

For a life full of goodness...

December
2021

Choithrams.com

3 ways with... Couscous

Chef chat

Chef Ahmad Kasdi Mohd
Dahari cooks from the heart

A festive Buffet

- + Family favourites to celebrate UAE National Day
- + Stock up on quick and easy frozen desserts

**MORE
THIS
MONTH**



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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.



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.

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.

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.



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.



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.



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.





Blueberry spinach and flaxseed smoothie

Put 50g frozen blueberries in a blender with 1 tbsp Goody Natural Peanut Butter with Flaxseed and Chia Seed, small handful spinach leaves, ½ banana and 100g plain yogurt. Blend until smooth.

2 Smoothie Recipes

Peanut butter, banana and oat smoothie

Put 2 tbsp Goody Natural Peanut Butter in a blender with ½ banana, 100g plain yogurt, 1 tsp honey and 2 tbsp rolled oats. Blend until smooth.



Scan the code for more recipes



McVitie's Dark Chocolate Digestive Thins

AED **10.50**
150g

Delicately thin and crispy biscuits, smothered in a layer of luxuriously smooth chocolate, McVitie's Thins are simply a slimmed down version of the world-renowned chocolate digestive. The UK's crunchiest companion, turned into delightfully delicate biscuits — great for those counting calories — yet still topped with just enough dark chocolate to keep them wonderfully “dunkable”. Go on, you know you want to.



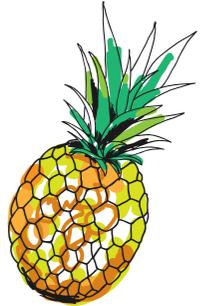
An international celebration of tea

Celebrate International Tea Day on December 15 with your favourite brew. It's a big day in many tea-producing countries, including Bangladesh, Sri Lanka, Nepal, Vietnam, Indonesia, Kenya, Malawi, Malaysia, Uganda, India and Tanzania among others. Apart from water, tea is the most popular beverage in the world, and while International Tea Day celebrates the drink, it also hopes to highlight the inequalities of the tea trade around the world. Because of the large

number of tea drinkers in the world, tea demands a massive production scale. Unfortunately, in many tea-producing countries, production comes with many challenges. Some of the obstacles tea-producing countries face include low wages, lack of medical care, as well as a need for improved sanitation on tea plantations. Try a tea you've never had before and look into picking up some Fairtrade tea, which means the producers receive a minimum price for their tea.

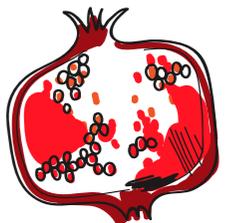
DID YOU KNOW?

We help you make informed decisions about your food choices



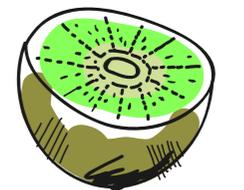
Pineapple

Low in calories and high in antioxidants and fibre, the pineapple is one of the super foods of the fruit world, aiding digestion, boosting immunity and speeding up recovery.



Pomegranate

Rich in nutrients, such as vitamin A, thiamin, niacin, folate, riboflavin, potassium, magnesium, zinc, and calcium, pomegranate is a fruit you should be eating.



Kiwi

Possessing properties that lower blood pressure, the kiwi can help maintain a healthy blood pressure while also providing a boost of Vitamin C.



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Community

News, activities & events in your neighbourhood



Celebrate 50 years of the UAE

On December 2 the nation will mark 50 years since its historic unification. Members of the public are being invited to embrace the country's rich traditions and join in the landmark Golden Jubilee celebrations. Sheikh Mohammed bin Rashid, Vice President and Ruler of Dubai, said the hearts of the people of the UAE are united under the country's flag. From Dubai Expo and nation-wide events, to city firework displays and fitness initiatives, there are events and activities planned across the country. Whether you've been there countless times before, or planning your first visit, there's plenty to do at Expo 2020. From watching Al Wasl Dome light up at night to the daily performances at Jubilee Park, it's impossible to cover everything in a day. There's also a huge line-up of shows throughout National Day week, including a drone show. Tickets are priced Dhs95 for a day pass, and you can visit www.expo2020dubai.com for more information. Activations are taking place at shopping malls, outdoor leisure parks and beaches. Dubai's popular dining pop-up, Etisalat Beach Canteen, is back, and this year it's celebrating the UAE's 50th anniversary. It will open doors on the sands of Jumeirah Beach for 17 days from Thursday, November 25 to Saturday, December 11. Visitors will be able to enjoy a variety of dining concepts, live music and children's activities at the Jumeirah Beach venue, behind Sunset Mall. Visit www.beachcanteen.ae



Winter at Dubai's biggest zipline park

Aventura Parks is offering an educating winter camp program to help kids learn about nature, develop sensory processing and social skills, and of course, to make wonderful memories. The Aventura Winter Camp runs from December 12-30 and all the activities take place in the midst of a Ghaf tree forest where kids and teens have a hands-on brush

with nature. Featuring science, technology and engineering programs, older students will learn in an engaging way outside the classroom, while the youngsters will have access to the ziplines and obstacles. The camp offers arts and craft activities including sketching, sculpture, suncatcher crafts, nature art, and even performing arts, and pet-lovers will enjoy the animal care and sustainable gardening modules. Kids

will also benefit from team-building activities as they battle to construct shelters, tie knots, and solve puzzles. Parents don't need to worry about lunches either, as kids are provided snacks, lunch, and unlimited water. The day, open to kids aged 5-16, runs from 9am-6pm and is priced at Dhs240, or a full week is Dhs840 for five full days. For more information, offers and tickets, or to make a booking visit www.aventuraparks.com





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وأقوى نظافة**



Out&About

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

Winter wonderland at Ski Dubai

There's a magical programme at Ski Dubai, which boasts a bumper line-up of activities. If you're dreaming of a white Christmas, step into a picture-perfect winter wonderland complete with majestic trees, twinkling lights and dazzling decorations. Santa Claus and his elves are coming to town and guests will have the chance to meet the man himself from December 1-25. A Santa Meet & Greet (Dhs125) includes a festive gift bag, signature hot chocolate and a photo to capture the special moment. You can even book breakfast with Santa (Dhs95), every Monday, Wednesday, Friday and Saturday morning (8-10am) from December 1-24. Each ticket includes one breakfast dish, a drink and a souvenir photo. There's a Festive Fun Run (Dhs125) on December 4, where you can do either one loop (1km) or three loops (3km) of Ski Dubai in -4°C, and Santa will be on the starting line, as well as the coldest cinema in Dubai, which runs until January 15. Snow Cinema (Dhs100) by VOX Cinemas takes place on the snow. There are several screenings a day and for a more luxurious option, book the VIP Chalet (Dhs400 for two guests). For more information or to make a booking visit skidxb.com



It's the most wonderful show of the year



Dig out your best festive outfit because the Dubai Opera Big Band returns for a Christmas celebration like no other. Featuring all your favourite holiday songs, The Sound of Christmas will showcase classics including Santa Baby, Jingle Bell Rock, Winter Wonderland, Feliz Navidad, All I Want for Christmas Is You, Rockin' Around the Christmas

Tree, and many more. The Dubai Opera Big Band features 25 jazz musicians from the region, and the evening will feature some very special guest singers. The show takes place on December 21 and 22, with a 2pm family performance and an evening performance at 8pm. Every ticket includes a free Santa hat and Christmas drink. www.dubaiopera.com



Yellow

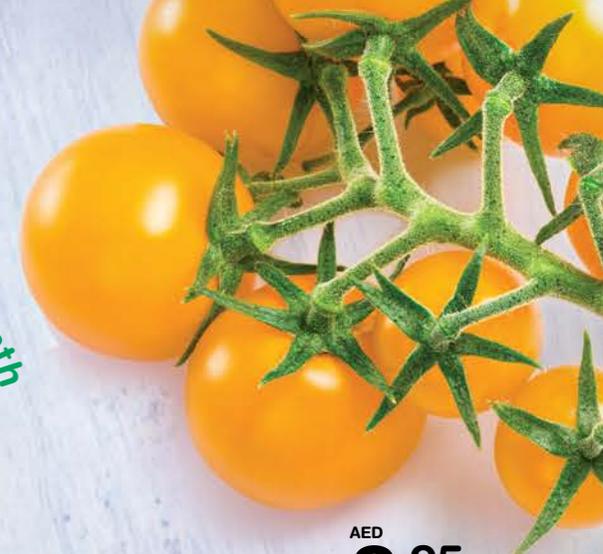
Welcome some sunshine goodness into your diet courtesy of **Choithrams.com** Yellow fruits and vegetables are packed with nutrients that are known to protect your nervous system



AED **15.50**
per kg
Swede



AED **8.95**
250g
Yellow Cherry
Tomato, Holland



AED **4.75**
500g
Goodness Foods
Washed Moong Dal



AED **12.95**
each
Pineapple



AED **5.95**
500g
Goodness Foods
Lemon



AED **52.95**
per kg
Mango, Thailand



AED **8.95**
per kg
Fresh Ginger

AED **7.95**
each
Baby Corn



AED **20.50**
per kg
Yellow Capsicum,
Holland



3 Ways with... Couscous

Consisting of tiny granules made from steamed and dried durum wheat, the versatility of delicious couscous has made it a popular alternative to rice and pasta



1 Couscous with green peas and pomegranate

This hearty supper is healthy, cheap and filling. The pomegranate not only tastes great but also looks wonderful in this dish as it adds a much-needed blast of colour. The deep red colour of those little seeds resemble red gems in a jewellery shop window so create a salad centred around this beautiful, tasty fruit and you can't go wrong. The basis for this oriental-inspired salad is couscous, which fits perfectly with grilled meat, especially beef or lamb. Try it with grilled kofta too for a Middle Eastern twist but don't forget those all-important veggies, peas for nutrients and of course, pomegranate for colour and a sweet kick.

Pomegranate Red India



AED **18.50**
per kg



2 Couscous salad with passion fruit dressing

Try this fruit-and-nut-studded couscous salad alongside grilled salmon or chicken. Passionfruit is a delicious addition to the list of flavours in this salad and is a great supply of vitamin C and E, beta carotene, fibre plus many other minerals and vitamins. To make the dressing mix the juice of one lemon, one orange with three tablespoons of olive oil, two or three fresh mint leaves and four passionfruit in a blender. Voila, a great fruity dressing suitable for any bed of exciting couscous. Ball some fresh watermelon and throw on some cherry tomatoes and witness a pop of flavour this mealtime.

Panzani Couscous



AED **11.75**
500g



3 Stuffed peppers

This delicious and colourful, Mediterranean-style dish with tomatoes, fluffy couscous and melting mozzarella really does taste as good as it looks. Not only does a portion of this recipe equal one of your five-a-day, it also works out at only 315 calories and 0.4g salt per serving. Stuffed peppers are ideal for lunch or dinner and can be served with a salad or alongside new potatoes and fresh greens. Ready in just 30 minutes (including prep), stuffed peppers can be vegetarian-friendly and are sure to tempt children with their vibrant colours too. To give your stuffed peppers a Greek twist add olives, parsley and feta to the couscous.

Sheese Mozzarella Slices x10



AED **20.95**
200g



DELIGHT

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UP TO
120
HOURS
PER PACK

NEW



WAX MELTS **MELTS FRAGRANCED WAX**

Arabian Delight

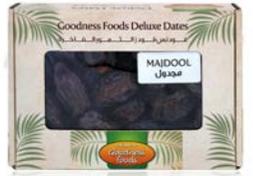
UAE National Day
Presentation KitKat



AED
19.95
16x13.5g

Celebrate 50 years of the UAE with Choithrams.com and these Arabic favourites

Goodness Foods
Majdool Dates



AED
22.95
300g

Sunbulah Baklava
Pastry



AED
9.50
500g

Goodness Foods
Mixed Roasted Nuts



AED
19.75
200g

Stuffed Vine Leaves



AED
25.25
per kg

Almarai Mango
Flavoured Laban



AED
3.00
340ml

Jomara Dates
Honey Topping



AED
12.50
400g



What's in my basket?

Grab a handy bottle of on-the-go Re:Nourish soup and whip up this soup-er easy midweek meal, perfect for the whole family



Soup is probably one of the most easily made and versatile meals on the planet, however, it can also serve as an ingredient in plenty of fabulous dishes, adding texture and flavour. Whether you like it hot or cold, try this piping hot recipe to make your Re:Nourish soup even more of a soup-er star. Made with fresh basil, lemon and plenty of peas, the Re:Nourish Immunity boost pasta salad will give you all the green goodness with a great taste in just 10 minutes.

Panzani Gluten Free Coquilletete



AED
18.25
400g

Renourish Soup Kale Spinach & Turmeric



AED
20.50
500g



Energy boost green pasta

Ingredients

- 400g pasta, cooked and cooled
- 1 bottle Re:Nourish Immunity
- 100g of fresh peas, blanched
- 1 bunch of asparagus, trimmed and blanched
- Handful fresh parsley
- 2 lemon, zested
- ½ bunch basil
- 1 bunch watercress

Method

- 1 Place the cooked pasta into a large mixing bowl. Pour the bottle of Re:Nourish Immunity over and stir until coated.
- 2 Add the peas, asparagus, lemon zest, basil, fresh parsley and watercress.
- 3 Mix everything together until the pasta and vegetables are well coated in the sauce
- 4 Serve hot or cold, garnished with asparagus tips, watercress shoots and parsley.

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Wonder Cooker

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www.copperchef.me



with
Cerami Tech™
Non-Stick Coating

Tesco Microwave Basmati Rice



AED
9.50
250g

Elle & Vire Unsalted Butter



AED
11.00
200g

Natco Ground Cinnamon



AED
7.95
100g

Family Favourites

Celebrate 50 years of the UAE this month and try this tasty, filo-wrapped bundle of Middle Eastern spiced rice with minced meat and nuts



Oven Baked Stuffed Ouzi

Ingredients

For the rice:

- 2 tsp olive oil
- 2 small red onions, diced
- 3 cloves garlic, crushed
- 500g beef mince
- 1 tsp seven spices
- 1/2 tsp cinnamon powder
- 1 tsp salt
- 1/2 tsp black pepper
- 195g basmati rice
- 700ml water
- 200g frozen peas
- 60g toasted pine nuts

For assembling:

- 1 pack filo pastry sheets
- 2 tbsp melted butter

Method

1 To make the rice, add the olive oil and diced onions in a pan and cook for 3-4 minutes until softened. Add the crushed garlic, and minced beef.

2 Next, add the seven spice mix, cinnamon, salt and pepper and continue cooking for 6-8 minutes until the beef has browned.

3 Soak the basmati rice for 15-20 minutes, then drain and rinse with water until water runs clear. In a large saucepan, add the minced meat, raw basmati rice, frozen peas, and cover with the water.

4 Bring the pan to a boil, uncovered, then cover with a tight fitting lid, reduce heat and simmer for 20 minutes or until water is all absorbed. Remove from heat and allow to sit for 10 minutes, then uncover and fluff with a fork. Mix in the toasted pine nuts, and let rice mixture cool.

5 Heat the oven to 180°C. Take a small dessert bowl and brush the inside with melted butter to prevent the pastry from sticking.

6 Layer four sheets of filo pastry into each bowl and trim the ends leaving enough to wrap and close after. Heap the rice mix onto the pastry, seal and place on a parchment lined baking tray.

7 Once all mounds have been assembled, brush with melted butter and bake for 30 minutes or until golden brown.

Borges Pure Olive Oil



AED
19.95
500ml

Regular Australian Beef Mince



AED
42.50
per kg

Emborg Organic Garden Peas



AED
13.75
400g



Festive Finger food

Entertaining a crowd this festive season? Take the "dinner" out of dinner party and instead whip up an impressive party spread, including canapés, dips and easy sharing plates

Layered salmon, avocado and cream cheese salad

Ingredients

For the salmon layers:

- 400g fresh salmon fillet, diced

For the white bean puree (optional layer):

- 2 tbsp olive oil
- 2 shallots, peeled, finely diced
- 2 cloves garlic, peeled, crushed
- 2 stalks celery, diced
- 3 bay leaves, crushed
- 2 x 400g cans cannellini beans, drained
- 500ml vegetable or chicken stock

For the rice layer:

- 150g cooked rice
- 50g Parmesan cheese, freshly grated
- ½ tsp nutmeg, ground fresh

Guacamole layer:

- 2-3 avocados, peeled, stone removed
- 1 lime or lemon juice

For the sour cream layer:

- 250g sour cream
- 2 tbsp fresh dill, finely chopped
- 2 tbsp fresh parsley, finely chopped
- 1 tbsp lime, zest
- 5 fresh dill, fronds

Method

1 For the white bean puree, heat oil in a frying pan on a medium

heat. Fry the shallots, garlic, celery and bay leaves for five minutes, until tender. Add the beans and stock to the pan and continue to cook for a further five minutes, until stock has been absorbed. Remove the bay leaves and puree the mix in a food processor. Season to taste. Set aside.

2 Chop the salmon into small cubes and divide into two equal portions. Set aside.

3 Place the cooked rice, Parmesan and nutmeg in a bowl and gently mix. Set aside.

4 Peel and remove the stone. Cut into small cubes. Mix in lime juice and season with salt and pepper if you desire. Combine well. Set aside.

5 Combine the sour cream with the herbs and lime zest. Season well with salt and freshly ground black pepper. Set aside.

6 To assemble, you will need a large capacity glass serving bowl or dish. Start by lining the bowl with half of the diced salmon. Next add the white bean puree. Next top with the rice layer, then the avocado, the sour cream layer and repeat as desired. Smooth the top of each layer before topping with the next. You can finish with more salmon if desired. Serve with corn chips.

7 To finish, grate some carrot and sprinkle on top, along with some Parmesan cheese.

Puck Cream Cheese Spread



AED
19.95
500g

We
love



White chocolate mousse with jasmine and blackberry

Round off a special meal with this mouth-watering sweet treat.

Ingredients

- 20ml jasmine tea
- 100ml sugar
- 250ml white chocolate chips
- 5ml vanilla extract
- 250ml cream
- Blackberries, to garnish

Method

1 Heat 80ml of water in a saucepan and add

the tea leaves. Bring to the boil and then simmer for five minutes. Remove from the heat and set aside to cool. Once cool, strain the tea.

2 Return the strained tea to the saucepan and add the sugar. Cook over a low heat until dissolved. Add the chocolate and melt gently. Remove from the heat and set aside until cool, then refrigerate until cold.

3 Add the vanilla extract to the cream and beat until stiff peaks form. Beat the chocolate mixture until smooth, then fold a little of the cream into the chocolate. Fold in the remaining cream and then spoon or pipe the mixture into small domes in individual bowls. Refrigerate until set. Decorate with a fresh blackberry on top of each dome.

Driscoll's Blackberries



AED
19.95
125g

Natco Vanilla Essence



AED
2.00
28ml

Lindt Swiss White Chocolate



AED
11.25
100g

Christmas red cabbage salad with apples and pecan nuts

Ingredients

For the coleslaw:

- 1/2 medium red cabbage, finely shredded
- 2 green apples, cored and thinly sliced
- 4 carrots, peeled and grated
- 1/2 small red onion, peeled and thinly sliced

For the dressing:

- 2 tbsp Dijon mustard
- 1 garlic clove, peeled and finely minced
- 1 tsp caster sugar
- 3 tbsp olive oil
- 2 tbsp walnut oil
- 3 tbsp white wine vinegar

To serve:

- 80g pecan nuts, finely chopped

- Sprigs of parsley, to garnish
- 40g semi-dried cranberries
- 40g chopped walnuts
- 1 raw beetroot, finely grated

Method

- 1** Make the dressing by mixing all the ingredients together in a jar. Giving them a good shake and set aside.
- 2** Place all the prepared vegetables, along with the apple in a large mixing bowl and mix everything by hand.
- 3** One hour before serving, mix the dressing and veggies until combined, allowing the flavours to infuse together.
- 4** Just before serving, sprinkling on the pecan nuts raw beetroot, parsley, cranberries (optional) and walnuts.



Local Parsley



AED
1.00
each

Tesco Pecan Halves



AED
53.00
200g

Loose Garlic



AED
9.50
per kg

We love

Spicy shrimp and cucumber

These spicy blackened shrimp have the heat of blackening seasoning, offset by the cool crispy crunch of the cucumbers. A fantastic appetizer that's both easy and elegant.

Ingredients

- For the cucumbers:
- 16 –20, ½ -inch-thick English cucumber slices
- 2 tbsp extra-virgin olive oil
- 2 tbsp freshly squeezed lime juice
- ½ tsp sea salt
- ½ tsp pepper
- 30g chopped cilantro

For the shrimp:

- 2 tsp paprika
- 2 tsp onion powder
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp sea salt
- 1 tsp pepper
- 1 tsp dried ground thyme
- 1 tsp dried ground oregano
- ½ tsp cayenne
- ½ tsp red chili flakes
- 16 –20 large deveined, tail-on shrimp
- 2 tbsp butter
- Cooking spray

Method

1 Put the sliced cucumbers in a bowl and mix with the olive oil, lime juice, salt, pepper, and cilantro. Cover and refrigerate until ready to serve.

2 Prepare the seasoning for the shrimp by combining the paprika, onion powder, garlic powder, cumin, sea salt, pepper, thyme, oregano, cayenne, and red chili flakes in a shallow baking dish or pie plate; blend together well. Coat the shrimp with cooking spray and put a few at a time in the seasoning to coat all over. Set aside. Repeat until all the shrimp are completely coated.

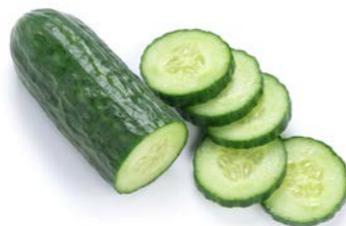
3 In a large heavy skillet melt the butter over a medium heat. Place the shrimp in batches and pan-sear on each side for 1-2 minutes.

4 Remove the seared shrimps and allow to cool before placing a single shrimp on top of each cucumber slice.



We love

Local Cucumber



AED
4.95
per kg

Tesco Dried Thyme



AED
6.95
16g

Fig, goat's cheese and honey hats

Ripe figs baked with tangy goat's cheese and honey for a sweet-and-savoury combination that's ready in just 10 minutes. Take the stress out of hosting with this easy, three-ingredient canapé creation.

Ingredients

- 8 purple figs
- 100g goat's cheese roll, rind removed
- 3 tbsp clear honey
- Salt to taste

Method

1 First, prepare the figs and preheat the oven to 180°C. Cut each fig into three sections from the top down. Place the bottom piece, cut-side up, on a baking tray lined with baking paper.

2 Cut a cross into the middle of each fig base, being careful not to cut all the way through the skin. Lightly squeeze the figs to open up the crosses.

3 Cut the soft goat cheese into rounds and position over each base. Lay the middle piece of fig on top and layer more cheese again, pressing down a little.

4 Put the hat on each and press lightly. Drizzle some clear honey over each and bake the figs for five mins or until sticky and beginning to soften.

5 Transfer to a serving platter or board, and serve warm.



Soignon Plain Mini-log Goat Cheese



AED
26.00
125g

Goodness Food Dried Anjeer (Figs)



We love

AED
18.75
200g

Capilano Honey



AED
22.95
250g

Review

Copper Chef Christmas

Delicious dishes ahead of the holidays from one of the world's leading cookware brands, now available exclusively at **Choithrams.com**



It's holiday season, which means things can sometimes get a little heated in the kitchen. Whether entertaining the masses or simply keeping the family fed and watered, the everyday stresses of cooking are a lot for even the most seasoned chef. We welcome anything that can make life easier stove-side, especially at this time of year. Featuring a Cerami-Tech non-stick outer coating and riveted handles for an extra-secure grip, The Copper Chef cookware range makes eating delicious, healthier meals faster and easier. Cerami-Tech eliminates the need for added fats and oils and the non-stick coating makes pan-frying and sautéing faster and effortless.

Copper Chef Round Fry Pan, 25cm



AED **99.00** Each

Stripey Holiday Candy Canes

Ingredients

- 300g caster sugar
- 2 tsp apple cider vinegar
- 1 tsp peppermint extract
- 320g light corn syrup
- 120ml water
- Red gel food colouring

Method

1 Combine the vinegar and peppermint extract in a small bowl; set aside. Meanwhile, in a Copper

Chef Skillet or frying pan, combine the sugar, corn syrup and water. Stir for five minutes to combine.

2 Cook over a medium-high heat until a candy thermometer reaches 150°C; do not stir the liquid sugar during cooking. When syrup comes to a boil, the candy will have reached the soft-crack stage.

3 Immediately remove from the heat, add the vinegar mixture and stir to combine. Pour the hot sugar into two equal parts onto non-stick mats.

4 Add a few drops of food colouring to one of the parts and let cool for a few minutes. Use the back of a spatula to fold the sugar over itself, repeatedly until it comes

together and begins to hold a shape.

5 Begin to pull the sugar until it begins to harden and get glossy. Roll each colour into equal sized logs. Combine the two and roll together on a mat to round. Gently pull the corner of the sugar and twist to create a swirl pattern. Cut into desired shapes and lengths.

Copper Chef Saucepan, 16cm



AED **79.00** Each

Beef roast

Ingredients

- 1.4kg boneless rib eye roast
- 4 garlic cloves
- 2 sprigs rosemary
- 4 sprigs fresh thyme
- 1 tbsp sea salt
- 1/2 tbsp ground black pepper
- 2 tbsp olive oil

Method

1 First, preheat oven to 190°C. Place your Copper Chef Wonder Cooker on the stove top for five minutes over a low heat.

2 Turn the heat to medium and place the roast in the Wonder Cooker and sear the meat on the top, sides and the bottom. Just 20-30 seconds on each side should be about enough.

3 Chop or crush the garlic. Mix the garlic, salt, pepper, herbs and olive oil in a bowl. Carefully flip the roast over and rub the garlic herb mix on the top and sides.

4 Place the Wonder Cooker in the oven and cook for 1½ -2 hours. You can test with a thermometer for desired results or carve into the middle after 60 minutes.

5 Let the roast sit for 20 minutes before carving into slices. Serve with roast potatoes, fresh vegetables and hot gravy.



Mandarin

Although generally peeled and eaten fresh, don't overlook the possibilities this little ball of vitamin C-packed goodness has to offer

AED **8.95** per kg
Mandarin, South Africa

Mandarin oranges are an excellent source of vitamin C. They are also a very good source of dietary fibre, B vitamins including vitamin B1, pantothenic acid and folate.

Don't stress about the number you consume as there are just 47 calories in 100 grams of mandarin orange.

As mandarines are tender and easily damaged by the cold weather, they're mainly grown in tropical and subtropical areas.

Mandarin oranges symbolize wealth and prosperity during the Asian Lunar New Year celebrations.

Need a vitamin A, calcium, copper and potassium boost? Reach for a juicy mandarin, which boasts all in abundance.

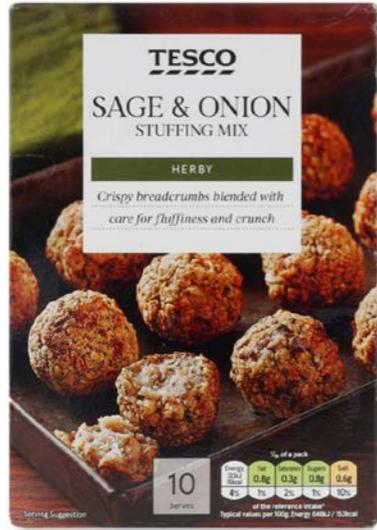
Mandarins are small, orange coloured, citrus fruits that usually grow on a small to medium sized trees and are similar to an orange, but are often sweeter.

As well as eaten on-the-go, the fresh mandarin can also be a fabulous addition when used in salads, desserts and main dishes.

Mandarin slices or cubed pieces can be dried for use on top of cereals, combined in snack bars or served atop ice cream or yoghurt. Fresh mandarin juice is can also be frozen as a juice concentrate for use later.

Holiday feast

Tesco Sage & Onion Stuffing Mix



AED **11.25**
170g

Bisto Onion Gravy Granules



AED **12.95**
170g

Longley Fresh Double Cream



AED **13.50**
150ml

Organic Broccoli



AED **17.50**
each

Ina Paarman's reduced fat cheese sauce



AED **12.00**
200ml

Colman's Cranberry Sauce



AED **10.50**
165g

Smoked Turkey Olive Breast



AED **89.00**
per kg

Quality ingredients from Choithrams.com to cook a roast to remember this festive season

The secret behind a delicious dish.



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Fresh

Al Khazna Fresh Chicken.

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

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Review

We Try, We Buy

The festive holidays mean spontaneous entertaining season is upon us. Fill the freezer with frozen fun delights from **Choithrams.com** and don't get caught short when friends descend



Almond Daim Cake

AED
29.50
400g

Almond cake with Daim, this best-selling cake combines an irresistible almond base with a golden cream and crunchy almond caramel, deliciously coated with smooth milk chocolate.



Little Moons Green Tea Mochi Ice Cream

AED
33.25
192g

After trying 20 different types of matcha, Little Moons settled on matcha from the Uji region of Japan. The result is a perfect harmony of green tea, with a distinctively balanced and earthy flavour. It's the perfect dessert.



McCain Deep'n Delicious Vanilla Cake

AED
24.75
18oz

A vanilla cake sure to satisfy your craving for something sweet! The legendary Deep'n Delicious icing takes this heavenly and fluffy cake to the next level. After a long day at work, you deserve a little indulgence – simply thaw and enjoy!



Tesco Frozen Black Forest Gateau

AED
38.95
630g

Chocolate sponge layered with cream mousse and cherry sauce, decorated with Morello cherries in a cherry sauce and dark chocolate flakes. It serves eight, defrosts in three hours and is a party table favourite and perfect after dinner treat. There are three layers of chocolate sponge separated by cream mousse and tart.



Your Creations that Echo

TUNA CROQUETTES WITH GARLIC MAYO

Prep time: 15 minutes
Cook time: 1 hour and 30 minutes
Serving: Makes 12 croquettes

Ingredients:

- 1 large baking potato
- 1 can **Goody Tenderina Soft Fancy Tuna**
- ½ cup **Goody Garlic Mayonnaise**
- 1 cup breadcrumbs



Scan the code for the recipe and more!

Chef Chat

Ahmad Kasdi Mohd Dahari

Executive Chef at Ras Al Khaimah's Hilton Beach Resort, Ahmad Kasdi Mohd Dahari believes in honest, homemade meals, cooked straight from the heart



Where did you grow up?

I grew up in Langgar, in the North of the Malaysia Peninsular. The state is called Kedah and it's also known as the "rice field of Malaysia".

Did you eat your veggies?

Growing up in a family of farmers, constantly surrounded by fresh vegetables and herbs, it became an important part of our diet, especially because it was all freshly picked from our backyard. During our childhood, I stayed with my grandmother and every meal included fresh herbs in the salad, which was eaten with "sambal belacan" which is a chilli dip pounded with shrimp paste. These memories will always remind me of my grandmother.

When did you know you wanted to be a chef?

I watched my grandmother cook since I was young. She used to cater for weddings in our community – and watching her inspired me to be the chef I am today.

What is your favourite food memory?

Being the oldest son in my family, I always helped my mum in the kitchen. My fondest food memories are just being with her. It wasn't only the delicious aroma of foods, but the conversations we had and the advice she gave about life.

How difficult was your training?

I graduated from one of Malaysia's most prestigious hospitality schools,



called the University Technology Mara Malaysia. It was a 3-year course, followed by a 1.5-year apprenticeship. There were 21 students in my batch but only 14 of us graduated.

What inspires you?

Every ingredient I cook with, because this is what tells the story of each dish.

Favourite kitchen gadget?

Pestle and mortar because they elevate the flavours. Whether grinding for a salsa or dried spices, it gives a different finish compared to using an electric blender.

Best piece of advice you would give a home enthusiast?

In Malaysia, we have a proverb that says "air tangan ibu", which literally translated means "water from mother's hand". It means that when we cook at home for

family or friends, we infuse love and care into the dishes.

Best cooking tip for a novice just getting into the business?

It's simple - you must be passionate and think outside of the box. You must understand what the consumer wants, as sometimes what we want to do is not what the market demands or needs.

What's the most popular dish at your place and what's your spin on it?

Our pizza at Piaceri de Gustare Restaurant is amazing. The dough needs to be fermented for at least 48 hours to get the flavour and air inside of it.

Five 'must-have' items in your basket...

Extra virgin olive oil; coconut sugar; fresh fish; chili and soya sauce.

Funniest kitchen incident?

Once, during breakfast, we received an order at the egg station for a cheese omelette but without egg. Honestly, nobody knew what to say.

Who in the food world do you most admire?

The late Anthony Bourdain. I read his first book Kitchen Confidential: Adventures in the Culinary Underbelly, and was inspired. It's all about his humble beginnings.

Favourite foods to cook with?

Soy sauce because it's umami and enhances the flavour of every dish. Either as a sauce for a stew or for marinating and stir-frying.

Most challenging ingredient to work with?

Tofu, as I find it very bland. However, it can absorb any



flavour, but you must know which cooking method to use for each dish.

What do you like to eat when you're at home?

Honestly, being a chef, I sometimes forget to eat. However, I always make sure to have healthy cereals and granola at home.

Are there any foods you just don't like?

I don't like durian.

Favourite cookbook?

The Slanted Door by Phan, it's about how chef Phan popularised traditional Vietnamese cuisine in American.

What is going to be the next big thing in the food world?

Sustainably sourced produce, because consumers are looking for food produced in line with environmental guidelines.

What do you do for fun?

During my free time, I like to hike.

Where is your favourite place in the world?

Bali and Indonesia, mainly due to the scenery, people, and amazing cuisine.

What would be your 'Death Row' meal, as the late Anthony Bourdain puts it?

I would have a bowl of simple fried rice with dried chilli and pounded grilled mackerel, topped with a fresh egg, sunny side up.

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Cream

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1000ml
Almarai Cooking Cream

AED
24.25
1L
Puck Whipping Cream

AED
19.25
8oz
Knudsen Hampshire Sour Cream

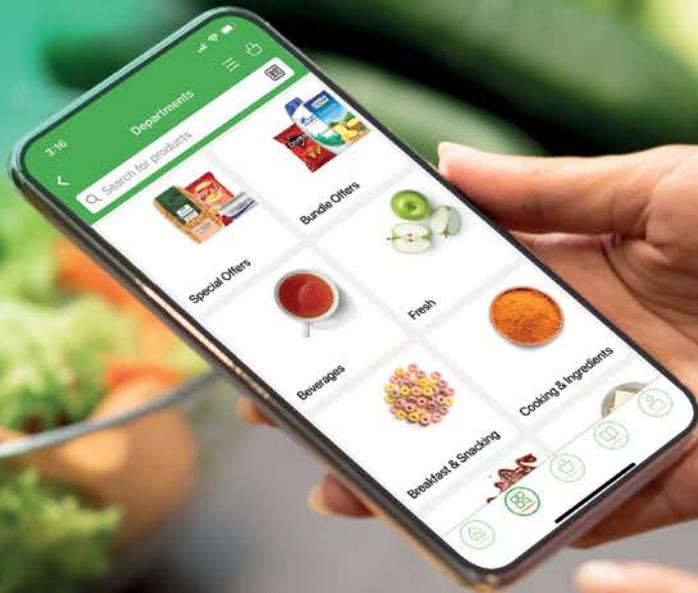
AED
21.75
435g
Heinz Salad Cream Original

AED
8.25
180g
Tesco Creamed Horseradish

AED
4.25
125g
Elle & Vire Chocolat Crème Dessert

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