12midnight daily. Call +97124988888 or e-mail buddhabarbeach.abudhabi@stregis.com. reservations, call on +971 2 697 0000.



DINO'S BISTRO ITALIANO, PEARL ROTANA, CAPITAL CENTRE

Starting after the Holy Month period, Din's family-style brunch will take place on Fridays and Saturdays. The brunch kick starts with entrees, followed by a selection main courses including Dino's specials calamari fritti and hand-rolled pasta 'strozzapreti with chicken and mushroom'. Those with a sweet tooth can savour in an array of desserts such as Dino's signature tiramisu. For all the little ones, there will be kids' entertainment and activities to spark creativity and imagination. Taking place every Friday and Saturday from 12pm - 4pm, brunch is priced at Dhs165 with soft beverages and Dhs190 with house beverages and Dhs215 with bubbly. Call +971 2 3075555 or e-mail fb.pearl@rotana.com.

EMIRATES PALACE, ABU DHABI

At the conclusion of Ramadan, Emirates Palace will turn its Ramadan tent into the Emirates Palace World Cup tent. Football fans may relax in the cool comfort of the spacious tent during the hotly anticipated games and never miss a single moment of action across 7 meters by 4 meters giant LED



screens. A range of snacks and meals will be available on the menu throughout the entire tournament and the offer for happy hour is 15% off on beverages an hour before and also

in-between the matches. Taking place from June 14 to July 15 from 2pm - 12pm (or until end of last match) priced at Dhs100 minimum spend per person. There will be a 'World Cup Brunch' for one-day only on Saturday 16 June from 12.30pm - 4pm, priced at Dhs280 with soft drinks and Dhs370 with hops and grape. Call +971 (0) 2 690 7999 or e-mail restaurants@emiratespalace.ae.

CRÈME OF THE CROP

Reach for Cream of Europe, pastry chefs' ingredient of choice, when whipping up sweet treats this yuletide season.

When top chefs such as Nicolas Bacheyre of Un Dimanche à Paris and Wadah Bou Saad, Chef from Syria and extremely passionate about pastries, extol the virtues of Blanc de Blanc European cream, you know it has to be one of the best ingredients in the world. This pantry gem sets itself apart by a combination of factors - its pearlywhite radiance; softness and creaminess; and tantalising perfume of sweet biscuits, cooked milk, fresh blooms and fruitiness. When used in pastries, the cream makes a distinct difference, whether in refining and enhancing flavours, creating nuanced aromas, tempering acidity or bitterness, or the overall mouthfeel.

As said Waddah Bou Saad "Cream has always been an essential element in my cooking. It is an extremely special ingredient that I use in all my pastries. It adds lightness to my desserts, gives them a rich texture and a unique taste, and gives my creations the perfect balance. I think pastry chefs are also artists, and cream allows us to express our creativity!" He created the White Forest as an ode to cream: it is an immaculate white and perfectly balanced round pastry with a refined elegance.





**White Forest by
Chef Waddah Bou Saad**

Serves 8

Vanilla cream

975 g 35% cream
4 vanilla pods scraped out beforehand
30 g inverted sugar
30 g glucose
400 g melted white chocolate

Chocolate cream

250 g cream
250 g milk
5 egg yolks
50 g caster sugar
275 g melted dark chocolate

Breton shortbread biscuit

225 g T45 flour
4 egg yolks
15 g baking powder
160 g caster sugar
5 g salt
160 g melted butter

Chocolate genoise

80 g T45 flour
6 eggs
320 g caster sugar
80 g cocoa powder
5 egg yolks
6 egg whites

Red berries preserve

300 g berries purée
15 g glucose syrup
70 g caster sugar
10 g pectin
4 g lemon juice

White chocolate spraying

230 g white chocolate
100 g cocoa butter
Paint gun

Assembly

100 g amaretto cherries
White chocolate for decoration

Vanilla cream

In a saucepan, mix 275 g cream with glucose, vanilla and the inverted sugar on medium heat. Slowly add in the chocolate. Add the remaining cream. Mix it gently until completely incorporated. Let it rest in the refrigerator for 10 hours.

Chocolate cream

Mix the cream and milk in a saucepan on medium heat. Add the sugar, egg yolks and mix until the temperature reaches 83°C. Slowly add the melted dark chocolate and mix with a mixer. Remove from heat and place it in the refrigerator for 10 hours.

Breton shortbread biscuit

Beat the egg yolks and sugar in a bowl until light. Add the melted butter, then the flour, baking powder and salt. Place a sheet of baking paper on a tray, spread the mixture on it and then cover with baking paper. Roll it out with a rolling pin (3 cm thick). Chill for 4 hours. After 4 hours, put it in the oven at 160°C for 15 minutes. Cut out a circle with a diameter of 24 cm.

Chocolate genoise

Mix the egg yolks, eggs and 160g caster sugar. Keep it aside. In another bowl, mix the egg whites and the remaining sugar. Add the egg white mixture to the egg yolk mixture. Add the flour, cocoa, and mix until

completely incorporated. Spread the batter on a tray and bake at 215°C for 7 minutes. Let it cool down and then cut out a circle of a diameter of 18 cm.

Red berries preserve

In a saucepan, heat the berries purée with the glucose syrup until its temperature reaches 40°C. Add the caster sugar and pectin. Bring to a boil. Add the lemon juice. Pour the mixture into an 18 cm mould and freeze for 1 hour.

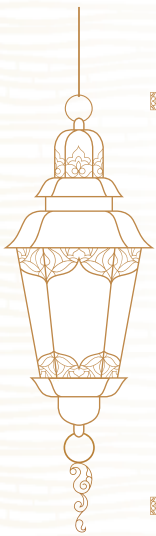
White chocolate spraying

Heat the white chocolate and cocoa butter until the mixture reaches 45°C.

Assembly

For the first layer, put 500 g vanilla cream in a piping bag and fill the base of the mould. Place the berries preserve on the vanilla cream layer and add the amaretto cherries. Put 300 g chocolate cream in a piping bag and create a layer on top of the cherries, and then place the chocolate genoise. Put the cake in the freezer for 1 hour. Remove the cake from the mould and spray it with the white chocolate preparation. Finally, place the cake on the breton shortbread biscuit. Finish by using the remaining vanilla cream to decorate the dessert with a piping bag, along with the white chocolate and gold leaf.





Where to break fast

Our round-up of Iftar and Suhoor's to try this Ramadan

EWAAN RAMADAN TENT, PALACE DOWNTOWN



A visually-vibrant culinary experience awaits at the Ewaan Ramadan Tent. Delight in a spread of traditional Arabic and international dishes such as fried baby marrow with yoghurt tahini, roasted quail with

sumac and a tender chicken tagine. Come along with your loved ones for an evening of great company, flavourful fare and authentic atmosphere. Taking place daily till June 15, Iftar at the Ewaan Ramadan Tent takes place from sunset to 9pm and is priced at Dhs255 per person inclusive of buffet, Ramadan juices and water; children aged between 6 and 11 dine at 50% off and children aged below 6 dine with compliments. Call 800 DINING, e-mail dine@emaar.ae or visit mydubairamadan.com.

QASR AL SULTAN BOUTIQUE HOTEL



Promising to deliver a memorable experience, Qasr Al Sultan Boutique Hotel will be hosting Ramadan Iftar and Suhoor at its newly built air-conditioned dome venue. The new venue is a luxurious dome,

where glittering lights ignite the festivities. Infusing the flavours of the season, a plethora of Middle Eastern delicacies will be on offer, including hot and cold mezzes, Arabian grills and desserts. To enhance the experience of authentic Ramadan hospitality, live musical performances will take place throughout the evening. Taking place daily, Iftar is priced at Dhs195 from sunset to 9pm, while Suhoor is Dhs150 per person from 10pm to 2am. Children below 6 years dine with compliments; 50% discount for children between 6-12 years old. Visit qasralsultan.ae or e-mail reservations@qasralsultan.ae.



SIRAJ, SOUK AL BAHAR

Savour the spirit of Ramadan and celebrate with your loved ones as Siraj welcomes the holy month with rich Iftar and Suhoor menus that combine both Emirati and Levantine origins. With Arabic-inspired décor and views of the Burj Khalifa and Dubai Fountains, Siraj will offer an set Iftar menu that will change daily. Served at table, the menu will include a wide array of cold and hot appetisers such as eggplant mousakaa and meat kibbeh, traditional Arabic delicacies such as chicken frikka and lamb maktouba, and Chef's special selection of desserts like the saffron mouhalabiya and dates crème brule. A wide variety of shisha flavours and an à la carte Suhoor menu can also be enjoyed from 10pm to 2am every night. Iftar is priced at Dhs235 per person and includes soup, salads, hot and cold appetisers, main course and dessert. Call 04-4574063 or e-mail reservations@sirajrestaurant.com.

GALERIES LAFAYETTE LE GOURMET, CITY WALK



Throughout the month of Ramadan, Le Gourmet - City Walk introduces 'My Morocco At Your Table', a concept developed by Le Gourmet Culinary Director Chef Russell Impiazzi in collaboration

with Moroccan TV Presenter and Chef Hanane Ouaddahou. The menu will feature an authentic Moroccan daily Iftar for Dhs125. 'My Morocco At Your Table' set menu includes a selection of 4 starters, 3 main courses, a dessert platter, tea and house beverages. From 7pm to 2am, every day and there will be a new menu every Sunday. The program is complimented by cooking classes every Sunday where guests can learn how to recreate traditional Moroccan dishes, cooking classes throughout the week, activities for kids including storytelling with the all-round inspiring Amna Al Haddad (the first female Emirati weightlifter, a vocal advocate for mental health and one of the women featured in 'Good Night Stories for Rebel Girls'), zumba classes (taught by the first certified Zumba instructor with Down syndrome), health talks and more.

Text by SOPHIE MCCARRICK | Photographs SUPPLIED



ASATEER TENT, ATLANTIS, THE PALM

This Ramadan, the Asateer Tent returns to Atlantis, The Palm with the addition of culinary delights from celebrity chef restaurants, Gordon Ramsay's Bread Street Kitchen and Giorgio Locatelli's, Ronda Locatelli. Offering both Iftar and Suhoor buffets, the Asateer Tent will showcase dishes designed by each kitchen to pay homage to traditional Emirati cuisine, while offering a modern twist on some classic dishes. The Iftar buffet is priced at Dhs220 per person, which is inclusive of water and Ramadan juices, and Dhs110 for those aged 3 - 12. The minimum spend for Suhoor is Dhs160 per person, with food being served from 9.30pm until 11pm for groups. Guests are welcome to stay and enjoy the tent and its offerings until 3am. For more information or to make a reservation, e-mail restaurantreservations@atlantisthepalm.com or call 04-4262626.

AL FANOUS AT DUBAI BALLROOM, JW MARRIOTT MARQUIS HOTEL DUBAI



A reflection of true Ramadan hospitality awaits at Al Fanous, located in the world's tallest 5-star hotel with three delectable Iftar options starting from sunset to 8.30pm. The Iftar buffet here

is priced at Dhs215 per person, inclusive of Arabic juices, a buffet featuring an array of cuisines including traditional Ramadan dishes like lamb ouzi and umm Ali, plus international options like sushi, roast tenderloin and salmon, plus pasta and salads. For more information or to make a booking, call 04-4143000 or e-mail jwmmrr@marriott.com.



HILTON DUBAI THE WALK & HILTON DUBAI CREEK

In line with Ramadan's spirit of hospitality, Hilton Dubai has introduced an offer to ensure guests have the ultimate Iftar experience this year. With a complimentary night's stay at Hilton Dubai The Walk or a overnight package at Hilton Dubai Creek, both inclusive of Iftar for two for Dhs450 (Hilton The Walk) or Dhs349 (Hilton Dubai Creek).

Hilton Dubai The Walk will be offering guests a complimentary one-night stay, including pool and beach access, when they enjoy two Iftar meals at Oceana Restaurant. Oceana will be hosting an Arabic Iftar buffet featuring a spread of traditional dishes and live oud entertainment. Meanwhile, Hilton Dubai Creek will also be offering guests a special package including Iftar for two at Glasshouse Brasserie and a night's stay at the hotel. For more information or reservations, call Hilton The Walk on 04-3182221, e-mail reservations.dubai@hilton.com, or call Hilton Dubai Creek on 04-2271111 or e-mail reservations.dubai@hilton.com.

NINIVE, JUMEIRAH EMIRATES TOWERS



Ninive, the all-new dining destination at Jumeirah Emirates Towers inspired by the diversity and heritage of the Arab world, has launched special Iftar and Suhoor offers this Ramadan. Combining elements of a garden

and a contemporary urban majlis, Ninive presents a menu drawn from across the Middle East and North Africa. Served at the table, in a relaxed and refined atmosphere, enjoy a set menu for Iftar served from 7pm to 8.30pm, which includes soup, cold and hot mezzes, mains and deserts, for Dhs250 per person. As for Suhoor, served from 9pm to 4am, you'll be able to choose from a special 'a la carte menu' for food, beverages and shisha, for a minimum spend of Dhs300 per person. Live entertainment, as well as games such as backgammon and cards, will add to the atmosphere. For more information or to make a reservation, call 04 326 6105 or e-mail info@ninive.ae.

DINE AND WATCH THE WORLD CUP

Restaurants across town are ready to celebrate the 2018 FIFA World Cup in Russia from June 14 to July 15. You'll find some great offers available at these venues.

THE SCENE, PIER 7



The Scene is getting ready for the ultimate football season ahead, with the launch of its indoor summer garden, and there's no risk of rain on this pitch. Hop over the hedge to view the games on five huge screens, sit back on the benches and enjoy easy access to the exclusive bar where you can enjoy five bevies for Dhs175 all month and three bar bites for Dhs99. Alongside this football focused area, The Scene launches the exclusive WAGs area for keeping the girls entertained while the boys are distracted with the football. Giving them the option to spend their 90-minutes sipping away on unlimited drinks and savouring two courses for only Dhs149. Call 04-4222328.

TORO + KO, CITY WALK



Toro + KO, the Barcelona inspired tapas bar located at The Square, City Walk, will be bringing fans all the live football action this summer by screening all the 2018 World Cup matches. With three large screens and a variety of offers, Toro + KO's lively, yet laid back atmosphere will provide a great setting for fans to cheer on their favourite team. With an array of easy to share tapas on the menu, guests can savour a true taste of Barcelona

washed down with Toro's extensive choice of beverage offers (Dhs120 for bucket of five hops). Call 04-5905433 or e-mail reservations@torodubai.com.



REFORM SOCIAL & GRILL, THE LAKES

To mark the ultimate celebration of the World Cup, Reform Social & Grill have launched 'Your Local Fanzone' for all its customers throughout the FIFA World Cup 2018. Your Local Fanzone will run throughout the FIFA World Cup offering all customers happy hour prices throughout the football period and will be held in Reform's air-conditioned tent live with commentary on the big screen – with plenty of games and prizes to be won.

There will be a World Cup menu available at Dhs99, picking from dishes like the Reform burger and chips, battered fish & chips or a British Balti curry – all including a pint. For those wanting to stick around for a little longer, there will be a special three-hour package available at Dhs225 per person allowing football fans to feast on a platter of British favourites including mini beef burgers, pies, scotch eggs, crackling, fries plus five bottles of hops. Taking place every day during the World Cup from 12pm to 7pm. Call 04-4542638.



THE ELOQUENT ELEPHANT, TAJ DUBAI

Artisan gastropub, The Eloquent Elephant will be bringing fans all the football action this summer, with big screens and World Cup offers to match. The Eloquent Elephant's lively, yet laid back atmosphere will provide a great setting for fans to cheer on their favourite team, whilst savouring tasty bites. Throughout the month, fans can enjoy a choice of EE's classic dishes - Fish 'n' Chips, or a delicious curry accompanied by a pint for Dhs99, or alternatively, dig into Eloquent Elephant's bestselling burger or nacho platter with two pints for Dhs79. Available from June 14 to July 15 exclusively during the World Cup screening. E-mail fbreservations.dubai@tajhotels.com or call 04-4383100.

FRESH, WHOLESOME AND DELICIOUS

Catering to all palates, Richy's allows you to create up to 13 million salad combinations! Serving everything from salads and wraps to soups and organic juices, Richy's offers customisation, online ordering and quick doorstep delivery – making staying on track that much easier.

Tired of boring salads where lettuce takes center stage? Richy's is here to help. With millions (literally!) of salad combinations to choose from, Richy's pays close attention to delivering salad bowls that offer up fresh, flavoursome ingredients served in generous portions.

Catering to all tastes, salads from Richy's are 100% customisable and can be ordered online from richys.com and Deliveroo for quick and efficient delivery. On the menu, find nutrient-rich fruits and vegetables like dried cranberries, asparagus, baby spinach, sweet potato, artichoke, avocado, beetroot and more. There's also a wide-range of cheese, nuts, eggs, meats, seafood and tofu, including options like grilled Asian steak, sautéed prawns, grilled tofu, goat's cheese, walnuts and much more.

Richy's is a homegrown concept that was established in a 2012 by a team who understands how busy day-to-day schedules can hinder eating healthily. Created to offer convenience, personalisation, affordability and high-quality meals, Richy's also serves a delicious range of wraps, soups and organic juices. Options on offer include Buffalo chicken wrap and Mexican burrito, mixed lentil or tomato soups, plus freshly squeezed Naval orange or Granny Smith apple juice. There's also cold pressed juices with combinations like kale, apple and coconut water, or a beetroot mix with spinach and orange – plus more.

Salads at Richy's start at AED 30 for a Junior size and AED 36 for a Regular size.



Create your own salad

13

MILLION
SALAD
COMBINATIONS

17

INGREDIENTS

27

DRESSINGS



MAKE YOUR OWN

Here are 2 keto diet-friendly combos to try when ordering your next Richy's salad

1

Bed: Kale & market greens

Veggies: Avocado, green onion, grilled Portobello

Cheese, Meat and Nuts: Parmesan, grilled Asian steak, a sprinkle of sesame

Dressing: Ginger soy

2

Bed: Iceberg

Veggies: Asparagus, cucumber, arugula,

Cheese and Nuts: Double feta cheese portions and walnuts

Dressing: Basil pesto



Get in touch

Order online at richys.com and Deliveroo, or call 800 RICHYS (742497)

EAT IN OR DINE OUT

CARINE

From beetroot and goat's cheese salad and tender veal striploin, to beautifully glazed crème brulee, learn how to make recipes from Carine, Emirates Golf Club at home, or choose to visit the restaurant and experience chef Izu Ani's dishes firsthand.

text SOPHIE VOELZING recipes IZU ANI



Newly-launched at Emirates Golf Club, Carine serves French Mediterranean cuisine that oozes perfected simplicity. Dishes here are uncomplicated and pay attention to

showcasing the natural flavours of high-quality ingredients – many of which sit on top of a well-stocked, attractive counter as you walk in.

Opened by locally well-known chef Izu Ani from his previous roles at La Petite Maison and La Serre, Carine is named after chef Izu's wife, who has placed her personal touches all around the restaurant, from her favourite freshly baked breads by the bakery she used to work at in Northern France, to her homemade plum and apple jam.

Choose to be seated indoors or outside on one of two terraces that overlook the manicured golf course with skyline views of Dubai Marina in the background. Like the food, Carine's interiors are simplistic and charming. The atmosphere is relaxing, social and homely – it's the type of place you could pop for a drink and dinner after work and not feel out of place.

To start, homemade focaccia comes warm and beautifully baked to be served with olive oil from chef Izu's farm in Greece as well as sweet, fresh lemon that sits on the table for you to use as desired.

Highlights on the menu include creamy burrata with marinated grilled peppers, and citrusy tuna carpaccio with grape relish to begin. For main, the whole grilled seabream is a delight, while the lamb chops with spiced eggplant puree atop pita bread are succulent and taste fantastic. Ending on a sweet note, don't miss the incredibly light tiramisu, or the passionfruit cheesecake.

From the food to the décor, Carine's offering is fresh and clean, while the ambiance exudes understated French charm that's welcoming and relaxing.



Want to dine out? Contact Carine on 04-4179999, e-mail reservations@carine.ae or visit carine.ae.



Beetroot salad

PREP 1 hour

COOK 1 hour 35 minutes

1kg cooked beetroot

1 tsp Pistachio per serving

2 pieces Focaccia bread per serving

4 basil leaves per serving

Marinade

25g salt

100g sugar

40pcs shallot rings, sliced

3pcs orange zest

125g olive oil

75g sherry vinegar

200g orange juice

Orange dressing

25g sherry vinegar

30g balsamic

500g orange juice reduced to 100g

50g olive oil

Salt and pepper to taste

Goat's cheese mix

30g walnut oil

2g pepper

3g salt

500g Goat's cheese

20g olive oil

1 Wrap the beetroot in aluminum foil and cook in the oven for 45-90mins at 200 degrees Celsius.

2 Prepare marinade for the beetroot by mixing all marinade ingredients together in a small bowl.

3 When beetroot is cooked, peel and cut it into small pieces, place in marinade and leave overnight.

4 Put 500g of orange juice into a pan and simmer on a low heat to reduce to 100g.

5 To prepare orange dressing, blend all ingredients together and cover for use later.

6 To make goats cheese mix, put all ingredients into a large bowl and mix together.

7 To serve the beetroot salad, arrange beetroot on the plate, put a small spoon full of goat cheese mix between beetroot pieces, place pistachios and basil leaves on top and dress the dish with the orange dressing and serve with a side of shop bought focaccia bread.

MENU

SERVES 6

Beetroot & goat's cheese salad

—
Harissa prawns

—
Veal striploin with gremolata

—
Crème brulee



Veal striploin

PREP 2 hours 30 minutes
COOK 20 minutes

600g veal striploin
Yoghurt marinade:
500g Greek yoghurt
200g honey
30g garlic
17g fried garlic
7g cumin
25g rosemary
25g salt
Mix salad
30g endive, cut in half
30g cauliflower, sliced

30g green apple
15g almonds, toasted
15g Parmesan, shaved
Salad dressing
30g white balsamic
Olive oil
Fried gremolata
15g green chilli
35g garlic
350g olive oil
14g salt
5g red chilli
1pc orange zest
Lemon zest and juice from 1pc
160g parsley
35g mint leaves
Honey to taste

- 1** Blend all marinade ingredients together and marinate the veal for 2 hours.
- 2** Heat oven to 200 degrees Celsius and cook meat for approximately 10-15 mins to be cooked to medium.
- 3** After cooking leave meat out to rest for 2 mins and then slice for serving.
- 4** For the salad: prepare all ingredients and mix them together with the dressing.
- 5** To make fried gremolata: fry green chili and garlic separately and then blend with the rest of the gremolata ingredients. Blend until it makes a paste, and serve in a small dish along with the meat.

Harissa prawns

PREP 1 hour 30 minutes

COOK 5 minutes

Yoghurt marinade

30 large prawns

Lemon juice

Salt/pepper

Olive oil

Lemon wedges

Harissa:

12g fried garlic

8g cumin

20g red chili flakes

4g salt

1 clove garlic

Rosemary marinade

60g rosemary, picked

90g garlic, sliced

120g green chili, sliced

500g olive oil

- 1 Preheat oven to 220 degrees Celsius.
- 2 To make harissa seasoning slice garlic into thin pieces and lightly fry in oil until golden brown and crispy.
- 3 Place fried garlic onto kitchen towel and lightly pat until dry.
- 4 Once garlic is dry mix with the rest of the harissa ingredients in a pestle and mortar and put aside for use later.
- 5 To make the marinade, mix all ingredients together in a large bowl
- 6 Peel the prawns leaving heads and tails and devein them and marinate for at least 1 hour.
- 7 Place prawns on a baking tray and pour some of the marinade over them before cooking.
- 8 Place prawns in to the preheated oven and cook for 5 minutes.
- 9 Put prawns on a plate, pour cooking juices over them and drizzle some lemon juice on top. Sprinkle with harissa seasoning.
- 10 Serve lemon wedges on the side.
- 11 Serve 5 prawns per portion.



Crème brulee

SERVES 10-12 **PREP** 30 mins **COOK** 55 mins

1040g cream

280g milk

2Pcs vanilla pods

156g Caster sugar

217g egg yolks

(pasteurised if possible,
but not necessary)

600g Demerara sugar (5 g
of Demerara sugar per
servings)

- 1 Combine the cream, milk and scrape vanilla beans from pod and put all in a saucepan.
- 2 Place the mixture over a medium low heat and bring to boil.
- 3 Remove from heat and allow to cool down for 10 minutes.
- 4 Whisk together the yolks and sugar, then temper (pour a small amount at a time) the cream into the egg mix.
- 5 Remove the bubbles by lightly blow torching the top.
- 6 Bake in oven at 95oC for 55 minutes or until set.
- 7 To serve, sprinkle demerara sugar on top and blowtorch evenly until golden.





What type of chocolate are consumers loving most at the moment?

Until recently, the main trend was a combination of chocolates in unusual exotic flavours or fillings like saffron, chili pepper, blackberry, lemon, etc. Aside from these, bright pop colours and shapes were in vogue too, the visual aspect is vital due to the rise of social media. The trend now is moving towards dark chocolate, with a higher percentage of cocoa and chocolates with less sugar. Both trends play into our existing assortment of dark pralines and truffles, some of which are made using luxury chocolate beans from places like Madagascar or Venezuela. With the focus shifting to dark chocolate we have been able to experiment and add to our dark chocolate offerings.

What are the most trending flavours for this year?

The traditional milk chocolate with caramelised hazelnuts is still one of the most in demand chocolates. But also, combinations with dark chocolate and hazelnut are amongst the favourites and our bestsellers. We are seeing a trend towards grand cru chocolates as well. Dark chocolate has the reputation of being “bitter” but once customers try our dark chocolate they are mostly surprised by the smooth consistency they have and the variety of our dark chocolate collection is very special. The delicate variation of tastes is similar to that of a sommelier

Chocolate trends

Talking to an expert chocolatier, we learn that dark chocolate is making a comeback this year, while exotic flavoured chocolates are out. Consumers are on the hunt for chocolate containing less sugar, and year-to-year traditional milk chocolate with caramelised hazelnuts remains most in demand. Here, we discover trends in chocolate with Marc Wirth, managing director of Sprüngli Middle East – a luxury Swiss chocolatier that recently made its Middle Eastern debut with boutiques in The Dubai Mall and The Galleria in Abu Dhabi. **By Sophie Voelzing**



The trend now is moving towards dark chocolate, with a higher percentage of cocoa and chocolates with less sugar.

comparing different grapes, depending on where the cacao is coming from, the taste is different.

Does Sprüngli offer any ‘free from’ items, such as dairy-free, nut-free and gluten-free?

Dark chocolate does not contain dairy and some flavours do not contain gluten. However, we are a traditional chocolate brand and do not have a special “free from” selection. The beauty in our Boutique & Café is that you can select all your chocolates as per your taste and preferences, perfectly customised and tailored to you.

Cocoa’s natural antioxidants and minerals are attractive to the health and wellness industry. What sort of products does Sprüngli offer that fit this demand, and how are they ‘healthy’?

We have a wide range of dark chocolate, some of which have a high percentage of cocoa and our chocolatier’s do not add extra sugar to the chocolate itself. If there is sugar, then it is in the filling from the truffle or praline. A healthy lifestyle is essentially living within a balance, do not deprive yourself but also do not live in excess. As an example, a

chocolate treat a day can boost your mood, which results in more activity so why not treat yourself.

What makes Sprüngli chocolate so good?

Only the best ingredients are used in our in-house production and products, all with impeccable origins and all Sprüngli products are guaranteed free of flavouring enhancers and colouring. Many of our ingredients are sourced directly out of Zurich, Switzerland. In order to be able to guarantee the freshness of all products, they are produced in a timely fashion and as needed, we are not mass production as we are classic chocolatier’s. The cocoa bean is the most important raw material for manufacturing chocolate and our cocoa is sourced from the world’s best growing regions.

Sprüngli

Confiserie Sprüngli was incorporated in Zurich in 1836 by one of the pioneers of the Swiss chocolate movement. Voted as one of the Top 10 World’s Best Chocolate Shops by National Geographic in 2016, Sprüngli offers artisan crafted products from Switzerland, including the renowned Sprüngli macaroon ‘Luxemburgerli’, to irresistible pralines & truffles; as well as their popular hot chocolate, aromatic coffee and tea. Sprüngli also offers chocolates exclusive to its UAE customers, such as the coconut truffle or the Sprüngli Logo praline in milk with an almond gianduja filling.

Sprüngli now operates sixteen sales outlets in and around Zurich eight more in Winterthur, Basel, Bern, St. Gallen, Zug and Geneva. In the UAE, Sprüngli is located at The Galleria Mall on Al Maryah Island, Abu Dhabi and in Fashion Avenue at The Dubai Mall.

Can we expect to see further expansion from the brand in the Middle East?

Absolutely, having the only two stand-alone boutiques outside of Switzerland in the Middle East does say a lot about the level of growth in this region. We do have other projects in mind for the region. However, we are not in a hurry as Sprüngli does not define success by how many boutiques have been opened but on the all-round growth.

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smeg

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recipes ELENA SILCOCK photographs STUART OVENDEN

Easy caponata

SERVES 2 **PREP 5 mins**
COOK 15-20 mins **EASY** **V** *

1 tbsp olive oil, plus a splash
1 red onion, finely chopped
1 aubergine, cut into 1cm cubes
1 garlic clove, peeled
1 tsp dried oregano
2 tbsp capers
400ml can cherry tomatoes
2 slices of crusty bread
½ small pack of basil
½ lemon, juiced

1 Heat the olive oil in a high-sided frying pan over a high heat, add the onion and aubergine with a big pinch of salt and fry until golden and softened, around 10 mins. Crush in the garlic with the oregano and cook for 1 min max, then tip in the capers and tomatoes. Half fill the empty can with water and add to the pan, bring to the boil then turn the heat down to a simmer until the sauce has thickened and the veg softened.

2 Toast the bread, then drizzle with a little more olive oil. Squash the cherry tomatoes a bit with the back of a spoon, then stir in half the basil and season the caponata, adding lemon juice, salt and black pepper to taste. Tip into bowls, top with the remaining basil and serve.

GOOD TO KNOW low fat • low cal • fibre • 3 of 5-a-day
PER SERVING 250 kcals • fat 9g • saturates 1g •
carbs 31g • sugars 16g • fibre 9g • protein 8g • salt 0.9g



**Delicious veggie stew,
ready in less than
half an hour**



Pea & pasta frittata

This is the perfect use-it-up dinner. It keeps really well and can be sliced up ready for lunch the following day. Serve with any leftover salad leaves you have.

SERVES 4 **PREP 5 mins** **COOK 15 mins** **EASY V**

5 large eggs
200ml milk
80g parmesan
(or vegetarian
alternative), finely
grated, plus extra
to serve

200g pasta shells,
cooked following
pack instructions
½ pack mint, chopped
200g frozen peas
1 tbsp butter
green salad, to serve

1 Heat the grill to its highest setting. Crack the eggs into a large bowl, whisk in the milk, then combine with half the cheese and the other ingredients – except the butter – and add a big pinch of seasoning. Melt the butter in a medium ovenproof non-stick frying pan over a medium heat. Tip in the pasta and egg mixture and leave to set for about 5 mins.

2 Scatter the remaining parmesan on top and put under the grill for 10 mins until cooked through, then slide onto a plate. Cut into slices and serve with a green salad.

GOOD TO KNOW calcium • iron • fibre • 1 of 5-a-day

PER SERVING 597 kcals • fat 25g • saturates 12g • carbs 53g • sugars 8g • fibre 7g • protein 36g • salt 1g

ready in
20 minutes



Fish, mash & peas

SERVES 2 **PREP** 5 mins

COOK 15 mins **EASY** ✨

1 slice crusty bread, crusts removed
handful of parsley stalks
1 garlic clove
1 tbsp olive oil, plus a little
for brushing
2 salmon fillets
250g new potatoes, quartered
100g peas
2 tbsp butter
½ tbsp malt vinegar
tartare sauce, to serve, optional

1 Heat the oven to 180C/160C fan/gas 4. Blitz the bread with the parsley, garlic, olive oil and some seasoning. Brush each of the fish fillets with a little oil then pat the breadcrumbs on, place on a lined baking sheet and bake for 10-12 mins, until flaking.

2 Meanwhile, bring a pan of salted water to the boil and add the new potatoes, cook for 8-10 mins, until a knife can slide in without resistance, adding the peas for the last 2 mins. Drain, then tip back into the pan to steam dry, add the butter and malt vinegar and roughly mash, keeping it a bit chunky.

3 Dollop the mash onto a plate, top with the fish and serve with tartare sauce, if you like.

GOOD TO KNOW omega-3 • 1 of 5-a-day • fibre

PER SERVING 686 kcal • fat 40g • saturates 13g • carbs 32g • sugars 3g • fibre 7g • protein 44g • salt 0.6g

Shopping list

FROM YOUR KITCHEN

Olive oil, butter, plain flour, malt vinegar, oregano, garam masala, salt and pepper

VEGETABLES

2 red onions

1 aubergine

1 bulb garlic

2 heads broccoli

500g new potatoes

4 lemons

large pack parsley

small pack basil

small pack mint

150g pack rocket

150g bag mixed salad

500g frozen peas

EGGS & DAIRY

6 eggs

1 litre whole milk

200g vegetarian hard cheese
or parmesan

FISH

2 salmon fillets

OTHER

400g can cherry tomatoes

500g pasta shells

1 loaf crusty bread

1 jar tartare sauce (optional)

instant expert

Japanese

Thought Japanese was too difficult to make at home? Try our easy dinner party dishes for a taste of the Far East without the hassle

recipes ELENA SILCOCK photographs STUART OVENDEN

This menu is the perfect introduction to Japanese cooking, taking inspiration from street food and the dishes you might be served if you were to eat in a Japanese home. Forget the stress of trying to roll your own sushi, these recipes are much more achievable – and once you’ve tried the goma-ae sauce, you’ll never want to eat your greens any other way.

Yakitori

The secret to the sticky chicken is to keep turning the skewers to continually baste it in the sauce.

SERVES 4 PREP 15 mins
COOK 25 mins EASY

100ml soy sauce
100ml mirin
50ml sake
2 tbsp caster sugar
500g boneless and skinless chicken thighs, chopped into 3cm chunks
4 spring onions, each cut into three

You will need

4 flat teppo gushi bamboo skewers (available from amazon.co.uk)

- 1 Soak the skewers in a bowl of water while you prepare everything else, to prevent them from burning. Tip the soy, mirin, sake and sugar into a small saucepan, and cook over a medium heat for about 15 mins until the sauce is glossy.
- 2 Remove the skewers from the water and thread with a piece of chicken, followed by a piece of spring onion. Repeat twice more so the skewer is well stacked. Fill all four skewers.
- 3 Heat a large frying pan over a medium heat – you want to cook the chicken fairly gently so it soaks up the sauce. Put the skewers in the pan, then brush with the sauce. Cook for 10 mins, turning regularly and brushing in all the sauce. Serve immediately.

GOOD TO KNOW low fat


PER SERVING 265 kcals • fat 3g • saturates 1g • carbs 27g • sugars 22g • fibre none
• protein 27g • salt 3.7g

gf tip

To clean your pan, fill it with water and return to the heat to bubble off the caramelised juices.

Tonkatsu

This is the pièce de résistance of your Japanese feast – succulent pork loin, coated, fried and drizzled with our easiest ever Tonkatsu sauce. Save any leftovers to make katsudon (see page 48).

SERVES 4 PREP 20 mins
COOK 6 mins EASY 

4 thick boneless pork loin chops
100g plain flour
2 eggs, beaten
100g panko breadcrumbs
vegetable oil, for shallow frying

For the sauce

2 tbsp ketchup
2 tbsp Worcestershire sauce
1 tbsp oyster sauce
2 tsp caster sugar

- 1 Remove the large piece of fat on the edge of each pork loin, then bash each of the loins between two pieces of baking parchment until around 1cm in thickness – you can do this using a meat tenderiser or a rolling pin. Once bashed, use your hands to reshape the meat to its original shape and thickness – this step will ensure the meat is as succulent as possible.
- 2 Put the flour, eggs and panko breadcrumbs into three separate wide-rimmed bowls. Season the meat, then dip first in the flour, followed by the eggs, then the breadcrumbs.
- 3 In a large frying or sauté pan, add enough oil to come 2cm up the side of the pan. Heat the oil to 180C – if you don’t have a thermometer, drop a bit of panko into the oil and if it sinks a little then starts to fry, the oil is ready. Add two pork chops and cook for 1 min 30 secs on each side, then remove and leave to rest on a wire rack for 5 mins. Repeat with the remaining pork chops.
- 4 While the pork is resting, make the sauce by whisking the ingredients together, adding a splash of water if it’s particularly thick. Slice the tonkatsu and serve drizzled with the sauce.

PER SERVING 576 kcals • fat 25g • saturates 8g • carbs 43g • sugars 6g • fibre 2g
• protein 42g • salt 1.5g

Goma-ae greens, p34

Rice/gohan, p34

Yakitori

Tonkatsu

Chuka-fu
shredded
cabbage, p34

Rice/gohan

No Japanese meal is complete without this fluffy and slightly sticky dish. The most versatile of foods, top with pickles, spring onions, nori or katsuobushi flakes.

SERVES 4 **PREP 5 mins**
COOK 30 mins **EASY**

300g sushi rice
200ml dashi (optional)
1 tbsp mirin
pickles, nori, katsuobushi flakes (see opposite), sliced spring onions, to serve (optional)

1 Rinsing and soaking your rice is key to achieving the perfect texture. Measure the rice into a bowl, cover with cold water, then use your fingers to massage the grains of rice – the water will become cloudy. Drain and rinse again with fresh water. Repeat five more times until the water stays clear.
2 Tip the rinsed rice into a saucepan with 400ml water, or 200ml dashi and 200ml water, bring to the boil, then turn down the heat to a low simmer, cover with a tight-fitting lid with a steam hole and cook for 15 mins. Remove from the heat and leave to sit for another 15 mins, then stir through the mirin. Remove the lid and give it a good stir. Serve with any or all of the optional toppings.

GOOD TO KNOW low fat • gluten free
PER SERVING 259 kcals • fat 1g • saturates none • carbs 58g • sugars 2g • fibre none • protein 5g • salt 0.3g

Goma-ae greens

SERVES 4 **PREP 10 mins**
COOK 5 mins **EASY** **V**

200g fine green beans, trimmed
250g spinach
for the sauce
4 tbsp sesame seeds, toasted
1 tbsp soy
1 tbsp caster sugar
1 tbsp white miso
1 tbsp mirin
gomashio (salted sesame seeds), to serve (optional, available from amazon.co.uk)

1 Get a bowl of iced water ready. Bring a pan of salted water to the boil, add the green beans and cook for 2-3 mins until bright green but still crunchy. Use a slotted spoon to remove the beans and plunge them into the ice water. Add the spinach to the boiling water and cook for 20-30 secs, then remove and add to the ice water. Once cool, drain the greens in a sieve over the bowl and set aside for 5 mins so that all the water drips out of them.
2 Make the dressing by grinding the sesame seeds with a pestle and mortar or spice grinder, then mix in the other ingredients. Toss the greens in the dressing, top with the gomashio, if using, and serve.

GOOD TO KNOW folate • 1 of 5-a-day
PER SERVING 120 kcals • fat 5g • saturates 1g • carbs 10g • sugars 8g • fibre 4g • protein 5g • salt 0.9g

Chuka-fu shredded cabbage

This typical Japanese side offers a freshness to cut through the richness of tonkatsu or other fried Japanese dishes.

SERVES 4 **PREP 5 mins** **EASY** **V**

½ green cabbage or pointed cabbage, shredded as finely as you can
for the dressing
1 tbsp white miso
1 tbsp soy
1 tbsp mirin
1 large lime, juiced
1 tsp sesame oil
2 tbsp vegetable oil

Whisk the dressing ingredients together and toss into the shredded cabbage. Keep in the fridge (see tip below) until ready to serve alongside the tonkatsu (see p32).

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING 103 kcals • fat 7g • saturates 1g • carbs 6g • sugars 5g • fibre 3g • protein 2g • salt 0.9g

gf tip

The cabbage will go soggy if left dressed in the fridge for longer than an hour, so if you need to prepare ahead, simply make up the dressing and add it just before serving.



The day-after dish: katsudon

The ultimate dish for the day after the night before, it uses up leftovers and provides a hearty meal. It's perfect if you had a little too much sake the night before.

SERVES 2 **PREP 10 mins**
COOK 20 mins **EASY**

1 tsp vegetable oil
1 large onion, sliced
1 breaded pork fillet – use the leftover tonkatsu (see p32), sliced
150ml dashi or stock
1 tbsp soy
1 tsp mirin
1 tsp sugar
2 large eggs, beaten
200g cooked rice
finely chopped chives, to serve

1 Heat the oil in a pan, fry the sliced onion until golden brown, then add the tonkatsu, placing it in the middle of the pan. Mix the dashi, soy, mirin and sugar together and tip three-quarters of the mixture around the tonkatsu. Sizzle for a couple of mins so the sauce thickens a little and the tonkatsu reheats.
2 Tip the beaten eggs around the tonkatsu and cook for 2-3 mins until the egg is cooked through but still a little runny. Divide the rice between two bowls, then top each with half the egg and tonkatsu mix, sprinkle over the chives and serve immediately, drizzling with a little more soy if you want an extra umami kick.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 583 kcals • fat 21g • saturates 6g • carbs 63g • sugars 12g • fibre 4g • protein 34g • salt 2.1g

BEST BUYS >>

Kikkoman Soy Sauce

Adding that familiar salty umami kick to your Japanese sauces and dressings is essential to creating the symphony of flavours that makes your dishes sing. We find this one does the trick.



Clearspring Sweet White Miso

Made from fermented rice and soya beans, this light miso is best for dressings and sauces. Use a darker miso for a more intense flavour if braising or stewing.



Little Moons Mochi ice cream

Try this popular Japanese dessert of ice cream wrapped in pounded sticky rice cake. Sounds weird, tastes delicious! We love the Toasted Sesame Seed and Matcha Green Tea flavours.

EAT LIKE A LOCAL >>

Kombu

This edible kelp is the key ingredient in dashi, a kind of stock that forms the building blocks for so many popular Japanese dishes. Take the time to prepare your own and watch your ramen, soups and salad dressings transform to mirror the dishes in your favourite Japanese eateries.



Shichimi togarashi

This Japanese seven-spice blend adds a dash of flavour to dishes. Sprinkle it over your rice, udon noodles or ramen to add extra spice and a kick of heat.

Katsuobushi/ bonito flakes

These fish flakes are used in the second part of flavouring the dashi, but they also make a delicious topping to rice dishes or to Japanese pancakes called okonomiyaki. Sprinkle them on and watch them dance and sway – they're sure to mesmerise your guests.



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instant expert

Indian

Bring friends and family together for a fragrant, spicy feast. Packed with flavour, these dishes are easy enough to make at home

recipes ELENA SILCOCK photographs STUART OVENDEN

Chana masala

SERVES 6-8 PREP 15 mins COOK 35 mins  V EASY

800g canned chickpeas or 720g jar giant chickpeas	1 tsp each turmeric and garam masala
3 onions, quartered	1½ tsp amchoor powder (see p40, optional)
3 garlic cloves	3 medium tomatoes (around 300g), roughly chopped, or 400g can chopped tomatoes
5cm piece of ginger	1 lemon, juiced
2-3 green chillies, roughly chopped (see p40)	½ small pack coriander leaves, to serve
1½ tbsp ghee	
½ tsp each ground coriander, ground cumin, chilli powder (Kashmiri if possible)	

1 Drain the chickpeas, add to a large pan with 400ml of water and season. Bring to the boil, then turn off the heat and set aside to allow the chickpea flavour to infuse the water.

2 Blitz the onions with the garlic, ginger and green chillies. Melt the ghee in a large saucepan, then add the onion mix with a pinch of salt and cook for 8-10 mins, until softened.

3 Stir in the spices, and cook for 3 more mins, adding a splash of the chickpea water to stop them sticking to bottom of the pan. Add the tomatoes and another splash of water and cook for 5 mins, squishing the tomatoes with a spoon as they soften. Tip in the chickpeas, along with their cooking water. Cook for 10 mins. Season well, add the lemon juice, and a splash of water if you like a looser curry. Scatter with the coriander, to serve.

GOOD TO KNOW low fat • 2 of 5-a-day • good for you • gluten free

PER SERVING (8) 140 kcals • fat 5g • saturates 2g • carbs 15g • sugars 5g • fibre 5g • protein 6g • salt 0.1g

 step it up

Add 6-8 fresh or dried curry leaves at the same time as the chilli for an extra flavour punch

Coriander & mint raita

SERVES 6-8 PREP 5 mins COOK 2 mins EASY V

1 tsp each cumin seeds and mustard seeds	1 green chilli, ¼ roughly chopped, the remainder sliced, to serve
1 small pack each mint and coriander	200g Greek yogurt
	1 lime, juiced

1 Toast the spices in a dry pan until fragrant, then tip into a mortar and grind to a powder with a pestle. Tip into a food processor with all the remaining ingredients except the lime juice. Blitz, adding a splash of water to loosen, then season and add the lime juice to taste. Leave in the fridge while you prepare the rest of the dishes. Scatter with the remaining chilli, to serve.

GOOD TO KNOW gluten free

PER SERVING (6) 51 kcals • fat 4g • saturates 2g • carbs 2g • sugars 1g • fibre 0g • protein 3g • salt 0.1g

 tip

Deseed and remove the membrane from your chilli if you don't want it hot, as much of the heat comes from these parts

Sali murghi, p39

Mango lassi, p39

Chana masala, p37

Saag paneer, p39

Coriander & mint raita, p37



Sali murghi

Jaggery is unrefined cane sugar and has a distinctive flavour that adds a caramel richness to Indian dishes. If you can't get hold of any, use soft brown sugar instead.

SERVES 6-8 PREP 20mins COOK 55 mins EASY ✨

2½ tbsp ghee or vegetable oil
8 chicken thighs
1 cinnamon stick
5 green cardamom pods, bashed, seeds removed
1 tsp cumin seeds
2 onions, finely chopped
2 green chillies, roughly chopped
3 garlic cloves, roughly chopped
5cm piece ginger, roughly chopped
1 tsp each ground coriander, garam masala, Kashmiri chilli powder
½ tsp turmeric

3 medium tomatoes, around 300g, finely chopped (or blitzed)
2 tbsp white wine vinegar
2 tsp jaggery (or soft brown sugar)
150g dried apricots (use the soft, ready-to-eat type)
½ small pack coriander, chopped

Sali (optional)
1 large potato, peeled and sliced into matchsticks (see tip)
vegetable oil, for shallow frying

- Melt 1 tbsp of the ghee in the pan and add the chicken, skin-side down. Once the skin is golden and crisp (around 5 mins), remove from the pan and set aside (you may need to do this in batches). Melt the remaining ghee in the frying pan, add the cinnamon, cardamom and cumin seeds, and fry until fragrant, around 5 mins. Stir in the onions in along with a big pinch of salt and fry for 5 mins until browning in places.
- Blitz the green chilli with the garlic and ginger, add to the pan and cook for 2 more mins, then stir in the spices and cook for a few mins more, splashing in a little water to prevent the spices from sticking. Tip in the chopped tomatoes.
- Return the chicken to the pan, coating it with the curry base, then splash in the white wine vinegar followed by the jaggery. Add 100ml water, then cover and simmer for 30 mins. Remove the lid and stir in the apricots and coriander, then cook for 10-15 mins longer, until the gravy reduces.
- Meanwhile, make the sali. Pat the potato matchsticks dry with kitchen paper. Pour vegetable oil into a small, deep saucepan until it's a few cm deep, and heat over a medium-high heat. Add a handful of the potato matchsticks at a time and fry for around a minute, until golden and crisp. Remove with a slotted spoon, drain on kitchen paper and season generously. Serve the curry with the sali piled on top.

GOOD TO KNOW 2 of 5-a-day • gluten free

PER SERVING (6) 385 kcals • fat 23g • saturates 8g • carbs 18g • sugars 16g • fibre 5g • protein 24g • salt 0.3g



Using a julienne peeler to make the potato matchsticks saves a lot of time and effort



Saag paneer

Use either fresh, mature spinach or frozen spinach for this dish. The young baby leaves don't pack the flavour-punch needed to make this dish really delicious.

SERVES 6 PREP 10 mins COOK 20 mins EASY V

2 tbsp ghee
1 tsp turmeric
1 tsp Kashmiri chilli powder
450g paneer, cut into 3cm cubes
500g spinach, mature fresh or frozen

1 large onion, finely chopped
3 garlic cloves
thumb-sized piece of ginger
1 green chilli, roughly chopped, (include seeds for extra spice)
1 tsp garam masala
½ lemon, juiced, to serve

- Melt the ghee, whisk in with the turmeric and chilli powder, then add the cubed paneer and toss well. Set aside. If using frozen spinach, microwave for 3-5 mins, then place in a sieve and squeeze out most of the water. If using fresh spinach, place in a colander, pour over boiling water, drain and cool, then put in a tea towel and squeeze out most of the water. Roughly chop.
- Blitz the onion with the garlic, ginger and green chilli. Cook the paneer in a large non-stick frying pan over medium heat for around 8 mins, tossing the pan so they become golden all over. Remove and set aside on a plate, leaving spices behind in the pan. Tip the onion mix into the pan, add a pinch of salt and turn the heat down. Fry until caramel coloured, around 10 mins, adding a splash of water if it looks a little dry. Add the garam masala, stir to coat the onion mix, fry for 2 mins.
- Add the spinach and cook for a further 2-3 mins, adding 100ml water to release all the flavours from the bottom of the pan. Add the paneer and cook for 2-3 mins to heat through. Spoon into bowls and squeeze over a little lemon juice, to serve.

GOOD TO KNOW calcium • folate • gluten free

PER SERVING 326 kcals • fat 24g • saturates 15g • carbs 4g • sugars 3g • fibre 2g • protein 22g • salt 0.2g

Mango Lassi



Honey mangoes (also known as champagne or Ataulfo) are ideal for this. They're sweeter, more flavoursome and less fibrous than other varieties.

SERVES 6 PREP 10 mins NO COOK EASY V

3-4 ripe mangoes (honey mangoes if possible)
500g natural yogurt

2 tsp ground cardamom
1 tbsp honey
2 limes, juiced, to taste

- Put all the ingredients apart from the lime juice in a food processor and blitz. Add the lime juice along with a pinch of salt, to taste, then pour into glasses with some ice cubes and serve.

GOOD TO KNOW low cal • vit c • 1 of 5-a-day • good for you • gluten free

PER SERVING 131 kcals • fat 3g • saturates 2g • carbs 20g • sugars 20g • fibre 1g • protein 5g • salt 0.2g



Use frozen mango pieces instead of the ice

KNOW YOUR SPICES >>



Kashmiri chilli powder

Milder than other, more commonly used, chilli powders, this traditional Indian spice adds a smoky heat to dishes.



Amchoor powder

Made from dried and powdered green mango, it adds a lick of acidity to a curry. Use an extra squeeze of lemon juice if you can't get hold of any.



Garam masala

This spice blend varies across regions, but it's usually a blend of cloves, peppercorns, cinnamon, cardamom, bay leaf, mace and cumin.

COOK LIKE A LOCAL >>

Fresh curry leaves

These are delicious when fried and served with peanuts, or can be cooked in curries to add an extra layer of flavour. Double the quantities if using dried leaves.



Ghee

This is a form of clarified butter – the pure butterfat that remains when the milk solids are removed. It's used commonly in India due to its longer shelf life.

Indian green chillies

Slender chillies, not to be mistaken for the smaller Thai birdseye chilli. Use cautiously in curries, as they add a kick of heat not often found in other green chillies in UK supermarkets.



BEST BUYS >>



Spice Taylor mango chutney

This mango chutney has the perfect balance of sweet and sour. It cuts through the intense flavours of a curry and also helps cool the spices on the palate.



Loyd Grossman peshwari naan

A great way to emulate the experience of being at your local curry house, this is the perfect naan to mop up any curry juices left on your plate at the end of the meal.



Ruby madras plain poppadums

The fun of these is in the making. Drop into hot oil and create poppadums with that 'just cooked' appeal.

Top tips for cooking Indian dishes

- 1 Use frozen chopped onions or blitz peeled onions to save time.
- 2 Pulse tomatoes in a food processor if you have a lot to chop.
- 3 No food processor? No problem. Simply replace the garlic and ginger in these recipes with 1 tbsp each of garlic and ginger paste.
- 4 Toasting spices, and 'cooking them out' when they are added to the pan, reinvigorates their flavour, making the curry more aromatic and with a more rounded depth.
- 5 The flavour of curry develops over time. Save some for tomorrow and see how delicious it tastes a day after it's cooked.

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instant expert Chinese

Take your dinner-party guests on a culinary tour of China with these easy versions of regional dishes

recipes ELENA SILCOCK photographs STUART OVENDEN

The trick with these Chinese dishes is to prepare most of your ingredients in advance. The actual cooking times are often quick once you get going. When cooking this menu, stick your chicken wings in the oven while prepping the rest of the courses, starting with all the chopping and slicing, then complete the final steps of the rice and veg when the fish is in the oven. Add some prawn crackers (see p45), and use chopsticks and small bowls to set the scene.

Sichuan chicken wings

SERVES 4 PREP 10 mins
COOK 55 mins EASY †

800g chicken wings
1 tbsp baking powder
1½ tsp Sichuan peppercorns
1½ tsp chilli flakes
3 tbsp Shaoxing wine

1½ tbsp garlic and ginger paste
3 tbsp each dark and light
soy sauce
1½ tsp sesame oil
3 tbsp palm sugar
to serve
chopped peanuts
chilli flakes

1 Heat oven to 160C/140C fan/gas 3. Toss the chicken in 1 tsp salt and the baking powder – this is the secret to getting crispy skin! Put the wings on a wire rack set over an oven tray. Bake for 30 mins, turning halfway, then turn the heat up to 220C/200C fan/gas 7 and cook for 20 mins more.

2 Meanwhile, toast the peppercorns and chilli flakes until fragrant, about 2 mins, then grind using a pestle and mortar. Tip into a saucepan, then add the rest of the ingredients apart from the chopped peanuts and chilli flakes. Whisk to combine, then cook over a medium heat for 8-10 mins until thickened and bubbling. Set aside.

3 Take the chicken off the rack and tip onto the tray, then coat in the glaze. Return to the oven for 5 mins until bubbling and sticky. Serve the chicken scattered with the peanuts and chilli flakes.

PER SERVING 310 kcals • fat 17g • saturates 5g • carbs 9g • sugars 7g • fibre 1g • protein 28g
• salt 5.5g



Egg fried rice, p44

Sichuan chicken wings, p42

Steamed sea bass, p44

Asian greens, p44





Egg fried rice

Your rice will fry much more easily without sticking if it is very dry, spread it out on a plate to cool it quickly.

SERVES 4 **PREP 10 mins**
COOK 10 mins **EASY** **V**

250g long grain rice
3 tbsp vegetable oil
1 onion, finely chopped
4 eggs, beaten
2 spring onions, sliced, to serve

- 1 Cook the rice following pack instructions, then drain, spread it out to steam-dry and set aside.
- 2 Heat 2 tbsp of the oil in a large wok over a high heat, then add the onion and fry until lightly browned (see page 129), around 5 mins. Add the rice, stir and toast for about 3 mins, then move to the side of the pan. Add the remaining oil, then tip in the egg mixture. Leave to cook a little, then mix with the rice mixture – stir vigorously to coat the rice or, if you prefer the egg chunkier, allow to set for a little longer before breaking up and stirring through. Tip into a serving bowl and scatter over the spring onion to serve.

GOOD TO KNOW healthy • gluten free

PER SERVING 387 kcals • fat 14g • saturates 2g • carbs 53g • sugars 2g • fibre 1g • protein 12g
• salt 0.2g



Make sure your wok is really hot when frying rice, you want the rice to fry and not steam.



Asian greens

SERVES 4 **PREP 15 mins** **COOK 10 mins** **EASY**

1 tbsp vegetable oil
2 tbsp oyster sauce
350g mixed Asian greens such as pak choi, choy sum or tatsoi

- 1 Whisk the oil and oyster sauce with 1 tbsp water in a saucepan. Cook for 2-3 mins until glossy, then set aside.
- 2 Bring a large pan of salted water to the boil. Add the greens, and cook for 2 mins, or until just wilted, then drain. Cut any large bulbs in half and put on a serving plate. Drizzle the sauce over and serve immediately.

GOOD TO KNOW low fat • 1 of 5-a-day

PER SERVING 47 kcals • fat 3g • saturates none • carbs 3g • sugars 1g • fibre 2g • protein 2g
• salt 0.9g



Steamed sea bass

These flavours work well with aubergine too. Cut the aubergine into wedges and cook in a steamer for 10-15 mins, then top with the aromatics as for the fish.

SERVES 4 **PREP 20 mins**
COOK 20 mins **EASY**

30g ginger, peeled and cut into matchsticks (use a julienne peeler if you have one)
1 whole large sea bass (about 800g), gutted and cleaned (ask your fishmonger to do this), or 4 fillets of sea bass

1 tbsp each light and dark soy sauce
1 tbsp vegetable oil
1 tsp palm sugar
1 spring onion, sliced diagonally
1/2 small pack coriander, trimmed but still with most of the stalks on
1/2 red chilli, finely sliced diagonally

- 1 Heat oven to 180C/160C fan/gas 4. Put half the ginger in the cavity of the fish, then lay it on foil. Pull the sides of the foil up around the fish to create a foil bowl, then add 1 tbsp water (this will steam the fish), seal and cook in the oven for 15-20 mins or a large bamboo steamer until the fish is flaking apart.
- 2 Transfer to a serving platter, leaving the juices in the foil. Heat the soy sauces, oil and palm sugar in a saucepan with 1 tbsp water until boiling and bubbling. Top the fish with the spring onion, chilli, most of the coriander and the rest of the ginger. Pour the hot liquid over the fish to 'cook' the aromatics on top. Scatter over any leftover coriander stalks to serve.

PER SERVING 331 kcals • fat 20g • saturates 4g • carbs 3g • sugars 2g • fibre none • protein 35g
• salt 1.4g

KNOW YOUR SOYS >>

Dark soy

Dark soy is thicker and aged for longer than light, giving it a greater depth of flavour. Its also a little less salty, aided by the addition of caramel or molasses.



Light soy

Light soy, in turn, is less full bodied but has a saltier kick. Chinese recipes often include a combination of both sauces to create a more rounded flavour.



BEST BUYS >>

Chopsticks

Chinese chopsticks are generally longer and thicker than Japanese chopsticks.



COOK LIKE A LOCAL >>

Hong Mui prawn crackers

These cook-at-home prawn crackers are not only reasonably priced, they're also fun to cook – drop them into hot oil and watch them expand.



Sichuan peppercorns

Perfect in marinades and sauces, these are packed with the numbing spice that plays on your taste buds. Be careful not to use too many – the prickly sensation lasts a while on the palate.



Bamboo steamer

A bamboo steamer is invaluable but do buy one that is large enough to fit what you need into it. Alternatively, take your Chinese feast to the next level and steam some dumplings (you can either buy frozen ones or make your own, find recipes on bbcgoodfoodme.com).

Asian greens

Choy sum, tatsoi and pak choi. Steam, simmer or throw into a stir-fry. These greens add a clean freshness to Chinese meals, balancing the aromatics and heat.



Julienne peeler

Useful for creating thin strips of vegetables and ginger and much faster than using a knife.



HABTOOR WORLD CUP TENT

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Cheer for your favourite team in one of JBR's biggest Fan Zones at the Habtoor World Cup Tent. Live entertainment, combo deals, fantastic fan zones with lots of games and much much more!

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HABTOOR GRAND RESORT
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HOTELS

Health news

Health news covering everything from ingredients and dishes to advice and new products to try

3 fitness classes for Dhs99 at Fairmont The Palm



Tempted to try a few different classes but looking for motivation? You can enjoy both an Aquaspin class and Yoga class for Dhs99. What's more, if you visit the resort's dedicated health club's website beyourbestdxb.com you will be able to

download a complimentary PRAMA session voucher too – meaning you'll get three classes for Dhs99.

Catering to all levels, resident yoga instructor Melanie Swan leads a unique yoga session, blending the meditative qualities of gentle Hatha and Yin yoga with a more physically challenging Vinyasa practice. Incorporating meditation and breathing techniques, this yoga flow routine will change on a monthly basis, set within the resort's dedicated yoga studio. Call Fairmont The Palm's health club on 04-4573330.



How to get a discounted Privilee membership

There's no getting around it – summer is coming. But fear not. Privilee has just launched a summer promotion that will help you keep your cool during the sweaty months and beyond. For a limited time only, Privilee will be offering a three-month summer deal. For Dhs1,500 dirhams for the entire period, you'll get unlimited access to chilled hotel pools and cool beach clubs, top-notch fitness facilities, kids' clubs, spa offers, dining discounts and much more at 30 UAE luxury hotels. No commitment, just pool days aplenty. That's June, July and August sorted. Visit privilee.ae.

New non-dairy line of milk



while the oat milk is made from creamy Italian oats with added calcium and enriched with Vitamins B2, B12, D12 and will be on shelves from July 2018.

The rice milk is made from Italian rice, enriched with Vitamin B and will be available from August 2018. Then the soy milk for coffee lovers has specifically been created to froth more than traditional soy milk and will be on shelves in August.

Koita's range of products can be enjoyed at 500+ F&B outlets (which include many schools and hospitals), as well as purchased from 1,000+ retailers around the region, including Spinneys, Waitrose, Carrefour, Choithrams, Souq.com, Mumzworld.com, or via koita.com.

Koita Foods, known for their organic, Italian milk has launched a non-dairy line, which includes almond milk, oat milk, rice milk, soy milk, and soy for coffee.

On shelves this month, the almond milk is made from Italian organic almonds and has no added sugar,

Join The Westin, Al Habtoor City's Wellness Week



Running events, free fitness and dance classes and discounted spa sessions will be available from June 6 to 14 at The Westin, Al Habtoor City's 'Wellness Week' to celebrate Global Running Day and Global Wellness Day.

To celebrate Global Running Day on June 6, join a dedicated run along the Dubai Water Canal led by the hotel's Run Concierge (fitness and running expert). All participants are then invited to refuel at a SuperFoodsRX buffet in the Westin hotel and also

enjoy the spa facilities of the Heavenly Spa until midnight.

On June 9, enjoy 30-minute massage and facial treatments for Dhs100 at the hotel's Heavenly Spa. Those who want to indulge in a specific signature treatment such as facials or hammam can avail the Spa's 'double your spa time' offer. This means if you book a 50-minute massage, you will actually get 100 minutes for the same price.

The Westin has also teamed up with fitness coaches from BeStrong to offer complimentary classes in everything from yoga, air drumming, modern dance and circuit training from Thursday to Sunday. Held at the hotel's Health and Fitness Centre from 5pm, the schedule of classes includes: Modern dance sessions on June 7; Yoga on June 8; circuit training at WestinWORKOUT on June 9; and air drum workout classes on June 10. Call 04-4373333.

low-sugar snacks



Avoid that 3pm sugar crash with these quick, easy and low-sugar snacks using the humble chickpea

recipes SOPHIE GODWIN *photograph* ROB STREETER

Basic curried roast chickpeas

SERVES 1 PREP 5 mins COOK 20 mins EASY V

2 x 400g cans chickpeas
1½ tsp rapeseed oil
1 tsp each caraway and mustard seeds
1 tbsp curry powder

Heat oven to 200C/180C fan/gas 6. Drain the chickpeas and pat with a tea towel to remove as much moisture as possible. Tip them onto a roasting tray, toss with the oil, seeds and seasoning and roast for 20 mins until golden brown. Toss in the curry powder and enjoy.

GOOD TO KNOW vegan • healthy • fibre • 1 of 5-a-day • gluten free
PER SERVING 200 kcals • fat 8g • saturates 1g • carbs 19g • sugars 1g • fibre 7g • protein 9g • salt none

Curry leaf popcorn

**SERVES 1 PREP 2 mins
COOK 2 mins EASY V**

Mix 80g curried chickpeas with a handful of lightly salted popcorn, a few curry leaves and 1 tsp curry powder. Fry the mixture in ½ tsp rapeseed oil, cool slightly and dig in.

GOOD TO KNOW vegan • healthy • 1 of 5-a-day • gluten free
PER SERVING 188 kcals • fat 8g • saturates 1g • carbs 18g • sugars none • fibre 7g • protein 7g • salt 0.2g

Chickpea Bombay mix

**SERVES 1 PREP 2 mins
COOK 10 mins EASY V**

Mix 60g curried chickpeas with 1 tbsp unsalted peanuts. Return to the oven for 10 mins, then mix with 1 tsp raisins.

GOOD TO KNOW vegan • healthy • 1 of 5-a-day • gluten free
PER SERVING 142 kcals • fat 7g • saturates 1g • carbs 12g • sugars 3g • fibre 4g • protein 6g • salt 0.1g

Curried hummus

**SERVES 1 PREP 5 mins
NO COOK EASY V**

Blitz 60g curried chickpeas with the juice of ½ lime, ½ tsp tahini, and a handful of coriander, adding enough water until you get to your desired consistency. Season to taste. Eat with cucumber or carrot sticks.

GOOD TO KNOW vegan • healthy • low fat • 2 of 5-a-day • gluten free
PER SERVING 153 kcals • fat 7g • saturates 1g • carbs 11g • sugars 2g • fibre 5g • protein 8g • salt 0.1g



BUSINESS LUNCH @ eat well

From AED 70



The award - winning* eat well Restaurant offers business diners an ideal lunch option, with an exceptional healthy menu paired with a relaxing atmosphere overlooking The Burj Khalifa and Dubai's famous skyline, and exceptional service with a presentation to wow your guests.

The menu brings you two courses, including a starter and a main-course and option to go for home-made desserts.



|| We are now serving the brand new Summer 208 menu ||

Residents, visitors and foodies alike will delight in the refreshing flavours and tantalizing dishes from eat well, with the launch of it's exciting new Summer menu. Showcasing over 30 brand new dishes that feature only the freshest and best seasonal ingredients the warmer months have to offer.

eat well's new Summer 2018 menu, has an eclectic mix of Gluten free, Vegan, Paleo, Pegan and vegetarian dishes.

*Best Healthy Eating Restaurant 2017 – BBC Good Food ME Awards

Nominated for the 2018 BBC Good Food Middle East Awards, for – Best Healthy Eating Restaurant' and 'Best Takeaway Delivery App'



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STORECUPBOARD HEROES

FLOUR

Which bags deserve space on your shelf? Here's our guide to some familiar friends and unusual alternatives – including gluten-free

BUCKWHEAT GLUTEN-FREE

Despite its name, buckwheat is free from wheat and gluten, and comes from a plant in the rhubarb family. It's easily substituted for plain flour, but has a nutty, bitter flavour, so you could mix it with another gluten-free flour or ground almonds. Buckwheat's great in blinis and drop scones, and adds flavour to pasta and pizza dough.

SPELT

Called the 'marching grain' by the Romans for its energy-giving protein, spelt's gluten structure makes it easier to digest than wheat gluten for some people. A hybrid of an ancient wheat grain and grass, spelt has a slightly sour, rye-like flavour. Try mixing white spelt half-and-half with plain flour to lift your recipe out of the ordinary. Wholegrain spelt is available, too.

GRAM GLUTEN-FREE

Gram, sometimes called 'chana' or 'besan' flour, is made from ground chickpeas (called 'chana dhal' in their split, dried form). It feels more granular than wheat flour and makes tasty flatbreads, batters for deep-frying (as for pakoras and bhajis) and thickens soups and stews. Gram flour's protein content is higher than most, giving a slight eggy texture – vegans can use it as an egg substitute.

GRANARY

Granary flour is strong (see right), with a toasty, caramel taste that bakes to a golden colour and crust. Granary is a trademarked name, but similar flours are described as 'malting'. Malting is a process where grains are soaked, sprouted and oven-roasted, creating the malty flavour. Granary flour is all-wheat, whereas other malted flours may contain a combination of wheat, barley and rye.

'00'

Double zero refers to the way millers grade flour in Italy, '00' being the finest grade (a little like baby powder). Italian '00' flour is made with durum wheat, which is usually used for pasta. However, you can use '00' flour to make crisp pizza dough and other breads in place of strong flour (but you may need to add more liquid to the recipe). It's also used in biscuits and bakes, but it's best to follow a recipe rather than freestyle with this flour.

CORNFLOUR GLUTEN-FREE

Made from maize, use this for thickening sauces, creating crispy coatings for frying and improving baking. Try replacing 1-2 tbsp flour with cornflour in light bakes (like Swiss roll or pound cake). If an American recipe uses 'cake flour', mix 80 per cent plain flour and 20 per cent cornflour. Avoid 'sponge' flour, as it has raising agents.



HOW TO CHOOSE

It's worth buying good-quality flour for baking, so opt for a supermarket premium or well-known brand, rather than a 'basic' flour. For sourdough, we recommend stone-ground flour for the best result. Grinding flour the old way, between millstones rather than metal rollers, prevents the grain from overheating, which affects its nutritional qualities and means it won't keep so well.

STORE WITH CARE

Keep flours in a cool, dry place. Reseal the bag once opened, or transfer to a sealed container. It can be hard to detect when raw flour has passed its best, so follow use-by dates closely to avoid spoiled bakes. In general, white flour will last 6-9 months, wholegrains less – as they contain more fats that can turn rancid. You'll need to replace self-raising flour more frequently than plain, as the raising agents in it deteriorate over time.



WHAT IS GLUTEN?
When flour mixes with water, its proteins – glutenin and gliadin – form gluten. This is what gives dough its structure and stretch. Flour with high gluten content is known as 'strong' and comes from 'hard' wheat. Lower gluten flours are 'soft'. The more a flour is mixed or kneaded, the more gluten is formed.

STRONG

Otherwise labelled as 'bread' flour, this is a must-have for making bread and also good for pasta. With a protein content of around 12 per cent, this flour allows the dough to stretch as it rises, trapping the air created as the bread ferments and then setting around the bubbles as it bakes. Extra-strong bread flour, which has 14 per cent protein, is useful for rye or wholemeal doughs, helping them to keep a good shape.

RYE

If you like bread dark and tangy, then rye is for you. This flour gives it a distinct acid density and added crust – try using a few tablespoons of rye instead of white flour. Dark rye is wholemeal, whereas light rye has less fibre (and makes a less hefty loaf). Both are often mixed with wheat.

RICE GLUTEN-FREE

This is finely-ground white or brown rice, with a sweet but neutral flavour. It adds crunch to shortbread and biscuits, and lightness to cakes. Then there's the fun of making rice paper wrappers, rice noodles and appams – little spongy pancakes popular in south India. Rice flour is a main constituent in gluten-free flour blends.

WHOLEMEAL

This contains 100 per cent of the grain, producing a coarse flour that can be either 'plain' or 'strong'. The wheat germ and bran layer add a nutty flavour, but they impair the formation of gluten, so the bread has a closer texture and less of a rise. It's not the same as brown flour, which is wholemeal with some bran removed, and has about 85 per cent of the grain. If you replace white flour with wholemeal or brown, you'll need to use more liquid.

WHITE (PLAIN AND SELF-RAISING)

Often used for pastries, biscuits, batters and some cakes, plain flour is made from ground wheat (about 75 per cent of the whole grain). With a low protein content of around 10 per cent, plain flour is best for cakes, short pastry, biscuits and crumbles. Self-raising flour is plain flour with added baking powder. If you run out, add 1 tsp of baking powder per 100g of plain flour, and mix well.

TEFF GLUTEN-FREE

Packed with protein, calcium and vitamin C, teff is the primary cereal in Ethiopia and cooked to a flour to make injera – big, crumpet-like flatbreads. Now grown around the world, teff's colour varies from grey-brown to ivory, and is always wholegrain. It's nutty and sweet, with a hint of chocolate as it bakes. Use in pancakes, brownies, chocolate cakes, banana bread and cookies.



LEARN TO MAKE BAGELS

A toasted bagel is one of life's greatest pleasures. Here's how to make your own

Making bagels is surprisingly easy - it's just a simple bread dough with two added steps. There are a number of different methods for adding the hole, but we've used what we think is the easiest. The most unusual step is boiling the uncooked dough, which does two things: creates a darker colour and gives the bagel its delicious chewiness.

Simple bagels

MAKES 10 **PREP 30 mins** plus proving and rising
COOK 35 mins **MORE EFFORT** **V** *****

7g sachet fast-action dried yeast
500g strong white flour, plus extra for shaping
2 tbsp light brown soft sugar oil, for the bowl
1 tbsp bicarbonate of soda

1 egg white, to glaze
seeds of your choice, for the topping

PER BAGEL 207 kcals • fat 2g • saturates none • carbs 39g • sugars 4g • fibre 1g • protein 7g • salt 0.9g

gf tip

To make sweet cinnamon bagels, add 1 tbsp extra sugar and 2 tsp ground cinnamon when mixing in step 1.

HOW TO FREEZE

Once baked, you can freeze the bagels for up to two months. Simply wrap individually first in cling film and then foil. Defrost at room temperature.

DIFFERENT TOPPING

We've used sesame seeds on our bagels, but vary this as you like – try linseed, poppy, pumpkin or sunflower seeds – or a mixture.



1 Mix the yeast with 300ml lukewarm water. Put the flour, sugar and 1 tsp salt in a large bowl and mix together. Pour over the yeasty liquid and mix into a rough dough.



2 Tip out onto the work surface and knead together until smooth and elastic – this should take around 10 mins.



3 Put the dough in a lightly-oiled bowl and cover with a piece of oiled cling film. Put in a warm area and leave until doubled in size, about 1 hr, then uncover and tip onto your work surface.



4 Divide the dough into 10 portions and form into balls (weigh them to make sure they're the same size). Line up on parchment-lined baking trays and cover lightly with cling film.



5 Leave for around 30 mins, or until risen and puffy, then remove the cling film.



6 Use a floured finger to make a hole in the centre of each bagel, swirling it around to stretch the dough a little, but being careful not to knock out too much air. Heat oven to 180C/160C fan/gas 4.



7 Fill a large saucepan with water and bring to the boil. Add the bicarbonate of soda to alkalis the water (see box, left). Put the bagels in the water, 1-2 at a time, and boil for 1 min (2 mins if you want a chewier bagel), turning over halfway through. Using a slotted spoon, lift out the bagels, drain well and put back on the baking tray.



8 Brush the bagels with the egg white and sprinkle with your chosen seeds. Bake for 20-25 mins or until golden brown. Transfer to a wire rack to cool before eating. *They will keep for up to four days, or freeze for two months (see box on 'how to freeze', above).*

DID YOU KNOW?

Now for a bit of science! Adding bicarbonate of soda to the water contributes to the 'shine' and 'chew' of the finished bagel crust.

BAKE A CUPCAKE

You can't go wrong with this classic baked treat – perfect for birthday celebrations, a picnic in the park or a family get-together *recipe* SOPHIE GODWIN *photograph* WILL HEAP

SERVES 12 **PREP 20 mins** **COOK 15 mins** **EASY**

V ***** **un-iced**

110g softened butter

110g golden caster sugar

2 large eggs

½ tsp vanilla extract

110g self-raising flour

For the buttercream

150g softened butter

300g icing sugar

1 tsp vanilla extract

3 tbsp milk

food colouring paste of your choice (optional)

1 Heat oven to 180C/160C fan/gas 4 and fill a 12-hole muffin tin with cupcake cases. Using an electric whisk, beat the butter and sugar until pale and fluffy, then whisk in the eggs one at a time, scraping down the sides of the bowl after each addition. Add the vanilla, flour and a pinch of salt, whisk until just combined, then spoon the mixture into the cupcake cases.

2 Bake for 15 mins until golden brown and a skewer inserted into the middle of each cake comes out clean. Leave to cool completely on a wire rack.

3 For the buttercream, whisk the butter until soft, then add the icing sugar, vanilla extract and a pinch of salt. Whisk together until smooth (start off slowly to avoid an icing sugar cloud) then beat in the milk. If you want coloured icing, stir in the food colouring now. Pipe or spoon onto cooled cakes.

PER SERVING 349 kcals • fat 19g • saturates 12g • carbs 41g • sugars 34g • fibre none • protein 2g • salt 0.5g





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EID STAYCATIONS

Celebrate Eid Al Fitr this month with the help of special offers available at these hotels around the Middle East

THE QUEEN ELIZABETH 2, MINA RASHID, DUBAI



From family brunches to glamorous dinner shows and special stay packages – the Queen Elizabeth 2 will host an array of events to celebrate the Eid weekend.

Spend the night on board with a selection of special Eid packages that include complimentary access to Laguna Water Park at La Mer for two people with shuttle bus service, breakfast, brunch (inclusive of soft

beverages) and/or dinner on board.

Half board is priced at Dhs888 and full board at Dhs999 (excluding taxes and tourism dirham). Children up to the age of six stay and eat for free.

For those looking to go all out, the ‘On Board’ package includes a night’s stay with breakfast, the Funfair Feast (brunch) with house beverages and the Razzle & Dazzle Dinner Show with beverages and complimentary Laguna Water Park access for two, all priced at Dhs2,250 per couple. Call 04-5268888, e-mail dining@qe2.com or visit qe2.com/offers.

GRAND HYATT ABU DHABI HOTEL & RESIDENCES EMIRATES PEARL, ABU DHABI

From June 14 to September 14, 2018, avail Grand Hyatt Abu Dhabi’s summer offer of 20% discount on Hyatt Daily Rate.

The newly-opened hotel is home to a culinary journey through various cuisines. First to launch, Verso welcomes families, immersing them into the Italian way of life, by experiencing authentic and distinctive flavours, in a colourful, lively ambient setting. For a sumptuous afternoon tea or a light treat, the Pearl Lounge offers an elegant and relaxing venue, reflecting the region’s pearl centered heritage throughout the design, from the breath-taking chandeliers to the intricate side tables. Call +971 2 510 1234 or visit abudhabi.grand.hyatt.com.

RIXOS THE PALM DUBAI



Celebrate Eid Al Fitr with a festival full of culinary experiences and entertainment activities for the young and young-at-heart, such as live music, water gym, water polo, pilates and more. Take advantage of Rixos The Palm’s special Eid offer of 30% savings on

the ‘ultra-all-inclusive’ package, which gives you unlimited access to all restaurants, bars, daily minibar service, non-motorized watersports, and more.

Over the Eid weekend, from June 15 – 16, the resort’s Turkish restaurant A La Turca will host a two-day feast running from 7am – 4pm. The restaurant will be offering a laid-back breakfast followed by a grand buffet in the afternoon to delight in the comfortable indoor seating or the outdoor terrace looking out to the pool. Eid brunch is priced from Dhs315 per person on both days. Call +971 4 457 5555 or visit thepalmDubai.rixos.com.

FAIRMONT BAB AL BAHR, ABU DHABI



Treat your loved ones to a perfect getaway at Fairmont Bab Al Bahr. Experience the ideal package for a fun-filled vacation and enjoy 50% off the second room. This Eid family offer includes one night accommodation in a luxuriously appointed

guest room, 50% off second room, of the same room category for the same stay, complimentary breakfast for two adults on each room, complimentary meals for kids under 12 years old when dining with their parents at CuiScene Restaurant during the stay, early check-in (from 12 noon) and late check-out (until 5pm), a variety of kids activities, plus complimentary valet parking, WIFI and access to the pool and private beach. Rates start from AED 700* per night for the first room and AED 350* (50% off the first room rate per night for the second room - based on Fairmont Rooms), subject to availability. Second room is for children or adults. Call 02 654 3333.

THE WESTIN DUBAI MINA SEYAH BEACH RESORT AND MARINA

If you’re a GCC resident, you’re in luck! This beachside hotel is offering a 15% discount to all residents on stay rates, which can be used in turn as credit to spend on food, beverage or other services during the day at the hotel. Call 04 399 4141 or visit westinminaseyahi.com.





SAADIYAT ROTANA RESORT AND VILLAS, ABU DHABI

The recently opened Saadiyat Rotana Resort and Villas will be offering a 25% discount on best available rates until September 2, 2018. What's best is that when you spend Dhs699 at Sim Sim, Si, and Hamilton's restaurants in Saadiyat Rotana, you'll receive a complimentary night stay at one of Rotana UAE hotels and resorts. The modern resort boasts a regal, Arabic presence across 327 rooms and six diverse dining options with sea views and a large array of leisure facilities.



THE ST. REGIS ABU DHABI

Celebrate Eid Al Fitr with a family staycation at The St. Regis Abu Dhabi, located at the vibrant heart of Abu Dhabi with a 200 metre stretch of beach, overlooking the waters of the Nation Riviera Beach Club. The Eid al-Fitr staycation offer is priced at Dhs650 for a superior room with complimentary upgrade to a sea view room with Dhs200 restaurant dining credit, breakfast and 4pm late checkout. To stay in a signature suite, prices are from Dhs1,200 and include Dhs500 restaurant dining credit, breakfast and 4pm late checkout. There's also an offer to book one room and save 50% on the second room. E-mail reservations. abudhabi@stregis.com or call +971 2 694 4666.

FAIRMONT DUBAI

Exclusively for UAE residents, Fairmont Dubai is offering a 20% discount off the best available rate on stays, which include complimentary benefits like buffet breakfast. Residents can also avail 15% discount off food and beverages outlets by Fairmont Dubai, 10% discount on spa treatments and complimentary valet parking. You can also get an additional 10% off your stay as a member of Fairmont President's Club, when you book directly. Visit fairmont.com/dubai/.

ALILA JABAL AKHDAR, OMAN



As the warm summer months arrive, Alila Jabal Akhdar invites guests to escape the sweltering desert heat and cherish the crystal-clear skies, invigorating

fresh air and crisp breezes of the Hajar mountain range. Positioned 2,000W meters above sea level, Alila Jabal Akhdar is always 15 degrees cooler during the summer months.

The '15 Degrees Cooler Package' is available until September 30, 2018, starting from Dhs 1,097 a night plus taxes. Start and end the day with a calming sunrise and sunset yoga session on the deck, unwind at Spa Alila with bespoke and unique wellness treatments designed to revitalise mind, body and soul or tuck in to an array of delicacies and refreshing drinks, at the award-winning Juniper restaurant. Call +968 25 344200 or visit alilahotels.com/jabalakhdar.

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This luxury desert resort encapsulates the heritage and culture of the desert environment and each of the 42 private suites highlight Al Maha's original Bedouin

style architecture and natural surroundings. With the 'Wander More' offerings, Marriott international's loyalty program members booking at Al Maha between now and September 30, 2018 can experience the Bedouin way of life with a 30% discount across suite stay, dining and the Timeless Spa. Non-members can avail a 20% discount. Call 04 832 9900.



HEALTHY LIVING THE **KIWI** WAY!

Kiwi is an exotic fruit that originated in China, with a fuzzy outer skin and juicy flesh. Rich in trace elements, minerals and vitamins, the kiwi quickly conquered the global market with its unique, exceptional sweet and sour taste!



Why introduce kiwi into our daily diet?

It is rich in vitamin C. Consumption of a single kiwifruit can cover the human organism's daily requirement in this vitamin. It is also an excellent source of vitamins A, E and B complex, and it contains potassium, phosphorus, and magnesium.

European kiwis conquer the global market!

European kiwi stands out for its quality, both in taste and in nutritional value, because it is harvested by hand. Kiwis are placed in suitable refrigerated storage areas within 24 hours from harvesting, thus guaranteeing that all of the fruit's nutrients are preserved.

European kiwis stand out and are sought after in many international markets, and are exported to over 51 countries in Europe, Africa, Asia and America.

How to enjoy kiwis

There are several different ways to incorporate kiwis into your daily diet:

- Serve your friends a refreshing fruit drink made with kiwi and melon.
- Make delicious and healthy kiwi-based smoothies.
- Enrich your breakfast by adding freshly cut slices of kiwi to yoghurt or to your cereal.
- Enjoy chocolate kiwis! Cut the kiwis in slices and dip them in melted chocolate. The taste is a revelation!
- Simply add kiwi to your favourite green salad.

So let your imagination run free and pleasantly surprise your friends and family, by using kiwi in various recipes. The results will amaze you!





INTRODUCING:

The Oberoi Beach Resort Al Zorah

Enjoy peaceful, beachfront serenity without the hassle of airport travel at The Oberoi Beach Resort Al Zorah, located just a 25-minute drive from DXB. We venture to the newly-opened property to discover culinary delights on offer. **By Sophie Voelzing**

Al Zorah is a beautiful new destination in Ajman that sits nestled within 246 acres of rich ecological wetland – it's perfect for ultimate relaxation, mangrove kayaking and bird watching, as it's home to almost sixty different species of birds and marine life including native protected pink flamingos.

With beachfront views, The Oberoi Beach Resort, Al Zorah embraces the essence of its surroundings, with gorgeous, sophisticated design that marries nature with the contemporary.

Far removed for the hustle and bustle of city life, the resort makes for a perfect weekend escape. Not only is the destination relaxing (complete with on-site Spa with a range of treatments, hammam and massage therapies), but it offers options for those looking for a bit of activity too. Within the Al Zorah community, you'll find an 18-hole Championship golf course designed by Nicklaus Design, a marina, retail shopping, restaurants, and water sports facilities offering stand-up paddle boarding, canoeing, wakeboarding and more.

Within the resort, choose from a range of spacious rooms and suites



with private terraces, or a large villa with private, temperature-controlled pools, which are perfect for families.

When it comes to dining, various options are available at The Oberoi Beach Resort, Al Zorah. Choose between the signature all-day fine dining venue, Vinesse, and Aquario, a lovely seafood restaurant that overlooks the beach. There's also in-room dining and for those staying in villas, options include a private in-villa BBQ, set-up by a personal chef on the terrace.

Head to Vinesse for breakfast and delight in a wide-range of buffet options, from baked pastries to freshly cut fruits, plus a la carte options including eggs benedict and waffles. During dinner, go a la carte with an international menu that

caters to all tastes and preferences, with dishes from India to Japan. The burrata with cherry tomatoes, followed by the ribeye and incredibly moorish sticky toffee pudding to finish are all highly recommended.

At Aquario, don't miss the Heirloom tomato salad to start, followed by the grilled sea bass fillets with steamed vegetables and lemon beurre blanc drizzled on top – it's a delight to enjoy whilst watching the gentle waves crash upon the shore in front – a truly relaxing dining experience.

Once you're well-fed, head to the resort's stunning 85-metre long swimming pool, where you'll be greeted with iced towels, cooling mist spray and homemade fresh fruit ice lollies to refresh.

Whether you're looking for a reviving weekend escape or a longer break to switch off, The Oberoi Al Zorah makes for a perfect getaway.

Special offer

From now until September 30 (excluding Eid and public holidays), take advantage of the summer offer. From Dhs1,100 relax and revive in a premier room with an expansive private terrace, as well as enjoying a complimentary three-course dining experience (or Iftar during Ramadan) at one of the properties two restaurants, Vinesse and Aquario. Prices are subject to 10% service charge and 5% VAT.

A taste of The Oberoi Beach Resort Al Zorah

Quinoa salad with compressed melon, corn and crisp

SERVES 1

For the compressed melon

100g melon, diced
A few sprigs of mint
5g sea salt
50ml melon juice

For the quinoa

80g pre-soaked red and white quinoa
40g corn kernels
Sea salt, to taste

5g chopped parsley

For the dressing

10ml extra virgin olive oil
20ml white balsamic
50ml juice of the compressed melon
Cracked pepper and sea salt, to taste
A few sprigs of fresh mint

To serve

Pita bread

For the compressed melon

Put all the ingredients in vacuum bag and seal them in vacuum machine. This will work as reverse osmosis process air will be sucked out and melon juice will take its place, this process will make fruit denser and flavourful.

For the quinoa

Boil the pre-soaked grains till tender let them cool down.

For the crisp

Cut the pita bread in desired shape and fry them till golden brown season with sea salt.

For the plum jus

For the dressing blend everything well in blender or bowl.

To assemble

Mix all the ingredients well in bowls check seasoning add in fresh chopped mint and parsley. You can use a mold to shape up the salad, garnish it will crisp bread and piece of compressed melon, couple of piece of arugula will go well with it.

Recipes by
**Chef Vishal
Khulbe**





Lamb with barley, peas and plum

SERVES 1

For the lamb

120g lamb loin
60g lamb tenderloin
A few sprigs of fresh rosemary
20g butter
Sea salt and cracked pepper, to taste

For the barley

80g pre-soaked barley
30g white onion, chopped
A few sprigs of fresh thyme
10g butter
Sea salt, to taste

5g parsley, chopped

For the plum jus

100ml lamb jus
3 no fresh plumbs
A few sprigs of fresh mint
1tsp raspberry vinegar
5g brown sugar
5g butter

For the green pea puree

100g fresh shelled peas
5g shallots, sliced
Sea salt, to taste

5g, butter

20ml olive oil
50ml vegetable stock

For the braised parsnips

80g parsnip, diced
50g butter
5g thyme
5g salt
5g sugar
100ml vegetable stock

For the pea puree

Heat butter in pan sauté shallots and peas quickly. Then add vegetable stock bring it to boil quickly. Chill it on ice bath, then puree to fine paste blend it with olive oil, strain it through fine sieve reserve it chiller.

For the barley

Boil the barley till well cooked with thyme and salt. Strain and reserve the boiling liquid. Sauté white onion in butter till translucent add in barley and cook it like risotto finish it with parsley and season it to taste

For the braised parsnips

Cut the parsnip in ½ inch pieces, sauté them in butter, glaze them with

sugar. Add in vegetable stock cover it with butter paper and braise on low flame season with sea salt.

For the plum jus

Cut plum in wedges, in pan heat butter add in the plum give them a quick sear glaze them with sugar and vinegar. Add in the lamb jus mint and simmer for 5 minutes.

To assemble

Marinate the loin and tenderloin, sear the lamb loin and then the tenderloin to desired doneness on grill and ensure proper resting is done.

Stay

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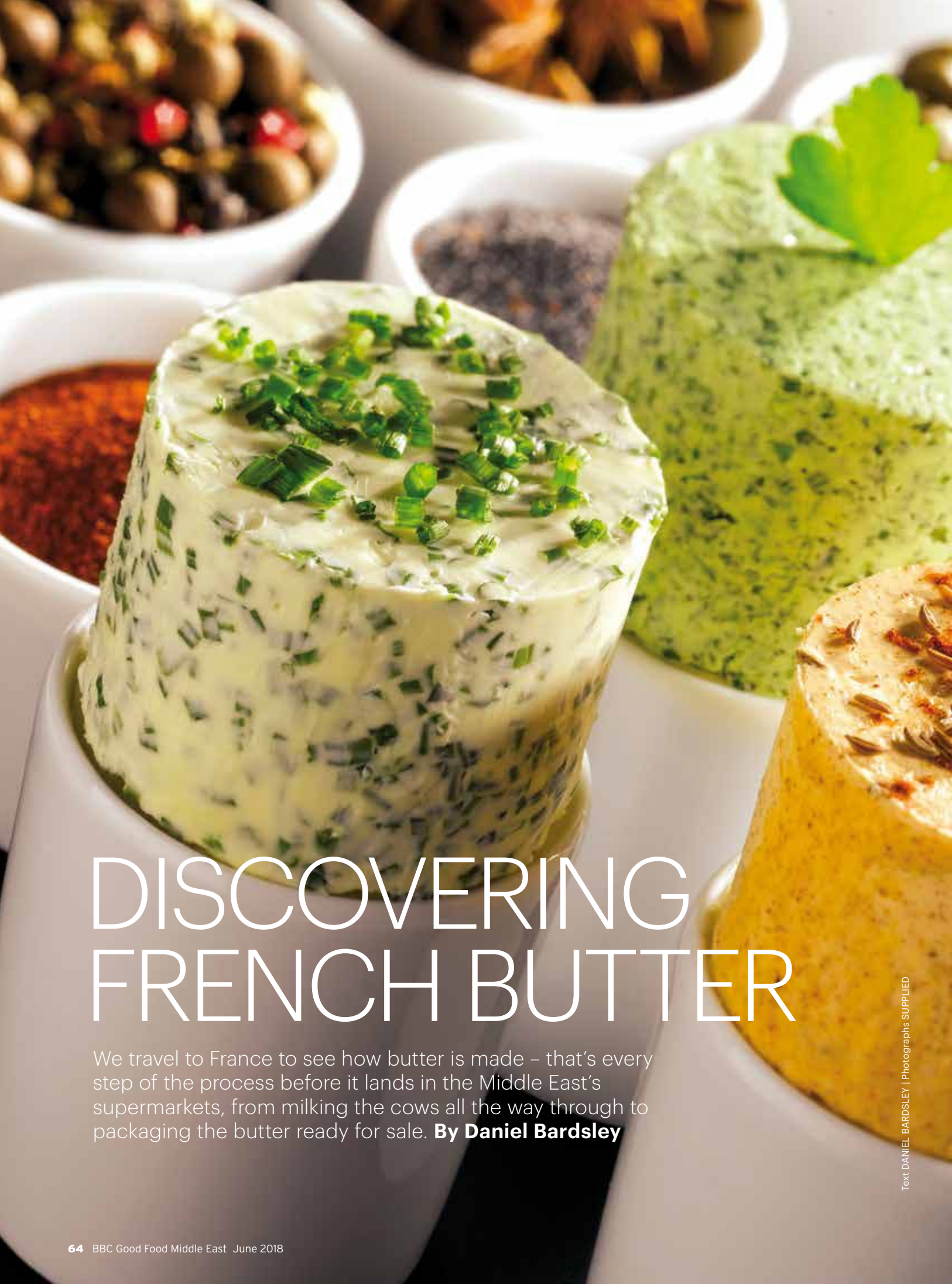
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More than Meets the Eye





DISCOVERING FRENCH BUTTER

We travel to France to see how butter is made – that’s every step of the process before it lands in the Middle East’s supermarkets, from milking the cows all the way through to packaging the butter ready for sale. **By Daniel Bardsley**

Text DANIEL BARDSLEY | Photographs SUPPLIED

Few gourmet cooks could live without butter, since it forms an essential part of countless thousands of recipes.

Its versatility stems in part from the fact that it is available in numerous forms – including raw butter, spreadable butter and clarified butter – not to mention myriad tempting flavours. Fancy seaweed butter or strawberry butter? Or maybe gingerbread-style or herb butter is more your thing.

There is no country more enthusiastic about butter than France, where residents consume around 8kg a year, the highest per capita figure in the world and double the EU average.

Within France, the Brittany and Normandy regions, which lie in France's fertile north-west, have long had a strong association with butter production, so our visit began there with a trip to a family farm not far from the city of Nantes in Brittany.

While in some parts of the world milk production has become industrialised, with vast facilities containing thousands of cows, here smaller concerns, like the Rondeau family farm, are happily still the norm.

Nestled in lush countryside, this farm has around 170 Holstein cows that for more than half the year are allowed to graze freely in grass fields. Again, this sits in stark contrast to some industrialised farms where the animals do not go outside.

The cows are milked twice a day, between around 6.30am to 8.30am, and between 4.30pm and 6.30pm, and strict procedures are followed to maintain hygiene, with the udders being cleaned before each milking.

Average production per cow is around 30 litres per day, a relatively modest figure. In some farms about twice as much milk may be collected from each animal, but for butter production, smaller volumes are taken to maintain a high fat content.

Taking less milk also extends the milking life of the cows, with the oldest individual at this farm now 12 years of age.

The Rondeau farm is one of five supplying cows' milk to a nearby production facility belonging to Beillevaire, a butter, cheese and cream producer that for the last eight years has been exporting to the UAE.

European butter in the Middle East

The Middle East is the largest export market for European butter after the United States, and officials are keen for sales to grow.

Earlier this year the European Union and the French Dairy Interbranch Organisation (CNIEL) held the Dubai launch of a three-year "Butter of Europe" awareness campaign aimed at the Middle East and Asia. Within the region, the campaign is also particularly focused on Lebanon and Saudi Arabia.

Figures from the World Dairy Federation reported by media indicate that total butter sales for all producers in the UAE are expected to reach \$80.6 million (Dhs296 million) in 2018. That would be 3.6% up on the previous year.



“The farmer needs to instil a very peaceful atmosphere because it’s important if the cows are to produce good quality milk. The less stressed the cows, the better the milk,” said Fabrice Beillevaire, an export manager with the company and the son of the firm’s founders, Claudine and Pascal Beillevaire.

Beillevaire’s butter is produced from raw (unpasteurised) milk, which tends to give a stronger taste than pasteurised milk. In another nod to tradition, Beillevaire is thought to be the only butter producer in France combining unpasteurised milk with the use of wooden churns in the production process.

The milk is first separated out into skimmed milk (which is turned into fromage blanc or white cheese) and cream, with the latter going through a two-day maturation process at Beillevaire’s facility near Machecoul, a town not far from France’s Atlantic coast. During the maturation process the cream thickens and becomes more acidic before being transferred to a wooden churn. Made in Sweden and dating back about a century, the churn is rotated for about 45 minutes, a process that bursts the fat globules and causes them to coagulate into “grains” of butter. As well as these grains, a white liquid called buttermilk is formed.

TOP TIPS

Here are some pointers on using butter when cooking at home

- Melted butter makes a fine substitute for oil in salad dressing. It is especially good with steamed vegetables.
- Very cold butter can be grated into a pie crust or crumble.
- If butter has taken in the smells of a refrigerator, soak it in an ice bath and then leave it to dry.
- A piece of carrot stuck into rancid butter will absorb the bad taste.
- To quickly make butter spreadable, cut it into pieces, wrap it in a wet cloth and knead it for several seconds.
- Caramelising fruits and gratin is easier if unsalted butter is used.
- When making sauces, incorporate the butter while whisking off the heat.



A short history of butter

Butter production dates back at least 4,500 years, with the milking of cows and the churning of the milk recorded on a Sumerian tablet. The process of butter production has continued fundamentally unchanged since then. There are ancient records about using butter in religious ceremonies in Tibet and India, while a barrel of butter was included in graves in Scandinavia, Scotland and Ireland. Butter is featured in culinary literature from the Middle Ages, and it was in the 15th century that cooking with butter came in to its own, as it displaced olive oil and animal fats as the most important cooking oil in many communities. In some Christian countries its popularity was helped by religious prohibitions on using animal fat at certain times. Among the three main fats of French cuisine, namely oil, lard and butter, it was butter that became the most important in the 19th century. Over the millennia butter has also been used against wrinkles, to treat burns and as make up, to name but a few roles. In modern times health concerns over butter have lessened and it has become ever more in demand in the kitchen.



Cold water is used to wash off the buttermilk, an important step because otherwise the butter turns rancid much more quickly. Salt may be added at this stage and the mix slowly rotated.

The butter is kneaded to make it homogeneous and may then be shaped into 20g portions for particular restaurants by being pressed into specially made moulds that include the logo of the establishment. Alternatively, it may be wrapped up into 125g portions. The plant's 1,000kg daily output of butter translates into an awful lot of these.

Raw butter of the kind that Beillevaire produces has the richest taste of all butters and is good at improving the taste and softening the flavours of dishes.

Although known for its wonderful flavour, raw butter has a shorter shelf life, lasting for about a month, while butter made from pasteurised milk will typically last many times as long.

Another butter variant is spreadable butter, which combines the wonderful taste of butter with the convenience of margarine.

Spreadable butter is produced by melting butter and allowing it to gradually cool. Some of the butter cools faster and becomes hard, but a portion remains soft and is separated





out and mixed with regular butter to produce spreadable butter. As its name suggests, it spreads straight from the fridge!

A third type, clarified butter (known in Indian cuisine as ghee) is a clear liquid that has had all the milk solids removed and is characterised by its resistance to temperatures as high as 180°C. This makes it one of the best fats for cooking and it is especially suited to making hot sauces for sautéing. Clarified butter is also great for giving a hazelnut taste to dishes and it produces some wonderful flavours when combined with spices.

Although available for sale in stores, clarified butter can also be made at home. Gently melt some butter on a

low heat, taking at least 20 minutes, then remove the protein white froth (made of protein) that forms, leaving behind a milky layer beneath a clear yellow liquid. This yellow liquid is the clarified butter, which can carefully be poured off.

An array of flavoured butters are also available to buy or they can easily be made at home. Many flavoured butters are produced by Le Beurre Bordier, an artisan butter company based close to the city of Rennes, which is almost directly north of Nantes.

Le Beurre Bordier sells its butter in 28 countries, although only 14% of its output is exported. In the UAE, its products are used in some restaurants and are available online.



Founded by Jean-Yves Bordier in 1985, when he took over a creamery that was nearly four decades old at the time, the company takes pride in the fact that a great deal of the steps in its butter production are undertaken by hand.

A key part of Le Beurre Bordier's process is the 15 to 30-minute kneading of the butter, which is inspired by 19th-century techniques. In the past, horses would have been used to turn the kneader, although, thankfully, today this is done by machine while a person repeatedly turns over the 50kg piles of butter as they enter the kneader.

"We start with a very hard butter, but we end up with a very supple butter," said Aurelie Rousseaux-Gubri, the company's head of development.

Perhaps this supple quality is what attracts some Dubai restaurants to order butter from the company.

Individual portions of butter are shaped by hand in the company's workshop and the labels on the larger 125g packets are put on by hand.

So one thing is for sure: as long as firms like Le Beurre Bordier are still operating, France will retain its position as the world centre of artisan butter production.

DID YOU KNOW?

Dietician and nutritionist Brigitte Coudray tells us more about butter.

How much butter should a person consume?

It must be consumed moderately. The recommended daily amount is 20g for an average adult.

How can butter be preserved?

Butter must be kept in a cool place, between 6 and 10°C, so that it does not go rancid. It is best to leave it in its original packaging or in an air-tight butter dish. Butter tends to capture smells from the other foods in the refrigerator. It is recommended to consume it within 3 weeks. Butter can also be frozen at 18°C.

Is yellow butter richer than white butter?

Be it yellow or white, butter contains

82% fat. The yellow colour is the result of beta-carotene, which is naturally found in milk and transforms into vitamin A in the body. Beta-carotene is found in grass fed to cows. Consequently, butter is more coloured during spring, when cows eat more grass. Summer butter is also richer in vitamin D; it is synthesised by the cow when it is exposed to the sun.

Butter, oil and margarine: which has the highest fat content?

Butter and margarine have the same fat content, 82%. However, oil has a 100% fat content, by definition. The fat is a mixture of fatty acids that vary between the products. That's why it is recommended to diversify sources of fat (butter on bread or pasta, canola oil in salads, peanut oil for high-temperature cooking).



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Hili Rayhaan by Rotana offers 254 state of the art spacious rooms and suites in an alcohol free environment, a choice of 3 culinary offerings, Elements, an all-day restaurant offering international buffet for breakfast, lunch and dinner; Hili Majlis, a lobby lounge for informal get-togethers over coffee and light snacks where we start our newly

promotion Coffee & Cake and Sundeck Pool Café, the attractive pool café which serves fresh juices and light snacks, Bodylines Fitness & Wellness Club with aerobic room, outdoor tennis court, outdoor swimming pool, children's playground and children's pool, steam, sauna and massage rooms, seven meeting rooms and conference facilities are an additional benefit the hotel can offer both guests and the local community.

Directly linked to Hili Rayhaan by Rotana, Hili Mall the newest shopping destination in the city with its iconic design combining heritage with modernity, lodges a wide variety of brands under its roof, which will surely add more zest to your stay.

The prize draw for a 1-night stay at Hili Rayhaan by Rotana will be made at the end of June 2018. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability.

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Win a luxurious two-night stay for two at the recently-opened Kempinski Hotel Muscat, worth over Dhs5,000!

Get a chance to experience Kempinski Hotel Muscat, a modern urban resort in the new heart of Muscat, blending traditional Omani hospitality with timeless European elegance. Spanning over six km of coastline within the Al Mouj district of the Omani capital, the five-star hotel consists of 310 rooms and suites, state-of-the-art meeting facilities, 10 restaurants and lounges, a fully equipped health club and an authentic Middle Eastern spa.

Designed by Woods Bagot, Kempinski Hotel Muscat is a modern interpretation of Muscat and the Sultanate, with standout elements that are truly Omani in nature. The hotel's buildings, with a façade inspired by the landscape of Old Muscat – such as the Muttrah Corniche – are a matrix of building structures, outlining what was once a commercial centre. The design of the lobby originates from the nature of lilies in a pond, and is inspired by the Al Alam Palace, the ceremonial palace of His Majesty Sultan Qaboos. The prominent location of the ballroom establishes a strong first impression, with an architectural design inspired by Arabic

lanterns, illuminated in the evening to reinforce the hotel as a landmark in the Al Mouj community.

Kempinski Hotel Muscat comes as a dining destination with a wide-variety of culinary selections such as live interactive cuisine at The Kitchen, delightful Northern Indian cuisine at Bukhara, and Thai street food at Soi Soi. Authentic Indian teas and a cosy setting can be found at Boulevard Tea House, while fresh coffee, dainty desserts and pastries are available at Café One - the hotel's deli - and Amwaj Lounge - the hotel's luxury living room.

For light snacks by the pool, the Pool Bar team takes care of each guest's appetite, while cigar aficionados can unwind at 1897 Cigar Lounge & Bar, presenting the biggest collection of Cuban cigars and a wide selection of single malt. Zale, the hotel's beach club and lounge, is also the only one of its kind in Al Mouj, specialising in globally inspired cuisine, using seasonal ingredients and the freshest local products. Cosmic Bowling is the only bowling and entertainment centre in Al Mouj, perfect for a fun game of bowling.

The prize draw for a 2-night stay at Kempinski Hotel Muscat, will be made at the end of June 2018. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability.

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WIN!

LATE BRUNCH FOR 2 AT WAKA RESTAURANT! WORTH DHS750

Waka Restaurant and Bar brings together art and food showcasing a fusion of Peruvian flavors combined with Japanese seasonings in a truly unique taste experience.

Located in The Oberoi Hotel Business Bay, Waka offers a sophisticated level of dining, with an inviting vibe created by the warmth of the service and the resident DJ setting the mood. It brings together the perfect blend of service, style, and design, creating a setting for both an intimate and fun dining experience. With live cooking at the ceviche bar and a vegetarian menu in addition to the a-la-carte offering, Waka caters to a diverse crowd and sets the scene for a great night out.



WIN!

A VOUCHER TO SPEND AT WHIPPED BAKERY! WORTH DHS500

Whipped, the neighborhood bakery, recently opened doors at Dar Wasl Mall, Block A, Shop 5, Jumeirah 2, Dubai. This voucher can be used to purchase any of the delicious American desserts and treats on offer in the shop.



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Soak up the sizzling atmosphere at one of Abu Dhabi's favourite Mexican spots.

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