



# Just another SUMMER

Summer dishes often remain incomplete without a subtle topper. The special dishes call for a delicate complement to the fresh produce and summery flavours of the season's most inspired dishes. And nothing could be better than a dollop of **Dabur Honey** to top them - be it sweet or savoury.

Mixing it up with **Dabur Honey** ensures elevated tastes in meals on the dinner table, lunch at office or family mealtime during the eids.

## HONEY GLAZED BEEF STRIPS

### Ingredients

½ lb flank steak  
½ red bell pepper  
½ green bell pepper  
1 cup moong bean sprouts  
1 stalk celery

### Marinade

4 tsp **Dabur Honey**  
3 tbsp soy sauce  
1 tbsp water  
1 green onion, chopped  
2 tsp cornstarch

### Sauce

1 tbsp oyster sauce  
¼ cup low-sodium chicken broth  
1 tsp granulated sugar

### Other

1 clove garlic  
2 slices ginger  
1 tsp corns starch, mixed with 4 tsp water  
3 tbsp white sesame seeds, toasted  
4 tbsp oil for stir-frying

### Method

Wash and drain the vegetables, and remove the stems and seeds from the bell peppers and cut into thin strips. Rinse and thoroughly drain the moong sprouts. String the celery and cut on the diagonal into thin strips. Cut the flank steak across the grain into thin strips. Combine with the marinade ingredients, including **Dabur Honey**, and add the cornstarch last. Marinate the steak for 15 minutes. Combine the sauce ingredients and set aside. Heat the wok over medium-high heat. Add 2 tablespoons of oil to the heated wok. When the oil is ready,

add the beef. Brown briefly, then stir-fry until nearly cooked through. Remove from the wok. Clean out the wok if necessary. Add 2 tablespoons of oil. Add the garlic and ginger and stir-fry briefly until fragrant (about 30 seconds). Add the green pepper and the celery. Stir-fry briefly, and add the red pepper.

Push the vegetables up to the sides of the wok, and add the sauce in the middle of the wok. Heat briefly, then add the cornstarch and water, stirring to thicken.

Add the steak back into the wok. Add the moong-bean sprouts. Mix everything together. Sprinkle with the sesame seeds before serving.

## GREEN APPLE CHICKEN SALAD

### Ingredients

8oz chicken breast cooked, shredded or diced  
2 celery stalks, chopped  
1 green apple, cored and chopped  
Large handful fresh parsley, finely chopped  
3 tbsp olive oil  
3 tbsp of honey vinaigrette  
1 tsp **Dabur Honey**

1 lemon juice only

Sea salt, green chilies, pink peppercorn and black pepper to taste

### Method

Apply garlic, ginger and olive oil on diced chicken pieces, and then boil it in a shallow pan. Grate the green apple finely and pour lime juice on it to prevent it from oxidation. Mix the grated green apple with the chicken breast pieces, add in parsley, celery stalks, green chilies, pink peppercorn, black pepper, salt, **Dabur Honey**, and mayo. Serve chilled.

## HONEY VINAIGRETTE

### Ingredients

½ cup canola oil  
1/3 cup white balsamic vinegar  
2 tbsp **Dabur Honey**  
1 tsp of lime juice  
1 tsp of orange juice  
¼ tsp kosher salt  
¼ tsp black pepper

### Method

Combine all ingredients in a clean jar. Cover with lid, and shake until fully blended. Use immediately, or chill until ready to use.

## BANANA SPLIT

### Ingredients

½ cup vanilla ice cream  
½ cup chocolate chip ice cream  
½ cup strawberry or blueberry ice cream  
1 large ripe banana, 2 tbsp chocolate syrup  
2 tbsp caramel sauce  
2 tbsp crushed pineapple  
2 tbsp wet walnut ice cream topping  
2 tbsp **Dabur Honey**

Whipped cream

Cherries

### Method

Line up ice cream scoops next to each other in an oval deep dish or a banana boat. Cut the ends of the banana off (about 1/4 inch) while still in the peel. Slice in half lengthwise. Pop each half of the banana out of the peel onto each side of the ice cream row, pressing down and in a little so it'll stay put. Top the vanilla ice cream with the pineapple, the chocolate chips ice cream with the chocolate syrup, **Dabur Honey** and the blueberry with caramel sauce. Spoon the wet walnuts over all three scoops of ice cream. Top each scoop with some whipped cream and a cherry for each.

By Perplexed Chowdhury

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