



Tania Rebello

Eats & Treats

BAHRAIN

to your heart's content



Shying away from Burgers? Here's why you shouldn't.

The dilemma of whether or not hamburgers are good for us has been a topic of debate for decades. Some people call it junk food, while others disagree. To those opposing, it may seem like a balanced meal consisting of bread, cheese, meat and vegetables. Quite often, the process of cooking the burger and the ingredients used determines this. For example, a copious amount of cheese, mayonnaise, or deep-frying burgers will cause concerns. However, there is no reason as to why you cannot enjoy a delicious burger when prepared correctly with the right quantity and quality of ingredients.

If you have opted to stay away from store bought frozen factory-made burgers or the burgers you get at fast food joints, you have done the right thing as factory-made burgers contain unsafe amounts of sodium. Excess sodium is added to serve as a preservative and a taste enhancer. However, does that jeopardise health? Yes, it does. High sodium consumption can raise blood pressure, and high blood pressure is a significant risk factor for heart disease and stroke. An occasional trip to your favourite fast food chain will not pose serious threats to your health. Regular consumption of burgers and other fast food will ultimately cause trouble.

I enjoy good hamburgers. What defines a good hamburger? For me, it is the perfect ratio of meat to bun, a fresh and soft bun, the use of condiments, freshness of the meat, the right amount of seasoning and juiciness of the burger patty. Would you agree with me? These tips and tricks will give you a good reason to consume this much-enjoyed favourite.

Here are some tips for creating the perfect hamburger:

1. Combining 80% meat and 20% fat is ideal.
2. Do not overwork the meat. Gently form patties and do not press them too much. This will ensure that the burgers stay juicy.
3. Season the meat patty with salt and pepper once formed.
4. Make an indent in the centre of the patty. This should prevent the burgers from becoming dome-shaped while cooking.
5. Cook on high heat until cooked through. The burgers will retain their moisture.



Condiments add goodness and wholesomeness:

Toppings and condiments are a great way to customise the flavour of your hamburger.

I love adding pickled jalapenos and dill relish to my burgers. It adds a bit of tang that cuts through the heaviness of beef. Besides, pickled vegetables are great for good gut health.

Tomatoes, onions, and crunchy green leafy vegetables add a variety of vitamins and minerals. They also add a fresh element to burgers and make them colourful and appetising. I do not like romaine lettuce as it hampers the sandwich's flavours. If I need to add lettuce, iceberg lettuce would be my primary choice due to its neutral flavors. Spinach or cabbage leaves are excellent too.

Caramelised onions are a game changer. These slow cooked fried onions are addictive when added in burgers along with a slice of cheddar cheese.

Avocado is perfect as a creamy element. If you must use mayonnaise, replace half the mayonnaise with mashed avocado. This way, you are adding healthy fat in addition to creaminess.

Try my tasty Mock Mayo. I developed this recipe to enjoy guilt-free homemade burgers. Its texture and colour is similar to mayonnaise. The addition of herbs and toasted garlic makes this sauce unique.

TANIA'S TASTY MOCK MAYO SAUCE FOR BURGERS



INGREDIENTS:

- 1 cup of Greek yoghurt
- 2 cloves of garlic (sliced)
- 1 tbsp of olive oil
- ¼ tsp oregano
- ½ tsp chopped parsley
- 2 pinches of Chili flakes (optional)
- 2 pinches of salt
- Freshly crushed black pepper to taste

METHOD:

1. Whip the yoghurt with a fork until smooth.
2. In a pan, add olive oil. On low flame, toast the sliced garlic until it turns light golden colour. Remove from pan.
3. Add the garlic and olive oil along with oregano, parsley, chili flakes, salt and pepper to the yoghurt.
4. Mix well. Taste for seasoning.

WEEKEND EATS



OMAKASE EXPERIENCE RE ASIAN, FOUR SEASONS HOTEL

Omakase meaning 'I'll leave it up to you' is a Japanese dining concept that leaves your dinner selection up to Chef Kiyoshi Udagawa. Each course is a pleasant surprise to the palate and an authentic way of celebrating culinary artistry. Revel in this re-imagined Japanese dining tradition over dazzling night views of the Manama skyline.

Timings: Wednesday to Sunday | 7:00 pm – 11:30 pm
Price: BHD 60 per person for 10 Course Set Menu,
BHD 69 per person with beverage pairing.

Contact: 1711 5046



GO BISTRO BY LA TABLE KRUG RITZ-CARLTON HOTEL

Are you craving a twist on a classic bistro experience? Look no further than this modern take on traditions at Go Bistro by La Table Krug. The menu features innovative adaptations of beloved bistro fare, from Mussels a La Provençale to Le Poulet a La Boss. Indulge in a variety of classic and contemporary dishes along with an extensive beverage list, including selections from France and beyond. Enjoy an unforgettable dining experience in the stylish, inviting, French ambiance without ever leaving the island.

Timings: Tuesday to Saturday | 5:00 pm – 11:00 pm
Price: A la carte
Location: Nikmati (next to Royal Marina)
Contact: 1758 6499



SURF & TURF NIGHT BAHARAT RESTAURANT, LE MERIDIEN HOTEL

Treat your taste buds to a selection of prime beef cuts and fresh seafood flame-grilled to order. Enhance the grill experience with fresh salads, starters, and locally grown grilled vegetables from the buffet. Conclude your dinner with one of the largest award-winning selection of desserts.

Timings: Every Thursday | 7:00 pm to 11:00 pm
Price: BHD 28 net per person including soft beverages,
BHD 38 net including selected beverages.
Available on the Entertainer App- Buy 1 get 1 free
Contact: 17171441