

Get cooking with MORE!

MORE Cooking Skills is a fun and interactive way to hone your culinary talents while mingling with like-minded foodies. With healthy living on our minds this month, be sure to sign up with Chef Gert to create these delicious guilt-free goodies



This spinach and pumpkin salad is one of the healthy menu options at MORE

Healthy eating at MORE made easy

To highlight the healthy choices, MORE introduced information into their existing menu, which enables people to select low-fat dishes that have a low Glycemic Index (GI) and are low in cholesterol. MORE employs a nutritionist, who has identified and categorised these dishes, which are highlighted on the menu with a signature "jolly O".

MORE Cooking Skills in January focuses on Healthy Choices

Last month's MORE Cooking Skills was a great success, and January's sessions will be a fantastic chance to learn new culinary skills...

LEARN TO CREATE:

Chicken lettuce wraps with Hoisin sauce, sesame oil and brown rice, infused with Chinese five spice.

Sweet potato gnocchi with tomato sauce and beef bacon served with watercress and black olives.

Pumpkin and ricotta lasagne with fresh rosemary and sage, complemented with crisp side salad and a simple lemon herb vinaigrette.

Low fat mango fool with fresh blueberries and ricotta cheese.

During the class, you will...

- Learn to prepare a variety of healthy but tasty meal items,
- Understand the science of making pasta
- Learn tips and tricks for making simple salad dressing

- Discover the secrets of proper gnocchi and lasagne dough
- Create beautiful, yet simple to make healthy meals
- Enjoy lots of interactive and informative entertainment with the MORE chefs

Venue: MORE Gold and Diamond Park for the Wednesday class, MORE Murooj for the Saturday class

The dates: Wednesday 25 January 2012, 9am to 1pm at MORE Gold and Diamond Park and Saturday 28 January 2012, 11am to 3pm at MORE Murooj.

MORE Cooking Skills is priced at AED 200 per person, and includes the cooking lessons, as well as lunch, coffee and tea, a bag of goodies, MORE apron and recipe cards.

For bookings call 042633113, email cooking@morecafe.biz or you can visit the website www.morecafe.biz.



A dedication to art

MORE supports the creative inspiration of art and this can be seen in a variety of different mediums within the cafes. There are currently over 25 artists who exhibit their artwork in MORE, with most residing in the UAE.

Since MORE first opened back in 2002 the café walls and open space have been a canvas for aspiring artists to display and expose their work. The Managing Partner, Wouter D.K. Lap embraces creativity being a painter himself and having come from an artist's family "It is exciting seeing how someone's personal work can be interwoven into the fabric of MORE's Interior"

Most artwork is for sale and you can find on MORE's website www.morecafe.biz biographies on each artist. If you are an aspiring artist yourself and would like to exhibit you can express your interest by emailing them at artist@morecafe.biz.