

Season's Eatings

Enjoying festive flavours doesn't mean you have to sacrifice all of the hard work you've put in to having a healthy diet year-round —it's all about finding a balance between those long-awaited end-of-year treats with a lighter touch. We turned to some of our favourite foodies in the region for these exclusive seasonal recipes, for a guilt-free way to indulge without the bulge...

O' NOG SHAKE

Created by Chef Sati Faulks from Wild & The Moon and photographed at Surf House Dubai (a Wild & The Moon retailer), this reinvention of a holiday classic incorporates the chilled, sweet pick-me-up of a traditional eggnog drink without the cream, sugar, or eggs, instead using clever all-natural alternatives to bring about the same refreshment and a whole lot more nutritional benefit.

1 frozen banana
2-3 dates
3 Tbsp sesame seeds, soaked overnight
2 Tbsp hazelnut butter
1 cup almond milk
½ tsp fresh ground cinnamon
1 pinch of freshly grated nutmeg
1 pinch of ground clove
1 pinch of turmeric (for colour; optional)
1 little squeeze of fresh lemon juice

1. Place sesame seeds in a glass with ½ tsp of sea salt, cover with water and soak for up to 8 hours. Drain and rinse well.
2. Place all ingredients in a blender and blend on high until completely smooth. Spice to taste, then serve cold.

SERVES 1



WILD WIND CIDER

Created by Chef Sati Faulks from Wild & The Moon and photographed at Surf House Dubai (a Wild & The Moon retailer), this warm and comforting mulled drink will warm you from the inside out on a cold winter night without any artificial additives or added sugar, and all of the goodness.

2 litres fresh apple juice
6 cloves
¼ nutmeg, finely grated into the pan
3 cinnamon sticks
3 star anise pods
1 vanilla pod, halved
1 orange sliced in rings
3 Tbsp honey or maple syrup (optional)
A few sprigs of fresh thyme

1. Put all of the ingredients into a pot, then bring the heat to an almost-boil.
2. Let simmer for 10 minutes.
3. Garnish glasses with a sprig of fresh thyme.

SERVES 2



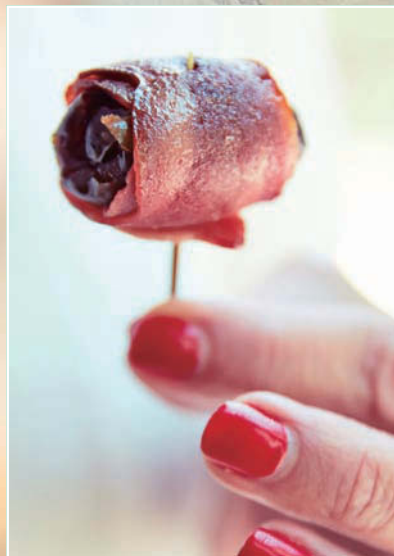
FESTIVE SALAD

Created by Spinneys Chefs Nick Alvis and Scott Price, this colourful salad brings together some of the best flavours of the season while packing a fibre-filled punch that complements any meal throughout the day.

1 red cabbage, shredded
2 carrots, sliced into thin matchsticks
Juice of $\frac{1}{2}$ lemon
150g dried cranberries
130g pistachios, toasted
3 tbsp extra virgin olive oil
2 tbsp white vinegar
1 bunch parsley, leaves picked and chopped
1 bunch mint, leaves picked and chopped

1. Tip the red cabbage and carrots into a large bowl and squeeze over half the lemon juice. Add three-quarters of the cranberries and pistachios, and mix well.
2. Whisk together the olive oil, vinegar and remaining lemon juice, then season. Pour the dressing over the vegetables, add the parsley and mint, and toss together.
3. Scatter over the remaining cranberries and pistachios, then serve.

SERVES 4



APRICOTS AND DATES WRAPPED IN TURKEY BACON

Created by Spinneys Chefs Nick Alvis and Scott Price, these blanket-wrapped treats hit the sweet spot when it comes to comforting canapés, while keeping things on the lighter side by incorporating clever ingredient swaps.

12 turkey bacon rashers
12 dried apricots
12 dates

1. Run a knife along each rasher of turkey bacon so that it stretches slightly, then slice it in half.
2. Wrap bacon around each apricot and date, and secure with a cocktail stick.
3. Arrange in a single layer on a baking tray and roast in a hot oven for 20-25 minutes until the bacon is crisp.

SERVES 4

BANOFFEE PANCAKES

Created by Paul Frangie and photographed at Top Chef Cooking Studio, this sweet treat is equally as enjoyable as a breakfast or dessert.

1/2 Cup Tapioca Flour
2 Ripe Bananas
1 egg
1 tsp Salt
4 Cardamom pods
2 Tbsp Brown Sugar
75g Butter
260ml Double Cream
50g 70% Lindt Dark Chocolate
2 Tbsp Coconut Flakes
75g Fresh Raspberries

1. Peel both bananas. Slice one into thin pieces and keep aside. Place the second in a mixing bowl and mash with a fork.

2. Add the tapioca flour and salt to the mashed banana and mix well. Add the egg and mix until smooth batter is formed.

3. On a medium heat, toast the coconut flakes in a dry frying pan until they turn golden brown. Remove from the pan.

4. Chop chocolate into flakes.

5. Toast the cardamom pods on a medium heat until fragrant; add 4 Tbsp of double cream. Bring to a gentle simmer then add the sugar; stir till dissolved. Stir in 50g butter until smooth shiny sauce is achieved. Allow to cool, and keep aside.

8. In a mixing bowl, whip 200ml double cream until soft peaks appear. Keep aside for garnish.

9. Check the pancake batter for thickness—for thinner pancakes, add 1-3 Tbsp water and whisk until smooth.

10. Heat a frying pan on medium high and add a tsp of butter. When hot, gently pour in one quarter-to-one half of the pancake batter.

11. When bubbles appear on the surface, check under pancake for golden brown colour. Flip and cook on other side until golden brown as well. Remove from the pan, and repeat with the rest of the batter.

12. Stuff with sliced banana; drizzle over cardamom cream sauce. Fold over the pancake and top with whipped cream, toasted coconut flakes, shaved chocolate, and raspberries.

SERVES 2



AVOCADO, PISTACHIO AND CHOCOLATE SOUFFLÉ

Created by Hadrien Villedieu from Top Chef Dubai and photographed at Top Chef Cooking Studio, this dessert combines a familiar healthy favourite, creamy avocado, with rich dark chocolate to indulge your sweet tooth.

75 g white sugar
275 g egg whites
250g dark chocolate
40g butter
1 vanilla pod
1 avocado
20g pistachio paste
25g icing sugar
40g cooked chestnuts
Cocoa powder and
icing sugar

1. Preheat the oven to 200 ° C.
2. Soften the butter, then butter the dishes and powder the inside of each dish with a thin layer of sugar.
3. Mix the avocado with the icing sugar, the pistachio paste and the vanilla seeds.
4. Chop the chestnuts into small pieces.
5. Whip the egg whites until they're stiff and add the sugar.
6. Melt the butter and the dark chocolate over a hot water bath, then add the whipped white egg into the melted chocolate mixture.
7. Fill your soufflé mould with the mixture, until you've reached the top.
8. Add a spoon of avocado paste in to the mixture, along with some chopped chestnuts scattered around.
9. Bake the soufflé for between 6-8 minutes, add icing sugar and cocoa powder, then serve immediately.

SERVES 5





PAUL FRANGIE

After kickstarting his career as a chef at the prestigious Tante Marie Culinary Academy, graduating at the top of his class with a Cordon Bleu Diploma, Paul—who is also a model and TV presenter, as well as *WHME*'s resident Guy Next Door—furthered his training in some of London's best kitchens. He returned to the UAE in 2011, where he has since created a reputation as one of the industry's brightest young professionals. His talent and charm has seen him across work as a chef, consultant, events presenter and educator, including radio and TV productions, live cooking demonstrations and workshops, and competition judging. Paul made his UK debut appearance cooking on ITV's *This Morning* show in early 2014, and proved to be a hit with the British audience! In 2015, he began his ongoing collaboration with Lurpak, touring with and participating in the Middle East top food festivals, as well as hosting a 10-part video series for the Lurpak Cook's range, which has gained more than a million views online. He is also the brains behind his own successful online cooking show *This Dude Knows Food*, which was launched in October 2013, and he is also the founder of hapi, a lifestyle consultancy specialising in health and wellbeing. For more information, visit PaulFrangie.com



SATI FAULKS, WILD & THE MOON

The culinary pursuits of American-born, Paris-based chef Sati Faulks—a raw, vegan and wild food chef currently cooking up a storm for Wild & The Moon—are just the way that he expresses his passion for nature and exploration. Dipping his toes into gastronomy at a young age, Sati remembers family gatherings where he would attentively stir pots on the stove with spoons almost as big as he was. After diving headfirst into the industry of raw and vegan cuisine at the start of his career, he tasted as much as he could, working in countless restaurants while exploring food through other means: Educating himself about herbs and wild foods through foraging adventures and permaculture farming. Wild & The Moon, for which Sati now creates delicious healthy concoctions, is the brainchild of Dubai-based Hervé and Emma Sawko, and offers a selection of organic, cold-pressed juices, smoothies, salads, soups, desserts, snacks, teas and more. Created by chefs, nutritionists and food-lovers, they take pride in wild, local, plant-based, ethically-sourced, seasonal and pure nourishment, saying no to processed ingredients, additives, chemicals, GMOs, gluten, dairy and refined sugar. They can be found online at WildAndTheMoon.com, and at several retailers across Dubai, including Surf House Dubai (SurfingDubai.com), the region's go-to home for everything related to a surfer's lifestyle supporting a healthy body, mind and attitude. For more information, visit WildAndTheMoon.com.



HADRIEN VILLEDIEU, TOP CHEF COOKING STUDIO

The Executive Chef at Dubai's Top Chef Cooking Studio, Hadrien Villedieu has trained with Michelin-starred chefs, including Joel Robuchon, Jean Pierre Vigato, and Alain Passard, after graduating from the Ecole Supérieure de Cuisine Française. He subsequently moved to Morocco to take charge of the kitchens at Ksar Char Bagh (Relais & Chateau), where he created a medieval garden and orchestrated a quality gourmet cuisine combining Moroccan flavours and French Haute Cuisine. He leads the Studio's workshop, demonstrating professional techniques during interactive, creative and, most importantly, fun sessions. Top Chef Cooking Studio, first and foremost, is a team of passionate gourmets eager to share their enthusiasm for cooking and to pass on their culinary skills. They offer a range of tailor-made cooking classes for both adults and children, as well as private culinary functions, fun parties and creative and ambitious corporate events in their state-of-the-art professional kitchen with a modern twist. Nadira, founder and soul of the Studio—which is a friendly, homely setting in the heart of Jumeirah—is an enthusiastic modern art lover with an expert eye for detail that shows through in the studio's bright and cheerful décor. For more information, visit TopChefDubai.com.



NICK ALVIS AND SCOTT PRICE, SPINNEYS

Currently the resident chefs at Spinneys, one of the Middle East's largest supermarket chains, award-winning chefs Nick Alvis and Scott Price spent eight years working for Gordon Ramsay holdings. Then in 2011, they were given the opportunity to take over the site of one of Dubai's most highly-regarded restaurants—Verre by Gordon Ramsay—and launch their own home-grown concept. And so, Table 9 by Nick & Scott was born. One of Dubai's most well-loved and revolutionary restaurant concepts to hit the Middle Eastern dining scene in the past decade, Table 9 by Nick and Scott brought something completely different to the region, and over the next two years, the highly successful team won a string of awards and accolades. By the end of 2013, Nick, Scott and Viktorija—who led Table 9's front of house team—left to join the Albwardy investment group as part of their F&B design and development team together. Now, Nick and Scott are also the in-house chefs for Spinneys, continuing to spread their food expertise to the masses across the region in countless ways. For more information, visit NickAndScott.com