

BING'S PEKING DUCK

When a dish is named after the restaurant's chef, you know it's a goodie. This traditional dish gets its name from Luo Bing, once the head chef of Hutong in London who now heads up this modern Chinese restaurant at the FIVE Palm Jumeirah. Again, you can expect fresh homemade pancakes with sliced cucumber and spring onions on the side – the Peking way to play with your poultry.

Where: Maiden Shanghai, FIVE Palm Jumeirah

Contact: +9714 247 5222

ROAST DUCK

The rich, gamey meat goes well with pancakes, waffles or wraps and is a rare treat in a number of global cuisines.

You may think of duck as an exotic, slightly rarefied type of poultry. That's certainly its association, but people were roasting it regularly long before chicken. The Chinese first domesticated the aquatic bird some 4,000 years ago, the Egyptians then followed and the rest of the world eventually caught on, too. As a result, there are famous and much revered duck dishes representing cuisines from around the world. From France, we get duck confit and, most famous of all, duck à l'orange. In Britain, there's the famed duck roast. Americans stuff their turkey with duck in the festive (and very oddly named) "turducken". But many palates are more in love with the Peking duck from Beijing.

If you're a duck newbie, be aware that its meat is darker, fattier and far richer than chicken or turkey. Start small and possibly give dessert a skip. However you like your flavourful fowl – shredded, crispy, angry, done traditionally or with a fresh twist – you'll find it on local menus. Here are four to try.



WAFFLE ALL'ANATRA

Who says you can't have a duck dish for breakfast? Here, duck confit is served on a savoury waffle, with caramelised apple mostarda on the side and a fried egg on top. Rich duck meat goes really well with something fruity and sweet, so this indulgent combo from the Italian bar and kitchen in Downtown Dubai is great.

Where: Via Veneto

Contact: +9714 2427882



PEKING DUCK PANCAKES

At this swanky Cantonese place, mini square pancakes are served for you to finish with slices of decadent slow-cooked duck, vegetable garnish and a black bean or ginger and spring onion sauce. There's the whole duck option (16 pancakes), the half duck (eight pancakes), and even one topped with Beluga caviar.

Where: Hakkasan, Jumeirah Emirates Towers

Contact: +9714 384 8484



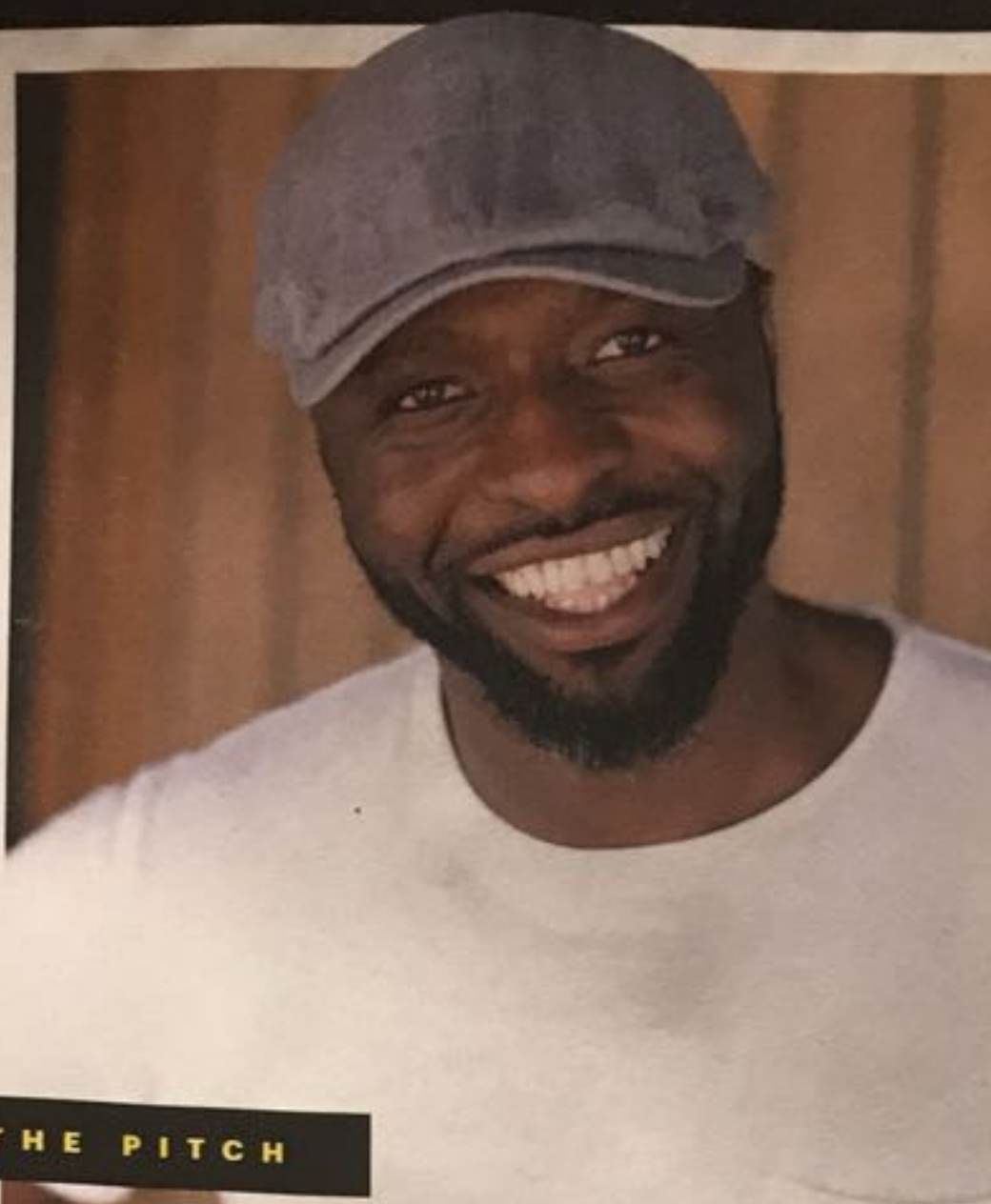
THIS WEEK'S
ESSENTIAL
DISH



FIVE-SPICE SHREDDED DUCK

This dish is one of the main draws in this Madinat Jumeirah restaurant. The duck in the "favourites" section of the menu is done crispy style after being marinated in Chinese five spice. The meat is elegantly served with scallions, cucumber, hoisin sauce and mu shu pancakes prepared the authentic way.

Where: Trader Vic's, Souk Madinat Jumeirah
Contact: +9714 368 6559



THE PITCH

Chef Izu Ani on:

IZU BRASSERIE & BAKERY

A FRIENDLY SPOT IN CITY WALK FOR RELAXED MEALS AND GREAT DESSERTS

Looking for a homely spot to catch up on reading, do some work, or hang out with friends? Head to the Izu Brasserie & Bakery in City Walk for fuss-free surrounds, personalised attention and quality food from farm to plate. The headline-grabbing chef behind this new concept is Izu Ani, the man behind La Serre, La Petite Maison and The Lighthouse – and winner of Head Chef of the Year at the 2015 Caterer Middle East Awards.

The Nigerian-born, London-raised chef believes success only comes after serving. He's also humbly said he prefers the food

to do the talking rather than himself. Well, we coaxed him to talk about his new venture, which is already looking like a success.

Step inside Izu Brasserie & Bakery, and you'll feel right at home. The space is intimate, warm and very welcoming. In fact, I was inspired by my own home when working on the interior design. The heart of the



Signature dish

SPANISH OMELETTE

Chef Izu on the dish that will have everyone talking

My personal favourite from our menu is the squid ink ravioli stuffed with prawns, seabass and butter sauce. I simply love seafood. But the Spanish omelette is without question our signature. It's made with eggs, of course, a lot of olive oil, potatoes, onions, as well as patience – and a whole lot of love.

home is the kitchen – that's where the magic happens.

Here, we see guests as friends. I carefully hand-picked the team and each member has their own quirky qualities that bring the restaurant to life. We love having our guests visit, so we like to chat with our customers.

The simple Mediterranean menu has been designed using high-quality ingredients to create consistently good food. I like to know exactly where all my ingredients are from. I actually took a trip to our meat supplier in Canada not long ago because I wanted to know the journey of the meat from farm to plate. It's tracked all the way and completely organic.

The secret to really great food is to always check where the ingredients come from and to use them as fresh as possible for the best flavours.

I think olive oil is a hero ingredient because it acts like a referee, bringing all other ingredients and flavours together. I always advise those who like to cook to use a good olive oil. Mine is flown in fresh from Greece.

For something light, try the Panzanella or beetroot salad. If you're on the hungrier side, go for the Izu burger. Everything about it, from the bun to the meat, is simple, tasty, enjoyable and filling.

The tiramisu is really popular because no one expects it to be so light. Instead of heavy ladyfingers doused in coffee, we use light and airy alternative ingredients. But you'll have to come in and try it to find out what they are...

Where: Le BHV Marais, City Walk
Contact: +9714 403 3030

