



# JOURNESE®

CURATORS of FINE TRAVEL®



## MIDDLE EAST CULINARY DELIGHTS

Boasting authentic mezze plates starters followed by meat-based main courses with Arabic and Mediterranean roots, Jordan meals are a communal affair meant to be savored with friends and family over a lingering experience. Vaunting decadent dining venues including underwater aquariums, sky-high and waterfront locations, celebrity-chef hot spots and open-air cafés, enjoy a world of unparalleled epicurean adventures in Dubai and Abu Dhabi. Combined with European, Asian and Middle Eastern influences, delight in endless seafood and traditional dishes infused with signature spices, rice, meats and poultry, plus extraordinary, must-have sweet treats, teas and Arabic coffee, paying homage to the area's climate and culture.



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# Culinary Exploration through the United Arab Emirates

Below is just a sample of the immersive itineraries our Destination Specialists can create.

**Day 1: USA / DUBAI** | Upon landing, meet your personal escort who will navigate you through the airport and immigration, and to the private transfer to *The Ritz-Carlton, Dubai*. Enjoy four magical nights in a Club Level deluxe geustroom with personalized service and complimentary food and beverage presentations throughout the day.

Begin your first evening with pan-Asian cuisine at Blue Jade, with a contemporary approach to the flavors of Asia including signature dishes such as lemongrass chicken, wok-fried lobster, dim sum and Blue Jade's favorite sweet: sticky rice and mango.

**Day 2: DUBAI** | Experience the highlights of this mesmerizing city on the half-day private guided *Traditional Dubai City Excursion*. Begin at Jumeirah Mosque and Zabeel Presidential Palace before exploring the Dubai Museum. Then, take a water taxi or *abra*, to the Spice and Gold Souks to shop for traditional and rare spices, herbs, teas, jewelry, souvenirs and more.

Tonight, head to Amaseena, a romantic outdoor restaurant with an Arabian desert feel. Dine under the star-studded sky feasting on traditional Middle Eastern flavors including Saj, Shawarma and freshly grilled meats while enjoying an evening of shisha, live music and belly dancing.

**Days 3 - 4: DUBAI** | Spend your days at leisure enjoying endless sunshine poolside or along the white-sand beach.

Then, enjoy an enchanting Arabian evening on the *Exclusive Desert Experience*. Ride through the sand dunes admiring the vast desert landscapes for a delectable three-course Arabic dinner with unlimited beverages at an exclusive Bedouin-style camp. Enjoy camel rides, sandboarding, henna painting, falcon photo shoots, traditional shisha pipes and more.

**Day 5: DUBAI / ABU DHABI** | Board your private transfer to *The St. Regis Abu Dhabi* for three nights in a sea view suite, featuring signature St. Regis butler service, bespoke amenities and panoramic turquoise water views in the heart of Abu Dhabi's Corniche on a pristine beach.



This evening, choose from a variety of restaurant options in the hotel. Begin at the Crystal Lounge with handcrafted cocktails served under an elegant blown glass chandelier or at The St. Regis Bar for their traditional champagne sabering ceremony, then feast on regional specialities from Tuscany and Umbria with a selection of Italian wines at Villa Toscana or relish the fresh seafood including caviar sturgeons, oysters, sushi and crab at Catch.

**Day 6: ABU DHABI** | Venture out today to explore this remarkable capital city. Immersed in the remnants of history and fused with futuristic attractions. Explore the elaborate Sheikh Zayed Grand Mosque, marvel at incredible views from the Observation Deck of Etihad Towers or learn about the art of different cultures at the Louvre Abu Dhabi.

**Day 7: ABU DHABI** | Spend your final day at leisure. For the ultimate "scene for cuisine," celebrate your last evening in the United Arab Emirates culinary theatre CuiScene, featuring live cooking stations. Enjoy a mussel feast, seafood night with lobster and crab legs, or barbeque pitmasters' night including a smoked meat station and South African Braai. Immerse in this extravagant gastronomic experience designed to satisfy every palette.

**Day 8: ABU DHABI** | Sip your last cup of the region's rich Arabian coffee before boarding your private transfer to the airport, and begin planning your next exquisite vacation enhanced with more delightful culinary surprises.

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## JORDAN INSIDER TIDBITS

- Recognized as the national dish and a symbol of hospitality, appreciation and respect, Mansaf is intended to be shared. This lamb dish prepared in a fermented yogurt sauce is served over rice and bulgar with herbs.
- Arabic sweets are packed with sugar, syrup, butter and honey served in very small bites with coffee or tea, along with fresh fruit for a traditional way to round out a meal.
- Historically men and women dine separately and eating with your fingers is widely practiced, while pieces of flat bread are used to scoop up dips, sauces and meat. It is also considered bad luck to eat with your left hand.
- Be sure to experience Bedouin hospitality, known as “desert dwellers”, this tribe of humble and warm people are extremely welcoming to guests. In Wadi Rum, an authentic campsite experience is a must with tastes of their indigenous culture, flavors and coffees for a magical night under the stars.



MANSAF



BEDOUIN TENT IN WADI RUM



HABIBAH SWEETS

### AMMAN CULINARY TIPS

- The ultimate grab-and-go item, be sure to sample a falafel. This chickpea and fava bean staple is spiced with cumin, paprika, pepper and spices, then fried. Enjoy these delicious spheres a mezze bite or stuffed into a whole wheat pita bread with tahini.
- Popular in Wadi Rum for keeping with the Bedouins' nomadic lifestyle, Zaarb is a generous mixture of lamb, goat or chicken accompanied by rice and root vegetables and cooked in an underground earth oven. The result is a smoky, tender and hearty dish.
- A zingy upgrade to your standard lemon, sip on a glass of limonana on a hot day. Made with fresh lemon juice, mint leaves, sugar and ice and blended in to a cool slush, you'll be able to find it just about everywhere.

## JORDAN CULINARY RECOMMENDATIONS

### AMMAN

**Al Quds** | Offering a warm and inviting atmosphere within walking distance to the downtown souks, stop by for traditional Jordanian dishes including some of the best mansaf in town.

**Al-Kitkat** | Located in the heart of downtown, a traditional and welcoming experience awaits. Relish fresh salads, fish dishes and barbecue paired with a nice glass of wine or ice cold brew.

**Lunch or Dinner with a Local Family** | Savor the flavors and culture of Jordanian cuisine with members of a local family who will welcome you with an exchange of stories, traditions and cultural experiences. Delight in home-cooked delicacies, followed by tea, coffee and dessert for a memorable meal of friendship.

**Fakhreldin Restaurant** | Fine Levantine cuisine served in the elegance of a historic building once home to the Jordanian Prime Minister. Begin with the lentil soup or beetroot salad, then feast on on raw lamb tartar, grilled goat or a decadent meat pie.



FAKHRELDIN RESTAURANT



LEVANT RESTAURANT

**Habibah Sweets** | Satisfy your sweet tooth with authentic Jordanian desserts. Enjoy this venue popular with both locals and tourists, and famous for their kunafa, made with shredded phyllo dough and stuffed with a silky cream, then garnished with simple syrup and pistachios. Plus, enjoy ice cream, juices, cakes and more.

**Levant Restaurant** | Delight in Mediterranean dishes, famed kebabs and fresh seafood with popular bites such as grilled langoustine and mixed grill or unique dishes of veal shank in a jar or eggplant kebab.

**Segreta at The St. Regis Amman** | Nestled in a beautiful garden setting, this hidden gem features an exquisite menu of classic brasserie favorites celebrating French, Italian and Californian fare.

**Souk El-Khodra** | A must stop if you are looking for the best and freshest fruits and vegetables around. Produce is local, seasonal and affordable, plus taste local goodies, interact with the vendors, pick up a snack, or find the best spices around.

**Sufra** | Housed in a lovely old villa in the Jabal Amman area on Rainbow Street, relax on the open-air rooftop with magnificent city views. Indulge in cold and hot mezze to be shared, fatté, fukharat, seasonal greens and speciality dish of the day.

**Zajal** | Boasting a eclectic mix of cuisines, sit on the patio or terrae overlooking downtown as you enjoy everything from traditional Jordanian fare to Mexican-inspired dishes, pastas, meat skewers and manakeesh (local pizza).

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MALQLUBA



BEDOUIN TEA

## CULINARY TIPS

- **DEAD SEA** | Due to the high salt and mineral content and known for its therapeutic and healing properties, the salt is not edible and actually tastes extremely bitter. There are also no plants, fish or visible life in the sea.
- **PETRA** | Sharing tea is an important part of the Bedouin culture. Stop by a tent for sweetened tea steeped with aromatic sage. Local Bedouins will often invite you to sit with them and share a glass.
- **PETRA** | A hearty dish of comfort food, maqluba is all about the presentation. Slowly simmered rice, chicken, potatoes and vegetables are cooked upside down and then inverted directly at the table.

## DEAD SEA

**1312 at Hilton Dead Sea Resort & Spa** | Featuring a contemporary menu of Middle Eastern plates, relax in the oriental-style setting with great service, live music, a range of Lebanese wines, flavorful shisha and fashionable beverages.

**Burj Al Hamam at Crowne Plaza Jordan - Dead Sea Resort & Spa** | Offering refined Lebanese cuisine with a touch of love and care, sample the tabbouleh with lemon dressing or cold vegetable mezze platter followed by a seafood kebbeh, beef filet or kofta kebab.

**Champions Tavern at Dead Sea Marriott Resort & Spa** | Ideal for socializing in a casual and relaxed environment, dig in to classic American fare from burgers, nachos and wings to a classic cocktail menu, superfood salads and sweet finishes.

**Dina Dagan** | On the shore of the Northern Dead Sea, aromatic and flavorful Moroccan-style dishes await. From the arches, decorated walls and stained glass windows to the much-loved music, delight in home-cooked dishes with a Mediterranean twist.

**Il Terrazzo Restaurant at Dead Sea Marriott Resort & Spa** | Marvel at panoramic views of the Dead Sea at this Italian venue with a live kitchen and wood-fired plates. Pair your glass of fine wine with delicious ravioli, shrimp pasta or beef carpaccio.

**Last Chance Tavern** | On the road to the Dead Sea, don't miss this comfortable and inviting venue serving up tasty and unique Israeli food. Enjoy everything from hummus, falafel, maklooba rice and shakshuka to grilled meats, a salad bar and baked fresh daily lafah, pita and tehina cookies.

**Olive Restaurant** | Located at the Ma'in hot springs, one of the lowest points on earth, indulge in an authentic Zarb dining experience in a communal-style Bedouin tent. Candlelit tables amongst the olive trees provide an enchanting evening experience.

## PETRA

**Al Matal Bedouin Tent at Petra Marriott Hotel** | For an authentic Bedouin experience, dine under the stars in a tent with traditional dishes including zarb, mandi and maqluba paired with cultural learnings, live music and Bedouin beverages.

**Al Wadi Restaurant** | Serving mouth-watering Middle Eastern cuisine along with vegan options, the friendly and courteous staff welcomes diners with big smiles. Also popular for late-night cocktails and sheesha.

**Nabataean Tent Restaurant** | Set next to Petra in Wadi Musa, enjoy the buffet with plenty of lunchtime options or get a grab-and-go lunchbox with falafels, houmous, pita, cheese, yogurt, biscuits, fruit and more.

**Petra Kitchen** | A family friendly atmosphere, delight in authentic cuisine, Jordanian favorites and a nightly cooking class. Ingredients are sourced at nearby markets and dishes are assembled with a earth-to-plate concept. During the classes, you'll learn to make hot and cold mezze dishes, soup and a main course with local experts.

**Red Cave Restaurant** | Situated near the Petra main gate and popular with tourists, this welcoming venue offers local Bedouin dishes. Begin with gallayah and kufta bil tahini followed by mansaf, maglubah or kebabs and a strong, thick cardamom Bedouin coffee to round out the meal.

**The Basin Restaurant** | Located at the heart of the ancient Rose City, this indulging lunch buffet restaurant offers a wide variety from mezze with hummas, taboleh, fatoosh, babaganog and more to chicken, lamb and vegetable favorites with decadent desserts to finish.

**Zawaya Restaurant** | In the heart of Wadi Mousa you'll find a cozy atmosphere with Eastern and Mediterranean menu items. Sample everything from barbecue, pasta, pizza and seafood to their tasty semolina coconut cake or sweet warbat, a pastry similar to baklava.

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DINA DAGAN



IL TERRAZZO RESTAURANT



THE BASIN RESTAURANT



PETRA KITCHEN



## UNITED ARAB EMIRATES INSIDER TIDBITS

- A popular dessert, Luqaimat is a crunchy, sweet dumpling with a soft inside that includes cardamom and saffron, then deep fried until golden. It is especially popular during Ramadan.
- Machboos, a fragrant, slow-simmering hearty meal consisting of spiced beef or chicken with rice, generally served at family gatherings and celebrations, is considered one of the most popular Emirati dishes.
- Looking for a cold Arab drink on a hot summer night? Try a Jellab, a blend of grape molasses and rose water topped with pine nuts and raisins.
- Many Emirate dishes are influenced from nearby Saudi Arabia, Oman, Iran, East Africa and India, utilizing goat meat, fish, rice and spices to create a distinct identity. Be sure to try Khuzi, the national dish comprised of roasted lamb on spicy rice and garnished with nuts, raisins and vegetables.



### ABU DHABI CULINARY TIPS

- For the freshest seafood, visit the Al Mina Fish Market in Abu Dhabi early in the morning, choose from an endless variety of seafood then the staff will prepare your catch.
- For delicious street food, head to the suburb of Khalidiya, a cultural hub where you'll find the best selection of shawarma (Middle Eastern kebab), Indian chaat, lebanese manakeesh (savory pizza), sambousek (pastry) or traditional chai tea.
- Time Out Abu Dhabi just chose its two best restaurants in the city, one casual and one fine dining. Don't miss the Soul Beach views and fresh Japanese fare at Niri Restaurant & Bar or sample the elegant French dishes and outstanding service at LPM Restaurant & Bar.

## UNITED ARAB EMIRATES CULINARY RECOMMENDATIONS

### ABU DHABI

**Azura Panoramic Lounge at The St. Regis Abu Dhabi** | With unparalleled views of the Corniche and glistening gulf from three levels, devour sophisticated flavors al fresco-style. Sample pomegranate arancini or a spice-smoked lamb chop starter, followed by a mixed grilled meat platter and sweet cheese kunafa with orange sugar finale, complemented by exquisite cocktails and music for a magical night.

**Cipriani** | A romantic getaway overlooking the Yas Marina and known for its delicious Italian fare. Stylish and chic interiors await as you feast upon classic veal milanese, lamb chops scottadito or the black truffle pizza with burrata cheese and rocket, paired perfectly with a traditional bellini.

**Observation Deck at 300 at Conrad Abu Dhabi Etihad Towers** | Located on the 74<sup>th</sup> floor with stunning panoramic views, delight in a traditional afternoon tea, champagne, cocktails and light bites. Plus, the resort offers wagyu and run nights, weekend brunches, sushi master classes, martini Mondays and ladies nights.



**Shang Palace at Shangri-La Qaryat Al Beri** | Indulge in an array of hand-crafted favorites from Beijing and Istanbul with modern touches. Highlights at this Michelin star restaurant include the roasted Beijing duck, charcoal-grilled silver cod and the Osmanthus smoked beef short rib, and pair your dish with the signature XO fried rice.

**Tashas** | Known for its Instagramable location in the heart of Al Bateen Marina, enjoy easy-going elegance, warm hospitality and uncomplicated comfort food. The "Inspired by" menu features citrus flavors, spanish eggs, majorca and tapas with peri peri chicken, halloumi bites, fried squid and spicy prawns.

**The Irish Vicker's** | This popular Irish bar is a hot spot for draft hops and the best pub food around. A cosy watering hole that attracts locals and visitors alike, feast on pizzas, wings or fish and chips, or be tempted by the loaded Irish breakfast plate.

**Yadoo's House** | Elegant yet simple, delight in modern comfort cuisine with a wide range of offerings, including Al Taybeen pasta mixed with chicken and Arabic flavors, grilled kebabs, majboos, sliders, and sandwiches. Plus, indulge in traditional soups, salads and dishes fused with Yadoo's special spices and sweet treats that are sure to please.

**Zuma** | Boasting a sophisticated twist on traditional Japanese Izakaya style with contemporary interiors and outstanding service. Be tempted by the truffle hotpot, hyogo oysters in a ponzu sauce or tuna tartare with oscietra caviare.

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## DUBAI CULINARY TIPS

- An important agricultural staple cultivated for its sweet fruit, date palms grow readily in Dubai, with a single mature tree producing enough fruit for your family, friends and the birds.
- Complimentary Arabic coffee is available in many government buildings and hotel foyers. For a delicious brew, head to Café Bateel and taste the Bateel signature qahwa with lightly roasted beans and cardamom, served with local, organic dates.
- Camel is a common and popular dish in Dubai, and often used as a main ingredient. Try the stuffed camel, where it is stuffed with herbs and spices and roasted whole for a meal that is rich and tender.

## DUBAI

**3Fils** | Situated in the Jumeirah Fishing Harbour with incredible sea views and a rustic setting, enjoy modern Asian cuisine with a Japanese influence. Relish tantalizing options such as salmon carpaccio, wagyu beef, sushi and fire-grilled octopus, then conclude with a decadent Madagascar dark chocolate ice cream.

**Al Fanar Restaurant and Café** | Harken back to the 1960s, with a small town ambience on the Arabian Gulf, and a taste of authentic Emirati cuisine. From its humbled courtyard and architectural character, guests will delight in casual traditional dishes such as machboos, samboosa, stews, grilled offerings, kebabs and sweets made from dates, saffron and cardamom spices.

**Al Nafoorah** | Exuding Arabian night vibes with opulent Arabesque décor, traditional recipes and live music, feast on divine Lebanese plates. Set waterside, dine of favorite mezzeh platters including cold fattoush (cucumbers and tomatoes) and moutabel (grilled eggplant with tahini sauce) or hot batata harra (fried potatoes), then delight in a mixed seafood or grilled meat main course.

**Bijou Patisserie** | Not your average afternoon tea, these Instagramable treats are served directly out of a jewelry box for extra appeal. Indulge in classic éclairs, lemon tarts and signature cannelés Bordelais, paired with artisanal teas and coffees or a glass of sparkling champagne. They also offer a Le Petit Prince Le Gouter for children up to 12 years old including specialty hot chocolate.

**Folia at Four Seasons Resort Dubai at Jumeirah Beach** | Meaning “from the leaves” in Latin, plant-based masterpieces and crafted healthy cuisine await. Set in a serene garden, the chef extracts flavors from everything that blossoms or blooms. Be tempted by the signature wild mushroom pizza, watermelon poke, summer roll with crab and mint or the herb gnocchi.

**Goose Island Tap House** | A new hotspot for pub lovers and craft beer connoisseurs, the vibrant eatery features its own barrel and tasting room, sporting events, a golf simulator and pool tables. Favorite bites include the confit duck croquets, caul-me vegan wings and crispy avocado tacos, or sample the loaded tap house fries, tailored pizzas and beyond meat burgers.

**Il Ristorante by Niko Romito at Bulgari Resort Dubai** | With two Michelin stars, this impossibly luxe restaurant is famed for its lighter, healthier take on gourmet Italian flavors. Choose from an à la carte or degustation menu featuring poached egg with asparagus, a blue lobster salad, handmade tortelli and beef tenderloin in a green peppercorn sauce, all paired perfectly with Italian wines.



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VIP DESERT SAFARI



SHEIK MOHAMMED CENTRE FOR CULTURAL UNDERSTANDING



OSSIANO

## DUBAI CONTINUED

**La Petite Maison** | Ideal for any French food epicurean, savor tantalizing cuisine from the South of France blended with Italian influences in this posh and inviting venue. Surrounded by modern art and fine white table cloths, dine on locally sourced produce used generously with seafood, meats and fresh pastas to create light and healthy offerings not to be missed.

**Nusr-Et Dubai** | Run by Turkish celebrity chef Nusret Gokce or “Salt Bae”, known for his fun presentations and trademark salting technique, enjoy signature beef sushi, steak spaghetti and other fare featuring hand-selected meats, chicken, and seafood grilled over charcoal embers. Be sure to leave room for dessert including authentic baklava flown in from Turkey.

**Old Dubai** | Set in the outskirts of the city, wander through the small streets and jagged alleys to discover a mix of cultures, flavors and international influences. Sample endless offerings at outside cafés, the Spice Souk, coffee and sweet shops filled with all types of Middle Eastern foods, including rice, fish, lamb, Turkish pizza, kebabs, curries and baklava.

**Ossiano at Atlantis, The Palm, Dubai** | A Michelin star awarded restaurant inspired by the sea, delight in elegant, under-the-sea ambience with its floor-to-ceiling aquarium and soothing live music. Discover imaginative curated cocktails and unique starters, plus à la carte dinner offerings and tasting menus featuring masterfully-prepared options. Complete your meal with mouth-watering desserts.

**Ravi Restaurant** | Touted as serving the best traditional chicken tikkas, delicious curries and fluffy naan bread, discover a variety of savory dishes at this no-frills, old-age Pakistani eatery. Savor grilled meats and chicken offerings, flavor-rich and served with authentic curries, sweet yogurt lassie and sesame-dusted rogni.

**Sheik Mohammed Centre for Cultural Understanding** | In an effort to help visitors get a better understanding of UAE culture and customs, uncover local life in classes, tours and guided visits. The center hosts also hosts a delicious traditional feast with a guide talking your through the city’s rich traditions and culinary growth.

**STAY by Yannick Alléno at One&Only The Palm, Dubai** | Decadent and refined, embark on a culinary journey of distinction, curated by two Michelin star chef Yannick Alléno. Enjoy French flavors inspired with Mediterranean influences in this restaurant’s signature dishes found at the unique Pastry Library, sure to please the most discriminating gourmand.

**Taste of Dubai** | Learn about traditional Arabic dishes and the Emirati culture with a lemon-mint drink, starters at Bayt Al Wakeel restaurant, a camel burger, local sweets and Arabic coffee. Plus, enjoy exploring Old Dubai with your private guide.

**The Lime Tree Café & Kitchen** | Featuring a bespoke menu with an emphasis on nourishing delicacies, guests are welcomed to seven different locations with vibrant yet relaxing atmospheres. Delight in local favorites such as mini dukkah roast rolls, smoked salmon with cucumbers, or a lamb burger and their legendary carrot cake or roasted apricot and pistachio tart for dessert.

**VIP Desert Safari** | A luxurious evening in the heart of the desert, take an exciting dune drive to immerse in picturesque sunsets whilst sipping bubbly or date juice as the stars fill the sky. Settle in to the traditional Bedouin-style camp with curtained gazebos for a BBQ dinner and Arabian Adventures Fire and Dance Show. Enjoy time for camel rides, henna painting, shisha pipe and dune rides.

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