

WHAT SHE WANTS THIS VALENTINE'S DAY

MIDDLE EAST

Esquire

MAN AT HIS BEST

FEBRUARY 2011

THE WISDOM OF MEN *Page* 86

A MORNING with Kelly Brook

THE TOP

WHAT I'VE LEARNED

BY Robert De Niro

- SAMUEL L. JACKSON
- GEORGE H.W. BUSH
- SETH MACFARLANE
- ROBERT DUVAL
- COLIN FIRTH

Plus THE MEN WHO ARE CHANGING THIS REGION

RESTAURANTS IN THE MIDDLE EAST

Page 76

Luxury weekend breaks guide *Page* 138

STYLE NEW SEASON SHOPPING: What to buy, where to get it



AED 15
QAR 20
BHD 2
OMR 2
KWD 1.6
LBP 10,500

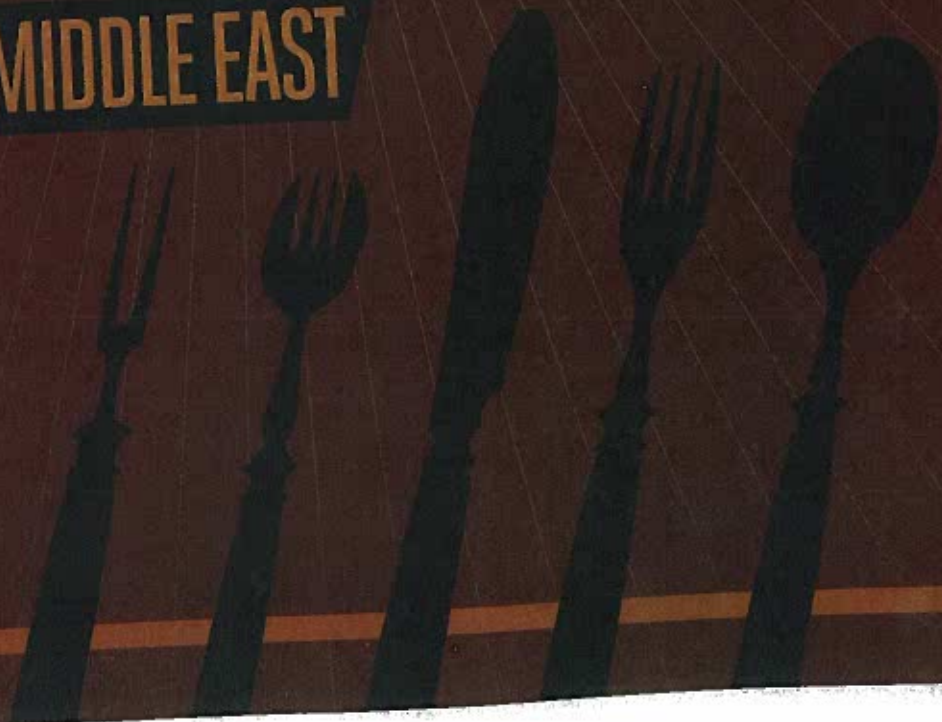
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THE Esquire
TOP 50
RESTAURANTS

IN THE MIDDLE EAST



42.

MIRAI

MANAMA, BAHRAIN

The Dubai branch may have come and (sadly) gone but the original is still serving exemplary Japanese food thanks to the former-Nobu staff.

• ADLIYA, MANAMA (+973 1771 3113)

41.

MEZZALUNA

ABU DHABI, UAE



Incredibly good ingredients and an near exemplary collection of Italian dishes make this a perpetual winner, despite the rather tacky décor.

• EMIRATES PALACE HOTEL, ABU DHABI (+971 2690 7999)

40.

BAZAR AL-CHARQ

ALEPPO, SYRIA

Bazar al-Charq's vaulted dining room is the original stone storage cellar of a 300-year old building that once belonged to an Ottoman governor. Now beautifully restored, it's an atmospheric place to enjoy fine northern Syrian cuisine.

• NEW CITY, ALEPPO (+963 9444 45559)

39.

BICE

ABU DHABI, UAE

The ingredients and the chef are imported from Italy and the classic dishes have been given just enough of a twist to elevate them above the norm. There are few better restaurants in the capital for settling in for a long evening of fine wine and finer food.

• HILTON ABU DHABI (+971 26811900)

38.

SHANGHAI CHIC

DUBAI, UAE

One of the best collections of main courses anywhere, this is exemplary Chinese food cooked and brought to your table by actual Chinese people who know what they're doing. The peppered beef is a revelation, but it's hard to go wrong with most of the menu.

• IBN BATTUTA GATE HOTEL, DUBAI (+971 4444 0000)

37.

TANNOUREEN

AMMAN, JORDAN

Serves excellent Lebanese cuisine, grills and fish in elegant but cosy surroundings. The pine-nut pie is the stuff of legend and there is also an outdoor terrace which has become popular with Amman's VIP crowd.

• UM UTHAINA MAIN ROAD, AMMAN, JORDAN (+962 6551 5987)

INTERNATIONAL GUIDE TO DINING OUT

FRENCH

When in doubt order Boeuf bourguignon

When in doubt avoid Aspic

(Beef should never be gelatinous)

You should know The salad and cheese often come

after the entrée and before the dessert

How to say "cheers"

À votre santé (ah voh-tra sahn-tay)

MEXICAN

When in doubt order: Carnitas tacos

When in doubt avoid Any dish with lengua.

(That's tongue and when it's bad it's very bad)

You should know

Good tequila should be sipped, not shot

How to say "cheers" Salud (sah-lood)

CHINESE

When in doubt order Peppered beef

When in doubt avoid Stinky tofu

(Nothing is lost in translation)

You should know Set your chopsticks parallel on

top of your plate when you're finished

How to say "cheers" Gan bei (gahn bay)

KOREAN

When in doubt order Bibimbop

(a mixed rice dish commonly topped with sautéed

vegetables and meats)

When in doubt, avoid Jeotgal

(seafood fermented in salt)

You should know Refill your dining companions'

glasses when empty, but never your own

How to say "cheers" Kumbae (kumbay)

GERMAN

When in doubt order

Spätzle

When in doubt avoid Milbenkäse

(cheese ripened by mites)

You should know Never cut boiled potatoes with a

knife; always break them with a fork

How to say "cheers"

Prost (prost)

JAPANESE

When in doubt order

The tuna roll

(or, for the fish averse, yaki udon, plump noodles with

beef and vegetables)

When in doubt avoid

Futomaki

(These supersized rolls are nearly impossible to eat

without showering yourself in fish parts)

You should know

Use the pointed ends of the chopsticks for eating

and the blunt ends for serving others

How to say "cheers" Kanpai (cahn-pie)

GREEK

When in doubt order

Moussaka. Or Greek salad

When in doubt avoid Taramosalata

(Fish roe + olive oil + citrus = not for everybody)

You should know

The coffee is never served with milk and generally

has grounds at the bottom, so skip that last sip

How to say "cheers"

Stin iyia mas (steen ee-yah mas)



36.
FINZ
ABU DHABI, UAE

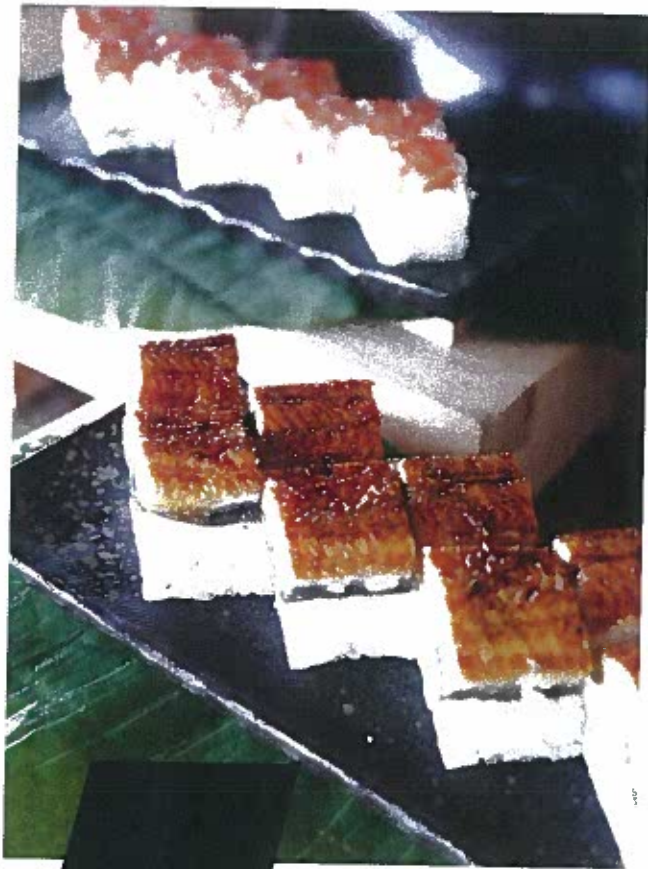
For years this was by far and away the best restaurant in the UAE capital, and although the city has woken up to other culinary delights, this fish "hut" out near the water still delivers top class meals time after time.

• BEACH ROTANA, ABU DHABI (+971 2697 9000)

SUHAIL
ABU DHABI, UAE

The menu is small but perfectly formed, while the outdoor terrace setting under the stars, way out in the desert, creates the perfect blend of high-class food and romance.

QASR AL SARAB, ABU DHABI (+971 2886 2088)



24.

ZUMA
DUBAI, UAE

You're warned that you have a strict time limit to your meal and you know you're paying over the odds, but in a city where most places are less than half full, Zuma is consistently busy with a loud atmosphere and food that's second only to Nobu itself.

• DIFC, DUBAI
(+971 425 5660)

23.

IL TEATRO
DOHA, QATAR

Milanese cuisine cooked by people from Milan and served in a great setting. Simple dishes like spaghetti with cherry tomatoes and fresh basil are elevated purely by being cooked the right way, while the more inventive ones never feel fancy just for the sake of it. Even the pumpkin ravioli with parmesan fondue and candied orange really works. There's also a nice library bar to retire to afterwards.

• FOUR SEASONS HOTEL, WEST BAY,
DOHA (+974 4494 8888)

22.

BREAD
BEIRUT,
LEBANON

A cosy restaurant that uses local Lebanese produce (which is all organic) to create some truly wonderful Mediterranean dishes in a busy setting with a great atmosphere most nights. Every neighbourhood should really have somewhere special like this.

• GEMMAYZE, BEIRUT
1135702, LEBANON
(+961 156 6506)

21.

WEST 14TH
DUBAI, UAE



Like a portal to a Manhattan steakhouse, with great cocktails, masculine setting, near-perfect chunks of meat and an outdoor bar to smoke cigars at afterwards. Crucially not suffocated inside a hotel, it's fast becoming a favourite restaurant for many we know.

• PALM JUMEIRAH, DUBAI (+971 4447 7601)

A light and airy European brasserie that takes the familiar tour though the scallops, salmon, beef and lamb territory, but the key is this: everything is done to excellence every time we've been, and simplicity-cooked-perfectly is the soul of culinary success.

• KEMPINSKI RESIDENCES & SUITES, WEST BAY, DOHA (+974 4405 3333)

AROMA
DOHA, QATAR

FAT FOOD NATION

The region is swamped with fast food outlets, with more seemingly opening every month. Sometimes they're just what you want, and if you have kids you'll definitely get badgered into going at some point. So here are the top five fat-laden, calorific and salty dishes to approach with extreme caution if you're watching your weight:

On the Border: Stacked Border Nachos

With a shocking 2,740 calories, 166g fat and 5,280mg sodium – all significantly more than your daily limit – this is perhaps the least healthy thing you could order. This one dish has more calories than 12 original glazed Krispy Kreme doughnuts.

Romano's Macaroni Grill: Spaghetti and Meatballs with Meat Sauce

A total of 2,430 calories, 128g fat and 5,290mg of sodium mean this Italian classic has been turned into the culinary equivalent of the Mo Green special.

Chili's: Chocolate Chip Paradise Pie with Vanilla Ice Cream

For a dessert to contain 1,600 calories and 78g fat it means this dish (that you have after a main and starter) has three Big Mac's worth of calories in it alone. And it's well worth remembering that Chili's starters and mains are substantial at the best of times.

Applebee's: Appetiser Sampler

With 2,510 calories, 168g fat (of which 49g is the dreaded saturated fat) and 6,660mg of sodium, this one dish alone has well over two day's worth of your maximum salt intake.

Romano's Macaroni Grill: Chicken Portobello

Grilled chicken – sounds healthy right? But along with the 1,020 calories and 66g of fat there is a staggering 7,300mg of sodium. That's the salt equivalent of 48 strips of bacon in one dish.

THE AVERAGE 80KG MALE SHOULD CONSUME NO MORE THAN THE FOLLOWING DAILY AMOUNTS:

Approximately 2,160 calories.

60g or less of fat.

An absolute maximum of 2,400mg of sodium

To find out more about what you eat at fast food places, supermarkets and restaurants we recommend buying the book *Don't Eat That, Eat This*.