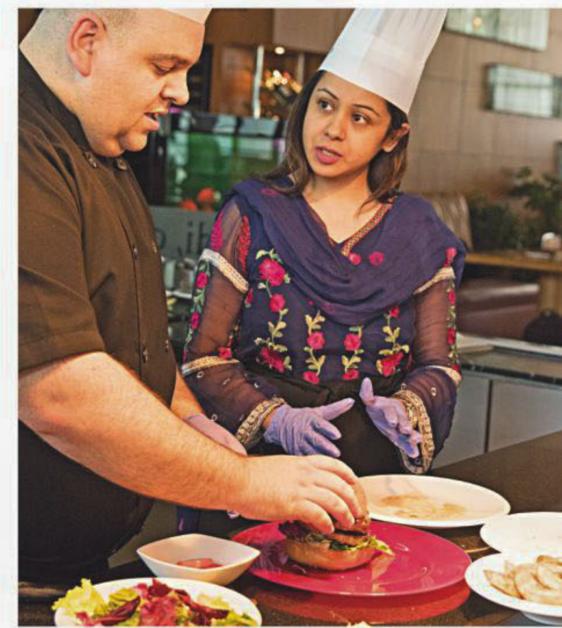


FOOD REVIEW

# Bistro menu introduced at Prego The Westin Dhaka



Looking out for a place that's cosy, elegant and serves good food, especially mouth-watering desserts? Look no further! For at the heart of the capital, there's The Westin Dhaka. The 5 star hotel embraces more than one fine-dining restaurant; 'Prego'- a signature Italian restaurant, being one of the most popular, brings the artistic flavours of Italy, directly to Dhaka. At Prego, feasting is encouraged in a contemporary urban setting that looks straight into the Dhaka skyline, crafting a perfect blend of affection, between the two nations.

The Westin Dhaka, recently introduced a



'special' bistro menu at Prego, catering to the palate of the urban working population, who are always on the lookout for healthy, comfort foods from all over the world. This special carte-du-jour will be available alongside the regular menu during both lunch and dinner. All the items are attractively priced and the bistro items start from Tk800++.

To introduce the new menu, The Westin Dhaka invited guests; dignitaries and people from the media, on the 9th of January, 2016. The guests witnessed an entertaining

'Live' cooking session with the experienced Italian chef Cristiano Marrosu, Chef De Cuisine of Prego. The entire session was interactive, where the guests were encouraged to take part in the cooking session with the expert himself.

A total of five dishes were cooked, all of which were appetising and healthy, comprising of lean meat, boiled eggs, superfluous amount of fresh fruits and vegetables, extra-virgin olive oil and much more.

The new bistro menu adds a line-up of tantalising dishes like coffee-crusting grilled lamb chops, watermelon ribs, Prego special



burgers, Barramundi Fish and Chips, Honey mustard grilled sandwich etc. If that wasn't enough to tickle the taste buds than the delectable desserts surely will grab your attention.

I don't know where you'd go for lunch this week; I am surely planning to visit Prego!

**COBB SALAD RECIPE BY CRISTIANO MARROSU, CHEF DE CUISINE, PREGO**  
**INGREDIENTS**

2 avocados – peeled, pitted and sliced in half

6 turkey bacon slices

3 medium sized boiled eggs

3 onions, chopped

2 piece grilled chicken, shredded

1 iceberg lettuce, shredded

2 tomatoes, sliced

Cheese – (optional)

#### Method

Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

Place bacon in a skillet, and cook using extra virgin olive oil, over medium high heat until evenly brown. Drain, crumble and set aside.

Place chicken breast pieces on a grill and sear them in extra virgin olive oil (2-4 minutes on each side). Drain them, shred and set aside.

Divide shredded lettuce among individual plates.

Spread salt and pepper over the tomatoes and lettuce (based on the amount preferred).

Evenly divide and arrange chicken, eggs, tomatoes, turkey bacon, avocado and green onions in a row on top of the lettuce. (Sliced cheese is optional)

**By Mehrin Mubdi Chowdhury**

**Photo: Sazzad Ibne Sayed**

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