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 | **Recipes from our International Chefs****safirheliopolitan.jpg****SAFIR HELIOPOLITAN HOTEL, BEIRUT**ChefAbboud.jpg**Executive Sous Chef Abboud** **MENUS FOR MARCH & APRIL 2007****Duck Liver Escalope - Apple Compote****Duck Liver Escalope1.jpg** **INGREDIENTS:** 2 Servings* 200g Duck Liver
* 100g Raspberry
* 1 Apple
* 20g Butter
* 20ml Red Wine
* 4g Spearmint
* 10g Sugar

**Directions:**         Stir-fry the duck liver in a skillet until it gets red in color.         Place in the oven for 5 minutes at 180°C.         Chop apple to four pieces.         Fry apple with a little bit of butter, spearmint, sugar, and water till it withers. Then leave for two minutes at low temperature.         Prepare the raspberry sauce.         Combine red wine, sugar, spearmint, and water with the raspberry sauce for 3 minutes.         On a platter, place the chopped apple in the middle then the duck liver around, and pour the raspberry sauce around the platter.         Decorate with fresh green mint. **Fettuccine al Pesto con Salmone****fettucineweb.jpg****INGREDIENTS:** 2 Servings* 250g Fettuccine
* 300g Fresh Salmon
* 40g Carrot
* 40g Zucchini
* 80g Cherry Tomato
* 30ml Fresh Cream
* 40g Shredded Parmesan Cheese
* 10ml Vegetable Oil
* Salt and Pepper (as desired)

**SAUCE:**         50g Pesto Sauce         200g Fresh Basil         50g Pine         60ml Olive Oil         2 Minced Garlic         Salt and Pepper (as desired)\*Combine all sauce ingredients and blend all together to obtain the sauce.**Directions:**         Boil pasta for 8 minutes with salt.         Chop salmon to cubes then dip in flour and fry.         Chop carrot and zucchini into small, thin pieces.         Combine cherry tomato, carrot and zucchini in a skillet with vegetable oil and water. Leave mixture for 2 minutes.         Put pesto sauce with the fresh cream on top of the mixture and leave until boiling.         After cooking, place pasta on a platter and pour the sauce and vegetables on top and salmon around the pasta. **marina2_01.jpg****Daniel Rayos - Executive Chef**danielrayos.jpg**Surf & Turf**Our Surf & Turf is a classic combination of Lobster Tail and mouth-watering US Angus Filet Mignon steak. This deluxe Surf & Turf comes with all accessories needed to prepare and enjoy this Lobster & Steak Dinner. Enjoy the Surf & Turf with a friend or loved one and your are guaranteed to share a memorable dining experience in the Atlantis Restaurant at Marina Hotel. 100 grams - US Black Angus Beef Fillet : 200 grams - Lobster Tail1 tablespoon - Olive Oil : 1 tablespoon - Parsley Butter2 teaspoons - Salt & Pepper mix : Quarter teaspoon - PaprikaHalf cup - Bearnaise Sauce : 1 portion - Potato ringPlace Beef Fillet on a seasoning platter. Dust with salt and pepper, and brush with oil. Grill the steak to desired temperature of perfection.Brush Lobster Tail with parsley butter. Season with salt, pepper and paprika. Grill and bake in oven until cooked through. Brush with parsley butter.Serve Beef Fillet, Lobster Tail and Potato Ring on a warm plate with Bearnaise sauce and a lemon wedge. Garnish with fesh chives.You will need Hollandaise and Tarragon reduction prepared in order to make the Bearnaise sauce. For the Hollandaise whip egg yolks with lemon juice and water. Cook over simmering water. Stir vigorously, but do not scramble. Add butter slowly to incorporate. Season with salt and white pepper. Thin to proper consistency with lemon juice. To prepare the Tarragon reduction combine all ingredients and reduce to almost dry. Now fold Tarragon reduction and parsley into the Hollandaise mixture and reserve Bearnaise sauce for service.**Lemon Hollandaise:**Half cup egg yolks : Half tablespoon lemon juice : one a a half tablespoon water :One and a half cup butter : Salt to Taste : White pepper to taste : Lemon juice to taste :**Bearnaise:**Lemon Hollandaise : Tarragon reduction : One tablespoon minced parsley :Quarter teaspoon ground pepper : One cup Tarragon vinegar :Quarter teaspoon chopped parsley. ***I sincerely hope that you receive as much pleasure in eating this dish as I have had in preparing it for you.******Daniel Rayos, Executive Chef - Marina Hotel***safirlogoweb.jpg Safir Hotel Mazafran, Algeriachefraymond.jpg**Raymond Al Chaccour hails from Syria and is the Executive Head Chef at Safir Hotel Mazafran. Chef Raymond has been with the hotel since its opening in November 2000.**makloubit.jpg**Makloubit Betinjan ( Upside-Down Egg Plant)**Arabic cuisine makes great use of eggplant; is is pickled, sauted, stuffed, cooked in a variety of sauces and salads. Upside-down eggplant casserole makes a nice presentation and is easy to prepare. It also makes a great leftover.Any type of eggplant may be used for this recipe; and you may leave some of the skin on as it will add colour to the meal.2 large eggplants : 15ml salt : 375ml long grain riceVegetable oil for deep frying : 2 large onions, dice1kg lean ground beef or cut up into tiny pieces : 7ml salt2ml black pepper : 3ml cinnamon : 5ml allspice : 375ml boiling water50ml pine nuts fried in a bit of oil : Sprigs of parsley or cilantro for garnishPeel eggplant, cut into cubes, sprinkle with salt and set aside for at least one hour. Soak the rice in boiling water to cover for one hour or more.Squeeze eggplant to remove excess water and deep fry in oil (in batches) until well browned. Remove with a slotted spoon and transfer to a heavy casserole pot. Pour out most of the oil, leaving 5-6 tablespoons in the pot. Fry onions until golden, add meat and brown. Add to eggplant along with the spices and mix together well. Drain rice and spoon over meat mixture; spread out to cover. Pour boiling water over rice and bring to boil. Cover, lower heat to very low and cook until all water is absorbed.Remove lid, invert a large platter over the top of the pot and flip over pot and platter together so the meal settles on the platter. Serve garnished with pine nuts. Garnish platter with either parsley or cilantro (fresh coriander).Serve with a salad of your choice. It is also delightful with yoghurt on the side. Squeeze lemon juice over individual servings if required.......**makes 6 servings.**          |  |

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