

THIS WEEK'S
ESSENTIAL
DISH

TIMBITS

In 2011, Canadian expats flocked to the first Dubai branch of the much-loved Canadian establishment. Originally called Tim Horton Donuts, they offer many doughnuts at their UAE branches, including doughnut holes called "timbitts", which debuted in 1976. They come in assorted flavours including Old-Fashioned Glazed, Chocolate Dip, Apple Fritter and Honey Dip in packs of 10, 20 and 40. They're a great treat to have at parties. But be warned, they're incredibly addictive.

Where: Tim Hortons, Dubai Outlet Mall
Contact: +971 552136880

DOUGHNUTS

They can be ring-shaped or spheres, glazed, sprinkled with sugar, dipped in chocolate or icing, but they're always a naughty treat

Humans struggle with separation. Fact. So when Nestlé started selling the "holes" for Polo mints, people cheered. Thankfully, doughnuts also come in small spheres, which alleviates any fears that a pile of discarded doughnut holes are going to waste somewhere.

Doughnut variations appear in many cuisines, from chickies in Armenia to zalābiya in Yemen. The Dutch brought them to US as "Olykoeks", but the genius responsible for introducing the hole in 1847 was Hanson Gregory, an American seaman. Some say he did it to avoid a soggy centre by increasing the surface area for frying. Others say he was sparing ingredients. But the best story claims he needed both hands free during a storm, so he impaled his olykoek on the ship's steering wheel.

It's America that has gone all in on doughnuts with the National Donut Day honouring "Doughnut Dollies", who served them to WW1 troops. For those who simply don't care about the history of the batter-based delicacies, should try one of these...

PERUVIAN
DONUTS

Made with Pisco (sugared lime and praline cream) you'll find these on the British gastropub's well-rounded menu. It's available on the Friday night Funk Soul Supper brunch, too. Start with as many starter bites as you like (Crack 'N Cheese Balls are great) and of the nine mains go for the Banging Burger or the Twisted Taco.

Where: The Black Lion
Contact: +9714 359 2366

HOT! DOUGHNUT
POPPERS

For the ultimate comfort food of the US's Deep South, go to P&Bs. The hearty signature main – Black Angus brisket is slow-cooked for 22 hours over oak wood – with a side of potato salad, Southern-style 'slaw, mac and cheese or braised greens is a winner. Finish with a cone of mini doughnut holes filled with gooey Nutella and rolled in cinnamon dust.

Where: Perry & Blackwelder's
Contact: +9714 366 6197



PICARONES

These are the Peruvian take on doughnuts that originated in the capital city of Lima. They're made with wheat flour, sweet potato and pumpkin purée, then served with dried figs infused with honey. Usually, Picarones are served with Anticuchos (read: skewered meat) so it's probably best to start with the lamb kebab to nail the right flavour combinations.

Where: 7 Elephants
Contact: +9714 354 4354



THE PITCH

Executive Chef Bing Luo on:

MAIDEN SHANGHAI

A STUNNING BISTRO THAT TAKES CHINESE CUISINE UP A NOTCH OR THREE

Fancy a karaoke night out with friends? Maiden Shanghai are about to unveil their soundproof karaoke room featuring a multi-language system for diverse pals to croon the night away with signature beverages and dishes made for sharing.

Prefer something more luxe and less lyrical? Book one of their three private dining rooms for something special. The one on the restaurant's second floor, for instance, can seat 15 to 20 guests and has its own private terrace with epic views.

Downstairs, in the glam main restaurant, there's art of iconic Chinese figures, like the actress Anna May Wong, and the super-contemporary design is

offset with quirky vintage touches and decadent chandeliers. You may have seen some pretty snaps of the place on Instagram.

The kitchen is led by Luo Bing, who previously headed the award-winning Hutong in London, and started out as a Sichuan chef. After cooking around the world, Dubai called, and he took up the position at Maiden Shanghai to experience the food scene here. He told us more about the menu he has created...

We offer classic Chinese dishes with a unique twist in an artsy,



Signature dish

KUNG PAO LOBSTER

Chef Bing Luo talks us through the menu's superstar

Our Kung Pao Lobster is a highlight. We prepare and clean the fresh lobster, combining two varieties of Chinese chillies with salt and pepper and homemade Kung Po sauce for a kick. We prefer to stir-fry the lobster to retain its nutrients, and enhance the smoky, spicy, sweet and sour flavours.

urban atmosphere that takes inspiration from 1920s Shanghai. Key features include industrial chrome light fixtures juxtaposed with crimson fabrics and an array of perfectly clashing patterns. The art on the walls conveys the cosmopolitan dynamism of Shanghai. For a more relaxed dining experience, I'd recommend the terrace overlooking the pool and the stunning Marina skyline. Enjoy a starter platter with some drinks, then sit back, relax and try a few of our dishes to see what you'd like for next time.

Our dishes are influenced by recipes passed down from generation to generation, from Cantonese, Sichuan, Shanghai and Beijing styles. Everything is made fresh to order, including all the traditional Chinese sauces. All our poultry is organic, and every dish on the menu is MSG-free.

Spices are a huge part of my cooking. Incorporating Chinese spices into dishes adds the perfect flavour. Our Beef Short Ribs, for instance, are flavoured with Chinese five spices and certain hops. They literally melt in your mouth.

Our house duck dish is amazing. Bing's Peking Duck, roasted the authentic way, is a great option for impressing the guests you're dining with.

If you're watching your weight, try the Chicken Soup. The health benefits are almost endless, as the soup is created from a bone broth. We also have a marinated salmon that offers light Asian flavours with a twist.

To end your meal on an oriental sweet note, the Mango Pudding is a dessert that matches well with any of the mains.

Maiden Shanghai

Where: Five Palm Jumeirah, Dubai
Contact: +9714 455 9988

