



Eats & Treats

BAHRAIN

to your heart's content



The Great Outdoors

Some tips to make your outdoor dining experience stress-free and memorable

It's the most wonderful time of the year! The much awaited, beautiful weather of Bahrain is finally here. Families and friends spend time enjoying outdoors at lovely parks, beaches and even in their backyards and at the famous Sakhir campsite. With a little planning, you can make the most of the outdoors with great food and great company.

Here are some tips to make your outdoor dining experience stress-free and memorable:

Plan ahead of time:

Everything works well when there is ample time to plan. An outdoor camping trip often involves a lot of food for the day. Prepare notes consisting of the head count and dietary restrictions if any. Next prepare a list of dishes that will be served, followed by a grocery list. Once you have your groceries, it is time to prepare the food. Some food items can be prepared a day before while others could be

cooked instantly on the planned day.

Marinate food:

Marinating is one of the best ways to get a load off your to-do list. Marinating can be done for a lot of food including beef, lamb, chicken, fish and vegetables as well.

Add a delicious tandoori spice paste or barbeque sauce to your meats along with other aromatics and herbs for the best result. Don't forget salt. Fish does great with either a tandoori or saffron marinade. Marinating also helps to tenderize meat which is another good reason why you should do it.

Select the right food for the day:

Prepare meals that are easy to handle. There is nothing worse than getting all messy while eating. Select foods that last longer and



maintain their quality at room temperature. Food safety is of utmost importance.

If kids are involved:

Keep them busy with interactive food options such as marshmallows on sticks, hot dogs on sticks, corn on the cob, smores. Food games are another effective way to keep kids occupied. An adult must oversee their activities to ensure their safety at all times.

Involve the group in the preparation of food:

Get your family and friends to involve in the process- while some can shop for groceries, others can assist with marinating meats. At the venue, do not hesitate to ask for assistance with grilling. You will need kid-friendly adults to help entertain the kids.

Invest in proper food containers:

Thermal insulated food containers ensure that food remains hot and food eaten at the right temperature during a cool evening is the best. Individual containers that can store a portion of salads or fruits work well with larger crowds as it prevents wastage and a hustle to serve everyone at the same time. Environmentally friendly disposable, durable plates can be used to serve hot meals.

Don't forget the beverages:

Plenty of water, juices, soft drinks must be available at all times. Load up a cooler with beverages and stay hydrated. Hot beverages like tea, coffee, hot chocolate require hot water. A flask or two of hot water will be useful.

Now that you are all set to get outside, here are two fun food ideas to make your party a showstopper.

Hot Dog Bar

Set up a crowd-pleasing hot dog bar with toppings and sides. A fabulous hot dog bar makes an easy flexible help-yourself buffet. What's great about a hot dog bar is that it includes something for everyone and can include as many or as few homemade elements as you desire. It gives people lots of options for creating their perfect gourmet hot dog without being overwhelming. Customized to your preferences, it is also a great way to include plenty of veggies and protein to your meal.



Ingredients

Meat Options:

Turkey bacon
Chili- minced meat
Salami/pepperoni

Cheese Options:

Turkey Bacon
Chili- minced meat
Salami/pepperoni

Condiment Options :

Mustard
BBQ sauce
Buffalo sauce
Tzatziki
Salsa
Relish
Pickled carrot and radish
Cole slaw
Kimchi
Sour cream
Hummus
Sriracha
French onion dip

Veggies and Fruits :

Scallion
Raw onion
Fried onion
Jalapeno or serrano peppers
Tomatoes
Olives
Pineapple
Lettuce
Fresh radish
Cucumber
Pickles
Coriander

Others:

Beans
Cheetos
Doritos
Peanuts
french fries

Instructions

- Put out all the toppings and label them clearly.
- Butter and grill the buns if desired.
- Grill all the hot dogs and sausages and serve as people are ready.

Here are some topping combinations to try out :

- Coriander, cucumber, pickled carrots, and sriracha
- Turkey bacon, lettuce, and tomato
- Pulled pork and coleslaw
- Chili with raw onions and fritos
- Feta, tzatziki, cucumber, and olive
- Pineapple, bacon, and jalapenos
- Guacamole and cheetos
- Buffalo sauce, and blue cheese
- Cheddar, sour cream, and scallions
- Cheese sauce, salsa, and fritos

S'mores dessert board

A s'mores dessert board is perfect for a BBQ and nights around the campfire. Inspired by a charcuterie, this dessert snack board will be the hit of your party. The s'mores board is fun for kids and adults alike and serves as a creative idea even for a backyard bash. It is a versatile dessert that can have many exciting flavor combinations.

Ingredients for a S'mores Board

Graham crackers
Strawberries
Bananas
Marshmallows
White chocolate bar
Reese's cups
Peppermint Patties
Cookies and Cream Bars
Snickers bars
Dark and milk chocolate Bars
Pretzels
Oreo's
Chocolate chip cookies
Gummy bears
Cereal
Rice Krispies
Peanut butter
Nutella
Honey



These are a few ideas to add to your dessert board. Get creative with the ingredients that you choose. You will be surprised with the different combinations and how tasty they can be when put together.

Begin by picking a board, plate, or platter to create your s'mores charcuterie board. You want to make sure whatever you choose is big enough to serve a crowd.

Place your bowls of peanut butter and Nutella on the board first. Since these items are a bit bigger, you will want to work around them.

Then place graham crackers in stacks around the board. Spread out the stacks in a few different places around the board.

Continue by adding stacks of chocolate, followed by individual chocolates bars.

Next fill in the blank areas with smaller chocolates like Reese's peanut butter cups, Peppermint Patties, truffles, Snickers bars, strawberries, and marshmallows.

Finally look at your board for empty spots and try and fill them in (for presentation) with marshmallows and smaller chocolates.