



# Eats & Treats

BAHRAIN

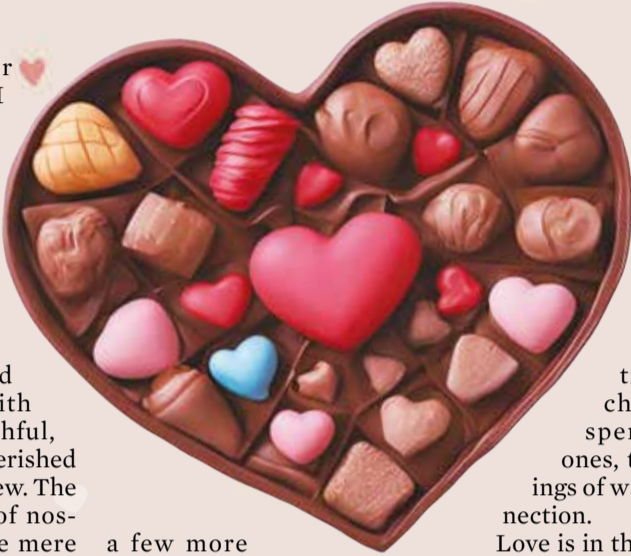
to your heart's content



## The Simple Joys of Love

**T**he other evening, I indulged in a bowl of my favourite noodles. As I savoured the long strands of noodles coated in a luscious cheese-infused sauce, fond recollections of shared moments with my beloved husband flooded my mind. With each delectable mouthful, the essence of those cherished times enveloped me anew. The comforting embrace of nostalgia transcended the mere warmth of the dish, engulfing my senses in a tender wave of reminiscence.

Do you remember your first few dates with your special person? Do you remember what you ate or drank? A lot of people do. For me, it was a cup of mint chocolate chip ice cream, sometimes a tub. We shared it over conversations. Popcorn at the movies and chocolates after a meal are



a few more instances that I recollect and cherish. Why do shared meals create memories? When we eat, our brain processes not just the taste and aroma of the food but also the circumstances and emotions associated with the experience. Therefore, certain foods can prompt memories of past events, people, and places and arouse emotions and feelings associated with

those memories. Sharing meals can create strong emotional connections. Taste, smell and certain dishes can transport us to cherished times spent with loved ones, triggering feelings of warmth and connection.

Love is in the small things you can find joy in drinking coffee or tea with your partner or having a meal with your phone placed away from the dining table. Beautiful memories can be created by preparing a meal for your love. Love is in the thought. What are you doing to make them feel special? Rekindle the passion with thoughtful gestures. It could be a sandwich for their

morning cuppa. How about cooking together? The bonding experience is unmatched! Enjoying chocolate fondue with fresh fruits or a charcuterie board while watching a movie is a great bonding experience, too.

Document your favourite food memories through photos or a list of foods you enjoy together and places you like to dine at. They remain in our hearts, but when you revisit these memories, they will remind you of the good times.

Valentine's Day should be a way of living and not just a day to fancily celebrate love and put on a show for others to see. Make it about you and your loved one. Do you have a special food memory with your loved one? Tell us about it. I like the idea of this Valentine's Day platter. It is perfect for sharing; you can add the food items of choice, make it pretty and enjoy it at your own pace.



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## Valentine's Day Platter



### You will need:

- 4 cooked chicken frankfurters or beef sausages
- 4 heart-shaped waffles
- 4 strips of turkey or beef bacon
- 6 strawberries, sliced
- 1 cup of blueberries
- 1 cup of raspberries
- 1 cup of chocolate chips
- Several mini chocolate donuts
- Garnishes in a small glass
- Maple syrup
- Nutella
- Powdered sugar
- Strawberry & white sprinkles

### Directions :

Arrange all ingredients on the board. Top waffles with garnishes. Serve and enjoy!