

For a life full of goodness...

April
2021

Choithrams.com

3 ways with... Lemon

Chef chat

Thai Kitchen's head chef
Bon Cheang talks tastes
from home

Inspirational

Iftar

- + Seasonal family recipes
- + Sustainably-conscious brands

**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.



Live Natural



الخزنة
Al Khazna

طازج
Fresh



Stay happy. Feel lite.

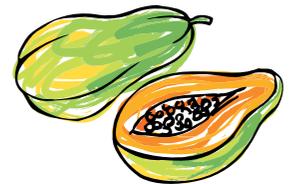
Our chickens are 100% vegetarian fed with no hormone added, locally produced at Al Ain Farms and are delivered fresh every day to your nearest store so you can live a healthy lifestyle with your loved ones.

[f](#) [t](#) [i](#) /AlKhaznaUAE

FoodNews

DID YOU KNOW?

We help you make informed decisions about your food choices



Papaya

In addition to keeping your body healthy, papaya can also help your skin look more toned and youthful. Vitamin C and lycopene in papaya protect your skin and may help reduce signs of aging.



Pomegranate

They can have up to three times more antioxidants than green tea to protect cells from damage, prevent diseases — such as cancer — and reduce inflammation and the effects of aging.



Pumpkin

Its brilliant orange colour comes from its ample supply of beta-carotene, which is converted to vitamin A in the body — essential for eye health and helps the retina absorb and process light.

Baby Bellies Organic Berry & Apple Softcorn (10+ Months)

AED
5.75
8g



Baby Bellies, Little Bellies and Mighty Bellies cover your kid's diet from stroller to the school playground. Made up of a range of tasty, natural snacks, the organic Bellies range has been created with children's development stages in mind. In a bid to get them excited about eating, each bag is packed with natural fruit flavour, as well as loaded with all the vitamins and minerals they need at each stage of life. These soft puffed corn snacks melt easily in the mouth to encourage safe self-feeding.



A veggie so nice you can cook it thrice!

The cauliflower is the often fabulously-forgotten, year-round vegetable. The rise in popularity of the vegan movement has given it a much-needed rebirth and this month we are raving about them. The fact you can cook a cauliflower three ways and serve it as a full meal is just a bonus! Bring a pan of salted water to the boil. Separate the green leaves and set them aside, and pick off

a few nice-looking florets. Boil the rest of the cauliflower for about 10 minutes, until it is soft enough to mash. Pan-fry the seasoned florets in a jug of olive oil over a medium heat until golden brown. Remove from the pan, set to one side, then pan-fry the leaves with some paprika for a few minutes until the thick ribs have softened. Mash, florets and greens, all on one plate. #clevercooking



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120
HOURS
PER PACK

NEW



WAX MELTS **MELTS FRAGRANCED WAX**

Community

News, activities & events in your neighbourhood



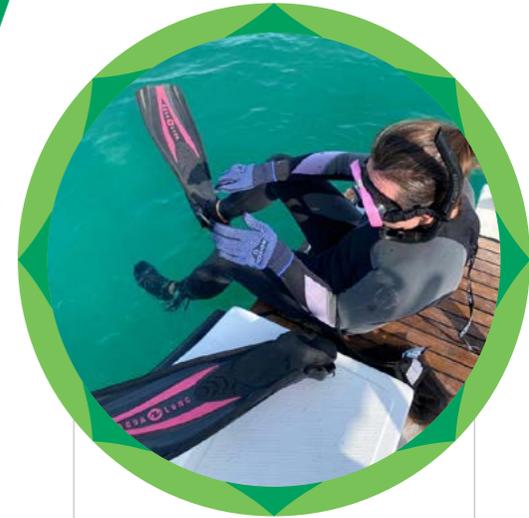
The 100% recycling goal for PepsiCo

In celebration of Global Recycling Day, PepsiCo and its local bottling partner Dubai Refreshment Company, have committed to collect and recycle the equivalent of 100% of Aquafina plastic packaging produced in the UAE in 2021, supporting the country's goal to divert 75% of total waste from the landfill. Through a mass collection project in collaboration with UAE-based waste management specialist Dulsco, PepsiCo is committing to increasing local recycling rates, with the aim to double plastic collections by the end of 2022. The pledge is part of PepsiCo's ongoing commitment to reduce, recycle and reinvent towards a more sustainable food system. Earlier this year,

His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, approved the UAE's Circular Economy Policy to minimise natural resources consumption, reduce waste, and ensure the quality of life for current and future generations. PepsiCo's vision is to recycle and reuse packaging material rather than treating it as waste. Improving regional collection rates helps to increase the supply of recycled plastic and will further drive the demand for recycling facilities which are still limited. As part of the partnership, Dulsco's recycling trucks will collect waste from schools, residential communities, and commercial entities

and transport them to a Materials Recovery Facility for waste segregation and recovery. Plastic will be upcycled into yarn to be reused as fabric or plastic strapping bands, commonly used as packing material.

The collection project will be complemented by targeted pilot projects to install Reverse Vending Machines and recycling bins in strategic locations. To ensure traceability, Dulsco will use digital data capturing, weighing systems and GPS monitoring to track the recyclables. This will be coupled with a complete report of waste diversion from landfill backed up by green certificates from recyclers to ensure material is kept in the supply chain and out of the environment.



Volunteers remove debris from Lulu Island

Four members of Azraq, a volunteer-run, not-for-profit entity in the UAE, have cleared almost 138kg of waste from the seabed around Lulu Island. Much of the debris was plastic water bottles and fishing materials.

A long history of beach clean-ups, Azraq relies on partners and this time had the support of The Captain's Club, which provided a boat and captain for the day. As well as the ocean clean-ups, Azraq now plans to expand on its coral reef survey program in Abu Dhabi, with an eye on Dubai next.

Founder of Azraq, Natalie Banks, said: "There is a great deal of debris on the sea floor which I see regularly as a scuba diving instructor, and in order to conserve and protect our local waterways, we need to not only look at stopping the debris from entering the waterways, but assist to remove what is already there." Organising the removal of debris from the seabed requires a great deal of organisation and logistics.

Natalie explained the clean-ups are being carried out by approved members of the trained organisation and anyone interested in joining Azraq can send an email to admin@azraqme.org

fruit



joyful



taste



Now Deliciously
Lactose Free!

Out&About

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

Let the good times roll at Wavehouse

Dubai's home of fun, food and family entertainment just got even better! Where else can you strike it lucky on the bowling alley, hit a high score in the games arcade, and test your skills on the Surf's Up wave rider all in one day? Wavehouse of course and now, it just got better value with the launch of Strike It Lucky, the half-price bowling deal, on weekdays from 12pm-5pm every Monday, Tuesday and Thursday. There's also great drinks deals to snap up as you take to the alley. Those free on Monday can also take part in the Wavehouse Carnival, a day where you can buy five tickets for Dhs99, each of which can be redeemed for either a drink, food item or arcade game credit. The choice is yours with epic burgers, rainbow sliders, freak shakes, as well as a dedicated kids' menu. Catch a wave, sip a drink, grab a gourmet bite and perfect your arm swing in a high energy, upscale bowling experience at Wavehouse. With four state-of-the-art lanes, the entertainment hub is the ultimate Dubai bowling destination for friends and family to come together and get the bowling party started.

04 426 2626



Spring has sprung at Dubai eatery Tania's Teahouse



Easter celebrations are well under way so get ready to treat yourself and your family to some of Tania's "egg-cellen" creations, crafted especially with the spring season in mind. Pastel shades rule the teahouse, with chocolate and cookies arriving in a variety of delicious shapes and sizes. Top of our wish list? The Easter dishes are not only tasty but

are like miniture works of art. Drop in and enjoy a slice of the famous Tania's Pastel no-bake Cheesecake and for those lacking a sweet tooth, the kitchen's Spring Chicken Stuffed Eggs will certainly have you chirping for joy this month. The no-bake spring-style cheesecake is available until the end of April and is well worth the visit. www.taniasteahouse.com

Choithrams.com



Yellow

Worth their weight in goodness gold, stock up on some sunshine fruits and vegetables at **Choithrams.com**

AED **52.95**
per kg
Mango, Thailand

AED **7.50**
Per Pack
Banana, Philippines

AED **9.25**
per kg
Goodness Foods
Washed Moong Dal

AED **25.50**
per kg
Yellow Capsicum,
Holland

AED **8.50**
per kg
Local Sweet Corn

AED **8.95**
per kg
Golden Apples

AED **24.10**
per kg
Honey Melon

AED **7.75**
per kg
Fresh Pineapple



3

Ways with... Lemon

Bright, tart, acidic, sweet, sour and abundantly fragrant — these properties combined is what makes the lemon one of the most versatile fruits in the world. Try these easy, citrus-inspired dishes to see just how far a lemon can go!



1 Zesty chicken

This easy lemon chicken recipe is perfect for a weeknight dinner and shines with a sunny, lemony zing. Garlic and herbs—plus a big glug of zest—can make juicy, tender chicken breasts as delicious as they are healthy. Lemon is acidic and helps balance the stronger flavour of the dark meat and the fat from the chicken skin. Cook with the skin on as this not only stops the meat drying out, the chicken also gets bathed with the flavour. For a basic chicken marinade combine lemon juice and zest, garlic, thyme, rosemary, salt and pepper. With a sharp knife, cut into the underside of each chicken piece and coat with the marinade. Place in the refrigerator and marinate for 90 minutes before cooking.

Rangitikei Free Range New Zealand Chicken Breast



AED **46.75**
380g



2 Lemon water zing

Lemons have been used for centuries to ward off all manner of problems, mostly thanks to particularly high levels of vitamin C (ascorbic acid). Vitamin C is often claimed to support the immune system, as well as shorten the duration of symptoms for a number of basic conditions. They are also low in calories but high in flavour. It's actually the zest and pith which contain significant levels of valuable antioxidants. Headlines have linked lemon water to aiding weight loss, improved digestion and detoxification. Squeeze a lemon in luke warm water and add some freshly-chopped ginger for a boost.

Lemon, South Africa



AED **7.95**
per kg



3 Lemon drizzle cake

Lemon cheesecake, syllabub, sorbet, pudding, tart and lemon meringue pie — if you're a lemon dessert lover the options are endless. The crowning glory has to be the lemon drizzle cake, a popular choice because it can be whipped up with a list of very basic ingredients including a base of butter and sugar, eggs, lemon, buttermilk, and flour. We love the additional tang buttermilk gives the cake, but you can also use whole milk or a milk alternative instead. Try making a mix between cream cheese frosting and lemon buttercream. Simply combine the two by adding 225g of cream cheese and a little extra icing sugar to your lemon buttercream recipe.

Kiri Al Jarra Spreadable Cream Cheese



AED **18.75**
440g

NEW



**POWERFULLY
SMART CLEANING**

**أفضل
وأقوى نظافة**



Garlic and herbs

An ideal blend of spice and green, this great combination of flavour is available in many forms at Choithrams.com

Athenos Roasted Garlic Hummus



AED **19.50** each

John West Tomato & Herb Tuna Pieces



AED **9.50** 85g

Fresh Sage



AED **6.95** each

Garlic, Loose



AED **9.95** per kg

McCain Chilli Garlic Potato Bites



AED **11.00** 420g

Garlic & Butter Chicken



AED **34.75** per kg

Tesco Dried Oregano



AED **6.95** 14g



What's in my basket?

Contractor Paul Kinter, 25, has followed a vegetarian diet since the beginning of 2021 and claims it has been far easier than he first thought

Paul Kinter...



“When I first decided to give up meat in January I knew I loved ratatouille, which I was sure I would eat at least once a week,” says Kinter. “But I’ll be honest, I didn’t expect to be eating it on sandwiches.” A lack of options in the fridge one Monday morning, meant Kinter toasted some bread and piled some ratatouille on top. It tasted so good it became a staple lunchtime go-to meal. Try this quick and easy recipe to save time this month.

Tesco Sourdough Rye Bloomer



AED
14.00
200g

President Shredded Mozzarella



AED
11.75
200g



Sandwich with quick ratatouille

Ingredients

For the sauce:

- 1 red bell pepper, sliced
- 1 tomato, chopped
- 1 clove garlic, minced
- 1 tsp dried oregano
- Pinch of salt and black pepper to taste

For the sandwich:

- 1 eggplant, sliced
- 1 zucchini, sliced
- 1 tomato, sliced
- 1 red onion, sliced
- 4 teaspoons olive oil
- 4 slices sourdough bread
- 4 slices mozzarella cheese

Method

- 1 Preheat a panini grill according to manufacturer's instructions.
- 2 Grill peppers on high heat until soft and transfer to a blender.
- 3 Place tomatoes and garlic in the blender. Blend with pepper until a smooth sauce forms. Season with oregano, salt, and pepper.
- 4 Grill eggplant, zucchini, tomato, and onion slices in the grill.
- 5 Drizzle olive oil over bread; spread with the sauce. Place 2 slices bread, oil-side down; add a slice of mozzarella. Top with eggplant mixture and second slice of mozzarella cheese. Place second slice of bread, oil-side up, on top and enjoy!

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with
Cerami Tech™
Non-Stick Coating

Goodness Foods
Nutmeg Powder



AED
7.50
100g

Puck Thick Cream



AED
5.25
250ml

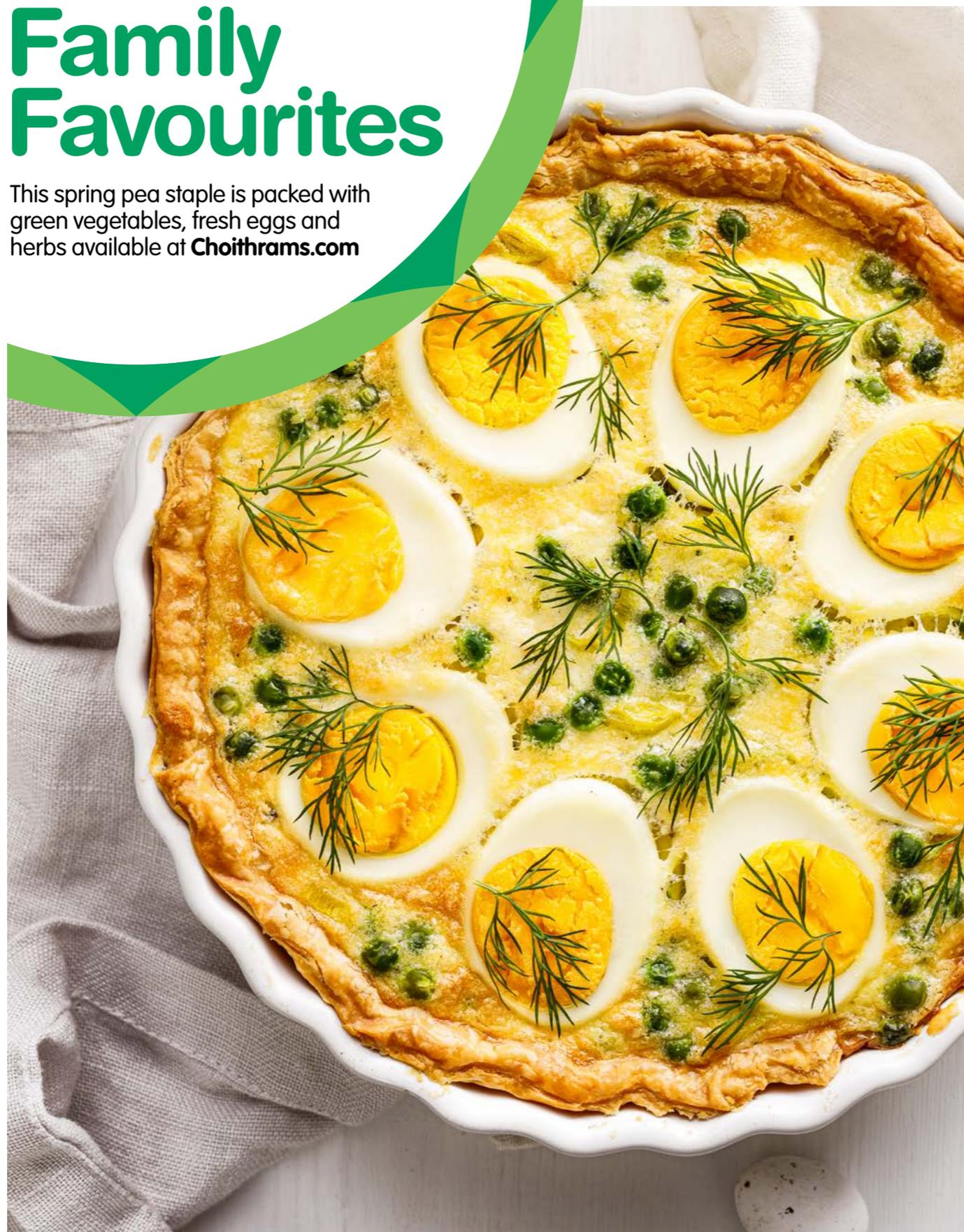
Goodness Foods
Whole Black Pepper



AED
13.50
250g

Family Favourites

This spring pea staple is packed with green vegetables, fresh eggs and herbs available at **Choithrams.com**



Spring pea quiche

Ingredients

- 1 pack of readymade dough
- 6 slices turkey bacon, diced
- 2 large leeks (white and light green parts), sliced
- Kosher salt
- Ground black pepper
- 2 tsp fresh thyme leaves
- 10 large eggs
- 460ml heavy cream
- 230ml whole milk
- 1 tbsp Dijon mustard
- 1/4 tsp freshly grated nutmeg
- 150g Gruyère cheese, grated
- 30g chopped fresh flat-leaf parsley

Method

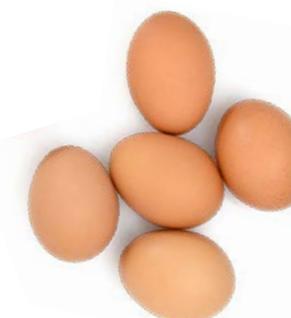
- 1 Roll the dough into a 16-inch circle. Transfer to a 9-inch springform pan, lifting and pressing it into the bottom and up the sides of the pan and chill for 60 minutes. Poke a few fork holes in the bottom and sides of dough with a fork. Line with nonstick foil and fill with baking beans or pie weights before chilling for 20 minutes.
- 2 Heat the oven to 220°C and bake the crust 15 minutes. Remove foil and pie weights. Cover edges with foil, and continue baking at 175°C until completely dry, around 8-12 minutes.
- 3 Meanwhile, cook the turkey bacon in a large pan over a medium heat until crisp, then transfer to a paper towel-lined plate. Add the leeks and season with salt and pepper. Cook, stirring occasionally, until soft. Add thyme and cook for one minute.
- 4 Whisk together six of the eggs, cream, milk, mustard, nutmeg, and a pinch of salt and pepper in a bowl. Fold in the Gruyère, parsley, and cooked leeks. Meanwhile hard boil the remaining eggs, cool and slice in halves. Set aside.
- 5 Scatter turkey on the crust, then top with egg mixture. Wrap pan with foil and place on a large rimmed baking sheet. Bake for around an hour, just until set around the edge but still wobbly in the center. Gently push the four sliced eggs into the quiche and continue baking for a further 10-15 minutes. Cool in the pan for at least 30 minutes before unmolding. Serve with salad leaves.

Fresh Thyme



AED
6.95
each

Al Jazira Lutien Eggs



AED
17.50
x 20

Maille Original Dijon Mustard



AED
9.50
200ml

A greener Ramadan

Meat dishes may grab the spotlight at iftar, but don't let meat-heavy buffets turn you away. Add some veggie and vegan goodness this Ramadan with (most of) these inspirational dishes and provide a welcome change for all.

Tomato and eggplant curry with buttered millet

Ingredients

- 1 large eggplant (aubergine)
- 1 tsp fine sea salt
- 2 tbsp olive oil
- 3 cloves garlic, finely chopped
- 1 tbsp finely grated ginger
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp turmeric powder
- Pinch of ground cinnamon
- 3 large tomatoes, cores removed and finely diced
- 2-4 tbsp water
- Juice of half a lemon
- 210g hulled millet (or bulgur wheat)
- 2 tbsp extra virgin olive oil
- Coriander leaves, to serve

Method

1 Chop the top off the eggplant, then dice into small pieces. Place in a large bowl, sprinkle over the salt and then mix well to evenly distribute. Set aside for 20-30 minutes.

2 Place a saucepan over medium-high heat. Add a splash of olive oil then add the millet. Cook, stirring often for a minute or two. Remove from the

heat and carefully add 400ml of cold water. Return to the heat, add a good pinch of sea salt and bring to the boil. Reduce heat to the lowest setting, cover with a lid and cook for 20 minutes. Remove from the heat and wait for five minutes before fluffing it up with a fork. Add the splash of extra virgin olive oil and set aside until later.

3 Squeeze as much liquid from the eggplant as you can. Heat a large frying pan over medium heat and cook the eggplant for 4-5 minutes, stirring often until golden and tender.

4 Add the garlic and ginger and cook whilst stirring for 30 seconds, add the spices and cook 20 seconds or so until fragrant. Add chopped tomatoes and a touch of water and reduce the heat and partially cover the pan with a lid and cook for 10-12 minutes until the tomatoes have formed a thick sauce.

5 Taste and adjust seasoning and add lemon juice. Serve curry with buttered millet and scatter with coriander leaves.

Local Tomatoes





Grilled meat skewers with onions, whole garlic and red chili peppers

Ingredients

- 8 long rosemary sticks or 12-16 short ones
- 3 garlic cloves, chopped
- 3 tbsp extra-virgin olive oil
- 20 turkey bacon rashers, halved
- 40 fresh sage leaves
- 2 full garlic bulbs, halved
- 1 large leg of lamb (about 2.25kg), boned, trimmed of fat and cut into cubes

To serve:

- A few thick slices of bread
- 1 garlic clove, peeled
- 4 lemon wedges

Method

- Strip the rosemary leaves from the sticks, leaving a few on each tip. Smash the leaves, using a mortar and pestle, with the garlic, some sea salt and the olive oil to make a paste.
- Thread one piece of folded turkey bacon onto each stick, then one sage leaf and one piece of lamb. Repeat so there are four pieces of lamb on each skewer and end with sage.
- Spread the rosemary and garlic paste (which can be made in advance)

over the lamb and leave to marinate for at least 30 minutes. Grill the garlic bulb halves on a low heat in a dash of oil.

- Grill the lamb over a medium heat on the barbecue for 10-15 minutes for medium/rare meat. Toast the slices of bread during the last few minutes and then lightly rub both sides with the whole garlic clove and drizzle with a little olive oil. Squeeze lemon juice over the lamb just before serving.

Seedless Limes



AED
11.95
per kg

Figaro Extra Virgin Olive Oil



AED
37.95
750ml

Bone-in Lamb Leg, Australia



AED
49.90
per kg

Vegan baklava with agave and nuts

Ingredients

- 115g walnuts
- 230ml macadamia oil
- 100ml agave syrup
- 375g phyllo (filo) pastry
- 180g coconut sugar
- 475ml water

Method

- Preheat the oven to 180C and oil the bottom of a rectangle baking dish, around 23cm x 33cm.
- Start off with blending half the walnuts in your food processor using an S blade and blend until it almost turns into a walnut meal. Add in the other half of the walnuts and pulse until you have some smaller

chunks of walnuts left.

- Place two sheets of the phyllo on the bottom of the baking dish, leaving the sides to hang out of the dish a little. Using an oil brush, oil the phyllo pastry and sprinkle evenly with 1 1/2 tbsps of walnuts, making sure to cover the corners.
- Fold one sheet of the phyllo in half and place on top. Coat this layer with macadamia oil. Continue this process of layering until you have run out of walnuts.
- To finish it off, top with two phyllo sheets and tuck and overlap the phyllo on the sides. Coat with macadamia oil and bake for

50 minutes until the top of the phyllo pastry becomes golden brown.

- While the baklava is baking, place the coconut sugar, agave and water in a saucepan and stir over a low-medium heat until the sugar has dissolved. Bring to a gentle simmer for 7-10 minutes. You can cook it for longer if you want a thicker sauce.
- When it is cooked, cut into diamond or square shapes while it's still hot. Pour the syrup over the baklava aiming to get it in between the cut sections. Decorate with a full nut on each piece if desired.



Squeezable Agave Syrup



AED
24.00
250g

Goodness Foods Peeled Walnut Halves



AED
16.95
250g

We love

KLF Natural Coconut Sugar



AED
17.75
300g



Parsley and pomegranate tabbouleh salad

Ingredients

- 50g bulgur wheat
- 200ml hot vegetable stock
- 75g flat-leaf parsley, chopped
- 75g coriander, chopped
- 30g chives, chopped
- 2 tbsp chopped mint
- 3 spring onions, chopped
- 1 beef tomato, seeded and chopped
- 3/4 cucumber, chopped
- 150g pomegranate kernels
- 1 lemon, juiced
- 1 lime, juiced
- 3 tbsp extra virgin olive oil
- 2 tsp sumac (optional)
- 120g feta cheese (to serve)

Method

- 1 Put the bulgur wheat and stock in a pan and bring to the boil. Reduce the heat and simmer for 10 minutes. Take the pan off the heat and leave to stand, covered, for 15 minutes.
- 2 Mix the bulgur wheat with all the remaining ingredients (except the feta cheese) and season to taste.

Tesco Bulgur Wheat



AED **16.25**
500g

Pomegranate, Egypt



We love

AED **12.50**
per kg

Vegetarian falafel wraps with avocado and cheese

Ingredients

- 4 flatbread or Arabic bread
- 10 readymade falafels
- 1 large avocado, sliced
- Handful of parsley, coriander and mint leaves
- 1 lime, juiced
- 100g grated cheese

For the tahini sauce

- 75ml natural yoghurt
- ½ tsp tahini

- ½ lemon, juiced
- 1 small garlic clove, crushed
- pinch of ground cumin

Method

- 1 For the tahini sauce, mix together all the ingredients with some seasoning in a small bowl and set aside.
- 2 Warm the flatbread in a dry frying pan – around

30 seconds on each side. Spoon the tahini sauce onto the flatbread and top with a quarter of the chopped falafel and avocado, then scatter with the herbs, squeeze over the lime juice and sprinkle on the cheese. **3** Roll up, slice and enjoy. Repeat, another three times or until all the ingredients have been used up. Simple!



Al Arz Arabic Brown Medium Bread



AED **1.50**
each

Al Ain Fresh Full Cream Yoghurt



AED **3.25**
400ml

Mayver's Organic Hulled Tahini



AED **26.95**
385g

Review Enter The Copper Chef

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

One of the world's leading cookware brands 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 any recipe. Some also function as a steamer, stockpot, wok, baking dish, roasting pan, and rice cooker. This month we are raving about the tasty dishes made with the The Copper Chef Square Fry Pan. Shop the range at Choithrams.com and rustle up these Copper Chef-inspired dishes in no time.



S'mores Popcorn

Ingredients

- 65g popcorn kernels
- 1 tsp vegetable oil
- 200g popcorn (already popped)
- 400g milk chocolate
- 60ml caramel sauce
- 75g mini marshmallows

Method

1 Heat the oil in The Copper Chef frying pan over a medium high heat. Put just three popcorn kernels into the oil and cover the pan.

2 When the kernels pop, add the rest of the of popcorn kernels in an even layer. Cover and allow to warm up. Remove from heat and shake, counting for 30 seconds.

3 Return the pan to the heat. The popcorn should begin popping all at once. Once the popping starts gently shake the pan by moving it back and forth over the burner.

4 Once the popping slows to several seconds between pops, remove the pan from the heat, remove the lid, and dump the popcorn immediately into a wide bowl.

5 Preheat oven to 200°C. Add in the 200g of already popped popcorn (shop bought packets are perfect) into the pan. Drizzle the caramel over. Space out the chocolate pieces in between spots in the popcorn and do the same with the marshmallows.

6 Place everything in the preheated oven for 5-8 minutes. Turn oven up until marshmallows begin to brown. Remove from oven and serve warm.

Copper Chef Square Deep Dish Pan with Glass lid



AED
169.00
each

Chicken Tikka Masala

Ingredients

- 650g chicken breast, diced
- 70g Greek yoghurt
- 2 tsp lemon juice
- 1 garlic clove minced
- 2 tbsp cilantro chopped
- 450g tomato puree
- 2 onions, diced
- 1 tbsp butter
- 2 tbsp ginger minced
- 1 tbsp ground coriander
- 1 1/2 tsp ground cumin

- 1/2 tsp ground cardamom
- 1/2 tsp ground nutmeg
- 1 1/2 tsp paprika
- 1/2 tsp cayenne
- Basmati rice to serve
- Naan bread

Method

1 In a bowl mix in the diced, raw chicken, yoghurt, lemon juice, garlic and cilantro. Mix well and refrigerate

for at least 60 minutes, overnight if you can.

2 Place the Copper Chef square frying pan over a medium heat and add the butter. Once melted, add the onion and ginger and sweat for a few minutes. Then add in the spices and cook for a further few minutes.

3 Next, pour in the tomato puree and simmer on

medium heat for a few minutes before adding the marinated chicken mixture. Cover and simmer on a low heat for 20-30 minutes.

4 Meanwhile cook the rice as per instructions on the packet and keep warm to one side. Serve garnished with chopped cilantro and warm garlic naan bread.

Copper Chef Square Fry Pan 24cm



AED
99.00
each



Cherry

A rich source of antioxidants, packed with potassium, vitamin C and B complex, as well as melatonin, cherries really pack a punch

The average cherry tree grows enough cherries to make 28 pies, around 800 pieces of ripe fruit.

Cherries are like bodyguards. They slow down aging and ward off chronic illnesses including heart disease, cancer, Alzheimer's, diabetes, and obesity.

The world record for spitting a cherry pit is more than 28 metres, a record set in 2003 by Rick Krause of Michigan.

If there is a lot of rain when cherries are ripe, they can get so full of water that they can burst, causing them to split. In heavy rain season, farmers will sometimes hire helicopters to dry off their fruit so it doesn't split.

AED **82.95** per kg
Cherry, Australia

Cherries blossom in April in the Northern Hemisphere and the peak season for the cherry harvest is in the summer.

The world's heaviest cherry was grown by Gerardo Maggipinto in Italy. It weighed more than 21g and it was harvested on June 21, 2003.

The health benefits of eating cherries are many, including pain relief, prevention of heart disease and cancer, as well as reducing inflammation.

Easter treats

Ferrero Rocher Gift Egg



AED **54.95**
200g

Golden eggs and cute bunnies, this season has you covered at Choithrams.com

Nestle Smarties Medium Egg



AED **24.95**
122g

Lindt Golden Bunny



AED **17.95**
100g

Kinder Surprise Bunny



AED **29.95**
75g

Cadbury Dairy Milk Mini Oreo Eggs



AED **29.95**
123g

Galaxy Indulgence Luxury Egg



AED **59.95**
308g

Milkybar Chick In Egg



AED **29.95**
100g

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 Dec'16 to Nov'17

Review We Try, We Buy

Consumer focus has shifted towards sustainability, with less emphasis on "how much" and more on "where from". Here's a few sustainable-conscious brands available at **Choithrams.com**

Ella's Kitchen Full of Beans Feast

AED
16.25
130g



Ella's Kitchen makes 100% organic food, but it also uses Forest Stewardship Council-certified cardboard and recycled paper, and writes sustainability requirements into supplier contracts. An independent audit of product "pouch" packaging found they had less environmental impact in manufacture, transportation and end-of-life than plastic, glass or Tetra Pak.

Nature's Path Organic Gluten Free Gorilla Munch Corn Puffs

AED
19.00
284g



Producing granola, cereals, breakfast bars, baking mixes and sprouted grain breads, Nature's Path has one principle - always leave the soil better than you found it. It runs a near-zero-waste HQ, rooftop garden, rainwater harvesting system and on-site composting facility. It buys non-organic land in order to convert it to organic farms.

Nature's Energy Meridian Smooth Almond Butter

AED
27.25
170g



Meridian Foods recognises the need to nab the conscious consumer on a deeper level. With the Rainforest Pledge, Meridian is investing real cash into the protection of rainforests, orangutans and other primates. The brand's support of the Borneo Orangutan Survival (BOS) Foundation has already seen the adoption and rehabilitation of around 13 orangutans.

Eco by Naty Pull On Pants Carry Packs, Size 6

AED
62.95
x18



Swedish Eco by Naty has achieved success by creating positive impact through efficient use of resources as well as developing renewable materials. It works with manufacturers who act responsibly to minimise impact on the environment. For shipping, sea freights are preferred, truck freights on land and air freights are avoided.



TRY IT AND STOP BEING A
CHICKEN
LEAVE THAT TO US



Chef Chat
Bon Cheang

Malaysian-born Bon Cheang is the head chef at Dubai's Thai Kitchen and believes there is nothing more satisfying than making people happy through food and flavour



Where did you grow up?
In a town called Alor Star in Kedah, Malaysia.

Did you eat your veggies?
I did, I had to! And now I enjoy a wide range of veggies – including lots of vegetarian dishes.

When did you know you wanted to be a chef?
When I was a child I always helped my mum in the kitchen as she was preparing meals. I always enjoyed cooking at home and presenting my dishes to the family. I knew I had a talent and I suppose I just followed what I thought I was good at.

What is your favourite food memory?
It happens every time I see my guests enjoy a meal I have made. Obviously a compliment always helps but it isn't necessary.

How difficult was your training?
Training is always hard but if you have a passion it doesn't feel like work. I think I learned most of what I know as a kitchen helper because you learn everything from the ground up.

How do you get your inspiration?
The process of being mentally stimulated by food is something that inspires me daily. The feeling of using raw ingredients to create something special is very motivating and often means I come up with things I wasn't expecting.



Favourite kitchen equipment or gadget?

The Hong Kong wok range is very good and I couldn't be without my Global Chef set of knives.

Best piece of advice you would give a home enthusiast?

Have fun and be creative with recipes you remember as a child. It's the memory of food that will allow you to cook with confidence.

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

Start with simple recipes and gradually move on to improvising the recipes or trying out more advanced recipes. It's always OK to fail.

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

The most popular dishes are

the crispy prawn with tamarind sauce, green papaya salad, steamed sea bass fillet, spicy yellow crab curry and of course, the sticky rice with mango. We use fresh ingredients throughout and make everything to order which means it is steaming hot when it's served.

Are you a fussy shopper?

Choithrams have a great range of spices and herbs and it's a place I love to browse and pick up new ingredients. I am a list man and I always tick things off as I go!

Five 'must-have' items in your basket.

Fresh herbs, prawns, tenderloin, chicken breast and green vegetables.

Who in the food world do you most admire?

I had the privilege of working

with chef Melker Andersson in Stockholm, Sweden, who is someone I very much admired. He has a passion for cuisine that is unrivalled by most. His love of flavour, creativity, and the influences of cuisine from all over the world, combined with his determination, were inspirational for me.

Favourite foods to cook with?

Fresh Thai herbs, chilli, galangal, lemon grass, lime leaves, laksa leaves, chee farang, fresh turmeric, garlic, shallots, hot basil, sweet basil. I have such a love of flavour so without these I find dishes bland.

What do you think is the most challenging ingredient to work with?

I don't find ingredients difficult. The real challenge is when a supplier runs out of something, then things can get tough. If I



don't have the correct fish sauce, tamarind, curry paste, dark soya sauce or roasted chili paste it is hard to maintain consistency of the flavours, which means the recipe has to be adjusted.

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

Croissant with a hot coffee is my guilty pleasure.

Are there any foods you just don't like?

I don't like my food when it is overcooked, salty, or too spicy.

Favourite cookbooks?

The chef's Companion; Tapas from Japan and Our Korean Kitchen.

Where do you see yourself in five years?

Hopefully retired but still cooking for family and friends!

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

People exploring different food sources like insects as an alternative for protein.

What do you do for fun?

I enjoy going for morning jogs and I love gardening.

Favourite place in the world?

Thailand, Sweden, Tokyo, Japan and Dubai. Sorry, I just couldn't choose!

If you had just one wish, what would it be?

To stay healthy and to enjoy good food and share memories with my family and friends.

What would be your 'last supper' meal?

Rice congee with clear noodle soup, served with hot chicken and vegetable soup.

The Thai Kitchen, located at the Park Hyatt in Dubai, is an award-winning restaurant featuring three live kitchens - one each for wok, grill and noodles. Recreating the excitement of the bustling streets of Bangkok, discover the true taste of Thailand in Dubai.

www.hyattrestaurants.com



Chocolate

Dark, milk, white, or packed with nutritious nuts, dates or raisins - shop a wide range of chocolate at Choithrams.com



AED **45.75**
375g
Ferrero Rocher
Chocolate Box



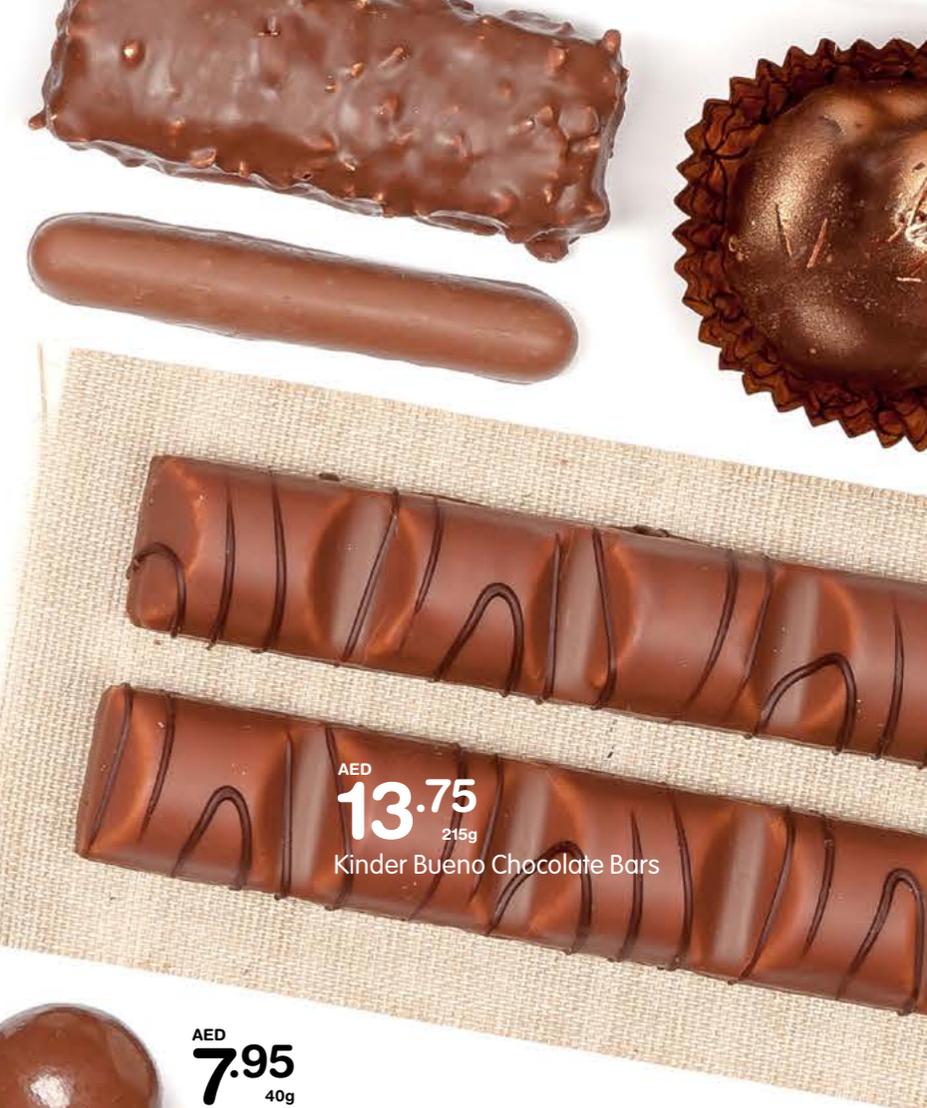
AED **21.00**
200g
Whittaker's
Hazelnut
Bar



AED **18.00**
60g
Protein Bakeshop Cashew
Caramel Truffles



AED **27.00**
143g
Galaxy Dates with
Milk Chocolate



AED **13.75**
215g
Kinder Bueno Chocolate Bars



AED **7.95**
40g
Skinny Genie Vegan Gluten Free
Chocolate Coconut Protein Ball



AED **6.50**
35g
Atkins Endulge
Chocolate
Coconut Bar



AED **20.75**
399g
Mini Bounty Bars



AED **12.50**
3x20g
Kinder Joy Girl



AED **84.95**
275g
Ferrero Rocher
Large Egg



TUESDAY'S SUPER SAVERS

Tesco sunflower oil 3 ltr

BUY 1
GET 1
FREE

WAS 67.90
33.95 AED



TESCO
SUNFLOWER OIL
PURE
Made from 100% sunflower seeds,
great for frying.

One tablespoon
of this oil provides 100% of the following:
Energy 2000kJ / 500kcal
Fat 20g

Sunflower oil.
For best results: Only use for deep frying 2-3 times then reheat. Use care not to overheat.

Suitable for vegans

STORAGE Store in a cool, dry place out of direct sunlight.

NUTRITION per 100g

Energy (kJ/kcal)	2000 / 500
Fat	20g
of which saturated	1.7g
Carbohydrate	0.0g
of which sugars	0.0g
Fibre	0.0g
Protein	0.0g
Salt	0.0g

Vitamins/Minerals

Typical values	%	DR
Vitamin E	80.0µg	16%
(2000µg)		(20% NRV)

3Le

Product of more than one country.
Noted in the U.S.A. for Spain, Mexico, U.S.A., Malaysia, Gambia, China, U.S.A., U.S.A.
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