



Eats & Treats

BAHRAIN

to your heart's content



The Season of Spice

Finding Warmth and Comfort in Every Spoonful

As the weather begins to cool and evenings turn crisp in Bahrain, our cravings naturally shift toward the comforting and the familiar. The gentle steam rising from a bowl of soup or stew, the scent of something simmering on the stove- these small rituals signal warmth, safety, and home. Think about that cup of karak chai that you keep craving. It is laden with warm spices like cardamom and ginger. At the heart of this seasonal comfort lies a world of aromatic herbs and spices that not only add flavour but also nourish body and soul.

Cinnamon is perhaps the most suggestive of all. Its sweet warmth instantly recalls baked apples, cinnamon rolls, and festive desserts like caramel pudding with a touch of nutmeg. A friend of mine offered me a cup of chamomile tea with a stick of cinnamon. One sip and my body felt warm and calm. It is worth a try. Beyond its nostalgic charm,

cinnamon helps balance blood sugar levels and stimulates circulation, making it perfect for cold hands and feet.

Ginger, with its spicy zest, is another kitchen hero. Used for centuries to ease digestion and ward off chills, a cup of ginger tea on a grey afternoon can feel like a hug from the inside out. Bay leaves, a surprising tried-and-tested ingredient reduces phlegm. Boil a few bay leaves in water and drink this concoction bearably hot for best results.

Then there is cardamom, a queen among spices, with its floral, citrusy aroma. In both sweet and savoury dishes, it adds an exotic depth that awakens the senses. Nutmeg and cloves, meanwhile, lend a grounding, spicy sweetness that pairs beautifully in dessert recipes. These spices elevate the mood and bring a sense of happiness.

Among herbs, the woody fragrance of rosemary and thyme brings the essence of an autumn forest into the kitchen.

Their robust flavours thrive in roasts, soups, and breads, while sage, which is soft and slightly peppery, pairs beautifully with butter or poultry. Have you ever tried ravioli with sage butter?

Together, they build layers of aroma that transform simple ingredients into something deeply satisfying.

Beyond taste, these herbs and spices offer subtle therapeutic benefits. Many aid digestion, calm the nerves, and strengthen the immune system-qualities especially welcome as we transition into cooler months. Cooking with them becomes an act of care, a way to warm the body while lifting the spirit.

As the temperature drops, let your kitchen become a haven of warmth and fragrance. Sprinkle cinnamon into your morning oats, toss rosemary onto roasted vegetables, or simmer a pot of broth laced with thyme and bay leaf. Each spoonful will remind you that warmth can be created, one fragrant spice at a time. Try this comforting ravioli recipe.



Ravioli with Fig Sauce

Homemade ravioli is a seasonal delight. Cool weather is the best time to enjoy warm ravioli. This ravioli recipe has it all- the creamy ricotta cheese, sweet figs, toasty pine nuts and comforting spices and herbs. Include it on your menu during this season.

Ingredients:

For the filling:

- 150 gms ricotta cheese drain any excess liquid
- 50 gms Parmesan cheese freshly grated
- 150 gms spinach boiled for 2 minutes and drained well (should be 150g after cooking and draining)
- ½ tsp salt; ¼ tsp nutmeg

For the pasta dough:

- 300 g 00 Flour
- 3 large eggs
- 1 large egg yolk
- 1.5 tsp Olive oil
- Semolina flour, for dusting

For the sauce:

- 2 tbsp butter grass-fed
- 1 tbsp olive oil
- 2 fresh figs sliced
- ½ cup fresh basil cut into ribbons
- 1 tbsp dry oregano
- ¼ tsp freshly ground nutmeg; ½ tsp freshly ground black pepper; ½ tsp salt
- 4 tbsp pine nuts
- 2 clove garlic, minced

Instructions:

● Prepare the pasta dough:

Add the flour, eggs and olive oil to a food processor fitted with the metal blade. Process to form dough, about 15-20 seconds. Remove to your work surface and cover with an upturned bowl for 5 minutes. Knead the dough into a ball for 1-2 minutes. Cover again, and let rest for 30 minutes to 1 hour then proceed with making raviolis.

● Ravioli filling:

- Mix the ricotta cheese, parmesan, spinach, salt, nutmeg very well until smooth. Put it in a piping bag and set in the fridge.
- Heavily flour the ravioli mold, lay one sheet of pasta in the mould. Press it very gently with your hands so you see where are the pockets where you need to put your filling.
- Pipe each pocket with approx. 1 tbsp of the filling. Lay the second sheet on top and run the rolling pin over to seal all the edges very

well. Turn the mould over and snap it on the counter to release the ravioli easily. Lay the ravioli in a baking sheet or tray covered with a damp towel until you finish all the ravioli filling and dough. You can freeze some if the ravioli for later and continue with the desired quantity with the recipe.

● For the sauce:

- In a skillet on medium-low heat, add the butter, basil, oregano, salt, nutmeg, black pepper, minced garlic and pine nuts. Stir gently until the nutmeg and basil are toasted and golden. Add the fig slices and sauté on each side gently for 30 sec so they do not break down completely.
- Meanwhile, bring a large pot of salted water to boil. Boil the ravioli for 1-2 minutes or until they float. Remove the ravioli from water; gently mix into the butter sauce. Top with some parmesan and serve.

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