Taste & flavors

GUY MANOUKIAN
STAR OF THE KITCHEN

ULTIMATE SUMMER FOOD ISSUE

NEW RESTAURANTS TO DISCOVER

SEAFOOD SUPPERS

10 MONEY SAVING MEALS

OH OYSTERS! RECIPES & SERVING
Enjoy sparkling Sundays with a delicious brunch.

Experience a lavish brunch buffet every Sunday from 1:00 pm till 4:00 pm at Mediterranée. Indulge in the widest selection of seafood, sushi, Lebanese delicacies as well as a variety of flavors with international flair and open wine.

A special entertainment corner available for your children.

For your reservation, please call 01 869 666 Ext. 8138 or email mediterranee.beirut@movenpick.com
Summer issue 2017 | Taste & Flavors

The heat has slowly crept in, stretching the days from lazy mornings to cool summer nights. Family trips and ice cream runs have replaced homework and heavy eating. That’s the magical thing about summer – that light and airy feeling of endless possibilities.

It’s the season for entertaining, so plan a menu for your guests that’s vibrant and new. We start off with some of the best seafood in Beirut and recipes for magical sundowners. Our exotic desserts, macaron ice cream sandwiches and chocolate shots are sure to satisfy that sweet itch this season.

Then a touch of mild mischief frolicking around La Résidence des Pins with four handsome French chefs and the dashing star of the East, Guy Manoukian. Find out what their favorite dishes are and see if you can recreate them at home.

If adventure is what you’re after, why not experience it in Barcelona where Dali’s artistic expression meets the culinary arts, or tour five of the top restaurants in the world? Just make sure you read our tips page before packing.

Let the summer haze flood your senses with its unhurried rhythm and savor each moment.

Cover courtesy of chef Youssef Akiki, Burgundy Beirut - chosen as one of the most underrated restaurants in the world, according to CNN
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Cut it out & pop it into your purse
TO DISCOVER

Taste & Flavors has the latest scoop on the people, places and food delicacies that are buzzing around town. Just in case we missed something amazing, email us your suggestions and you might see them in our next issue.

PRODUCTS

CHOCOSURF SPREAD BY AL WADI AL AKHDAR

CHOCOSURF, the new chocolate and hazelnut spread range by Al Wadi Al Akhdar, now comes in rich dark chocolate (if you can find it – it’s usually sold out). The intense flavor of cocoa is perfect for sandwiches, crepes, waffles and fruit, or for icing cakes.

Kettle chips from the country world famous for its expertise in potatoes and French fries (Belgium); four different flavors with no MSGs, no coloring agents and no preservatives.

Available at: O&C, Stop & Shop, Aziz, Goodies, ABC Dbayeh and supermarkets

CHOC EN BOUCHE

From classic macarons to a wide collection of hand-decorated ones, creativity and innovation are at the heart of what Choc en bouche does; an artisan home baker, specializing in French macarons, made with premium quality ingredients - free-range eggs, no artificial flavoring and fresh fruit.

03 626447 tartinadesspreads

TARTINADES

Home-made with passion, Tartinades is a variety of savory spreads like olive fig and olive sundried tomato that will make your taste buds explode. Sweet spreads include chocolate hazelnut and chocolate pistachio. All tartinades are preservative free and 100% natural.

METRO ROMANA PIZZA

A modern twist on an Italian classic, the Metro Romana Pizza at Casa Dell’ Olivo is a new concept made specifically for sharing. The dough, made from stone-milled wholemeal flour is baked on a stone hearth oven. The concept allows at least four people to pick their preferred toppings and share one pizza at the same time. Find it at Casa D’ell Olivo.

01 395013 casadellolivo
**PLACES**

**SHAKEAWAY**
Shakeaway is the world’s largest milkshake bar company and original re-inventor of the milkshake. The amazing menu has more than 180 much loved ingredients such as M&Ms, Oreo cookies, fresh banana, strawberries, mango, Skittles, Nutella and many more, all hand-made to order using fresh and real ingredients.

- Beirut Souks, Souk Arwam, 1st floor
- 01 986899
- shakeaway.com
- Shakeaway.lb
- Shakeaway Lebanon

**JUICE BOX**
A juice shop that serves the freshest organic beverages. On the menu is a variety of fruit smoothies, fresh squeezes, detox mixes, summer pops and fruit cups.

- Printania Villa
- 04 960989
- thejuiceboxlife.com
- thejuiceboxlife

**LE PASSEPORT CULINAIRE**
With a mission to pursue and enjoy unique and memorable gourmet journeys, Le Passeport Culinaire unveils the secrets of the land, its people and cuisine. Flying to the château or the terroir, the farm or the Michelin-starred restaurant, they invite everyone to embark on a culinary and wine journey of a lifetime to Europe.

- lepasseportculinaire.com
- lepasseportculinaire

**CRUNCHY FLAKES**
I don’t know about your kids, but ours are obsessed with cereal – morning, after school and for dinner. Thankfully, the first cereal café is now open in Lebanon and they’re open for breakfast, lunch and dinner.

- Hamra Street
- 81 201818
- crunchyflakes.cerealcafe

**IFDGREENART**
IFD is a new concept design studio for green art - vertical green walls, furniture pieces and many other surfaces for restaurants, hotels, offices and homes. No more maintenance, water pipes or soil and no extra expenses. It’s a one-time installation. Your ordinary wall becomes a piece of art.

- Abdel Nour Bldg, Achrafieh
- 76 662926
- ifdgreenart
ROUGE LOUBOUTIN VELVET MATTE LIPSTICK
Inspired by Middle Eastern antiquities and the Art Deco movement, the solid metal body is reminiscent of a precious vial. The turret-like crown cap is topped with a small ring threaded with a silk ribbon, turning the lip color into a necklace.

USD 90

DOLCE & GABBA N KITCHENWARE
Dolce & Gabbana has teamed up once again with Italian kitchenware SMEG to release a line of small appliances for the kitchen, appropriately called “Sicily is my Love”. The collection offers Toasters, coffee machines, kettles and blenders, adorned with floral motifs and the vibrant colors of Sicily. Available soon at Khoury Home.

khouryhome.com

COCA COLA JAPANESE SAKURA DESIGN 2017 LIMITED EDITION
With Japan’s love of seasonal bottle designs and sakura-themed beverages, it was only a matter of time before the two collided in the form of a cherry-blossom decorated Coke bottle. The Sakura Design is available only in Japan and in limited numbers.

Set of 3 USD 29.99
cocacola.co.jp

CLUTCH ME – BEIRUT POSTCARD BEADED
Inspired by vintage postcards, Sarah’s Bag’s roomy clutch features pictures of Lebanese landmarks highlighting our beautiful country’s golden past. Perfect statement piece for women of style!

USD 220
sarahsbad.com
HERMES HOUSEWARE
Hermes returns to their equestrian roots with their 2017 home collection, debuted at Milan Design Week. Packed with a wide range of items from furniture to glassware, the horse-strap-inspired details on items include glass vases, coat hangers and even a wicker wine rack. hermes.com

ROUGE LOUBOUTIN NAIL POLISH
Christian Louboutin Beauty’s nail polish in ‘Rouge Louboutin’ is a richly pigmented red in the same shade as the brand’s iconic lacquered soles. Inspired by calligraphy and paintbrushes, the long tapered bottle top is a reference to the ‘Ballerina Ultima’, the highest heel Louboutin has ever designed. Just one or two coats ensure the most glossy, opaque color. USD 50

FOUR SEASONS HOTEL BEIRUT AFTERNOON TEA
Served daily, relish the traditional English raisin scones with clotted cream and savor the finger sandwiches like the delicious egg truffle. Choose from 18 different blends of loose-leaf tea or let George make hot chocolate the way I like it - rich and with a vanilla bean seeped in.

NAJJAR RAQWA
The perfect cup of Lebanese coffee at a press of a button – Café Najjar stole my heart at last year’s Beirut Restaurants festival with the launch of their coffee capsules and now they’ve released a new machine that brews my daily cup in just 45 seconds!

HOUSE OF MARMALADE
After receiving a sweet package of chocolate truffles and their signature marmalades, I was hooked. House of Marmalade revives the delicious recipes of their “Teta Adma” in a brand-savvy way. Products include low-sugar marmalades, vegan chocolate truffles, cookies and cakes, all with a citrusy twist.
One of the most recognizable and renowned TV presenters in the Arab world

Her wardrobe raised the bar for on-air fashion – a virtual game of designer who's-who, from the fluttering off-white Grecian gown by Zuhair Murad to floral-printed Dolce & Gabbana shift dresses. Her fashion statements, though adventurous, resonate with viewers to the extent that she is now an influencer in her own right.
Em Sherif Café is the most recent addition to Mireille Hayek’s successful culinary journey.

This Café, nested in the heart of Downtown Beirut, reveals a modern-oriental atmosphere and decor offering an “a la carte” Lebanese and International delicacies.

Em Sherif Café is open daily from 9.00 am till 2.00 am for breakfast, lunch and dinner or for a casual afternoon coffee and shisha.

Em Sherif Café: a blend of authenticity and modernism

Minet El Hosn, Downtown, Beirut, Lebanon
+961 78 988989 | +961 1 988987
info@emsherif-cafe.com
www.emsherif-cafe.com
Candy buffet

Gaston Kitmitto, photographer, event planner and etiquette aficionado, shows you how to recreate an elegant confectionary display for your next big shindig.
What kinds of events would be best for featuring a candy buffet?  
A candy buffet or candy bar is no longer reserved for kids’ events. It’s for everyone to enjoy and will surely add that ‘wow’ factor with a combination of personalized decoration and flavors.

Does it take the place of traditional favors?  
We still have the traditional buffet of desserts placed next to the food buffet. However, the candy buffet serves a different purpose; both decorative and comprising favors to enjoy at any time during the event and to take away...

What type of display and containers work best?  
I like to use all clear jars and containers, like the ones you see in traditional French confiseries - patisseries.

How much candy should be available per person?  
I like to set a generous and pretty candy bar, regardless of the number of people. It is not accounted for like the food and dessert buffet.

How do you add that wow factor?  
Unlike the traditional buffet, the candy buffet is placed in unexpected places, such as in the welcome drink area or in the middle of the ballroom, or on the side of the dance floor. It should be a surprise.

Is having a specific color scheme best?  
If it is an Oriental themed candy bar, you can place some Turkish delights (lukum), nougat filled with pistachios, semsmye, marzipan etc... If it is a French themed candy bar, you will find macarons, meringues, madeleines, mints, dragees de Paris etc... I once used personalized Nutella jars at the bride’s request and tarboush/ghandour rewrapped all in white.

What about incorporating non-candy items like fruit, cookies, popcorn...?  
Absolutely! It all depends on the general theme or feel of the candy bar.

Any tips you can offer on presentation?  
Always personalize and have fun.
“Let’s eat,” was the first thing he said as he shot into the restaurant. Tall, well-built, debonair and exceedingly handsome, he smiled an endearing sort of smile that lit up his eyes. He embraced Aline with a big hug - the two apparently met years ago at an Armenian youth association but reconnected after Guy frequented her other restaurant, Mayrig. With his sleeves rolled up and ready to prepare his menu favorites, we began building up to what would be a culinary crescendo. While Guy made ‘mante’ (traditional minced meat dumplings), a roasted eggplant salad and a rose loukum pie, we managed to get a few questions in.

Guy started playing classical piano at the age of four, appeared on television when he was six and a year later, performed at the presidential palace for Amine Gemayel. He composed his first piece of music aged just eight. Guy’s music is artful, complex, composed and rich in tradition, as is the man. His fusion of oriental themes with modern arrangements has taken him all over the world, playing sell-out concerts in Singapore, Cairo, Dubai, Los Angeles, Yerevan, Beirut and Sydney and in the US where he has worked with the biggest names in the industry; he recorded “On Tour” with Wyclef Jean, worked with 50 Cent, French rapper Diams, Raul Di Blasio and Mario Reyes of the Gipsy Kings family. Fast forward to 2014, Guy released his groundbreaking and subsequently chart-topping album, ‘Nomad’. "My music can be described as a bridge between the Orient and the Occident, which is exactly what Aline has created with Batchig - a beautiful blend of..."
**Batenjein salad**

**Serves 1**
**Preparation 15 mins**

**INGREDIENTS**
- 100g grilled eggplant
- 15g pomegranate molasses
- 30g tomatoes, chopped
- 10g fried almonds
- 30g olive oil
- Salt to taste
- 120g rocket leaves
- 15g mint leaves
- 10g spring onions, chopped
- 2g fresh coriander, chopped
- 10g lemon juice
- Pomegranate seeds

**PREPARATION**
Mix the grilled eggplant cubes with the tomatoes, spring onions, coriander, pomegranate molasses and lemon oil sauce in a mixing bowl. Mix rocket leaves and mint leaves with lemon oil sauce and salt in a round salad plate. Pour the first mixture in the center of the dish over the rocket mixture. Sprinkle fried almonds and fresh pomegranate seeds as garnish.

Lebanese and Armenian flavors." Clearly not a man to rest on his star power alone, Guy likes to keep himself quite busy. He’s been a musician for the last 37 years, but has recently started seriously multitasking. President of basketball operations at Homenetmen Beirut, CEO of Zardman (a real estate development firm), Beit Misk, Virgin Radio and Lotus cars are just a few of the names he dropped, devouring his favorite dish on Batchig’s menu, ‘daoud basha’. Amidst all of these extracurricular activities, he also somehow managed to graduate from law school, earn a real estate management degree from Harvard, get married and have three children under the age of nine. Our heads were in a whirl by this point as Guy recounted his ascent to one of the most powerful positions in Lebanese sports. When the subject was music, he spoke with the practiced rhythm of a lawyer, but when the discussion turned to sports (Homenetmen Beirut’s flawless season, the finals loss) his face lit up and he spoke in double-time. “This is just the beginning,” he said. As our time was nearing its end, perhaps Aline summed up the experience best. "When cultures mix, it sometimes creates conflict between people," she said. "But, when it comes to art, like music or cooking, it is a great source of inspiration."
Daoud basha

**Serves 1**
**Prep/cooking 30 mins**

**INGREDIENTS**

**Rice**
- 1 tbsp sunflower oil or butter
- 1 tbsp vermicelli
- 2 cups rice
- 4 cups water
- 1 tsp salt

**Daoud basha**
- 400g kafta meat
- 50g breadcrumbs
- 25g pepper paste
- 3g hot red pepper powder
- 8g chopped parsley
- 80g tomato paste
- 250g onion rings
- 10 peeled garlic cloves
- 400g chopped peeled tomatoes
- 50g sunflower oil
- 1L water
- 3g cinnamon stick
- 50g pine nuts
- 1 tsp cinnamon powder and seven spices
- Salt and black pepper to taste

**PREPARATION**

Wash and drain the rice. Boil 4 cups of water and fry the vermicelli in the oil or butter on low heat. Add the rice when the vermicelli turn golden and stir for 2 to 3 minutes, then add the hot water. Bring to the boil again, lower the heat, cover and simmer until all the water is absorbed. Don’t stir after adding the water. Remove from heat and cover with a kitchen towel or a clean cloth and allow to rest. Blend together the ground kafta meat, breadcrumbs, chopped parsley, peeled garlic, seven spices, salt, cinnamon powder, hot red pepper powder and black pepper; mix until well combined. Roll the mixture into walnut sized balls and flatten the balls slightly. In a pot add the oil to fry the onion rings and pine nuts for 5 minutes. Add the meatballs and cover the pot for 10 minutes. Add the chopped tomatoes and let boil for 5 minutes. Finally, add the tomato paste, pepper paste, cinnamon stick and water and leave to boil for 10 minutes. Remove from heat and serve hot with the rice.

“Daoud basha is my all-time favorite dish and Batchig makes the best one I’ve ever had”
LIFE ON THE EDGE!
Your Summer escape to paradise starts at The Roof Bar & Lounge.
GET TO KNOW THE CHEF

Michel Sarran’s mother, Pierrette, was a cook and the owner of l’Auberge du Bergerayre in Saint Martin d’Armagnac in the South of France, where Michel also was born. Chef Sarran initially planned to become a doctor when he studied medicine, but it took him less than two years to discover that his true passion was gastronomy. He started to work for some of the foremost chefs of France, like Alain Ducasse, Michel Guérard and Jean-Michel Lorain. Young Sarran eventually made a name for himself when he was appointed head chef at Résidence la Pinède in Saint-Tropez in 1989. He opened his eponymous restaurant in Toulouse in 1995, which quickly became a success. He received his first Michelin star in 1996 and a second in 2003.
You know him as the gallant jury member on Top Chef France, but the two-star chef of Toulouse, Michel Sarran, has always found the kitchen more comforting than the TV screen.

“Cooking must impart flavors that titillate and tickle the palate, and if it can also stir emotions then my work is done; I have passed on the pleasure I get from what I do.”

**SIGNATURE DISH**

**Le Boeuf d’Aquitaine with foie gras**

*Serves 4  
**Prep/cooking 1 hr**

**INGREDIENTS**

- Fillet of Aquitaine beef, prepare and portion 4 square blocks of 150g each (80mm)
- 4 slices of foie gras, 30g of the same diameter of squares
- 4 bresaola rounds of 60mm, browned and crispy

**Crunchy fritters**

- 125g flour
- 15g olive oil
- 35g water
- 10g egg white
- 2 tsp salt

Add all liquids to the flour, then salt and set aside for 24 hours. Roll out very thin, brush well, fold, roll again very thin and cut to a diameter 60mm and cook on very hot plate, 300°C and reserve.

**Purée of artichoke**

- 200g Jerusalem artichoke
- 80g cream
- 150g milk
- Salt to taste
- Lemon juice and zest to taste

Cook slowly by skimming, mix and reserve.

**Garnish**

- 100g hulled and seedless grapes
- 100g thinly chopped shallots
- Olive oil and salt

Brown the shallots and when they are colored, reserve on a paper towel.

**Tonkatsu sauce**

- 200g veal stock
- 30g ketchup
- 5g sesame oil
- 20g soya
- 10g Worcestershire sauce
- 5g Voatsiperifery pepper
- Foie gras for thickening

Mix all the ingredients and cook slowly. Add the sauce and finish the thickening. Season and reserve.

**PREPARATION**

Open the marked fillets in half. Place the slice of foie gras inside. Garnish with crispy shallots and raisins and close with the other half of the fillet and then place in the oven. For the crunchy fritters, open the fritters in two. Arrange four shoots of different salads with olive oil. Then add a slice of bresaola and close with the fritter lid. Finish, with four lemon zest preserved, four sprigs of parsley, four spring-roll rounds of panko crips (make rounds of tonkatsu sauce, breaded to the panko and then brown in the oven).

**FAVORITE PRODUCTS**

**01 TRUFFLES**

Mushroom with strong character. You can eat it raw or cooked; also in condiments. In my restaurant, I make a truffle yogurt with mascarpone and coffee.

**02 FOIE GRAS**

It’s the southwest identity. You can have it each season; raw or cooked. I use it in one of my signature dishes: foie gras soup with oyster (“la soupe de foie gras à l’huître de Belon”). You can also cook the foie gras as a grilled cutlet. Once cooled, incorporate it in a salad with vegetables and vinaigrette.
Macaron ice cream sandwich

When regular ice cream sandwiches won’t do, brighten up your summertime treats with Bano’s Chef Issam Antar
Fresh, fast and simple, combine these two great desserts using a rainbow of colors or dipped in sprinkles for a whimsical effect.

Serves 2  
Prep/cooking 1 hr

1 Macaron

**INGREDIENTS**

- For every 1 kg Patis France Macaron Mix use:

  - 15g yellow color flow paste
  - 800g warm water (50°C)
  - 15g green color flow paste

**PREPARATION**

1. Mix all the ingredients together using a hand blender.  
   *Tip: Leave to rest for 30 minutes, and then mix again for all the ingredients to come together.*
2. Put in an ice-cream batch freezer for 7 minutes.
3. Keep the ice cream a bit soft as you need to work with it in moulds.
4. Use a plastic piping bag to pipe the ice cream in a circular mould.
5. Use a spatula to even out the top of the ice-cream.
6. Put the moulds in the freezer to harden the ice cream and make it easier to remove.
7. Place the circular shaped ice cream between the two macaron layers.

8. **Tips:** Put the moulds in the freezer to avoid the ice cream melting.

2 White chocolate ice cream

**INGREDIENTS**

- 1200g Ready White Chocolate Mix Fugar
- 2.5kg warm liquid milk
- 500g fresh cream

**PREPARATION**

1. Mix all the ingredients together using a hand blender.  
   *Tip: Leave to rest for 30 minutes, and then mix again for all the ingredients to come together.*
2. Put in an ice-cream batch freezer for 7 minutes.
3. Keep the ice cream a bit soft as you need to work with it in moulds.
4. Use a plastic piping bag to pipe the ice cream in a circular mould.
Vibrant, fresh and satisfying, traditional dishes get a new spin for the season, with Executive Chef Souheil Ghazal of Le Royal Hotels – Beirut at the helm.

**SHRIMP POTATO SALAD WITH AVOCADO AND WATERINESS**

**Serves 4**  
**Prep/cooking 20 mins**

**INGREDIENTS**
- 600g peeled shrimp  
- 1kg potatoes  
- 300g avocado  
- 100g fresh coriander  
- 80g spring onions  
- 100g cherry tomatoes  
- 60g radish  
- 60g purslane leaves  
- 5g chopped garlic  
- 80ml lime juice  
- 100ml olive oil  
- 5g salt  
- 1g black pepper  
- 1g white pepper  
- Toasted Lebanese bread, cut into rounds, adding sumac and fried in oil

**PREPARATION**

1. Boil the shrimp for five minutes and then leave them to cool in ice. Cut the potatoes into cubes and boil for 20 minutes. Mash very well after they've cooked. Add the chopped coriander, chopped spring onions and chopped garlic to the mashed potatoes and mix the ingredients with olive oil and the lime juice. Season with salt, white and black pepper. Season the avocadoes with lemon and salt. To serve, place the mashed potatoes on the plate and add the shrimp on top. Garnish the plate with purslane, radish and cherry tomatoes.
Golden Star

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Jounieh- Haret Sakher  www.goldenstarlb.com
Service Clientelle: 09-641234
LAMB KNUCKLE WITH YOGURT

Serves 4
Prep/cooking 2 hrs

**INGREDIENTS**

- 1600g lamb knuckle with bone
- 600g wheat
- 1½ L water
- 60g lentils
- 40g butter
- 150g carrots
- 400g onions, cut into wedges
- 10g cinnamon sticks
- 7g mixed spices
- 80g split chickpeas
- 6g salt

**PREPARATION**

Prepare the lamb knuckle by boiling it in a pressure cooker for 50 minutes, with the cinnamon sticks, onions, salt and mixed spices. Soak the chickpeas and lentils in water for two hours. Boil the wheat in 750ml of water. Melt the butter in a pot and add the chopped onions. Sauté well and then add the carrots cut into cubes, lentils and the boiled wheat. On a plate, add the ingredients in layers and top with the lamb. Serve with plain yogurt.
STRAWBERRY MAAMOUL
By Pastry Chef Mohammad Haidar

Serves 4
Prep/baking 1 hr

INGREDIENTS

Maamoul dough
• 200g fine semolina
• 300g butter, softened or melted ghee
• ½ cup vegetable oil
• 1 cup flour (farkha)
• ½ tsp mastic ground with ½ tsp sugar
• ½ tsp ground mahlab
• 1 tsp vanilla
• ¾ tsp baking powder
• 1 tbsp yeast
• 1 tsp sugar
• ½ cup water
• ½ cup orange blossom water (can be replaced with water or milk)
• ½ cup rosewater (can be replaced with water or milk)

Stuffing
• 500g strawberries
• 90g butter
• 115g flour

Topping
• 250g cream
• 70g honey
• 50g cream cheese

PREPARATION

Prepare the maamoul dough by mixing the ingredients and set aside. For the stuffing, heat the butter in a pot and then add the blended strawberries. When boiled, gently add the flour. Mix very well and set aside to cool. Boil the cream with the honey. Once boiled remove from the heat and mix it with the cream cheese. Heat butter in a pot, then add the blended strawberry. When boiled, add the flour very gently. Once mixed very well, set aside to cool.

Cream preparation
Boil the cream with the honey. Once boiled remove it and mix it with the cream cheese.
French chefs’ FAVORITES

France has always been at the forefront of haute cuisine and our French stars in Beirut are no different. Known typically for their rich flavors, cheese and wine, we take a look at our chefs’ favorite dishes from French gastronomy at La Résidence des Pins – the embassy of the Republic of France in Lebanon.

CHEF PATRICK BURAT
Casino du Liban
Can't get enough of boiled egg.

CHEF SYLVAIN ARTHUS
La Table d’Alfred, Fred Bistro
Loves fregola with shrimp.
CHEF JÉRÔME ANFRAY
Le Bristol Hotel
is crazy for crab salad with yuzu.

CHEF MICKAEL GANTER
Centrale
adores artichoke salad.

CHEF ALEXIS COQUELET
Couqley Bistro & Restaurant
loves pan-seared sea bass in a crustacean jus.
In a pan, heat olive oil, add onions and cook for 2 minutes. Add the fregola, deglaze with white wine, reduce and add tomato fish stock. Cook for 10 minutes, then add butter, parmesan and place on a plate. In a frying pan, put olive oil then, when it's hot, add shrimp, cook it and place on the fregola. Add wild rocket and parmesan slices.

**INGREDIENTS**
- 16 shrimp
- 200g fregola pasta
- 100g parmesan cheese
- 1L tomato fish stock
- 50g butter
- 200g wild rocket
- 200ml white wine
- Olive oil
- Salt and pepper
- ½ a chopped onion

**PREPARATION**

"Do simple, you risk doing good," said a great cook. It was on this basis that I chose this dish. For some cooks, the product is king and simplicity and humility are tools... Nothing is simpler than to put a fresh egg in a saucepan of boiling, salted water after having carefully cleaned it using a piece of cloth (not wet). The egg is taken out of the water, shaken off and served with a bit of sea salt, a piece of butter or a few slices of black truffles.

**NB:** The dish is also very practical to carry, when you ride a motorcycle to a photo-shoot at the embassy.

**INGREDIENTS**
- 4 fresh crabs or 500g crab meat
- 1 bouquet garnis
- Fresh basil, julienne
- 50ml yuzu
- Fine salt
- 5g espelette pepper
- 50ml olive oil
- Toasted sesame seeds
- Alfalfa sprouts
- 4 small pieces of sesame bread

**PREPARATION**

Place the fresh crabs in water with bouquet garni (carrot, onion, leek). Once cooked, peel them. Let them cool. Season with olive oil and a little yuzu juice. Add the Espelette chili and the basil. Place in the refrigerator until time to serve. This salad should be eaten very cold. Toast the sesame seeds for garnish and add the sesame bread.
04

Artichoke salad

By Chef Mickael Gantner

Serves 4
Prep/cooking 40 mins

INGREDIENTS

- 1 1/2 L chicken stock
- 10g citron confit (preserved lemon)
- 20g tomato confit (sun-dried tomatoes)
- 300g extra fine rocket leaves
- 80ml balsamic vinegar
- 160ml olive oil
- 40ml lemon juice
- 100g fresh grated parmesan
- Salt and pepper to taste

PREPARATION

Cook the artichoke hearts in chicken stock. Prepare a vinaigrette with balsamic vinegar and olive oil; adjust the seasoning with salt and pepper. Clean the arugula and keep cool. Cut the lemons and the tomatoes in fine julienne. Mix the grated parmesan and gruyere. Shape it on an oiled plate and bake for 8 minutes on 180°C. Cut slices of artichoke, 1 mm thin, with a slicer starting from the base. Spread the artichoke slices on paper, forming rectangles of 10cm wide and 20cm long. Pour a little balsamic vinaigrette in the center of these rectangles, together with the julienne of lemons, tomatoes and a little rocket. Roll gently, tighten paper and keep cool for one hour before serving. With the leftover artichoke, add a bit of the boiled artichoke water in the pot and continue cooking. Once softened, place in the mixer to mash and make a purée. Season with a little salt and lemon juice. Season the balsamic vinaigrette rocket and serve.

05

Pan-seared sea bass in a crustacean jus

By Chef Alexis Couquelet

Serves 4
Prep/cooking 40 mins

INGREDIENTS

- 170g sea bass
- 15g snow peas
- 15g carrots
- 15g leeks
- 15g zucchini
- 4g butter
- Salt and pepper to taste

Crustacean sauce

- 1kg shells (crab, scampi, lobster, shrimp)
- 240g garniture aromatique (carrot, celery, fennel, shallot, garlic)
- 5g tomato paste
- 1 bouquet garnis
- 200ml white wine
- 2L fish stock
- 400ml cream

PREPARATION

In a sauté pan, season and lightly pan-sear the sea bass on both sides. Using a different pan, lightly sauté the vegetables in a bit of butter until soft but still crisp. Season with salt and pepper. Using a hand mixer, emulsify your bouillon with a knob of butter once heated. Pour around the fish and vegetables. For the crustacean sauce, sauté all fish, shrimp, crab or lobster shells in a little butter till golden brown. Add the tomato paste and the mirepoix (carrots, celery, onions), season with pepper but not salt. Deglaze with arak and reduce. Add fish stock and bouquet garni. Reduce by half. Filter using a fine sieve. Add a small amount of cream and reduce to proper consistency. Correct any seasoning and serve.
Haute Cuisine

Make your fine dining a bit more luxurious with three gourmet recipes from top chefs, paired with fine wine.

On the menu

Smoked langoustines and white bourghol salad
EXECUTIVE CHEF YOUSSEF AKIKI
Burgundy

Grapefruit and crab salad
EXECUTIVE CHEF RABIH FOUANY
Le Vendôme Beirut

Salmon tartare
CHEF EDDY DIAB
Salt

INGREDIENTS
- 400g boiled white bourghol
- 150g avocado purée
- 4 pieces artichoke hearts, cut in half
- 6 pieces baby carrots, cut in half
- 75g lemon juice
- 150g olive oil
- Salt
- 3 kumquats
- 4 bouquets mixed-herb salad
- 12 grilled langoustines

PREPARATION
First boil the bourghol and place to one side. Mash the avocado and add a bit of lemon and olive oil. Cut the cooked artichoke into four pieces. Cook the baby carrots in boiling water for 10 minutes, then blanch. Clean the langoustine and grill them. Place all of the ingredients together nicely on a plate.

By Executive Chef Youssef Akiki
Burgundy

Serves 4
Prep/cooking 30 mins

tune your drinking to the flavors of summer with wines division manager for burgundy beirut, michel nakhle.

burgundybeirut.com
SERVE WITH...

Sancerre Cul de Beaujeu 2012, Lucien Crochet
The very well known terroir (cul Beaujeu) in Chavignol, combines finesse and complexity for the Sauvignon Blanc grape variety.
Available at Burgundy Beirut
**INGREDIENTS**
- 600g Alaskan king crab legs
- 200g avocado
- 120g lemon
- 200g grapefruit
- 80g fried artichokes
- 100g baby leaf salad
- Organic sprouts

**Vinaigrette**
- 2 tbsp fresh lemon juice
- 2 tbsp fresh lime juice
- 1 tbsp orange juice concentrate
- 1 tbsp finely minced fresh ginger
- 2 tbsp Dijon mustard
- 1 tbsp honey
- 1/3 cup salad oil or light olive oil
- ¼ tbsp salt
- Pinch of cayenne

**PREPARATION**
Make the vinaigrette first: In a small bowl, whisk together all ingredients until well combined. Cover and refrigerate until ready to serve. You can make the vinaigrette up to three days in advance. Using kitchen shears, cut the crab shells open and remove crab meat from shells. Chop or shred meat and marinate into vinaigrette.

Cut the peel and all the white pith from the grapefruit; cut out the grapefruit segments and place in a bowl; set aside.

Cut the avocado in quarters; peel and mash it with lemon juice, salt and black peppercorn. Dress the crab on the plate.

Toss the baby leaf salad with half of the vinaigrette; place the greens in high mounds and pull some chives to the top. Spread the avocado guacamole. Add the grapefruit segments on top. Use the remaining salad dressing to drizzle over the top of the crab. Finish with fried artichokes.

**SERVE WITH...**
Riesling Beblenheim 2009,
Jean-Louis Trapet
*This dry Riesling is silky and rather exotic with impeccable balance and focus, driving a sustained finish. A very well balanced and refined wine.*
*Available at Burgundy Beirut*
By Chef Eddy Diab
Salt

Serves 1
Prep/cooking 25 mins

INGREDIENTS
• 180g fresh salmon
• 1 tbsp Dijon mustard
• 15g shallots
• 5g capers
• 5g cornichons
• 3g fresh ginger
• 1 bunch dill
• 10g cooked lentils
• 25g cucumber
• 1 radish
• 1 makdous (stuffed preserved aubergine)

PREPARATION
Cut the salmon into big cubes and refrigerate. Chop the shallots, dill, capers, cornichon and ginger. Add to the salmon and then add the lentils; mix well with a spoon and add lemon juice and olive oil, salt and white pepper. Mix the avocado with cumin, shallots, lemon juice and olive oil to create the avocado mousse and finally dress a large plate with the garnish (cucumber, radish, black bagel, fried makdous).

SERVE WITH...
Champagne Bérêche "Brut Réserve"
1er Cru Vallée 60 mois de cave
A blend of 50% Chardonnay and 50% Pinot Noir from the Marne Valley. Citrus and floral notes with yeasty notes and very refined complexity. Only 2000 bottles produced.
Available at Burgundy Beirut

Salmon tartare

@ saltbyeddydiab
Located on the 26th floor of the hotel, The Roof’s prime location makes it the ideal spot for sundowners, while overlooking the city’s ever-changing skyline and the sea. The menu offers a hand-picked selection of Asian delicacies from Chef Ahmad Slim and a mouthwatering range of handcrafted sushi and sashimi. Specially blended signature cocktails and mocktails, made from fresh fruit and refreshing mixes, complete the experience.

For an early dinner or a romantic rendezvous, soak up the sunset with a fresh and contemporary menu, great music and the best view in Beirut at the Four Seasons Hotel Beirut.
Malibu bay

A seductive sweet and sour sensation with Malibu rum and Medori melon
Sashimi salad

Serves 1
Prep/cooking 25 mins

INGREDIENTS

• 50g fresh tuna
• 50g fresh salmon
• 50g fresh yellow tail
• 5g sesame seeds
• 10g coriander
• 10g ginger fresh
• 10g spring onion

Fish marinade

• 20g soy sauce
• 10g olive oil
• 5g white vinegar
• 5g Japanese Yuzu

PREPARATION

Cut the fish into small cubes. Mix the ingredients for the sauce. Add the sauce and the diced fresh vegetables to the fish and mix together.
Yakitori chicken

INGREDIENTS

- 200g chicken thigh skewers cut into cubes
- 50g white onion
- 100g sticky rice with sesame seeds
- 20g marinade

Chicken marinade

- 120g soy sauce
- 20g spring onions
- 5ml mirin (Japanese vinegar)
- 10g honey

Mix all of the ingredients together and marinate the chicken for 30 minutes before serving.

Sticky rice

- 100g sushi rice
- 100ml water

Wash the rice very well and keep it in the water for 10 minutes. Put it in the pot with the water and cook for 15 minutes.

PREPARATION

After marinating the chicken, sear it on the stovetop and continue cooking in the oven for 10 minutes. Serve on a bed of sticky rice.

Serves 1
Marinate 30 mins or overnight
Cooking 15 mins
SHOT IN THE DARK

It starts with a drink and then by the end of the night, a tray of something dangerous is passed around. For those shooters at home, Sevag Jerejian of Bar Troops will get the party started - we make no promises as to your behavior afterwards.

INGREDIENTS

1L gin
1 nori sheet
1 chili pepper
1/2 fresh cucumber
10ml lemon juice
15ml almond syrup
4 drops soy sauce
Dash of sesame seeds
1 slice pickled ginger

PREPARATION

Infuse the nori and chili with the gin for one day. In a shaker, mix the 1/2 cucumber with 60ml of the infused gin, 10ml lemon juice and with the 15ml almond syrup. Add ice and shake well. Double strain in shot glasses (the recipe makes two servings or two shots only). Add four drops of soy sauce in each shot. Put the pickled ginger on a toothpick and hold it on the top of the shot glass as garnish. Sprinkle the sesame seeds on top of each shot.
**Jell-O Shot**

**Ingredients**
- 15 part Champagne
- 1 bag Jell-O powder
- 2 part gin
- 15 part peach liquor

**Preparation**
Boil cup of water. Empty jello powder into a large mixing bowl and add the boiling water. Continue stirring for two minutes or until the jello is completely dissolved. Add the 1/2 cup of cold water, gin, peach liquor and Champagne.

**Mixed and Pour into Shot Glasses**
Let chill overnight and serve.

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**Chocolate S’mores Shot**

**Ingredients**
- 250g dark chocolate
- 1 part gin
- Miniature marshmallows
- 1 part Amaretto
- 1 part Cointreau

**Preparation**
Melt the chocolate & mix it with the alcohol. Pour the drink into each glass & top with toasted marshmallows.
Uncorked

White and rosé summer sippers are the perfect way to usher in the relaxing side of the season

01 MYST FROM CHÂTEAU KEFRAYA

A delicate and ample rosé. It also offers a lot of freshness and creaminess. A refreshing aromatic palette of dominant notes of exotic fruit, cherries, wild strawberries and blackcurrant, around a finely tannic weave, allowing for a very pleasant feeling in the mouth. The Myst rosé is the aperitif wine to have alongside the pool or the sea, with tapas, finger foods and summer grills.

02 WHITE KEFRAYA CHÂTEAU

An unusual blend in Lebanon of Viognier, Chardonnay and Vermentino from the best terroirs and fermented in oak barrels. This wine offers finely woody and delicate notes, minerality and toast aromas, blending elegantly with fruity and floral notes. The palate is creamy and fresh. It accompanies Lebanese mezze such as fried fish (bezri), grilled squid, octopus, grilled royal shrimp and fish from the Lebanese coast. In international cuisine, its elegance makes it the perfect accompaniment to sushi, salmon fillet and other grilled or cooked fish.

03 CHÂTEAU KEFRAYA ROSÉ

Blending the grapes of Cinsault, Tempranillo and Mourvèdre, this great rosé wine was a favorite of the famous critic in French wine, Michel Bettane, who awarded it a score of 16/20. A fresh and very intense rosé, with a beautiful aromatic expression combining intense floral notes and citrus, it is distinguished by its elegance. This is the perfect wine for a sunset aperitif and to accompany finger foods and tapas.

04 CHÂTEAU KEFRAYA BLANC DE BLANCS

A fresh and aromatic white wine, the floral notes are very present and associated with contrasts of honey and lilac that marry wonderfully well with sushi, salad, fish and shellfish.
HOME DECO has landed

DISCOVER THE NEW SECTION AT KHOURY HOME

La Maison is a brand new section at Khoury Home that aims to enhance your living space with the finest kitchenware, linen and home decoration. It offers a distinct range of the latest trends that cater to a variety of tastes, needs and budgets. It’s also where you’ll find exclusive, world-renowned home styling brands all the way from Sweden, France, Italy, Belgium, Spain, the Netherlands and beyond. The La Maison concept was created with hard work, love and passion from the Khoury Home team and will be launched May 15 at our Dora, Jnah, Mkalles and Rabieh branches.

Now you know where to go to bring the style home.
MEET THE

Chic, delicious and figure-friendly, oysters are our go-to dish for your next dinner party or enjoyed fresh and raw, as close to the beach as possible.

RICE VINEGAR-GINGER MIGNONETTE
PAN-FRIED OYSTERS & GREEN SALAD

GRILLED OYSTERS, WARM POTATO SALAD & GRILLED LEMON
PAN-FRIED OYSTERS & GREEN SALAD

Serves 4-6
Prep/cooking 1 hr

INGREDIENTS
• 24 freshly shucked oysters, drained and dried
• ¾ cup AP flour
• ½ tsp salt
• Vegetable oil

PREPARATION
Stir together the flour and salt. Toss the oysters till well coated with flour; shake off excess. Heat a skillet with 1/4 inch oil and quickly re-toss oysters in flour, four at a time, to ensure they are well coated. Drop the oysters when the oil is hot; do not crowd the pan. Cook for 2 minutes on each side or till they are golden brown. Allow oil to reheat between batches. Serve hot as an appetizer with a tartare sauce or toss a green salad with apples, a lemon vinaigrette and scatter the crispy oysters on top.

GRILLED OYSTERS;
WARM POTATO SALAD & GRILLED LEMON

Serves 6-8 oysters per person
Prep/cooking 1 hr 5 mins

PREPARATION
Choose the largest size oysters for grilling. You can grill oysters either shucked on the half shell or whole in their shells. Pre-shucked oysters allow for more even cooking; they cook faster and you can tell when they’re done more easily than when they’re not shucked. If you do not know how to shuck properly, or you do not own a good oyster shucker and a special glove, it’s best to grill them whole, and they will open up once they are cooked through. The only problem with this method is that sometimes a few will not pop open, although they are perfectly safe to eat. In either case, start with a preheated grill for direct medium-high heat. For best results, make sure the oysters are plump, their edges curled and the juices around the edge are bubbling, anywhere from 5-7 minutes. Grill the lemons and cook the potatoes and drain, before. Grill half lemons until nicely charred. Boil some new potatoes, cut in half; season with salt and pepper and a drizzle of olive oil. Place the grilled oysters next to the warm potato salad and squeeze lots of lemon juice over everything.

RICE VINEGAR-GINGER MIGNONETTE

Makes ½ cup
Prep/cooking 11 mins

INGREDIENTS
• 1 lg. piece fresh ginger, peeled
• 1/3 cup rice vinegar
• 2 tsp finely chopped pickled ginger (the kind served with sushi)
• 1 tsp shallot, optional
• Salt and pepper to taste

PREPARATION
Place a fine sieve over a small bowl, finely grate the ginger into the sieve and then press the ginger with the back of a spoon to extract the juice. You will need 2 teaspoons. Combine ginger juice and rice vinegar and pickled ginger; taste and adjust the seasoning by adding salt and pepper and some finely diced chives. You may also add 1 tsp of finely chopped shallots. Keep in the fridge if not using straight away.
oh oysters!

A delicious exploration by chef Reem Azoury of Meat the Fish

VARIETY
Japan – Kumamoto
England – English River Dart, Colchester, Frenchman’s creek, Jersey Royale, Carlingford Lough
Ireland – Dungarvan
France – Fine de Claire, Gillardeau, Ostra Regal, Special Ancelin, Utah

TIPS ON HOW TO BUY OYSTERS FROM YOUR LOCAL SEAFOOD COUNTER
• Ask to see the bag tag and examine the harvest date.
• Ask to try a sample to determine its freshness (even if you have to pay for it, it’ll be well worth it).
• Ask to handpick the oysters if possible and try to select the heaviest ones.
• Make sure none of the oysters are dead (the shells will be open and won’t close when tapped).

STORING
If you’re not planning on having the oysters immediately, store them in the refrigerator, covered with a wet towel. Try your best to keep all of them upside down. They can be kept happy and alive for several days in that state.

SEASONALITY
Warming water temperatures generally cause spawning in oysters, and although there is nothing harmful about eating spawning oysters, they tend to be less plump, softer and can often have a milky liquid. Kumamoto oysters don’t spawn over the summer, making them great to eat during the hot months.

NUTRITION
A dozen oysters are fewer than 100 calories, but have as much protein as a 100 gram steak and contain as much calcium as a glass of milk.

OYSTER ETIQUETTE
Always serve on a rimmed tray over crushed ice, with lemon wedges. Serving oysters with triangles of bread is considered a culinary faux pas. Simply slurp right off the shell. You may use an oyster fork to first lift the oyster from the shell and once eaten, place the shell upside down on the platter.

OYSTER ACCOUTREMENTS
Lemon wedges, mignonette, horseradish, Tabasco.

LOVE & OYSTERS
Oysters contain dopamine, a neurotransmitter that is administered to increase one’s heart rate. They’re also rich in amino acids that trigger increased levels of the sex hormones D-aspartic and N-methyl-D.
Babel Bahr...
A World of Culinary Enchantment

Address: Amchit, Boulevard President Sleiman
Tel: +961 9 620 999
Type of cuisine: Progressive Lebanese Seafood Cuisine
Signature Items: Chard Stalks with Fish, Fattet Bizri, Kebbet Samak
Seafood MADE EASY

Eating that oyster or hard-shell crab can sometimes be tricky. Enjoy your favorite seafood and crustaceans with ease using our handy little list.

01 GEFU FISHBONE TWEEZERS
A precise kitchen tool that safely and easily removes fishbones
USD 23

02 SEAFOOD DISPLAY
Zara Home offers a selection of fish and seafood display items, such as fish and sushi boats utensils and this handy platter
USD 26

03 SHELLFISH CRACKERS
Stylish mirror polished shellfish crackers for cracking lobster, crab and other hard fish shells
USD 22

04 OXO SEAFOOD PICKS
With a spooned end for scooping along and with a tined end for selecting, these stainless-steel picks help you scour each nook and cranny of shellfish
USD 18

05 GREENPAN SIENNA FISH GRILL
The Thermolon non-stick coating guarantees a mess-free and easy experience
USD 44
06 **KITCHENCRAFT**
**SEAFOOD DINING SET**
Included two pairs of seafood crackers and six forks/scoops, in stainless steel
USD 31

08 **SEAFOOD HAMMER + FORKS**
Complete set including hammer and a set of 4 shellfish forks
USD 70

09 **AMARAH AQUAMARIN**
A tableware collection that is both surprising and appealing, perfect for relaxed top-class cuisine

07 **OYSTER KNIFE**
Durable stainless steel oyster knife with ergonomic handle, a hook to hang on and odor and stain resistant
USD 11

02 **ZARA HOME**
Le Mall Dbaye, 04 523498
ABC Achrafieh, 01 215110
Beirut Souks, 01 960155
Kaslik Damaa Center, 09 216005
zarahome.com/lb

03,06,07 **HOME & BEYOND**
Hazmieh, 05 951814/5
Jounieh Highway 09 645102/3
homeandbeyond-lb.com

08 **DUPLEX LINE**
Horch Tabet, 01 495895
duplexline.com

09 **VILLEROY & BOCH**
Zalka, 01 888369
villeroy-boch.com/hotel

**WHERE TO BUY**

**DID YOU KNOW**
Formal table etiquette: If shellfish are to be served, the oyster fork goes to the right of the spoons. It is the only fork ever placed on the right of the plate.
TROPIC Paradise

Even if you’re vacationing in the countryside this summer, bite into one of these tropical treats and you can almost feel the warm sea breeze on your skin.

Cocoa crumble
- 100g butter
- 100g sugar
- 100g almond powder
- 20g cocoa powder
- 10g flour

Preheat the oven to 180°C. Mix the sugar and the butter until it’s creamy. Add almond powder. Add cocoa powder and flour. Make little balls of dough with your hands (the size of a nut). Cook the crumble 15 to 18 minutes.

Citrus segments
- 1 orange
- 1 grapefruit
- 1 lemon

Peal the citrus and cut into segments.

Citrus syrup
- 500g water
- 500g sugar
- 3 orange zest
- 3 lemon zest
- 3 grapefruit zest
- Optional spices: cinnamon, anise, cloves, etc...

Boil all together. Put the citrus segments into the boiled syrup. Place in fridge until cold.

Lemon cake
- 110g egg yolks
- 150g sugar
- 75g cream
- 115g flour
- 3 lemons, finely zested
- 50g melted butter

Preheat the oven to 160°C. Mix egg yolks with sugar. Add cream. Then add flour, baking powder and lemon zest. Finish by adding the melted butter. Cook the cake for approximately 30 to 35 minutes or until knife inserted near center comes out clean.

Orange chips
Preheat the oven to 90°C. Slice the orange finely. Place orange slices on greaseproof paper. Sprinkle icing sugar on orange slices and put in oven until slices are dried.

Photo by Clement Tannouri

Déclinaison d’agrumes
By Chef Marc & Clement Tannouri
Chasseurs de Saveurs

Serves 4
Prep/baking 2 hrs

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- 20g cocoa powder
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**Exotic Tart**

By Chef Samer Kobeissi
Des Choux et des Idées

![Chef Samer Kobeissi]

**INGREDIENTS**

**Pate sucrée**
- 250g flour, sifted
- 100g butter, softened
- 100g icing sugar, sifted
- 50g eggs, 1 at room temperature

**Cream butter and icing sugar with a wooden spoon or with a stand mixer fitted with the paddle attachment. Add the egg and continue creaming until a creamy like consistency is obtained. Add the flour and mix just until combined. Put on cling film, covering the dough well and store in the fridge for at least 1 hour. Butter 8cm individual tart molds or circles. Roll out the dough into a 2-3cm thickness. With a cookie cutter or a round box, cut 12cm circles and mold them into the tart circles. Chill. Preheat oven to 160°C. Line the tarts with parchment paper or cling film. Cover with beans. Bake about 10 minutes until the edges are golden. Remove the beans and paper or film and continue baking until the bottom is golden in color, about 10 more minutes. Leave to cool and then unmold.**

**Pastry cream**
- 500g milk
- 1 (50g) eggs
- 2 (30g) egg yolks
- 125g sugar
- 25g flour, sifted
- 25g corn starch
- 50g butter, cut into small cubes
- Vanilla bean or vanilla extract

Bring the milk to boil on medium heat. If using vanilla bean, scrape it into the milk from the beginning. Meanwhile, whisk together the eggs, egg yolks, sugar and vanilla essence (if using) in a medium bowl. Add the sifted flour and the starch into the egg-sugar mixture and whisk until combined. Pour one third of the boiling milk onto the egg mixture, then pour the whole egg mixture onto the remaining milk. Bring to the boil on medium heat, whisking constantly. After the mixture comes to the boil, continue whisking on medium heat for two more minutes, until it becomes smooth. Remove from the heat, add the butter cubes, incorporating them well into the cream and pour the cream into a clean bowl. Cover with cling film directly in contact with the cream and chill.

**Mango compote**
- 320g fresh mango (net weight peeled)
- 30g raspberries
- 30g sugar
- 4-5 mint leaves, thinly sliced

Cut 270g mango into small cubes. Mix the remaining mango with the raspberries. In a non-stick pan, add the mango cubes, sugar and mango-raspberry mixture. Cook on medium heat until mango cubes are soft and mixture is quite thick. Leave to cool. Add the mint leaves.

**Passion fruit cream**
- 160g passion fruit purée
- 1 (2g) gelatin sheet
- 120g sugar
- 4 (200g) eggs
- 130g butter at room temperature, cut into small cubes

Soak the gelatin sheet in cold water. Mix the eggs and sugar well with a whisk. Add the passion fruit purée and pour into a pan. Cook on medium heat until the mixture starts to boil. Remove and pour into a clean bowl and put in the fridge until the mixture reaches 40°C. When the mixture is at 40°C, incorporate the butter using an emulsion blender. Pour into doughnut shaped silicon moulds and leave to freeze for about 4 hours.

**PREPARATION**

Fill the tart shells half way through with the mango compote. Cover with pastry cream and smoothen the top with an offset spatula. Put the frozen passion fruit cream on top and fill the holes with a little bit of mango compote. Decorate with a small mint leaf.

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**Taste & Flavors | Summer Issue 2017**
L’exotique
By Executive Pastry Chef Chadi Karam
Member of Academy Nationale de Cuisine
Lily’s Downtown Beirut

Serves 6
Prep/baking 1 hr 30 mins

INGREDIENTS

Coconut crust
- 120g sugar
- 130g butter
- 100g chopped almonds
- 60g coconut powder
- 30g flour
- 1g salt

Whisk the butter and the sugar together. Pour the almond and coconut into the flour and salt. Mix all of the ingredients for 5 minutes. Spread between two silpat.

Confit mangue
- 230g mango purée
- 60g sugar
- 5g pectine
- 5g lemon juice
- 0.5g lemon zest

Heat the purée. Add the zest, the pectin and the sugar. Boil together.

Cremeux exotique
- 133g eggs
- 120g sugar
- 80g passion fruit purée
- 40g puréed banana
- 30g lemon juice
- 3g gelatin
- 200g butter

Heat the purées together. Add the sugar and the eggs. Boil, then let it cool down to 40°C. Add the butter, mix with a blender and pour into demie sphere. Place in the freezer.

Mousse vanille citron vert
- 185g pastry cream
- 7.5g gelatin
- 145g white chocolate
- 445g UHT milk
- 2 p lemon zest
- 0.5 gousse de vanilla (vanilla bean)

Infuse the lemon zest and the vanilla with the UHT for 24 hours. Heat the pastry cream and then add the gelatin. Add the melted chocolate.

PREPARATION

Mix together and pour in the whisked cream. Pipe 40g of mousse into a demie sphere. Insert the cremeux exotique. Put it in the freezer. Coat with the white chocolate and cocoa butter. Garnish with sauce mangue and the coconut crust.
Reviving the Legendary Grape of Lebanon

Obeidy St Thomas, made from 100% Lebanese white grape, is the fruit of Château St. Thomas’ efforts in reviving Lebanon legendary grape in order to preserve our wine identity. A very refreshing summer white wine, that reflects the original taste of the Lebanese Terroir.

Visit our winery for a tour and a special wine tasting experience.
Opening hours: Monday to Saturday from 9:00a.m till 4:00p.m.
Almond Inspiration chocolate drink

Makes 5 bottles
Preparation time 15 mins

By Valrhona Chef, Guillaume Roesz

INGREDIENTS
- 800g milk
- 300g Almond Inspiration by Valrhona
- 4 vanilla pods
- 200g apricot purée

PREPARATION
Warm the milk and leave the vanilla pods to infuse for a minimum of 10 minutes. Slowly pour the hot milk onto the melted chocolate, mixing from the center, to create a smooth and shiny core, showing the start of an emulsion - this texture should be maintained throughout. Continue adding the milk little by little and finish by adding the cold apricot purée. Set aside in the refrigerator. This chocolate drink can be served hot or cold.
THE WORLD’S LARGEST CHOCOLATE SHOW PRESENTS

4TH EDITION

SALON DU CHOCOLAT

BEIRUT

16 - 18 November | 3 - 10 pm | BIEL
16 November for professionals | 12 - 3 pm

SALONDUCHOCOLATBEIRUT.COM
Each season, Lara Ariss (chef, author and caterer) shares a straightforward approach to preparing dishes with fresh seasonal produce.

**Labneh mousse with mango coulis**

Serves 8 to 10  
Preparation 20 mins  
Cooking 10 mins

**INGREDIENTS**

**For the labneh mousse**
- 400g labneh
- 360ml heavy cream
- 45g caster sugar
- ½ vanilla bean, split and seeds scraped

**For the mango coulis**
- Juice of 1 mango
- Juice of ½ lemon
- 1 tbsp caster sugar

**To serve**
- Mango slices
- Pistachios, finely chopped

**PREPARATION**

1. In a medium bowl, with a whisk attachment, whisk all the ingredients for the labneh mousse to medium peaks and until light and fluffy.
2. In a small saucepan, over medium heat, place all the ingredients for the mango coulis. Cook stirring constantly until the mixture starts to bubble and slightly thicken; about 10 minutes. Remove from the heat and set aside.
3. Using a piping bag, pipe the labneh mousse into serving bowls and drizzle with the mango coulis. Top each bowl with mango slices and pistachios. Serve immediately.

These mango dessert recipes will definitely brighten up your day.
Mango coconut cake

Serves 10 – 12
Preparation 20 mins
Baking 35 mins

INGREDIENTS

For the cake
- 500g unsalted butter, at room temperature
- 500g caster sugar
- 2 tsp rosewater
- 8 eggs, lightly beaten
- Juice of 2 mangos
- 340g desiccated coconut
- 500g plain flour
- 1 tbsp baking powder
- Pinch of salt
- 100ml fresh milk

For the mango buttercream
- 300g unsalted butter
- 900g icing sugar
- 120ml mango purée

To serve
- 1 mango, peeled stoned and chopped into cubes
- Desiccated coconut
- Edible flowers

PREPARATION

1. Preheat the oven to 180°C.
2. Grease and line a 20cm baking tin and a 24cm baking tin.
3. In a medium bowl, with a paddle attachment, beat the butter, sugar and rosewater until light and fluffy.
4. Scrape the sides of the bowl and slowly add the eggs; whisk until combined.
5. Scrape the sides of the bowl. Add the mango juice and desiccated coconut. Whisk until combined.
6. Add the flour, baking powder and salt and beat until well combined. Stir in the milk.
7. Divide the batter between the two tins and bake for 35 minutes or until a skewer inserted in the center of each cake comes out clean. Leave the cakes to cool in their tin for 5 minutes before turning onto a wire rack to cool completely.
8. In the meantime, make the mango buttercream. In a medium bowl, with a paddle attachment, beat all the ingredients until light and fluffy.
9. Spread the butter cream on both cakes and then place the 20cm cake centered on top of the larger cake. Top with the cubed mangos and edible flowers. Sprinkle the desiccated coconut on the top and the sides of the larger cake.
Al Hindi Restaurant offers authentic Punjabi cuisine in a cosy typical Indian setting. This ethnic cuisine is prepared in a modern healthy fashion, and includes traditional Curries, Biryani, Tandoori and others. Surrounded by modern elegance, your dining hospitality, delicious cocktails and authentic Indian food prepared to your liking.

Open daily For Lunch & Dinner.
From 12:00 pm Till 11:30 pm
HEIRLOOM TOMATOES

Dominique Anid is the health and nutrition specialist of the Food Heritage Foundation.

بندورة جبلية
HEIRLOOM TOMATO OR JABALIYEH TOMATO IS ALSO REFERRED TO AS “REAL TOMATO” GIVEN THAT IT IS A NATURAL VARIETY THAT HAS BEEN PASSED DOWN THROUGH THE GENERATIONS; FROM FARMER TO FARMER

Jabaliyeh tomato salad with garlic & sumac

In Lebanon, Jabaliyeh tomatoes are commonly served in local restaurants with the mezza dishes, as tomato slices covered with garlic, olive oil and sumac.

Makes 1 plate
190 calories/serving

**INGREDIENTS**
- 1 Jabaliyeh tomato (200g)
- 4 garlic cloves
- 1 tbsp olive oil
- ½ tsp salt
- 1 pinch sumac

**PREPARATION**

Wash the tomato and cut it into slices (1cm approx.). Place the tomato slices on a plate and put it in the fridge. In the meantime, crush the garlic cloves and mix them with the oil and salt to obtain a paste. Spread the garlic paste on each tomato slice. Sprinkle some sumac on each slice as well. You can serve this plate alone as a side dish/salad or add the tomato slice to any other salad.

To increase the shelf life of the tomato juice, place the tomato juice bottles upside down in a pot filled with water. Boil the water for few minutes. Keep the bottles inside the pot until the water cools down. This process extends the shelf life of the tomato juice up to 6 months.

1 serving = 1 cup
42 calories/serving

**INGREDIENTS**
- 1 kg ripe Jabaliyeh tomato (yield 1L of tomato juice)
- 1 tsp sugar
- 1 tsp salt
- ½ tsp garlic or basil or thyme
  (optional, for flavor)

**PREPARATION**

Thoroughly wash and clean the tomatoes. Peel the tomatoes using the blanching method: place the tomatoes in boiling water for 30 seconds and then place them in a bowl of cold water. The skin is easily removed. Cut the tomatoes into four equal pieces each and remove the seeds. Smash the tomato pieces using a potato smasher or place them in a mixer to extract the tomato juice. Boil the tomato juice for 25-30 minutes over medium fire. If the juice is not liquid enough, add 2 cups of water. Add the sugar and salt. Add ½ teaspoon of garlic, thyme or basil for flavor (optional). Filter the juice through a strainer, fill it in glass bottles and close properly.

1 serving = 1 tbsp
12 calories/serving

**INGREDIENTS**
- 7kg raw Jabaliyeh tomatoes (yield 1kg of tomato paste)
- 75g salt

**PREPARATION**

Thoroughly wash and clean the tomatoes. Peel the tomatoes using the blanching method; place the tomatoes in boiling water for 30 seconds and then place them in a bowl of cold water. The skin is easily removed. Cut the tomatoes into four equal pieces each and remove the seeds. Smash the tomato pieces using a potato smasher or place them in a mixer to extract the tomato juice. Add 75g of salt to the tomato juice. Boil the tomato juice over medium fire for around 4-6 hours until all the water evaporates and a tomato paste is formed. Pour the hot tomato paste into a dry and clean 1kg glass jar. Close the jar immediately after filling. The tomato paste can be conserved for up to one year.

Tomato Paste

Tomato paste, like many other preserves in the Lebanese repertoire of 'moune', is a way to conserve foods for consumption during the scarce winter season and for the times when tomatoes are not fresh and available. Traditionally, tomato juice is heated over a wood fire for a few hours to obtain the paste that can be eaten raw in a sandwich with fresh oregano leaves and olive oil or used in cooking.

To make tomato paste:

- 7kg raw Jabaliyeh tomatoes (yield 1kg of tomato paste)
- 75g salt

Thoroughly wash and clean the tomatoes. Peel the tomatoes using the blanching method; place the tomatoes in boiling water for 30 seconds and then place them in a bowl of cold water. The skin is easily removed. Cut the tomatoes into four equal pieces each and remove the seeds. Smash the tomato pieces using a potato smasher or place them in a mixer to extract the tomato juice. Add 75g of salt to the tomato juice. Boil the tomato juice over medium fire for around 4-6 hours until all the water evaporates and a tomato paste is formed. Pour the hot tomato paste into a dry and clean 1kg glass jar. Close the jar immediately after filling. The tomato paste can be conserved for up to one year.

To increase the shelf life of the tomato juice, place the tomato juice bottles upside down in a pot filled with water. Boil the water for few minutes. Keep the bottles inside the pot until the water cools down. This process extends the shelf life of the tomato juice up to 6 months.
VEGAN SORBET

Same taste, less calories is music to our ears, especially when you’re talking about ice cream. Mireille Rizk Corbani of Le Gabarit diet center offers up her signature sweet recipe with only 15 calories per scoop.

STRAWBERRY SORBET

By Le Gabarit
Makes 1kg

INGREDIENTS
- 170g natural sweetener
- 4g sorbet stabilizer (cellulose-locust bean gum- guar gum)
- 420g water
- 400g strawberry juice or purée

PREPARATION
For the syrup, mix water with the sweetener. Place over high heat. When the mix reaches 40°C, slowly pour in the sorbet stabilizer. Boil the mixture to create a uniform liquid in which the sweetener crystals have dissolved. Take the pot off the heat and transfer the liquid mix to an ice bath. Allow to completely cool. Combine the syrup mixture with the main ingredient (juice or purée). Let the mix mature for at least 2 hours and up to 6 hours to produce a high quality sorbet. Transfer the sorbet base to -10°C freezer.

TIP
- Too much stabilizer = gummy sorbet
- Not enough stabilizer = icy or fluffy sorbet
EUROPEAN DAIRY PRODUCTS
The tastiest moments of your day!

www.EuMilkyWay.eu
Eating right
when eating out

Statistics show that out of 365 days a year, 30 Mondays are a potential new beginning for your healthy resolutions that fail two or three days later, when you find yourself at a business lunch or birthday dinner. Statistics also show that once you read this article, you will learn how to eat right when you eat out, with all your questions about the restaurant industry answered.
Start with a salad. Have three tablespoons of hummus. Order grilled eggplant or boiled chickpeas without oil. Watch out for cheese rolls, kebbe, sambousek. Order grilled chicken and avoid kafta; its content in fat is much higher.

**WORDS TO AVOID ON THE MENU**
Breaded (can add five times as much fat to your meals), au gratin, basted, battered, bearnaise (hollandaise), bottomless, buttered, casserole, cheesy, country style, stir-fried, fried/deep fried, giant, loaded, smothered, stewed, stuffed, white sauce, covered, creamy, escalloped.

**FOOD ITEMS TO CAREFULLY CONSUME**
Soup contains cream and butter.

**TIP**
Eating an apple 15 minutes before enjoying a burger meal will help save you 190 calories.
A garden is where all senses combine to create a delightful mood. The choice of colors is very important from foliage and pottery to furniture and even artwork. Understanding the basic principles of using colors can help make that picture in your head a reality.

Neutral colors can be used with any other color without changing the effect that you are trying to achieve. White, black, grey, silver and shades of brown are considered neutral in any field. In gardening, green also acts as a neutral shade. Neutral colors have a tendency to tone down the other colors in a bed and can be used as a buffer between two plants that might otherwise clash.

While white functions as a neutral in the garden, it also serves another purpose. White glows when you view the garden early in the morning, during the evening and at night. With busy lives, many people enjoy their gardens less during the day and more often during evening hours. If you use your garden often after dark, be sure to include nice plants with white flowers, like white Agapanthus, Allium, Osteospermum, white Lilium etc. Also use plants with silver foliage like Senecio cineraria, Cynara cardunculus, or Santolina chamaeyparissusetc. These plants will show well in the evening.

Color Combination
The easiest color plan to pull off is probably the monochromatic color scheme. It consists of simply combining shades of a single color together to create a garden bed. These beds are simple to put together because choosing plants from a single color family is pretty easy to do. Monochromatic can sound boring, but in fact they can include great depth and interest.

A more challenging color combination game is mixing different colors together. The first key to understanding mixing colors is to look at the basic relationships between colors. Using the color wheel is the easiest way to illustrate this concept. One simple way of combining colors is to use analogous color varieties. These are colors that are next to each other on the color wheel.
These colors tend to blend well together. Analogous colors include red and orange, orange and yellow, yellow and green, green and blue, blue and violet, and violet and red. Analogous colors can go beyond two colors. Groups of red, orange and yellow or blue, violet and red can also be considered analogous.

If you are a bit more adventurous and like some contrast in your garden, try using complementary colors, which can add a lot of pop to your flower beds. Complementary colors are opposite each other on the color wheel. Striking examples are violet and yellow, red and green, and orange and blue.

The third color scheme illustrated by the color wheel is the color triad. The color triad is created by drawing an equilateral triangle connecting three colors in the color wheel. For example red, yellow and blue are a triad. Violet, orange and green are another triad.

**COLOR COMBINATION**

Colors also fall into two different categories, cool (or dark) and bright (or warm) colors. Cool colors, like blue, purple and pink, tend to create a calming and serene atmosphere and will appear cool in even the fiercest heat. Cool tones are perfect for creating a sanctuary, where you can go to unwind and de-stress from the chaos of life. These colors are great for setting the mood for gatherings filled with soft music and quiet conversation. Cool colors also have a tendency to make areas look larger than they are. If you have a small garden, these colors can help make your area feel more spacious. Don’t forget that neutral colors will work with both cool and warm colors to expand the palette of plant material while maintaining the mood you are creating. Warm colors draw the eye to them and make spaces seem smaller. If you have a large space and you would like to make it seem smaller, use bright reds, oranges, and yellows in the distance. This will make the planting seem closer to you. Warm colors are also great for drawing attention to areas you would like to highlight, like a front entrance, featured flower beds or seating areas. Warm colors add a festive feeling and put you in a party mood. They are good next to the patio or a deck where people tend to gather for entertainment.

**COLORFUL ANNUALS!**

Annuals can be the best plants for adding color to your garden throughout the growing season because many of them have long flowering periods and keep their colors after spring perennials have faded, but summer plants have not yet flowered. Annuals also give you room to play and try out new things each year. If you have monochromatic shrubs and perennials, you can still try out a bolder garden color scheme by planting contrasting annuals.
This year’s Garden Show & Spring Festival was full of unique accessories and equipment in celebration of the great Lebanese outdoors. Here’s just some of what we took home:

01 VINTAGE DRAWER
Wooden and metal drawer for all your knicknacks
USD 313

02 BAMBOO LOUNGER
Hubsch lounge chair
USD 196

03 RATTAN LOUNGER
Hubsch outdoor lounge chair
USD 596

04 BAR CHAIR
Plastic chair with wooden legs
USD 108
07 OUTDOOR ART
"Life is a bike" metal wall painting
USD 35

05 GARDEN CHANDELIER
Outdoor lustre rockcoco lamp by Fatboy
USD 750

06 ROOM DIVIDER
Wooden screen in washed white color
USD 227

08 RUSTIC LANTERN
Bovictus lantern with pattern
USD 31

09 POTTED PLANT
Round pot in off white
USD 31
Green shrub
USD 65

WHERE TO BUY

01, 04, 06, 07, 09
MAISON PINK
M Boutique Mall, Ghazir
09 851300
info@maison-pink.com

02, 03, 08
GS STOREY
GS bldg, Downtown, Beirut
01 999706; gs.com.lb

05
PLEIN SUD
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Summer issue 2017 | Taste & Flavors
BOYS & GRILLS
Toys for your favorite grill master

10 INFRARED GAS GRILL BY CHAR-BROIL
With infrared technology this grill heats up faster, hotter and more evenly for less grill flare-ups and juicier food
USD 1100

11 Balcony BBQ by Esschert
Hanging barbecue, easy to fit on small outdoor areas
USD 68

12 GENESIS II E-310 GBS BY WEBER
A 3-burner gas grill with a sleek open cart. Features the new GS4 grilling system and is iGrill3 compatible
USD 1,090

13 MASTER-TOUCH GBS 57CM BY WEBER
The charcoal grill features a built-in thermometer, one-touch cleaning system and the new Gourmet BBQ System cooking grate
USD 340

14 TERRA BLACK CAST IRON CHIMINEA BY ESSCHERT
A rustic and old fashioned way to warm your outdoor patio or dining area
USD 300

WHERE TO BUY
10 HOME & BEYOND
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isotop-group.com

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With so many choices available for your kitchen redesign, you need a professional like Patricia Nicolas, head of kitchen division of Maison et Parquets, to guide you through the process.

Home owners are opting for matt finishes, a trend not limited to kitchens alone, but also popular in the interior design industry. While black matt has always been a popular finish, 2017 has seen demand rise for Fenix NTM, a revolutionary super opaque nanotech matt material that has the ability to heal micro-scratches on its surface.

FENIX NTM is described as abrasion resistant and can “heal” itself through thermal scratch regeneration. It is resistant to fingerprint marks, dry heat, mold, acid solvents and household reagents. It also has enhanced anti-bacterial properties, making it a surface solution ideal for healthcare and hospitality as well as kitchens.
While there’s no doubt that first impressions count, the promise should never be allowed to fade away into the background over time. The beauty of Dupont Corian was built to last.

Dupont Corian countertops and elegant natural wood give your kitchen a classy edge. Its residential kitchen designs are taken to a new level with kitchen countertops, islands and prefabricated sinks, fashioned from high-performance Corian, available in a dazzling array of colors and styles. Its unique effects of color, texture and light, play in elegant counterpoint against kitchen design elements wrought of wood and glass.

Corian is non-porous, so stains cannot penetrate its surface. With thorough cleaning, Corian is also resistant to the growth of mold, mildew and bacteria. And, the signature flowing and seamless look of integrated Corian kitchen countertops, sinks and backsplashes also means there are no crevices where dirt and bacteria can become trapped.

With Dupont Corian the options for combining shapes, levels, edge details, colors and materials are limitless. Designed to offer choice and adaptability, Corian can be counted on to play any part within a scheme. In the hands of our expert fabricators, it can flow smoothly from breakfast bar to countertops, shelves to backlit display systems and so much more.
Roll into summer

Drinks trolleys put the fun in the word functional and our picks are sure to get the party started, whether they’re rolling in or stationary.

Elegant Affair

**MASTER JORGE ZALSZUPIN FOR ESPASSO**
This 1950s’ Brazilian tea cart by modernist master Jorge Zalszupin for Espasso, is also available in a variety of FSC-certified woods.
[artek.fi](http://artek.fi)

**ALVAR AALTO, THE TEA TROLLEY 900**
Two continuous laminated wood loops make up the frame for the large white wheels. The side basket is made from rattan and the table top also comes in white.
[artek.fi](http://artek.fi)

**HERMES**
Serving trolley, natural maple, natural woven wicker, fawn H bullcalf and brass design by studio Hermès.
[hermes.com](http://hermes.com)
Bar Companion

Block Side Table by Simon Legald
Features two steel trays, supported by four ash legs mounted on castors. Choose from white, black, light grey, dark grey, mint green and coral colors.

normann-copenhagen.com

Gubi at Maison & Objet
Mathieu Matégot’s trolley is two steel trays connected by a black frame. A sling for newspapers is incorporated into the lower shelf.
gubi.dk; maison-objet.com

Gamfratesi’s Chariot Tea Cart for Casamania
Besides the over-sized wheels this trolley features two MDF trays joined by a metal frame that also functions as a handle. Available in white, bright red or natural oak with black metal.
gamfratesi.com; casamania.it

Kitchen Essentials

Antique Cooler
Raised ice cooler, available in 60L and 80L sizes, with wheels, bottle opener, cap catcher, drain spout and handles. Rust resistant and available in white, red, black, silver and stainless steel.
Starting USD 288 TTC
Storiom Saliba
04 922934/9; storiom.com.lb

Legnoart Kitchen Cart Trolley
Stay in the garden with all your kitchen accessories thanks to this trolley that doubles as the perfect organizer.
USD 2582
The Potlok, Beirut Souks
01 987727, thepotlok.com
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FREEMAGS.CC
Make some magic in the kitchen in minutes with Smuskies. Take that divine drink, add tons of irresistibly sparkly snacks and make a rainbow of pastel pinks and baby blues, fit for your little unicorn.

**HOT CHOCOLATE**

Serves 1  
Preparation 5 mins

**INGREDIENTS**
- 3 tsp Cadbury chocolate  
- 200ml steamed milk

**PREPARATION**

Stir together and top with mini-marshmallows, colorful candy and rainbow sprinkles.
MILKSHAKE

Serves 1
Preparation 5 mins

INGREDIENTS

• 1 cup ice
• 200ml milk
• 2 ice cream scoops (ice cream of choice)
• 2 fruits of choice

PREPARATION

Blend all the ingredients together and top with whipped cream, sprinkles, Chupa Chups, marshmallows and chocolate sauce.
More recipes to enjoy this season, if you’re still confused about what to make for dinner tonight.

**Nourish & Glow: The 10-Day Plan**

*By Amelia Freer*

What does it take to see healthy eating in a healthier light? According to nutritional therapist and bestselling author Amelia Freer (FdSc, DipION, mBANT), more than just a healthy diet - and that’s where her new book, Nourish & Glow: The 10-Day Plan, comes in. Her most comprehensive book to date, it explores matters of both body and mind to help equip readers with the foundations needed to develop a more positive approach towards balanced eating in the long-term. Developed and refined over her decade of work as a nutritional therapist, it contains a version of the plan she gives to her clients - a series of cooking, shopping and eating recommendations that provide ample food for thought.

**On Vegetables: Modern Recipes for the Home Kitchen**

*By Jeremy Fox and Noah Galuten*

Known for his game-changing approach to cooking with vegetables, Jeremy Fox first made his name at the Michelin-starred restaurant Ubuntu in Napa Valley. Today he is one of America’s most talked-about chefs, celebrated for the ingredient-focused cuisine he serves at the Los Angeles restaurant, Rustic Canyon Wine Bar and Seasonal Kitchen. In his first book, Fox presents his food philosophy in the form of 160 approachable recipes for the home cook. On Vegetables elevates vegetarian cooking, using creative methods and ingredient combinations to highlight the textures, flavors and varieties of seasonal produce and including basic recipes for the larder.

**Living the Healthy Life: An 8-week plan for letting go of unhealthy dieting habits and finding a balanced approach to weight loss**

*By Jessica Sepel*

Dieting stops now. Clinical nutritionist and health blogger Jessica Sepel is fast becoming one of Australia’s most sought out wellness and lifestyle advocates. Living the Healthy Life is her practical and holistic 8-week plan to healing your life, body, nutrition and your relationship with food. Expanding on her philosophy from The Healthy Life, Jessica will teach you how to quit fad dieting forever, give yourself the freedom to stop the guilt surrounding food, and to overcome body stress and anxiety. She explores the benefits of sleeping more, nourishing your cleansing functions and optimizing your thyroid function. Packed with over 200 new recipes that prove healthy eating can be fun, simple and delicious.

**Le carnet de Guillaume Gomez**

*By Aurélie Sartres; Guillaume Gomez*

Guillaume Gomez, Meilleur Ouvrier de France and Chef of the Elysée cuisine, offers a personal notebook of recipes that are easy to make. Gomez wishes to share and transmit his passion and his know-how through accessible and gourmet recipes, illustrated by Aurélie Sartres. A plate is above all an interpretation and must reflect the personality of its author. Paul Bocuse has taught us that there is no good cooking if, initially, it is not realized by friendship for the one to whom it is intended. This recipe book will make you cook, taste, create, share and live - your personal notes are essential to enrich the recipes.
“Ta3leem” Education Saving Plan

Small Steps Towards a Promising Future

We Keep Our Word.®
on the PULSE
14 new places to discover this season

1. ABD EL WAHAB
The newly renovated Abd el Wahab Monot branch
Don’t miss Authentic Lebanese cuisine
📍 Achrafieh Monot, El Inglizi Street
📞 01 211120  🚴 ghiaholding.com

2. ARABESQUE TERRACE LOUNGE
A sumptuous lounge terrace on the third floor of Four Seasons Hotel Beirut overlooking the marina’s skyscrapers and boats docked below
Don’t miss Oysters with Basterma, Beetroot Wedges with Mediterranean Bottarga, Mediterranean Mini Burgers with Tzatziki and Caramelized Onions
📍 1418 Prof. Wafic Sinno Avenue, Minet El Hosn
📞 70 010555  🚴 foursseasons.com

3. BONAVIDA BEIRUT
Your sequel to a good life!
Don’t miss Salmon Tartar Tacos, Buffalo Chicken Nachos, Bresaola Roll, Beef Tapas
📍 Villa Printania, Brummana
📞 03 086222  🚴 BonavidaBeirut

4. DIRTY LAUNDRY
A new urban kitchen, bar, garden and rooftop, inviting guests to put their high heels on, fix their collars and spill their dirty laundry
Don’t miss Dirty Mini Burgers, Grilled Ribeye and the mouthwatering Death by Chocolate dessert
📍 Mar Mikhael, Armenia Street
📞 81 331333  🚴 dirty-laundry.me

5. JACKIE O BEIRUT
The ultimate port-side urban lounge experience featuring a chill out vibe, exquisite bites and a leisurely break from the city’s hustle
Don’t miss Salmon Tartar, Tuna Sashimi, Exotic Shrimp Salad and Chicken Porcini
📍 Saifi Port Side
📞 03 315324  🚴 jackieOBeirut
6. KALÉO

*I Innovative, elegant traditionalism meets informal dining*

Don’t miss Frogs Served Two Ways, Perfectly Poached Organic Eggs with Porcini, Grilled Beef Filet with Kaléo Potatoes

📍 Dr. Fawzi Daouk St., Mina el Hosn
📞 01 985 807  📩 Kaléo Beirut

7. MALOLO

*A laid-back and cozy seafood restaurant dedicated to Hawaii’s famous raw fish dish, poké*

Don’t miss Build your own bowl

📍 Pasteur Street, Gemmayze
📞 01 570745  📩 malolobeirut

8. MARKET

*A cosmopolitan restaurant that serves diverse cuisines and embraces different culinary traditions from around the world*

Don’t miss Salmon Tataki, Sesame Prawn Toast, Vegetable and Shiitake Mushroom Dim Sum, Ikuradon and Thai Green Curry

📍 Eden Gardens Bldg, Downtown Beirut
📞 01 999644  📩 boubess.com

9. MED

*MED by DUO is a casual restaurant serving variety of food from the Mediterranean*

Don’t miss The salad bar

*Hot seat* Terrace

📍 Beirut City Centre, Hazmieh
📞 01 293692, 01 292792  📩 MedRestaurantLeb

10. QUARTIER COFFEE & MORE

*A place of tranquility, devised, designed and built so you enjoy food, coffee and smoothies along a serene ambience in a central location*

Don’t miss Chicken Avocado Sandwich

📍 Monaco Street, Rmeil, Achrafieh
📞 01 448038
11. SALT BY EDDY DIAB
Salt by Eddy Diab is a refined French concept, creating a connection between food and design
Don’t miss Cote de Boeuf, Filet de Boeuf
📍 Monot Street, Achrafieh  71 050599  saltbyeddydiab

13. THE BROS
Three brothers pursuing their passion, starting from a street food stand, they brought the street food and live-cooking concept into a burger joint, by providing a nostalgic U.S. old-school experience with a unique approach to fried chicken burgers
Don’t miss The Bacon Cheeseburger, The BBQ Dipped Fried Chicken, The Caesar Wings and Animal Style Fries; ask for the off-menu items
📍 Madrid Street, Mar Mikhail  01 570297  The Bros

12. TAWLET SAIDA
Souk El Tayeb’s fifth Tawlet and developed in partnership with the Hariri Foundation
Don’t miss Kebbe Arnabiye, Siyadiye, Mfatta’a, Rez bel Farfahin, Kasha, Jris, Smid bi Jeben
📍 Saida Sea Road, facing the port  81 707240, 07 733899  tawletsaida.com

14. VIVID BAR LOUNGE
Vivid is the place for creative cocktails and mouthwatering dishes
Don’t miss Choco Intense Brownie
📍 Mar Mikhail  70 000765  vividbarlounge.com
7TH BEIRUT COOKING FESTIVAL
16 - 18 November | 3 - 10 pm | BIEL
16 November for professionals | 12 - 3 pm

A MELTING POT OF GREAT FLAVORS

beirutcookingfestival.com
10 MONEY SAVING MEALS

Where are the best places in town to enjoy delicious food for under 25,000 LBP? Here’s a roundup from Zomato!

01 MANO BURGER

“We definitely had the best burgers in Lebanon! The patty is perfectly grilled with just the right amount of fat in it. The bun is soft and fresh, just like all the other ingredients in the burger.” by Nour Choucair

Known for The newest edition to the Mano legacy, grilling burgers to perfection. Famous items: Chilli Burger, The Mano Burger with a sujuk patty, the French fries, friendly service and staff, prompt service

★ 4.1/5  ● 20,000 LBP
★ 11 a.m. to midnight (Mon – Sun)
📍 Blanco Center, Ground Floor, Municipality Street, Bourj Hammoud

02 CHAUD FROID

“We had the Crispy Platter and the Chicken Tenders Platter. The crispy chicken pieces were very tasty. The portions are huge and very generous.” by Wissam Akl

Known for Fries, chicken sub, hamburger, cheeseburger, coleslaw salad

★ 3.8/5  ● 15,000 LBP
★ 11:30 a.m. to midnight (Mon-Sat)
📍 Mar Elias Street, Dekwaneh

03 CLASSIC SANDWICH

“Guaranteed to make you full and satisfied. Must try for whoever wants to get full on a budget. A special recommendation would be their chicken sub.” by Stacey Baaklini

Known for Fries, chicken sub, hamburger, cheeseburger, coleslaw salad

★ 4.6/5  ● 20,000 LBP
★ 6 a.m. to 11 p.m. except on Sundays
📍 Sidi Hassan Street, Bourj Abi Haidar

04 DEEK’MATIC

“Their crispy chicken and their fries are super delicious! The staff is professional and the service was fast. The prices are super fair.” by Foody FoodPecker

Known for Steak sandwich, ‘broasted’ chicken, cheese sandwich, grilled chicken

★ 4.3/5  ● 25,000 LBP
★ 11 a.m. to 11 p.m.
📍 Beit Chabab Street, Mazraat Yachouh

05 FURN BEAINO

“We went there at 11 p.m. and people were standing in line. For sure, the lahm b ajin is not to be missed. The meat used comes from a whole sheep cooled in their fridge and not from leftovers like most of bakeries do.” by AH

Known for Lamb meat man’ouche, shanklish, quick service and friendly staff

★ 4.6/5  ● 15,000 LBP
★ 6 a.m. to 11 p.m.
📍 Sarba, Jounieh

06 CHAUD FROID

“Definitely one of the best burgers in Lebanon! The patty is perfectly grilled with just the right amount of fat in it. The bun is soft and fresh, just like all the other ingredients in the burger.” by Nour Choucair

Known for The newest edition to the Mano legacy, grilling burgers to perfection. Famous items: Chilli Burger, The Mano Burger with a sujuk patty, the French fries, friendly service and staff, prompt service

★ 4.1/5  ● 20,000 LBP
★ 11 a.m. to midnight (Mon – Sun)
📍 Blanco Center, Ground Floor, Municipality Street, Bourj Hammoud

07 CLASSIC SANDWICH

“We had the Crispy Platter and the Chicken Tenders Platter. The crispy chicken pieces were very tasty. The portions are huge and very generous.” by Wissam Akl

Known for Fries, chicken sub, hamburger, cheeseburger, coleslaw salad

★ 3.8/5  ● 15,000 LBP
★ Noon to midnight
📍 Sidi Hassan Street, Bourj Abi Haidar
06
ICHKHANIAN

“When you crave for Armenian food, it is a great choice. First it is not commercial and very tasty. The mante is crispy and very well made. The soubereg is fresh and tasty.” by Tony Kfoury

Known for Freshly made Armenian bakes

☆ 4.1/5 ★ 20,000 L.L.
- Noon to 11 p.m. (Mon – Sat)
- 6 p.m. to 11 p.m. on Sundays
- Boulevard Sainte Rita, Horsh Tabet

08
MANGHAL

“If you are looking for some mouthwatering grilled food, this is definitely your place. Recommended for food lovers who are less interested in the setting and more concerned about enjoying a new food experience at affordable prices.” by Foodlover

Known for Fattoush, fries, crispy chicken, kabab karaz, kastaleta, kabab khachkhach, kabab laban, kabab chekaf

☆ 4.0/5 ★ 15,000 LBP
- 11 a.m. to 5 p.m. on Mondays
- 11 a.m. to 10 p.m. (Tue – Sat)
- 11 a.m. to 3 p.m. on Sundays
- Harboyan Building, Tiro Street, Bourj Hammoud

07
MR. INTERNATIONAL

“Simple decor and seating, but it’s really the food that makes the difference. We trusted the owner/chef with the food selection and I must say that every plate was marvelous (perfect sweet and sour combination in some plates with the cherry based sauce, perfect chilli content in others...)” by Talal Najm

Known for Cherry kebab dish, pastrami and cheese rolls, arayis kafta/soujouk

☆ 4.6/5 ★ 25,000 LBP
- Noon to 11 p.m. (Mon – Sat)
- Noon to 6 p.m. on Sundays
- Breezevale House Tower, 1st Floor, Main Street, Facing Municipality, Zalka

09
RESTAURANT APO

“The sub was full of flavor and the bacon was tasty. The wedges were also great but what I liked the most were the wings with the barbecue sauce recommended by the waiter.” by Charbel T. Saleh

Known for Fries, potato wedges, buffalo wings, nacho burger, chicken wings, crispy bacon

☆ 4.4/5 ★ 20,000 LBP
- Noon to 11 p.m. (Mon-Sat)
- 2 p.m. to 11 p.m. on Sundays
- Saad El Khoury Building, Bon Pasteur Street, Achrafieh

10
URBAN GRILL

“Urban Grill is a pleasant hideout in the back alleys of Achrafieh with a small front terrace. I especially enjoyed the BBQ Bacon Burger, and the Bacon-Wrapped Hotdog.” by Toothless

Known for Homemade burgers and fries refill, DJ and a cozy setting

☆ 4.0/5 ★ 15,000 LBP
- Noon to 11 p.m. (Mon- Sat)
- 11 a.m. to 5 p.m. on Mondays
- 11 a.m. to 10 p.m. (Tue – Sat)
- 11 a.m. to 3 p.m. on Sundays
- Boulevard Sainte Rita, Horsh Tabet, Zalka
Home to the fantastical architecture of Antoni Gaudí, Barcelona is Spain’s second-largest city, with its own language (Catalan) and of course, its own culinary specialties: anchovies (try them pickled), esqueixada (a salt cod and tomato salad), cured meats and sausages, and a hearty stew called escudella.

To drink, try the local vermouth, cava (sparkling wine) or a beer from the burgeoning craft beer scene.

The central Gothic Quarter is Barcelona’s oldest neighborhood and the city’s cultural heart. Wander the labyrinthine streets to find cultural sites, boutique shops and of course, mouthwatering food. Hotel Cantón (hotelcanton-bcn.com, doubles from $110) is ideally located, minutes from Las Ramblas, close to Plaça Reial, a four-minute walk from a metro station, and less than 15 minutes’ walk from the beach. Rooms are simple, but stylish and clean.

SEE
The must-see for all visitors to Barcelona is Gaudí’s famed cathedral, Sagrada Familia (sagradafamilia.org, tickets start at €15), with its soaring towers and kaleidoscope stained-glass windows. Book your ticket online to save time on lines. For more Gaudí for free, stop by Park Güell.

EAT & DRINK
Can Culleretes (Carrer d’en Quintana, 5, Gothic Quarter) is one of Barcelona’s oldest restaurants, offering up all the classics: gambas al ajillo (garlicky shrimp), croquetas, local ham and wine and suckling pig with crunchy skin and velvety meat. Starters are under €10 and mains mostly under €20. Not far from Las Ramblas is Bar Cañete (Carrer de la Unió, 17, Raval), where jacketed waiters guide eager foodies through the array of upgraded Catalan classic tapas (croquetas with lobster, tuna tartare with caviar), but the real deal is the lunch special for around €20. For a bargain beverage, snag a street beer in Plaça Reial for just €1.50, and sit at the fountain to sip it.

MID-PRICE
STAY
Life in the adjacent neighborhoods of Sant Antoni and Poblesec is young, trendy and seems to revolve around eating and drinking. The perfect place to make as base on a food-focused vacation. At Hotel Brummell (hotelbrummell.com, doubles from $185), a façade dating from 1870 hides a decidedly hip hotel within. Each of the 20 rooms features furniture and artwork by young European designers and artists, and the kitchen offers artisanal coffee, organic and local wines and bites such as Spanish cheeses, Iberian hams and grilled octopus.

SEE
If you have a bit more cash on hand, be sure to upgrade your ticket for the Sagrada Família to include a climb up the towers for breathtaking views of the city. Head next to the Museu Picasso (museupicasso.bcn.ca, €11, buy these tickets online in advance as well), which houses one of the most extensive collections of art by the legendary artist Pablo Picasso.
**EAT & DRINK**

Fer el vermut—to sip vermouth and nibble on tapas—is the distinctly Catalan way of approaching a meal. Tradition dictates that it be a pre-lunch aperitif, but the reality is that locals happily consume vermouth and tapas all day long. Always order ‘vermut de la casa’ (house vermouth), but if they don’t have a specialty, try Vermut Yzaguirre, made near Barcelona. **Morro Fi** (Carrer del Consell de Cent, 171, Sant Antoni) has just a few stools, and a small selection of tapas—just enough for a quick aperitif in the afternoon. Anchovies with olives is a classic tapa here.

Kids and dogs sometimes join in at **Bar Seco** (Pg. de Montjuïc, 74, Poblesec), where sustainable, organic food accompanies craft beers and local vermouth. Try to snag a table at their outdoor terrace. Head next to the bohemian **Gran Bodega Saltó** (Carrer Blesa 36, Poblesec). Located just off Carrer Blai, from here you’ll be poised to explore one of the city’s best tapas-hopping streets. If you prefer beer to vermouth, check out any of the 40 microbrews on tap at **Cervecería Abirradero** (Carrer de Vila i Vilà, 77, Poblesec), accompanied by one of the beer-infused dishes (beermisu anyone?)

**SEE**

The posh opera house **Gran Teatre del Liceu** (liceubcn.cat) dates from 1847. Guided tours can be booked through the theater’s website, but the best way to experience it is by attending one of the many operas and concerts scheduled throughout the year.

**LUXE**

**STAY**

Where else to stay but Barcelona’s Eixample neighborhood? Nicknamed the “Quadrat d’Or” (Golden Square) for its concentration of wealth, its flagship stores and some of the city’s best restaurants will keep any refined traveler satisfied. At the chic **Monument Hotel** (monument-hotel.com, doubles from $360), the neo-Gothic exterior gives way to modern interiors. The sleek lines in guest rooms are warmed by oak wood floors and brick walls, and twice-daily maid service is an unexpected bonus. For a more palatial feel, reserve a room at the **Hotel Palace** (hotelpalacebarcelona.com, doubles from $400), where baroque furniture and ornate chandeliers lend an aristocratic feel to every room, and amenities include a rooftop pool. The hotel is a mere 10-minute walk from the famed pedestrian boulevard Las Ramblas.

For tapas, **Paco Meralgo** (Carrer de Muntaner, 171, Example) offers some of Barcelona’s best. In addition to Catalan specialties, there are dishes that draw their inspiration from across Spain (txangurro—Galician crab, or prawns from the Costa Brava), served in a modern atmosphere. Those staying at the Monument Hotel don’t even have to leave the premises for a premiere meal. At the hotel restaurant, **Lasarte** (restaurantlasarte.com), Chef Martin Berasategui has earned three Michelin stars for his creative international cuisine (scallop with quail egg; Iberian ham with foie gras, oyster, and mustard ice cream; grilled pigeon with galangal), each dish as extraordinary to behold as it is to taste. You can order a la carte, but the €210 tasting menu, comprising five amuse-bouches followed by 11 courses, comes highly recommended, as do the impeccably matched wines pairings.
The outsider

ALBERT ADRIA

Since leaving the kitchen of elBulli (number one on the Top 50 list of the world’s best restaurants a record five times) this self-proclaimed ‘outsider’ is refashioning Catalan culinary culture in his own image

w elbarriadia.com

GET TO KNOW THE CHEF

The career of Albert Adrià ties in closely with that of his brother Ferran, considered one of the best chefs in the world. In fact, it was Ferran who passed on his passion for cooking to Albert and invited him to join the elBulli team. At the age of 16, he started his apprenticeship at elBulli. For two years, he applied his skills in every section of the restaurant, but gradually showed an inclination towards patisserie and desserts.

After closing elBulli at the height of its popularity in 2011, Adria decided to open a venue in Barcelona called Tickets, where the cuisine ranged from the most traditional to the most ingenious or cutting-edge. Booking online, two months ahead, is a must to get a table - there is no other way.

FAVORITE PRODUCTS

01 TOMATO
Always peel it. We crush and freeze the fresh tomato purée and place the frozen pieces in a strainer with a rag over; the result is magic.

02 YOGURT
Balances the sweetness in desserts. Freeze it and when thawing it (the same way as the tomato) you get a serum of yogurt as well as very fresh Greek yogurt.

03 MANGO
Slice it with a mandolin, similar to spaghetti with mango flavor.

ADRIA’S RESTAURANTS

• Hoja Santa, conceptualizes the culinary Mexican culture in an innovative restaurant
• Nino Viejo, a casual Mexican taqueria
• Bodega 1900, a tribute to old “vermuterias”
• Enigma, a culinary amusement park; tasting menu only with reservations to enter the restaurant only sold online; 700m² for 28 people only
• Pakta, where the menu is Nikkei, a cooking style that Japanese settlers developed in Peru
SIGNATURE DISH

PEAS OF THE MARESME

Serves 4  
Prep/cooking 1 hr

INGREDIENTS
• 500g small peas

Sofrito
• 75g peeled dry garlic  
• 2000g finely chopped onions  
• 250g olive oil 0.4  
• 400g fresh tomato  
• 100g crushed tomato  
• ½ sprig thyme  
• ½ sprig rosemary  
• 1 bay leaf  
• Fine salt to taste

Finely slice the garlic and sauté with 200g of oil on low fire without coloring. Add the onion, thyme, rosemary, bay leaf and leave for 30 minutes on low heat until the onions are a golden color. Peel the fresh tomatoes; remove the peduncle and cut into 1cm cubes and add to the onions. Leave on the heat until it begins to soften. Add the crushed tomatoes and cook for 30 minutes.

Mushroom broth
• 1kg mushrooms  
• 1L mineral water  
• 15g oil 0’4º  
• 2g salt

Heat a pot with the oil. Wait for it to warm well and add the chopped mushrooms. Let them absorb their own juice. Add mineral water to the mushroom broth and allow to boil for about 20 minutes.

Garlic oil
• 200g garlic  
• 300g oil 0’4º

Crush or chop the garlic. Heat the oil and add the garlic. Remove from the heat and once cooled, remove the garlic. Reserve the oil.

Pilpil of mushrooms
• 300g mushroom broth (previously explained)  
• 30g garlic oil (previously explained)  
• 0.33g xanthan  
• Fine salt

Grind the ingredients, season and strain.

Sofrito of peas and mushrooms
• 30g oil 0’4º  
• 75g pork bacon  
• 100g black butifarra (black sausage)  
• 60g sofrito (previously explained)  
• 500g chanterelles mushrooms  
• 500g fresh peas  
• 300g pilpil of mushrooms (previously explained)  
• Fine salt  
• Peppercorns  
• Mineral water

Heat the oil in a frying pan. Lightly fry the bacon. Add the sofrito and stir; try not to reduce much. Add the black sausage and fry lightly. Sauté the mushrooms with their juice to the stew and reserve the water. Add the mushrooms to the stew with their juice and also add the peas. Stir for 2 minutes and add the pilpil of mushrooms. Boil for about 2 or 3 minutes, depending on the size of the peas. Cool the same saucepan with water and ice to stop cooking if necessary.
Will fly for food

For a truly unique culinary experience, the top five restaurants in the world for 2017 have plenty to offer; getting a table, however, is the hard part. Here’s how

**EVELYN MADISON PARK – NEW YORK, USA**
Co-owners Will Guidara and Daniel Humm have given their lives to breaking down the walls between dining room and kitchen, making sure the customer experience is harmonious from start to finish, while serving a New York twist on modern European cuisine.  
**Reservations** The restaurant is closed for summer renovations and will reopen in the fall. In the meantime, go to the more casual pop-up, EMP Summer House, with reservations exclusive to American Express Card Members only and booked two months in advance.  
**Typical spend:** $225 per person for Evelyn Madison Park

**OSTERIA FRANCESCANA – MODENA, ITALY**
A poet, storyteller and artist as much as a cook, Chef Massimo Bottura weaves narratives through his contemporary Italian dishes, playing with traditions and experimenting with ingredients.  
**Reservations** In case of late cancellations or a no-show, a fee of €250 per person will be charged. You’ll have to book three months in advance, when the dates become available.  
**Typical spend:** $200 per person

**EL CELLER DE CAN ROCA – GIRONA, SPAIN**
El Celler is a free-style restaurant, committed to the avant-garde and dedicated to feeding people, but still faithful to the memory of different generations of the family’s ancestors. It also has an impressive wine cellar and fabled wine pairings, which more than live up to its reputation for variety, originality and quality.  
**Reservations** Book up to 11 months in advance with a new month becoming available at midnight on the 1st day of every month. In order to guarantee your reservation, a credit or a debit card needs to be provided.  
**Typical spend:** $190 per person

**MIRAZUR – MENTON, FRANCE**
In a stunning location on the French side of the Riviera, just minutes from the Italian border, Mirazur is an idyllic spot to enjoy the food of the skilled chef Mauro Colagreco, which takes inspiration from his Argentine-Italian heritage as well as the local French region.  
**Reservations** To get a table you’ll have to book up to a year in advance, either online or by phone. You can also check for openings by emailing them at reservation@mirazur.fr  
**Typical spend:** $240 per person

**CENTRAL – LIMA, PERU**
An exploration of its country’s biodiversity, Central takes diners on a journey through every altitude, from 20 meters below sea level to 4,100 meters above it, in 17+ courses. The tasting menu is a reflection of Chef Virgilio Martínez and his sister’s research into ingredients in the Andes, the Amazon and the sea.  
**Reservations** Central advises booking at least 60 days in advance, and this is best done online. The calendar appears to be fully booked through the end of August; reservations for September through December will open up August 1.  
**Typical spend:** $150 per person

For more information on the restaurants themselves, visit theworlds50best.com
GIVING YOU THE POWER TO INSPIRE

Now with new in-bowl illumination, the new CHEF Titanium offers unrivalled power, precision and versatility to make light work of any creation. With stainless steel bowl tools and the option of an additional 20+ attachments, the CHEF Titanium is here to save your time and stretch your imagination.

www.kenwoodworld.com
We’ve put together a handy little roundup of events around town so you can see what we’ve been up to.

**MARCH 2**
A VARIETY OF DISHES WITH EXCEPTIONAL FLAVORS AT BOU MELHEM RESTAURANT
New and creative enhanced flavors were added to the traditional Lebanese dishes that will win your hearts during the fasting period. The selection of unique dishes included crunchy shanklish, rocca hummus and a variety of vegetarian platters.

**MARCH 9**
STEAKBARSUSHI EVENT WITH OENOLOGIST FABRICE GUIBETEAU
Hosting the sixth-generation winemaker and Chateau Kefraya’s renowned oenologist, Fabrice Guilberteau, the restaurant held a wine-tasting and food-pairing session.

**MARCH 9**
PHOENICIA HOTEL ART PHOTO COMPETITION LAUNCHES EXHIBITION
The event drew a large crowd to admire the 12 works of art produced during the inaugural PhoeniciaHotelArtPhoto (PHAP) competition.

**MARCH 13**
SKINOS MASTIHA MASTER CLASS
Etablissements Antoine Massoud held a series of master classes for Skinos Mastiha at The Malt Gallery across a period of two days in the presence of Paschalis Kapsalis, the International Brand Ambassador, gathering bartenders, media and bloggers.

**MARCH 16**
ROCHE BOBOIS AUCTION RAISES MONEY FOR CHARITY
Bruno Hitti organized an auction for the CCCL for the 20-year anniversary of Roche Bobois in Beirut. Ten Mah Jong pieces, were reinterpreted by 10 Lebanese artists, designers and architects and raised USD 86,300 for the CCCL.

**MARCH 17**
ST. PATRICK’S DAY AT THE CASK & BARREL
The annual Irish celebration included traditional music and two phenomenal Irish whiskeys: Connemara and Kilbeggan.

**MARCH 23**
JOHNNIE WALKER UNCOVERS THE SECRET THAT HAS KEPT LEBANON THRIVING
Johnnie Walker launched its new campaign in an empowering ceremony at O1NE Beirut. Centered on the resourcefulness of the Lebanese, the campaign and the event introduced key society influencers and leaders to the endless possibilities that exist within each individual.
APRIL 5
KEMPINSKI SUMMERLAND HOTEL & RESORT BEIRUT AND VALRHONA CELEBRATE CREATIVITY

Guests were treated to an unique presentation by Valrhona’s French chef chocolatier Guillaume Roesz and the Kempinski pastry team headed by Chef Pierre Abi Haila, followed by a tasting of delicious creations prepared with the new Valrhona almond flavored chocolate.

APRIL 5
CAMPARI COCKTAILS WITH DAVIDE FORNASERIO

Etablissements Antoine Massoud held a series of events for Campari in the presence of brand ambassador Davide Fornaserio. The main events during Davide’s visit to Lebanon included a guest bartending evening at Cyrano Gemmayze as well as a training master class at the Malt Gallery for bartenders.

APRIL 24
EL DENYE HEK JOURNEYS BACK IN TIME

El Denye Hek restaurant in Mar Mikhael-Beirut invited a number of media personalities and bloggers to celebrate the magical summer nights and the opening of the outdoor terrace.

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MAY 4
LAUNCHING OF THE RED STREET BOOM RESTO-PUB
The Smallville launched The Red Street Boom Resto-Pub; a fusion of an eclectic food menu and enchanting drinks.

MAY 10-11
WORLD CLASS 2017 BURST 1 AT SAPA & BURST 2 AT GARCIA’S IN BEIRUT
Diageo brought together international and local mixology experts teaming up with Lebanese star chefs to partake in the industry event.

MAY 17
AMETHYSTE AT PHOENICIA BEIRUT OPENS FOR SUMMER
This year, Amethyste returns with a fresh Oriental vibe, offering a wealth of pleasures to be enjoyed throughout the day and evening. Guests can relax and soak up the sun with a choice of fresh juices, smoothies, cocktails, mocktails, ice creams and pool snacks perfect for sharing, while the ambiance is set by a soundtrack made for summer and the refreshing sea breeze.

MAY 20
THE PHOENICIA BEIRUT RAISES A DRAM WITH THE WORLD
As an official venue for World Whisky Day, the Phoenicia Beirut took this passion to an even higher level in two special events that drew whisky lovers and connoisseurs galore.
Weddings & Events Furniture
Lebanon, Sin El Fil, Jisr El Bacha
Mobile: 00961 70 26 30 35
info@colors-shapes.com
For the food and wine lover in you, here is a listing of cooking classes and events to tickle your tastebuds and keep you entertained.

**COOKING CLASSES**

**DESIR NOIR**
Wednesdays 10 a.m. - 1 p.m. | 6 p.m. - 8:30 p.m.
Zalka, 01 899163, 03 635231

**KITCHEN LAB**
A unique cooking concept divided into three spaces: organic grocery, professional kitchen for cooking classes and a shop of cooking accessories and art de la table.
Gemmayzeh, 01 587870

**LAMINAS KITCHEN**
Four programs: Kids’ Cookery Classes, Private Cooking Event, Team at the Kitchen or the Taste of Lebanon program experiencing Lebanon’s authentic cuisine.
Achrafieh, 03 602949; laminaskitchen.com

**BEVERAGE CLASSES & TOURS**

**CLUB GRAPPE**
Wine trips to the Bekaa Valley, wine tasting sessions on weekends, cheese and wine dinner nights.
03 611603; clubgrappe.com

**IXSIR WINERY VISIT**
Book your visit and wine tasting. Visits are free.
Batroun, 71 631613; ixsir.com.lb

**L’ACADEMIE DE TAILLEVENT OENOLOGIE**
Private wine tasting by appointment.
Les Caves de Taillevent, Les Jardins de Tabaris, Achrafieh, 01 217883; taillevent.com

**EVENTS**

**CULINARY & WINE JOURNEYS TO FRANCE & EUROPE BORDEAUX, SAINT-EMILION**
15 – 21 September, 9 – 15 October
Discover and unveil the culinary and wine secrets of Bordeaux and Saint-Emilion. Experience the unique and memorable wine festival and jurisdiction of Saint-Emilion, under the label “La Nuit du Patrimoine”.
70 500 633; lepasseportculinaire.com

**WHISKY LIVE BEIRUT**
19 – 21 October, 4 – 10 p.m.
For the second year, discover the most exclusive single malt, blended, Bourbon, Scotch and Irish whiskies with more than 20 premium brands. Join exclusive master-classes and tasting sessions.
Le Yacht Club, Zaitunay Bay, Beirut
whiskylivebeirut.com

**SOUK EL TAYEB**
Souk el Tayeb is an open air, weekly farmers & producers market.
Wednesdays 12 p.m. - 6 p.m. Gefinor Center
Thursday, 11 a.m. - 6 p.m. The Village Dbayeh
Saturdays, 9 a.m. - 2 p.m. Beirut Souks
soukeltayeb.com

**BEIRUT RESTAURANTS FESTIVAL**
29 September – 1 October
Over 30 establishments, from street food vendors to fine-dining restaurants, will be present so Beirut foodies can sample a little bit of everything.
Trainstation, Mar Mikhael, Beirut
beirutrestaurantsfestival.com
Produits pour la cuisine, articles de table et bien
PLUS ENCORE...

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Anjar
Anjar Main Road +96170175474

JBEIL
Jbeil main Souk (facing Crepaway and Ksar restaurant) +961 3303724

DAHER CENTER
Main Road Habboush Nabatiyeh, plaza 1 +961 3 057410

JNAH
Beirut Jnah (facing Monoprix and BHV) +961 1836436

ZALKA
Zalka (facing Zalka Municipality) +961 1899195

Bekaa Joub jannine
Main Road near BBC Bank +9618662427

ZOUK MOSBEH
Zouk Mosbeh - Jeita Highway, Pinnacle 888 Centre 00961 3 380214

BEKKA
BEKKA Joub Jannine main road (near BBAC bank) 00961 8 662427

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Your cut out shopping list

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**Shopping List**

**Macaron ice cream sandwich**
- 15g yellow color flow paste
- 15g green color flow paste
- 120g ready white chocolate mix fugar
- 2.5kg warm liquid milk
- 500g fresh cream

**Le Bouef d’Aquitaine with foie gras**
- Fillet of Aquitaine beef + 4 slices of foie gras + 4 braised rounds + 125g flour + 15g olive oil + 10g egg white + 200g Jerusalem artichoke + 80g cream + 150g milk + Lemon juice and zest to taste + 100g grapes + 100g shallots + 200g veal stock + 30g ketchup + 5g sesame oil + 20g soya + 10g Worcestershire sauce + 5g Vatospierfery pepper

**Boughol salad**
- 1 tbsp sunflower oil or butter + 1 tbsp vermicelli + 2 cups rice + 400g kafta meat
- 50g bread crumbs + 25g pepper paste + 3g hot red pepper powder + 8g chopped parsley + 80g tomato paste + 250g onion rings + 10 peeled garlic cloves + 400g chopped peeled tomatoes + 50g sunflower oil + 3g cinnamon stick + 50g pine nuts + 1 tsp cinnamon powder & seven spices

**Smoked langoustines & white bourghol**
- 400g white bourghol
- 150g avocado purée
- 4 pieces artichoke hearts
- 6 pieces baby carrots
- 75g lemon juice
- 150g olive oil
- 3 pieces kumquats
- 4 bouquets mixed-herb salad
- 12 pieces angoustines

**Pan-seared sea bass**
- 170g sea bass 15g snow peas + 15g carrots
- 15g leeks + 15g zucchini + 4g butter
- Crustacean sauce + 1 kg shells (crab, scampi, lobster, shrimp)
- 240g garniture aromatique (carrot, celery, fennel, shallot, garlic) + 5g tomato paste + 1 bouquet garni + 200 ml white wine + 2 L fish stock + 400 ml cream

**Artichoke salad with parmesan**
- 8 large artichokes hearts
- 1.5 L chicken stock
- 10g citron confit (preserved lemon)
- 20g tomatoes confit (sun-dried tomatoes)
- 300g rocket leaves
- 80 ml balsamic vinegar
- 160 ml olive oil
- 40 ml lemon juice
- 100g parmesan
- 50g emmental or gruyere

**Fregola with shrimp and parmesan**
- 16 shrimp pieces
- 200g fregola pasta
- 100g parmesan cheese
- 1 L tomato fish stock
- 50g butter
- 200g wild rocket
- 200 ml white wine
- Olive oil
- ½ a chopped onion

**Salmon tartare**
- 180g fresh salmon + 1 tbsp Dijon mustard
- 15g shallots + 5g capers + 5g cornichons
- 3g fresh ginger + 1 bunch dill + 10g lentils
- 25g cucumber + 1 radish + 1 makhboos
- 25g avocado + 100 ml lemon juice
- 2g cumin + 1g white pepper
- 15g bread crumbs + 1 black bagel
- 40 ml olive oil

**Sashimi salad**
- 50g fresh tuna
- 50g fresh salmon
- 50g fresh yellow tail
- 5g sesame seeds
- 10g coriander
- 10g ginger fresh
- 10g spring onion
- 20g soy sauce
- 10g olive oil
- 5g white vinegar
- 5g Japanese Yuzu

**Yakitori chicken**
- 200g chicken thigh skewers cut in cubes
- 50g white onion
- 100g sticky rice
- Sesame seeds
- 120g soy sauce
- 100g spring onions
- 5 ml mirin (Japanese vinegar)
- 10g honey
- Sticky Rice
- 100g sushi rice

**Grapefruit and crab salad**
- 600g Alaskan king crab legs
- 200g avocado
- 120g lemon
- 200g grapefruit
- 80g fried artichokes
- 100g baby leaf salad
- Organic sprout
- Vinaigrette
- 2 tbsp lemon juice + 2 tbsp lime juice
- 1 tbsp orange juice concentrate
- 1 tbsp finely minced ginger
- 2 tbsp Dijon mustard
- 1 tbsp honey
- 1/3 cup salad oil or light olive oil
- Pinch of cayenne

**Crab salad with yuzu**
- 4 fresh crabs or 500g crab meat
- 1 bouquet garnis
- Fresh basil, julienne
- 50 ml yuzu
- 5g espelette pepper
- 50 ml olive oil
- Sesame seeds
- Alfalfa sprouts
- 4 sesame bread

**Shrimp potato salad with avocado and wateriness**
- 600g peeled shrimp + 1kg potatoes
- 500g avocado + 100g fresh coriander
- 80g spring onions + 100g cherry tomatoes + 60g radish + 60g purslane leaves + 5g garlic + 80 ml lime juice
- 100 ml olive oil + 1g black pepper + 1g white pepper + Lebanese bread + sumac

**Batenjein salad**
- 100g grilled eggplant
- 15g pomegranate molasses
- 30g tomato
- 10g fried almonds
- 30g olive oil
- 120g rocket leaves
- 15g mint leaves
- 10g spring onions
- 2g fresh coriander
- 10g lemon juice
- Pomegranate seeds

**Strawberry maamoul**
- 200g fine semolina + 300g butter, softened or melted ghee + ½ cup vegetable oil + 1 cup flour (farkha) + ½ tsp mastic ground with ⅓ tsp sugar + ⅓ tsp ground mahlab + 1 tsp vanilla + ⅓ tsp baking powder + 1 tbsp yeast + 1 tsp sugar + ½ cup orange blossom water + ½ cup rosewater + 500g strawberries + 90g butter + 115g flour + 250g cream + 70g honey + 50g cream cheese

**Lebanese bread**
- 100g sushi rice
- Sticky Rice
- 10g honey
- Sticky Rice
- 100g sushi rice

**Sesame seeds**
- 50 ml olive oil
- Fresh basil, julienne
- 1 bouquet garnis
- 4 fresh crabs or 500g crab meat
- 1 spoon mustard
- 1 spoon cumin
- 1 spoon coriander
- 1 spoon turmeric
- 1 spoon paprika
- 1 spoon red pepper
- 1 spoon black pepper
- 1 spoon cinnamon
- 1 spoon cayenne
- 1 spoon cumin
- 1 spoon coriander
- 1 spoon turmeric
- 1 spoon paprika
- 1 spoon red pepper
- 1 spoon black pepper
- 1 spoon cinnamon
- 1 spoon cayenne

**Organic sprout**
- 100g baby leaf salad
- 50 ml olive oil
- Sesame seeds
- Alfalfa sprouts
- 4 sesame bread

**Artichoke hearts**
- 50g fresh tuna
- 50g fresh salmon
- 50g fresh yellow tail
- 5g sesame seeds
- 10g coriander
- 10g ginger fresh
- 10g spring onion
- 20g soy sauce
- 10g olive oil
- 5g white vinegar
- 5g Japanese Yuzu

**Sesame seeds**
- 50 ml olive oil
- Fresh basil, julienne
- 1 bouquet garnis
- 4 fresh crabs or 500g crab meat
- 1 spoon mustard
- 1 spoon cumin
- 1 spoon coriander
- 1 spoon turmeric
- 1 spoon paprika
- 1 spoon red pepper
- 1 spoon black pepper
- 1 spoon cinnamon
- 1 spoon cayenne
- 1 spoon cumin
- 1 spoon coriander
- 1 spoon turmeric
- 1 spoon paprika
- 1 spoon red pepper
- 1 spoon black pepper
- 1 spoon cinnamon
- 1 spoon cayenne

**Organic sprout**
- 100g baby leaf salad
- 50 ml olive oil
- Sesame seeds
- Alfalfa sprouts
- 4 sesame bread

**Artichoke salad with parmesan**
- 8 large artichokes hearts
- 1.5 L chicken stock
- 10g citron confit (preserved lemon)
- 20g tomatoes confit (sun-dried tomatoes)
- 300g rocket leaves
- 80 ml balsamic vinegar
- 160 ml olive oil
- 40 ml lemon juice
- 100g parmesan
- 50g emmental or gruyere

**Shrimp potato salad with avocado and wateriness**
- 600g peeled shrimp + 1kg potatoes
- 500g avocado + 100g fresh coriander
- 80g spring onions + 100g cherry tomatoes + 60g radish + 60g purslane leaves + 5g garlic + 80 ml lime juice
- 100 ml olive oil + 1g black pepper + 1g white pepper + Lebanese bread + sumac
Your cut out shopping list

Brought to you by Golden Star
**Shopping List**

**Brought to You By**

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**Jounieh - Haret Sakher**
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**Exotic Tart**
- 750g flour
- 280g butter
- 100g icing sugar
- 400g eggs
- 500g milk
- 275g sugar
- 25g corn starch
- 1 tsp vanilla bean or vanilla extract
- 320g mango
- 30g raspberries
- 4-5 mint leaves
- 160g passion fruit purée
- 1 gelatin sheet

**Déciblaison d’agrumes**
- 400g labneh
- 400ml labneh
- 360ml heavy cream
- ½ vanilla bean
- 2 oranges
- 1 grapefruit
- 1 lemon
- 110g egg yolks
- 75g cream
- 3g baking powder
- 100g almond powder
- 20g cocoa powder

**Rice vinegar-ginger mignonette**
- 1 lg. piece fresh ginger, peeled
- 1/3 cup rice vinegar
- 2 tsp ginger
- 1 tsp shallot, optional

**Pan-fried oysters & green salad**
- Oysters
- 3/4 cup AP flour
- Vegetable oil

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**Mango coconut cake**
- 800g unsalted butter
- 500g sugar
- 900g icing sugar
- 8 eggs
- 2 tsp rosewater
- 4 mangos
- 340g coconut
- 500g plain flour
- 1 tbsp baking powder
- 100ml fresh milk
- Desiccated coconut
- Edible flowers

**Labneh mousse with mango coulis**
- 400g labneh
- 360ml heavy cream
- ½ vanilla bean
- 2 mangos
- ½ lemon
- 2 tbsp sugar
- Mango slices
- Pistachios

**Almond inspiration chocolate drink**
- 800g milk
- 300g Almond Inspiration from Valrhona
- 4 vanilla pods
- 200g apricot puree

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**Tomato paste**
- 7 kg raw Jabaliyeh tomato

**Jabaliyeh tomato salad with garlic & sumac**
- 1 Jabaliyeh tomato (200g)
- 4 garlic cloves
- 1 tbsp sumac
- 1 tsp shallot, optional

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**Tomato sauce**
- 4 kg ripe Jabaliyeh tomato (yield 1L of tomato juice)
- 1 tsp sugar
- ½ tsp garlic or basil or thyme

**Strawberry sorbet**
- 170g natural sweetener
- 4g sorbet stabilizer
- 400g strawberry juice or purée

**Jell-O shot**
- 1L gin
- 1 nori sheet
- 1 chili pepper
- ½ cucumber
- 10ml lemon juice
- 15ml almond syrup
- 4 drops soy sauce
- Dashi of sesame seeds
- 1 slice pickled ginger

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**Chocolate s’mores shot**
- 250g dark chocolate
- 1 part gin
- 1 part Amaretto
- 1 part Cointreau
- Miniature marshmallows

**Milkshake**
- 1 cup ice
- 200ml milk
- 2 ice cream scoops (ice cream of choice)
- 2 fruits of choice

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**Jelly-O shot**
- 2 part gin
- 1.5 part peach liquor
- 1.5 part Champagne
- 1 bag Jell-O powder

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**Easy**

**Moderate**

**Difficult**
Sohat, from the heart of the protected Falougha mountain, celebrates a Lebanon that still exists, in spite of everything.

Untouched Lebanon