



THIS WEEK'S
ESSENTIAL
DISH

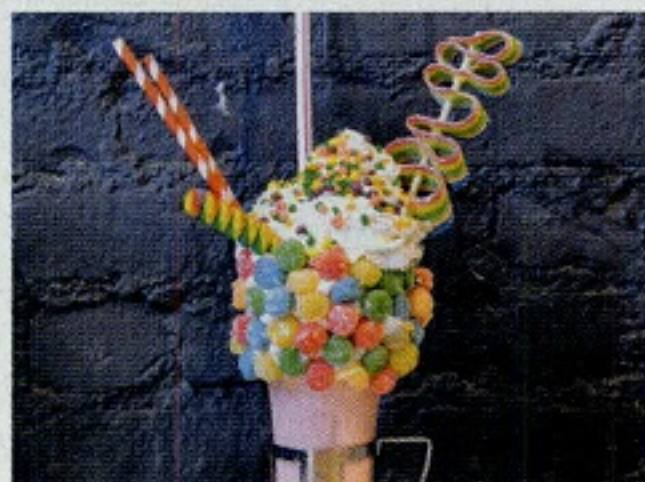
FREAKSHAKES

Calorie counters look away now. This list will hurt. But there isn't a more popular concoction on Dubai's menus right now

Everything in life has a counterpoint and food trends are no exception. Just when it felt like everyone was #EatingClean (and telling you about it three times a day on Instagram), along came the freakshake – unapologetically unhealthy, undeniably indulgent, full of sweetness, colour, joy, lactose and calories.

Many people want to know who's to blame for something so bad that it's good. Fingers point squarely at the Aussies. Specifically, a place called Pâtisseries in the capital Canberra, which first launched the drink-slash-dessert back in 2015. Social media then helped take the concept abroad – everywhere.

But we're not into pointing fingers when it comes to food. Whether you want your monster milkshake-and-dessert mash-up topped with fruit and cream, sprinkled with marshmallows, nuts, choc-chips and wafers, or piled high with cake or soft serve... So, go ahead, get your freak on. And if anyone stares disapprovingly, just stick your ice-cream-laden tongue out.



SOUR POWER

Like that face-pulling, tastebud tingle that comes from sour sweets? This is for you. The cherry-vanilla base is topped with vanilla frosting, Sour Gummi Poppers, whipped cream, Nerds sweets, a skewered sour-candy belt, with a rainbow-twist lollipop and Pixy Stix for extra fun. Black Tap also does an Eton Mess freakshake, a Pistachio Blondie and more.

Where: Black Tap Dubai

Contact: +9714 422 9904



CANDY CRUSH

If Katy Perry were reincarnated into something edible, this would be it. With its blue-and-pink candyfloss balls, accessorised with giant lollipops and loads of little sprinkles adding pops of colour, this is candyland heaven when you get a hold of this. (Be warned: devouring it gets sticky.) Others to try here are the Chocolate Cookie or yummy cheesecake ones.

Where: The Grill Shack

Contact: +9714 388 2382

3D CARAMEL POPCORN

Whoever discovered that salt and caramel work well together, or that popcorn and pretzels are heaven with chocolate, should get some kind of trophy. This milkshake base (your choice of vanilla, strawberry or chocolate) is generously topped with salted pretzel and caramel popcorn – the perfect combo of salty and sweet.

Where: The Grill Shack
Contact: +9714 388 2382

**NUTELLA FREAKSHAKE**

Who knows what the bottom of a Nutella jar looks like? Yup. We've all been there. This list wouldn't be complete without something creamy, nutty and chocolatey, and this has homemade Nutella ice cream, whipped cream, chocolate chips, Nutella, Oreo biscuits, Kit Kat bars, chocolate pearls and pretzels. Pretty perfect, right?

Where: Bazxar, DIFC
Contact: +9714 355 1111

**THE PITCH**

General manager Rebecca Warrener on:

THE BLACK LION

THE GASTROPUB IN THE H HOTEL THAT OFFERS A SLICE OF EAST LONDON

Brick Lane, the street that runs through East London, has developed a distinct personality over the last half century, helped in no small part by its Bengali community opening a plethora of fabulous curry houses. With a dash of gentrification, it's also home to street markets, art galleries and pubs, both modern and traditional.

It's the area that inspired The Black Lion on the ground floor of The H Hotel. Their street food bites, like Yardie jerk lamb samosa and satay Asian street skewers, pay homage to the cuisine of the area, as does the atmosphere. On Thursdays there's a night feast of unlimited street eats and a Friday Funk Soul

Supper brunch. Those who like unlimited pizza (and starting the party early), can take advantage of their "Why wait till the weekend?" brunch on Wednesdays. The venue's general manager Rebecca Warrener tells us more.

If you're looking for a fun, informal den for good food, good music and a laid-back atmosphere, step inside The



Black Lion and feel transported to a local in London's East End.

The interiors are dark and comfy-cool – with exposed brick, artwork and posters. There's a central island bar, dining tables and high tables around the perimeter.

The food is a medley of East London-inspired street food and British classics with a fun twist – from bunny chow and Korean buns to fish and chips with scraps and mushy peas. We recently launched our Dirty Dog Challenge, which is a metre-long hot dog that gets spicier (and "dirtier") as you go along.

The Brewdog Millionaire chicken wings are something different to try. They're coated with Madras, salt-and-pepper pretzels and 16 other secret ingredients, served with a 90s-style Cheese fondue.

A really quirky homely dish is our Braised Beef Short Rib with "trailer trash" taco mash and salted treacle smoky BBQ sauce. This is proper comfort food – I'm literally drooling just talking about it!

For veggie friends, I always recommend our gooey Crack'N' Cheese Mac Balls – macaroni, gooey Camembert and fig jam. Now they always beg me to bring them doggie bags of the moreish street snack.

Our Candyfloss Cheesecake Cup is a must. It's made with an Oreo base and has a candyfloss top. Delicious!

Our à la carte Street Staples, such as Twisted Tacos, Dirty Dogs and Filthy Kebabs, change every week. So, come often to try all the new variations.

Where: H Hotel, Sheikh Zayed Road
Contact: +9714 359 2366

Signature dish**WEEKEND ROAST BURGER**

Rebecca Warrener on the dish that will have you coming back for more

All the roast-dinner faves are reworked – from cauliflower cheese patty, roast veggies, layered helpings of roast beef with a rosemary and roast potato lid – served with a scrumptious secret gravy recipe. This roast dinner in a burger is a sight for sore eyes, so it always gets people talking.

