

RECIPES • REVIEWS • NEWS • GADGETS • TRAVEL

gourmet

THE GCC'S FAVOURITE

FEBRUARY 2017

*Make
this!*

BIG DOG
FROM VIDA
DOWNTOWN
DUBAI'S NEW
CHEF

RECIPES
61
INSIDE!

STREET FOOD!

BURGERS, AREPAS, JERK CHICKEN AND MORE!

*Valentine's
Day ideas*

Dishes to impress
your loved one

*Hot new
openings*

Peruvian and
Italian in Dubai

*Expert
top tips*

How to take the
perfect foodie pic

*Big-name
chatter*

Michelin-starred
Tom Aikens



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Welcome to gourmet

While we certainly won't screw our noses up at the chance to eat at a fine dining restaurant, there are those occasions when all that will do is a juicy, saucy, messy hot dog. If you're with us then you'll love the recipe for the glorious Big Dog that's on our cover this month. Turn to page 46 to find out how to make it, as well as more tasty street food dishes.

There are more down-to-earth eats in The Grill this month (page 60), as we head to Senara on Palm Jumeirah for a masterclass in barbecuing. Bites include a chicken burger, jerk chicken and lamb kofta. Believe us when we say they taste amazing.

The street food theme continues with our travel feature this month (page 54) where we head to New York to delve into the roots of the famous pastrami on rye sandwich and the other sidewalk delicacies of the Big Apple.

With loads more recipes, as well as news on the hottest openings and best deals in February, we're sure you'll not be going hungry this month!

Paul Clifford
Editor



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Follow us on:



First course

The restaurants on everyone's lips

Coya Abu Dhabi





When it opened in Dubai, Peruvian restaurant Coya quickly became one of the go-to restaurants in the city, combining a flair for flavours, an artistic sensibility and a stylish atmosphere.

And now it's moving into Abu Dhabi and is set to open in The Galleria this month.

Diners in the capital can look forward to a tantalising menu of Nikkei cuisine (which fuses Japanese and South American flavours and techniques) in effortlessly chic surroundings. We're excited about this one.

● *The Galleria, Al Maryah Island, Abu Dhabi*
(no number at the time of going to press).

Fast food

Your quickfire guide to what's hot right now



Rosalind Parsk, who once headed up the kitchen at Pierchic, has been named Executive Chef at Courtyard by Marriott Dubai Green Community.
 • Courtyard by Marriott Dubai Green Community (04 885 2222).

BREAKFAST BOOSTER

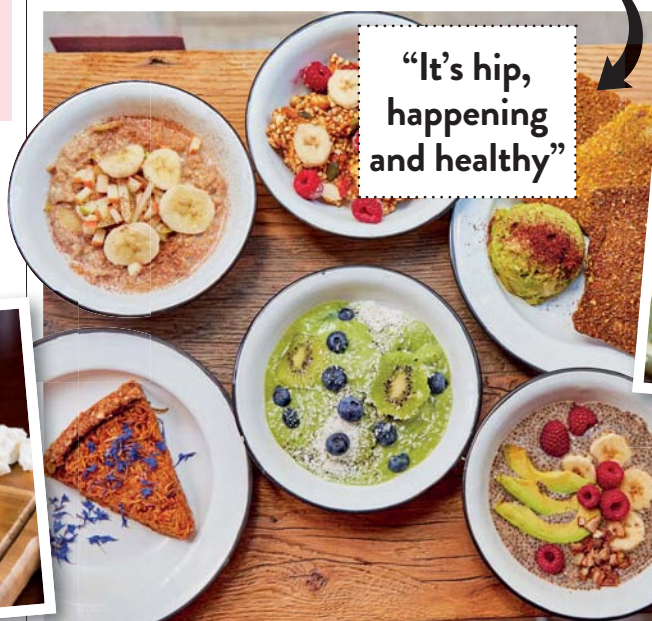
McGettigan's JLT, in Cluster J, is serving Saturday breakfast with three house drinks for Dhs99 from 11am to 3pm.



THE MOON IS RISING

It's hip, happening, healthy and here to stay! Wild & The Moon started out life as a perky pop-up but has proved such a hit with calorie-conscious customers that it's now carved itself a permanent spot in the Dubai dining scene. The cool and casual café is now taking pride of place in Al Serkal Avenue, in Al Quoz. Wild & The Moon is a lifestyle movement as much as it is an eatery. It was set up with the simple premise that food should be good for you, good to eat and good for the planet. The stylish dining destination – which is the sister outlet of a recently-launched Wild Bar and Wild Lab in Paris – cooks up 100 percent organic, plant-based, gluten-free food that can be enjoyed at your leisure or on the go. The relaxing retreat, which was set up by a team of chefs, nutritionists and naturopaths, is open for all-day breakfast, lunch and healthy snacks from morning through to evening. The menu includes a range of super-nutritious pressed juices and breakfast options such as Avo toast, the Moon porridge, with banana and apple and buckwheat and millet flakes, the acai bowl, packed to the brim with acai berries, homemade granola and fresh bananas.

- Open daily 8am-7pm. Alserkal Avenue, Al Quoz (04 343 3392).



NEW ON THE MENU

Dubai Marina dining spot Rüya is serving up even more Turkish delights after unveiling a new-look menu. The Anatolian eatery is still a relative newcomer on the Dubai dining scene but is already raising its own culinary stakes. The kitchen team are adding to the already-tasty selection with dishes such as chilli-rubbed ribeye steak and Turkish lamb manti.

- Open Sat-Wed 6pm-1am, Thu-Fri 6pm-2am. Grosvenor House, Dubai Marina (04 399 9123).



ITALIAN INSPIRATION

Italian eatery Andiamo has relaunched with a new look and chef at the helm.

- Open daily 12.30pm-3.30pm, 7pm-11.30pm. Grand Hyatt Dubai, Oud Metha (04 317 2221).

CAFÉ NIKKI IS ADDING SOME GALLIC GLAMOUR WITH ITS NEW SAINT TROPEZ BRUNCH FROM 12.30PM UNTIL 4PM EVERY FRIDAY AT NIKKI BEACH RESORT & SPA, PEARL JUMEIRAH (04 376 6000).



Go gluten-free at Locatelli

Ronda Locatelli now has a dedicated gluten free menu of over 50 dishes.

- Sat-Wed noon-10.30pm, Thu-Fri noon-11.30pm. Atlantis The Palm, Palm Jumeirah (04 426 2626).





What's cooking?

Tom Aikens, who heads up Tom's Kitchen Deli, tells all about his new Dubai Parks and Resorts venture

Michelin-starred British chef Tom Aikens is following up on the success of Pots, Pans & Boards in Dubai's JBR by bringing a touch of class to casual food at Tom's Kitchen Deli in Riverland at Dubai Parks and Resorts.

How have you found Dubai since opening here?

I have always loved Dubai and I'm very familiar with it as I also have Pots, Pans & Boards here. It's such a vibrant place with such a fantastic food scene. Tom's Kitchen Deli is in a theme park, so it's slightly different to what I'm used to but really fun to try something new.

Tell us more about Tom's Kitchen Deli.

We take classic fast food to the next level, offering express food options in a fun and lively environment, while staying true to Tom's Kitchen's existing core values and bringing the perfect foodie concept for all ages.

How does it differ to Pots, Pans & Boards?

Tom's Kitchen Deli is part of the Tom's Kitchen restaurant brand, which has five restaurants and delis in the UK, as well as a restaurant in Istanbul. It is vibrant, fun, family-friendly and comfortable, appealing to all ages. Pots, Pans & Boards is very

much family-focused and catering to large groups of people, and – as in the title – all the food is served either in a pot, pan or on a board.

How do you feel about having an outlet at such a huge new destination for Dubai?

It's an amazing place with a diverse hospitality scene. We expect a great mix of families, kids and large groups of friends.

What do you do when you come over to the Middle East?

Most of the time I'm working but when I do get some occasional free time I like to try some of the restaurants and see friends.

"We're taking fast food to the next level"

What's your favourite dish on the new menu?

I would say our Cod Dog, followed by crepes with apple compote – they're delicious!

What does the future hold for Tom Aikens in the Middle East?

I have lots of exciting plans for the next few years... Watch this space

- Tom's Kitchen Deli, Riverland Dubai, Dubai Parks and Resorts, Jebel Ali, info@tomsdeli.ae.
- Pots, Pans & Boards, The Beach, JBR (04 456 1959).

Save the date



RANG MAHAL BY ATUL KOCHHAR

A seven-course Valentine's Day menu includes transport to the venue.

- Dhs1,000 (indoor), Dhs1,500 (outdoor). 7pm-11.30pm, February 14. JW Marriott Marquis Hotel Dubai, (04 414 3000).



SOLO

Learn how to cook the Italian way by taking part in a culinary masterclass led by Executive Chef Doxis Bekris.

- Dhs300. 11.30am-2pm. Every Saturday until March 4. Raffles Dubai, Oud Metha (04 324 8888).



THE RED LION

Enjoy a traditional Sunday roast – on a Saturday – at the recently relaunched British-style pub

- Dhs79. Every Saturday 4pm-8pm. Metropolitan Hotel Dubai, Sheikh Zayed Road (04 343 0000).



BLACK TRUFFLE AND FONTINA PIZZA AT JEAN-GEORGES

A far from standard slice featuring decadent black truffle and fontina cheese. Top that!
 • Dhs155. Restaurant Village at Four Seasons Resort Dubai at Jumeirah Beach, Jumeirah Beach Road (04 343 6118).



ORTOLANA PIZZA AT ANDIAMO

A meat-free treat crammed with asparagus, spinach, pumpkin cream and a generous sprinkling of mozzarella. What a feast.
 • Dhs60. Grand Hyatt Dubai, Oud Metha (04 317 2221).



SMOKED SALMON PIZZA AT THE KITCHEN BY WOLFGANG PUCK

The old favourite is given a refreshing twist by refined smoked salmon and delicious dill cream, red onion and chives. The eclectic combination really works.
 • Dhs80. Terminal 1, Concourse D, Dubai International Airport (04 236 7180).

Quick bites

Pizza doesn't just have to be cheese and tomato, you know.



ZBQ CHICKEN AT ZPIZZA

Far from a paltry choice, this poultry pizza packs a punch thanks to its barbecue sauce and is topped with marinated chicken, mozzarella, red onions and Roma tomatoes.
 • From Dhs30. Eros House, Al Barsha (04 550 9375).



REGINA MARGHERITA AT MARCO'S

This one is full of classic flavours. A brilliant tomato base made with San Marzano tomatoes, mozzarella, fresh basil and oregano. Simple but effective.
 • Dhs60. Pyramids at Wafi, Oud Metha (04 324 4100).

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A foodies guide to...

DIFC

There is more to this Dubai dining hotspot than La Petite Maison

BAZZAR From the raw feel of food from the street to a more delicate dining experience, Bazzar has you covered. The eye-catching spot's graffiti-inspired meat district, complete with metal pipes and communal benches bathed in neon lighting is a funky and fashionable place to be seen.

Open Sun-Wed 8am-midnight, Thu 8am-2am, Fri noon-midnight, Sat noon-midnight. Gate Precinct 4, DIFC (04 355 1111).

BOCA Marvellous Mediterranean cuisine helped BOCA clinch the Best European restaurant gong at last year's Time Out Dubai Restaurant Awards. The island layout is perfect both for a stylish dining destination and a hip post-work hangout.

Open daily noon-1am. Gate Village 6 (04 323 1833).

BURGER & LOBSTER Juicy burgers and fresh, flavoursome lobsters — or even a combination of the two — make for a unique surf and turf treat. The chilled-out restaurant transported from London, resplendent in red seats and darkly-lit, is great for a lively evening out with pals.

Open Sun-Thu noon-midnight, Fri-Sat noon-2am. Burj Daman (04 514 8838).

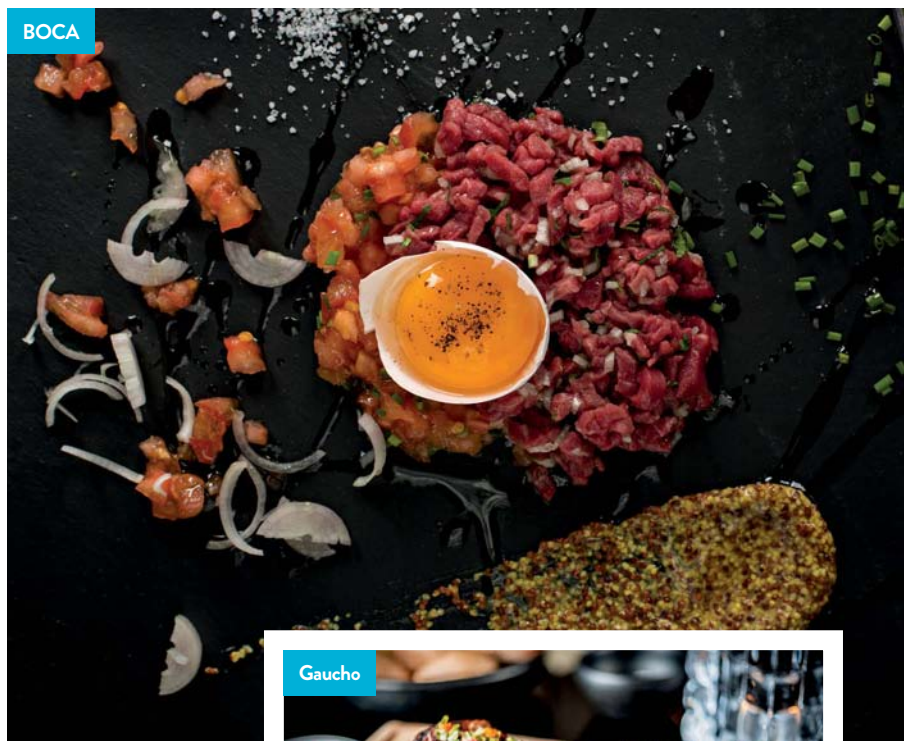
CARNIVAL BY TRESIND This innovative Indian eatery lives up to its name. The quirky and colourful culinary concoctions add a fresh spice to a much-loved cuisine while the eclectic decor and fun atmosphere add to the party mood. Open daily noon-2am. Burj Daman (04 421 8665).

CIPRIANI Italian inspiration can be found in generous supply at this elegant eatery. The global chain, founded in Venice back in the 1930s, has made a successful transition to Dubai thanks to a classy and sophisticated ambience and a menu crammed with classic continental bites. Open daily noon-2am. Gate Village 10 (04 347 0003).

DUSTY'S Buckle your seat belts and get on board for a fun-packed ride. Renowned for its airplane-themed brunches, pay a flying visit any time of the week and you will be rewarded with live music, friendly service and a wide menu of steaks, burgers, seafood and bar bites.

Open Sun-Fri 7.30am-midnight. Al Fattan Currency House (04 354 5435).

GAUCHO Raising the 'steaks' in DIFC is this meat-lovers dream. With cow print chairs setting the





mood, you won't be left disappointed by the sizzling South American joint's take on an array of deliciously meaty favourites, including, of course, the finest Argentine steaks.

Open daily noon-11.30pm. Gate Village 5 (04 422 7898).

MINT LEAF OF LONDON After making its mark in England's capital, Mint Leaf has branched out to successfully bring its contemporary twist on Indian cuisine to the Dubai dining scene.

Open daily noon-2am. Emirates Financial Towers (04 706 0900).

ROBERTO'S Mixing Milanese flair with Roman devotion to good food, Roberto's has brought a touch of Italian class to the UAE. Feast on favourites such as pizza and pasta to classy carpaccio and a beautiful Bolognese.

Open Sun Wed noon-2am, Thu-Fri noon-3am. Gate Village 1 (04 386 0066).

ZUMA Far Eastern flavours don't get any better than this. The perennial award-winner serves up sumptuous sushi, sashimi and seafood.

Open Sat-Wed noon-1am, Thu-Fri noon-2am. Gate Village 6 (04 425 5660).

Win!

Dhs500 to spend at top Italian restaurant Alta Badia



DINNER WITH A VIEW

Enjoy the high life at this stylish Italian restaurant in Jumeirah Emirates Towers, Dubai. Named after a renowned ski destination in The Dolomites in Northern Italy, the venue is set on the 51st floor of the hotel, with stunning views over Dubai towards Jumeirah.

Dishes at the restaurant are simple, inspired by old recipes using seasonal produce, guaranteeing the menu is kept fresh all year round. Choose from antipasti, soups, salads, pasta, risotto and fish and meat dishes while gazing out on the metropolis below.

In what region of Italy is ski resort Alta Badia?

- A The Dolomites
- B The Ligurian Alps
- C The Sibillini Mountains

To enter, email your answer to
paul.clifford@itp.com
Closing date is February 28, 2017.

Terms and Conditions:

The prize is non-transferable and cannot be exchanged for cash.

The prize is valid until August 31, 2017.

Extension to expiration date will not be permitted.



SALMA HAYEK

Oh, Salma. Lovely Salma. Next time let us know and we'll help you finish that.



TOM HANKS

Wonder if a chimpanzee delivered the actor's new typewriter?



LADY GAGA

We know you're going back in for a trolley full of meat, Gaga. You can't fool us.

A-List Foodie Photos

Find out what the rich and famous have been eating



MARIAH CAREY

Whatever she's doing, it's definitely NOT the actions of someone who's mad-as-a-box-of-frogs.



MEL B

More than 8,000 likes for lying on the floor with ready meals. Has it really come to this?



DREW BARRYMORE

This could be Michael Barrymore, for all we know.



OPRAH

If she's earned the right to be known by a single name, she's earned the right to eat scones in her PJs.



CHRIS PRATT

Catching crabs, making women crouch down awkwardly, is there ANYTHING Pratt can't do?

Reviews

This month's
take on the top
places to eat



AJI

Flavour fusion makes for a perfect blend at exciting new eatery

The city is no stranger to either fusion or Nikkei cuisine. But this Japan meets Peru gem at Palm Jumeirah's Club Vista Mare is already looking like a headline act.

The cooking is exciting and innovative, each dish a new thrill for eye and palate. From the freshness and depth of the shake taco – crammed with salmon lifted by coriander sprout and aji amarillo heat – to chicha morada, an artistic dessert of purple corn, white chocolate and lychee.

A Japanese appetizer of gyozas deliver a twist

and early promise. The minced sirloin with onion, tomato and aji amarillo, this surpasses any gyoza we've tasted.

**“The cooking
is exciting and
innovative”**

The Ajiru salad maintains the pace, the richness of duck confit offset by cabbage, baby carrot, tamarind and orange. It's a trendy dish, but not one that puts style over substance. It's refreshing and sophisticated, something that can also be said in relation to the ebi tempura, which gets an unusual touch by having the prawns coated in batter made from purple corn.

Then there's sashimi-style Hokkaido

scallops, a joy to consume with a spicy sauce of lemongrass, black tobiko and aji amarillo.

The fusion flourishes in Aji's take on nigiri, a slither of white fish empowered by coriander and chilli with crunch from black quinoa. The tuna version is taken up another notch by being paired with teriyaki and foie gras – it's a groan-out-loud mouthful of food.

Further highs include anticuchos – robata beef skewers galvanised by wasabi chimichurri and anticuchea sauce – and robalo, which marries octopus, squid and scallop.

Aji is a thrilling new restaurant.

● *Daily noon-midnight. Club Vista Mare, Palm Jumeirah (04 552 0244).*



RICETTA

Understated newcomer allows the menu to steal the show

Many Dubai restaurants like to put on a show – whether that be through a myriad of fancy ingredients or glitzy presentation.

At new Italian eatery Ricetta, a sense of no-nonsense honesty is applied to a menu that Head Chef Alex Sebastianutti has created with memories of his homeland in mind.

The emphasis is on freshness and authenticity rather than flashiness, perhaps a surprise when his antecedence includes up-market Abu Dhabi F1 favourite Cipriani.

While Four Points by Sheraton currently lacks signage for the newcomer, Ricetta bristles with fun Mediterranean colour.

Resembling an Italian market café – cue brick pizza oven, painted panels and chequered tablecloths – it oozes a vibrancy that extends to some of the dishes.

A tasty seafood broth – Brodetto de Pesce – is generous with squid, octopus, shrimps, clams and muscles. There's further colour with arancini – risotto croquettes stuffed with beef ragu, mozzarella, peas and tomato sauce. Alongside crispy edged focaccia, this would have been a decent lunch.

But this was dinner and Ricetta's ravioli agnello e broccoli pointed towards further authenticity. Homemade pasta filled with lamb ragu, it's delivered with vivid green broccoli sauce, plus florets, and is filling without being heavy.

Orate alle Erbe – fresh sea bream cooked in its own juices in foil – is also unfussy. Although those juices are seasoned with fresh sage, rosemary and lemon, we are looking for a sauce to go with it. We therefore order some marinara and it turns out to be wonderfully garlicky and perks up the white flesh of the fish. There's room for dessert and we plump for the strawberry tiramisu, a moreish revelation. The family spin on the Italian staple trades coffee flavouring for the fruit and is fantastic.

● Daily noon-3pm, 7pm-midnight. Four Points by Sheraton Bur Dubai, Khalid Bin Walid Street (04 397 7444).



“The emphasis is on authenticity”





From
Dhs175

50 FLAVOURS OF VIETNAM BRUNCH AT HOI AIN

A dizzying display of Vietnamese cooking served directly to the table

Having visited Vietnam last year, we were excited to check out the brunch offering at one of the only venues in town to serve the cuisine.

First impressions are good, the calm ambiance (enhanced by live traditional music), slowly-whirring ceiling fans, hanging lanterns and wooden screens all point towards a restaurant that knows what it's doing. The Vietnamese staff are also excellent, with an ingrained knowledge of the menu and cuisine and a brilliant line in tableside banter. They're charming, friendly and make us feel right at home.

The huge menu means we ask how the brunch works (do we order something from each section? Is there a limit on the number of dishes?) but there really is no work to do. Here, food comes to the table. All of it. It is called 50 Flavours of Vietnam for

a reason, it seems.

"Staff make us feel right at home"

Appetisers include deep-fried fish cakes, salmon rolls, crab cakes, two variations on prawns, two kinds of spring rolls and a lobster dumpling. While they're all good, we can't get enough of that dumpling. The lobster meat is mixed with shiitake mushroom and tightly packed into the parcel and sat in a coconut and mango sauce. It's a flurry of flavours that all keep the palate happy.

Other highlights from the seemingly never-ending supply of starters are grilled foie gras and pine nut sausages wrapped in leaves and served with fish sauce. The main ingredient might not scream Saigon street food at you but the style is most certainly Vietnamese. They're rich, sure, but we love them.

Pho is up next. If there's one food that signifies what Vietnamese cuisine is all about it's this spicy

soup. This version is tasty, but we're missing the punch-in-the-face flavours of the ones we've tried before. Maybe it could come with a few sauces on the side so diners can pep it up if need be.

By mains we're flagging (try not to reorder the starters, no matter how tempted) but the terrific-tasting wok-fried organic chicken with chilli and XO sauce means we keep going, as does the tender grilled striploin. Baked sea bass with onion and ginger is our pick of the seafood mains, with squid and prawns coming closely behind.

The desserts aren't really our thing, though the mango soup refreshes the palate nicely after all those preceding flavours. Our tip, though, is to order a *ca phe sua da* — traditional iced coffee made with sweetened condensed milk. It's the only way to start, or end, any meal in Vietnam.

• Dhs175 (food only), Dhs195 (soft drinks), Dhs295 (house beverages). Fri-Sat 12.30pm-4pm. Shangri-La Hotel Dubai (04 405 2703).

Food in focus

Learn how to make your meal time snaps stand out as the cream of the crop



MATT AMANDARIZ
Professional food photographer

LA-based photographer Matt Amandariz has made a career out of making sure fantastic food looks good enough to eat. The celebrated culinary snapper has put picture-perfect dishes into sharp focus for renowned clients such as Target, the Food Network and the Cooking Channel, as well as a host of books and publications. As busy as ever, Amandariz has recently gone behind the lens to photograph his 30th cookbook. He took a break from photoshoots to share his top ten photography tips and let us see some of his work, pictured right.

TOP TEN TIPS

1. Ignore the rules – make them up as you go along.
2. Leave your comfort zone on occasion. This is where the good stuff happens.
3. Take your time and learn from every mistake.
4. Reach out. Ask questions. Take notes. Be inquisitive at all times.
5. Do not use flash in a restaurant to photograph your food. Do not do it. Ever.
6. Be yourself, enjoy the process, and share your story. Have a point of view.
7. Fresh is best. Fresh is beautiful. Fresh looks good.
8. Respect your food. It takes a lot to get on your plate and its abundance is something which shouldn't be taken for granted.
9. Use natural light when and if you can.
10. Be a cook. Know as much as you can about food.

Amandariz will be providing a flash of inspiration at the 13th annual GPP Photo Week. He will be sharing his insight at a trio of food photography workshops at the festival, which brings together snappers from all over the world for a packed programme of exhibitions, workshops and a range of other special events. GPP Photo week will be held at Alserkal Avenue, Al Quoz, from February 10-17. For more details, visit www.gulfphotoplus.com/gpp/2017.





The background of the entire image is a dense, overlapping pattern of orange slices. The slices are cut into thin, circular rounds, showing the vibrant orange color of the fruit segments and the lighter, yellowish-white pith. They are arranged in a way that creates a sense of depth and texture, with some slices appearing more prominent than others.

In season
Oran

The background of the entire image is a dense, overlapping pattern of orange slices. The slices are cut into thin, circular rounds, showing the vibrant orange color of the fruit segments and the lighter, yellowish-white pith. They are arranged in a way that creates a sense of depth and texture, with some slices appearing more prominent than others.

ges

Add some zest to
your meals
with this colourful
citrus fruit

STEAK, CHICORY AND ORANGE SALAD

SERVES 4

The beef adds the bulk and orange provides some tanginess in this salad.

INGREDIENTS

6tsp olive oil
2 sirloin steaks
Salt and ground black pepper
2 oranges: 1 juiced, 1 segmented
2tsp vinegar
1tsp Dijon mustard
1 red onion, cut into 8 wedges
2 heads of white chicory, sliced
1 head of red chicory, shredded
A large handful of rocket leaves

METHOD

- 1 Heat a frying pan over a medium heat. Rub a tablespoon of oil over each steak, and season with salt and ground black pepper. Fry for around two mins on each side. Wrap in foil and set aside.
- 2 Put the orange juice in a small pan. Bring to the boil and bubble until syrupy and reduced by half. Take off the heat and whisk in the vinegar, mustard and a tablespoon of oil. Season to taste.
- 3 Toss the onion and chicory in the remaining oil. Griddle them for a few mins until they are beginning to brown and soften.
- 4 Slice the steaks thinly. Mix all the warm ingredients with the orange segments, red chicory and rocket. Toss in the orange dressing then serve.

Fun Fact...

Fermented chicory is thought to be one of the best probiotics available and aids digestive problems.



ORANGE CHICKEN CAKE

SERVES 2

A simple but impressive supper should be tried with rice to soak up all the juices.

INGREDIENTS

300g new potatoes, halved
2 large fresh beetroot, peeled and cut into wedges
2tbsp oil
2 large chicken thighs
2 oranges
1 sprig fresh rosemary

METHOD

- 1 Preheat the oven to 180C. Halve the potatoes and place in a medium ovenproof dish with the beetroot wedges. Drizzle with a tablespoon of olive oil and scatter with the zest of both oranges. Halve the oranges, add to the dish and bake for 20 mins.
- 2 Meanwhile heat the remaining oil in a frying pan and cook the chicken for a few minutes on each side until browned. Using tongs, transfer to the ovenproof dish with the rosemary.
- 3 Return to the oven for a further 20 mins until the chicken is cooked through.

ORANGE AND PASSION FRUIT CHEESECAKE

SERVES 8

These fruits work well with the hazelnut base in this easy, no-bake cheesecake.

INGREDIENTS

FOR THE BASE

125g roasted hazelnuts, roughly chopped

35g icing sugar

35g unsalted butter, melted

FOR THE FILLING

250g tub of quark

400g fresh custard

50g caster sugar

2 sachet agar agar powder

300ml half-fat double cream, whipped

1 orange, peeled and cut into segments for the jelly

2 passionfruit, halved

400ml fresh orange juice

Agar agar powder

YOU WILL NEED

20cm round, loose-based cake tin



METHOD

- 1 For the base, tip the nuts and icing sugar into a plastic food bag and crush with a rolling pin. Mix into the butter until well coated, then press on to the base of the cake tin. Chill while you make the filling.
- 2 Beat the quark, custard and caster sugar until smooth. Pour three tablespoons of cold water

into a small bowl, sprinkle over one of the agar agar sachets and leave until spongy.

- 3 Put the bowl into a pan of simmering water and stir until dissolved. Stir into the custard mixture, and fold in the cream. Scatter the orange segments over the base of the cheesecake, then pour the custard mixture on top. Chill until set, around three hours.

- 4 To make the jelly, rub the pulp from the two passionfruit through a sieve and add a spoonful of seeds to the sieved pulp. Stir in the orange juice. Dissolve the remaining agar agar in three tablespoons of water (as in step 2) and stir into the fruit juice. Chill until almost set, then spoon over the cheesecake and return to the fridge until it is fully set.



Fun Fact...

Blood oranges are grown more than normal oranges in Italy

BLOOD ORANGE, FETA AND FENNEL SALAD

SERVES 6-8

This is a must-make while blood oranges are still in season, and they match brilliantly with the salty feta and fresh mint. Great on its own with some bread, or as a side for grilled lamb.

INGREDIENTS

6 blood oranges

3tbsp vinegar

3tbsp olive oil

1tbsp cumin seeds, dry-toasted

1 bulb fennel, thinly sliced

1 large red onion, thinly sliced

200g feta cheese

2tbsp pistachios, chopped

Few mint leaves

METHOD

- 1 Slice the ends of the oranges, then with a small, sharp knife, remove the skin and pith down the sides. Slice horizontally, retain any juice and set aside. Mix together the vinegar, oil and cumin with any juice and season well.
- 2 To assemble, put the fennel on a platter, top with the red onion and orange slices, add the crumbled feta then spoon over the dressing.

CRUNCHY ORANGE SWIRL

SERVES 4

Ditch cupcakes or muffins in favour of these sweet treats with a crunch, chewiness and zest.

INGREDIENTS

FOR THE ROULADE

50g butter
Few drops of vanilla extract
150g packet white mini marshmallows
125g popped rice cereal

FOR THE FILLING

2 x 180g cartons full-fat cream cheese
Zest of 2 oranges
4tbsp icing sugar
For the decoration:
3 candy-coated chocolates (we use Smarties)

YOU WILL NEED

18x28cm tin lined with baking parchment

METHOD

- 1 To make the roulade, melt the butter in a pan, then add the vanilla and most of the marshmallows, reserving nine for decoration. Heat until the marshmallows melt and become stringy, then remove the pan from the heat. Add the cereal, working quickly, mix well and spoon into the lined

tin. Spread out and level the surface, taking care not to crush the cereal too much. Leave to cool.

- 2 To make the filling, beat together the cream cheese, orange zest and icing sugar. Turn the cereal mixture out on to a sheet of baking parchment and peel away the lining paper.

Spread the filling and roll up using the baking parchment to help.

- 3 Snip the reserved marshmallows in half diagonally. Press on to the top of the roulade in groups of 6 halves, to make petals. Leave a gap in the centre to add the Smarties.



ORANGE, POLENTA AND PASSIONFRUIT DRIZZLE CAKE

SERVES 8-12

A large cake is as fresh and, well, springy as you could want from a Spring dessert. Serve after meals or with tea.

INGREDIENTS

65g golden caster sugar
5 oranges – zest 2, then slice, juice from 3
150g unsalted butter, softened
200g ground almonds
50g plain flour, sifted
50g polenta
1½tsp baking powder
2tbsp set honey
4 large eggs, lightly beaten
300g sweet potatoes, mashed and cooled

METHOD

- 1 Grease and line a 22cm loose-based cake tin with baking paper. Heat oven to 180C.
- 2 In a small saucepan, heat 50g of the sugar, adding the zest and juice. Bubble until syrupy, then pour half onto the base of the prepared tin. Cube 25g of the butter and dot over the syrup, then add a layer of orange slices on top.
- 3 Mix the almonds with the flour, polenta and baking powder. In a separate bowl, cream the remaining butter with the rest of the sugar and the honey until smooth. Gradually beat the eggs into the butter mix, adding a little of the almond mixture now and again to prevent curdling. Fold in the rest of the almond mix and the mash. Spoon into the tin, smooth the top and bake for 35-45 mins. Tip the cake out of the tin and, when cool enough to handle, pierce repeatedly with a skewer before pouring over the rest of the syrup.

Fun Fact...

In Latin, pomegranate literally translates as "apple with many seeds".

DUCK IN ASIAN SPICES WITH BITTER LEAF AND POMEGRANATE SALAD

SERVES 4

The perfect dinner party food – it's easy to make and looks – and tastes – exquisite.

INGREDIENTS

3 duck breasts
2 star anise
4tbsp fresh orange juice
6tbsp soy sauce
2 sprigs thyme
2tsp five-spice powder
1tbsp honey
2 oranges, peeled
1 radicchio, shredded
1 pack pomegranate seeds
1 bunch watercress

METHOD

- 1 Score the skin of the duck breasts and lay them in a dish with the star anise, orange juice, soy sauce, thyme, five-spice powder and honey. Marinate for at least two hours, but ideally 24. Turn occasionally.
- 2 Heat the grill to hot and line a roasting tin with foil. Remove the duck breasts from the marinade, pat dry and rub the skin of each breast with a little salt, then grill for six to eight mins, skin-side down. Turn over, brush with more marinade and cook for a further five mins.
- 3 Remove the duck to a plate to rest for five minutes before slicing. Meanwhile, cut the oranges into segments and mix with the radicchio, pomegranate seeds and watercress in a bowl.
- 4 Bring the remaining marinade to the boil, pour it over the duck and serve with the salad.



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The Recipe Files

*Your guide to being
a culinary genius*



Fill up the freezer

Make these simple recipes in batches then freeze individual portions for another day



Light chicken masala with cauli and saffron rice

SERVES 4

A classic Indian dish ideal for a warming evening meal for the family.

INGREDIENTS

1 onion, roughly chopped
2 garlic cloves
1tbsp coarsely-grated ginger
1 green chilli, thinly sliced
1tbsp garam masala
28g fresh coriander
2tsp vegetable oil
400g free range chicken breast fillet, diced
400g can chopped tomatoes

450g cauliflower florets
1tbsp melted butter
2 cardamom pods, lightly crushed
100g frozen peas
Pinch saffron strands
Salt and pepper

METHOD

1 Place the onion, garlic, ginger, chilli, garam masala and 20g coriander (including the stalks) into a food processor and blend until smooth. Heat the oil in a frying pan and cook the curry paste over a medium heat for five or six mins, making sure to stir frequently. Add the chicken

and cook for two or three mins to seal, then add the chopped tomatoes with 200ml hot water. Bring to the boil, reduce the heat and simmer gently uncovered for 12-15 mins, or until the chicken is cooked and the sauce has thickened.

2 Meanwhile, place the cauliflower florets in the large bowl of a food processor and pulse until it resembles rice. Tip into a large frying pan with the butter, cardamom pods, peas and saffron. Season with salt and pepper then cover and cook gently for six or seven mins, until just tender. Serve the fragrant cauliflower rice with the curry, garnished with the remaining coriander leaves.

Creamy cod curry

SERVES 4

This fragrant coconut-based dish is full of interesting flavours.

INGREDIENTS

1 onion, peeled and roughly chopped
4 garlic cloves
65g fresh coconut pieces
1 red chilli, seeds removed
1tsp black peppercorns
1tbsp oil
1tsp black mustard seeds
Large handful fresh curry leaves
1tsp turmeric powder
1 tomato, de-seeded
200ml fish or vegetable stock
250ml reduced-fat coconut milk
320g cod, cut in chunks
Good squeeze of lime juice

METHOD

- 1 In a blender, whizz the onion, garlic, coconut, chilli and peppercorns and set aside. Heat the oil in a wide, heavy-based pan.
- 2 Add the mustard seeds – once they start to pop, add the curry leaves and cook for 30 seconds, then add the onion paste. Turn down the heat slightly and cook for another five minutes, then add the turmeric, tomato, stock and coconut milk. Simmer gently for a further 10 mins.
- 3 Add the fish and cook for 10 minutes. Season and add a squeeze of lime.



Lentil peri-peri chilli



SERVES 6

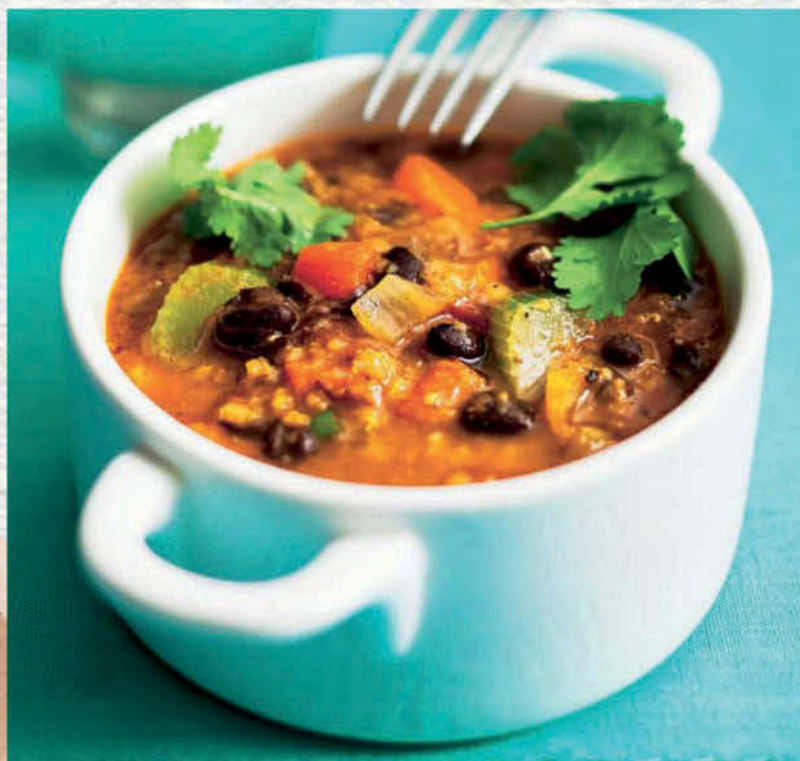
Combine the spicy flavours of Portugal and Mexico in this veggie meal.

INGREDIENTS

1tbsp olive oil
1 red onion, chopped
1tsp peri-peri rub
1tsp ground cumin
1tsp paprika
2 carrots, cut into chunks
1 red pepper, de-seeded and chopped
2 celery sticks, chopped
2 garlic cloves, crushed
150g dried red lentils
1 vegetable stock pot
400g can chopped tomatoes
400g can black beans, drained and rinsed
3 spring onions, chopped
Several coriander leaves

METHOD

- 1 Heat the oil in a large pan, add the onion and fry for a few mins. Stir in the peri-peri rub, cumin and paprika. Add the carrots, red pepper, celery and garlic, and cook for two minutes.
- 2 Meanwhile, put the lentils into another pan and cover with boiling salted water. Simmer the lentils for 15 mins.
- 3 Combine the stock pot with 600ml boiling water and pour over the vegetables. Add tomatoes and black bean to the pot and simmer for five mins.
- 4 Drain lentils, add to the vegetables and cook for five mins. Sprinkle over spring onions and coriander leaves to serve.





Venison burger and chips

SERVES 1

There are no buns with this dish, making it a healthy and unusual take on a classic.

INGREDIENTS

FOR THE CHIPS

1 small Maris Piper potato

Spray oil

FOR THE BURGERS

100g venison steak, roughly chopped

1tbsp quark

2 spring onions

1tsp freshly chopped thyme

TO SERVE

4 baby plum tomatoes, halved

2 small gherkins, sliced

METHOD

- 1 Preheat the oven to 200C. Cut the potato into chips. Cook them in boiling water for 5 mins, then drain well and spread them out on a baking tray. Spray very lightly with oil. Bake in the centre of the oven for 15 mins.
- 2 Place the chopped venison steak, quark, spring onions and thyme in a food processor and whizz until just blended. Shape into two burgers and place on a sheet of baking parchment.
- 3 Remove tray with chips from the oven, turn over and move to one side. Place parchment with burgers on the other side and bake for 15 mins. Serve with tomatoes and gherkins.

Beef ragu with courgette fettucine

SERVES 4

A classic Italian dish served with a healthy alternative to pasta.

INGREDIENTS

1tbsp olive oil

1 onion, finely chopped

1 carrot, peeled and finely chopped

1 stick celery, finely chopped

2 garlic cloves, crushed

350g extra-lean minced beef

2tbsp tomato purée

100ml red grape juice

400g chopped tomatoes in natural juice

1tsp dried oregano

4 small courgettes

METHOD

- 1 Heat the oil in a large saucepan or frying pan with deep sides and cook the onion, carrot, celery and garlic over a medium-high heat for 12-15 mins, stirring occasionally until softened.
- 2 Add the meat and fry for three or four mins, until browned all over, then stir in the tomato purée and cook for a further one or two mins. Pour in the grape juice and bubble, then add the chopped tomatoes, oregano and 150ml water. Season with salt and pepper then lower the heat, cover and simmer gently for 30-40 mins, stirring occasionally and adding more water if it seems dry, until the ragu is rich and thick.
- 3 Cut the courgettes into fettucine-style ribbons using a spiralizer, or cut into thin strips using a julienne-style peeler. Drop into a pan of salted, boiling water and cook for two mins, until just tender. Next, drain well and heap into serving bowls. Top with the ragu and serve immediately.



Light veggie moussaka

SERVES 4

A classic Greek dish using quorn to make it suitable for vegetarians.

INGREDIENTS

1 aubergine, sliced into 1cm rounds
1 courgette, sliced into 1cm rounds
Cooking oil spray
2 eschalion shallots, 1 chopped, 1 halved
350g Quorn mince
½tsp mixed spice

400g can chopped tomatoes
1 vegetable stock pot
300ml skimmed milk
2tbsp cornflour mixed with 100ml water
50g reduced-fat feta cheese, crumbled
20g parmesan

METHOD

- 1 Heat oven to 200C. Arrange the aubergine and courgette in baking trays lined with baking parchment. Spray with cooking oil and bake for 15-20 mins, turning until tender.
- 2 In a non-stick sauté pan, cook the chopped shallot in 1tbsp water until softened. Add the Quorn mince and stir-fry for two minutes, then stir in the mixed spice, tomatoes, stock pot and a tomato can full of water. Bring to the boil, then turn the heat down and simmer for 20 mins.
- 3 Meanwhile, warm the milk with the halved shallot and black pepper. Allow to infuse for five minutes, then remove the shallot. Mix the cornflour with 100ml water and stir into the milk, turn the heat up and stir until thickened. Take off the heat and mix in the feta and parmesan.
- 4 Divide the cooked mince between four foil containers or oven- and freezer-proof pie dishes. Top with the aubergine and courgette, then pour over the white sauce. Cool completely before freezing. Cook from frozen at 160C for around 50 mins. If cooking straight away cook at 200C for 30 mins.



Fish pie



SERVES 4

Warming, comforting and tasty.

INGREDIENTS

300g celeriac, peeled and chopped
120g cauliflower
200g smoked haddock, skinned
200g haddock, skinned
200ml skimmed milk
80g raw prawns
1tbsp cornflour
2tbsp quark
25g spinach, chopped
1tbsp freshly chopped chives
zest of 1 lemon
1 small leek, trimmed and finely sliced
50g reduced-fat Cheddar, grated
4 sprays of frylight

METHOD

- 1 Boil the celeriac in a pan of water, until tender, then mash. Whizz cauliflower, then place in a bowl, cover with clingfilm and microwave for 5-6 mins. Mix the celeriac and cauliflower together with a little seasoning. Set aside.
- 2 Meanwhile, gently poach the fish in milk until just opaque, scoop out with a slotted spoon and divide between 4 individual foil containers or oven- and freezer-proof pie dishes and add the

prawns. Mix cornflour with 100ml cold water and stir into the poaching milk. Cook over a high heat, stirring until thickened. Take off the heat and stir in the quark, spinach, chives, lemon zest and black pepper. Spoon over the fish.

- 3 Steam the leek. Top the fish with the mash, leek,

Cheddar and a spray of frylight. Cool completely before freezing.

- 4 To cook straight from frozen, heat the oven to 160C, Gas 4 and bake for around 50 mins. If cooking straight away, heat the oven to 200C, Gas 6 and bake for 25-30 mins.



Easy beef curry and pak choi stir-fry

SERVES 4

A simple and quick take on Thai food.

INGREDIENTS

2tsp sunflower oil
1tbsp red or yellow Thai curry paste
300g extra-lean minced beef
2tbsp Thai fish sauce
1tsp calorie-free sweetener
75g basmati rice
4 pak choi, quartered lengthways
Spring onions, sliced

METHOD

- 1 Heat oil in a large wok or pan, fry curry paste for a minute. Add the mince and stir-fry for three mins, stirring to break up the beef.
- 2 Add 100ml water, the fish sauce and the sweetener, and simmer gently for five mins.
- 3 Cook the rice in 400ml salted water, bring to the boil, cover and simmer for 10 mins until rice is tender and the liquid is completely absorbed.
- 4 Add pak choi and spring onions to mince and cook for a final minute until just wilted. Serve with the rice.



To roast pumpkin seeds, toss them in some melted butter and salt then spread in a single layer on a baking tray and cook for 45 mins at 150C



Roasted pumpkin soup

SERVES 4

Soups are a great way to use up vegetables in the fridge. If you don't have these try, whatever you have lying around.

INGREDIENTS

1.5kg pumpkin
Olive oil
1tsp dried chilli
1tbsp coriander seeds
1 large onion
3 cloves garlic
1 carrot
1 stick of celery
1ltr hot vegetable stock

METHOD

- 1 Preheat the oven to 170C. Half the pumpkin and remove the seeds (you can keep these for roasting), then chop into wedges.
- 2 Place the pumpkin on two large baking trays and drizzle over a little olive oil. In a pestle and mortar, grind the chilli and coriander seeds with a pinch of salt until finely ground. Sprinkle the spices over the pumpkin with some black pepper. Roast the pumpkin for an hour, or until soft and slightly caramelised at the edges.
- 3 Meanwhile, roughly chop the onion, garlic, carrot and celery. Heat a glug of olive oil over a medium heat in a large saucepan then add the vegetables and cook for 15 mins, or until soft and sweet but not coloured.
- 4 When the squash is ready, add to the pan with the hot stock. Blend with a stick blender, adding a little more water if you prefer soups with a thinner consistency.
- 5 Ladle into bowls and drizzle with oil if you like, or yoghurt, and sprinkle with coriander leaves.



How to make Marmalade

The breakfast conserve that starts your day with zest and flavour. Chunky or smooth, it is best enjoyed on thick-cut toast



MAKES 900ML

INGREDIENTS

1kg Seville oranges
1 lemon
1ltr carton apple juice
1kg packet preserving sugar

YOU WILL NEED

Large square of muslin
Preserving pan
Sterilised jars and lids
Waxed discs
Labels



1.

Cut the oranges and lemon in half and squeeze out the juice.



2.

Turn the fruit skins inside out and pull away all the pith and flesh.



3.

Take the muslin square and put all the flesh and pith in the centre. Tie up with string.



4.

Cut the peel into shreds; fine or chunky, depending on your preference.



5.

Tie the muslin bag to the preserving pan and tip in the peel. Add the citrus juice, apple juice and 1.25l of water.



6.

Leave the peel to soak for several hours in the juice – or overnight if possible – to soften.



7.

Simmer the pan contents for two hours or until the peel is very soft and the liquid has reduced by about half.



8.

Tip the sugar into a large bowl and microwave on High for two minutes. Tip this into the pan and simmer over a low heat until the sugar dissolves.



9.

Increase the heat and boil for 15 mins. Remove any scum from the surface and leave to cool for 20 mins. Ladle into a jug then pour into sterilised jars. Put waxed discs on the jars, screw the top on and label.

Romantic recipes

Chef Fabio Genghini, from Vivaldi by Alfredo Russo in Sheraton Dubai Creek Hotel & Towers, presents the perfect Valentine's meal



Slow-cooked veal tenderloin, hazelnut sauce potato cake

SERVES 2

This delicious main course is sure to wow.

INGREDIENTS

2 veal tenderloins (200g each)
25g butter
50g toasted hazelnuts
25g vegetable oil
30g stock
250g mash potato
1 egg
2.5g baking powder
25g grated parmesan

METHOD

- 1 Mix the mashed potatoes with the eggs, the parmesan and the rest of the ingredients, split between two moulds and bake at 170C for about 20 mins.
- 2 Blend the hazelnuts with the vegetable oil and the stock until you get a smooth, creamy liquid that has a shine.
- 3 Pan-fry the two veal tenderloins in butter and finish in the oven until they're cooked to your liking. Place the steak on the plate, drizzle with sauce and on put the potato cake on the side, along with a few leaves for garnish.



Radicchio beetroot salad bitter orange sorbet

SERVES 2

A refreshing salad with a bitter fruit twist.

INGREDIENTS

250g radicchio
100g chicory
125g cooked beetroot
A dash of aged balsamic vinegar
10g walnuts
100g gorgonzola
50g gorgonzola ice cream
25g vinaigrette
250g bitter orange sorbet

METHOD

- 1 Slice the radicchio very thinly, dress it with vinaigrette and balsamic vinegar.
- 2 Plate and top with beetroot slices, walnuts, gorgonzola cubes, radish, bitter orange sorbet, chicory and aged balsamic.



White chocolate fondant with berries



SERVES 2

A dessert to make the heart grow fonder.

INGREDIENTS

15g extra virgin olive oil
100g white chocolate
50g butter
25g milk powder
100g cream
40g flour
1 egg and 1 yolk
35g sugar
Berries to garnish

METHOD

- 1 Melt the chocolate with the butter and the olive oil in a bain marie then cool it until it is back to room temperature.
- 2 Mix the egg and the yolk, fold in the white chocolate then mix the sugar, cream, flour and powdered milk in.
- 3 When the mixture is smooth, pour into two moulds that hold about 100g each.
- 4 Bake at 190C for about 7 mins.
- 5 Place on a plate and surround with berries and icing sugar.

Feel like chicken tonight?

Roasted, fried, boiled, grilled, curried, hot or cold – there are dozens of ways to enjoy the bird. Here are eight more ideas for you



Moroccan chicken salad

SERVES 4

Add this filling and tasty salad to home brunches for a quick and unusual side.

INGREDIENTS

2 chicken breast fillets
Olive oil
2tsp harissa paste
6 baby courgettes
4 slices ciabatta bread
2 large handfuls watercress
180g jar of griddled artichokes
16 green olives
4tbsp balsamic dressing
Chives to serve

METHOD

- 1 Flatten the chicken breast fillets between sheets of clingfilm with a rolling pin. Rub a little oil and two tablespoons harissa over chicken to coat and set aside.
- 2 Cut the baby courgettes in half lengthways, drizzle with oil and cook on a hot griddle pan until tender. Remove from pan, add chicken and cook for two to four mins on each side. Add to the courgettes then griddle four slices of ciabatta bread.
- 3 Cut the bread into chunks and mix with courgettes, two large handfuls of watercress, artichokes and their oil and the green olives.
- 4 Slice the chicken and arrange on top of the salad. Drizzle balsamic dressing and scatter chives on top.



Chicken koftas

SERVES 4

Boring burgers need to be banished from home barbecues. We're here to help.

INGREDIENTS

450g chicken mince
1 crushed garlic clove
1 chopped red chilli
1tsp ground cumin
2tbsp chopped parsley
Salt and pepper to season

METHOD

- 1 In a large bowl mix together all ingredients evenly and thoroughly.
- 2 Shape the mixture into four sausages and push a skewer through the centre of each, moulding firmly. Brush with a little oil and cook on the barbecue or under the grill for 10 mins, until cooked through. Serve in pitta bread with salad and tzatziki.



Lemon and thyme roast chicken

SERVES 4

A good roast chicken is a staple for any beginner looking for simple classics to add to their repertoire.

INGREDIENTS

1.5-1.8kg chicken
4 sprigs thyme
1 lemon, cut into wedges
1 large garlic bulb
4 garlic cloves, unpeeled
2tbsp olive oil
Lemon and thyme to serve



METHOD

- 1 Place chicken in a roasting tin and tuck four sprigs of thyme in cavity.
- 2 Cut a lemon into wedges, tuck two in the cavity and scatter the rest around the chicken. Cut a large garlic bulb in half and place in the tin with four unpeeled garlic cloves.
- 3 Drizzle two tablespoons of olive oil over chicken, lemon and garlic and roast in the oven at 200C for an hour. Slice another lemon and arrange over chicken, cook for a further 30 mins, basting with juices a few times, until the chicken is cooked. Scatter with a few extra thyme leaves and lemon slices, to serve.

Turmeric chicken with couscous

SERVES 4

This will give you three of your five-a-day portions in one healthy meal.

INGREDIENTS

2 sprigs fresh oregano, leaves only
2tsp ground turmeric
4tbsp olive oil
4 skinless chicken breast fillets
2 roasted red peppers
250g giant couscous
100g green beans
400g rainbow chard, larger stems sliced
150g reduced-fat hummus
25g whole unblanched almonds
Handful of fresh basil leaves

METHOD

- 1 Mix together the oregano, turmeric and olive oil. Add chicken breasts, season with salt and freshly ground black pepper and coat in the mixture.
- 2 Heat remaining oil in a large frying pan, add the chicken and cook for 10-15 mins, turning occasionally, until golden and cooked through. Add the peppers to the pan and cook for two mins to heat through.
- 3 At the same time, cook the couscous in boiling water for six to eight mins until just tender, drain. In a separate pan of boiling water, cook

the green beans for three mins, add the chard stalks and cook for a further two minutes, then add the chard leaves and cook for a minute to wilt then drain.

- 4 To serve, spoon the hummus onto each plate and top with the couscous and peppers. Thickly slice the chicken, arrange on the top, scatter over the almonds and serve with the green beans and chard. Finish with a few fresh basil leaves.



Warm potato, pea and chicken salad bowl

SERVES 2

You can make this cool salad with roast dinner leftovers and a few kitchen essentials.

INGREDIENTS

250g cooked new potatoes
2tbsp olive oil
75g frozen peas
2 large handfuls of watercress
Handful of flat-leaf parsley leaves
175g shredded chicken, cooked
3tbsp garlic and herb salad dressing

METHOD

- 1 Cut cooked new potatoes in half and fry in olive oil for 10 mins until crisp.
- 2 Meanwhile, cook the frozen peas in boiling water for three mins, drain, rinse under running cold water and drain again. Tip the potatoes and peas into a salad bowl, add watercress, a handful of flat-leaf parsley leaves and shredded chicken.
- 3 Add garlic and herb salad dressing, and mix.





Malaysian chicken satay skewers

SERVES 4

A satay skewer is a good sandwich alternative for lunch boxes, a low effort/high impact starter or a quick snack.

INGREDIENTS

8 boneless chicken thighs
2 crushed garlic cloves
1tbsp soy sauce

1tbsp sweet chilli sauce
Juice of 1 lime
Handful of chopped parsley
FOR THE DIP

3tbsp crunchy peanut butter
1tbsp soy sauce
Squeeze of lime juice
1tbsp Thai red curry paste
3tbsp natural yoghurt

METHOD

- 1 Cut chicken thighs into chunks and marinate for half an hour in a mixture of the garlic, soy sauce, sweet chilli sauce and lime juice.
- 2 To make the dip, mix together peanut butter, soy sauce, another squeeze of lime juice, red curry paste and natural yoghurt.
- 3 Thread chicken onto skewers and cook on the barbecue or under grill for 10 mins until cooked through. Sprinkle with chopped parsley and serve with a peanut dip.

Chicken schnitzel Thai curry



SERVES 4

Crispy coated chicken in a Thai curry sauce is a variation on a shop-bought product.

INGREDIENTS

400g skinless chicken breast fillets
3tbsp plain flour
1 egg
150g panko breadcrumbs
50g desiccated coconut
6tbsp sunflower oil
350g jar Thai green curry sauce
Chopped peanuts, shredded spring onions,
chopped coriander and fresh coconut slices,
for the topping
Rice noodles, to serve

METHOD

- 1 Place chicken breasts between clingfilm and flatten with a rolling pin. Cut into strips.
- 2 Tip flour onto a plate and season with salt and pepper. Beat the egg in a bowl. Mix breadcrumbs and coconut together and place on a separate plate. Dip each strip in flour, egg and then breadcrumbs.
- 3 Heat the oil in a frying pan, add the chicken and cook for five to eight mins until crisp.
- 4 Heat the curry sauce in a pan and cook rice noodles following instructions.
- 5 Divide the sauce and noodles between four bowls, top with the chicken and scatter peanuts, spring onions, coriander and coconut on top.



Cajun deep-fried chicken

SERVES 4

Spiced, crispy and irresistible with a pile of coleslaw on the side.

INGREDIENTS

4 chicken thighs
4 chicken drumsticks
150ml buttermilk
75g plain flour
2tsp Cajun seasoning
Vegetable oil for shallow frying
Lemon wedges, to serve

METHOD

- 1 Put the chicken in large bowl, add the buttermilk and turn to coat. Set aside for 30 mins. Mix flour and Cajun seasoning in a large plastic food bag with salt and pepper and shake to mix.
- 2 Shake the excess buttermilk off the chicken, add half the pieces to the bag with flour and shake to coat chicken. Remove and add the remaining chicken.
- 3 Heat the oven to 200C. Pour about a centimetre of oil into a deep-frying pan and heat until the oil sizzles. Add half the chicken, cook for three or four mins, until golden.
- 4 Take the chicken out of the pan, put in a roasting tin and fry the remaining chicken. Add the chicken to the tin and bake in the oven for 30 mins until completely cooked through. Serve with lemon wedges.



Top chefs love it, but can you use miso at home? We have three recipes for you to try in your own kitchen

Miso happy

We think this sweet and savoury soy bean paste is a bit of a wonder in the kitchen. Remember, it's also delicious as a healthy soup. Just add some green vegetables for extra oomph



Miso-glazed salmon

SERVES 2

Miso doesn't lend itself to thick sauces, but is a popular flavour for a light glaze.

INGREDIENTS

- 2 salmon fillets
- 30g white miso paste
- 1½tbsp dark soy sauce

- 3tbsp honey
- 1tsp sesame oil
- Juice and zest of 1 lime
- Noodles to serve

METHOD

- 1 Marinate the salmon fillets in a mix of miso paste, soy sauce, honey, sesame oil and the juice and zest of a lime.
- 2 Remove and sear the salmon for three minutes on both sides in a hot pan, then add the marinade for the last min of cooking time. Serve over noodles and stir-fried greens.

Tasty fried chicken

SERVES 4

Miso flavouring and sweet honey give home-made fried chicken an inspired twist.

INGREDIENTS

- 75g plain flour
- ½tsp baking powder
- 1½tsp white pepper
- 2tsp paprika
- 125g white miso paste
- 25g runny honey
- 25ml rice vinegar
- 2 crushed garlic cloves
- 900g chicken pieces
- Vegetable oil for deep-frying

METHOD

- 1 In a bowl, mix the flour, baking powder, pepper and paprika. In another bowl, mix miso paste with honey, rice vinegar and garlic cloves.
- 2 Toss chicken pieces in the flour, then in the paste and again in the flour.
- 3 Pour vegetable oil into a pan to a depth of 8cm and heat to 180C. Fry the chicken for two to three mins on each side to crisp up, then finish in an oven heated to 170C until cooked through.

Miso hummus

SERVES 4

Just when you thought there couldn't be any more variations on hummus, somebody went and put miso in the mix.

INGREDIENTS

- 1 can of chickpeas, rinsed and drained
- 50ml extra virgin olive oil
- 1tbsp cold water
- Juice from ½ lemon
- 2½tbsp white miso paste
- Serve with warm pitta bread and vegetable sticks.

METHOD

- 1 Blitz chickpeas in a food processor with olive oil, water, lemon juice and white miso paste until very smooth.
- 2 Serve with warm pitta bread and vegetable sticks. Easy!



3 Ways with Noodles

Slurp them, suck them or just chomp them straight down. However you eat your noodles, you need more of them in your life



Skinny fusion noodles

SERVES 1

A quick, healthy and tasty vegetarian snack.

INGREDIENTS

200g pack noodles
1tbsp miso paste
¼ carrot, shredded
¼ courgette, shredded
1 baby leek, shredded
1 sun-dried tomato, chopped
1tbsp mixed seeds
1tsp shredded seaweed
½tsp dried oregano

METHOD

- 1 Put the noodles in a large mug, bowl or plastic container, along with the miso, shredded vegetables and tomato.
- 2 Add 200ml boiling water, stir, and put a lid or clingfilm over the top.
- 3 Leave for one minute until the noodles are cooked through. Sprinkle the seeds, seaweed and oregano on top, and serve immediately while it is red hot.



Japanese broth with udon noodles

SERVES 4

This clear broth is comforting and tasty.

INGREDIENTS

- 175g dried udon noodles
- 1.5ltr vegetable stock (use 3 stock cubes)
- 5cm piece of fresh ginger, sliced into slivers
- 1 sachet miso instant soup paste
- 1-2tbsp fish sauce or soy sauce, to taste
- 1 red chilli, thinly sliced
- 1 large clove of garlic, thinly sliced
- 250g mixed mushrooms, thinly sliced
- 100g mangetout, cut into fine strips
- 150g finely sliced fillet steak
- 2 spring onions, shredded

METHOD

- 1 Cook the noodles in a large pan of boiling salted water, according to pack instructions, until tender. Drain in cold water and set aside.
- 2 Meanwhile, heat the stock with the ginger in a large pan. Whisk in the miso paste and the fish or soy sauce, to taste. Bring to the boil, then add the chilli, garlic and mushrooms and simmer for about three mins.
- 3 Add the mangetout and then the meat. Simmer for two minutes. Season to taste with more fish or soy sauce.
- 4 Warm four bowls. Divide the noodles between them and spoon the hot broth over them. Garnish with spring onions.



* Beef and asparagus noodles with oyster sauce

MAKES 2

The asparagus in this dish is filled with vitamins as well as folic acid and iron.

INGREDIENTS

- 250g rump or fillet steak, cut into strips
- 1tbsp each groundnut oil and cornflour
- 4tbsp light soy sauce
- Oil, for frying
- 250g asparagus tips, blanched
- 125g soba noodles
- 6tbsp oyster sauce

METHOD

- 1 Put the steak in a non-metallic dish with oil, cornflour and a tablespoon of the soy sauce. Let it marinate while you prepare the vegetables and noodles.
- 2 Heat the wok, then add a little oil and the beef. Stir-fry until cooked through, then add the asparagus, noodles, oyster sauce and remaining soy sauce.
- 3 Mix together really well, stir-fry until piping hot and serve.



Froyo

The guilt-free dessert is having a moment. Here's how to upgrade yours...



Frozen yoghurt

SERVES 4

With a frozen foundation, you can endlessly customise this simple, sweet thing.

INGREDIENTS

500g plain natural yoghurt
150ml milk
3tbsp icing sugar

METHOD

- 1 Whisk the yoghurt, milk and icing sugar together and pour into a loaf tin, double-lined with clingfilm.
- 2 Cover and freeze for four hours, stirring every hour to prevent it crystallising. Remove from the freezer 15 minutes before serving.

VARIATIONS

- **The sweet treat** Pile it high with crushed Oreos, strawberries and chocolate sauce.
- **The Tropical Twist** Simply add chopped pineapple, pomegranate, passion fruit pulp, lime zest and toasted coconut flakes.
- **The superfood** Spoon over a little pecan nut butter, chopped dates and a sprinkle of toasted sesame seeds.

Berry and coconut loaf



SERVES 8-10

Can you have dessert for breakfast?
Go ahead and try...

INGREDIENTS

160g can coconut cream
375ml coconut milk yoghurt
3tbsp runny honey
300g mixed frozen berries

METHOD

- 1 Whisk the coconut cream, yoghurt and runny honey together until well combined and smooth. Stir the frozen berries into the mixture and crush some of them slightly.
- 2 Put into a freezer-proof container lined with greaseproof paper and freeze for several hours, or preferably overnight, until firm to the touch.
- 3 To serve, remove from the freezer and allow to soften at room temperature for at least 30 mins.



Griddled pineapple with chilli



Grilling pineapple enhances
the sweetness of the fruit

SERVES 1

Sweet with a hint of spice – this simple dessert has a lot of flavour with few ingredients.

INGREDIENTS

1 slice pineapple, skin removed
2 squirts spray oil
1tsp finely chopped red chilli
1tsp demerara sugar
1tsp freshly chopped mint
1 scoop frozen yoghurt



METHOD

- 1 Heat a ridged griddle pan. Spray the pineapple with oil and cook for around four to five mins on each side until the pineapple has caramelised and has got grill marks.
- 2 Meanwhile, mix the chilli, sugar and mint. Serve the warm pineapple with the frozen yoghurt, scattered with the sugar mixture.





RIGHT UP OUR STREET

Seek out these street-food inspired dishes served up by chef **James Knight-Pacheco** from Vida Downtown Dubai

BIG DOG

SERVES 4

Get your hands on the ultimate street food feast, created in the comfort of your own kitchen.

INGREDIENTS

4 beef hotdogs
Grated cheddar
FOR THE PICCALILLI
450g button onions
450g cauliflower florets
450g runner beans, trimmed and finely sliced
450g cucumber, seeded, peeled and diced
450g pumpkin, peeled, seeded and diced
450g courgette, diced
450g salt
30g English mustard
30g ground ginger
30g curry powder
15g ground turmeric
30g black peppercorns
1ltr malt vinegar
30g cornflour

FOR THE TOMATO SALSITA
500g red onion, finely diced
1kg chopped tomatoes
4 cloves of garlic, sliced
1 red chilli, diced
4cm ginger, peeled and finely chopped
250g brown sugar
2tbsp Sriracha sauce
150ml red vinegar
5 cardamon seeds
½tbsp of paprika

FOR THE ONION JAM
1kg white onion, finely sliced

100g brown sugar
100g butter
1tsp salt
100ml balsamic vinegar
2tbsp corn oil

METHOD

FOR THE PICCALILLI

- 1 Place all of the vegetables into a large bowl and mix together with the salt. Cover and leave overnight.
- 2 Drain and rinse the vegetables under running cold water and then dry.
- 3 Put three quarters of the vinegar in a large preserving pan and add the spices and vegetables. Bring to the boil and simmer until just tender.
- 4 Mix the cornflour with the rest of the vinegar and add to the pan. Mix together and simmer for 5 mins.
- 5 Put into hot sterilised jars, seal and cool. Store for up to three months in a cool, dark cupboard before eating.

FOR THE TOMATO SALSITA

- 6 Tip all of the ingredients into a large heavy-based pan and bring to a gentle simmer, stirring frequently. Simmer for one hour, then bring to a gentle boil so that the mixture turns dark, jammy and shiny.
- 7 Place into sterilised jars and allow to cool before covering. It will keep for six weeks.

FOR THE ONION JAM

- 8 Place the oil and the butter into a heavy based pan and melt, then add the onions along with the salt, cook the onions until soft and translucent.
- 9 Add the sugar and the vinegar, cook gently for 1 hour until the onions are sticky, leave to cool. Serve when ready.

*Gotta whole
lotta dog*

Each year the average
American eats 60 hot dogs.
One every six days.

CHILLI BOSS

SERVES 2

This nourishing meat treat is seasoned to perfection to pack an extra flavour-packed punch.

INGREDIENTS

350g thin-cut minute steak, very thinly sliced into strips
3tbsp cornflour
2tsp Chinese five-spice powder
100ml vegetable oil
1 red pepper, thinly sliced
1 red chilli, thinly sliced
4 spring onions, sliced, green and white parts separated
2 garlic cloves, crushed
A thumb-sized piece ginger, cut into matchsticks
4tbsp rice vinegar or white vinegar

1tbsp light soy sauce
2tbsp sweet chilli sauce
2tbsp tomato ketchup

METHOD

- 1 Put the beef in a bowl and toss in the cornflour and five-spice. Heat the oil in a wok or large frying pan until hot, then add the beef and fry until golden and crisp.
- 2 Scoop out the beef and drain on kitchen paper. Pour away all but one tablespoon of oil.
- 3 Add the pepper, half of the chilli, the white ends of the spring onions, garlic and ginger to the pan. Stir-fry for three mins to soften, but don't let the garlic and ginger burn.
- 4 Mix the vinegar, soy, chilli sauce and ketchup in a jug with two table spoons of water, then pour over the vegetables.
- 5 Bubble for two mins then add the beef back to the pan and toss well to coat.
- 6 Serve with couscous and roasted cashews.

Veganism

The phrase was first coined in 1944 when Donald Watson set up the Vegan Society in the UK.

CHEEKY CHICKEN

SERVES 4

These chicken thighs with sweet potato fries are high on taste and have a nice, spicy kick, to boot.

INGREDIENTS

400g chicken thighs, cut into strips
100ml buttermilk
150g plain yoghurt
150g labneh
100ml full fat milk
60g roasted cumin powder
50g garlic powder
50g onion powder
60g wholemeal flour
200g plain flour
A pinch of salt and pepper
100g sweet potato fries
20g popcorn – finely blended
10g chopped parsley
Blue cheese dressing
100g blue cheese
100ml cream
100g sour cream
100g cheddar cheese, finely grated

History

In 1893, the San Antonio Chilli Stand set up at the Columbian Exposition in Chicago, popularising the Mexican dish.



HIGH FIVE

SERVES 2

This vegan street food creation is a healthy option brimming with colourful ingredients.

INGREDIENTS

100g cooked chickpeas
50g sultanas
100g pumpkin – pan roasted
100g beetroot, pre-cooked and diced
30g pumpkin seed
20ml olive oil
20ml sherry vinegar
20g chopped parsley/coriander
A pinch of sea salt
2 hollowed-out red peppers

METHOD

- 1 Mix all of the ingredients together in a bowl.
- 2 Stuff the peppers with the chickpea salad and garnish with the pumpkin seeds

METHOD

- 1 Mix all of the wet items and whisk well, then sprinkle the cumin powder over the chicken strips. Add the strips to buttermilk mixture and marinade for 24 hours in the fridge.
- 2 Heat the deep fryer to 190C, and leave to one side for later use.
- 3 Mix all of the dry ingredients well, then coat the strips in the spice marinade. Then, when ready, gently place each marinated strip into the fryer. Each piece will generally take three to four mins to cook through. Once cooked, place onto a plate on one side.
- 4 Place the cream and the cheddar cheese into a pan, gently bring the pan to a simmer, continuously whisk until the cheese has completely melted, then add the blue cheese, until it has melted.
- 5 Take the melted cheese off the heat and allow to cool for a few minutes, gently whisk in the sour cream, this will help to thicken the dressing, as well as to ensure that the dressing does not split.
- 6 Place the sweet potato fries in the fryer, and cook for a few minutes, until crispy.
- 7 In a separate bowl, coat the sweet potato fries in the blue cheese dressing, add the parsley, place the marinated fries in the dish, then add the chicken strips, and finally the popcorn powder.



Healthy?

Sweet potato is filled with antioxidants, has anti-inflammatory nutrients and has a host of other health benefits.

So sweet

Grown first by native Americans, sweetcorn was introduced to European settlers in the 18th century.



CORNY

SERVES 4

Fresh corn gets a tangy tomato jam twist.

INGREDIENTS

4 whole pieces of fresh corn
100ml olive oil
100g butter
A pinch of salt and pepper
FOR THE TOMATO JAM
200g parmesan cheese, blended to a powder
9-10 large beef tomatoes, roughly chopped
1 large onion, finely chopped
170g brown sugar
340g white sugar
1tsp salt
1tsp pepper
½tsp ground coriander
¼tsp cumin
60ml white vinegar
Juice of one lemon

METHOD

FOR THE TOMATO JAM

- 1 Wash and roughly chop the tomatoes and add them to a medium-sized stock pot along with

the rest of the ingredients

- 2 Bring the mixture to a gentle boil and allow the soupy-like mixture to boil for 3 to 4 mins. Do not leave the pot unattended at this time. You don't want the mixture to boil over. Make sure to stir frequently, too.
- 3 Reduce the heat to a gentle simmer until the jam has thickened.
- 4 Once done, transfer the jam to sterile mason jars and, using a new seal, lid the jars and allow to completely cool.
- 5 Store in the fridge for up to two weeks. If you preserve the jam, consider using your favourite canning method.

FOR THE CORN

- 1 If the corn have many layers of husk on them, peel off only the first couple of layers, leaving a few for protection. Do not remove all the layers.
- 2 Soak the whole cobs in a pot of cold water for 15 mins. Be sure they are completely covered with water. This will provide extra moisture for cooking and will steam the corn kernels inside the husks.
- 3 While the corn is soaking, preheat the barbecue grill to 180C. After soaking, remove the corn from the water and shake off any excess water.
- 4 Pull the husks of the corn back (but don't

completely remove them). Remove and discard only the silk and then brush the kernels with olive oil or butter.

- 5 Place the prepared ears of corn on a medium heat on your barbecue grill, rotating the corn as needed to keep it from getting charred too much on one side. After a couple of turns, place the corn husk on an indirect heat (moved to the side of the grill) or on the top shelf of your grill, and close the cover. Allow the corn to cook slowly for about 15 mins.
- 6 As soon as the husk picks up the dark silhouette of the kernels and begins to pull away from the tip of the ear, the corn is ready to come off the grill. Do not overcook or it will become mushy.
- 7 Remove the corn from the grill (make sure to wear oven gloves as the corn will be very hot). Grasping one end with an oven mitt or dish towel, peel the husks and silk from the top down. Ashes will get on the corn, but this is okay. If the corn is too hot to handle, do this part in the sink under warm running water.
- 8 Once you have removed most of the silk, rinse the corn under warm running water to remove any excess ash and silk, then coat the corn with tomato jam, and cover with the parmesan powder and serve.

AREPITA

SERVES 4

Experience doughy delight with this take on the traditional Venezuelan bread, arepa, with a tasty beef filling to complete the dish.

INGREDIENTS

200g white corn meal flour (we recommend Harina P.A.N.)

400ml cups water, plus more as necessary

1tsp vegetable oil

1 pinch of Sea salt

2tsp butter

FOR THE FILLING

140g pulled beef, pre-cooked and shredded and marinated in fish sauce

1 sliced soft avocado

100g red cabbage- shredded

50g cream cheese

METHOD

- 1 Adjust the oven rack to middle position and preheat the oven to 160C.
- 2 Combine the flour, half of the water, and one teaspoon of vegetable oil in a medium bowl and knead with hands until a dough is formed. Take a small amount and flatten it between your palms. If the edges crack, knead in more water one tablespoon at a time until dough is supple and smooth but not sticky. Season to taste with salt, then cover and set aside for five mins.
- 3 Divide the dough into four even pieces and roll into balls. Working on a wooden cutting
- 4 board or a regular cutting board with a sheet of plastic wrap or parchment paper on top of it, flatten each ball down to a disc about four inches in diameter and half-an-inch thick.
- 4 Melt butter in a 12-inch cast iron or non-stick skillet over medium-low heat. Add the arepas and cook, moving them around the pan and rotating them occasionally, until the first side is charred in spots and a dry crust has formed, which should take about five mins. Flip the arepas over and cook on the other side until a dry crust has formed on them, for about another five minutes.
- 5 Transfer to a baking sheet and bake until cooked through, about 10 mins more. Remove from the oven, let rest 5 minutes, split open, fill with the beef and serve.

Daily snack

Arepas are a part of everyday life for Venezuelans and are eaten by the poorest people to the richest.



Go-to gadgets

Nineteen exciting things. And a ladle.



1



2



3



4



5



6



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8



9

1 Want a couple of new tumblers? Want them to be designed by Kate Spade? Try these Gold Dot glasses. **Dhs129. www.virginmegastore.ae.**

2 If you want to cook at home, you need a good set of chef knives. Give the Wustof Classics a go. **Dhs1,212. www.amazon.com.**

3 We've always thought it would be handy if flasks warmed your hands

up, too. And now this Kate Spade thermos is laughing in our faces. **Details ptibea et harum eamhs99. www.virginmegastore.ae.**

4 A cooler bag that Betty Boop would be proud of. This ban.do number is pretty neat, if you ask us. **Dhs229. www.virginmegastore.ae.**

5 That Kate Spade is back again, and this time she's brought her

Melamine chip and dip bowls. **Dhs249. www.virginmegastore.ae.**

6 Okay, it's not the most exciting thing here, but where would we be with disorganised cutlery drawers? **Dhs175. www.lakeland.ae.**

7 We're actually buying this pineapple peeler, corer and slicer. What an invention! **Dhs70. www.lakeland.ae.**

8 Spaghettini is for losers. If you want to be in with the in crowd, courgetti is where it's at. This spiraliser will give your meals a healthy boost with little effort.

Dhs265. www.lakeland.ae.

9 We like this combined steamer and blender. Steam your veggies then turn the jar over and blend. Less washing up, too.

Dhs700. www.miniexchange.com.



10



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10 Get this ban.do BFF mug for someone you barely know and freak them out a bit.
Dhs79. www.virginmegastore.ae.

11 We don't know who Tatty Devine is, really, but we approve of her water bottle.
Dhs129. www.virginmegastore.ae.

12 Do you keep forgetting things? Well you won't know why you need

this fridge notepad from Kate Spade, but you do.
Dhs69. www.virginmegastore.ae.

13 Fressko flasks are made with no rubber or plastics and without using chemicals, which is good.
Dhs179. www.detox-delight.ae.

14 Slow cookers are ace. This Cuisinart version has a 24-hour programme setting and a 'keep

warm' function, too.
Dhs795. www.tavolashop.com

15 A ladle. How else do you get the food out of the slow cooker?
Dhs38. www.lakeland.ae.

16 Pink. Cake. Mixer.
Dhs610. www.lakeland.ae.

17 What if you have three types of nut but no-where to put them? You

should get this trio of bowls.
Dhs169. www.virginmegastore.ae.

18 We all need drawers.
Dhs270. www.lakeland.ae.

19 This tub is perfect for cupcakes.
Dhs179. www.virginmegastore.ae.

20 A striking glass water bottle from LA designers ban.do.
Dhs149. www.virginmegastore.ae.



Culinary Escapes *New York*

The city where your taste buds would go on holiday. Familiar from a thousand movies it is both influenced by and an influencer of global dining.



You know New York. The stamps in your passport might not agree, but you know these streets as well as your home town. You've seen them a thousand times before.

You probably think you know what it tastes like, too. From the coffee in the oversized cups from a cosy café like Central Perk in *Friends* to the pastrami sandwich at Katz's Deli as seen in *When Harry Met Sally* you've seen New York eat a thousand times before.

Don't agree? Picture these meals. The pizza slice as big as your head and dripping with gooey, stringy and slightly luminous cheese. A ball park hot dog smothered in mustard, onions and ketchup. Steaming Chinese takeaway noodles scooped out of a cardboard box with cheap chopsticks. A bowl of spaghetti smothered in red sauce in a Brooklyn family restaurant. An upscale salad in a downtown hotel. A salty pretzel plucked from a street vendor in Times Square. A Manhattan steakhouse serving briefcase-sized steaks to braying businessfolk in expensive-looking suits.

Yeah, you've seen this a few times. But to taste it is something else. New York is the food capital of the world. Paris might have the gastronomic history, Tokyo the Michelin-star artistry, Mumbai the flavours and Tuscany the beauty. But New York has the melting pot



The streets are filled with food



Famous yellow taxi cabs

mentality that makes it the marvel of modern cooking. You can eat anything here. Usually from a street vendor or mobile dining cart.

The status as an immigration hub for America means the world's taste buds have descended on The Big Apple and stewed it however they chose to. European, African, Asian, South American, North American, the cuisine here is truly global and readily identifiable as unique as well. What makes New York so impressive for the foodie traveller is the ease at which food is available. Street vendors sit on most corners, food trucks pull up at parks and many diners have a serving hatch leading straight out to passing pedestrians.

Budget or expensive, main course or dessert, fast food or fine dining, health-conscious or cheese smothered – New York does not discriminate. If you want to eat something, it can be found here. The term “New York-style” is as likely to refer to a type of cheesecake as it is a fried potato.

Despite a familiarity from menus, movies and supermarkets around the world, however, you can never truly know New York cuisine. Like the city itself, it is constantly evolving, changing and throwing out new variations. What doesn't seem to change from afar is, in fact, one of the most dynamic foodie scenes in the world. Just see it at street level and you understand that.

It is no surprise, for example, that the cronut was invented in New York. The croissant-doughnut hybrid was a worldwide sensation after being discovered by a New York food blogger a few years back. It was the perfect New York food story. A well-known food being given an unusual urban twist by an immigrant chef in a local neighbourhood restaurant only for it to get a cult following and, eventually, international exposure and then iconic status on the city scene.

Cronut mania has died down now with variations spreading around the world. Other fads have come and gone. Red velvet croissants, foods in cones, mufgels (muffin-bagel hybrids), rainbow foods and even meat popsicles are all fads that started on the



Coffee everywhere you turn



A sidewalk pretzel stand

streets of New York City and, to varying degrees, spread to foodie and hipster outposts around the world.

The problem for a gourmet traveller is knowing what to eat on a visit to the city. You can legitimately create a food itinerary only eating meals and dishes which originated in New York. That will serve you eggs Benedict, spaghetti and meatballs, ice cream cones, Waldorf salad or chicken and waffles. Alternatively you can choose to only dine in the restaurants of celebrated chefs. These range from fine dining palaces such as Adour (Alain Ducasse), Maze (Gordon Ramsay) Nougatine (Jean Gorges Vongerichten) or Nobu (Nobu Matsuhisa) but also a considerable number of rising stars.



Fresh fruit

Trendy restaurants unshackled by the constraints of fine dining serve quality food that is defining a new generation of culinary superstars and food enthusiasts. More likely to lure you in with promises of hip clientele, sleeve tattoos and an urban soundtrack than a stuffy waiter and a Michelin star, these are the restaurants most likely to influence copycats around the world. What's hot changes from month to month and the scene is as fast-paced and eclectic as anything else in New York City.

What is fashionable one month will be the talk of blogs, message boards and social media debate as chefs, foodies, bloggers, style-makers and locals queue around the block to try the new look taco, noodle bowl or sandwich flavour. The next month it could be empty as tastes, literally, shift elsewhere.

No other dining scene in the world is quite so fickle and embracing of change. Restaurants, ingredients, flavours, styles and even entire neighbourhoods ebb and flow in and out of foodie fashion in New York. Which is precisely what makes it so interesting for foodies. The opportunity exists to dine in a century old institution like one that's appeared in *Breakfast at Tiffany's*, *Wall Street*, Woody Allen movies and James Bond films and a hot new food truck on the same day.

Top 6 to Try



PASTRAMI ON RYE

What makes New York's signature sandwich stand out is the seemingly imbalanced meat to bread ratio that gives it an identity. Between thin slices of simple rye bread and a generous dollop and spread of American mustard comes around six inches of thinly sliced but deeply piled pastrami, which is a dried, smoked and steamed beef.



PIZZA SLICE

The city's variation is bigger, gooier and much more likely to be sold by the slice. Grab one from a street vendor and try and manoeuvre it into your mouth without flicking molten cheese and dripping tomato sauce across your chops.



BURGER

New York can't seem to define its own burger style. Gourmet, Wagyu, mini, maxi, slider, smoked, stuffed, steakhouse, pub-style, tavern-style, bar-style, domed, flattened, smashed, classic or deconstructed – if it can be put on a bun and covered in ketchup, you can find it in New York.



HOT DOG

Frankfurt, Germany, may have a legitimate claim to the hot dog's heritage. But it is the New York Dog, an all-beef sausage topped with sauerkraut, onions and mustard that tourists need to tick off their list of must-eats. Best eaten at a ball game, Coney Island or from a heavily accented street vendor for that extra New York factor, you haven't really had one until you go to New York.



SHAWARMA

The wrap has taken a foothold in New York as well. Superheroes, led by Iron Man Tony Stark, stopped at a shawarma joint after saving New York from intergalactic invaders in *The Avengers*. In real life, look out for King of Falafel & Shawarma, one of the city's most celebrated food trucks.



PUPUSAS

Trust New York to have an award dedicated to food trucks. The Vendy Awards recently recognised Solber Pupusas. The Salvadoran corn tortilla snack can be topped with cheese, meat and vegetables with pickled jalapeños, tomato sauce and coleslaw.



MAKE YOUR OWN PASTRAMI ON RYE

SERVES 4

The good ol' fashioned burger reigns supreme in the USA. In New York, however, it is run close by this classic deli sandwich. Eaten in a deli or walking through the iconic streets it is one of the world's most famous sandwich styles and now you can eat it at home.

INGREDIENTS

- 40g butter
- 8 slices light rye bread
- 60g Emmental cheese, grated
- 2tbsp American mustard
- 200g sauerkraut
- 16 slices pastrami
- 50g rocket
- Pickles, to serve

METHOD

- 1 Lather the butter on a single side of each slice of bread. Mix the cheese and mustard until all is coated and spread across the pre-buttered slices of rye bread.
- 2 Place two slices of pastrami on the buttered slices of bread and top with sauerkraut. Place a further two slices of pastrami on top and add the rocket. Add on the rest of the bread and skewer with a pickle.



Eight New York culinary hot spots

As tempting as it may be to eat nothing but street food on your entire trip to New York, there are some famous and fantastic restaurants that need to go on your must-try list.

KATZ'S DELICATESSEN: From *When Harry Met Sally* to *Man vs Food* and with on screen appearances in films starring Frank Sinatra, Johnny Depp, Al Pacino and Amy Adams, it is probably the most famous deli in the world. More than 125 years old, it has been serving sandwiches to New Yorkers and tourists in the Lower East Side of Manhattan to critical acclaim for generations.

Eat this: The iconic pastrami or corned beef sandwiches are piled high with meat and are big enough to feed a family. Don't forget a pickle on the side for New York authenticity. Lower East Side Manhattan, www.katzsdelicatessen.com.

PETER LUGER: Exposed wooden beams, weathered tables and just fantastic quality

steak – Peter Luger's has set the benchmark for steakhouses all over the world. Almost 130 years old and picked by most published guides as the finest place to buy steak in the city for decades.

Eat this: US prime rib of beef. Don't fly around the world and try something else. Brooklyn, www.peterluger.com.

LOMBARDI'S: Included here on the strength of its boast of being the first pizzeria in America. Other than a ten-year gap and a single location change, the Lombardi family have been churning out pizza since 1905. Just don't ask for a slice – only complete pizzas are sold here.

Eat this: Fresh mozzarella, tomato sauce and as few toppings as you are willing to accept. Maybe an anchovy. Be warned, the large pizza is 18 inches so you may need help. Manhattan, www.firstpizza.com.

DELMONICO'S: The oldest restaurant in America. 180 years old and still relevant today. It claims, as do others, it must be said,

to have invented eggs Benedict, Manhattan clam chowder, baked Alaska and other dishes. While that is difficult to prove, it is clear the fine dining heritage that attracted Theodore Roosevelt, Mark Twain, Charles Dickens and Oscar Wilde is a must-try on every foodie's wish list.

Eat this: Lobster Newberg is one of the undisputed originals to have originated from a Delmonico's kitchen. The creamy seafood dish with a dash of Cayenne pepper is similar to Lobster Thermidore and is part of New York's culinary heritage. Manhattan, www.delmonicorestaurant.com.

NATHAN'S FAMOUS: The Coney Island hotdog stand started selling five cent hot dogs a hundred years ago. While they weren't famous then, they certainly are now. Known to New Yorkers as the snack of choice at the equally iconic Coney Island Fair, they are also the standard measure for the world's best known extreme eating event. Scoff 70 in 10 minutes for a world record.

Eat this: The beef hotdog with a side order



Delmonico's

of crinkly fries and a smothering topping of ketchup and American mustard. Actually, have two.

Coney Island, www.nathansfamous.com.

ELEVEN MADISON PARK: Only 19 miles separate Nathan's Famous and this award-winning Manhattan restaurant but their foodie credentials could not be more different. Under the guidance of chef Daniel Humm and general manager Will Guidara, it is a triple-Michelin star restaurant and widely regarded as the best dining establishment in North America by fine-dining critics.

Eat this: Don't expect a menu. Or any change from \$300. The chefs will serve eight to 10 courses of mind-blowing seasonal food and you will like whatever you're given. Just be prepared to never experience food like this again in your life.

Eleven Madison Park, Madison Avenue, Manhattan, www.elevenmadisonpark.com.



Eleven Madison Park

XI'AN FAMOUS FOODS: The casual fast food chain has outlets across New York but was first prominent in Queens. Famed for bringing the food of Northern China to America, it provides a different aspect on Chinese cuisine. Loved by local magazines such as *Time Out*, who declared Xi'an to be the second best Chinese restaurant in America, it is considered one of the hottest restaurant successes of 2016.

Eat this: Like many places in New York, they take the noodles seriously here. You will be advised of the best way to eat them upon entering the restaurant and although there are many dishes from the Xi'an province served up, it is the noodles that are considered a speciality. Try some of the hand-ripped noodles with a spicy cumin and lamb topping for less than \$10 to understand the fandom among local foodies.

Queens, www.xianfoods.com.



Nathan's Famous



Xi'an steamed mutton

EBE YE YIE: Brooklyn has gone through something of a gentrification in recent years and it is not uncommon to hear locals lamenting the arrival of hipsters. The Bronx retains some of its rougher edges but also a mix of locals that make it truly interesting. Italian, Indian, Hispanic and African restaurants open and close with regularity. Locals claim Ghanaian stalwart Ebe Ye Yie is a top choice for an alternative to the usual picture postcard and tour guide favourites.

Eat this: It is to New York's eternal credit that a neighbourhood well known for being a little Italy or Dominican culinary centre is also famed for small Bangladeshi and African joints. The flavours of Ghana are strong here. Eat spicy stews and beef or fish plates with a side of bread and your fingers while congratulating yourself on straying away from the well-worn path of eating in the burger chains of Times Square.

2364 Jerome Avenue, Bronx.



Katz's
Delicatessen



The GRILL

The monthly guide to making the most of your barbecue





THIS MONTH *Street food snacks*

Chef Anthony Reilly shows how you can make a barbecue really sizzle – without a beefburger in sight

The great British barbecue can sometimes get a raw deal (and that's not just because the cook in charge of the grill hasn't let the coals heat up for long enough). Uncomfortable images of middle-aged men in ill-fitting aprons making a meal out of flipping burgers while guests are forced to take cover as another deluge of rain puts a dampener are etched in the minds of many. But Liverpool-born chef Anthony Reilly, who is now heading up the kitchen at Brit-inspired harbourside spot Senara, on Palm Jumeirah, is proving the best of British can actually pull off a successful barbecue.

Reilly can track his success back to his start as a pastry apprentice at award-winning restaurant The London Carriage Works in his native Liverpool. He then took his career to new heights after rising to the ranks of head chef at Panoramic 34, a fine-dining restaurant 300ft above the Merseyside skyline, at the tender age of just 21.

He quickly cooked up a storm, achieving the highest critical ratings ever handed out to a

restaurant in the city in the renowned Michelin Guide, before making the switch to the UAE.

Reilly sharpened up his skills by working under legendary chef Marco Pierre White before landing the role of head chef at Senara.

He has brought the key ingredients of hard work, commitment, creativity and a dash of British flair to the dining table at the relaxed spot – and says a barbecue is a great way to show off your culinary cooking quality as well as share good times with friends and loved ones.

Reilly explains: "Barbecuing is a great way to spend time with family. It is a social event, a way to get everyone to bring their own side dishes and stand around the barbecue. It's a lot more engaging than just sitting around a table."

Reilly says firing up the grill for the classics appeals to everyone – but that doesn't mean you can't step away from the tried-and-tested recipe for success.

He says: "People's perception of a barbecue is that it's only for things like meat and some roasted veg but if you get creative there are endless

things you can do. Think of it as a stove, a hot fiery stove where you can cook anything you would usually in a pan. Many people wouldn't cook delicate items on a barbecue, but why not? Flaky fish, for example, can be wrapped in aluminum foil and marinated or simply seasoned and given a squeeze of lemon and cooked directly on the coals. As long as you can regulate the heat there's nothing that can't be done on a barbecue."

In an age when images of food often take centre stage over the dishes themselves, Reilly insists cooking over hot coals can give the social media generation Instagram gratification. He adds: "These days the things that tend to be fashionable are the ones that people enjoy posting pictures on social media about. The dramatic nature of cooking on hot coals and the scenery of eating outside sharing beautifully charred food and colourful salads is perfect for showing all your followers your skills on the barbecue."

He also has a few rules on how to get the best from your barbecue. "Buy the right fuel. There are so many different types of coal and wood that all have different burning times," he says. "I like to use a mixture of three types, hardwood briquettes, lump charcoal, and wood. The lump charcoal lights fast and burns for a long time, the hardwood briquettes don't last as long but give off a great smell and flavour to the food and the wood will slowly burn away creating an amazing smoky flavour. Also, use firelighters but be careful not to use too many as they will give off a strong petrol-like smell which could destroy all your hard work. If you stack the coals and wood correctly allowing air to pass through them you will only need two small firelighters for around 10kg of coal or wood."

"The best tip I can give for cooking on a barbecue is regulating the temperature. Once the coal is ready make a pile on one side and on the other just a small amount, this way you will have one side nice and hot for caramelizing quick cooking items and one side medium heat for longer cooking items like chicken or thick burgers. Try to purchase a laser thermometer, they are readily available, quite cheap and will give you an idea of the hot and cold points on your barbecue."

Senara is open daily 11am-midnight. Palm Views West, Palm Jumeirah (04 451 6460).



The Recipes

Follow these step-by-step guides to creating the ultimate make-at-home street food style dishes, including meat, buns, sides and sauces.

On the grill

HONEY MUSTARD CHICKEN BURGER

SERVES ONE

13-15 MINS COOKING TIME

1 HOUR PREPARATION TIME

Chef says: This is a sweet, mustardy alternative to red meat burgers and really simple to make. It can either be enjoyed on a burger or just the chicken breast alone with some salad.

INGREDIENTS

3tbsp honey
1tbsp wholegrain mustard
1 chicken breast

THE METHOD

- 1 Remove any skin or bone from the chicken breast, carefully cut from the top of the thick part to the top of the middle of the breast to open it up so it is all one thickness. Rub in a tablespoon of the mustard and season. Leave this for an hour to infuse.
- 2 Oil the chicken breast and place onto a medium heat, turn occasionally to get colour then place onto a lower heat to finish cooking. This should take around 12 mins.
- 3 Mix the remaining mustard and honey together and cover the breast, cook for a minute more so the honey will slightly caramelize.



- 4 Place onto the bun and put one more tablespoon of honey mustard to cover the chicken.

JERK BABY CHICKEN

SERVES TWO

30 MINS COOKING TIME

90 MINS PREPARATION TIME

Chef says: Probably the best recipe for a barbecue. If left to marinade for long enough, the flavour will be intense when matched with the crispy burnt edges of the chicken.

INGREDIENTS

1 baby chicken
20g spring onion
5g chopped red chili (add 5g more for more heat)
25g brown sugar
5g ginger powder
15g allspice powder
Juice from an orange
30ml water

METHOD

- 1 Mix all the ingredients for the jerk marinade together and cut the baby chicken in half straight down between the two breasts to make two halves.
- 2 Cover with half of the jerk sauce and allow to marinade for at least an hour (for best results, four hours is perfect).
- 3 Cook the chicken on a medium heat for 20 mins, move to a lower heat and continue cooking for 10 mins.
- 4 Every couple of minutes cover the chicken in more sauce. Ensure the chicken is thoroughly cooked before serving to your guests.

LAMB KOFTA

MAKES 4 SKEWERS

20 MINS COOKING TIME

30 MINS PREPARATION TIME

INGREDIENTS

300g minced lamb
1 onion
1tbsp ground cumin
1tbsp ground coriander
3tbsp chopped parsley



METHOD

- 1 Finely dice the onion and cook in a pan on low heat with the cumin and the coriander.
- 2 Once cooked, chill for a little while so it is not hot. Mix with the lamb mince and the parsley thoroughly, then season with salt and allow to rest for an hour.
- 3 Take around 100g of the mixture in your hand and the skewer in the other, firmly press the meat onto the skewer. You will want to cover around $\frac{3}{4}$ of the length in meat.
- 4 Drizzle with oil and place onto the grill at high heat, turning occasionally, then move to a medium heat to finish the cooking.

GRILLED PEACH & HALLOUMI SALAD

SERVES FOUR

10 MINS COOKING TIME

15 MINS PREPARATION TIME

Chef says: This is a great summery salad to accompany any barbecue. The sweetness of the peaches works perfectly with the salty crispy halloumi. Perfect to have as a side dish or even for any vegetarians to enjoy as a main barbecue item

INGREDIENTS

1 block (250g) halloumi cheese
2 whole peaches
1 pomegranate
6 cherry tomatoes, halved
100g mixed salad leaves (washed)

METHOD

- 1 Cut the peaches in half and remove the stone, also cut the halloumi in half and dry off any excess water absorbed from its packaging.
- 2 Place the peaches and the halloumi onto the grill on a high heat. Try to caramelize the peaches and get the halloumi nice and crispy around the edges, this should take around 10 mins with continuous checking.
- 3 Mix all the salad items in a large bowl, cut

the halloumi and peaches into smaller pieces making sure you get the nice charred outside on every piece and mix through the salad.

- 4 Dress simply with olive oil to maximize the flavor of the halloumi.

Stunning sides

ROASTED GARLIC & PARMESAN FRIES

SERVES ONE

30 MINS COOKING TIME

5 MINS PREPARATION TIME

Chef says: A different way of serving fries – a strong cheesy and garlicky flavor will complement any meat and also impress your guests.

INGREDIENTS

1 bulb of garlic
50g grated parmesan
200g French fries
1 tablespoon chopped parsley

METHOD

- 1 Take the bulb of garlic and season heavily with salt & pepper, drizzle with olive oil and wrap in aluminum foil before placing onto medium hot coals for 30 mins.
- 2 The garlic will look burnt on the outside but this is only the skin. Once soft, allow to cool and separate the cloves.
- 3 Chop finely and mix with the French fries parmesan and chopped parsley.

SWEET POTATO AND ROSEMARY BUN

MAKES 8 BUNS

15 MINS COOKING TIME

90 MINS PREPARATION

Chef says: Impress your guests with this easy

burger bun recipe. With the addition of sweet potato, it's not just healthy but has a great orange colour, too.

INGREDIENTS

3tsp dried yeast
240g warm water
230g cooked sweet potato
620g strong white flour
2tsp honey
Pinch of salt

METHOD

- 1 Heat the water until just warm enough to be able to keep your finger in, add the yeast and the honey.
- 2 In a mixer or a large bowl add the flour and salt, dice and add the cooked sweet potato and the yeast and water mixture.
- 3 Mix together until smooth. This should take around 15 mins.
- 4 Place into a clean bowl, cover with cling film and store in a warm place until doubled in size. This should take around an hour.
- 5 Shape into balls of 100g each, flatten onto a tray and return to a warm place to prove for around 30 mins.
- 6 Cook at 180C for 10 mins.

PITTA BREAD

MAKES 10 LARGE PITTAS

5 MINS COOKING TIME

60 MINS PREPARATION TIME

Chef says: An easy bread recipe that's good to use on its own, for wrapping around your kofta and dipping in hummus.

INGREDIENTS

224g water
70g wholemeal flour
280g white flour
2 tsp dried yeast
1tbsp sugar
1tbsp olive oil
1tbsp salt

METHOD

- 1 Warm the water to roughly 37C and add the yeast and mix well.
- 2 Add all the flours and the salt into a large bowl or mixer, add the water, yeast and the olive oil and mix until the bread mixture is smooth and fairly stretchy.
- 3 Place the ingredients into a clean bowl in a warm area and allow to prove until the ball of dough doubles in size.
- 4 Cut into 10 equal size chunks and roll into balls about 50g in weight. Then, using a rolling pin, roll flat to a thickness of 50mm.
- 5 Place each pitta bread onto the barbecue on a medium heat. It will only take about a minute on each side before they're done.
- 6 Allow the pittas to cool if you are cutting the bread open to stuff with meat and veggies, or enjoy hot and crispy straight from the barbecue – but watch you don't burn your mouth!

TZATZIKI SAUCE

20 MINS PREPARATION TIME

Chef says: The sauce is best used with lamb or beef but can go great with chicken in a pitta or on the side.

INGREDIENTS

300g yoghurt
2 small cucumbers peeled and seeded
2 cloves garlic
1tbsp olive oil
1tbsp fresh dill
1 lemon, juiced

METHOD

- 1 Combine the ingredients all together in a blender until smooth.
- 2 Add salt to taste and store in the chiller until it is needed.

PERI PERI SAUCE

30 MINS COOKING TIME

10 MINS PREPARATION TIME

Chef says: Perfect as a marinade for chicken or as a sauce to accompany any dish. Depending on your taste you can add or remove the amount of chilli.

INGREDIENTS

100g canned peeled tomatoes
1 hot red chilli
1tsp chilli flakes
1tsp Worcestershire sauce

METHOD

- 1 Put all of the ingredients in a saucepan then reduce the liquid over a medium heat for 20 mins. Then allow the mixture to cool before blending it all.

*Some
sauce
with that?*



A close-up photograph of a dish served on a white plate with a blue floral pattern. The dish consists of a lentil salad, bread cubes, cherry tomatoes, and almonds. The text "10 for the Weekend" is written in a green, cursive font at the top left. The main title "Outdoor parties" is written in a large, white, cursive font across the center. A green box at the bottom left contains text about alfresco entertainment. The page number and magazine name are at the bottom left.

10 for the Weekend

Outdoor parties

Eat out tonight. Not at a restaurant – just outside. Here are some delicious recipes for alfresco entertainment

RICE-CRUMBED CAULIFLOWER STEAK SALAD

SERVES 3-4

Perfect for vegetarians – a satisfying and very tasty dish.

INGREDIENTS

1 large cauliflower
1 large egg, beaten
75g rice breadcrumbs
1tsp Dijon mustard
1tbsp vinegar

2tbsp olive oil
250g pack cooked mixed grains
200g mixed tomatoes, sliced
100g pea shoots
30g sliced almonds, toasted
30g pine nuts, toasted

METHOD

1 Heat the oven to 180C. Trim the leaves from the cauliflower and set flat on a chopping board. Using a large knife, cut it in half and then into 2.5cm “steaks”.

- 2** Coat the steaks in the egg and then in the rice crumbs to coat. Lay them on a large baking tray and roast for 20-25 mins, until golden and crisp.
- 3** Meanwhile, mix together the mustard, vinegar, oil and freshly ground black pepper and sea salt until emulsified, to make the vinaigrette. In a large bowl, toss the mixed grains, tomatoes and pea shoots in the vinaigrette.
- 4** To serve, spoon the grains onto a platter, top with the cauliflower steaks and sprinkle over the toasted almonds and pine nuts.

1



BRINED ROAST CHICKEN WITH ROASTED SWEET POTATOES AND TAHINI YOGHURT

SERVES 6

Brining chicken is a simple technique and gives the moistest, tastiest result.

INGREDIENTS

150g sea salt
25g caster sugar
10 black peppercorns
A small bunch of thyme
1.8-2kg free-range chicken
2 lemons
1 head of garlic, 2 cloves crushed for the sauce and the rest left unpeeled
800g sweet potatoes, peeled and cut into thick chunks
2tbsp olive oil
200g natural yoghurt
3tbsp tahini
5tbsp flat-leaf parsley, finely chopped

METHOD

- 1** Dissolve the salt and sugar in 500ml boiling water, add the peppercorns and three thyme sprigs, and mix well with two litres of cold water in a large bowl until dissolved. Submerge the chicken in the brine, cover and put in the fridge overnight to let the liquid do its work.
- 2** Heat the oven to 150C. Drain the chicken and rinse well under cold running water, pat dry with kitchen paper and put in a roasting tin. Stuff the cavity with one of the lemons cut into quarters, add the unpeeled garlic and tuck around the remaining thyme, season well and roast for 45 mins before adding the potatoes.
- 3** Spread the potatoes on a baking tray, drizzle with the oil and sprinkle over some seasoning. Turn up the oven to 180C. Cook the potatoes for 50-60 mins, with the chicken.
- 4** Meanwhile, mix the yoghurt with the tahini, the juice of the remaining lemon, the parsley and crushed garlic, and season well. Serve the chicken and potatoes with green beans.

2

SICILIAN BROAD BEANS AND ARTICHOKES WITH SAFFRON DRESSING

SERVES 6

Too often consigned to a supporting role, broad beans take the lead in this recipe.

INGREDIENTS

400g podded broad beans
2tsp olive oil
2-3 shallots, chopped
1-2 garlic cloves, chopped
½tsp dried chilli flakes
2tbsp raisins soaked in boiled water, drained
2tbsp toasted pine nuts
15g mint leaves for the dressing
2tbsp lemon juice
A good pinch of saffron threads
1tsp honey
280g jar artichoke pieces in olive oil

METHOD

- 1 To make the dressing, put the lemon juice or vinegar in a small pan with the saffron and heat for 30-60 seconds until the saffron softens and colours the liquid. Leave to cool, then whisk in the honey and five tablespoons of oil from the jar of artichokes.
- 2 Cook the beans in boiling water until tender – around five mins. Drain, run them under cold water, then slip off the skins.
- 3 Warm the olive oil and sauté the shallots until soft and just starting to caramelise. Add the garlic and chilli to the pan and cook for another couple of minutes.
- 4 Drain the artichokes, making sure to pour any remaining oil back into the jar for making other

salad dressings. Put the artichokes in a salad bowl, and stir in the beans and raisins. Sprinkle over the shallot mixture and toasted pine nuts. Season well and sprinkle with shredded mint leaves or whole small leaves. Stir in the dressing and serve.



AVOCADO, GRAPEFRUIT AND ROCKET SALAD

SERVES 6

This zesty salad is a refreshing addition to any summer meal or buffet table.

INGREDIENTS

2 pink grapefruit
140g pack rocket
2 avocados, peeled, stoned and sliced
for the dressing
6tbsp olive oil
2tbsp sherry vinegar
1tbsp honey

METHOD

- 1 Peel the grapefruit and cut the flesh into segments. Squeeze the membranes/pulp to extract as much juice as possible.
- 2 To make the dressing, pour all the ingredients into a bottle or jar and add the grapefruit juice. Season with salt and pepper.
- 3 Put the rocket in a bowl, add the grapefruit segments and avocados and drizzle over the dressing just before serving.

CASHEW SATAY CHICKEN SALAD

SERVES 4

This salad is another delicious way to enhance the nutty flavours of the sauce.

INGREDIENTS

FOR THE DRESSING

1 banana shallot, chopped
3 garlic cloves, crushed
½ red chilli, seeds removed and finely chopped
50g cashew nut butter
100ml coconut milk
50ml coconut water
½tsp honey

A dash of fish sauce
Zest and juice of ½ lime
FOR THE SALAD

2 baby gem hearts, ends trimmed, quartered
4 small chicken breasts
3tsp rapeseed oil
¼ cucumber, ribboned
100g cherry tomatoes, halved
140g bag of mixed leaf salad
2tbsp cashew nuts
1tbsp coconut flakes

METHOD

1 Whisk all the dressing

ingredients together and season well. Set aside while preparing the salad.

2 Heat a griddle pan over a high heat. Brush the baby gem then the chicken breasts with the oil. Griddle the lettuce for 30 seconds to one minute per side. Now griddle the chicken; heat until cooked through, making sure to turn halfway.

3 Slice the chicken then add to a large bowl, along with the rest of the salad ingredients, drizzle with the dressing just before serving.



6

HOT-SMOKED SALMON PÂTÉ

SERVES 4

This fantastic prepare-ahead spread is easy to make and keeps well.

INGREDIENTS

125g smoked salmon
185g hot-smoked salmon, flaked
200ml half-fat crème fraîche
1tbsp horseradish sauce
Zest of 1 lemon
½ pack fresh dill, finely chopped
Sliced seeded bread, rocket leaves and a lemon, cut into wedges, to serve

METHOD

- 1** Put the smoked salmon and hot-smoked salmon in a food processor. Season well with black pepper and pulse to a chunky paste. Add the crème fraîche, horseradish, lemon zest and dill, and pulse until combined. Chill the mixture.
- 2** Toast the bread and serve with the pâté, rocket and lemon wedges.

GOURMET TIP

- Try these ideas too!
- Smoked mackerel and ricotta pâté with capers
 - Smoked trout and horseradish pâté
 - Kipper pâté with lemon and dill
 - Crab pâté with tabasco and lime

KALE AND CHICKEN CAESAR SALAD

SERVES 6

A retro favourite with a modern twist – guaranteed to please a crowd.

INGREDIENTS

1.2kg boneless chicken breasts
2 garlic cloves, chopped
Zest and juice of 1 lemon
2tsp Dijon mustard
4 anchovy fillets in oil, chopped
150g plain yoghurt, plus 2-3tbsp
125ml olive oil, plus 1tbsp
1 green chilli, sliced
1 egg yolk
A good dash of Worcestershire sauce
200g bag prepared kale
50g bag croutons
50g parmesan

METHOD

1 Put the chicken in a large food bag with half the garlic, lemon zest and juice, mustard and anchovies, reserving half for the dressing. Add 150g yoghurt, plus 1tbsp oil, the chilli and freshly ground black pepper. Mix well and leave to marinate for two hours.

2 Cook the chicken under a grill or in a griddle for around 15 mins, turning until cooked through with crispy skin. If using thighs, they may take a little longer. Set aside to rest, then slice.

3 To make the dressing, put the remaining garlic, a squeeze of the lemon juice, mustard and anchovies in a bowl with the egg yolk and Worcestershire sauce. Blitz with a hand-held

blender, then slowly whisk in the 125ml oil until you make a mayonnaise. Stir in two or three tablespoons of yoghurt, and a splash of water to make a creamy dressing. Season with salt and pepper to taste.

4 To serve, put the kale in a large serving bowl and top with hot sliced chicken, drizzle over the dressing and scatter with croutons and parmesan shavings.



7

8



MEXICAN BARBECUE SIDE OF SALMON

SERVES 8-10

Serve the salmon with a black bean salsa and ripe avocados sprinkled with lime juice.

INGREDIENTS

1 large side of salmon
250g cherry tomatoes, halved
A large handful oregano leaves for the chipotle barbecue sauce (you will only need half)
2 shallots, roughly chopped
10 garlic cloves
1 green chilli, roughly chopped
1tbsp fennel seeds
½tbsp coriander seeds
1tbsp smoked paprika
Pinch of oregano
Pinch of crushed chipotle
1tbsp soy sauce
Zest and juice of 2 limes
Juice of 1 orange
4tbsp tomato purée
125g maple syrup
1tsp cracked black pepper

METHOD

- 1 Heat oven to 180C fan. Put all the ingredients for the barbecue sauce in a blender and whizz until combined.
- 2 Scrape into a saucepan, bring to the boil then simmer gently for 15 mins. Set aside and leave to cool. It will keep for up to a week in an airtight container in the fridge.
- 3 Put the side of salmon on a large baking tray and cover it with barbecue sauce. Bake for 15-20 mins or until the salmon is cooked through.
- 4 Top with the tomatoes and oregano to serve.

TOMATO, GOATS' CHEESE AND BASIL TARTLETS

SERVES 12-20

Delicious when made with homemade fresh basil pesto (but you can buy a jar if you want).

INGREDIENTS

320g ready-rolled puff pastry sheet
Beaten egg, to glaze
2-3tbsp basil pesto (see recipe, right)
1-2 x 120g goats' cheese logs, sliced
3-4 tomatoes, thinly sliced
1-2tbsp shredded basil
Olive oil, for drizzling

METHOD

- 1 Heat the oven to 200C. Unroll the puff pastry and trim away the edges. Brush with egg glaze, then cut into 12-20 squares. Put the squares on a baking tray and spoon a little pesto on to each. Top with a slice of goats' cheese and one or two slices of tomato. Scatter over the basil

and add more pesto. Drizzle with olive oil.

- 2 Bake in the oven for 15-20 mins until they have puffed up and are lightly golden.

FRESH BASIL PESTO

We love the taste of this – once you've tried it you'll never buy it from the shops again!

INGREDIENTS

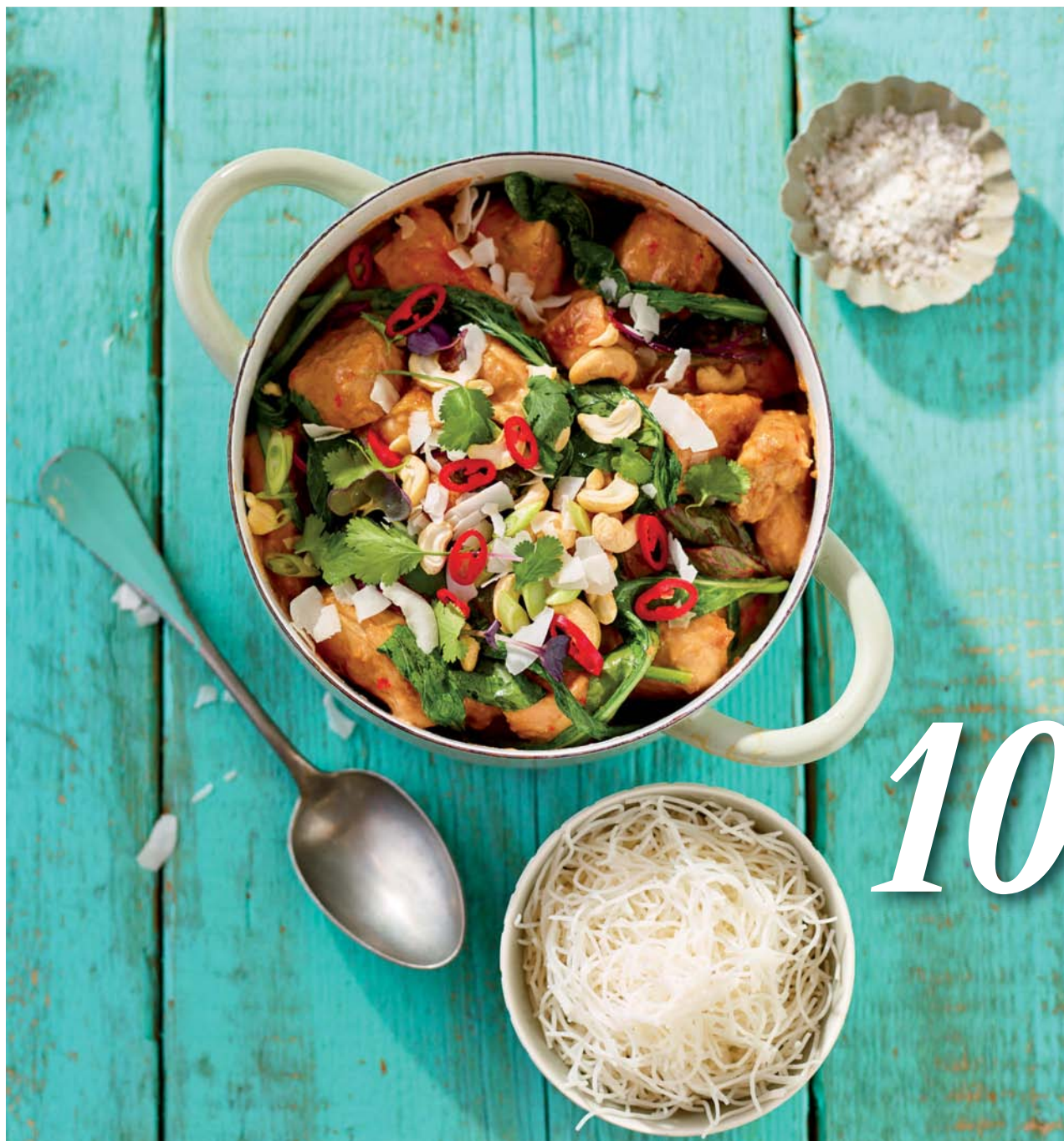
50g pine nuts, toasted
50g pecorino, finely grated
150ml virgin olive oil
2 garlic cloves, peeled and crushed
A large bunch of basil

METHOD

Put the pine nuts into the bowl of a small food processor and whizz until ground. Add the remaining ingredients and blend until well mixed and smooth. If you prefer it chunky, pulse rather than blend. Keep refrigerated until you want to use it. It can be kept in the fridge for up to a week.

9





CASHEW SATAY CHICKEN

SERVES 6

If salads aren't your thing, try this. The delicious, fragrant stew can also be made with peanut butter.

INGREDIENTS

2tsp rapeseed oil
6 chicken breasts, cut into chunks
2 banana shallots, chopped
5 garlic cloves, crushed
1 red chilli, seeds removed and finely chopped
100g cashew nut butter
200ml can coconut milk
100ml coconut water
1tsp honey
½tsp fish sauce

Zest and juice of 1 lime
150g tatsoi or pak choi, bottom stalks removed to garnish
1 chilli, finely sliced
4 spring onions, finely sliced
1tbsp coconut flakes
2tbsp cashew nuts, roughly chopped
1tbsp coriander leaves

METHOD

- 1 Heat the oil in a heavy-based casserole over a medium heat and brown the chicken on all sides. Remove from the pan and set aside.
- 2 Put the shallots, garlic and chilli in the pan and cook gently for five mins, until the shallots are soft but not brown.
- 3 Return the chicken to the pan, along with the

cashew nut butter, coconut milk, coconut water, honey and fish sauce, and cook on a medium heat for 20 mins or until the chicken is cooked through.

- 4 Stir in the tatsoi and heat for one more minute. Top with all the garnishes and serve with rice noodles or basmati rice.

GOURMET TIP

If you wish to freeze this dish, reduce the cooking time by five minutes and complete the recipe to the end of step 3. Cool the chicken then freeze in a lidded container for up to one month. When you're ready to use it, defrost the chicken overnight in the fridge. Return to a heavy-based casserole and slowly heat through until piping hot, then complete stage 4 before serving.

The fit foodie

Our columnist Lucy Bettoney has healthy, tasty recipes for you each month



When I discovered how to make nutritious 'nutella' from dates, cacao and hazelnuts, I had to make it into a brownie. They feel so indulgent but are full of nutritious ingredients – walnuts rich in Omega 3 fatty acids, dates benefitting digestion and hazelnuts with high quantities of vitamin E. Not to mention the high-powered antioxidant benefits of raw cacao powder. Who knew chocolate could be so healthy? These brownies are seriously addictive. www.fitfoodcollective.com

HEALTHY BROWNIES

Makes 12

INGREDIENTS

For the brownie layer:

85g cup walnuts
85g cup pecans
130g dates
45g desiccated coconut
1tbsp coconut oil
3tbsp cacao powder

For the 'nutella' layer

130g hazelnuts
130g dates and 60ml hot water
3tbsp cacao powder
60ml water

METHOD

- 1 Bake the hazelnuts for 10 mins at 200C then take them out of the oven to cool.
- 2 Mix the walnuts and pecans in a food processor until they form a crumbly mixture then add the pitted dates, cacao powder, coconut oil and coconut then once combined put in the freezer on a baking tray.
- 3 Rub the skins off the hazelnuts and put in the food processor for 10 mins until they totally break down.
- 4 Cook the pitted dates in a saucepan with 60ml of boiling water for 5-10 mins then add to the hazelnuts and cacao powder in the food processor and blend until mixed together well.
- 5 Take the brownie layer out of the freezer and pour the hazelnut cacao mixture on top. Allow to set for an hour before storing in fridge.

Sowing the seeds

Elena Kinane, of Greenheart Organic Farms, shows how nurturing nature can grow success



Did you know that the fresh produce you eat is only as nutritious as the soil in which it is grown?

For example, if you eat freshly-harvested tomatoes from the fertile soil beneath Italy's Mount Vesuvius, they will be much more nutritious than those from a standard Dutch greenhouse. Healthy soil is a dynamic system rich in large 'aggregates' (such as sand, clay, silt, etc.) which is held together with living organisms and humus (the organic component of soil). There are actually more micro-organisms in half a cup of healthy soil than there are human beings walking the planet.

Unfortunately, most farming practices over the years have actually degraded soil by planting a single crop across a large area, tilling with heavy machinery, allowing no resting periods and using chemicals.

Thankfully, over recent decades farmers have learned a lot about how we can improve the quality of this critical resource.

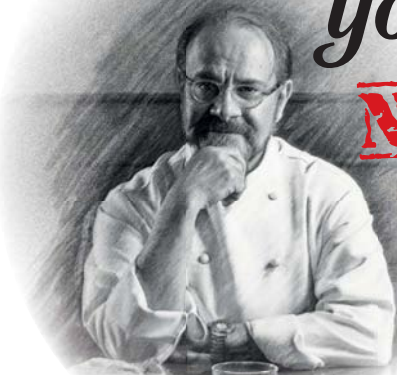
At Greenheart we believe the best way to go about it is to imitate nature. We add our own farm-made compost, natural minerals and fermented plant-based concoctions to the red desert sand. But we've found that without animal manure, long-term soil enrichment in the desert is impossible. We keep chickens, goats and cows, and feed them with farm-grown organic grass and crops.

Organic livestock farming is not feasible in a desert setting so we keep them purely for the manure they produce. Both plant-based and animal compost takes about five to six months to decompose before it's ready for use.

Healthy soil is just like a healthy human immune system – the stronger it is the better it performs and the less susceptible it is to pests and disease, making for better produce. And, of course, that produce is going to taste better and be better for you.

Find out more and order organic food online at www.greenheartuae.com. The farm shop is open Sat-Thu 10am-6pm. The Light Building, Shop 8, Arjan, Al Barsha 2 (04 361 7010).

Your Kitchen NIGHTMARES



Celebrated chef
Greg Malouf has the
answers to all your
culinary queries



RED HOT PICKLED CHILLI PEPPERS

Q: Is there a quick pickle recipe you
would recommend?

Peter Simpson, Discovery Gardens

A: Pickled chillies are simple and super-quick.
Here is a recipe for the dish:

Ingredients

1 kg long green peppers chillies
2 red bullet chillies
4 cloves of garlic
1tbsp coriander seeds
1ltr of water
400ml white vinegar
60g of sea salt
Bunch mint leaves, washed and dried.

Method

- 1 Wash the peppers and chillies, then prick them all over with a thin skewer or toothpick and set aside in a large ceramic bowl or dish.
- 2 In a large, heavy-based, non-reactive saucepan, combine the garlic, coriander seeds, water, vinegar and salt. Bring to the boil and pour over the peppers and chillies. Leave to macerate until cold then return everything to the saucepan and bring back to the boil.
- 3 Divide the mint between two sterilised 500ml jars, then divide the pepper mixture and add it before pouring in the liquid. Seal the jars and turn them upside-down a few times to distribute the ingredients evenly. Leave in a cool, dry place for a week before using.

THE RICE IS RIGHT

Q: How do you stop risotto from being too
thick and clumpy?

Rhona Anderson, Palm Jumeirah

A: It's the last stage of the cooking process that's important. You first need to give it a break. This means taking the rice off the heat when the grains are still a bit al dente and letting it rest, without stirring. The process allows the temperature to come down. Then stir in really cold unsalted butter cubes and Parmesan till you reach the right texture. As you emulsify the rice you get the creamy consistency that you are looking for. If it becomes too thick add more stock. The risotto should be literally poured onto a flat plate.



gourmet

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ADVERTISING

COMMERCIAL DIRECTOR
Claude El Feghali
T: +971 4 444 3241
M: +971 55 997 4071
SENIOR SALES MANAGER
Rami Akawi
T: +971 4 444 3158
M: +971 50 288 2395

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2

Top ingredient

Olive oil everywhere. On bread, in soup, on salads, on meat, even in my juice!



1

Weird food habit

Combining popcorn with Maltesers.



3

Go-to-dish

Pan con tomate. Spanish through and through.



4

I could eat every day

Sweet, sticky dulce de leche.



5

My favourite drink

Tomato juice, to which I add salt, pepper, balsamic vinegar and olive oil. I have this have every day before my shift!



6

Store cupboard essentials

Spanish olives.



7

Can't live without

Manchego cheese.



8

Guilty pleasure

The torrija dessert from El Sur.



9

If you try one thing I recommend

Arroz Negro, which is a black rice with squid ink, calamari, prawns and topped with aioli. It's to die for!



My Nine to Dine

Lloy Rubio, restaurant manager of El Sur in The Westin Dubai Mina Seyahi Beach Resort & Marina, tells us all about this favourite foods

If you want to be featured in nine to dine, contact us at paul.clifford@itp.com



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