

For a life full of goodness...

January  
2021

# Choithrams.com

## 3 ways with... Excellent eggs

**Chef chat**

Frenchman Gilles  
Azure talks fresh  
produce and food

# Sensational Seafood

- + More recipes from The Copper Chef
- + Family favourites for easy meals

**MORE  
THIS  
MONTH**



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Prices are valid at time of press and while stocks last. Product availability cannot be guaranteed\*



# Choithram International Foundation

Together We Stand...

Let's join hands for 2021 too!

## Resilience in Adversity

Radiates as a beacon for life, healing, transformation and growth



### CHOITHRAM SCHOOL

Conclave with 500 Academicians on E-addiction, towards happier, smarter and healthier children.



### ZERO HUNGER WITH GOODNESS CAMPAIGN

For the 6th consecutive year, Choithrams with its Goodness Campaign 2020 for the UN WFP #ZeroHunger children amidst challenging circumstances through the provision of nutritious school meals.



### WFP VAM / IDAP

Firm support for gender equality on International Women's Day, we partnered with the UN's IDAP (Integrated Demand Analysis Platform), an advanced analytical tool for efficient aid disbursement, helps mitigating food security risks. This tool is critical in advancing different forms of humanitarian assistance on families and local economy.

### CHOITHRAM NETRALAYA

The National Optometry Conference held with an agenda in diabetic retinopathy identification & testing for easy community access. Achieved World Record number of Eye check-up camps.



### 45 DAYS OF GOODNESS MEGA EYE CAMP

Choithram Netralaya conducted over 7,300 free cataract surgeries amidst the underserved in rural India. Our eye hospital outside Indore accommodates more than 250 patients, 8 general wards, 12 fully-equipped operating theatres. A team of 13 specialists perform cataract operations all day and night.



### NOBEL PEACE PRIZE WINNER THE WFP

"This prize is a reminder that by being a hunger fighter alongside WFP, Choithram International Foundation are also being a peace maker and we hope that you can share in our pride as recipients of this prize".



### SWACHH MISSION

Choithram Hospital ranked no.1, efforts appreciated by Indore Municipal Corporation Commissioner; Swachh Survekshan 2021.



### AL JALILA FOUNDATION

In concert with His Highnesses Global Initiatives Al Jalila Foundation, Choithrams a first response donor of COVID-19 Research Grant. #WeStandTogether.



### THOUGHTSHOP FOUNDATION

Thoughtshop Foundation creates strategies and resources for social transformation and empower individuals, groups and communities at grassroots levels. This specific project trains community based youth to respond to social needs by establishing social enterprises.

### CHOITHRAM HOSPITAL

Jan Sahas is an initiative for ensuring nutrition for children, health and hygiene support for pregnant and lactating women in Jhabua District of Madhya Pradesh, India.



### COVID 19 - LONDON SCHOOL OF HYGIENE & TROPICAL MEDICINE

Research & Development to identify specific impacts of COVID - 19 on TB and HIV Services. Outcome highly beneficial for Urgent Action Policy Makers amidst Service disruptions.



### MEDECINS SANS FRONTIERES (MSF)

The MSF antibiotic stewardship programme in Jordan combats the global threat of antibiotic-resistant infections, providing guidance on drug resistant orthopedic infections.





# THE ONLY LACTOSE-FREE MILK THAT'S ORGANIC

**NEW**

**Arila**  
أريلا  
**organic**

**LACTOSE FREE**  
LOW FAT ORGANIC MILK

FREE FROM LACTOSE, ARTIFICIAL HORMONES & PRESERVATIVES

WORLD'S NO. 1 ORGANIC DAIRY PRODUCER

for smooooother digestion

**Arila**  
أريلا  
**organic**



Arila Organic Lactose Free Low Fat Milk

AED  
**12.25**  
1 Ltr

Arila Organic Lactose Free low fat milk is free from lactose and easier on digestion, so you can enjoy the benefits of milk without any discomfort. Lactose is a type of sugar found in dairy milk and many people are intolerant. Lactose-free milk contains an enzyme that helps break down lactose called lactase. Arla's organic milk is produced in Europe and is totally free from artificial hormones and preservatives. In other words, it's feel-good milk for everyone!



## Prepare to pop out the popcorn!

It's January, which means The Popcorn Board (yes, it's a real thing) is on a mission to raise awareness for the versatile, whole-grain snack. January 19 marks National Popcorn Day and frankly, there's never been a better reason to break out the crunch and celebrate this popping annual food holiday. It's a corn treat that

satisfies munchies, day or night, a time-honoured snack that can be sweet or savoury, caramelised, buttered or plain, molded into a candied ball, or tossed with nuts and chocolate. We love using a toffee or caramel version to give a special twist to a basic cheesecake. It makes for a real show-stopping dessert.

## FoodNews

### DID YOU KNOW?

We help you make informed decisions about your food choices



#### Broccoli

A great source of fibre, protein, iron, potassium, calcium, selenium and magnesium. Eat broccoli for Vitamins A, C, E and K, as well as a number of B vitamins.



#### Sweetcorn

Corn has useful nutrients that promote good hair health. The vitamins in corn are able to help hair strands replenish moisture and sheen from deep within.



#### Strawberries

Packed with vitamins, fibre and high levels of antioxidants, strawberries are a sodium-free, fat-free, cholesterol-free, low-calorie food with lots of potassium.



# TUESDAY'S SUPER SAVERS

50%  
OFF

Biopet Bio Yoghurt Pet Food  
3.5 kg (Assorted)

70.<sup>AED</sup>  
75

\*Valid only on  
5<sup>th</sup> January 2021



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t/choithramsuae  
@choithrams

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**Choithrams**  
full of goodness

## Community

News, activities & events in your neighbourhood

Choithrams.com



### ThreadWerk

Pick up a few new skills for 2021 at a sewing and fabric workshop focusing on teaching the craft of sewing at home. ThreadWerk, based in JLT, has launched a new programme of courses to appeal to anyone who wants to get better with a needle, thread and fabric. If you're seeking a new hobby or fancy following in owner Maria's footsteps by making your own wardrobe, there's a course for everyone at ThreadWerk. Tailored for kids, teenagers, and adults, the extensive programme covers dressmaking, a basic beginner's course, and simple sewing hacks. For those who want something more advanced there are technical and pattern workshops for making everything from tote bags to a full head-to-toe outfit. There's a range of eco-friendly fabrics to choose from and ThreadWerk is a KHDA-approved training facility. "My inspiration was a passion for sustainability as well as learning a new craft," says Maria. "Many ready-to-wear items have been poorly made, in factories where workers are paid far below a fair wage. When you make your own clothing, it's easy to get the perfect fit for either you or your children. Investing in one of these courses means equipping yourself with a life-long skill, but it's also making a conscious choice about where a particular item is coming from." Staying within the guidelines for Covid-19 safety, group classes will not have more than eight participants. ThreadWerk winter workshops can be booked online at [www.threadwerk.com](http://www.threadwerk.com)



### Dessert parlour dreams come true

From ice-cream parlour to bistro kitchen, the London Dairy Café concept has evolved. LDC Kitchen + Coffee is the new offering from the clever folk behind the popular ice cream brand and it has opened its doors in One JLT. Initially proposed to be a London Dairy Café, the team decided it was the perfect spot for its bold new venture. The cool upgrade of the much-loved original café concept brings an upscale and healthy menu, along with fresh

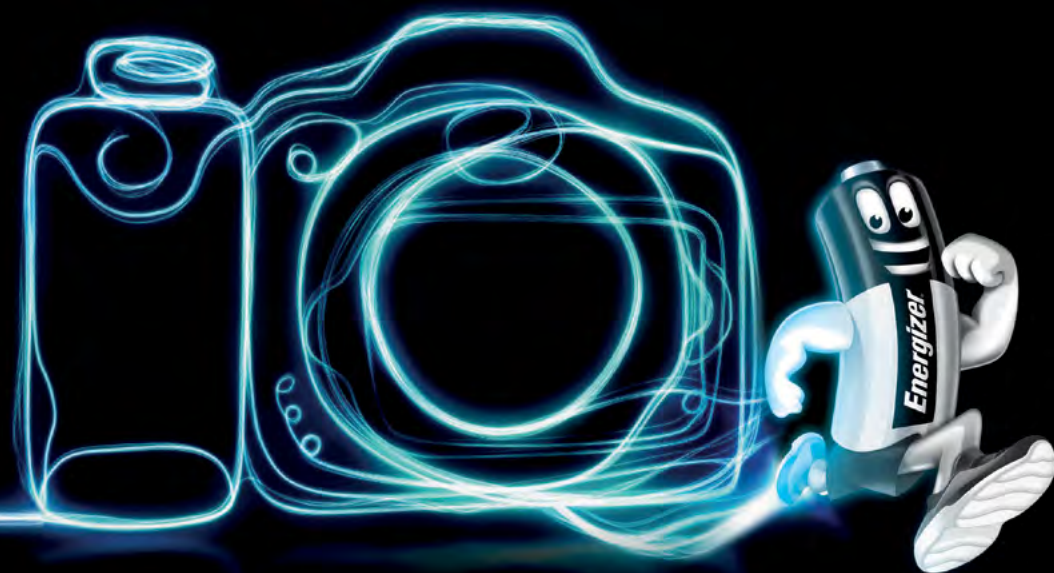
deli, ice-cream selection and freshly baked bread and cakes. LDC's new menu reads like a roll call of global favourites, including veggie eggplant shakshuka, slow-cooked French onion soup made with homemade stock, kung fu chicken burger, tagliatelle ragù, pan roasted salmon and steak frites. Everything is made in-house and was created by LDC's Head of Culinary, chef Omar Basyony. It's a two-floored café filled

with natural sunlight and there are smart working spaces for those working remotely, as well as a pet-friendly outdoor terrace. A grand communal table in the entrance captures a wonderful ethos of "everyone has a seat at our table". The impressive teal bird artwork is reason enough to visit so head in and get your wings! **LDC Kitchen + Coffee at One JLT is open seven days a week from 7am-12 midnight and until 1am at the weekend.**



**NEW**  
**Energizer**<sup>®</sup>  
 advanced™

NOW  
 UP TO **80%** LONGER LASTING\*  
 POWER



WITH  
**POWER BOOST**  
 TECHNOLOGY

More power\*, less waste\*\*  
 that's positivenergy™



†In digital cameras vs. basic Alkaline.  
 \*versus Carbon Zinc AA and AAA.  
 \*\*Use less batteries, create less waste.

Choithrams.com

# Out&About

The latest news, deals and openings from the city's food scene

## Eco sustenance

Tucking into a sandwich used to be about one thing - the taste. But in today's eco-conscious climate, eating out is about so much more than seasoning. Single-use plastic, biodegradable containers and using organic ingredients from local suppliers are just a few examples of the sustainability spirit at Cassette, something the team says is a fundamental part of the ethos. Tucked away inside The Courtyard in Al Quoz, the home-grown concept restaurant even kit out the staff in chef jackets made of recycled polyester, created from old plastic water bottles. Cassette Dubai first opened its doors in February 2019 and since then has strived to improve its impact on the environment. From no single-use plastic, to recycled glass and metals, through to partnerships with local suppliers and organic producers, every little helps. It uses 80% biodegradable take away containers made of bagasse, sugarcane fibre waste, as well as non-plastic straws and cold drink take-away cups made of cassava, an edible root, also known as arrowroot. True to its French origins, the bistro offers family-friendly Parisian cuisine. Think fine-dining at café prices. The interior has been kitted out using salvaged and repurposed materials found in Dubai over the last 25 years.

[@cassettedx](http://www.cassette.ae)



## When flamenco meets food

There can never be enough tapas! And thanks to doors being flung open - flamenco style - at Lola Taberna Española, there's plenty to go around. Located at Tryp by Wyndham Dubai, this new eatery offers an authentic culinary journey across the southern Spanish landscape. The fun and vibrant atmosphere will transport you to the lively streets of Andalusia, the home of flamenco icon Lola Flores, the inspiration behind

the venue. From the bustling streets of modern Barcelona to the ancient port of Cádiz, where Lola Flores is said to hail from, the restaurant pays tribute to Spanish cuisine and culture in a casual and relaxed tavern style. Food is cooked from the heart — picture long Spanish family lunches that turn into dinners. Try a fresh take on the finest Spanish classics from paella and tapas to the famous Iberic sandwiches.

[www.trypwyndhamdubai.com](http://www.trypwyndhamdubai.com)

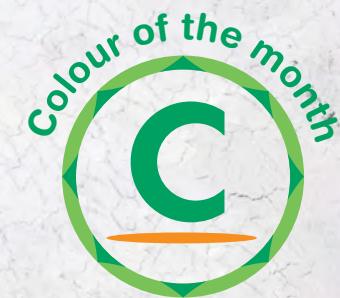




AED  
**26.50**  
per kg  
Artichoke



AED  
**10.95**  
per kg  
Lime, Local



# Green

Harness the power of glorious green goodness this month at [Choithrams.com](http://Choithrams.com)



AED  
**9.95**  
100g  
Goodness Foods  
Kale Cuts



AED  
**19.95**  
per kg  
Broccoli, Spain



AED  
**5.95**  
345g  
Family Whole  
Green Olives



AED  
**11.95**  
per kg  
Green Beans,  
Local



AED  
**16.95**  
per kg  
Cucumber, Holland



AED  
**9.25**  
per kg  
Green Apple



# 3 Ways with... Eggs

They can thicken, bind, leaven, glaze or garnish, be centre of your plate or blend into the background. Meet a modest kitchen staple, the egg.



## 1 Mushroom quiche

BBQ season is in full swing, meaning help may be needed for entertaining as well as for last-minute family meals. Enter the versatile quiche. Although some feel the humble quiche lost some sophistication when it became commonplace, it remains popular precisely because it often saves the day, and, if well prepared, is so satisfying. A crust filled with an unsweetened custard and seasoned with cheese or chopped onion to a vegetable medley, meat or seafood, then baked, can be a savory entree for a light supper, first course at dinner, brunch dish or cocktail tidbit. It can be served piping hot, at room temperature or cold. It can also be frozen and heated up. Make sure your fridge is stocked with eggs and give a juicy quiche a second chance this winter season.

Local Mushrooms



AED  
**6.25**  
250g



## 2 Orange curd and meringue tartlets

Is it crunchy, soft, sticky or all three? The meringue will keep you guessing until the very last bite. It is a versatile dessert, often used as frosting for cakes and pies. However, give some individual tartlets a go and serve up airy desserts that'll leave your guests wanting more. Mix 250ml of granulated sugar, 75ml of water, 3 egg whites with ¼ teaspoon of cream of tartar and prepare for arm ache. Alternatively, use a hand blender or electric cake mixer for faster results. Whisk well until stiff peaks form. Now for some careful baking and voila! Meringues are light, delectable and attractive to look at. They're a good option for guests with celiac disease and, of course, they're delicious and so elegant they're almost regal!

Vienna Bakery Merique (Assorted)



AED  
**9.50**  
100g



## 3 Homemade mayonnaise

Bring on the outdoor parties and cookouts, as those of us self-professed grill masters deftly show off our live-fire cooking skills. That is, until the grill flares up and those beautiful steaks are reduced to charcoal. What if there was an easier way? Chef Michael Cimarusti lightly brushes delicate halibut fillets with mayonnaise before grilling. It keeps the fish from sticking to the grill. Mayonnaise is often touted as the fat of choice, particularly when making a grilled cheese sandwich, and it's surprisingly easy to make your own. Mayonnaise may help foods retain moisture as they cook on the grill but it's also wonderful in homemade coleslaw, salads and lunchbox sandwiches. Alternatively, if you're short on time, the shop-bought jars are pretty tasty too!

American Garden Mayonnaise



AED  
**15.25**  
887ml





# DELIGHT

We have a fragrance for that.™

UP TO  
**120**  
HOURS  
PER PACK

**NEW**



**WAX MELTS**    **MELTS FRAGRANCED WAX**

# Low Fat January

Follow a low-fat diet to help ward off serious medical conditions, including heart disease. Shop at [Choithrams.com](http://Choithrams.com)

Marmum Low Fat Milk



AED  
**10.50**  
2L

Low Fat  
Australian Beef Mince



AED  
**49.90**  
per kg

Al Ain Low Fat  
Yoghurt



AED  
**2.95**  
400g

Yoplait Fresh & Light  
Low Fat Mix Berries  
Fruit Yoghurt



AED  
**2.25**  
each

Puck Lighter  
Cheese Spread



AED  
**10.25**  
240g

Nestle Fitness Low  
Fat Cereal



AED  
**16.25**  
375g

Dolmio Bolognese  
Original Light



AED  
**15.00**  
750g



## What's in my basket?

Beth Gaudet, 47, is a big fan of healthy snacks given she's always on the go. Need a clever way to eat bananas? These banana chips are quick, easy and taste absolutely delicious

### Beth Gaudet...



“I always had overripe bananas in the fruit bowl and I always wondered what I could do with them beyond the obvious cakes, breads and smoothies,” said Gaudet. “So a quick google later and I found this recipe for baked banana chips and I never looked back.” Instead of reaching for a bag of unhealthy crisps, the busy mother-of-two has a batch of these on hand as an alternative. “They make a terrific lunchbox add-on or after school snack and the kids love them dipped in salsa, guacamole or even hummus.”

#### Seedless Lime



AED  
**11.95**  
per kg

#### Green Banana, India



AED  
**13.50**  
per kg



### Salty banana crisp snacks

#### Ingredients

- 2 bananas
- 1 tbsp lemon juice
- 4 tbsp water
- Kosher salt

#### Method

- 1 Preheat the oven to 120°C and line a large baking tray with parchment paper.
- 2 In a small bowl, combine the water and lemon juice. Slice the bananas very thin, about 0.5cm thick coins.
- 3 Brush each coin with the juice and water mixture, lay on the baking tray and sprinkle with kosher salt.
- 4 Bake for around 90 minutes or until they are crispy, making sure to flip them over half way through cooking.
- 5 Remove from the oven and allow them to cool. Sprinkle with cinnamon instead of salt if you prefer a sweet version.



# POWERFULLY SMART CLEANING

# أفصل وأقوى نظافة





Goodness Foods  
Whole Black Pepper



AED  
**7.75**  
100g

Goodness Foods Garlic Powder



AED  
**2.75**  
100g

Cauliflower, Local



AED  
**6.95**  
per kg

# Family Favourites

Rustle up this wholesome and tasty vegetarian recipe with a little help from **Choithrams.com**



## Buffalo Cauliflower Wings

### Ingredients

- 1 cauliflower, cut into large florets
- 125g plain flour
- 240ml milk
- 1/2 tsp garlic powder
- 1/2 tsp salt
- Freshly ground black pepper
- 240ml hot sauce
- 4 tbsp melted butter
- Ranch dressing, for serving
- Celery sticks, for serving (optional)

### Method

**1** Preheat the oven to 220°C and line two large baking trays with parchment paper.

**2** To make the batter, in a medium bowl, whisk flour, milk, and garlic powder until combined. Season with salt and pepper and whisk until the batter is smooth.

**3** Dredge cauliflower in batter until evenly coated. Shake off excess batter and transfer to prepared baking trays. Bake until the cauliflower is crispy and golden around edges, which usually takes about 20-25 minutes.

**4** Meanwhile, to make the buffalo sauce. In a large bowl, whisk together the hot sauce and melted butter. Toss baked cauliflower "wings" in sauce before serving.

**5** Serve with ranch dressing and celery sticks, if desired.

Rainbow Low Fat Milk



AED  
**16.25**  
1L

Celery, Australia



AED  
**22.95**  
per kg

Dolmio Hot-Spicy Sauce



AED  
**11.00**  
500g



# Simply Seafood

Easy, healthy and gluten-free, whether you're a pescatarian, or just love fish, these simple seafood recipes are healthy, low-fat, low-calorie dishes bursting with flavour.

## Baked salmon with asparagus and herby tomatoes

### Ingredients

- 200g fresh salmon
- 15g butter
- 4 tbsp lemon juice
- 140g fresh asparagus
- 8 cherry tomatoes, halved
- 1 tsp thyme
- 1 tsp paprika
- Salt and pepper to taste

### Method

- 1 Preheat the oven to 180°C.  
Place the salmon, butter and

lemon juice inside a tin foil wrap and close at the top and ends. Place in the oven for 15 minutes.

**2** Meanwhile, cook the asparagus in a pan of boiling water for 5-7 minutes only. Drain and put aside.

**3** Mix the chopped tomatoes, thyme and paprika in a bowl and warm in the microwave for one minute. Serve the salmon and asparagus with the tomatoes on top.

Skin Off Salmon Fillet



We love

AED  
**103.00**  
per kg

Green Asparagus



AED  
**55.95**  
per kg





## Homemade Spicy Shrimp Tacos with Coleslaw and Salsa

### For the garlic cilantro lime sauce:

- 80ml oil
- 80ml water
- 60g chopped green onions
- 100g cilantro leaves
- 2 cloves garlic
- 1/2 tsp salt
- Juice of 2 limes
- 250g sour cream

### For the taco spice mix:

- 2 tsp chili powder
- 2 tsp cumin
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp cayenne pepper
- 1 tsp coarse sea salt

### For the filling:

- 2kg shrimp, peeled and deveined, tails removed
- 500g shredded cabbage
- 8 small tortillas (corn or flour)
- 2 avocados, peeled and sliced
- Lime wedges for serving

### Method

**1** For the sauce, pulse all the sauce ingredients in a food processor or blender until mostly smooth.

**2** For the slaw, toss some of the sauce (not all) with the cabbage. Retain some sauce as this will top the tacos later.

**3** For the shrimp, clean, peel and pat dry with paper towels. Toss the shrimp in a small bowl with the spice mix to get it coated. Heat a drizzle of oil a large skillet over medium high heat. Add the shrimp to the hot pan and sauté for 5-8 minutes, flipping occasionally, until the shrimp are cooked through.

**4** To assemble, for the prettiest and easiest-to-eat assembly, go in this order: smashed avocado, slaw, and shrimp. Finish with sour cream, lime wedges, and extra sauce if desired.

### Goodness Foods Cumin Seeds



AED  
**7.50**  
250g

### Tesco Sour Cream Topping



AED  
**22.50**  
280g

### Avocado, Kenya



AED  
**14.75**  
per kg

## Grilled Sesame Tuna Steak Salad

### Ingredients

- 2 fresh yellowfin tuna steaks
- 2 tbsp olive oil
- Kosher salt and cracked black pepper
- 4 handfuls of mixed salad greens
- Juice of one lime
- 1 avocado, diced
- 1 medium-sized cucumber, diced
- 5 spring onions, thinly sliced
- 2 tsp sesame oil
- 1 tsp rice wine vinegar
- 1/2 tsp fresh grated ginger
- 5 tbsp toasted sesame seeds

### For the wasabi vinaigrette

- 1/2 tsp wasabi paste
- 1 tbsp rice wine vinegar
- 1 tbsp low sodium soy sauce
- 3 tbsp extra virgin olive oil

### Method

**1** Heat a clean grill or a grill pan or griddle over high heat. Wipe with a thin layer of olive oil.

**2** Pat the tuna steaks dry with paper towels, then season with a bit of salt and pepper. Place the tuna steaks onto the hot cooking surface and sear them for 1-2 minutes per side. When done, remove the tuna from the heat. Set the steaks aside and let them rest.

**3** Place the salad greens into a large bowl. Drizzle them with lime juice and massage the lime juice into the greens for a light and even coating, then distribute the greens evenly onto serving plates.

**4** Transfer the avocado, cucumber, and spring onions to the bowl you used for the greens; sprinkle with the toasted sesame seeds.

**5** In a small bowl, whisk together sesame oil, rice wine vinegar, and grate ginger until thoroughly combined. Drizzle over the avocado and cucumber mixture, and gently toss to coat. Dividing the mixture in half, place over top of the plated greens.

**6** To make the wasabi vinaigrette, place the wasabi paste, rice wine vinegar, and soy sauce into a small bowl. Whisk to combine. While whisking, slowly drizzle the olive in with a steady stream to emulsify.

**7** Carefully slice the tuna against the grain into slices. Roll the edges in sesame seeds and serve on top of the salad. Drizzle the salad with wasabi vinaigrette, top with extra sliced spring onions and extra toasted sesame seeds if desired.



### Yellowfin Tuna Loin



AED  
**99.90**  
per kg

### Cucumber, Local



AED  
**4.50**  
per kg

We  
love

### Thai Choice Sesame Oil



AED  
**16.75**  
200 ml





Baked pear with ricotta, walnuts, honey and cranberries

- Ingredients**
- 4 pears
  - 24 fresh cranberries
  - 4 tbsp chopped pecans
  - 1/4 tsp ground cinnamon
  - 1/4 tsp ground nutmeg
  - 4 tsp raw honey
  - Greek yogurt for serving, if desired

**Method**

**1** Preheat your oven to 180°C degrees. Halve the pears and then core. Slice a small part off of the backside of each pear half to create a flat surface so the pear sits flat when laid on the pan.

**2** Place the pear halves on a large baking sheet or baking pan, cored side up. Place three cranberries into the cored part of each pear half. Sprinkle each pear half with about 1/2 tablespoon of the pecans and then sprinkle each pear half with the cinnamon and nutmeg. Drizzle each pear half with 1/2 tsp of honey.


**3** Bake at 180°C for 25-30 minutes or until the pears are tender. Serve with Greek yogurt, if desired.

Pear Conference



AED 17.95 per kg

Rachels Greek Natural Set Yoghurt



AED 23.50 450g

We love

Pan-seared scallops with celery puree and caviar

- Ingredients**
- 500 ml celery root, peeled and diced
  - 1 small clove garlic, peeled
  - 125 ml 35% cream
  - Salt and pepper
  - 12 large scallops
  - 1 tbsp olive oil
  - 1 tbsp butter
  - Fresh chives
  - 3 tbsp caviar
- Method**
- 1** In a pan of salted boiling water, cook the celery root and garlic until tender. Drain and put aside.
- 2** In a food processor, purée the celery root and garlic until smooth. Add the cream and season.
- 3** Pat the scallops dry with paper towels. In a large non-stick skillet over high heat, sear the scallops in the oil and butter for about 2 minutes on each side. Season as desired.
- 4** In each plate, draw three lines with the celeriac purée using a spoon and place a scallop on each line. Drizzle with a few drops of good olive oil. Season with pepper. Garnish with chives or chervil. Serve immediately with caviar on the side.



Celery Root, Holland



AED 14.50 per kg

Rafael Salgado Olive Oil



AED 21.95 400ml

Fresh Chives



AED 6.95 each



# Review The Copper Chef

New Year, new cooking you! Invest in equipment from one of the world's leading cookware brands, which is now available exclusively at **Choithrams.com**

With a wide variety of Copper Chef cookware and bakeware, you can find whatever you need to suit your cooking needs and abilities. Whether the set or single pan, a Copper Chef non-stick pan can help you whip up (and easily clean up) any recipe. Shop the entire range at Choithrams.com and find the right piece to whip up a storm in the kitchen this month. According to Celebrity chef Eric Theiss, who endorses the cook and bakeware in his many books, the Copper Chef cake tin and Deep-Dish Diamond Pan are two pieces of equipment every kitchen should have. Long lasting and durable, here are a few dishes you can try to give them a test drive in your kitchen at home.

Copper Chef Round Fry Pan 25cm



AED  
**99.00**  
each

## Crispy Chicken Cordon Bleu

### Ingredients

- 8 boneless chicken breasts
- 2 tsp salt
- 1 tsp ground black pepper
- 8 slices of turkey ham
- 8 slice Gruyère cheese
- 230g flour
- 4 eggs
- 500g breadcrumbs
- 60ml olive oil

### Method

**1** Before you begin, preheat the oven to 190°C. Pound the chicken thin and season.

**2** Place the turkey ham and Gruyère cheese in the centre of each cutlet and roll and secure with toothpicks.

**3** Pour the flour into a pan. Meanwhile, beat the eggs and pour them into a second pan. Place the breadcrumbs in a third pan.

**4** Dip each stuffed breast into the flour, then the egg, and finally coat with breadcrumbs all over.

**5** Place the Wonder Cooker's grill pan on the

stove top. Lightly coat the bottom of the grill pan with the olive oil and heat over a medium stove.

**6** Fry the chicken rolls until golden all over. Next, place the grill pan in the oven and bake at 190°C for 20-25 minutes. Serve warm from the oven with fresh green vegetables.

**Eric's Tip:** Serve these crispy delights over some sautéed garlicky greens!

Copper Chef Square Fry Pan 24cm



AED  
**99.00**  
each

## Creamy Rich French Toast

### Ingredients

- 6 large eggs
- 80ml heavy cream
- 1 tsp vanilla extract
- 85g dark brown sugar
- 1 tbsp maple syrup
- 1/2 tsp salt
- 1 loaf of thick bread, cut into one-inch slices
- 1 tbsp icing sugar, for serving
- Handful of fresh berries, for serving

### Method

**1** Preheat a Copper Chef Griddle Pan over a medium heat.

**2** In a large bowl, whisk together the eggs, cream, vanilla, brown sugar, maple syrup and salt.

**3** Dip the slices of bread in the egg batter and place on the Copper Chef Griddle.

**4** Cook until golden brown, on each side, usually about three minutes per side.

**5** Serve with a dusting of powdered sugar and fresh berries on the side.







# Passion fruit

A tasty fruit that gives your body calcium, magnesium, phosphorus, potassium, and folate. Enjoy!

Passion fruits are produced by fast-growing vines that can grow as much as six metres in one year. However, it is also short-lived and can only survive a maximum of seven years.

Passion fruit juice and the leaves and flowers of the passion vine contain the alkaloid, harman, which has a mild sedative effect and can aid in inducing sleep, calm nerves and relieve anxiety.

The passion fruit is native to Brazil and can be served either sweet or sour.

It's a source of vitamin A, C and B complex and also contains minerals including iron, sodium, calcium and phosphorus.

Technically it's a berry and one fruit has only 17 calories. The dark seeds are crunchy but edible.

The most popular varieties are purple and yellow. The purple ones are smaller but sweeter and are more commonly found in the USA. Yellow ones are larger and more sour.

AED  
**25.95**  
per kg  
Passion Fruit

Passion fruit has been growing in popularity in recent years. Its juice has a pleasant aroma and a rich flavour, and is delicious when blended with the juices of other fruits like mango, pineapple, peach and orange.



# Spring Clean

begin 2021 as you mean to go on and get things in shape around the home with a little help from Choithrams.com

Seventh Generation  
Lemon Dishwash Tablets x20



AED  
**55.75**  
each

Dettol Antiseptic  
Disinfectant



AED  
**25.95**  
500ml

Vileda Easy Wring &  
Clean Refill



AED  
**34.50**  
each

Seventh Generation  
Laundry Detergent  
Free and Clear



AED  
**26.50**  
1L

Windex Glass Cleaner  
Lavender 750ml



AED  
**14.75**  
750ml

Glade Automatic  
Clean Linen Spray



AED  
**27.00**  
269ml

Omino Bianco Carpet  
& Sofa Cleaner



AED  
**23.50**  
300ml

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at work for a better world



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WITH KIWI® SHOE CARE





Review

# We Try, We Buy

Celebrate National Cheese Lover's Day on January 20 with a few cheesy favourites and a little help from **Choithrams.com**



Cheese Strings Cheese Twister x4

AED  
**23.95**  
each

Real cheese fortified with Vitamin D and no artificial flavourings, colours or preservatives. Each cheese string is made with a whole glass of milk, making it naturally high in calcium for healthy bones. The milk is supplied from happy, grass-fed cows and turned into cheese.



Paysan Breton Le Camembert Cheese

AED  
**12.25**  
125g

Paysan Breton Camembert has a soft texture balanced with a firm crust. A smooth, rich taste with sweet notes and a fondant texture it's a moist, soft, creamy, surface-ripened cow's milk cheese. First made in the late 18th century at Camembert, Normandy, in northern France, it's always a popular choice on platters.



Tesco Three Cheese Bloomer

AED  
**18.00**  
each

A crusty, stone-baked loaf made with red Leicester, red Cheddar, and mozzarella full fat soft cheese and baked with care for a crisp, golden top. Serve warm with a selection of cheeses or simply butter and have with soup. Enjoy a little longer by freezing, or sprinkling with water and gently warming in the oven.



Kingdom Dairy Natural Cottage Cheese

AED  
**21.50**  
227g

Watching the calories but still need a cheese fix? Try cottage cheese instead. This version is low in calories, high in protein and available in three great flavours - natural, chive and onion, or pineapple. It's a versatile cheese and can eaten alone on crackers and bagels or added to sweet and savoury recipes.





# Krazy Chicken Nuggets



Chef Chat

## Gilles Arzur

The Frenchman juggles chefs, menus and culinary offerings at the Four Seasons Resort Dubai at Jumeirah Beach and takes everything in his stride



**Where did you grow up?**

North West of France, in a tiny coastline village in Brittany, famous for its seafood and fish.

**Did you eat your veggies?**

I always liked veggies and still do. I love raw green beans picked fresh from the garden.

**When did you know you wanted to be a chef?**

It was at a very early age; I think I was a teenager. I always enjoyed cooking and bringing smiles to people's faces.

**What is your favourite food memory?**

I have so many but that has always stayed with me was when I first sampled sea urchin. It was amazing and unique and it's a memory I will never forget.

**Where did you train?**

I trained in France in Michelin starred restaurants. It was not difficult because I loved what I was doing. I think things are only hard when you're not happy. I learned discipline, respect, dedication, competition, and of course satisfaction.

**What inspires you?**

It comes from so many place. My state of mind is probably the first, followed by the people around me, as well as the growers and distributors I am working with. Other inspiration comes from my guests, dinners with other chefs and colleagues, books and visiting markets.







**Your favourite piece of kitchen equipment or gadget?**  
A good knife and a micro blade.

**Best piece of advice you would give a home enthusiast?**  
We all make mistakes, and it is ok. Learn from them and do it again until it's great.

**Best cooking tip for a novice, who is just getting into the business?**  
Do not over complicate it, make something simple but well.

**Watch and ask questions.**  
**What's the most popular dish at The Four Seasons and what's your spin on it?**  
The past few weeks it has been a turbot fish with a lobster mousseline, which is great for this season

**Five 'must-have' items in your basket...**  
A nice olive oil, fish, organic veggies, and a great piece of

cheese with bread.

**Who in the food world do you most admire?**  
The growers, the chefs, and the mums and dads who educate the next generation.

**How has your cooking style changed over the years?**  
Like many chefs of my generation, modern techniques and tools have helped us to explore new approaches and styles of cooking and plating. We have to adapt our style to our guests and environment, but my soul will remain the same.

**What are your favourite ingredients to cook with?**  
Whatever is fresh and in season.

**What is the most challenging ingredient to work with?**  
A tasteless vegetable or fruit. There is nothing good about this.

**What do you like to eat when you're at home?**  
I eat the same way, but perhaps more casually. I often share meals with friends or family.

**Are there any foods you just don't like?**  
Milk, I simply cannot drink it.

**Favourite cookbooks?**  
There are too many to mention. Every two months I like to read the French chef industry magazine called YAM. It is current, modern, and it showcases such wonderful craftsmanship in the kitchen.

**How do you switch off from being at work?**  
I enjoy time with my family, outdoor exercise and I love bikram yoga.

**Where are the last three places you travelled to?**  
Mexico, Italy, France.

**Your most memorable meal?**  
I made a huge wood fire grilled

barbeque in Camargue in the South of France, in the middle of the countryside. I shared a grilled meal with 40 of my close friends and family. We ate all night and it was wonderful.

**Who would be your dream dinner guests?**  
Elon Musk and Emmanuel Faber, the president of Danone. They are two amazing entrepreneurs who have changed the lives of so many people.

**What would your 'Last Supper' meal? Your 'Death Row' meal, as the late Anthony Bourdain puts it?**  
A giant platter of seafood, some fresh country bread, salty butter, and some bubbles. It's the perfect combination.  
[www.fourseasons.com/dubaijb/](http://www.fourseasons.com/dubaijb/)







# Coconut

Let the fresh flavour of coconut take centre stage in recipes this month thanks to **Choithrams.com**



AED **10.50**  
400ml  
Earth's Finest  
Organic Coconut Milk



AED **16.25**  
1L  
CBC Coconut Oil



AED **28.95**  
300ml  
Tesco Organic  
Virgin Coconut Oil



AED **17.25**  
150g  
Earth Goods Organic  
Coconut Flakes



AED **2.50**  
each  
Fresh Coconut



AED **3.75**  
150g  
Goodness Foods  
Grated Coconut







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