



THE MELTING POT
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Sugar free delicacies

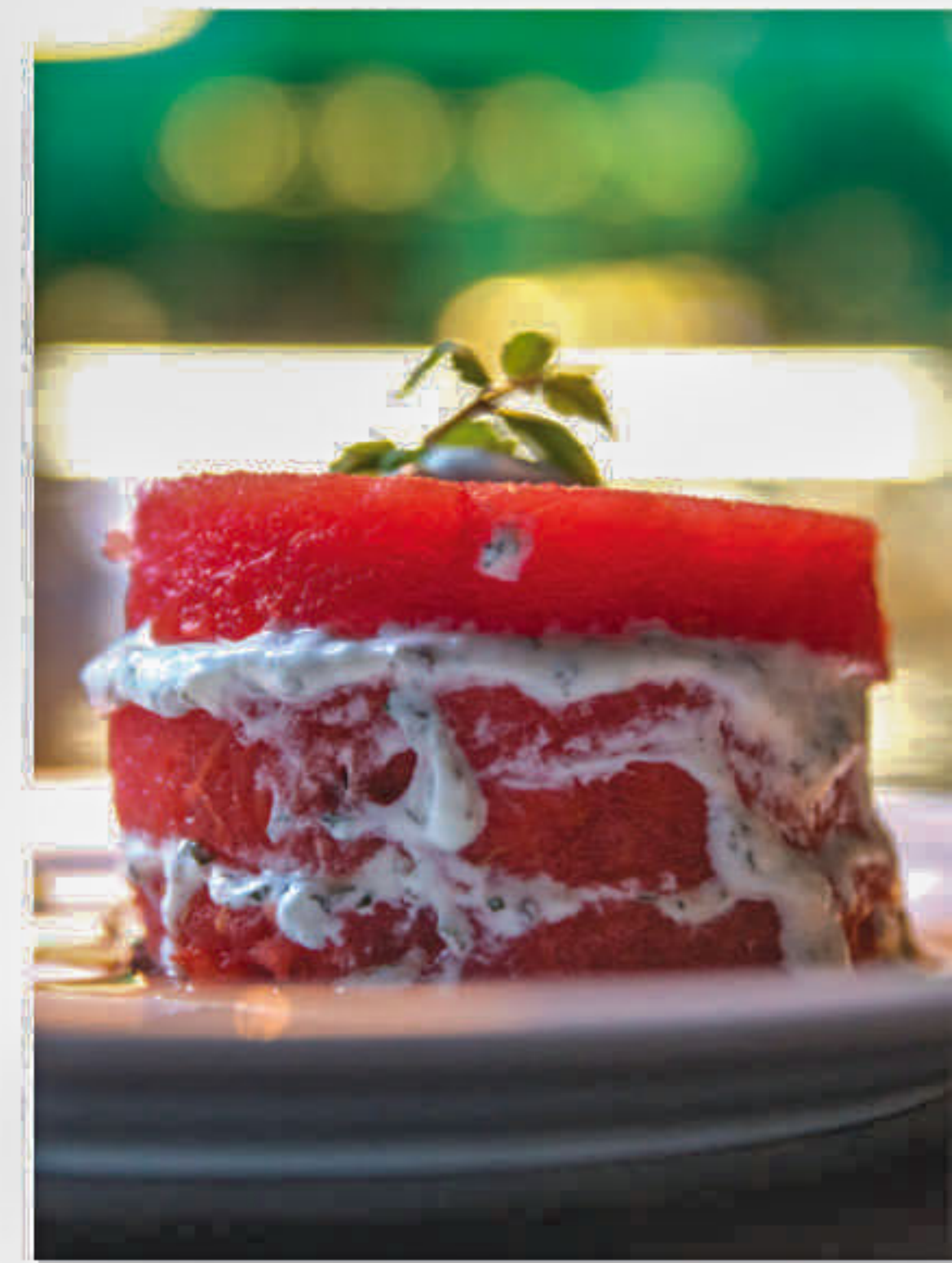
You do not always need sugar to make amazing treats. Here are a few simple recipes to help



YOGHURT WITH MANGO AND GRANOLA

Ingredients:
 250g fresh mango
 200ml freshly squeezed orange juice
 6 tsp runny honey
 150ml natural Greek yoghurt
 25g granola or shelled pistachio nuts, roughly chopped

Method:
 Place the diced mangoes in a small saucepan with the orange juice. Taste the sweetness and add the required amount of honey. Simmer for about 10 minutes or until soft and plump, then remove from the heat and allow to cool. Divide the fruit and its juices between four glasses, then add the yoghurt, spooning it over the top of the fruit before drizzling each serving with honey if needed and scattering over the granola or chopped pistachios.



WATERMELON AND FETA SALAD WITH BALSAMIC REDUCTION

On a hot summer day, there are few fruits more refreshing than a watermelon. That's one of the reasons this watermelon salad is so perfect. It's a bit of an unusual combination, but the sweetness of the watermelon mixed with the saltiness of the feta, a little bite of onion all drizzled with tangy sweet balsamic reduction works really well.

Ingredients:
 ½ a large watermelon
 ½ cup red onion, sliced
 1 tbsp basil, chopped
 1 tbsp mint, chopped
 ¾ cup feta cheese
 1-2 tbsp olive oil
 1-2 tbsp balsamic reduction

Method:
 Get out a large bowl. Cut watermelon in bite size pieces. Add it to the bowl. Add

sliced onions, basil, mint, and feta cheese to your bowl. Drizzle the olive oil to coat salad and toss. You can either drizzle the balsamic over the whole salad and toss it before you serve, or you can dish out the salad first and then drizzle the balsamic reduction over each plate.

Tips:
 Picking a good watermelon can be a bit tricky and there is nothing worse than picking a bad one. Here is what you need to know:

Pick one that looks dull, shiny means that it's not ripe yet. Watermelons develop a "field spot" where it rest on the ground in the field. This spot should be a creamy yellow color when it's ripe. A ripe watermelon is a heavy watermelon. When you tap it, it should sound hollow. This salad is can be really casual but can also be an extraordinary dish if you plate it up nicely.

Photo: Sazzad Ibne Sayed
Food prepared by: Abdullah Tareq, Head Chef, Bistro E

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