

For a life full of goodness...

February  
2022

# Choithrams.com

## 3 ways with... Greek Yoghurt

### Chef chat

The Conrad Dubai's  
Ilias Doulamis takes  
us on a tour of Greece

## Mixing up Breakfast

- + Dry-roasted nutty goodness
- + All about the apples and pears



**MORE  
THIS  
MONTH**

Do your shopping online at [Choithrams.com](https://www.choithrams.com)

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

# Choithram International Foundation

## Resilience in Adversity

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



Together We Stand...

Let's join hands for 2021 too!

2020



### CHOITHRAM SCHOOL

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



### 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.



### 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.



### SWACHH MISSION

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



### 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.

### 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.



### 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".



### 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.

### AL JALILA FOUNDATION

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



### 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.

### 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.





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



Al Rawabi Fresh Yoghurt Full Cream

AED **7.00**  
1kg

Founded in 1989, Al Rawabi is a leading name in fresh milk, juice and other dairy products in the UAE. Operating from a 300-acre farm in Al Khawaneej, Dubai, a staple is the Al Rawabi yoghurt, which carries a high quantity of probiotic bacteria. Yoghurt is as versatile as it is healthy and can be used in a multitude of dishes. Served with fruits in the morning and in curries at night, it's a chef's friend, and great for a quick and easy dessert option for the little ones come supper time.



### Keep things healthy with bread-free meals where you can this month

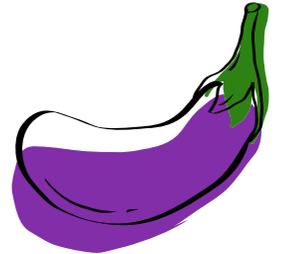
It was a long season of over-indulging and now it's time to reign things in. But that doesn't have to mean a diet of cucumbers and apple. Drop bread where you can and see the immediate benefits of cutting out an ingredient not necessary to a balanced diet. Think smashed avocado but without

the bread base. Instead, try plonking your eggs directly on top of the avocado, or even on a base of baby spinach and chopped tomatoes. Get an extra boost from the nutrient-packed added ingredients and you'll soon be wondering why you haven't ditched the soft stuff before now.

## FoodNews

### DID YOU KNOW?

We help you make informed decisions about your food choices



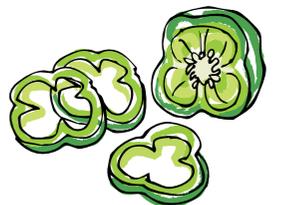
#### Eggplant

The heart-healthy benefits of eggplant don't end with limiting cholesterol. Eggplants are high in bioflavonoids, which are known to control high blood pressure.



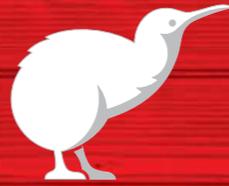
#### Cauliflower

A source of choline, dietary fiber, omega-3 fatty acids, manganese, phosphorus, and biotin. Blitz in the blender as a rice alternative.



#### Green capsicum

Their mildly sweet flavour makes green bell peppers versatile enough to include a wide variety of nutritious recipes. A 200g serving of green bell peppers contains 30 calories..



# KIWI®



CONFIDENCE WITH  
**EVERY  
STRIDE**

WEAR YOUR PRIDE  
WITH KIWI® SHOE CARE



# Community

News, activities & events in your neighbourhood



## Witness a horse-powered racing season

Dubai's horse racing season reaches a reverberating crescendo as the Dubai World Cup Carnival series gets underway this month. Spirited competition is guaranteed and you're invited to cheer on the noblest of horses and talented jockeys from around the world as they gallop towards the finish line for a wealthy prize purse.

Everyone loves getting dressed up, so trot over to Meydan Racetrack where world-class facilities and a variety of dining outlets make for a posh day out with family and friends. The Dubai World Cup Carnival schedule begins with the first races on February 11 from 6.30pm, with weekly race meets taking place until the big Super Saturday series finale on March 6 at 4.30pm. The series paves the way for the Dubai World Cup, which this year will take place on Saturday, March 26, from 12.45pm. The Dubai World Cup is a thoroughbred horse race held annually since 1996 and contested at the Meydan Racecourse and attracts spectators, jockeys and trainers from all over the world.

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

## World-class musicians hit the UAE

Get ready for a melodious gala as classical showcase Symphonic Middle East Festival 2022 gets underway this month. The opening night will see multi Grammy Award-winning violinist Gil Shaham bring contemporary compositions of the legendary Alexey Shor, Pyotr Tchaikovsky and Edward Elgar to life.

Taking place on February 13 at Dubai Opera, soloist Shaham, who has scooped the Grand Prix du Disque Diapason d'Or and the Avery Fisher Prize, will play pieces including Shor's Seascape and Elgar's Enigma Variations

to Tchaikovsky's Concerto in D major, Expect an enchanting soiree, which will also feature the incredible Malta Philharmonic Orchestra under the baton of conductor Sergey Smbatyan.

The eagerly-awaited second edition of the Symphonic Middle East Festival runs throughout February and March and takes place at various locations across the city. Following a highly successful inaugural year in 2021, this upcoming edition of the festival promises a second year of profound world-class music-making as it welcomes numerous

renowned performers to the Middle East from across the globe.

In addition to the extensive series of classical concerts throughout the festival, the event will also feature three performances of contemporary composer Alexey Shor's Crystal Palace ballet, an extensive work for stage based on true events in 18th-century Russia during the reign of Empress Anna Ioannovna. Concerts take place at Dubai Opera and the Theatre at the Mall of the Emirates, in a bid to promote and develop a love of classical music across the region. Check the full schedule at [www.symphonicme.com](http://www.symphonicme.com)



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SMART CLEANING

أفضل  
وأقوى نظافة



# Out&About

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

## Welcome to Seva

Being Dubai there are plenty of ways to escape the bustle of the big city. But few quite like Seva Experience. A magical cafe with a Bali-like atmosphere, formerly known as Life'n One, Seva garden is a place where you are encouraged to switch off, yet connect, in a pretty unusual way. The garden is the beating heart of the Seva Experience space. Take off your shoes and ground yourself under the tall trees; enjoy a caffeine-free coffee, and take a moment to truly disconnect from the madness. The word 'Seva' comes from the ancient Sanskrit word meaning 'selfless service for the betterment of the community'. From its feel-good menu, Seva Table offers plant-based goodness that's gluten-free, soy-free, without refined sugars. Alternative healing methods such as yoga, meditation, bodywork, sound healing, energy medicine and more are all available at the Seva Studio, while the Seva Shop is the perfect place for the conscious shopper. Seasonal and local ingredients are sourced when available, with an emphasis on vibrant organic living foods. Dishes are visually beautiful, bursting with colour and creativity, but they also deliver on taste. The Tropical Ceviche is like a rainbow in a bowl, there's a clever twist on gazpacho, using avocado, and the detox menu will have you feeling like you can take on the world in just one sitting. Breakfast here is holistic and plentiful and a visit to Seva, no matter what for, will give you an extra rejuvenating boost.

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



## Dubai's best kept secret?

If you want to ditch the five-star surroundings of a plush hotel, but don't want to compromise on quality of treatments, we suggest a trip to Coya Spa in Mirdiff. With Coya being one of the only spas in the UAE to stock the Monaco-favourite, Margy's, the bar has already been raised. Catering to every beauty need, from massages and facials to hair and nails, it's a ladies-only haven. The Margy's Monte Carlo Botalift facial aims to reduce

fine lines, wrinkles and smooth and plump the skin, and the experience is one like no other. An hour of soothing creams, steam, circulation-boosting facial massages and even a relaxing arm and shoulder massage, the results are immediately noticeable. There are three Margy's facials (from AED 450) Vitamin C, Botalift and StemCell, along with a range of Elemis facials, from AED 650. [Coyaspa.com](http://Coyaspa.com)



AED **13.25**  
500g

Tesco Light Soft  
Brown Sugar

AED **28.25**  
100g  
Decaf Nescafe Gold



# Brown

Grains, nuts, fresh vegetables, spices and beans at [Choithrams.com](http://Choithrams.com) in the deep, rich shades of the Earth

AED **23.00**  
30 nos

Khaleej Brown Large Eggs

AED **20.50**  
300g  
Hazelnuts With Shell

AED **41.95**  
per kg  
Brown Mushroom,  
Holland

AED **13.50**  
250g  
Goodness Foods  
Raw Almonds

AED **4.95**  
100g  
Goodness Foods  
Cinnamon Stick

AED **4.50**  
per kg  
Brown Onion

AED **6.95**  
100g  
Goodness Foods  
Star Anise

# 3 Ways with... Greek Yoghurt

A mayonnaise substitute for potato salad, and alternative option in biscuits, enchiladas, and casseroles, Greek yoghurt is a handy ingredient to have around



## 1 Courgette and tahini dip

Yoghurt dips where you don't really need a recipe are the best. Making plain Greek yogurt not-so-plain is easy. Just hit Greek yoghurt with a generous amount of the chopped herb of your choice — we love dill — freshly ground black pepper, grated garlic, a squeeze of lemon juice, flaky sea salt, and a glug of olive oil. Another one to try is courgette and tahini dip, great served with crudités or flatbread as part of a Lebanese meze spread. Just roast two large courgettes for 20 minutes, then blitz in a blender along with a small garlic clove, a tablespoon of tahini, tablespoon of lemon juice, handful of mint leaves and a teaspoon of olive oil. Drizzle with olive oil and scatter over a bit of the fresh mint to serve.

Loose Garlic



AED **9.95**  
per kg



## 2 Fruit fool

You'll need just four ingredients to make a mango and passionfruit dessert fool, offering a no-fuss dessert. It's all

about buying good Greek yoghurt when it comes to desserts—full-fat is non-negotiable here—and then finding a flavour combination you like. Peel two large, ripe mangoes using a vegetable peeler. Slice the cheeks off one and cut into small cubes. Set aside. Cut the flesh from the remaining mango, then purée flesh. Squeeze out the seeds from two passion fruit halves and mix with the mango purée. Add a squeeze of lime juice. Next, gently fold 200g of Greek yoghurt and half the diced mango through the fruity purée. Divide between four glasses and top with the remaining diced mango.

Passion Fruit



AED **26.50**  
per kg



## 3 Nutty chicken curry

While Greek yoghurt is a great mayonnaise substitute, in things like deviled eggs and potato salad, it can also make a healthier

choice in casseroles and curries. Try this chicken curry with a generous serving added right at the end. Finely slice a quarter of a large red chilli and put in a food processor with a piece of ginger, a garlic clove, small bunch of coriander, and whizz to a rough paste. Heat a tablespoon of oil in a pan, then quickly brown four chicken breasts (cut into cubes) for 60 seconds. Stir in the paste for another minute, then add five tablespoons of peanut butter, 150ml of chicken stock and 200g of Greek yoghurt. Cook for 10 minutes until the chicken is just cooked through and the sauce thickened. Serve with rice.

Long Green Chilli, Holland



AED **32.95**  
per kg

New!

جودنس فودز  
Goodness  
foods

# DRY ROASTED CASHEWS

NO ADDED OIL - CHOLESTEROL FREE



NUTS THAT TASTE BETTER, CRUNCHIER AND ARE HEALTHIER!

Choithrams.com

## An apple a day



Barakat Apple Juice



AED 11.25  
300ml

Colman's Bramley Apple Sauce



AED 10.50  
155g

Barbican Malt Non Alcoholic Apple Beer



AED 22.25  
6x330ml

Vienna Bakery Apple Danish



AED 3.50  
80g

Tesco 6 Apple Fruity Bakes



AED 11.95  
222g

Gerber Organic Apple Puree Baby Food



AED 9.50  
90g



# What's in my basket?

Physiotherapist Oscar, 39, claims everyone needs a "cheat day" and his quick, veggie pizza is perfect for just that

## Oscar likes...



“ Making a moreish vegetarian pizza is much better than ordering one, especially because that way you know what you've put into it,” says Oscar, originally from Spain. Using Arabic bread as a base makes it quick, but use store-bought pizza base if you need some extra depth. “Get inspired by a classic margherita but add whatever you fancy. I love being inventive and going for toppings like butternut squash, cauliflower and tasty over-caramelised onions and peppers.”



## Quick veggie pizza

### Ingredients

- 4 Arabic bread rounds
- 2 large red tomatoes
- 2 large yellow tomatoes

### For the spinach pesto:

- Large handful of baby spinach
- Large bunch of basil
- 50g pine nuts, toasted
- 50g Parmesan
- 100ml olive oil
- 1 lemon, zested and juiced
- 2 garlic cloves, roughly chopped

### Method

- 1 For the pesto, put the spinach, basil, pine nuts, Parmesan, oil, lemon juice and garlic in a food processor and blitz until smooth. Season to taste.
- 2 Spread the pesto on the Arabic bread. Slice the tomatoes and lay across the pizza base. Cook for 20 minutes at 160°C, or until the tomatoes are soft.
- 3 Add extra cheese on top if desired and sprinkle chopped basil to serve.

### Al Arz Lebanese Bread Large



AED **2.50** each

### Tomato Local



AED **4.95** Per Kg

# The secret behind a delicious dish.



طازج  
Fresh

## Al Khazna Fresh Chicken.

- ✓ No Added Hormone.
- ✓ 100% Vegetarian Fed.
- ✓ Local Produce.

Facebook, Twitter, Instagram icons /AlKhaznaUAE

Fresh Ginger



AED 7.95 per kg

Natco Coconut Milk



AED 5.95 400ml

Onion Net



AED 6.25 2.5kg

# Family Favourites

Perfect for busy nights, whip up this pot-roast chicken with masala spices, ideal for feeding a crowd, with a little help from **Choithrams.com**



## Pot-roast Bombay chicken

### Ingredients

- 1 small whole chicken
- 5 tbsp green curry paste
- 1 tbsp sunflower oil
- 1 large red onion, halved and sliced
- 2 large tomatoes, halved and chopped
- 2 red chili peppers, whole
- 1 tbsp fenugreek seeds
- 1 thumb-sized piece ginger, grated
- 2 x 400g cans full-fat coconut milk
- 500g new potatoes, halved
- 100g baby spinach
- 25g pack coriander, torn, to serve
- poppadums and chutney, to serve (optional)

### Method

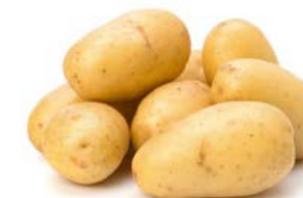
- 1 Heat oven to 220°C. Put the chicken on a chopping board and, using your hands, rub the skin generously with half the curry paste. Season well, tie the legs together and set aside.
- 2 Heat the oil in a large flameproof casserole dish over a medium heat. Add the onion and a good pinch of salt and cook for 5 minutes or until beginning to soften. Add the tomatoes, fenugreek seeds, ginger, chili peppers and remaining curry paste, and cook for 3 minutes more. Stir through the coconut milk and bring to a simmer.
- 3 Add the chicken and the potatoes to the dish, and cook in the oven for 20 minutes, uncovered. Lower the heat to 180°C and cook for 55 minutes until the meat is cooked through.
- 4 Remove the chicken and place on a chopping board. Stir the spinach through the sauce and leave to rest for 5 mins. Put the chicken back in the dish, top with the coriander and carve at the table. Serve with poppadums and chutney, if desired.

Alyoum Large Fresh Chicken



AED 21.50 900g

Potato, France



AED 4.50 per kg

Thai Food King Green Curry Paste



AED 8.50 400g



**Superfood #1:** Blueberries. Packed with antioxidants and phytoflavonoids, high in potassium and vitamin C, this fruit also has anti-inflammatory properties.

# Breakfast of champions

If you're searching for immune-boosting foods to get things moving each morning, these superfood-infused recipes are the perfect way to start your day

## Blueberry breakfast smoothie bowl

### Ingredients

For the smoothie:

- 120ml coconut water
- Handful of fresh baby spinach
- 1 large frozen banana
- 1 avocado
- 2 tsp lime zest
- 2 tbsp matcha green tea powder

For topping suggestions:

- Handful of blueberries
- 1 tbsp chia seeds
- 1 tbsp flax seeds
- 1 tbsp pumpkin seeds

- 1 tbsp honey
- 2 tbsp granola
- 2 tbsp coconut flakes
- 1 kiwi, chopped

### Method

**1** In a high-speed blender, combine all the smoothie ingredients and blend on high until smooth. Taste and adjust the sweetness, if desired.

**2** Pour into a bowl and add the toppings of your choice, making sure the blueberries are centre stage.

### Morlife Certified Organic Chia Seeds



AED **38.75**  
150g

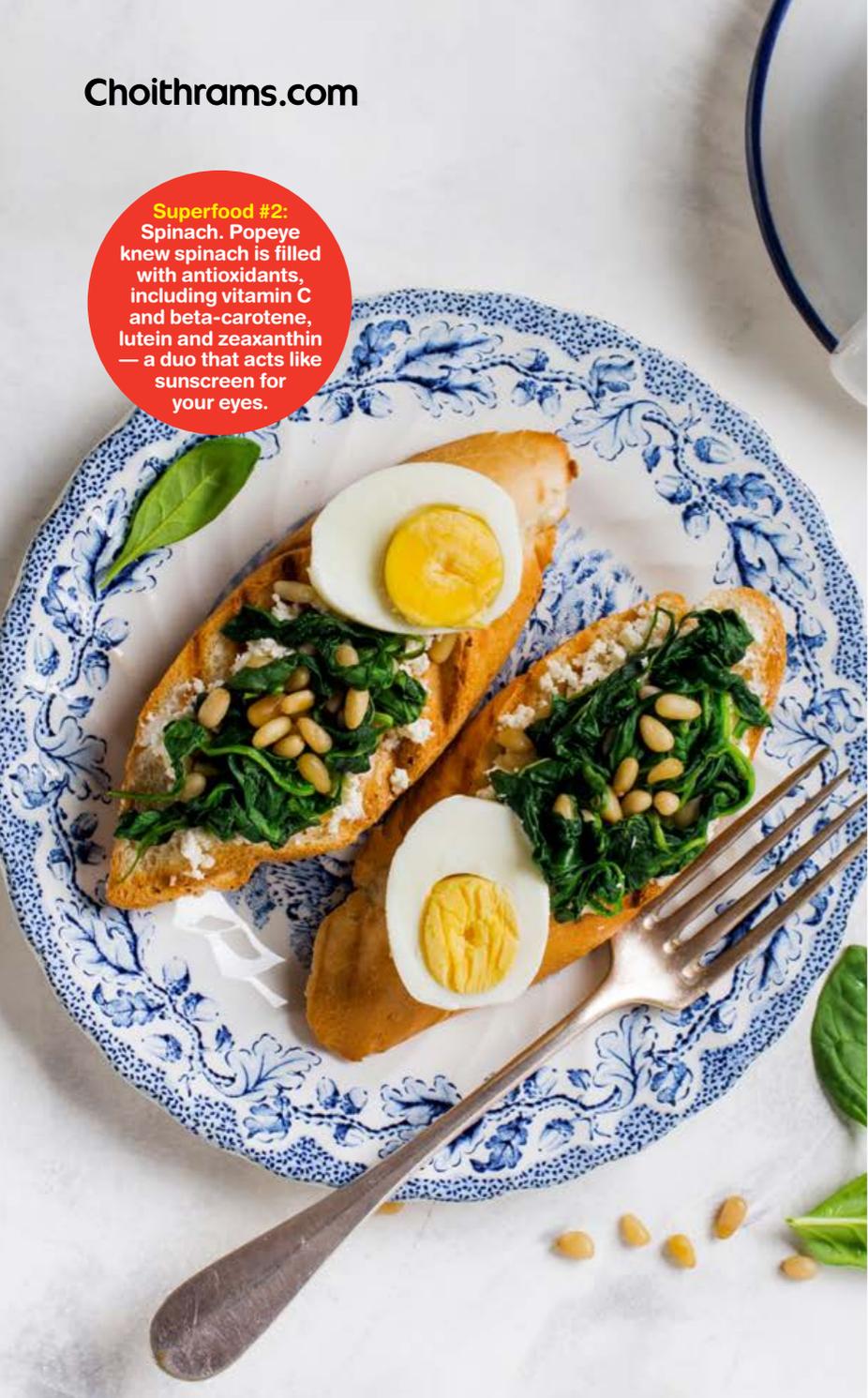
### Fresh Blueberries



AED **9.95**  
125g

We love

**Superfood #2:** Spinach. Popeye knew spinach is filled with antioxidants, including vitamin C and beta-carotene, lutein and zeaxanthin — a duo that acts like sunscreen for your eyes.



## Fried spinach, egg and pine nut sandwiches

### Ingredients

- 4 sourdough slices
- 4 eggs
- 2 tbsps white vinegar
- 2 large handfuls of spinach
- 40g pine nuts
- Salt and pepper, to taste

### Method

- 1 Fill a pan with cool water and bring to the boil. Add the white vinegar and keep the pan on a medium heat.
- 2 Crack the eggs and carefully drop into the

- pan and poach for two minutes. Remove from the water and set aside.
- 3 Olive oil in the pan and saute the pine nuts and spinach until wilted.
- 4 Arrange eggs on top of the sourdough and serve warm.

Goodness Foods Sinobar Peeled - Pakistan



AED **26.25**  
100g

Heinz White Vinegar



AED **8.75**  
450g

Spinach (Palak)



AED **1.00**  
each

## Fluffy Matcha Green Tea Pancakes

### Ingredients

- 60g Ground almonds
- 40g gluten free flour
- 1 ½ tsp matcha powder
- 150ml almond milk
- 2 eggs
- 1 tsp coconut sugar
- ½ tsp vanilla essence
- 1 tbsps coconut oil

### For the toppings:

- 3 tbsps honey
- 30g blueberries
- Half a banana, sliced
- 1 tbsps almond butter

### Method

- 1 Mix the ground almonds, coconut sugar, fully-sieved flour and matcha powder in a bowl.
- 2 In a separate bowl whisk the almond milk, eggs and vanilla essence until fully blended.
- 3 Slowly whisk in the dry flour mix a spoon at a time to avoid making any lumps. Keep going until all the flour is mixed and you have a smooth batter.

- 4 Heat the coconut oil in a frying pan on a medium heat. Then, pour about one eighth of your mixture into the pan until a circle forms. If the batter is too thick, add a little more almond milk and whisk again.
- 5 Leave for a minute or so then flip to cook the other side. Each side should be lightly browned.
- 6 Stack high and add as many toppings as you desire. Best served hot.



**Superfood #3:** Matcha green tea powder. Matcha is a natural source of caffeine, but it's also rich in disease-fighting antioxidants.

Sanitarium So Good Almond Milk



AED **14.50**  
1ltr

Bananas, Ecuador



AED **6.95**  
per kg

Al Shifa Acacia Honey



AED **55.75**  
500g

We love

**Superfood #4:**  
Turmeric. Contains the active compound curcumin, which may have many scientifically proven health benefits, such as the potential to improve heart health and fight cancer.

### Fruit smoothie with ginger and turmeric

**Ingredients**

- 1 banana, frozen
- 100g pineapple, cubed
- 10g chopped ginger
- ½ tsp turmeric
- ½ tsp cinnamon
- 1 tbsp lemon juice
- 200ml carrot juice

**Method**

- 1 Put pineapple and frozen banana in a food processor and add all the ground spices.
- 2 Pour in the lemon juice and carrot juice. Blend again until you reach the desired consistency.
- 3 Pour the banana smoothie into drinking glasses and enjoy. Best served cold.

**Nutrition**

Calories:	126kcal
Carbohydrates:	31g
Protein:	2g
Fat:	1g
Saturated Fat:	1g
Polyunsaturated Fat:	1g
Monounsaturated Fat:	1g
Sodium:	68mg
Potassium:	601mg
Fiber:	4g
Sugar:	16g
Vitamin A:	19193IU
Vitamin C:	41mg
Calcium:	41mg
Iron:	1mg

We love

Fresh Pineapple



AED 7.95 each

Tesco Ground Turmeric



AED 10.75 45g



### Fig and chia seed parfait

**Ingredients**

- 160g Greek yoghurt
- 60ml milk or milk alternative
- 3 tbsp maple syrup or honey
- 3 tbsp chia seeds
- 4 fresh figs
- 4 tbsp granola
- 2 tbsp pistachios, coarsely chopped
- 2 tbsp raisins
- ½ tsp ground cinnamon

**Method**

- 1 In a small bowl, whisk together half of the Greek yoghurt, milk, maple syrup (or honey), and chia seeds. Stir and refrigerate for at least 4 hours or overnight to soak.
- 2 Before serving, slice three figs and quarter one fig. Place sliced figs onto the wall of a mason or glass jar of your choice.

- 3 Layer the parfait by adding ¼ of the chia mixture to the bottom of the jar. Add a tablespoons of plain Greek yoghurt then another layer of the chia seed mixture.
- 4 Top with quartered figs, granola, pistachios, raisins, and cinnamon (all optional). Serve immediately.

**Superfood #5:**  
Chia seeds. Contain quercetin, an antioxidant that can reduce your risk of developing several health conditions, including heart disease.



Rachel's Organic Greek Style Natural Yoghurt



We love

AED 19.50 450g

Goodness Foods Unsalted Pistachio Nuts



AED 17.50 250g

Goodness Foods Black Raisins



AED 9.50 250g

Review

# Dry roasted greatness!

Goodness Foods showcases a healthier way with cashew nuts

Eating cashews has never been better for you thanks to a new dry-roasted range from Goodness Foods. The perfect addition in cookies, breakfast smoothies, or grain-based salads, cashews are easy to love and we think February should be the month you give them a go in these tasty recipes. Committed to providing the finest quality spices, nuts, lentils, grains, flours, snacks, sugar and fresh juices, Goodness Foods has teamed up with Choithrams to launch a new range of roasted nuts, manufactured without the need for added oil. The end result is a nut that tastes better, is crunchier and, most importantly, far healthier. Dry roasted locally in the UAE, the process brings out the soft, sweet flavour of the cashews and adds a little extra crunch in the process. Cashews are low in sugar and rich in fibre, heart-healthy fats, and plant protein. They're also a good source of copper, magnesium, and manganese — nutrients important for energy production, brain health, immunity, and bone health.



Goodness Food Cashew Roasted & Salted Jar



AED 19.95  
175g

## Salted caramel cashew slices

These raw food sweet treats are naturally sweetened with dates and maple syrup, and are made with wholesome cashew nuts, coconut, and cacao powder. Dry roasted cashews have less salt and require no oil. Research indicates that roasting cashews also boosts

their antioxidant content, which makes the dry roasted variety one of the healthiest on the market today.

### Ingredients

- For the base:
- 130g cashew nuts
  - 90g desiccated coconut
  - 150g pitted dates
  - 1 tbsp coconut oil

- For the caramel:
- 150g pitted dates
  - 105g coconut oil, melted
  - 100g maple syrup
  - 240ml hot water
  - 1 tsp salt

- For the chocolate:
- 50g coconut oil, melted
  - 25g cacao powder
  - 1 tbsp maple syrup
  - ½ tsp salt

- 2 tbsp crushed cashew nuts

### Method

**1** Line a 15 x 20cm plastic food container with a double layer of cling film, overlapping the edges. Combine the base ingredients in a food processor with an S-blade until broken down.

Press into the prepared container to compress.

**2** Process the caramel ingredients in a high-powered blender on a high-speed setting until creamy. Pour the caramel over the base. Use a spatula to distribute it evenly across the top. Transfer to the freezer to set for 30 minutes.

**3** Stir the icing ingredients in a bowl until smooth. Pour the mixture over the caramel layer and smooth out the top. Sprinkle the nuts over the top. Freeze for at least three hours. Pull up the cling film to remove the block from the container and slice into squares. Store in the fridge for up to four weeks.

## Fresh veggie cashew salad

Nuts and seeds are considered antioxidant powerhouses, and cashews are no exception. Antioxidants are beneficial plant compounds that keep your body healthy by neutralizing damage-causing molecules known as free radicals. In turn, this helps reduce inflammation and increases your body's ability to stay healthy and free from disease. Toss them into salads and blend them into soups for an added protein hit.

### Ingredients

- Large handful of lettuce
- 200g butternut squash, cubed
- 100g pumpkin, cubed
- 1 tbsp olive oil
- 1 avocado, sliced
- 50g pomegranate
- 20g dry-roasted cashew nuts
- 15g almond nuts

### Method

**1** Preheat the oven to 180°C. Wash and dry the lettuce and arrange on two plates. Set aside.

**2** Place the butternut squash and pumpkin on a baking tray and drizzle with the olive oil. Place in the oven and bake for 20 minutes until soft. Allow to cool for 10 minutes.

**3** Spread the squash, pumpkin, avocado, pomegranate on the salad. Sprinkle the roasted nuts over and serve.



# USA Pears

The clever folk at USA Pears give us the low down on the versatility of the juicy American variety

Pears also offer potassium (a medium sized pear has 190mg of potassium, which is 5% of the recommended daily allowance). They contain no saturated fat, sodium, or cholesterol. A medium pear has about 100 calories.

USA Pears are grown in Oregon and Washington where the right mix of volcanic soil, clean mountain water and warm spring and summer days, with cool nights, combine to produce some of the world's finest pears. Oregon and Washington produce 88% of the nation's fresh pear crop and only pears grown in Oregon and Washington are sold under the USA Pears label.

A little-known fact about the pear is that it is one of the few fruits that does not ripen on the tree. The pear is harvested when it is mature, but not yet ripe, and, if left at room temperature, it slowly reaches a sweet and succulent maturity as it ripens from the inside out.

Browning, or oxidation, is a natural process that occurs when cut pears are exposed to oxygen. This can be slowed by "acidulating" the cut surfaces with a mild solution of 50% water and 50% lemon juice, which can either be brushed on or dipped in. It won't completely stop the browning but it will buy a little extra time.

We suggest your cut pear be used as quickly as possible. Lightly poaching pears will also slow the browning and is a good way to prepare pears for use in salads.

Pears are very versatile. In addition to being served raw in almost anything, pears bake, poach, sauté, roast and grill very nicely. They can be used as an ingredient in baked goods, and can be made into preserves, jams and chutneys. Anything that can be done with an apple can be done with a pear.

Pears are an excellent source of dietary fibre (a medium sized pear has six grams, 24% of the recommended daily allowance) and a good source of vitamin C, a proven antioxidant.

AED **12.95**  
4s Pack  
Green Anjou Pear USA

Pears for sampling are ripened ahead of time so that we can show people how the fruit tastes when it has been properly ripened. The pears at Choithrams.com are less ripe when you buy them so you can keep them for several days without the fruit getting overripe.

# Love of chocolate

Godiva Caramel Chocolate Masterpieces



AED **27.75**  
119g

Baskin Robbins Chocolate Mousse Royale Ice Cream



AED **42.00**  
1ltr

Nocciolata Organic Hazelnut & Cocoa Spread



AED **23.75**  
270g

Alpro Soya Chocolate Milk Alternative



AED **16.95**  
1ltr

Whittaker's Almond Gold Chocolate Bar



AED **21.50**  
200g

Vienna Bakery Chocolate Fudge Cake



AED **98.00**  
each

Protein Bakeshop Dark Chocolate Truffles



AED **18.95**  
60g

Celebrate February 14 with a **Choithrams.com** cocoa shot to the tastebuds

# THE WORLD'S No. 1 CHOICE\*



LOW SODIUM

From the makers of pepsi®

# AQUAFINA®

Available in convenient sizes

\*Based on single serve sales in 31 markets from Dec16 to Nov17

# Review We Try, We Buy

Virgin drinks don't have to be boring, and **Choithrams.com** is leading the way with a new the range of trendy, non-alcoholic sips



Biere Des Amis 0.0%

AED  
**15.00**  
33cl

Biere des Amis is a premium Belgian Blonde crafted according to a traditional recipe of a beer with character. What makes BDA 0.0% so special is the unique process of removing alcohol. The final product is quite outstanding with a good structure, harmony and balance, perfect for a gathering in front of the game.



Pearsons Botanicals Hibiscus & Rose

AED  
**120.00**  
70cl

The sweet, mellow taste, and light blush appearance of this indulgent alcohol-free alternative to pink gin, is a wonder in summer mocktails. A depth of flavour and hint of heady perfume are created by the addition of rose petals and hibiscus flowers to a classic London dry flavoured core. Add slices of grapefruit.



Vintense Origin Wild Springbok

AED  
**50.00**  
75cl

The 17th century South African grapevines of the Chenin variety gives character and authenticity to the Vintense Origin Wild Springbok. This refreshing alcohol-free drink is vivid on the palate with notes of lemon and white fruit accents, and goes perfectly with light salads, fish dishes and even white meat. Enjoy!



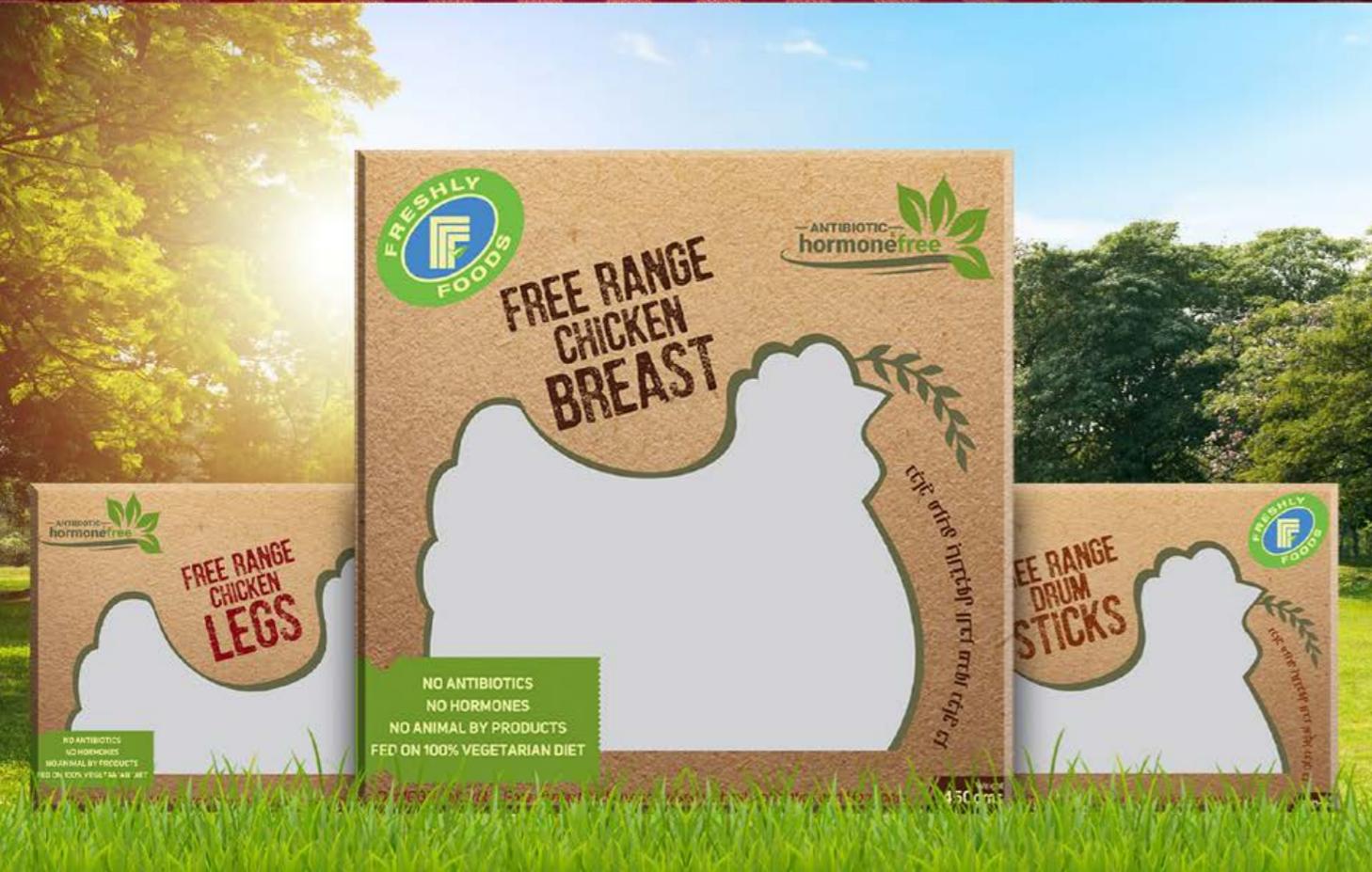
Thomson & Scott Naughty Organic Sparkling Grape Juice

AED  
**125.00**  
75cl

Certified organic, vegan and halal alcohol-free sparkling chardonnay retains a rich flavour for this beautifully crafted bottle. With 2.9g of sugar per 100ml, it has almost half the sugar content of other non-alcoholic sparkling drinks. It's the perfect partner for a celebration.



TRY IT AND STOP BEING A  
**CHICKEN**  
LEAVE THAT TO US



Chef Chat  
**Ilias Doulamis**

Bringing fresh Mediterranean flavours to the heart of Dubai, this is one Executive Chef who says "it's all about the Greek"



**Where did you grow up?**  
I was born and raised in Greece, South Peloponnesus, in the city of Kalamata. It is stunning.

**Did you eat your veggies?**  
I did eat my veggies, very much so when I was young. I lived a real "farm to fork" lifestyle as I grew up in a family where we always had our own little farms with fresh produce.

**When did you know you wanted to be a chef?**  
I knew I wanted to be a chef during my first apprenticeship, when I worked at a 5-star hotel in Athens Greece. I knew I wanted to be not only a chef but an Executive Chef one day.

**What is your favourite food memory?**  
Greece, Kalamata, and harvesting the trees with my family. Growing up we always had olive trees, the smell and flavour of the first green and slightly bitter oil is something you cannot easily forget.

**Where were you trained, and how difficult was your training?**  
I trained in Michelin restaurants and 5 star hotels in Europe predominantly. I feel blessed and thankful for the experience I gained working in all these great kitchens with all these great chefs and regardless how tough it was, if I could turn back time I would do exactly the same.



**How do you get your inspiration?**  
From fresh produce, produce and more produce.

**Favourite kitchen gadget?**  
My Misono knives

**Best piece of advice you would give a home enthusiast?**  
Try not to follow recipes by the book. By all means get inspired by them, but real cooking comes from experimentation and discovery. Working with food is an art form and so there should always be room for creativity.

**Best cooking tip for a novice just getting into the business?**  
Take your time and learn the basics, get to know how to fillet a fish or debone a lamb shoulder. Learn how to make a sauce from scratch and how to peel and cook a vegetable properly. Master the basics and go the next level.

**What's a popular dish at Conrad Dubai and what's your spin on it?**  
Anása – our Greek salad, there is no spin on the classic, just simple, generous and made with real produce. The Korean crispy fried chicken with chili BBQ sauce is also to die for. If you ask me.

**What products should we be buying in the UAE?**  
It's all about the quality of ingredients in general. I don't think you can ever go wrong with a fresh piece of fish cooked with some freshly harvested and in-season vegetables, completed with some last-minute chopped herbs.

**Five 'must-have' items in your basket.**  
Olive oil, butter, eggs, yoghurt, and tomatoes.

**Funniest kitchen incident?**  
A customer once ordered

mushroom sauce, but requested "no mushrooms please".

**Who in the food world do you most admire?**  
It would have to be Monsieur Alain Ducasse. His cuisine over the years is synonymous with quality and progression and has created innovative dining concepts reflecting international influences. He has really inspired and continues to inspire many generations of chefs, myself being one of them.

**Favourite foods to cook with?**  
I adore seafood; I love anything that comes from the ocean.

**What do you think is the most challenging ingredient to work with?**  
I wouldn't necessarily call it challenging but game always requires skills and special care.

**What do you like to eat when you're at home?**  
I love a BBQ, a top quality beef tomahawk steak, nicely rested and served simply with some fresh and fragrant vegetables.

**Are there any foods you don't like?**  
I'm not a big fan of spicy food. I just can't enjoy it in the same way many others can.

**Favourite cookbooks?**  
Many, I love cook books. Alain Passard and The Art of Cooking with Vegetables, and the recently published Whole Fish Cookbook by Josh Niland.

**What is going to be the next big thing in the food world?**  
Heritage cooking was always the driver. Recently the Spanish and Nordic cuisine, the booming of Latin American food, traditionally the Japanese..

**What do you do for fun?**  
Family first, outdoors activities. Music is also very important and I enjoy watching and playing

football, because who doesn't?

**Where is your favourite place in the world?**  
I have many, but a recent trip to Iceland left me speechless. The landscape, the nature, the volcanoes, the water falls, the springs the food. Just amazing.

**If you had just one wish, what would it be?**  
To put an end to global hunger.

**What would be your 'Last Supper' meal? Your 'Death Row' meal, as the late Anthony Bourdain puts it?**  
Let me think when this moment comes...

Ever found a place in Dubai so close to what a magical Greek island looks like? To us, that place is Anása. And that's where the idea of Anása was born. A Greek gastronomic experience that brings you simple, yet delicious food. Anása, meaning "breath", is a breath of fresh air in a relaxing urban oasis.  
**+971 4 444 7444**





# Bread

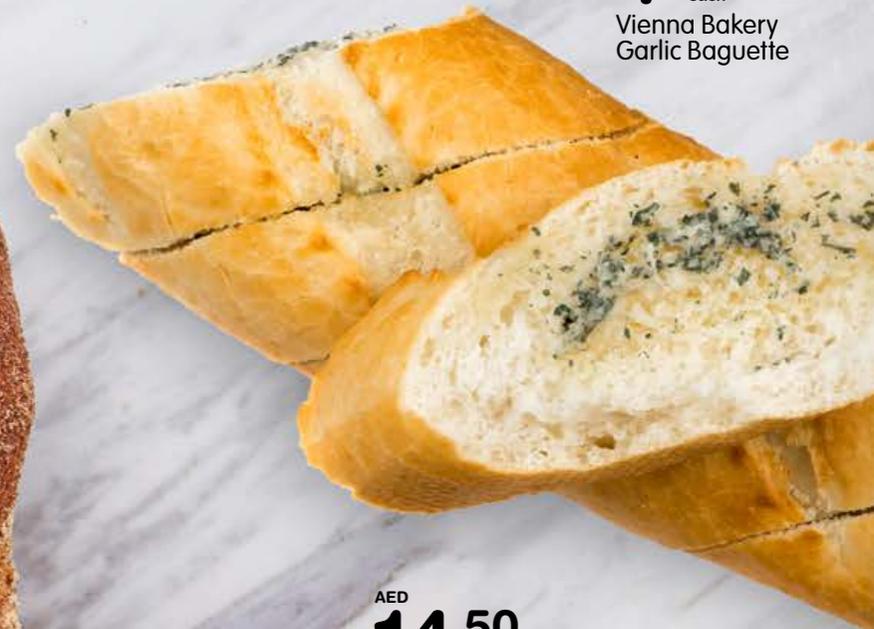
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AED **3.50**  
each  
Plain Bagel

AED **5.00**  
280g  
Vienna Bakery  
Caractere Baguette

AED **4.50**  
each  
Vienna Bakery  
Garlic Baguette



AED **14.50**  
550g  
Vienna Bakery German  
Country Loaf



**4.50**  
each  
Vienna Bakery Demi  
Sesame Baguette



AED **2.50**  
75g  
Vienna Bakery  
Hamburger Rolls 4 pcs



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