

BBC

March 2020
DHS15

goodfood

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Middle East

SPRING GREENS

*Eat fresh,
vibrant and
in-season*

5 **INGREDIENT**
FAMILY
DINNERS

***Just
for her***

Mother's Day
dining deals
& more

**TRIED &
TASTED**

- Marea, DIFC
- Oak Room,
Abu Dhabi

NEW
ON THE
BLOCK

- The Alici Brunch debut
- Paradise Beach launches Matto
- Fouquet's opens at Louvre Abu Dhabi
- Flow's second branch



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Ocean Brunch A gourmet evolution.



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Meaning ocean in Tahitian, Moana lives up to its Polynesian name by offering a synergy of never-ending seafood in tasting portions, delectable desserts and exquisite signature drinks.

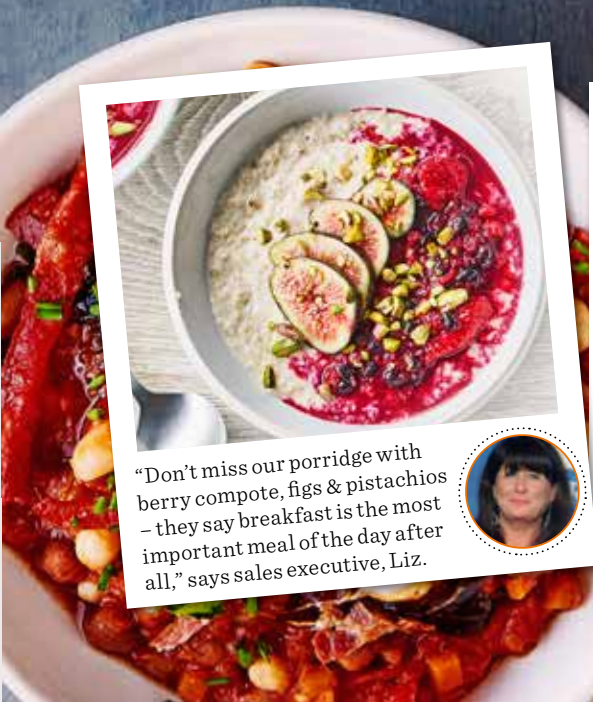
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S O F I T E L
DUBAI THE PALM



Welcome to March!

Making a colourful reappearance in the fresh produce aisles of supermarkets, spring ingredients have woken up after winter's frost, and this month at *BBC Good Food Middle East*, we're celebrating all that's fresh and in-season. Think peas, spinach, leeks, carrots, garlic, beets, and herbs.

Inside, you'll find a fantastic selection of trusted recipes, made using vibrant and wholesome produce, all found readily available in supermarkets across the UAE.

March 21 sees Mother's Day, so we've rounded up some of the city's best foodie offerings on page 10 including everything from a special afternoon tea to an indulgent dinner or brunch – what better way to show your mum how much you appreciate her than with a delicious meal.

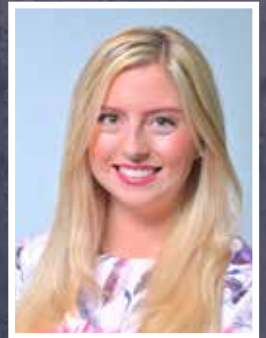
Alternatively, get your mixing bowl out and bake one of our *Mother's Day Desserts* from page 56 onwards – the little carrot cakes with orange & honey syrup are sure to go down a treat.

Paired with *BBC Good Food Middle East* this month you'll find your free copy of the 2020 Spring/Summer Brunch Guide, which highlights must-try brunches from across the city. I hope it lends inspiration for when you're next on the lookout for a new brunch to try.

We also have a range of restaurant reviews and recommendations, including great spots to check out in Dubai and Abu Dhabi.

Whether cooking or brunching the month, have a fabulous time enjoying scrumptious food.

Until next month,



Sophie
Editor

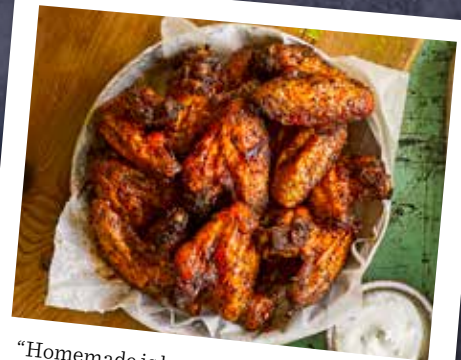
WHAT WE'RE LOVING!



"Don't miss our porridge with berry compote, figs & pistachios – they say breakfast is the most important meal of the day after all," says sales executive, Liz.



Online editor, Glesni says: "Looking for easy but enticing meal prep ideas? Try our quick chicken & hummus bowl".



"Homemade is best when it comes to spiced chicken. Our maple-glazed hot wings are sure to satisfy a crowd," says graphic designer, Froilan.



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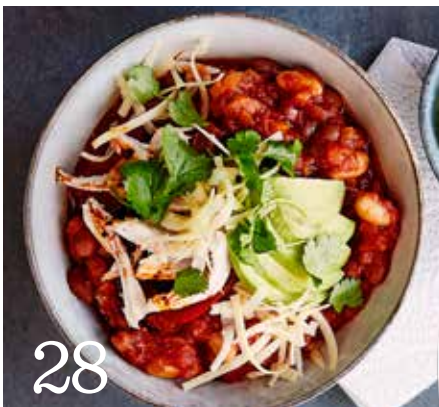
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Our recipe descriptions

V Suitable for vegetarians.

❄️ You can freeze it.

🧊 Not suitable for freezing.

Easy Simple recipes even beginners can make.

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

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

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

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

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

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

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

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!

BBC gf star letter



The February magazine was one of my favourite issues by far. I absolutely loved all the planet pancake recipes, especially the sweet potato masala dosa with coconut raita. It was such a great addition to the magazine that provided something beautifully unique, especially as it incorporated cultural food aspects of the Indian and Asian culture. Everyone loves pancakes, so I loved how that brought a diversity of culture together! My family and I found the sweet potato masala dosa with coconut raita very delicious, so I plan to make it again soon! Thanks BBC Good Food ME.

Nassir Elsir



BBC Good Food ME magazine has the most amazing news and information for foodies like me! From excellent recipes to genuine reviews about new food spots around the city, BBC GF has got our appetites covered. I enjoy how the magazine entices readers by printing huge glossy photographs of food that literally makes me drool.

Shafaq Fahad



I am trying to eat less meat, or not to eat meat at all. Last month, the meat-free family meals and vegan batch cooking ideas were just perfect to get me started. The tempting vegan lasagna is what I am trying first. My other favourites to try are the budget weekday meals, and meals for one recipes – can't wait to taste everything, thanks!

Ildiko Varga

WIN!

The winner of the 'star letter' this month will receive an **Instant Pot Duo 6** worth **Dhs499 from Tavola!** Instant Pot is the smart multi-use, programmable pressure cooker that is convenient, dependable and safe. It speeds up cooking time by 2-6 times and uses up to 70% less energy to make healthy food fast and easy. If you live a fast-paced, healthy and eco-friendly lifestyle Instant Pot is designed for you! Visit tavalashop.com



TALK TO US!

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

You can also connect with us on social media! Find us on: [f](https://www.facebook.com/bbcgoodfoodme) [i](https://www.instagram.com/bbcgoodfoodme) [You Tube](https://www.youtube.com/bbcgoodfoodme) [p](https://www.pinterest.com/bbcgoodfoodme) @bbcgoodfoodme

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

marco's
NEW YORK ITALIAN
BY MARCO PIERRE WHITE



LET'S GO BRUNCH

at Marco's New York Italian Abu Dhabi

Every Saturday, 12 - 4pm

Dig in to an Italian family-style brunch with live entertainment in a freshly refurbished bar and lounge. With a 2 hour free access to the kids club and 50% off on a pool and beach access upgrade there is something for everyone at Marco's New York Italian brunch.

BY MARCO PIERRE WHITE

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BAB AL BAHR



AED 199
per person
AED 299
per person
WITH BEVERAGES

NEWS nibbles

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



5 TOP TIPS

Need baby weaning help?



If you are beginning to think about weaning your little one from milk to solids, chances are you have a million questions whizzing around your head on where to start. Offering a helping hand, Lil' Tots, is a newly-launched baby and toddler meal delivery service that provides freshly prepared, nutritious meals, with recipes advised by a clinical dietician, delivered directly to your door.

Here, experts from the Lil' Tots team offer some tricks and tips to

ensure you are headed in the right direction and avoid picky eating from the start:

- 1.** Let your child discover food before eating it. As a child is still learning about the world and exploring new textures, a new food can be overwhelming. Always allow your child to explore the food and play with it in their hands before you expect him or her to try it.
- 2.** Never force feed and allow your child to refuse some foods. Force feeding your child can create a negative relationship with food, even into adulthood. It may lead to your child eating fewer foods. Encourage your child to try new foods and let them know they don't have to finish it if they don't like it. Never give up trying though as it can take 10-20 times for a child to like a certain food.
- 3.** Let your child be in control. Food is personal for everyone, including children. When children feel out of control, they become behavioral and may refuse all foods, often even highly preferred ones. To avoid this, always give your child a few choices during mealtimes. You can offer carrots, cucumbers or broccoli and let your child choose.
- 4.** Make food a social activity and make mealtime fun. Mealtime can often become stressful with a heavy focus on making sure that our little ones eat a fully balanced diet. Whenever possible, try and sit down at a table to enjoy a meal with your family. It's important that parents be a role model on good eating patterns for their children.
- 5.** Offer a variety of foods to your child. It is easy to get into a routine and feed your little one the same foods each week. Nonetheless, try new flavours, different recipes and new ingredients each week. It has been proven that introducing different foods at an early age prevents picky eaters in the future.

Lil' Tots set menus are planned weekly for five days, from Sunday to Thursday. To find out more, call 055 369 5002, email info@liltots.me or follow [@liltotsme](https://www.instagram.com/liltotsme).

Visit Madinat Jumeirah's homegrown food event

Souk Madinat Jumeirah will showcase a world of eco-friendly culinary possibilities during a week-long Homegrown@Souk food festival from February 28 to March 7.

The extensive Homegrown@Souk bill includes two exclusive VeggiTech Markets on Friday February 28 and March 6, a week-long schedule of food and beverage masterclasses and the Souk Restaurant Week, an activation which provides diners with the chance to experience a wide range of venues through specially curated menus.

The inaugural Souk Restaurant Week will offer diners the chance to experience a range of Souk Madinat Jumeirah venues via specially curated menus. Participating venues serving up Dhs199 options include Folly by Nick and Scott, the restaurant known for its strong focus on flavour and high-quality produce; and Americano, the trendy hangout offering American cuisine and beverages. Other brands offering the Dhs199 set menu include Ushna, Indian restaurant, Anar Dubai Persian restaurant, and Trader Vic's.

Restaurants offering a Dhs149 set menu include Publique, the Alpine-themed French restaurant; Italian restaurants Segreto and Trattoria Toscana; Belgian Beer Café, the authentic experience of a vintage bistro from early 1920s Belgium; McGettigan's Irish Pub; and Maria Bonita, the recently opened Mexican outlet.

Set menus in the Dhs99 price bracket include The Noodle House, Perry & Blackwelder's, and Al Makan, the traditional Arabic restaurant.

THE BEST BITES



Organisers postpone Taste of Dubai 2020 amid coronavirus concerns

The thirteenth annual food and drink festival, Taste of Dubai – due to take place from 12-14 March 2020 at Dubai Media City Amphitheatre, has been postponed due to coronavirus concerns.

Organisers have announced that following precautionary measures being implemented by the UAE government, the event will now be extended by an additional day and take place from 9-12 December 2020.

According to the official statement, organisers said, “This postponement is in the best interest of all participants to ensure we most effectively meet the needs of our clients, and thousands of local and international people of all ages who attend the largest food, music and entertainment event in the city.”

This year’s line-up was due to feature an array of celebrity chefs, including Michelin star chef Vineet Bhatia, Dubai’s much loved culinary duo Nick Alvis and Scott Price, plus Arabic cuisine expert Mohammad Orfali.

Organisers have confirmed that all purchased tickets will be valid during the new Taste of Dubai dates, or refunds can be requested by contacting helpcenter@platinumlist.net or 04 457 3212. For more information, visit tasteofdubai.com.

Marks & Spencer opens new store & café at Festival Plaza



Much-loved British brand, Marks & Spencer has opened a new store and café, located in Festival Plaza, bringing M&S food and clothing to Jebel Ali and the South of Dubai community.

Shoppers can enjoy the ever-popular Marks & Spencer food, with the store’s range of convenient meal-ideas, kitchen cupboard essentials, quintessentially British food such as crumpets and shortbread, as well as bakery items, plus chilled and frozen favourites.

For those looking for meat and poultry, Marks & Spencer offers up its Halal range with 17 cuts, including beef and lamb sourced from trusted suppliers in New Zealand and chicken from the UK. In addition, shoppers can indulge in the brand’s vegan dishes from the recently launched Plant Kitchen range. And for special occasions, enjoy a variety of antipasti, luxury cheese boards and dessert options.

In-store, visitors can also experience the Marks & Spencer café, serving a variety of meals, from healthy smoothies, to an extensive selection of soups, salads, sandwiches and pastas, as well as British classics such as Fish and Chips and Afternoon Tea. For more information, visit marksandspencerme.com.



THIS MONTH:

DUBAI MARINA MALL'S FOOD FEST

Dubai Marina Mall is celebrating the seventh edition of Dubai Food Festival with an indoor and outdoor Food Fest from February 26 – March 14, 2020.

The Dome Atrium inside the mall will be transformed to offer fun-filled kid’s food activities, and more. Food enthusiasts can try dishes from Dubai Marina Mall and Pier 7’s wide range of F&B outlets, while kids can enjoy fun and interactive culinary activities.

Outside, don’t miss tempting bites from any of the 19 food trucks that can be found stationed along the promenade.

The Food Fest is operational during the mall’s opening hours and is free for all visit. For more information, visit dubaimarinamall.com or call 04 436 1020.

Flavours of the *month*

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

New on the block

👉 **Shanghai Me, DIFC**

Newly-opened Shanghai Me serves guests a menu inspired by regional Chinese cuisine approached with a reinvented spirit. Located in DIFC, Shanghai Me transports guests to the delicious realms of Chinese cuisine, with a contemporary twist, with dishes such as the famous crispy duck salad. The food at Shanghai Me aims to surprise and delight through innovative dishes, such as yellowtail with sliced black truffle and steamed prawn and truffle dumplings Har Gau, to name but a few. The restaurant offers refined dining in a green lush green terrace with classic, luxury interiors accented by velvet, hand painted wallpaper and glossy wood paneling. Call +971 4 564 0505 or e-mail reservation@shanghaime-restaurant.com.

👉 **Alici, Bluewaters Island**

On March 6, a new brunch will launch at the Italian seafood-led restaurant, Alici. The new Friday brunch will feature not only a specially-curated à la carte menu, but a seafood crudo and oyster bar, a dessert room, Italian cocktails and more. Set against the backdrop of JBR and Arabian Gulf, Alici's new brunch will offer entertainment by a DJ playing uplifting beats. Expect to enjoy a selection of seafood crudo, antipasti and mains, including Alici's signature dishes. Meanwhile, typical South of Italy desserts such as tiramisu and the Alici caprese tart provide a dolce finale. Held every Friday, the Alici Brunch runs from 1pm to 4pm and costs Dhs395 (including soft beverages and mocktails). Two premium packages are also available. Call +971 4 275 2577 or email reservations@alici.com.

👉 **Matto, Paradise Beach, Rixos The Palm**

Matto, the Italian restaurant at The Oberoi in Business Bay, has launched a second branch at Paradise Beach, Rixos The Palm. The new outlet opened its doors on February 14, complete with views of the Arabian Sea. Matto will be serving heirloom Italian recipes, similar to its mother restaurant, at its branch on Paradise Beach. The menu features 19 new dishes launched this year, including grilled calamari, two new bruschettas (burrata and smoked salmon), surf and turf, and three new wood-fired pizzas. The outlet has also launched a new weekly Saturday brunch, 'La Festa at Matto in Paradise', with prices starting from Dhs199 from 12pm to 5pm. Call 050 367 9940 or e-mail reservations@paradisbeachdxb.com.



Shanghai Me, DIFC

Text by SOPHIE VOELZING | Photographs SUPPLIED



👉 Carine, Emirates Golf Club

Looking for a venue serving quality food in a family-friendly environment? Carine has you covered. Carine offers a selection of French Mediterranean inspired dishes and beverages in a menu curated by Chef Izu Ani. Thanks to a combination of thoughtfully sourced ingredients and expertly executed dishes, Carine has found the recipe for success. It is a space that encourages diners to relax and unwind, spending hours with family and friends whilst enjoying food. Centrally located on the first floor of Emirates Golf Club with modern décor and an unpretentious French charm, Carine offers an atmosphere that is sunny and bright, with welcoming service. Starter highlights include crispy calamari, creamy burrata, citrusy tuna carpaccio, fragrant harissa prawns and a tarte flambée bursting with sweet smoky onions. Plats Principaux, meanwhile, include a range of inventive fish, meat and pasta dishes – the lobster linguini is a saucy, silky number. For reservations, e-mail reservations@carine.ae or call +97144179885.

👉 The City Grill, The Atrium

The Atrium's South African Steakhouse challenges the bravest of eaters with its new Tomahawk Challenge. Steak lovers, if you are wondering what to do during the week, this stylish steakhouse has a daily deal that is not for the faint-hearted. Drop by any time after 5pm and challenge yourself or your friends to their daily Tomahawk Challenge. If you think you have what it takes, order the magnificent and mighty Tomahawk steak, served with three sides and a sauce of your choice and start digging in. Relish this 1.2 kg juicy piece of meat that delivers rich and robust flavours in



every bite. This challenge allows you to take your own time. Once you are finished, hand over your details to the team so you can get your picture on the prestigious Photo Wall. The winner also wins exciting prizes like tickets to La Perle, complimentary brunches and lots more. Call +971 4 437 0088.



👉 Akira Back, W Dubai – The Palm

Akira Back Dubai joins the ever-growing plant-based revolution by introducing a new, vibrant vegan menu, allowing its herbivore guests to celebrate their taste buds. Famed for his sense of adventure, culinary creativity and eponymous blend of Japanese fare with Korean essence, Chef Akira Back offers an adventure for the soul with the energy behind-the-scenes fueling the flavors. Leave any assumptions regarding vegan cuisine at the impressive Vortex-inspired entrance - Akira Back's eclectic vegan menu appeals to both committed vegans and the yet to be convinced. The diverse menu offers various dishes, from an inspired reinvention of the AB Tacos to Crispy Tofu and Eringi Mushroom Pizza. Guests can begin their vegan Akira Back journey with an order of AB Beetroot Tacos with avocado, beetroot poke and micro cilantro or sample the Vegetable Tempura. Then, dive into Edemame Risotto with Chef's signature Yuja Sake Foam. For the sushi lovers Chef's Vegan Rainbow Roll made from Marinated Tomato, Grilled Nasu, Smoked Mango, Grilled Asparagus and Kombucha Ponzu will satisfy even the most discerning of palates. Call +971 4 245 5800, email akirabackdubai@whotels.com or visit akirabackdubai.com.

👉 Soho Garden Dubai, Meydan Racecourse Grandstand



Experience ultimate Friday vibes at the Soho Brunch & After-party. With two packages to choose from at the Soho Brunch, you'll be able to enjoy a selection of international cuisines from a variety of live cooking stations, as you bask in the brunch buzz and soak in the feel-good vibes. Catch up with friends

while making new ones, and dance away to an eclectic soundtrack brought to you by resident DJs, along with a host of live music and entertainment throughout the day. The fun doesn't stop there. From 5pm, Soho Garden presents the brunch after-party, which runs smoothly into the venue's weekly Café Mambo residency take-over in the garden until 4am. Expect the world's biggest headliners to take the stage, such as The Mambo Brothers, MK, & Duke Dumont to name a few. Taking place every Friday from 1pm – 5pm, with packages starting at Dhs350. Call +971 52 388 8849, e-mail reservations@sohogardendxb.com or visit sohogardendxb.com.

Just FOR HER

Celebrate Mother's Day on March 21



AFTERNOON TEA WITH COMPLIMENTS FOR MOTHERS AT THE CHART ROOM, QE2

Make this Mother's Day special and treat your dearest to a memorable afternoon tea on board the historic Queen Elizabeth 2. In celebration of the occasion, the QE2 invites mothers to dine with compliments on Saturday, 21 March 2020, when accompanied by a family of three or more.

Located against the elegant backdrop of The Chart Room, the QE2 Afternoon Tea menu features classic finger rolls and sandwiches, including smoked salmon and horseradish, roast chicken with pommery mustard, roast beef and gherkin, cream cheese and cucumber, and egg mayonnaise with watercress to start. A decadent sweet selection includes plain and raisin melt-in-the-mouth scones with clotted cream and jam, macarons, chocolate tart, salted caramel choux and baked cheesecake. An expert's selection of tea complements the afternoon, with the option to upgrade.

The premium afternoon tea option presents all of this in addition to a choice of regularly changing hot savoury pastries, featuring Beef Wellington, quail scotch egg with crab and quiche – as well as additional sweet treats, including chocolate brownies and lemon drizzle cakes. Available on March 21 from 3pm – 5pm, priced at Dhs195 per person for finger sandwiches and sweet pastries, and Dhs95 for children above the age of 7. One Afternoon Tea with compliments, for every table of four guests booked. E-mail dining@qe2.com, call +971 4 526 8811 or visit qe2.com/dining.



MOTHERS DINE FOR FREE AT MAREA, DIFC

This Mother's Day turn your celebration into something special for the most precious lady in your life. Marea Dubai invites your mother to dine on us, as you indulge as a family in a special set menu curated by Chef Michael White. Enjoy a beautiful and heartwarming three-course meal surrounded by loved ones and soak in the restaurant's elegant atmosphere, perfect for a laid-back Saturday lunch or dinner. The menu comprises of a wide selection of primi, secondi and dolci dishes for you and your mother to choose from. Marea's signature dishes include the Polipo (grilled octopus, fregola, apricot, black olive oil) and Lobster Burrata (lobster, crema di burrata, pickled eggplant, basil). For secondi's, you can choose from an earthy Garganelli (pasta quills, black truffles, wild mushrooms, parmigiano) or Marea's fresh Capesante (seared scallops, wild mushrooms, asparagus, truffle butter). All good things end on a sweet motherly note – take a pick between the flavourful Panna Cotta (crème fraiche panna cotta, strawberry, aged balsamic) or the indulgent Cioccolato (dark chocolate budino, torrone, cocoa nib, fior de latte) to finish off your lunch in style. Priced at Dhs250 per person for a 3-course set menu (Mothers dine for free when dining with their family). Available on March 21, 2020. Call 04 583 6366.



MOTHER'S DAY BRUNCH AT MAZINA, ADDRESS DUBAI MARINA

Whether you're a mother or lucky enough to have one here in Dubai, don't miss the special brunch offer in occasion of the upcoming Mother's Day at Mazina. Grab the whole family and

experience one of the city's most family-friendly brunches. Enjoy a wide variety of specially-themed dishes, dress up as a pirate or mermaid and enjoy an afternoon of epic swashbuckling fun and deep-sea enchantment. Fun activities include pizza making, cupcake decorating, sandwich making and create your own mocktail. All mothers will get a complimentary upgrade to the next brunch package category and the chance to win big prizes including spa or dining vouchers at our raffle draw. Brunch packages start at Dhs325, with premium options available. Children up to 5 years dine for free, kids aged 6 to 11 enjoy 50% discount. Taking place on Saturday, 21 March 2020, from 12.30pm to 3.30pm. Call 04-8883444 or e-mail dine@emaar.com.



Your home of live sport

Spike Sports Bar & Terrace at Emirates Golf Club has all bases covered when it comes to food and sports

RESERVATIONS

Spike Sports Bar & Terrace, Emirates Golf Club
Call: 04 417 9842
Visit: dubaigolf.com/spike

Featuring 16 screens around the Clubhouse bar and restaurant, and an extra-large three-meter screen on the sprawling terrace, Spike Sports Bar & Terrace at Emirates Golf Club has all guests covered when it comes to showcasing live sporting events from around the world.

While enjoying the game, sports fans can delight in an extensive international a la carte menu as well as classic favourites, including sharing snacks, salads, curries, pizzas, burgers and desserts, making it the ultimate place to meet with friends and catch the game. If sports aren't your thing, then relax and unwind with friends on the terrace with a tempting range of refreshments on offer in a welcoming and lively atmosphere.

Located in the heart of Emirates Golf Club's iconic Clubhouse, Spike is as well-known for its sumptuous menu and live sports atmosphere as it is for its uninterrupted golf course vistas – perfect for those golden-hour sundowners. Featuring modern interiors with some classic touches, Spike's atmosphere is inspired from a Club steeped in history; guests can revel in the unique memorabilia in this 'more-than-a-sports-bar'.

There's always something happening at Spike – including the longest running Pub Quiz in Dubai, which happens every Monday evening from 8pm without fail. Guests can gather their teams of eggheads together and enjoy a classic roast carvery for just Dhs80 per person. And what would a Sports Bar be without Happy Hour? Spike's daily happy hour kicks off at 6pm daily for two hours, perfect timing after a round of golf, or long day at work.

Spike – the perfect place to watch live sport from around the world, and catch up with friends.

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eat out

abu dhabi

Dining deals and happenings in the capital this month.



FOUQUET'S DEBUTS AT LOUVRE ABU DHABI

One of Paris' most iconic restaurants, Fouquet's has made its Middle Eastern debut at Louvre Abu Dhabi, with a menu created in collaboration with

chef Pierre Gagnaire. A symbol of French hospitality, the classic Parisian brasserie is said to represent the pinnacle of both cultural and culinary excellence.

Nestled in the heart of the museum, which houses masterpieces across cultures and time periods, Fouquet's Abu Dhabi offers an imaginative menu featuring French classics injected with an inimitable Gagnaire twist.

Fouquet's Abu Dhabi remains true to the brand's aesthetic codes with its unique ambiance and distinctive red leather armchairs. Black and white celebrity portraits from renowned Studio Harcourt and silver napkin rings with celebrities' names engraved immerse guests in a "red carpet" atmosphere. During the day, afternoon tea is served alongside classic apéritifs. Come nightfall, a sophisticated menu of cocktails and mocktails, dreamed up by its mixologists, are served to energetic beats. *Visit fouquetsabudhabi.com.*

RIXOS PREMIUM SAADIYAT ISLAND'S RESTAURANTS NOW OPEN TO PUBLIC



Abu Dhabi's first all-inclusive hotel – Rixos Premium Saadiyat Island has opened its restaurants doors to outside guests. The public is now welcome to experience dining at its four a-la-carte restaurants – Aja Asian &

Teppenyaki Restaurant, Orient, L'Olivo and Mermaid.

Now Rixos Premium Saadiyat Island invites hotel and non-hotel guests to explore international flavours at these restaurants and bars. Whether you fancy a quick bite at sunset or are keen to experience an evening of fine dining, Rixos will take you on a journey that spans cuisines of the world, from Japanese to Italian, Seafood and Turkish. *Call 04 492 2222.*



MARCO'S NEW YORK ITALIAN INTRODUCES FAMILY-STYLE SATURDAY BRUNCH

Marco's New York Italian at Fairmont Bab Al Bahr, Abu Dhabi will launch its new Saturday brunch on February 1, and it will continue to take place every Saturday from 12pm to 4pm where diners will be offered a special brunch set menu.

Brunch begins with sharing starters including crispy calamari, quarter salad, heirloom tomato & burrata salad, crispy New York buffalo wings and American hot pizza. For the main course guests can choose between risotto funghi e tartoufo, mac & cheese al funghi, grass-fed beef sirloin, oven-baked black cod, and cannelloni al funghi with cheese sauce. Saving the best for last, sharing desserts will be served including Mr. White's tiramisu, warm chocolate brownie and classic 1930's New York knickerbocker glory.

Brunch is complimented by Marco's New York Italian's resident duo jazz band. Packages start at Dhs199 per person. Premium packages also available. Kids under 6 years eat for free and between 6 – 12 years will get a 50% discount. *Visit marcosabudhabi.com.*



DINE AL FRESCO AT FAIRWAY'S BUBBALICIOUS BRUNCH

Looking for a place to enjoy outdoor dining before temperatures rise again? Try the Westin Abu Dhabi Golf Resort & Spa's Bubblicious Brunch that takes place every Friday at Fairways restaurant from 12.30pm – 4pm.

Experience a feast with an indulgent selection of international dishes, from fresh sushi and live cooking stations, a foie gras and scallops counter, plus meat and seafood grilling stations. If dessert is more your thing, head to the sweets table, piled high with homemade chocolates, sweets, cakes and made-to-order crepes, or savour more than 20 types of cheese from all over the world.

Packages start from Dhs336 for food and soft beverages. *Call 02-6169999, or visit fairwaysabudhabi.com.*

Tried & tasted

Each month, we review two of the city's top tables.



Reviewed by Nicola Monteath
Editor of *Mother, Baby & Child*
Middle East



Where?

MAREA, DIFC

Dining experience: Dinner

What's it like? Nestled in Dubai's financial hub is this contemporary Italian restaurant that originated in New York. This outpost combines New York vibes, seen in the setting's ambient lighting, sleek marble bar, aesthetically alluring mix of opulent furnishings, and a floating lighting fixture that almost resembles a sea creature in a playful manner. Chef/Owner Michael White was instrumental in the menu creation, and the culinary offerings are nothing short of exemplary, with homemade pastas and seafood creations stealing the limelight.

What were the food highlights?

A quick glance at the menu and it's apparent that there's more to this Italian seafood eatery than pasta and creatures from the sea. The Insalata comprising baby gem lettuce, radicchio and black plum is a wholesome starter for those going down the primi and secondi route. The pine nut vinaigrette adds an



interesting twist to the salad, with slivers of parmigiano bringing the dish together.

Butter coats each tagliatelle ribbon, and we were glad we chose the highly recommended dish from the Tartufi Bianchi selection. The parmigiano elevated the creaminess, while fresh truffle shavings added a distinct nutty flavor to the simple, but incredibly well put together, dish. For secondi, the roasted dorrade royale is a winner,

with the sea bream fillet breaking into thick, juicy pieces. Notes of clam complement the beluga lentils and delectable saffron crema.

We ended the meal in true Italian style, with a lemon sorbet, moreish chocolate bombolini, and an espresso.

The bottom line: A great spot for date night, or when you're craving an authentic Italian meal.

Want to go? Contact 04-583 6366



Reviewed by Georgina Guantario
Editor, CPI Media Group

Where?

OAK ROOM, THE ABU DHABI EDITION

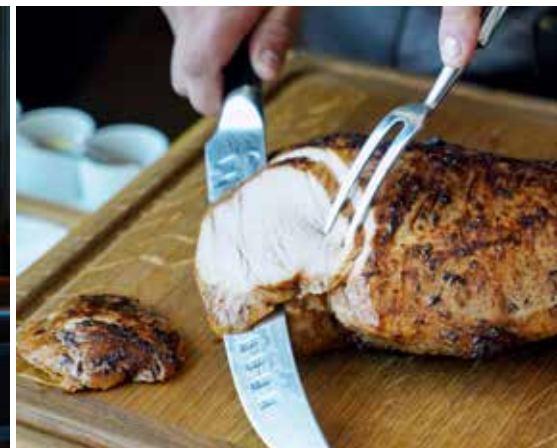
Dining experience: Weekend Roast

What's it like? Hidden behind a dark wooden entrance at the lobby level of the stunning Abu Dhabi EDITION, the Oak Room is a sophisticated, yet surprisingly informal steakhouse with a rock'n'roll vibe. We are welcomed by a friendly member of staff who escorts us to our table, passing in front of an impressive bar before reaching the dining area. The dark wood is a recurring motive throughout the restaurants, but the huge windows counterbalance this choice by letting in a great deal of natural light. Black and white photos of Mick Jagger and David Bowie adorn the walls, and sitting on the dark green velvet banquettes, we can't help but feeling like we are back in a fancy pub in the middle of London – just with better weather.

What are the food highlights?

The weekend roast menu is very straightforward, and we appreciate the decision to respect this British tradition without any frivolous additions. The menu doesn't feature any starters, not that it needs any, except for some warm sourdough bread and homemade Marmite butter, served with one of the best Bloody Mary's we've ever tried. It's fair to say I am not usually a fan of Marmite, but Oak Room's butter would change anyone's mind on this yeast-based spread – the butter is light and silky, while the Marmite flavour is subtle, but still rich in umami. However, if Marmite is definitely a no, this can also be swapped for normal butter.

For the main course, the menu offers an option of beef, roasted lamb shoulder with spinach stuffing, roast chicken, salmon fillet or a vegetarian roast – all served with classic staples such as roast potatoes, Yorkshire pudding and roasted vegetables. We opt for the beef and lamb shoulder – while the second is plated in the kitchen, the beef is served off a wheeling trolley and carved right in front of us. The experience itself is brilliant, as the



meat sommelier tells us more about the beef and carefully plates it. The meat is the real star of the roast – it's perfectly cooked, flavoursome and melts in your mouth. The mains are accompanied by a huge Yorkshire pudding and crispy roast potatoes. The roasted vegetables, which include very well-seasoned and crunchy green beans, carrots and celeriac, and the cauliflower cheese, are elegantly served in small saucepans. The portions are just right, and whilst we are tempted to try another main, we are glad to have left some space for the delicious desserts that followed.

Before presenting us with an array of mouthwatering desserts drawing on British and French traditions, our friendly waiter explained they had changed the offering slightly for Valentine's Day. From a simple, yet delicious crème brûlée, to a romantic, heart-shaped Mille Feuille, we struggle to choose a favourite – at least until we are presented with the most impressive version of a Vacherin we've ever seen. The Oak Room's rendition of this French dessert features a pavlova-like structure, served inside a white chocolate sphere that melts under the heat of warm strawberry syrup and reveals a rose-shaped

raspberry sorbet with a poached strawberry core. The mix of textures, temperatures and flavours is a delight for our palate.

To finish off, we are offered a selection of British cheeses, which we are told changes every week, served from another trolley, and accompanied by homemade crackers and the same delicious Marmite butter we began this incredible feast with.

How was the service? The staff are friendly, helpful and well-versed on the menu. The trolleys are a great idea to keep guests engaged and give them an overall great experience that goes beyond a simple roast.

The bottom line: The weekend roast at Oak Room is a must-try for fans of a traditional British Roast. The main options are simple, yet delicious and mastered to perfection. The desserts, with their British and French influences, are a reason in itself to come back for another roast; while the welcoming staff and informal, yet elegant atmosphere make it the perfect place for families and couples alike.

Want to go? To make a reservation, call 02 208 0000 or email restaurantreservations.auh@editionhotels.com.

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easy

Delicious, simple,
and easy-to-
make recipes



30 mins or less

■ easiest ever midweek
meals page 20



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ridiculously easy

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ever make page 30



30 mins or less

easiest ever midweek meals

These simple dinners can be on the table in 30 mins or under – they're perfect weekday dishes for all the family

recipes CASSIE BEST

photographs STUART OVENDEN

Smoky chickpeas on toast

SERVES 2 **PREP** 2 mins

COOK 10 mins **EASY** **V**

* chickpeas only

1 tsp olive or vegetable oil, plus a drizzle

1 small onion or banana shallot, chopped

2 tsp chipotle paste

250ml passata

400g can chickpeas, drained

2 tsp honey

2 tsp red wine vinegar

2-4 slices good crusty bread

2 eggs

■ Heat $\frac{1}{2}$ tsp of the oil in a pan. Tip in the onion and cook until soft, about 5-8 mins, then add the chipotle paste, passata, chickpeas, honey and vinegar. Season and bubble for 5 mins.

■ Toast the bread and fry the eggs in the remaining oil in a frying pan. Drizzle the toast with a little oil, then top with the chickpeas and fried eggs.

GOOD TO KNOW healthy • low cal • fibre • 2 of 5-a-day

PER SERVING 423 kcs • fat 15g • saturates 3g • carbs 45g • sugars 15g • fibre 9g • protein 22g • salt 0.7g

Creamy garlic, lemon & spinach salmon

SERVES 2 **PREP** 5 mins

COOK 15 mins **EASY**

2 sweet potatoes
1 tbsp olive or rapeseed oil
2 salmon fillets, skin removed
2 garlic cloves, thinly sliced
170g baby spinach
1 lemon, zested and
½ juiced, ½ thinly sliced
75g mascarpone
5 tbsp milk

■ Heat oven to 200C/180C fan/gas 6. Pierce the sweet potatoes a few times each and microwave on high for 5 mins until soft (alternatively, bake for 35-40 mins). Keep warm until ready to serve.

■ Heat half the oil in a frying pan and lightly brown the salmon on both sides – don't worry about it being cooked through at this point. Transfer the salmon to a plate, wipe out the pan and heat the remaining oil. Cook the garlic for 30 seconds, without letting it brown, then add the spinach, lemon juice and zest and some seasoning. Stir in the

mascarpone and 2 tbsp of the milk and cook until the spinach has wilted.

■ Tip the spinach mix into an ovenproof dish and top with the lemon slices and salmon. Bake for 5-8 mins until the salmon is cooked through.


■ Meanwhile, scoop the sweet potato flesh from the skins and mash with the remaining milk and some seasoning. Serve alongside the salmon and creamy spinach.

GOOD TO KNOW calcium • folate • fibre • vit c • omega-3 • 2 of 5-a-day • gluten free

PER SERVING 721 kcal • fat 44g • saturates 16g • carbs 34g • sugars 19g • fibre 7g • protein 43g • salt 0.5g



Enchilada pie

SERVES 2 **PREP** 5 mins
COOK 20 mins **EASY** 

1 tbsp vegetable or rapeseed oil
2 peppers, any colour you like, sliced
1 red onion, halved and sliced
400g mixed beans, drained
2 tbsp fajita spice mix
400g can chopped tomatoes
small bunch coriander, chopped
4 corn tortillas
100g low-fat soured cream
30g grated cheddar

■ Heat the oil in a pan. Fry the peppers and onion until soft, about 10 mins. Add the beans, fajita spice mix, chopped tomatoes and some seasoning. Bubble for 5 mins to reduce the tomatoes a little. Stir in most of the coriander. Heat the grill and warm the tortillas in the microwave for 30 seconds.

■ Spread a quarter of the pepper and onion mixture over the base of an ovenproof dish (a round one, if

possible) or frying pan. Top with some of the soured cream, then repeat the layers three more times, finishing with a final layer of soured cream. Sprinkle over the cheese and grill for 5 mins, or until golden and bubbling. Scatter with the remaining coriander before serving.

GOOD TO KNOW calcium • folate • fibre • vit c •
4 of 5-a-day

PER SERVING 609 kals • fat 22g • saturates 8g
• carbs 76g • sugars 26g • fibre 14g • protein 19g
• salt 3.1g





Lamb & quinoa burgers with beetroot tzatziki

SERVES 4 **PREP** 10 mins

COOK 20 mins **EASY**

* patties only

50g quinoa
300g (3 or 4) cooked, vacuum-packed beetroot (not in vinegar), drained
250g natural yogurt
small bunch mint, chopped
500g lamb mince
small bunch dill, chopped
½ tbsp oil, for cooking (optional)
2 large carrots, peeled and grated

1 large or 2 small red onions, halved and finely sliced
wraps, burger buns or pitta bread, to serve

■ Cook the quinoa in plenty of boiling water for 10-15 mins (don't worry if it still has a little bite), then drain well and leave to cool. Grate the beetroot and mix with the yogurt, half the mint and some seasoning. Chill until ready to serve.

■ Use your hands to squash together the quinoa, lamb, the remaining mint, half the dill and some seasoning. Shape into four burgers. Heat a large frying pan (if it's

non-stick, you won't need oil as the lamb mince is already fatty; otherwise, add a drizzle of oil). Cook the burgers for 5-8 mins on each side until they have a nice golden crust and are cooked through. Rest for a few mins.

■ Mix the carrots, red onions and the remaining dill in a bowl. Pile onto the warm wraps or buns, or into the pitta breads. Top with the burgers and a dollop of beetroot tzatziki.

GOOD TO KNOW calcium • folate • fibre • 2 of 5-a-day

• gluten free

PER SERVING 425 kcals • fat 20g • saturates 9g • carbs 27g • sugars 19g • fibre 6g • protein 32g • salt 0.6g



Quick chicken hummus bowl

SERVES 2 PREP 10 mins
NO COOK EASY

200g hummus
1 small lemon, zested and juiced
200g pouch cooked mixed grains
(we used Merchant Gourmet red rice & quinoa)
150g baby spinach, roughly chopped
1 small avocado, halved and sliced
1 cooked chicken breast, sliced at an angle
100g pomegranate seeds
½ red onion, finely sliced
2 tbsp toasted almonds

■ Mix 2 tbsp of the hummus with half the lemon juice, the lemon zest and enough water to make a drizzly dressing. Squeeze the grain pouch to separate the grains, then divide between two shallow bowls and toss through the dressing. Top each bowl with a handful of the spinach. ■ Squeeze the remaining lemon juice over the avocado halves, then add one half to each bowl. Divide the chicken, pomegranate seeds, onion, almonds and remaining hummus between the two bowls and gently mix everything together just before eating.

GOOD TO KNOW healthy • folate • fibre • vit c
• 3 of 5-a-day
PER SERVING 779 kcs • fat 47g • saturates 4g
• carbs 49g • sugars 10g • fibre 14g • protein 34g
• salt 1.0g





Caponata pasta

SERVES 4 PREP 2 mins

COOK 18 mins EASY V

4 tbsp olive oil (or use the oil from your chargrilled veg, see below)
1 large onion, finely chopped
4 garlic cloves, finely sliced
250g chargrilled Mediterranean veg (peppers and aubergines, if possible) from a jar, pot or deli counter, drained if in oil (you can use this oil in place of the olive oil) and roughly chopped
400g can chopped tomatoes

1 tbsp small capers
2 tbsp raisins
350g rigatoni, penne or another short pasta shape
bunch basil, leaves picked
parmesan (or vegetarian alternative) shaved, to serve

■ Heat the oil in a large pan and cook the onion for 8-10 mins until starting to caramelise (or for longer if you have time – the sweeter the better). Add the garlic for the final 2 mins of cooking time.

■ Tip in the mixed veg, tomatoes, capers and raisins. Season well and

simmer, uncovered, for 10 mins, or until you have a rich sauce.

■ Meanwhile, boil the kettle. Pour the kettleful of water into a large pan with a little salt and bring back to the boil. Add the pasta and cook until tender with a little bite, then drain, reserving some of the pasta water. Tip the pasta into the sauce, adding a splash of pasta water if it needs loosening. Scatter with the basil leaves and parmesan, if you like, and serve straight from the pan.

GOOD TO KNOW fibre • 3 of 5-a-day

PER SERVING 542 kcal • fat 14g • saturates 2g • carbs 85g • sugars 21g • fibre 9g • protein 14g • salt 0.5g

4 ideas for

dippy eggs & soldiers

Four twists on classic boiled eggs and soldiers

recipes ESTHER CLARK *photograph* MELISSA REYNOLDS-JAMES

Turmeric & chilli butter naan soldiers

SERVES 1 PREP 5 mins COOK 5 mins EASY V

Mash together **25g softened salted butter** with a **pinch of chilli flakes** and **1/2 tsp turmeric**. Bring a small pan of water to the boil, add **a large egg** and cook for 5 mins. Take **1/2 a large, fresh shop-bought garlic naan** and spread with the butter, then grill for about 1 min or until the butter has melted. Sprinkle with **1/2 tbsp chopped coriander**, cut into soldiers and dunk into the eggs.

PER SERVING 523 kcs • fat 33g • saturates 16g • carbs 38g • sugars 3g • fibre 2g • protein 17g • salt 1.4g

Spicy & fragrant

Marmite & gooey cheese crumpet soldiers

SERVES 1 PREP 5 mins
COOK 5 mins EASY V

Bring a small pan of water to a simmer, add **a large egg** and cook for 5 mins. Meanwhile, combine **30g strong grated cheddar** with **30g grated mozzarella** in a bowl. Toast **2 crumpets**, spread with **15g butter** and **1-2 tsp Marmite**. Top the crumpets with the cheese mix and grill for 30 seconds or until golden and bubbling. Cut into soldiers and serve with the egg.

GOOD TO KNOW calcium • folate

PER SERVING 421 kcs • fat 18g • saturates 9g •
carbs 35g • sugars 2g • fibre 2g • protein 28g • salt 3.8g

Molten & cheesy

Avocado & dukkahah rye soldiers

SERVES 1 **PREP** 5 mins
COOK 5 mins **EASY** **V**

Scoop the flesh of $\frac{1}{2}$ a **ripe avocado** into a bowl. Add $\frac{1}{4}$ **tsp chilli flakes** and the **juice of $\frac{1}{2}$ lemon**, mash everything together with the back of a fork and season well. Bring a pan of water to a simmer and add a **large egg**, then cook for 5 mins. Toast a **large slice of rye bread** and spread with **20g cream cheese**. Smooth over the **mashed avocado** and sprinkle with $\frac{1}{2}$ **tbsp dukkahah**. Cut into soldiers and dunk into the runny yolk.

GOOD TO KNOW folate • fibre • 1 of 5-a-day
PER SERVING 395 kcal • fat 28g • saturates 8g •
carbs 17g • sugars 2g • fibre 7g • protein 16g • salt 1.0g

Light & crunchy

Rich & creamy

Mushroom brioche soldiers

SERVES 1 **PREP** 5 mins
COOK 5 mins **EASY** **V**

Bring a small pan of water to the boil. Add a **large egg** and cook for 5 mins. Toast **2 slices of brioche**, then mix **60g mushroom pâté** with $\frac{1}{2}$ **tbsp finely chopped tarragon**, if you like. Spread over the toasted brioche, cut into soldiers and dip.

PER SERVING 501 kcal • fat 27g • saturates 10g •
carbs 46g • sugars 10g • fibre 2g • protein 17g • salt 1.3g

anna's simple solutions

make-ahead lunches



Food editor **Anna Glover** solves your midweek cooking dilemmas with new simple recipe ideas

photograph MELISSA REYNOLDS-JAMES

the dilemma

I want to take my lunch to work but don't have time to make it every night.

the solution

Make a batch of this versatile stew at the weekend, then chill or freeze it in portions. Add different toppings every day to keep it interesting.

Eating the same thing for lunch every day is as uninspiring as making it over and over again. The problem is, we don't have time to make something nutritious and delicious every day, and it's tempting to just nip out for a sandwich, soup or burrito, which adds up financially. Making one large pot of something versatile can make lunchtimes easier, and cheaper. All you need is a microwave at work. Either buy a few toppings on your way in, or spend five minutes prepping them at home and pack them in a separate container.

When you start repeating your favourite toppings, it's time to adapt the base recipe – try adding herbs and spices such as rosemary, chilli flakes, or sundried tomatoes. Add chunks of sausage, bacon lardons or chorizo if you're a fan. This dish is really versatile, both in what you can add to it, and what you can top it with. Just adding a tablespoon of your favourite condiment seems to transport the dish to something else completely. Give it a go, start experimenting, and say farewell to soggy sandwiches.

Tomato, pepper & bean one pot

MAKES 6 portions **PREP** 15 mins
COOK 45 mins **EASY** **V** 🌱

1 tbsp olive oil
1 large onion, finely chopped
2 celery sticks, finely chopped
3 carrots, finely chopped
3 red peppers, sliced
2 garlic cloves, crushed
2 tbsp tomato purée
400g can cannellini beans, rinsed and drained
400g pinto beans, rinsed and drained

400g borlotti beans, rinsed and drained
2 x 400g cans chopped tomatoes
1 vegetable stock cube (check the label if you're vegan)
2 bay leaves
1 tbsp brown sugar
½ tbsp red wine vinegar

1 Heat the oil in a large pan or casserole on a medium heat. Fry the onion, celery and carrots for 10 mins until soft and golden, then add the peppers and fry for another 5 mins.
2 Stir in the garlic for a minute, then add the tomato purée, all the beans

and chopped tomatoes, then swirl out the tomato cans with a splash of water and add to the pan with the stock cube, bay leaves, sugar and vinegar. Season and simmer, uncovered, for 25 mins until the sauce reduces to coat the beans and the peppers are soft. Leave to cool before storing in transportable containers. *Will keep in the fridge for three-four days or freeze in portions and defrost in the fridge overnight.*

GOOD TO KNOW vegan • healthy • low fat • low cal
• fibre • vit c • 4 of 5-a-day
PER SERVING 236 kcals • fat 3g • saturates 1g
• carbs 35g • sugars 18g • fibre 11g • protein 11g • salt 0.8g

choose your toppings

Sweet & spicy

Add **diced dried apricots** and **1 tbsp harissa**. Top with **yogurt swirled with more harissa**, and **toasted flaked almonds**.

Tex-Mex

Stir in **1/2-1 tbsp chipotle paste**, **shredded leftover roast chicken** if you have any, and top with **diced avocado**, **grated cheddar** and **coriander**.

Smoky BBQ beans

Stir in **1 tbsp smoky BBQ sauce** and crumble over **shop-bought crispy bacon**, a **dollop of soured cream or yogurt**, and some **chopped herbs**.

Added greens

Stir in some **spinach** and top with a **sliced boiled egg**.

Beans on toast

Serve the beans on **toast or bread**, add a dash of **Tabasco or chilli flakes**, crumble over some **feta** and drizzle over some **olive oil**.

Italian-inspired

Top with **toasted croutons**, **chopped rosemary**, **lemon zest** and **parmesan**.



ridiculously easy

The easiest cake you'll ever make

Each month, *Good Food* legend **Orlando Murrin** shares an easy recipe that dramatically over-delivers

photograph TOM REGESTER

There are two mysterious things about this cake. The first is a secret ingredient. I've made a few cakes over the years with unlikely ingredients – mayonnaise and beetroot, for instance – but I'm not sure that they add much. Everyone who samples this

cake, however, will be amazed, not just by its zesty flavour but its moistness and lightness too. The secret is marmalade.

The second mystery is how such an easy method – just mix in a saucepan and bake – results in such a fine cake. If only everything in life were as simple.

Sticky chocolate cake

Chocolate chips have the virtue of melting quickly, but you can use any dark chocolate of your choice. If using a bar, it saves mess to break it up while still wrapped, by smashing down a few times on your work surface, then simply tip the rubble into the saucepan.

SERVES 8 PREP 10 mins COOK 45-55 mins EASY V

125g butter

100g dark chocolate chips or a bar

340g jar of marmalade

150g caster sugar

2 eggs

150g self raising flour

1 Heat oven to 180C/160C fan/gas 4 and line a loose-based 20cm cake tin with baking parchment. Put the butter and chocolate in a medium saucepan and heat gently, stirring all the time, until melted.

2 Put 2-3 tbsp of the marmalade in a small bowl and set aside. Off the heat, stir in the rest of the marmalade and the sugar, and mix well, then break in the eggs and mix again. Finally, stir in the flour in three batches, folding lightly until combined. Scrape into the tin and smooth the top.

3 Bake for 45-55 mins, rotating the tin halfway through so it bakes evenly. Keep an eye on it in the later stages as (depending on your marmalade) there may be a tendency for the top to scorch. If it starts to get a little dark, tent loosely with a sheet of foil.

4 The cake is cooked when the centre is firm when gently touched, and a skewer inserted in the centre comes out with a very few crumbs attached, like a brownie.

5 Allow to cool for 10 mins, then turn out and leave to cool right-side-up on a wire rack. Heat the reserved marmalade in the microwave until runny, then brush all over the cake to glaze. Leave to cool before serving.

PER SERVING 462 kcal • fat 20g • saturates 12g • carbs 66g • sugars 50g • fibre 2g • protein 5g • salt 0.6g



Orlando Murrin, food writer and former *Good Food* editor, has run gastro-hotels in France and Somerset. [@OrlandoMurrin](#)

Success with cakes

If you're not a regular baker, you'll probably find the most tiresome part is lining the tin. The easiest way to do this is to trace round the base of the tin on your baking parchment, then cut a strip or strips to go round the sides. Butter the tin so the baking parchment sticks to it.

I don't know what the problem is, but they still don't seem to have invented an oven that bakes evenly. (If you know better, tell me.) Always rotate cakes and bakes at half time.

Shoot director MIRIAM NICE | Food stylist ESTHER CLARKE | Stylist LUIS PERAL

It's all in the marmalade

● You don't have to use marmalade – in fact, this recipe works well with any jam, or even a mixture of jams (from the ends of jars, for instance). A clever way to deepen the mystery still further.

● If you're a marmalade fan, you need to know the two best marmalades you can buy are made in Devon. Both are Seville marmalades, both award-winners: Waterhouse Fayre

Seville marmalade (Dhs18 for 340g, available to buy online at waterhousefayre.co.uk) and Shute Farm Seville marmalade (Dhs17 for 340g, shutefarm.co.uk). Worth moving to the West Country for.





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WEEKEND

Mouthwatering dishes to dig into with your family and friends over the weekend.



STAR INGREDIENT

The magic of maple, p40



TOM KERRIDGE

Piri-piri at home, p44



Your all-in-one comfort, p49



**MARCHING
ON, p34**



Mother's day desserts, p56



MARCHING **on**

This month **Rosie Birkett** shares her recipes to take you from winter to spring *photographs* EMMA BOYNS

March is what I call a 'season-straddler' month – sitting between the chill of winter and the promising green of spring. My recipes this month reflect that flux.

Fruity, garlicky romesco, smoky with paprika and rich with roasted nuts is an

ideal way to welcome charred spring onions. It's blood orange season, so at the moment I'm using them in lots of my food – salads, dairy-based desserts, and here in my update of sole meunière. Their sharp, fruity depth matches well with delicate white fish, and if you've

never tried crispy capers, you're in for a treat. Mussels are fabulous right now too, and while prepping them takes some time, they only take minutes to cook – the ultimate fast food. What could be better than dipping garlic toasts into the cooking juices?



Good Food contributing editor Rosie Birkett is a food writer and stylist. Her cookbook, *A Lot on Her Plate*, is out now (Dhs117, Hardie Grant). [Twitter](#) [Instagram](#) @RosieFoodie

Sole meunière with blood orange & crispy capers, p36



Banoffee muffins with cream & salted caramel, p36

Sole meunière with blood orange & crispy capers

If I see sole meunière on a menu, I order it. Few things please me more than delicate white fish swimming in butter and citrus. In this version, I add crisp fried capers and caramelised blood orange, which deepens the fruit's gorgeous juice.

SERVES 2 PREP 5 mins
COOK 10 mins EASY

2 tbsp rapeseed or groundnut oil
2 tbsp capers
1 blood orange
2 tbsp plain flour
2 lemon sole or plaice fillets,
pinboned
50g unsalted butter, cubed
½ lemon
pinch of chilli flakes
few thyme springs
handful parsley, finely chopped
100g spinach, wilted, to serve



1 Heat 1 tbsp oil in a large non-stick frying pan over a medium-high heat. Add the capers and fry until puffed and crisp, about 2 mins. Transfer with a slotted spoon to a plate covered with kitchen paper.
2 Zest the orange and set aside. Cut it in half and place, cut-side down, in the hot oil. Caramelize for 3-5 mins, then set aside. Wipe the pan out with kitchen paper. Put the flour on a plate and season. Dust the fish fillets lightly in the seasoned flour. Heat the remaining oil over a high heat. Add the fillets, turn the heat down slightly, then cook for 1-2 mins each side. Transfer to a plate and keep warm.
3 Add the butter to the pan, along with the blood orange zest. Once melted, squeeze the juice of one of the orange halves into the pan, along with a squeeze of lemon juice, the chilli flakes and thyme. Whisk to combine, taste, then add more orange juice if you think it needs it. Add the capers back to the pan, followed by the fish fillets, basting them briefly in the butter. Divide between two plates and spoon over any excess butter. Serve with wilted spinach.

GOOD TO KNOW folate • vit c • **1** of 5-a-day
PER SERVING 511 kcal • fat 34g • saturates 14g • carbs 21g • sugars 5g • fibre 3g • protein 29g • salt 1.2g

“

Banana bread has long been a staple in my house. I've updated it by transforming it into tasty muffins iced with fresh cream and moreish salted caramel

”

Banoffee muffins with cream & salted caramel

MAKES 12 PREP 20 mins plus cooling
COOK 25-30 mins EASY V

100g unsalted butter, melted,
plus extra for the tin
4 ripe bananas
50g full-fat natural yogurt,
plus 2 tbsp
100g spelt flour
120g plain flour
2 tsp baking powder
1 tsp ground cardamom
2 eggs
160g golden caster sugar
1 tsp vanilla extract
40g walnuts, broken
200ml double cream
For the salted caramel
40g unsalted butter, diced
150ml double cream
130g light muscovado sugar
generous pinch of sea salt

1 Heat oven to 200C/180C fan/gas 6. Prepare a muffin tin by thoroughly buttering and lining with cases. In a bowl, mash three bananas, then stir in 50g yogurt. In another bowl, sift in the flours, baking powder, cardamom and a pinch of salt, and stir to combine.
2 Add the eggs and sugar to the bowl of a stand mixer, then whisk until pale and frothy, about 3 mins. Slowly pour in the melted butter in a steady stream, then add the vanilla. Turn the speed down, then add the flour mixture, 2 tbsp at a time, alternating with the yogurt and banana mix, until everything is incorporated. Mix in the walnuts for no longer than 20 seconds. Divide the mixture between the muffin cases. Bake for 25-30 mins or until a skewer inserted comes out clean.

3 Meanwhile, make the salted caramel by heating the butter, cream and sugar in a non-stick pan until simmering. Remove from the heat, then add the salt – you want enough to pique the sauce, but it shouldn't taste salty.

4 Once the muffins are cooked, remove from the oven and leave to cool on a wire rack. Whip the cream to soft peaks, fold through 2 tbsp yogurt and slice the final banana. Spoon or pipe the cream onto the muffins. Top with the sliced banana and drizzle with salted caramel.

PER MUFFIN 460 kcal • fat 29g • saturates 17g • carbs 43g • sugars 30g • fibre 1g • protein 5g • salt 0.4g

Mussels with garlic butter toasts

The butter for the toasts is a real flavour bomb. If you make more than you can fit on the toasts, keep it and use it to finish seafood soups, or mix it with a bit of flour and use as a roux base for a stew.

SERVES 2 PREP 10 mins

COOK 6 mins EASY

4 slices sourdough bread

1 tbsp olive oil

knob of butter

small bunch of parsley, stalks finely chopped (keep the leaves for the butter, and to serve)

1 bay leaf

1 shallot, finely chopped

1kg mussels, cleaned and beards removed

For the garlic butter

40g unsalted butter

2 garlic cloves

1 tbsp chopped parsley leaves, plus extra to serve

½ tbsp tarragon leaves

½ tsp smoked paprika

large pinch sea salt

10g parmesan, grated

1 First, make the garlic butter. Blitz all the ingredients in a food processor, then set aside. *The butter can be made ahead and chilled in the fridge for up to five days.* Toast one side of each sourdough slice under the grill. Spread the other side thickly with the butter and place under the grill again until the butter is bubbling. Turn off the grill and keep the toasts warm.

2 Heat the oil and butter over a medium heat in a large pan with a lid. Add the parsley stalks, bay leaf, shallot and ½ tsp pepper, and sweat for a few mins until the shallots are softening and fragrant. Add the mussels, stir, cover tightly with a lid and steam for 2-3 mins until all the mussels have opened.

3 Spoon into bowls, pour over the pan juices, scatter over some chopped parsley and serve with the toasts.

GOOD TO KNOW folate • fibre • iron

PER SERVING 598 kJ • fat 30g • saturates 14g • carbs 36g • sugars 4g • fibre 3g • protein 35g • salt 2.8g





Charred spring onions & romesco

This is my go-to dinner-party starter. You can prep the sauce ahead, then cook the onions at the last minute.

SERVES 2-4 **PREP** 10 mins **COOK** 10 mins **EASY** **V**

100g blanched almonds, roasted
 50g walnuts, roasted
 2 garlic cloves, peeled and roasted until golden
 400g skinned roasted red peppers, from a jar
 1 tsp tomato purée
 1 slice sourdough bread, soaked in a bit of water
 100ml extra virgin olive oil, plus extra for griddling
 ½ tsp cayenne pepper
 ½ tsp hot smoked paprika
 2-4 tsp red wine vinegar
 bunch spring onions, outer layer removed

1 Put the nuts in the bowl of a food processor, saving a handful to serve. Add the garlic, then blitz until you have coarse crumbs. Add the red peppers and tomato purée and blitz again to a rough paste. Add the sourdough and a glug of the oil to loosen the mixture, then blitz once more until you have a slightly smoother paste. Pour the sauce into a mixing bowl and add the cayenne pepper, paprika and some seasoning. Pour in the rest of the olive oil, stirring to incorporate it. Add the vinegar, 1 tsp at a time, until the sauce has the right acidity – it should make you salivate!

2 For the spring onions, brush them with olive oil, season with salt and griddle over a high heat, turning occasionally, until softening at the core and charred all over. Serve the spring onions with the sauce and a scattering of almonds.

GOOD TO KNOW vit c • 1 of 5-a-day

PER SERVING 531 kcal • fat 48g • saturates 6g • carbs 12g • sugars 2g • fibre 4g • protein 12g • salt 4.8g

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DIANA HENRY'S STAR INGREDIENT

THE MAGIC OF MAPLE

This month Diana shares three recipes using one of her all-time favourite ingredients

recipes DIANA HENRY photographs MAJA SMEND

It's hard to think of an ingredient – except for nuts – that seems more autumnal than maple syrup. It's the colour of turning leaves, it flows languidly (suggesting comfort and lazy afternoons on the sofa), it tastes of pecans and brown sugar. But maple syrup is a product of the cusp between winter and spring. Maple sap flows when the temperature is above freezing during the day but below freezing at night. If you've ever heard the phrase 'sugar snow' in New England or Quebec that's what they mean, a snow which gives the right conditions for 'sugaring'. The real experts can even smell it in the air.

Mom-and-pop operations still tap the sap by drilling holes in the maple trees and hanging buckets into which it can drip. Drive around Vermont at this time of year and you can see metal buckets gleaming in the moonlight, and furls of smoke from the fires under the troughs in which the sap is boiled in the cold air. Everything looks bright, even at night, as light is reflected off the snow. Small producers work in their sugar 'shacks', small huts where they have their equipment, boiling the sap until it reduces to the required consistency. They keep going round the clock, helped by their family, dozing alongside the boiling sap. It only runs once a year so there isn't time to sleep much.

Commercial companies use a network of plastic tubing – it has to be inspected daily as squirrels gnaw through it and suck the sap – which doesn't look as cute but is much more efficient. The sap is pumped via these into huge stainless steel containers where, just as in the mom-and-pop outfits, it's boiled. It takes 35 gallons of clear sap to produce a gallon of amber syrup, which explains the high price tag.

Ever since my primary school teacher read us Laura Ingalls Wilder's *Little House* books, I've loved maple syrup. The idea of boiling this golden liquid until you could pour it onto snow where it would set into sticky cobwebs, as in the *Little House* books, enchanted. I did, in my thirties, eventually get to a 'sugar-on-snow' party in Vermont where I ate it along with pickled cucumbers (the sourness cuts the sweetness) and cups of mulled cider. 'Sugaring' is a huge community event there, with parties where you eat thick slices of ham, slaw and baked potatoes, as well as maple-sweetened dishes.

Right now, believe it or not, there are six bottles of maple syrup in my cupboard, plus a huge plastic tub I dragged back on the plane from the States last year. My kids have inherited my love for it and a stash is essential for pancakes and French toast. It's harder to find the dark grade here (originally the dark stuff was considered inferior) but seek it out. It has a stronger maple taste. Whatever you do, don't settle for maple-flavoured syrup. The real McCoy is pure – nothing is added or taken out – and there's nothing like it.



Good Food contributing editor Diana Henry is an award-winning food writer. Her new book, *How to Eat a Peach* (Dhs117, Mitchell Beazley), is out now. [Twitter](#) [Instagram](#) @dianahenryfood

Maple-baked
granola, p42

Maple-baked granola

This is a good blueprint. You can put in whatever you like – different nuts and dried fruits – as long as you follow the basic premise. I use mixed grains (Waitrose do a bag of four-grain porridge) and put crispy spelt flakes in too (you can get these in health food shops) but, again, you can use whatever grains and crispy flakes you like. Cut the amount of maple syrup if you want – I like it to taste quite strongly of maple – and use extra virgin olive oil (one that isn't too bitter or grassy) instead of hazel or walnut oil if you prefer.

MAKES about 1kg **PREP** 15 mins **COOK** 35 mins **EASY** **V**

300g four-grain porridge mix (containing oat, wheat, barley and rice flakes), or a multi-grain porridge mix of your choice	150g mixed seeds (we used a pumpkin, sunflower & seame mix)
50g crispy malted wheat flakes	15g hemp seeds (optional)
50g crispy spelt flakes	225ml maple syrup
40g each pecans, walnuts and unblanched hazelnuts, roughly chopped	4 tbsp hazelnut or walnut oil
	100g dried apples, chopped
	75g dried cranberries
	75g dried sour cherries

1 Heat oven to 160C/140C fan/gas 3. Line two large roasting tins (or one and cook in batches) with baking parchment. Put the porridge mix and all the flakes, nuts and seeds in a bowl and mix them together.

2 Put the maple syrup and oil in a big heavy-bottomed saucepan and gently heat. Add the grain mixture and stir until all the dry ingredients are coated – you are not cooking the mixture, just coating it. Spread the cereal over the parchment (it shouldn't lie in big clumps) and bake for about 20 mins.

3 Remove from the oven, turn the temperature up to 180C/160C fan/gas 4, then return to the oven, swapping the tins over. Cook for another 10 mins, but keep an eye on things. You want a golden toasted mixture – you may even start to smell some caramelisation – but don't take it too far.

4 Take the tins out the oven and leave to cool. Break the granola up into small chunks with your hands and add the dried fruit. *Will keep well in an airtight container for two weeks. You can 'refresh' it by sticking it all in the oven again (at 160C/140C/gas 3) for 15 mins.* Eat with milk or yogurt, and fresh fruit too, if you like.

GOOD TO KNOW vegan

PER SERVING 121 kcals • fat 6g • saturates 1g • carbs 12g • sugars 6g • fibre 2g • protein 3g • salt none

Maple glazed poussins with cornbread stuffing

It's worth making the cornbread (right) for this as it goes so well with the taste of maple. Position your birds close together in the roasting tin. If there is too much space around them, the maple runs off and can burn.

SERVES 6 **PREP** 20 mins **COOK** 1 hr **EASY**

For the poussins

15g butter
200g spring onions, chopped
2 garlic cloves, finely chopped
250g cornbread (see recipe, right), crumbled
1 lemon, zested
4 thyme sprigs, leaves picked and chopped
2 medium eggs, lightly beaten

6 poussins

For the maple glaze

300ml maple syrup (the darkest grade)
Tabasco, to taste (you can make it quite hot if you like)

1 Heat oven to 190C/170C fan/gas 5. To make the maple glaze, put the maple syrup in a large pan (it bubbles up a lot when heated), bring to the boil, turn down to a simmer and let it reduce by a third. Add the Tabasco and leave to cool.

2 To make the stuffing, melt the butter in a frying pan and gently fry the spring onions, just until they are softening a little. Add the garlic and cook for another minute. Scrape into a bowl and add the cornbread, lemon zest, thyme and eggs. Mix together. Season the birds inside and stuff each one. Put them in a roasting tin and brush each poussin, using half the glaze. Roast for 35 mins, then spoon the rest of the glaze over the birds. Return to the oven and roast for a further 15 mins. The birds should be cooked through with dark, glossy skin.

PER SERVING 839 kcals • fat 44g • saturates 13g • carbs 50g • sugars 33g • fibre 1g • protein 56g • salt 1.0g

Cornbread

SERVES 8-10 **PREP** 20 mins **COOK** 25 mins **V** *****

30g butter, melted and cooled, plus extra for brushing the tin
150g coarse yellow cornmeal

150g plain flour
50g soft light brown sugar
1 tsp baking powder
2 large eggs, lightly beaten
240ml milk

1 Heat oven to 210C/190C fan/gas 6 and brush a 23cm cake tin with a little of the melted butter. In a bowl, mix together the dry ingredients with 1 tsp salt. Mix the eggs, milk and butter in a jug. Make a well in the centre of the dry ingredients and gradually pour in the wet ones, mixing with a wooden spoon as you go.

2 Pour into the cake tin and bake for 20-25 mins, or until a skewer inserted into the centre of the bread comes out clean.

PER SERVING (10) 182 kcals • fat 5g • saturates 2g • carbs 28g • sugars 6g • fibre 1g • protein 5g • salt 0.7g



TOM KERRIDGE

Piri-piri at home

Tom Kerridge is on a mission to get the nation cooking again, and here he shows homemade is best when it comes to spiced chicken

photographs SAM STOWELL

*Piri-piri chicken has to be one of my favourite dishes available in chain restaurants, but cooking it at home puts you in control of the quality of the ingredients. Chicken on its own is a bit bland, which is why it's such a good vehicle for other flavours, and the great thing about piri-piri is that it doesn't have to be hot if you don't want it to be – even if you leave out the chillies, it still has loads of punch from its sweet and sour balance. **Tom***



Maple-glazed hot wings



Good Food contributing editor Tom Kerridge is a BBC presenter and chef-owner of The Hand & Flowers, The Coach and The Butcher's Tap in Marlow, and Kerridge's Bar & Grill at The Corinthia Hotel, London. His latest book, *Tom Kerridge's Fresh Start* (Dhs120, Bloomsbury), is out now. For more of Tom's recipes, see bbcgoodfoodme.com.

🐦 @ChefTomKerridge

Chilli & mint peas

Piri-piri chicken

PIRI-PIRI FEAST MENU

FOR 6-8

Maple-glazed
hot wings

Piri-piri chicken

Chilli & mint peas

Frozen tropical
fruit yogurt

Maple-glazed hot wings

Everyone loves chicken wings either on their own or as part of a big barbecue. The maple and butter glaze adds extra succulence.

SERVES 4 **PREP** 20 mins
COOK 1 hr 10 mins **EASY**

1kg chicken wings
a little oil, for the tray

For the rub

½ tsp each ground cumin, ground black pepper, ground coriander
1 tsp dark brown soft sugar
1 tsp garlic powder
2½ tsp smoked paprika
½ tsp dried oregano, dried thyme

For the glaze

75g butter
75g cider vinegar
75ml hot sauce
50ml maple syrup

1 To make the rub, mix together all the ingredients in a large bowl with a large pinch of salt. Add the chicken wings and toss to coat in the spices. If you've got time, chill and marinate for up to 24 hrs.

2 Heat oven to 180C/160C fan/gas 4. Lightly oil a baking tray, transfer the wings to the tray and roast for 40–45 mins until they are cooked through. Turn the oven up to 220C/200C fan/gas 7 and roast for a further 10 mins until golden brown and crispy.

3 Meanwhile, make the glaze by heating the butter, vinegar, hot sauce and maple syrup in a small saucepan. Bring to the boil over a high heat, then reduce the heat and simmer gently for 5 mins or until the glaze has thickened. Remove the wings from the oven and while they are still hot, pour over the glaze and carefully mix using a spoon to roll and coat them evenly. They should be nice and glossy. Serve with your favourite dip.

PER SERVING 430 kcals • fat 33g • saturates 14g • carbs 10g • sugars 9g • fibre 1g • protein 24g • salt 1.4g

Piri-piri chicken

I've roasted this chicken but it would also be delicious spatchcocked and barbecued, or barbecued sitting on a beer can (see bbcgoodfood.com for how to do this). I've made the marinade extra hot, but adjust the amount of chillies according to your tolerance.

SERVES 4-6 **PREP** 15 mins plus at least 4 hrs marinating **COOK** 1 hr 40 mins plus 30 mins resting **EASY**

1 chicken, about 2kg
For the piri-piri marinade
2 dried hot chillies
100ml red wine vinegar
6 red chillies
6 garlic cloves
2 tsp smoked paprika
1 tsp each dried oregano, dried thyme, golden caster sugar
2 lemons, juiced

1 To make the marinade, tip the dried chillies and the vinegar into a pan and bring to the boil. Remove from the heat and leave the chillies to soak until the vinegar is cold. Put the red chillies, garlic, soaked dried chillies and vinegar in a food processor and blitz. Add the smoked paprika, oregano, thyme, sugar, a pinch of salt and the lemon juice. Blitz again to a paste and set aside.

2 Sit the chicken in a shallow dish and use a small knife to score all over with cuts 1cm deep. Make sure you do the legs and the underside. Tip the marinade over the chicken and massage into the cuts. Cover and chill for at least 4 hrs, but overnight would be better.

3 When you're ready to cook, heat oven to 180C/160C fan/gas 4. Roast the chicken for 1 hr, then turn the heat up to 220C/200C fan/gas 7 and cook for a further 30–35 mins until a crust has formed on the outside of the chicken.

4 Remove from the oven and leave to rest for 30 mins. Serve with homemade wedges or jacket potatoes, coleslaw, some buttered corn cobs and chilli & mint peas (right).

GOOD TO KNOW gluten free

PER SERVING (6) 353 kcals • fat 20g • saturates 5g • carbs 2g • sugars 1g • fibre 1g • protein 42g • salt 0.3g

Chilli & mint peas

This is a great way of adding loads of flavour to frozen peas.

SERVES 6 **PREP** 5 mins
COOK 5 mins **EASY** **V** **Q**

50g soft butter
1 shallot, chopped
1 garlic clove, grated
1 red chilli, sliced
400g frozen peas, defrosted
small handful mint, leaves roughly chopped
3 pork scratchings, crushed, to serve (optional, don't use if you want this to be veggie or gluten free)

Heat the butter in a small frying pan, once bubbling, add the shallot and fry for 1 min. Add the garlic and chilli and cook for 1 min more, then tip in the peas and reheat. Take off the heat and stir in the mint, season and serve. Sprinkle over the pork scratchings, if using – they add a nice crunchy texture.

GOOD TO KNOW 1 of 5-a-day • gluten free
PER SERVING 118 kcals • fat 7g • saturates 4g • carbs 7g • sugars 4g • fibre 4g • protein 4g • salt 0.1g

Frozen tropical fruit yogurt

This recipe is genius – as if by magic, the frozen fruit freezes the yogurt when blended together. Make sure you use a food processor, not a blender, as a blender is too tall for this.

SERVES 6 **PREP** 15 mins
NO COOK **EASY** **V** *****

480g frozen tropical fruit mix
170g Greek yogurt
2 tbsp maple syrup or honey
200g diced tropical fruit and passion fruit seeds, to serve

Put everything except the fresh fruit in a food processor and blend. Scoop straight into bowls, or tip into a container and freeze if you want to serve it later. Serve with the fresh tropical fruit and spoon over the passion fruit seeds.

GOOD TO KNOW low cal • low fat • 1 of 5-a-day • gluten free

PER SERVING 98 kcals • fat 3g • saturates 2g • carbs 15g • sugars 14g • fibre 1g • protein 2g • salt 0.1g



Shoot director: RACHEL BAYLY | Food stylist: ELLIE JARVIS | Stylist: JENNY IGGLEDEN



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recipes ANNA GLOVER *photographs* MAJA SMEND

Chicken cacciatore
one-pot with orzo, p54

Harissa cauliflower pilaf

With its heady combination of fruit, nuts and spice, this veggie winter warmer evokes the Middle East. Cooking a pilaf in the oven rather than on the hob ensures even heat throughout, so you get really fluffy rice.

SERVES 4 **PREP** 20 mins plus 1 hr soaking **COOK** 1 hr **EASY** **V**

300g basmati rice
1 red onion, finely sliced
2 lemons, 1 juiced, 1 cut into wedges
2 tsp sugar
4 tbsp harissa
1 garlic clove, crushed
1 tbsp olive oil
1 large or 2 medium cauliflower, broken into large florets, stalk chopped, large leaves roughly chopped
pinch of saffron
2 bay leaves
700ml hot vegan vegetable stock
100g sultanas
100g flaked almonds, toasted until golden brown
½ small bunch of dill, chopped, plus extra to serve
400g can chickpeas, drained and rinsed
50g pomegranate seeds (optional)

1 Wash the rice really well, then leave to soak in cold water for 1 hr. Put the onion in a small bowl and toss with the lemon juice, the sugar and a pinch of salt. Leave to pickle while you make the pilaf.

2 Heat the oven to 200C/180C fan/gas 6. Whisk 2 tbsp harissa, the garlic and oil in a large bowl, then add the cauliflower and toss to coat in the sauce. Season, then tip into a roasting tin and roast for 30 mins until tender and golden.

3 Meanwhile, mix the saffron, bay leaves, stock and 2 tbsp harissa in a pan over a very low heat to keep warm while the cauli roasts.

4 Remove the cauli from the oven, tip into a dish and squeeze over the juice from one of the lemon wedges. Drain the rice and tip into the roasting tin. Pour over the infused stock, and mix well. Stir in the sultanas, half the almonds, the dill, chickpeas, and half the cauliflower. Cover the tin with a double layer of foil, sealing well, then bake for 30 mins until the rice is tender and stock is absorbed.

5 Fluff up the rice with a fork, then fold in the remaining cauliflower (this creates a contrast of cauli textures). Scatter over the extra dill, the remaining almonds, the pomegranate seeds, if using, the pickled red onions and remaining lemon wedges to squeeze over.

GOOD TO KNOW vegan • calcium • folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 687 kcals • fat 22g • saturates 2g • carbs 94g • sugars 29g • fibre 11g • protein 23g • salt 0.7g



gf tip

MAKE IT YOUR OWN

● Toppings

Try a spoonful of yogurt swirled with more harissa, a mix of tahini and yogurt loosened with a little lemon juice and water, or yogurt rippled with a glug of pomegranate molasses for a sweet note.

● Add meat

Roast chicken thighs with the cauliflower and shred the meat with two forks before stirring it through the pilaf.





One-pan Thai green salmon

Fresh flavours and a creamy Thai green sauce make this a great dish for entertaining. The shallots and potatoes turn golden and sweet when roasted, helping flavour the sauce – it should be quite thin to soak into the rice or noodles, so don't be afraid of adding more liquid if needed.

SERVES 4 **PREP** 10 mins
COOK 50 mins **EASY**

2 tbsp vegetable oil
2 shallots, thickly sliced
1 green chilli, deseeded if you like, and sliced, plus extra to serve
300g baby new potatoes, quartered
1 lemongrass stalk, bashed
4 tbsp Thai green curry paste
400g can coconut milk
200-300ml vegetable stock
1-2 tbsp fish sauce
½-1 tbsp brown or palm sugar
1 courgette, trimmed and peeled into ribbons
100g baby spinach
4 skinless salmon fillets
3 limes, 2 juiced plus 1 cut into wedges to serve
3 spring onions, finely sliced (optional)
handful of coriander or Thai basil, roughly chopped, to serve
cooked jasmine rice or rice noodles, to serve (optional)

1 Heat the oven to 200C/180C fan/gas 6. Put the oil in a deep roasting tin or dish about 30 x 25cm and toss through the shallots, chilli, potatoes and lemongrass. Roast for 10 mins until fragrant, keeping an eye on the shallots to ensure they don't burn. Remove from the oven and stir in the curry paste to coat everything. Return to the oven for 2 mins until its aroma is released before mixing in the coconut milk and 200ml stock. Put back in the oven again for 15-20 mins until the sauce is slightly thickened and the potatoes are turning tender.

2 Season to taste with the fish sauce and sugar, then stir through the courgette ribbons and spinach. Add another 50ml-100ml stock now if the sauce is too thick, but be aware that the courgette and spinach will release some water as well. Nestle the salmon fillets in the sauce and bake for a further 10-15 mins until the salmon is cooked to your liking.

3 Add the lime juice and taste the sauce for a balance of sweet and sour, adding more lime juice and fish sauce, if you like. Scatter over the spring onions, if using, along with the herbs and chilli. For a more filling meal, serve with rice or noodles and the lime wedges on the side.

GOOD TO KNOW vit c • omega-3 • 1 of 5-a-day
PER SERVING 667 kcs • fat 46g • saturates 19g •
carbs 21g • sugars 8g • fibre 4g • protein 41g •
salt 1.2g

Thai green curry paste

Adapt this recipe to your own preferences by adding more lemongrass, chilli or kaffir.

MAKES 100g (approx) **PREP** 10 mins
NO COOK EASY ✨

1 lemongrass stalk, tough outer leaves discarded, finely chopped
1 lime, juiced
1 tsp ground coriander
4-6 green chillies, deseeded if you prefer less heat, chopped
4 garlic cloves, chopped
thumb-sized piece of galangal, peeled and chopped
3 small shallots, peeled and chopped
3 kaffir lime leaves, finely shredded
½ small bunch of coriander, finely chopped
1 tsp shrimp paste
3 tbsp vegetable oil

Tip all the ingredients into a small food processor and blend until smooth. Add another tablespoon of oil, if needed, to combine. Freeze any leftover paste for another time, or make a double or triple batch to freeze in portions.

GOOD TO KNOW gluten free
PER SERVING 25 kcs • fat 2g • saturates 0.1g •
carbs 1g • sugars 0.3g • fibre 0.2g • protein 0.4g •
salt 0.07g



SIMPLE SWAPS

- Swap green for red Thai curry paste if you prefer more of a chilli kick, or make your own Thai paste using the recipe below.
- Swap salmon for firm white sustainable fish fillets, king prawns, or chunks of aubergine and tofu.

Chicken cacciatore one-pot with orzo

Comfort food at its best, orzo soaks up the flavours of chicken and tomatoes here to make an unctuous pasta bake. It's even better served with warm garlic bread.

SERVES 4 **PREP** 5 mins plus resting
COOK 55 mins **EASY**

2 tbsp olive oil
4-6 skin-on, bone-in chicken thighs
1 onion, finely sliced
2 garlic cloves, sliced
250ml non-alcoholic red wine
2 bay leaves
4 thyme sprigs
2 rosemary sprigs
small bunch of parsley, stalks and leaves separated, finely chopped
2 x 400g cans cherry tomatoes
1 chicken stock cube
1 tbsp balsamic vinegar
2 tbsp capers (optional)
handful of pitted green olives
300g orzo, rinsed (to keep it from getting too sticky when baked)



MAKE IT A ROAST DINNER

● *Swap the chicken thighs for a whole chicken, roasting it first for 1 hr before nestling it into the sauce and cooking for another 20-30 mins until cooked through and the orzo is tender.*

1 Heat the oven to 220C/200C fan/gas 7. Rub 1 tbsp oil over the chicken and season well, then put skin-side up in an ovenproof casserole dish or roasting tin and bake for 20-25 mins until crisp and golden, but not cooked all the way though. Remove from the dish and put on a plate.

2 Add the remaining oil to the dish, mixing it with the chicken fat. Tip in the onion and garlic, then bake for 5-8 mins until the onion is tender.

3 Pour in the wine, stirring it with the onions, then leave to evaporate slightly in the residual heat before adding the bay, thyme, rosemary, parsley stalks and tomatoes. Dissolve the stock cube in 300ml boiling water and pour this in, then add the vinegar, capers, if using, olives and orzo. Stir well and season.

4 Nestle the chicken back in the pan, skin-side up, and roast for 20 mins until the sauce is thickened, the orzo is tender and the meat is cooked through. Give it a stir, then leave for 10 mins for the orzo to absorb the excess liquid. Scatter over the parsley leaves to serve.

GOOD TO KNOW healthy • fibre • vit c • 1 of 5-a-day
PER SERVING 573 kcals • fat 19g • saturates 4g •
carbs 61g • sugars 11g • fibre 6g • protein 26g •
salt 1.1g



PERFECTING YOUR TRAYBAKE

● Work out your timings

Although you're using an all-in-one method, not everything takes the same amount of time to cook. Add similarly textured vegetables (such as parsnips and carrots, or different types of leafy greens) at the same time. If some ingredients only take a few more minutes, it's worth opening the oven door later in the process to add them, so they don't overcook.

● Know your oven

Hotter on the right-hand side? A little cooler in some spots? Turn your tray halfway through cooking to ensure even distribution of heat in all corners. Invest in an oven thermometer, too, which reveals the true temperature of your oven, so you can adjust it if necessary. You can pick them up for about £5.

● Are you roasting, reducing or grilling?

Use your oven to the best of its ability by exploring its functions. Turn slow-cooked meats, like lamb shoulder, crisp by swapping to the grill function to finish the cooking, or do the same for one-pots that could benefit from crunchy toppings like croutons, cheese or nuts. You can also ensure consistent heat with fan settings for rice or stews.

● Use the best tray for the job

Use deep trays for recipes where sauces develop in the oven, such as stews and slow cooks. For where you need to add colour and crispness, use a shallow tray – even baking sheets work if you want lots of evaporation and golden tinges. Don't bake everything too close together – especially with roast potatoes and veg, the steam stops them from crisping.

● Consider textures as well as taste

Balance your traybake to include protein, veg and carbs. You can serve it with a side dish of steamed greens or a salad, but also consider adding veg to the bake for colour and interest. Textures, as well as flavours, are really important to help liven up one-pan dishes where everything is cooked the same way.



Mother's Day DESSERTS

Treat Mum's sweet tooth this Mother's Day using one of our cake recipes.

recipes CASSIE BEST & ANNA GLOVER *photographs* TOM REGESTER & DANIEL JONES

Buy edible
flowers from
supermarkets such as
Spinneys, Waitrose,
or Carrefour.



Little carrot cakes with orange & honey syrup

MAKES 12 **PREP 15 mins**

COOK 20 mins **EASY V**

150ml sunflower oil, plus a little for the tin

175g light muscovado sugar

200g self-raising flour

1 tsp bicarbonate of soda

2 tsp mixed spice

1 orange, zested and juiced (save the juice for the syrup)

2 large eggs

50g natural yogurt

200g carrots, about 2 large ones, peeled and grated

For the syrup and icing

50ml runny honey, plus extra to drizzle (optional)

150g mascarpone

100g thick natural yogurt

75g icing sugar, sieved

edible flowers or extra orange zest, to decorate

1 Heat oven to 180C/160C fan/gas 4 and oil a 12-hole muffin tin, or line it with muffin cases. In a large mixing bowl, mix the sugar, flour, bicarb,

mixed spice and orange zest. Whisk together the eggs, oil and yogurt, then stir into the dry ingredients along with the grated carrots. Pour the mixture into the prepared tin, or divide between the cases, if using, then bake for 20-22 mins until a skewer inserted in to the middle comes out clean. Turn the cakes out onto a wire rack and leave them to cool a little.

2 Meanwhile, to make the syrup, heat the honey and orange juice in a pan. Bring to the boil, then simmer for a minute until syrupy. Spoon a few tsp over each cake while still warm, then leave to cool completely. For the icing, mix the mascarpone, yogurt and icing sugar until just combined (if you over-mix, it will become runny). Use a palette or cutlery knife to swirl the icing on top of the cakes, drizzle with a little more honey, if you like, and decorate with edible flowers or orange zest.

PER SERVING 356 kcs • fat 20g • saturates 6g • carbs 39g • sugars 27g • fibre 1g • protein 4g • salt 0.5g



ON THE MOVE

● To transport these little cakes, **cook in cases and chill for a few hours for the icing to firm up.** This will make them easier to carry.

DID YOU KNOW?

Using **mascarpone** in the icing gives it richness and a silky texture. **Yogurt** adds a little sourness to balance the sweetness, a bit like cream cheese in a red velvet cake. The mix won't be as firm as regular icing as it doesn't contain butter.

Simnel loaf cake

Hidden marzipan along with a toasted marzipan and cherry decoration makes this a showstopper loaf cake.

SERVES 8 **PREP** 20 mins **COOK** 40-60 mins **EASY** **V**  un-iced

125g mixed dried fruit (a mixture of sultanas, currants, raisins and candied mixed peel)
½ small orange, zested and juiced
vegetable or sunflower oil, for the tin
125g marzipan
125g butter, softened
100g light brown soft sugar
2 eggs

90g plain flour
50g ground almonds
½ tsp baking powder
½ lemon, zested and juiced
1 tsp mixed spice
1 tsp vanilla extract
50g glacé cherries, halved, plus
6-8 left whole, to serve
100g icing sugar

1 Put the mixed dried fruit in a bowl with the orange juice and zest and 1 tbsp water. Cover and microwave for 2 mins, then leave to cool completely. Alternatively, heat gently in a pan, stirring now and then until the liquid has been absorbed and leave to cool.

2 Heat oven to 180C/160C fan/gas 4 and oil a 900g loaf tin before lining the base and sides with baking parchment. Roll out 50g of the marzipan into a sausage that is as long as the loaf tin. Wrap the remaining the marzipan and set aside for later. Beat the butter and sugar together until creamy. Add the eggs, flour, almonds, baking powder, lemon zest, mixed spice and vanilla (all in one go) and mix until well combined. Stir in the cooled, soaked dried fruit, then fold in the cherries.

3 Pour the cake batter into the tin until it is halfway full. Lay the sausage of marzipan down the middle, then scrape in the remaining cake mixture, making sure the marzipan is covered. Bake for 40-50 mins. Check it's cooked by inserting a skewer into the cake, if any wet mixture clings to the skewer, return to the oven for another 10 mins, then check again. Cool in the tin for 15 mins, then turn out onto a wire rack and leave to cool completely.


4 Mix the icing sugar with the juice from the lemon and enough water (about 1 tbsp) to make a thick but pourable icing. Roll the remaining marzipan into 6-8 equal-sized balls, and caramelize, if you like (see tip, right). Drizzle the icing over the top of the cake, letting it stream down the sides a little. Top with the marzipan balls, alternating each one with a cherry. Will keep in an airtight container for up to a week.

PER SERVING 447 kcal • fat 20g • saturates 9g • carbs 59g • sugars 45g • fibre 1g • protein 6g • salt 0.5g



DECORATE YOUR CAKE LIKE A PRO

● If you like, you can put the marzipan balls under a hot grill for a minute or two until just starting to caramelize – be very careful as the marzipan will burn easily.



The perfect treat to enjoy with friends and a pot of tea

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health news

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

Healthy eating hub, Flow opens second branch

Homegrown healthy eating and creative hub, Flow has launched its second venue in Dubai Internet City's Mastercard Building.

Flow serves a breakfast menu that features a selection of staples and creative classics. For lunch, there are healthy snacks, salads and small plates, crafted from many locally-sourced and sustainable suppliers, catering to all food intolerances and preferences with a mixture of vegan, gluten-free, dairy-free and Paleo-friendly options. There's also a selection of homemade granolas, sandwiches, croissants, and wraps at the grab-and-go chiller for those on-the-go.

A haven for lovers of craft coffee, Flow's baristas are on hand daily to serve up everything from classic espressos and Americanos to café lattes, date lattes, mochaccinos and more, all lovingly made with speciality coffee beans from local roastery NightJar. What's more, regulars can enjoy one free coffee with every six purchased with the Flow loyalty card.

An Instagram favourite and perfect for those looking to ditch dairy, Flow's milk taps allow customers to personalise their dishes and drinks with a variety of different milks, including almond, soy, rice, oat, camel and coconut, as well as low fat and whole fat cow's milk. Visit Flowdubai.com.



New vegan dishes at Moreish

Oud Metha gem, Moreish, has introduced five new vegan specials to their menu in light of Veganuary. Featuring both sweet and savoury, the new dishes include options like Beetroot & Pistachio Crepes with cashew cream, sautéed peppers and mushrooms, and pistachio dukkah; Spinach Crepes with cashew cream, sun-dried tomatoes and dill; Strawberry Rosewater Waffles with a dark chocolate glaze and pistachio; Za'atar & Olive Waffles with pomegranate seeds, molasses, and lemon tahini sauce; and Lavender & Rosemary Squares.

Conceptualised by Kishore, Vanita and Bhavika Bhatia, Moreish boasts a home-style cooked menu adorned with 'food that loves you back', all while challenging stereotypical vegan and vegetarian menus. From waffles, scrambles and pancakes to gourmet burgers, nachos, polenta steaks, Mediterranean stews, pasta and risotto, Moreish's comforting menu has something for everyone.

Fostering a charming and cozy ambience with blue checkered tablecloths, brick accents and a standout blue wall decorated by photos of chefs that have inspired the family, Moreish seats 22 indoor and 25 outdoor, promoting an intimate dining experience, just as you would enjoy at home.

Family-run in the most literal sense, the Bhatia family are actively involved in the day-to-day running of Moreish, whether it is curating and testing dishes or serving tables and stirring up conversations with the aim to connect over a love for food.

Moreish is open to the public every day from 11.30am to 12am, and is located on the Ground Floor of Al Ahli Building, Street 8, Behind Roda Links Hotel, Oud Metha, Dubai. Call +97143961396.

StudioRepublik comes to Sheikh Zayed Road



StudioRepublik, the newest member of the Republik family, is now open. The 65,000 sq. ft facility on Sheikh Zayed Road, harnesses talent and technology from across the world using three platforms: The Lab (Integrated Wellness), The Stage (Performing Arts) and The Arena (Group Exercise).

The Lab is uniquely equipped to provide Integrated Wellness services, using advanced technology and outstanding talent to obtain tangible

results. The team are made up of the best in the field across diet, rehab/ prehab, personal training and massage therapy, all working together to offer a 360-degree approach to wellness.

The Stage aims to liberate creativity in the Performing Arts fields of Music, Drama and Dance. An exciting addition to the local music scene, StudioRepublik will offer a community recording studio space to grow the talent of tomorrow, as well as re-light the passion of the later-in-life

musicians who have had work and life come between their love of music.

The Dance studio will offer high-calibre dance instruction to tots, juniors, teens and adults of all levels, from absolute beginner to advanced in all major dance disciplines, led by performing arts professionals for recreational or accelerated training.

The Arena is a brave new world of Group Exercise, where people come together in an environment of expertly produced visuals, music and lighting. Senses are stimulated, moods altered and maximize physical attainment achieved. Classes cater to all fitness levels and interests, including Bootcamp, Aerial, Cycling & GX, Mind & Body classes (Pilates, Yoga and Meditation) as well as an extensively equipped gym.

Just as the centre of the home is the kitchen, the centre of StudioRepublik is ROH, which acts as a community home to hang out, collaborate, re-energise, de-stress or just sit back and watch live music that plays on stage throughout the week. ROH serves up the atmosphere, community and fresh food at breakfast, lunch and dinner.

For more information and to register for a free one week trial, visit studiorepublik.com.

NRTC launch pre-cut fruit & veggie helper box

In celebration of Mother's Day this month, NRTC Fresh has launched the 'Mummy's Helper Box' that consists of pre-cut fruits and vegetables to make meal preparations seamless. Priced at Dhs80, the Mummy's Helper Box is filled with pre-cut, peeled and shredded fruits and vegetables that are rich in vitamins, minerals, fiber, calcium, and magnesium.

Inside the box, parents can find fruits and vegetables such as potatoes, garlic, romaine lettuce, red cabbage, broccoli florets, carrots, white onion, yellow capsicum, cucumber, beetroot, tomatoes, baby spinach, pineapple, pomegranate, honeydew melon and watermelon.

Specially curated from the NRTC Fresh pre-cut selection, the Mummy's Helper Box is designed to be an affordable and convenient option for parents



to create delicious meals without breaking the bank or a sweat.

The Mummy's Helper Box can be ordered by visiting nrtcfresh.com/product/mummy-s-helper-box.

quick fix

5-ingredient dinners

Healthy meals don't always require a long shopping list. These simple, nutritious suppers are made using just a handful of ingredients and storecupboard staples

recipes ESTHER CLARK photographs RYAN BALL

Creamy pesto & kale pasta

IRON

VIT C

1 OF 5-A-DAY

SERVES 4 PREP 10 mins

COOK 25 mins EASY V

1 tbsp rapeseed oil
2 red onions, thinly sliced
300g kale
300g wholemeal pasta (penne or mafalda work well)
4 tbsp reduced-fat soft cheese
4 tbsp fresh pesto or vegetarian alternative

1 Heat the oil in a large pan over a medium heat. Fry the onions for 10 mins until softened and beginning to caramelise. Add the kale and 100ml water, then cover and cook for 5 mins more, or until the kale has wilted.
2 Cook the pasta following pack instructions. Drain, reserving a little of the cooking water. Toss the pasta with the onion mixture, soft cheese and pesto, adding a splash of the reserved cooking water to loosen, if needed. Season.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • iron • 1 of 5-a-day
PER SERVING 428 kcal • fat 13g • saturates 3g • carbs 55g • sugars 6g • fibre 11g • protein 17g • salt 0.7g

For 5-ingredient recipes, we assume you already have storecupboard staples like oil.

Saucy bean baked eggs



SERVES 2 **PREP** 5 mins
COOK 20 mins **EASY**

2 x 400g cans cherry tomatoes
400g can mixed bean salad,
drained
200g baby spinach
4 medium eggs
50g thinly sliced smoked ham, torn
wholemeal rye bread,
to serve (optional)

1 Tip the tomatoes and bean salad into an ovenproof frying pan or shallow flameproof casserole dish. Simmer for 10 mins, or until reduced. Stir in the spinach and cook for 5 mins more until wilted.
2 Heat the grill to medium. Make four indentations in the mixture using the back of a spoon, then crack one egg in each. Nestle the ham in the mixture, then grill for 4-5 mins, or until the whites are set and the yolks runny. Serve with rye bread, if you like.

GOOD TO KNOW healthy • low cal • calcium
• folate • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 366 kcals • fat 12g • saturates 3g •
carbs 27g • sugars 15g • fibre 10g •
protein 32g • salt 1.04g





Swedish meatballs



Healthy tikka masala

healthier family favourites

Classic crowd-pleasing dishes
made a little lighter

recipes ESTHER CLARK *photographs* STUART OVENDEN



Prawn fried rice



Squash & pesto pasta

Swedish meatballs

SERVES 4 **PREP** 10 mins plus cooling and chilling
COOK 25 mins **EASY** 🌱 meatballs only 📖

2 tbsp rapeseed oil
1 onion, finely chopped
1 small garlic clove, finely grated
375g lean pork mince
1 medium egg yolk
grating of nutmeg
50g fine fresh breadcrumbs
300ml hot low-salt beef stock
½ tbsp Dijon mustard
2 tbsp fat-free natural yogurt
400g spring greens, shredded
lingonberry or cranberry sauce, to serve

- 1 Put 1 tbsp rapeseed oil in a frying pan over a medium heat. Add the onion and fry for 10 mins or until soft and translucent. Add the garlic and cook for 1 min. Leave to cool.
- 2 Mix the cooled onions, pork mince, egg yolk, a good grating of nutmeg and the breadcrumbs in a bowl with your hands until well combined. Form into 12 balls and chill for 15 mins.
- 3 Heat the remaining oil in a frying pan and fry the meatballs for 5 mins over a medium heat, turning often until golden. Pour over the stock and bubble for 8-10 mins or until it has reduced a little. Stir through the mustard and yogurt.
- 4 Steam the greens for 5 mins or until tender. Serve the meatballs with the greens and a dollop of the sauce.

GOOD TO KNOW healthy • low cal • fibre • vit c • 1 of 5-a-day

PER SERVING 323 kcs • fat 18g • saturates 4g • carbs 13g • sugars 6g • fibre 6g • protein 24g • salt 1.04g

Healthy tikka masala

SERVES 4 **PREP** 10 mins **COOK** 55 mins **EASY** 🌱

1 large onion, chopped
4 large garlic cloves
thumb-sized piece of ginger
2 tbsp rapeseed oil
4 small skinless chicken breasts, cut into chunks
2 tbsp tikka spice powder
1 tsp cayenne pepper
400g can chopped tomatoes
40g ground almonds
200g spinach
3 tbsp fat-free natural yogurt
½ small bunch of coriander, chopped
brown basmati rice, to serve

- 1 Put the onion, garlic and ginger in a food processor and whizz to a smooth paste.
- 2 Heat 1 tbsp of the oil in a flameproof casserole dish over a medium heat. Add the onion mixture and fry for 15 mins. Tip into a bowl and wipe out the pan.
- 3 Add the remaining oil and the chicken and fry for 5-7 mins, or until lightly brown. Stir in the tikka spice and cayenne and fry for a further minute. Tip the onion mixture back into the pan, along with the tomatoes and 1 can full of water. Bring to the boil, then reduce to a simmer and cook, uncovered, for 15 mins. Stir in the almonds and spinach and cook for a further 10 mins. Season, then stir through the yogurt and coriander. Serve with brown rice.

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

PER SERVING 365 kcs • fat 17g • saturates 1g • carbs 13g • sugars 10g • fibre 4g • protein 38g • salt 0.3g

Prawn fried rice

SERVES 4 **PREP** 5 mins **COOK** 25 mins **EASY**

250g long-grain brown rice
150g frozen peas
100g mangetout
1½ tbsp rapeseed oil
1 onion, finely chopped
2 garlic cloves, crushed
thumb-sized piece of ginger, finely grated
150g raw king prawns
3 medium eggs, beaten
2 tsp sesame seeds
1 tbsp low-salt soy sauce
½ tbsp rice or white wine vinegar
4 spring onions, trimmed and sliced

- 1 Cook the rice following pack instructions. Boil a separate pan of water and blanch the peas and mangetout for 1 min, then drain and set aside with the rice.
- 2 Meanwhile, heat the oil in a large non-stick frying pan or wok over a medium heat and fry the onion for 10 mins or until golden brown. Add the garlic and ginger and fry for a further minute. Tip in the blanched vegetables and fry for 5 mins, then the prawns and fry for a further 2 mins. Stir the rice into the pan then push everything to one side. Pour the beaten eggs into the empty side of the pan and stir to scramble them. Fold everything together with the sesame seeds, soy and vinegar, then finish with the spring onions scattered over.

GOOD TO KNOW healthy • low cal • fibre • 1 of 5-a-day

PER SERVING 418 kcs • fat 11g • saturates 2g • carbs 54g • sugars 7g • fibre 6g • protein 22g • salt 0.5g

Squash & pesto pasta

SERVES 4 **PREP** 15 mins **COOK** 25 mins **EASY** V

1 small butternut squash (750g), peeled, deseeded and cut into 2cm cubes
3 tbsp rapeseed oil
large bunch of parsley
large bunch of basil
20g cashew nuts, toasted and chopped
1 garlic clove, crushed
1 lemon, zested and juiced
1 tsp chilli flakes (optional)
350g pasta (casarecce or fusilli work well)
30g parmesan or vegetarian alternative, shaved

- 1 Heat the oven to 200C/180C fan/gas 6. Toss the butternut cubes on a baking tray with ½ tbsp of the oil and some seasoning. Roast for 20-25 mins or until tender.
- 2 Put the parsley, basil, cashew nuts, garlic, lemon zest and juice and chilli (if using) in a food processor, along with the remaining oil and a splash of water, then whizz until very smooth. Season to taste.
- 3 Meanwhile, cook the pasta following pack instructions. Drain, reserving a little of the cooking water, then toss with the pesto and butternut squash and enough water to loosen the sauce. Finish with a little shaved parmesan, if you like.

GOOD TO KNOW healthy • calcium • folate • fibre • vit c • iron • 1 of 5-a-day

PER SERVING 540 kcs • fat 14g • saturates 3g • carbs 79g • sugars 10g • fibre 11g • protein 18g • salt 0.3g



Breakfast

Porridge with quick berry compote, figs & pistachios



SERVES 2 PREP 5 mins COOK 5 mins EASY V

150g porridge oats
100ml milk
120g frozen berries
½ orange, zested and juiced

1 fig, sliced
1 tbsp pistachios, toasted and chopped

- 1 Put the oats, milk and 450ml water in a pan with a pinch of salt. Cook for about 5 mins until thick and creamy. Meanwhile, microwave the berries, orange juice and zest for 2-3 mins.
- 2 Divide the porridge between bowls and top each with the berry compote, fig and pistachios.

GOOD TO KNOW healthy • fibre • vit c • 1 of 5-a-day

PER SERVING 412 kcal • fat 10g • saturates 2g • carbs 62g • sugars 10g • fibre 9g • protein 13g • salt none

quick fix

healthy in a hurry

Even if you have a busy day ahead, you can still make time for nutritious meals. Try our three hassle-free dishes, all on the table in 20 minutes or less

recipes SOPHIE GODWIN photograph ROB STREETER



Lunch

Herby Persian frittata

GLUTEN
FREE

VIT C

2 OF
5-A-DAY

SERVES 2 PREP 10 mins COOK 10 mins EASY V

3 eggs
 ½ tsp baking powder
 ¼ tsp turmeric
 1 small pack of coriander and parsley, roughly chopped
 ½ small pack dill, roughly chopped
 4 spring onions, thinly sliced

1 tbsp currants or barberries, if you can find them
 1 tbsp toasted walnuts (optional), roughly chopped
 1 tbsp cold pressed rapeseed oil
 30g feta, crumbled sliced

1 Heat grill to high. Whisk the eggs together in a large bowl, add the baking powder and turmeric, then season with salt and pepper. Stir in most of the herbs, then add the spring onions, currants and walnuts.

2 Drizzle the oil into a small ovenproof, non-stick frying pan over a medium heat. Pour in the herby egg mixture and cook for 8-10 mins until the egg is nearly set, then put the frittata under the grill for a final minute until cooked through. Sprinkle over the remaining herbs and the crumbled feta to serve.

GOOD TO KNOW healthy • low cal • folate • vit c • 2 of 5-a-day • gluten free

PER SERVING 198 kcal • fat 11g • saturates 2g • carbs 9g • sugars 6g • fibre 3g • protein 14g • salt 0.7g



Dinner

Steak, beetroot, horseradish & warm lentil salad

CALCIUM

IRON

4 OF
5-A-DAY

SERVES 2 PREP 10 mins COOK 10 mins EASY

1 tbsp hot horseradish sauce
 2 tbsp Greek yogurt
 ½ tsp honey
 1 lemon, juiced
 200g fillet steak
 1½ tbsp cold pressed rapeseed oil
 2 garlic cloves
 200g frozen peas

250g pouch pre-cooked puy lentils
 120g runner beans, sliced
 200g pre-cooked beetroot, cut into wedges
 ½ small pack dill, chopped
 two handfuls rocket

1 Whisk together the horseradish, yogurt and honey. Season and add lemon juice to taste.

2 Season the steak on all sides with a little salt and black pepper. Heat 1 tbsp oil in a non-stick frying pan. Add the steak and cook to your liking, 2-3 mins on each side for medium rare. Set aside to rest.

3 Put the pan back on the heat, add the remaining oil, lightly crush in the garlic, then tip in the peas, lentils, beans and beetroot. Cook for a few mins, stirring, until the peas and beetroot are warmed through. Remove from the heat, then stir through the remaining lemon juice, dill and rocket.

4 Thinly slice the steak. Divide the lentil salad between two plates, nestle in the steak and drizzle over the dressing.

GOOD TO KNOW healthy • low cal • calcium • folate • iron • 4 of 5-a-day

PER SERVING 496 kcal • fat 13g • saturates 4g • carbs 44g • sugars 20g • fibre 16g • protein 42g • salt 1.6g





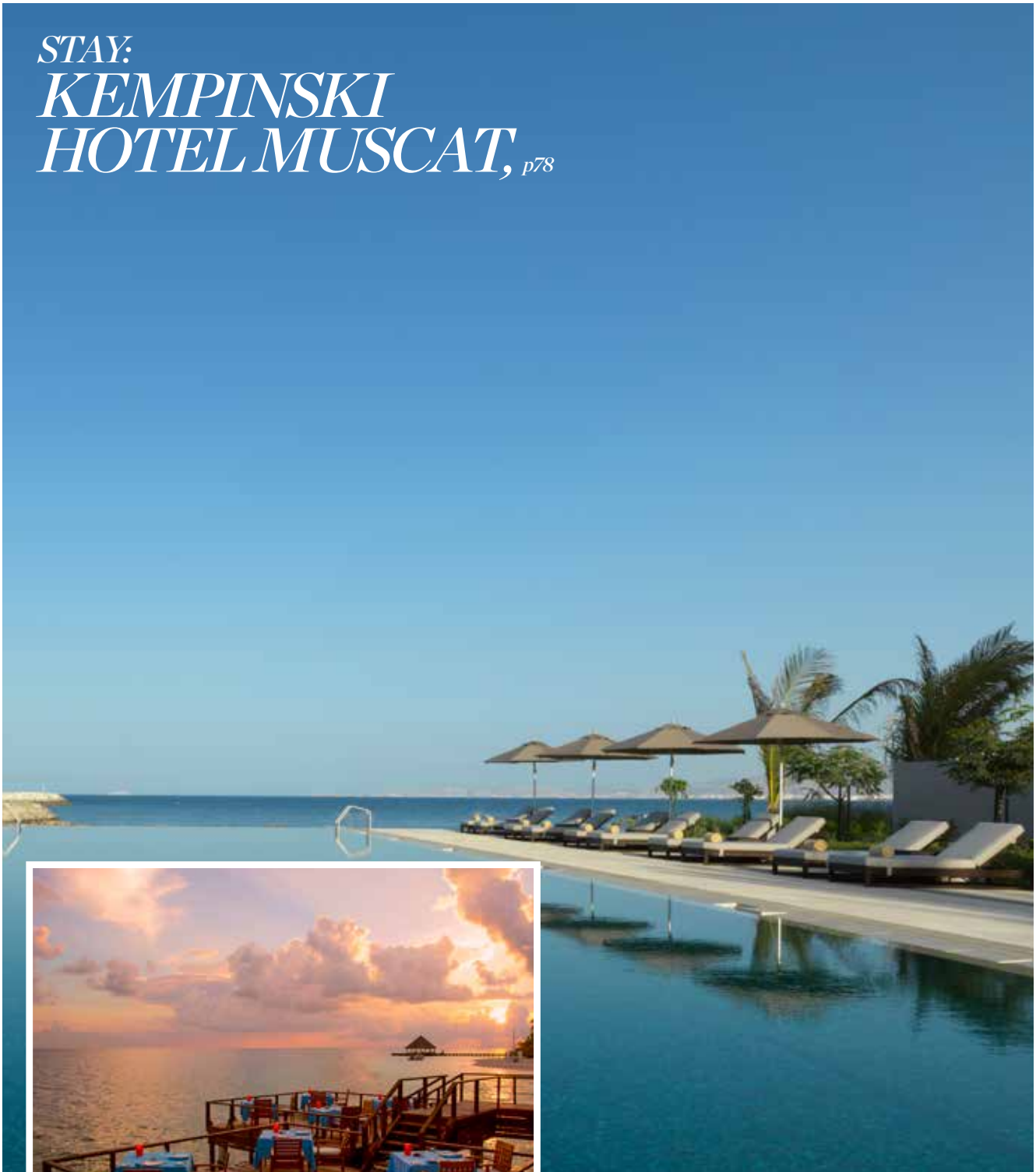
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GOURMET LIFESTYLE

*STAY:
KEMPINSKI
HOTEL MUSCAT, p78*



DUBAI TO MALDIVES, p72

From Dubai to Maldives

We follow locally-famed executive chef Colin Clague, of the homegrown Anatolian restaurant Rüya Dubai to Coco Bodu Hithi, Maldives, where he recently took up a special guest chef residency. Sharing his experience with us, we learn of culinary delights available to visitors on this magical, isolated island, just 40-minutes from Malé International Airport.

Representing the UAE in the dreamy island paradise of Maldives, chef Colin Clague partnered with Coco Bodu Hithi late last year to host two exclusive tasting menu dinners and a guest masterclass at the resort's seafood-led, fine dining restaurant Aqua.

During his guest culinary residency, Colin brought a refined taste of Anatolian cuisine to the resort. Rüya's quest as a brand is to preserve the true DNA of Anatolian food, and Colin's work reflects this in each of his dishes, which are prepared according to ancient recipes but presented with a fresh contemporary twist.

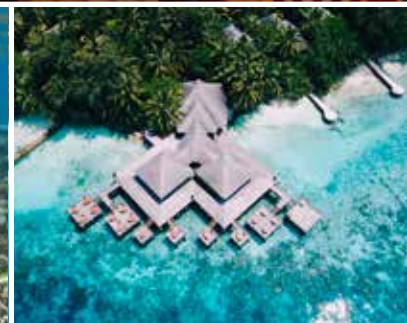
Colin's exclusive 6-course tasting menu saw diners delight in expertly prepared dishes including Levrek – seabass sashimi with mustard, apple, and shaved radish, Yer elmasi corbasi – Jerusalem artichoke

soup with smoked eggplant purée, Zeytinyagli ahtapo -marinated grilled octopus, black eyed beans, and apple vinaigrette, and Firin Sutlaç - traditional Anatolian rice pudding with raspberries, rose ice cream, and more.

Speaking from the opening night of his residency, Colin revealed to us: "It's brilliant to be here. It's been a challenge – coming from Dubai where everything is current and upbeat, to an island resort where everything is so much more relaxed – but what a fantastic experience to cook surrounded by clear blue ocean waters. Heading for a dive before hitting the kitchen is a dream set-up. I can't complain really, can I?"

Initially approached by Coco Bodu Hithi's communications team, Colin was invited as a guest chef with the purpose of enhancing dining experiences available to guests visiting the island – an initiative





Coco runs several times each year, with other visiting chefs recently including the likes of Monica Galetti and Tom Kitchin, to name a few.

During the residencies, visiting chefs also provide the island-based culinary team with a fantastic opportunity to spruce up on their skills, learn another style of cooking and keep up-to-date with what the

outside culinary world is doing.

Reflecting on his visit, Colin explained that many visitors to Maldives often forget the difficulties chefs face in order to keep culinary standards high at resorts like Coco Bodu Hithi.

“Getting deliveries and produce is the biggest challenge in Maldives. In Dubai for example, the main deliveries from Europe and Australia arrive twice a week, whereas in the Maldives it’s once a week, and as the head chef there you really have to have your wits about you – if the bookings suddenly go up, you are going to be in trouble,” he said.

Despite these challenges, Coco Bodu Hithi overcomes them through efficient planning and superb organisation – ensuring

“

Fresh fish is supplied to the resort three times a week. Red snapper, tuna, job fish, jack fish, and grouper are most commonly caught in local waters

”

all its restaurants operate successfully, promising visitors a great time.

On the island, there is plenty to choose from when it comes to meal times, and whether its barefoot barbecues on the beach, or well-heeled fine dining, there is something for everyone.

Days start at your leisure, with breakfast prepared throughout the morning at Air. Latitude serves up poolside bites throughout the day, as well as a relaxed vibe to ease on into early evening cocktails – sundowners in Maldives is a match made in heaven.

For dinner, enjoy a taste of Japanese cuisine at Tsuki, locally-fished catch of the day at Aqua, the resort’s upscale seafood restaurant, or Mediterranean specialities at Stars.





The resort is also home to the Wine Loft for special and intimate occasions, in addition to in-villa and private dining experiences held around the resort (anyone looking for an out of this world proposal opp? Here's your chance).

When it comes to keeping busy, there are wide-ranging activities at Coco Bodu Hithi – from fishing excursions and dolphin watching, to reef snorkeling and deep sea diving.

As an avid diver, Colin mentioned that: “Seeing my family, who joined me on the trip, so happy was the best – we were able to get in a couple of dives, which was great. There are certainly worse ways to spend an afternoon.”

Wrapping up his residency at Coco Bodu Hithi, Colin noted the

MEET THE CHEF

Executive Chef Indika Prasanna – Coco Bodu Hithi

Working with Coco Bodu Hithi for more than seven years, executive chef Indika Prasanna shares an insider perspective on exciting culinary experiences available at the resort.

As an island destination, how often do you have to import fresh ingredients to the resort?

Under the challenging circumstances, we order fresh ingredients twice a week.

What local ingredients are you able to use? Do you grow anything on the island that visitors will find at the restaurants?

With the help of our team we have created a Chef's Garden, which grows mint, basil, ginger, thyme, lemon grass, etc. We use these ingredients for cooking in all of our restaurants. If any guests wish to see the garden, a tour can be provided by our chief gardener.

Tell us about the local fish you use at Coco Bodu Hithi. How often is it caught and what type of dishes do you use it in?

Fresh fish is supplied to the resort three times a week. Fish caught through excursions are arranged for the associates twice a month, and used in outlets to create amazing dishes in our seafood restaurant for barbecue, for sashimi at our Japanese restaurant and for fish tartar. Red snapper, tuna, job fish, jack fish, and groupers are most commonly caught in local waters.

importance of travel for chefs and food lovers alike, for developing new skills and ideas in the kitchen.

“Cooking is a learning experience, and when you stop learning or you think you know it all, it's time to retire. You never stop learning. I hope the chefs at Coco Bodu Hithi learnt some new ideas from me, as I certainly did from them. Travel and experience is priceless,” he said.



Are guests able to enjoy authentic Maldivian food at the resort? If so, what type of local dishes are served?

The guests can enjoy a full buffet of Maldivian authentic food during our Islanders night every Friday in our main restaurant. Some of the dishes include Musanma (chicken curry), Fihunu Mas (baked reef fish), Kulhi Riha (local grouper), Wrap Kaliya Birinjula with Theluli (prawns, pumpkin and yam).

What are the most exclusive, private and special dining experiences that you offer at Coco Bodu Hithi?

All private dining experiences at Coco Bodu Hithi are unique for the guests, but the most exclusive one is the pergola dinner by the beach while the guest may enjoy a very private service with special care and touches by the chef.

Do you offer cooking classes at Coco Bodu Hithi?

Indeed, we are very happy to share our experience to the guest. Our ‘Secrets of Cooking’ experience is one of the best and will create a memory that lasts.

GET IN TOUCH

Coco Bodu Hithi, Maldives

Located in North Malé Atoll, Coco Bodu Hithi is located just 40-minutes from Malé International Airport. Expect palm-fringed beaches and crystal clear, blue open waters and lagoons scattered with tropical fish to swim with.

Call: +960 664-1122

Visit: cococollection.com

TRY CHEF COLIN CLAGUE'S RECIPES AT HOME

Hardalli Levrek

Sashimi of Seabass with Mustard and Apple

800g Seabass fillet, best quality
40g Dijon mustard
16g Apple vinegar
4g Soy sauce
30g Apple juice
Maldon Sea salt to taste
80g Yoghurt
30g Olive oil
16g Honey

GARNISH

Walnut pommery mustard
Za'atar
Dill, picked
Baby rocket leaves
Herb oil
Lemon dressing
Red radish, thinly sliced

Assorted cresses
Simit crisps
Shaved walnuts

1 Thinly slice the seabass, keep ice chilled. Arrange on the plate and keep a few portions in the freezer the fish should be ice cold.

2 Whisk the mustard with the apple vinegar, oil, yoghurt, honey and soy sauce, correct the seasoning, keep chilled over iced water.

3 Drizzle over the mustard dressing and drizzle around the lemon dressing and the dill oil.

4 Arrange the walnut pommery mustard in piles around the plate.



Grilled Marinated Octopus with Herbs, Tomatoes and Butter Beans

4kg Octopus
1lt Olive oil
20g Garlic, sliced
30g Dried chili, seeds removed and cut into rounds
4 springs thyme

FOR THE BEANS

500g Soaked beans, pre-cooked
100g Onion
100g Carrots
100g Celery stalk
100g Extra virgin olive oil
100g Roma tomatoes
Freshly ground salt & pepper, to taste

2lt Vegetable stock
20g Castor sugar
Half each lemon
Celery leaves

FOR THE SPICY HERB MARINADE

150g Jalapenos chilies, stemmed
200g Coriander leaves
100g Canola oil
5g Caraway seeds
6 Garlic cloves, finely chopped
4 Green cardamom pods, seeds removed

1 Clean the octopus, wash extremely well.

2 Season and grill on a very hot charcoal grill, place in vacuum bags.

3 Add the sliced chilies, garlic and thyme. Fill with olive oil, seal and cook in a sous vide slowly for 12 hours at 60C degrees.

4 For the beans: Braise the vegetables in olive oil, season with salt, pepper and sugar. Add the pre-cooked beans and vegetable stock to coat the beans.

5 For the spicy herb marinade; toast the cardamom and caraway seeds separately, blend to a powder.

Combine jalapenos, coriander, oil, caraway seeds, garlic, cardamom seeds, salt and 5tbsp. water in food processor and puree until smooth.

6 When ready to serve. Cook on a hot grill until well caramelized, do not over-cook, brush with a little herb marinade.

7 Re-heat the beans and place on the plate, place the grilled octopus on top and drizzle with herb oil and picked celery leaves.

Grilled Tiger Prawn with Pickled Fennel Butter

10 tiger prawns, split and cleaned

FOR THE PICKLED FENNEL

3 each Fennel bulbs (small)

9g Coriander seeds

6g Fennel seeds

3g Cumin seeds

8g Yellow mustard seeds

8g Brown mustard seeds

460g White wine vinegar

230g Cold water

100g Caster sugar

7 Garlic cloves

8 Bay leaves

Maldon salt

FOR THE FENNEL BUTTER

165g Pickled fennel puree, see recipe above

200g Unsalted butter

15g Fennel leaves, chopped

10g Maldon sea salt, to taste

GARNISH

Chilli threads

Chilli salt

Indian lime

Picked herbs

1 Clean the prawns and split.

2 For the pickling liquid - combine the coriander, fennel and cumin seeds in a frying pan and toast until fragrant, place to one side, the mustard seeds, cover with a lid and toast until the seeds begin to pop add to other seeds, add the remaining ingredients, bring to the boil then simmer for 15 mins, remove from the heat then allow to cool naturally for 1 hour to infuse the flavours.

3 Trim the fennel and remove most of the stem, cut into wedges.

4 Bring the pickling liquid to the boil and pour over the fennels, allow to cool and store in jars.

5 Once pickled, blend to a puree.

6 To make butter - mix the softened butter with the pickled fennel puree,



add the chopped dill, correct seasoning, roll in cling film and foil to make cylinder.

7 To serve lightly grill the prawn flesh down, brush with the butter and cook on the shell side.

8 Garnish with extra thinly sliced pickled fennel, sorted cresses.



Raw Tuna, Antep Pistachio Puree, Puffed Rice with Turkish Chili

Tuna loin (centre cut)

FOR THE PISTACHIO PUREE

150g Turkish pistachio nuts, peeled

600g Water

5g Table salt

FOR THE PUREE:

150g Cooked pistachio

100g Pistachio oil

50g Water

0.8g Xanthan gum

FOR THE PUFFED RICE:

740g Short grain rice

1500g Cold water

15g Konbu

30g Kosher salt

FOR THE DRESSING

SET 1:

125g Extra virgin olive oil

6 Sage leaves, small

1 Lemon, peel only

SET 2:

75g Lemon oil

25g White wine vinegar

25g Quince vinegar

150g Water

2g Fine sea salt

2g Caster sugar

White Pepper, to taste

GARNISH

Picked dill

Red breakfast radish

Freshly ground black pepper

Maldon Sea Salt

Julienne lemon verbena leaves

1 For the rice; combine all in a rice cooker, stir well and cook. Stirring every 8 minutes until the rice is cooked. Let sit off the heat covered for 15 minutes. Smooth the rice into even layer sheets on acetate and dehydrate in a dehydrator set on 66 degree Celsius.

Turn the rice over and dehydrate until clear but still pliable.

Deep fry as needed in a small pan with 200 degree oil until puffed but not brown. Drain and blot on absorbent paper season with table salt and Turkish chili powder.

2 Bring a small pot of water to rolling boil then add pistachios for 1 minute only. Drain immediately and add refresh in iced water. Drain the pistachios, remove all the ice cubes and press them between your fingers or use clean dry cloth to remove the skins.

3 Place back in the boiling salted water until cooked, place back in the ice bath to chill. Drain on paper towel. Add the xanthan gum while the blender is running and puree for further minute.

4 For the lemon dressing, firstly warm the olive oil over low heat in a small saucepan. When its warm add the herbs and lemon peel. Remove from heat, cover with lid or cling film and leave to cool and infuse on the worktop overnight. The next day, pass the oil through a fine sieve and add the lemon oil, vinegars, water and seasoning.

5 To serve; thinly slice the tuna and place between plastic, flatten with a mallet until nice and thin. In a bowl deep the tuna and place on a chilled plate. Pipe on and around the pistachio puree. Sprinkle some crushed pistachio on top of the puree. Garnish with picked dill, julienne of lemon verbena thinly sliced radish and freshly ground salt and pepper.



STAY

KEMPINSKI HOTEL MUSCAT

We take the short trip to Oman to explore this beachfront hotel's culinary delights and selection of outdoor pursuits...

If you're looking to escape Dubai's hustle and bustle for a weekend staycation, jump onboard the short one-hour flight to Oman and you'll soon arrive at this gorgeous beachfront property, just 10-minutes north of Muscat International Airport. Exuding grandeur from the get-go, the hotel welcomes guests with its modern, palace-like lobby design, which draws on inspiration from nature and ivory-coloured water lilies. From its all-exposing glass exteriors, we catch a glimpse of the hotel's infinity pool and a snippet of the 6km glimmering coastline from the check-in desk, before making our way to our home for the weekend.

Accommodation

There's certainly no shortage of rooms at the Kempinski Muscat. Of the 310 spacious rooms and suites available, we're staying in a Junior Suite during our two-night stay. The room is tastefully decorated with neutral tones and offers ample space for couples – with a large bedroom plus adjoining lounge, bathroom and separate dressing area. There's no balcony, but the floor-to-ceiling windows offer sea views and plenty of natural light into the room. There's complimentary soft drinks and snacks at the Executive Lounge for guests staying in a suite, plus use of the in-room Nespresso machine and fresh water that is replenished daily. For families looking to book a stay, the hotel offers interconnecting king and twin-bed rooms. Alternatively, two additional beds can be arranged for the Grand Deluxe Suite – a spacious option including a large

entrance foyer, fully equipped pantry, powder room, and a lounge with a separate living and dining area.

Dining

With a total of 10 dining outlets onsite, there's something to suit every taste and occasion at Kempinski Muscat. For a relaxing sundowner or beachside dinner, head down to Zale Beach Club & Lounge. Boasting idyllic ocean views, the Lounge recently expanded its terrace area for guests to enjoy its lively ambience during the cooler months; and it's truly the perfect spot for a weekend dinner and drinks. Translating as “power of the sea” in Greek, the menu features an array of ultra-fresh Omani seafood, with its signature dish being the Omani Gulf Lobster Salad. The restaurant focuses around a sharing-style concept, with each dish designed to





be enjoyed as part of a tapas or “small plates” dining experience. For starters, don’t miss the seared tuna, which is served with a deliciously moreish miso sauce. The king crab tacos are also a must-try; the fall-apart crab meat is well flavoured and perfectly complements the crunchy taco shell. For mains, the tenderloin beef comes out on top for us. Served the Italian way – “tagliata,” meaning thinly sliced, its dressed in subtle Asian



“
Soi Soi’s menu features an array of authentic dishes that will soon transport you to the bustling streets of Bangkok.
”

flavours and topped with soy, chilli and sesame seeds.

For authentic north Indian fare, be sure to pay Bukhara a visit during your stay. This award-winning eatery boasts three tandoori ovens and serves an array of ultra-flavoursome dishes. The Kashmiri style lamb chops to start have real depth in flavour, scented with fennel and saffron, while the yoghurt croquettes serve as fried golden pockets of deliciousness. For mains, try the soya chaap masala and vegetable biryani, which is cooked encased in a bread topping to ensure maximum flavour – and it certainly doesn’t disappoint. Both dishes are perfect for vegetarians, too.

Next door, you’ll find delicious Thai street food at Soi Soi. A more casual outlet, this colourful restaurant seems popular with both in-house guests and visitors alike during our lunchtime visit – and for good reason. The menu showcases an array of authentic dishes that will soon transport you to the bustling streets of Bangkok, including

Thai favourites from coconut-based curries and refreshing salads to stir-fried noodles and locally sourced seafood dishes. The lightly spiced chicken satay skewers are served with a delicious, creamy peanut sauce and contrasting cucumber relish, and make for a great sharing starter. For mains, we try the stir-fried Thai noodles with beef and soy sauce, alongside popcorn-style chicken pockets served in a spicy, chilli-based sauce and topped with crunchy cashews. Both mains are packed full of flavour and traditional Thai spices – we only wish we’d room for more!

The resort’s all-day dining outlet, The Kitchen, serves up international delights in an open-kitchen setting, with various live cooking stations spread across the restaurant. Breakfast is served here every morning, featuring the usual favourites from made-to-order eggs and fluffy pancakes, to fresh fruit, cold cuts and cheese. Be sure to grab a table outside to enjoy the hotel’s tropical garden and pool views with your morning coffee.



Facilities

Aside from the gorgeous infinity pool at the rear of the hotel, we're told that there is an adults-only pool for those looking for total serenity, plus a newly opened sports bar to enjoy the Six Nations rugby that would be screened during our stay.

For a dose of true relaxation during your visit, make your way to Kempinski The Spa, where you'll find both modern and traditional treatments - from massages and facials to body scrubs and mani/pedis. For a true Arabian treatment, book in for the Omani Experience, commencing with a natural sea salt scrub scented with frankincense and rose, followed by a nourishing date and honey full body mask and concluding with a relaxing massage with frankincense oil. If you're on a romantic getaway, treatments can also be offered as a couple's experience.

For the little ones, Dippy's Clubhouse is a fun and exciting space, equipped with entertainment, games, activities

and childcare attendants. For the ultimate family outing, head to the hotel's in-house bowling alley on the lower-ground floor. It can be reserved for a special occasion (perhaps a family birthday?) or it makes for a great date night if it's just the two of you. The hotel has also just launched its ballet and rhythmic gymnastic classes for children aged 4-7 years. The sessions will take place every Friday and need to be pre-booked in advance.

For those looking to soak up the Sultanate's natural beauty, Kempinski Muscat has partnered with Euro-Divers Oman to provide guests with expertly led excursions around the local waters. We take a morning boat from the nearby Marina Bandar Al Rowdha, and are lucky

enough to spot lots of friendly dolphins during our trip. The hotel has also partnered with Twenty3 Extreme for the more adventurous traveller. From canyoning to caving and trekking to kayaking, there are so many exciting outdoor pursuits to enjoy in the surrounding areas. We can't wait to go back to explore some more!

BOOK NOW

Room rates start at Dhs1,176 per night. GCC & Oman residents enjoy a 35% discount on rates until 23 April 2020, inclusive of breakfast, health club and kids' club access. Call +968 24 98 5000 or email reservations. muscat@kempinski.com for more information.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

A ONE-NIGHT STAY AT MARRIOTT AL JADDAF INCLUDING A SPA TREATMENT! WORTH DHS2,200

One lucky winner will walk away with a one-night stay for 2 people at the stunning Marriott Al Jaddaf hotel. The winners will also enjoy a complimentary buffet breakfast at international restaurant, The Market Place, a complimentary spa treatment and access to the hotel's luxurious pool area where they can revel in stunning views of the Dubai skyline.



WIN!

A FIESTA GASTRONOMICA BRUNCH IN FOGUEIRA FOR 4! WORTH DHS1,592

Brazilian hotspot Fogueira boasts an exquisite Brazilian barbeque and seafood menu that promises to transport diners into tropical Brazil with its authentic Churrascaria experience and live Latino music. Amazing views, great food, soulful music and quirky beverages makes it an ideal place to unwind on a Friday with friends & family. Your perfect stop for an authentic South-American experience.



WIN!

A RAMADAN IFTAR FOR 4 AT YALUMBA RESTAURANT, LE MERIDIEN! WORTH DHS676

With the holy month of Ramadan just around the corner, chefs at Yalumba have put together an elaborate Iftar at Yalumba restaurant. Drawing inspiration from the culinary culture of the Middle East, the special Iftar buffet at Yalumba offers a delicious variety of traditional favourites. Priced at Dhs169 per person, the spread features live cooking stations where guests can enjoy an assortment of Middle Eastern favourites, such as baked meat Kibbeh, Katayef, and tandoori prawns, fresh Ramadan juices as well as delicious desserts.



WIN!

A 1-NIGHT STAY INCLUDING BREAKFAST AT RADISSON BLU AJMAN! WORTH DHS1,265

Enjoy a weekend stay for two with an international breakfast buffet at Radisson Blu Hotel, Ajman. A 5-star hotel in the heart of the city, keeping you close to everything, from Ajman City Centre, Al Zorah Golf Club to Quest for Adventure and Ajman Beach. The perfect stay for the alternative traveler or adventure thrill seeker. With its 6 restaurants and bars, which include the Italian Restaurant Filini, Jazz Lounge; The only Jazz themed bar in the city, and Mazaj Bar where you can enjoy an appetizing Arabic menu, and authentic experience with a live belly dance performance in a captivating Arabian atmosphere. Visit on Instagram @radissonbluajman.



WIN!

A MEAL FOR 4 AT THE NEWLY OPENED HEALTHY FOOD CONCEPT, KRAVE MOTOR CITY! WORTH DHS500

To celebrate the opening of third homegrown healthy concept in Dubai, Krave is offering a meal for 4 (breakfast, lunch or dinner) at its newly opened Motor City restaurant. Krave is a 100% eco-friendly and sustainable brand that incorporates the freshest healthy ingredients while still maintaining the rich flavours of food in a bid to make healthy food enjoyable. Located in Barsha Heights, Central Park Towers DIFC and the newly opened Foxhill 9 Motor City, Dubai.



WIN!

A BOTTOMLESS BRUNCH FOR 2 AT ELOQUENT ELEPHANT! WORTH DHS500

Start the weekend right with Eloquent Elephant's new Bottomless Brunch. Now, every Thursday guests can feast to their hearts content with 180 minutes of free-flowing beverages and unlimited culinary delights. With a live band playing the best in old school soul and hip hop, revelers can dig into amazing starters, mains and desserts. Every Thursday, from 8pm – 11pm.



WIN!

THE GREAT WALDORF ASTORIA BRUNCH AT MEZZERIE! WORTH DHS1,350

Calling all brunchgoers for Dubai's most family friendly affair every Friday "under the big top" at Mezzerie. The legendary buffet is an extravaganza of favourite brunch classics including the freshest seafood, sushi and salad along with various live stations where talented chefs and bartenders will amaze you with their creations. Don't miss out on Waldorf Astoria's crowd-pleasing signature dishes such as the iconic Waldorf Salad and red velvet cake. Enjoy interactive table service with the pass-around trolley as you take in a carnival of live entertainment around you with music and our in-house magician to delight the whole clan.



WIN!

A VOUCHER FOR AFTERNOON TEA FOR UP TO 5 GUESTS AT OPSO DUBAI! WORTH DHS600

Served on floral stands guests are treated to a decadent selection of freshly prepared traditional mini Koulouri and Pitta, savories, pastries, cakes, an extensive menu of hand selected loose-leaf tea blends and of course warm scones served with homemade strawberry jam and clotted cream.



WIN!

DINNER FOR 2 AT BESH, SHERATON MOE! WORTH DHS500

Enjoy the true and authentic flavours of Turkey at Besh. One lucky winner will win a dinner for two at Besh, Sheraton MOE. Its carefully crafted menu has been inspired from vintage, 150-year old recipes that combine the traditions of Turkish cooking together with ingredients sourced all the way from Turkey's vibrant bazaars.



WIN!

STAY & DINE AT PREMIER INN DRAGON MART FOR 2! WORTH OVER DHS600

Win a stay at Premier Inn Dubai Dragon Mart, at the heart of Dragon City – a stone's throw from the shopping paradise, Dragon Mart, for 2 adults. After a busy day, fall back into a sweet slumber on our super-comfy Hypnos beds. Stay connected with friends and family with free WiFi throughout the hotel. Hungry? Enjoy authentic, yet familiar meals bursting with flavour at Nuevo, or catch the latest sports action at Mr Toad's Pub & Kitchen. Early check in from 9am and late check out until 4pm will also be included, and the Premier Inn Value Pass – packed full of 2 for 1 deals on meals, attractions and more!



To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

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an unparalleled melt in the mouth, and its softness on the palate is uniquely smoothing and comforting.

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Dark Chocolate and Walnut Pavlova

By Chef Aaliya Randeree

Aaliya Randeree is a South African Pastry Chef trained in the UAE. She developed a rich walnut and dark chocolate pavlova, finishing the pastry by adding honey and rose-infused whipped european dairy cream.



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