



Shrimp Konafa with Saffron Vegetables and Garden Greens

Appetiser, Serves 4

40 g./3 tbsp. unsalted butter
80 g./3 oz. diced carrot
80 g./3 oz. baby zucchini, diced
Large pinch saffron
Salt and pepper to taste
8 large tiger shrimp, peeled and deveined
(leave the tail shells on)
40 g./1/3 cup tempura flour
80 ml./1/3 cup ice-cold water
40 g./1/3 cup all-purpose flour
80 g./3 oz. konafa dough (shredded filo)
Sunflower or safflower oil for deep frying
200 g./8 oz. mixed greens
20 ml./4 tsp. balsamic vinegar
40 ml./3 tbsp. olive oil

- In a medium skillet, melt the butter over medium heat. Add the carrot and zucchini and cook 1 minute. Add the saffron and a little water, cover the skillet, and cook until softened. Season with salt and pepper.
- Meanwhile, skewer each shrimp on a small bamboo skewer (this will keep them straight during cooking). Cook in salted boiling water just until opaque, then immediately cool in cold water. Pat dry.
- Combine the tempura flour, ice water and a large pinch of salt in a small bowl and whisk until smooth. Roll the shrimp in the all-purpose flour, then dip in the tempura batter. Cover the shrimp with the konafa dough.
- Heat sunflower oil in a medium saucepan until very hot and fry the shrimp until lightly browned and crispy. Drain on paper towels.
- Toss the greens with the vinegar, olive oil and salt and pepper to taste. Serve the shrimp with the saffron vegetables and the greens.

Roasted Turbot, Black Olive Tapenade and Pesto

Main Course, Serves 8

Tapenade:

250 g./4 oz. pitted black olives
50 g./3 oz. anchovies
1 small garlic clove
6 sun-dried tomatoes (optional)
400 ml./1 2/3 cups olive oil

Pesto:

Leaves from 1 large bunch basil
250 g./8 oz. grated Parmesan cheese
1 small garlic clove
250 ml./1 cup olive oil

Fish, Pasta and Vegetables:

1 kg./2 lbs. dry pasta
60 ml./4 tbsp. olive oil
1.6 kg./3 1/2 lbs. turbot fillet,
cut into 16 pieces
Salt and pepper to taste
16 mushroom caps
500 g./1 lb. baby zucchini,
cut into sticks or turned
2 tomatoes, diced

For the Tapenade:

- In a food processor, combine all the ingredients except the olive oil. Pulse until finely chopped. With the motor running, very slowly pour in the olive oil. Set aside.

For the Pesto:

- In a food processor, combine all the ingredients except the olive oil. Pulse until finely chopped. With the motor running, very slowly pour in the olive oil. Set aside.

For the Fish, Pasta and Vegetables:

- Cook the pasta in a large pot of salted water until just tender. Drain.
- Heat a large skillet over high heat and add half the olive oil. Season the fish with salt and pepper and cook until just cooked through. Keep warm.
- Add the remaining olive oil to the pan and return to high heat. Add the mushrooms and cook until just softened. Remove with a slotted spoon, season with salt, and keep warm. Add the zucchini and cook until just tender; season with salt.

To Serve:

- Warm the tapenade very gently and place a portion on each serving plate. Top with two fish fillets. Place pasta on each plate and top with pesto. Garnish the plate with mushrooms, zucchini and diced tomatoes.



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REGENCY BAHRAIN

Just a short walk from Manama's largest souq, the InterContinental Regency Bahrain is located in the commercial centre of this capital city. Now a financial hub, the city's ancient roots can be glimpsed at the Babar Temple and the Qal'at Al-Bahrain, or Portuguese Fort, where archeological excavations have uncovered ruins going back almost five thousand years. Much of this history is on display at the Bahrain National Museum. The Al Khamis Mosque, one of the world's oldest, is also nearby, as is the Beit Al Qur'an, a modern museum dedicated to the understanding of Islam's holy book. The area is also famous for its gold jewelry and pearls. Visitors can even scuba dive for pearls in the local coral reefs, or just seek them out in the souq.

After exploring Manama, guests at the InterContinental Regency Bahrain can relax in the Clipper Room or the Al Noor Lounge before dinner. The Versailles Restaurant serves classic French cuisine, Le Bistro offers international specialities, and Al Berdaouni presents authentic Lebanese cuisine.

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