

Men in APRONS



A NEW TAKE ON HEALTHY COOKING

It's not the person but the passion that can bring out a good dish on the table. Cooking and getting the taste buds tickled with new and exciting recipes is a challenge, one which can be mastered by a person of any gender, as long as they know the difference between delectable food and just food.

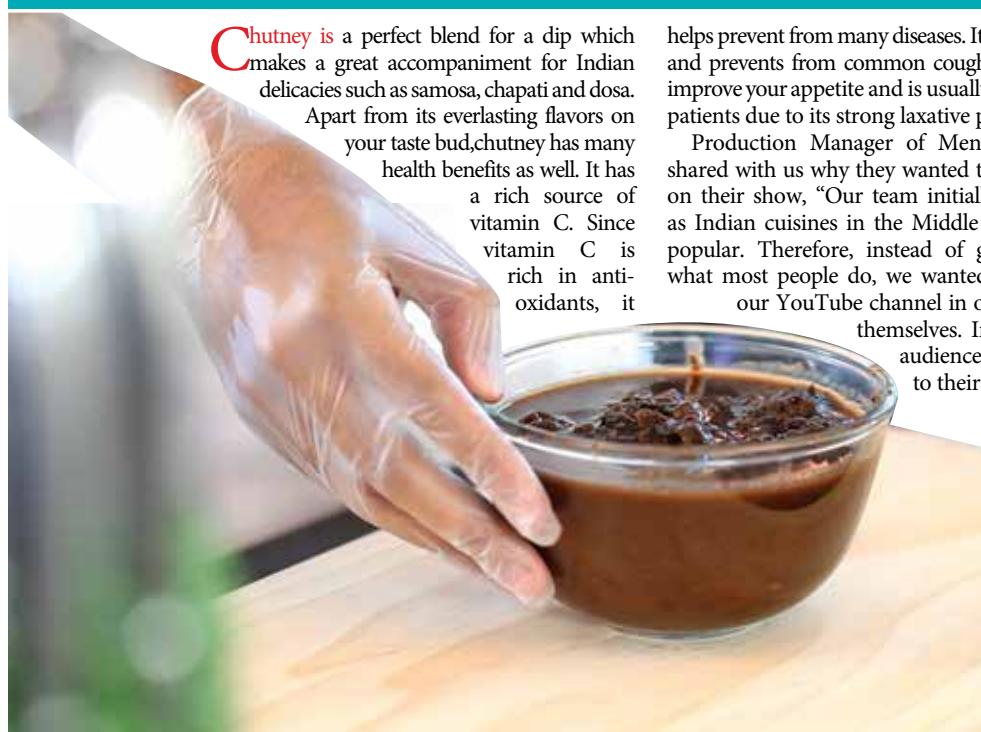
"Men's Kitchen" is not your ordinary cooking show. It is an Arabic educational cooking programme, hosted by young

Bahraini men, that gives a fun twist to your typical cooking presentation. The show is presented by Hamad Abdulla and directed by the talented Anas Janahi and produced by Shabaka TV. While it aims to promote the idea of having male cooks in the kitchen, it is also encouraging Arab males to break the barrier and the stereotype of having just females in the kitchen and showcase how they can make the most out of this habit.

Seeing as people adopting the healthy lifestyle in Bahrain is low, these young food enthusiasts are challenging the norm that people in Bahrain, in order to adapt a healthy living, have to opt for expensive and inconvenient eating habits.

We will be presenting their amazingly healthy recipes, easy enough to be made at home and by anyone, even men in aprons!

THE IRRESISTIBLE CHUTNEY



Chutney is a perfect blend for a dip which makes a great accompaniment for Indian delicacies such as samosa, chapati and dosa.

Apart from its everlasting flavors on your taste bud, chutney has many health benefits as well. It has a rich source of vitamin C. Since vitamin C is rich in antioxidants, it

helps prevent from many diseases. It also develops your immune system and prevents from common cough and cold. Chutney also helps to improve your appetite and is usually given to diarrhoea and dysentery patients due to its strong laxative properties.

Production Manager of Men's Kitchen, Mohamed Darwish, shared with us why they wanted to showcase how chutney is made on their show, "Our team initially came up with this idea seeing as Indian cuisines in the Middle East, especially Bahrain are very popular. Therefore, instead of going to Indian restaurants like what most people do, we wanted to introduce an Indian dish to our YouTube channel in order to show people how to do it themselves. In this case, we can captivate our audiences who love Indian food and serve to their needs."



Scan the QR code to see the boys cooking up the perfect recipe for "chutney"

HOW TO MAKE IT:

- Take 300 grams of Tamarind in a bowl and pour a bit of water and let it sit for a few minutes
- Mix it well in order to squeeze out all the flavors from the Tamarind
- Take out all the Tamarinds clumps in order to be left with just the liquid mixture
- Chop 1 clove of garlic, 4 green pepper, 2 medium onions, 1 ½ cups of coriander and 1 cup of parsley and add it to the mixture.
- Pour the mixture in a blender and blend it well
- Add a pinch of salt
- Pour in a bowl and serve it with Indian delicacies of your choice.

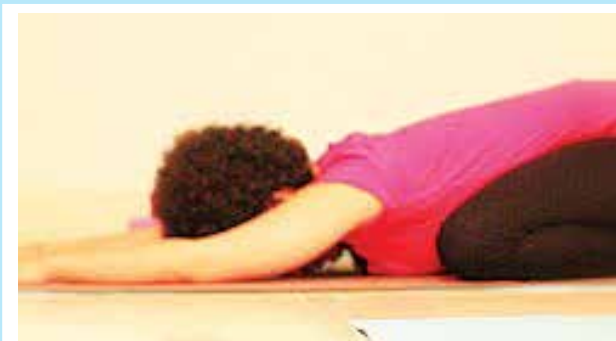
WHAT YOU NEED

- 300 grams Tamarind
- 4 Green pepper
- 1 Garlic cloves
- 2 medium onions
- 1 ½ Coriander
- Salt
- Parsley leaves



WHOLESOME VISTA -

with Weam Zabar (Certified Yoga Instructor and Reiki Level 4 Healer and the founder of Namaste Bahrain)



THE BEGINNING

I'm not going to sit here and pretend I got it figured out just like that. A few years ago I was stressed, depressed, frustrated and angry. A few hundred meditation sittings and a million sun salutations later the world seemed much more manageable and dare I say, joyful.

The light dimmer in my life started turning towards the brighter end when I was introduced to my beautiful Reiki Master who proved to me over and over that yes, we are responsible for our own luck (or karma) and yes that we can be liberated from our fears, our restrictions and the unnecessary chains we put around our lives.

When two years of serious job searching failed miserably (think: zero interviews) I knew the universe was trying to send me a strong message: I was not built for the corporate world. So I'm giving to you what I wished someone had started for me: a sanctuary you could run to when you fail to find your way.

Now I hear this often: I'm not flexible enough for yoga, I don't have the patience for meditation, I'm not sure this Reiki stuff works, I don't have enough focus, it may have worked for others but it's not for me. We are all made of the same essence, we all suffer for the same reasons, we all look for happiness (and sometimes fail to find it where we look) and we all want to be the best we could be. There is one way I have found that allows for your purity to surface and for your joy to become intense and more constant.

My weapons of happiness are - Yoga: Can help you breathe better, concentrate longer, become stronger and more flexible and have a lot of fun in the process. - Meditation: Become the master of your own mind, your thoughts and your patterns and take control of your own destiny. - Reiki: Begin healing your mind, your body, your emotions and your life. - Art Therapy: Tap into the bits of your brain you didn't know existed through self expression and art.

