

Healthy Holidays

Enjoying festive treats doesn't have to mean letting your regular eating regime go off the rails—we asked three of our favourite Dubai-based chefs to share their recipes for big seasonal flavour with a lighter twist...



FEATURE: YI-HWA HANNA, DIRECTION: EMMA VERLANDER

PHOTOGRAPHS BY MOSH LAFUENTE



Coconut Raspberry Smoothie

CHEF: PAUL FRANGIE

- 300ml coconut cream
- 200g frozen raspberries
- ½ teaspoon cinnamon
- Fresh basil leaves
- Honey
- Ice

1. Place the coconut cream and frozen raspberries into a blender.
2. Add the cinnamon, 3-4 basil leaves, a handful of ice cubes, and a drizzle of honey.
3. Blend on high and then taste—add extra honey for sweetness, and a little more basil for a subtle peppery anise flavour.
4. If the smoothie is too thick, add a splash of water and blend again.

To serve, pour the smoothie mixture into a glass—garnish with raspberries and a small basil leaf.

Date & Orange Chocolate Fudge

CHEF: PAUL FRANGIE

- 250g pitted dates
- 250g orange chocolate Lindt
- 100g 70% dark chocolate Lindt
- Pinch of salt

Optional decoration: 100g white chocolate Lindt

1. Place the dates in a bowl and cover with boiling water. Allow them to soak for 20-30 minutes.
2. Fill a saucepan with an inch of water and place on the stove on high heat.
3. Break the orange and dark chocolate into small pieces and place in a large bowl. Place the bowl with chocolate on top of the saucepan, reduce the heat to low, and leave the chocolate to slowly melt—do not stir.
4. Drain the dates, squeezing out any excess water. Place these into a kitchen processor, and blend the dates to a smooth paste.
5. Once the orange and dark chocolate mixture has melted, carefully remove the hot bowl from the saucepan. Next, using a spatula, pour the chocolate into the kitchen processor along with the dates.
6. Add a pinch of salt and blend again until the fudge mixture is well incorporated.
7. Line a baking tray with parchment paper. Scrape the date fudge out of the kitchen processor into the tray—using a spatula work quickly to press the fudge down into an even layer. Place the fudge in the freezer for 30-45 minutes to cool.
8. Optional: Repeat the process to melt the white chocolate, except this time, stir it slowly until it has melted. Next, either place the melted chocolate in a piping bag or use a teaspoon to drizzle the white chocolate over the fudge for decoration.
9. Once the fudge is cooled and hard to touch, remove and place on a chopping board. Use a sharp knife to slice the cooled fudge into bite-sized squares.

Serve at room temperature and/or store in an airtight container in the fridge for up to two weeks.

Winter Goodness Salad

CHEF: KATY MARTIN

- 60g pistachio nuts, toasted
- 3 fresh nectarines
- 6 fresh figs
- 100g radicchio
- 100g little gem lettuce
- 40g fresh zaatar
- 100g blue cheese

DRESSING

- 100ml olive oil
- 60ml fresh lemon juice
- 40ml runny honey
- Salt and pepper to taste

1. Toast the pistachios in oven at 170°C on a baking tray for 6-8 minutes. Leave to cool then roughly chop.
2. Halve the nectarines, removing the stones, and cut into wedges. Cut the figs into wedges.
3. Mix the salad leaves and the fresh zaatar together, and then scatter it over your serving plates.
4. Arrange the wedges of fresh fruit on top of the salad leaves.
5. Sprinkle the pistachio nuts on top, along with the blue cheese and a pinch of sumac.
6. For the dressing: In a jar, combine ingredients together and shake well.

CHEF'S TIP: Only drizzle the dressing just before serving.





Citrus Hollandaise With Grilled Greens and Eggs

CHEF: MAGNUS MUMBY

4 egg yolks

1 orange juice and zest (alternatively, use a pink grapefruit)

1 Tbsp good quality white vinegar

200ml extra virgin olive oil or other cold pressed oil (e.g. rapeseed)

Pinch salt and pepper

1 bunch asparagus, trimmed or peeled

1 bunch tender stem broccoli

1 bunch baby spinach

4 organic hens' eggs

1. Whisk the yolks, juice, zest and vinegar together in a stainless steel bowl.

2. Place over a pan of lightly simmering water and whisk vigorously for 3 or 4 minutes, or until the yolk mixture is light and fluffy and leaves ribbon trails. It should be light and airy, yet thick enough to leave a trail on the top of the sauce as it dribbles off the whisk.

3. Remove from the heat, tip the water away and place a tea towel over the now-empty pan. Sit the bowl on top. The tea towel will stop the bowl from sliding or spinning around.

4. Slowly drizzle the oil in to the mixture whilst whisking vigorously to incorporate the oil.

5. If it seems a little too thick, add a tablespoon of warm water.

6. Season to taste with a little salt and pepper.

7. Cover with cling film and keep somewhere warm—but NOT hot—until needed.

8. Blanch the greens separately in boiling salted water. They will have

separate cooking times.

9. Refresh in cold water if not eating immediately. If this is the case, you can reheat by grilling the vegetables until warm.

10. Whilst you are doing this, poach the eggs in lightly simmering water with a good dash of vinegar—this will help the eggs stay together in an attractive shape. The eggs can be prepared beforehand, too.

11. Once cooked to your liking, simply place the eggs in iced water to prevent further cooking until needed.

12. Pop the eggs back into simmering water for 60 seconds just before serving.

13. To plate the dish, place several spears of grilled asparagus and broccoli on to a plate. Wilt the spinach very quickly, to sit on top of the vegetables. This will make a cushion to sit the poached egg on. Spoon over sauce generously.



Mulled vinaigrette dressing

CHEF: KATY MARTIN

100ml grape juice

100ml cranberry juice

100ml orange juice

5 whole cloves

2 cinnamon sticks

10g white sugar

7g Dijon mustard

20g olive oil

Minced garlic

Salt

Pepper

10ml cider vinegar

1. Place the grape juice, cranberry juice, orange juice, spices, and sugar in a pot and bring to a boil. Reduce the heat to a simmer and reduce by half until thickened and syrupy. Remove spices and set aside to completely cool.

2. In a large bowl place the Dijon, cider vinegar and garlic and blend until combined. While blending, slowly add the juice reduction followed by a slow drizzle of the olive oil.

3. Check the taste for seasoning and add salt and pepper.



Gluten-Free Spiced Pumpkin Pecan Pie

CHEF: MAGNUS MUMBY

1kg diced butternut squash or pumpkin

50g caster sugar, or a good dash maple syrup

300g mascarpone or cream cheese

100g sour cream

1 scraped vanilla pod

½ tsp ground cinnamon

¼ tsp ground allspice

¼ freshly grated whole nutmeg

2 eggs

100g caster sugar

Whole pecans, for garnish

Pumpkin seed and pecan brittle (optional)

100g caster sugar

100g pecan nuts

100g pumpkin seeds

1. Toss the butternut squash with the sugar or maple syrup.

2. Place on a baking tray and cover with foil.

3. Cook at 160°C for about 30 minutes or until the butternut squash is nicely soft.

4. Place in a blender and blitz until smooth.

5. Push through a sieve to obtain very smooth purée—but this is optional, depending on what texture you prefer: if it's a little lumpy and rustic, it's fine! You will need 750g pumpkin purée.

8. Whilst the butternut squash is cooking, make the whole egg sabayon.

8. Place the eggs and sugar in a stainless steel bowl over lightly simmering water. Using an electric whisk, whisk on high

until the eggs are thick and fluffy.

9. Remove eggs and sugar mixture from the heat and allow to cool, whisking every now and then, keeping sabayon smooth.

10. Fold the cream cheese, sour cream and spices into the pumpkin purée.

11. Fold the sabayon into the pumpkin, turning over until it's smooth and cohesive.

12. Line a 22cm x 5cm pastry ring with greaseproof paper that sticks up a couple of centimetres.

13. Press the pastry ring into the gluten-free sponge base (see recipe at right) without cutting all the way through. You just want to create a seal with the ring and the sponge.

14. Pour the pumpkin mix into the ring.

15. Bake at 150°C for 45-60 minutes, until it's lightly golden and there's only a very slight wobble to the cake.

16. To make the brittle, place the sugar in a small stainless steel pan and melt over a medium heat until you have a light caramel. Add the seeds and nuts, then swirl around to coat quickly. Turn out onto an oiled tray and allow to cool.

17. Either smash the brittle up with a rolling pin, or place it into a blender and pulse it a few times until you have small chunks of brittle.

18. Scatter these over the cake when it is cooled.

19. Garnish with whipped cream and more pecans if desired.

20. Serve at room temperature, with Chantilly cream or ice cream, with a drizzle of maple syrup for garnish.

Harvest Pumpkin and Brown Rice Salad

CHEF: KATY MARTIN

100g cooked brown basmati rice

200g peeled and diced carrots

100g peeled sweet potato

200g butternut squash

50g medium diced red onion

50g oranges, juice and zest

16 clementine segments

1 tbsp fennel seeds

3g brown sugar

3ml olive oil

Salt and pepper

50g feta cheese

10g chopped parsley

20g baby spinach

10g pomegranate seeds

1. Preheat oven to 180°C. Cook the brown basmati rice as per the package directions. Set aside to cool.

2. Line a large tray with baking paper. In the tray, place the carrots, sweet potato, squash and onions.

3. In a medium bowl, place the

orange juice, zest and fennel seeds, brown sugar, olive oil, and half the salt. Mix well and pour over the tray of vegetables and mix to coat.

4. Roast for 30 minutes until cooked through. Remove from the oven and cool. Set aside.

5. In a large container, mix together the vegetables, rice, orange segments, parsley and spinach. Drizzle the dressing over the salad and gently toss to mix.

6. Garnish with crumbled feta and pomegranate seeds.



Gluten-Free Jaconde Sponge

**CHEF: MAGNUS
MUMBY**

3 whole eggs

65g caster sugar

50g gram flour (chickpea flour)

1. With an electric whisk, whisk the eggs until light, adding sugar a little at a time until all has been incorporated.
2. Whisk until stiff and as thick as possible.
3. Fold in the flour gently and smoothly.
4. Spread onto a greaseproof paper-lined tray in a circle bigger than your pastry ring.
5. Bake at 180°C for 10-12 minutes, until lightly golden and risen.



Roasted Pear and Almonds with Dried Cranberry and Radicchio Salad

CHEF: KATY MARTIN
300g pears, peeled then
cored and cut lengthwise

25g white sugar

15g melted butter

15ml balsamic reduction,
store-bought

50g toasted almonds

100g rocket

50g roughly chopped
radicchio

40g dried cranberries

1. Preheat the oven to 170°C.
2. In a medium bowl, toss the pears, sugar, and butter. Arrange the pears in a single layer in a baking sheet.
3. Bake, turning once,

until the pears are barely tender, for 10-15 minutes. Drizzle with the store-bought balsamic vinegar reduction. Set aside.

4. Dry roast and salt the almonds in a skillet or baking tray for 5 minutes, until toasty brown. Remove from the heat and set aside.

To serve, scatter the leaves in your salad serving dish.

Beetroot Hummus With Sweet Potato Crisps

**CHEF: MAGNUS
MUMBY**

300g cooked chickpeas

2 cloves garlic

3 ice cubes

2 lemon zest and juice

100ml pomace olive oil

100g tahini

1 whole beetroot, cooked
and peeled

150ml beetroot juice

1tsp salt

1 each purple and orange
sweet potato

Good quality oil

1. Place chickpeas, garlic, ice and lemon juice and zest in a blender and blitz for 3 or 4 minutes until smooth.
2. With the motor running, add the oil until you have a nice smooth consistency.
3. Add the tahini and combine until smooth.
4. Add more oil or a little water to correct consistency if needed.
5. Blitz the beetroot,

then add the beetroot juice and whiz together until you have a very smooth purée.

6. Fold in to the hummus.
 7. Add the salt to correct the balance of seasoning.
 8. Store mixture in the fridge until needed.
 9. For the sweet potato crisps, slice into 1mm thick slices on a mandoline.
 10. Either fry in hot oil until lightly golden, or toss in oil and lay out on a baking sheet in the oven and dry them out at 150°C for around an hour.
 11. Scatter with sea salt and eat on the day of making. They will become soft and soggy if left overnight!
 12. Use the crisps to scoop up big dollops of the hummus.
- CHEF'S TIP: You can also use vegetable sticks with this for a healthier snack, or use the hummus to make sandwiches or serve with roast vegetables as a meal. There is, of course, the cheat's option of buying a ready-made hummus and "doctoring" it with the addition of beetroot purée, and a little extra salt and lemon, as well.*



MEET THE CHEFS

KATY MARTIN

*Catering and Retail Support
Manager for 1762 Deli.*

Hailing from the land down under, Katie gained her foodie skills working in many hip cafés in the cultural hub of Wellington, New Zealand. Appreciating a good cup of coffee and fresh, tasty food, she now develops and trains the team on the many delectable food items for 1762—she's also the person responsible for putting the recipes and concepts together! A budding food photographer, you can find Katy's creations on Instagram and Facebook at @1762deli.

PAUL FRANGIE

Chef and TV Personality.

Paul grew up in Dubai, with a Lebanese father and Dutch mother. A chef, model and presenter, Paul has travelled the world as a guest chef for large events and appeared on international TV shows—not to mention various magazine covers. Paul honed his culinary skills at Tante Marie Culinary Academy and trained at some of London's best kitchens—including the 3 Michelin star "Restaurant Gordon Ramsay"—and is the creator and presenter of the successful online lifestyle TV show, "This Dude Knows Food." He is also the founder of hapi—a lifestyle consultancy specialising in health and wellbeing—and is *Women's Health Middle East's* "Guy Next Door" columnist.

MAGNUS MUMBY

Head Chef at Bystro.

Born in Manchester in the U.K., Magnus has loved quality cuisine since his youth thanks to the influence of his father, a world renowned professor in food and environmental illnesses. Named one of the Top Ten New Chefs of the Year by *Esquire* magazine at age 20, Magnus has won numerous awards, and has earned a reputation as a go-to chef overseeing the opening of restaurant launches. He's travelled and worked across the globe, contributes to various publications and is on a mission to enable people to easily and inexpensively enjoy cuisine that will help them feel healthy while indulging in exceptional dishes. In 2014, he qualified as a nutritionist, gaining a Diploma in Diet and Nutrition from Oxford College.