

Don't miss the Greatest Catch

THE Manhattan Fish Market Greatest Catch is back in season. With the festive seasons around the corner, The Manhattan Fish Market is offering patrons a bigger and tastier Clawsome Canadian Lobster on its menu.

Due to the good response from the previous Canadian Lobster campaign, The Manhattan Fish Market has decided to run the campaign once again with promises of greater quality, bigger-sized and tasty Canadian lobsters.

Imported from Canada, the sweet and succulent whole lobsters are topped with special Seafood Explosion Filling

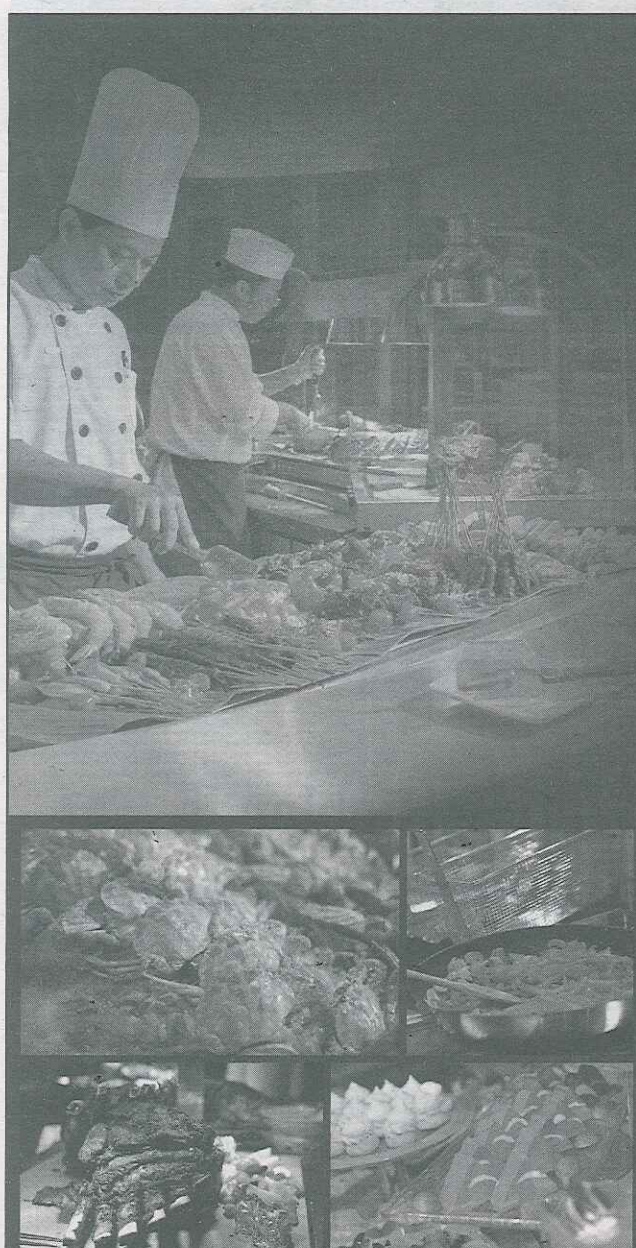
(chunks of seafood, carrot, onion and green capsicum drenched in Manhattan Flaming Sauce) and flamed at the table, right before diners' eyes for a truly aroma-luscious experience.

Diners get to enjoy the Canadian Lobster Sharing Platter, which consists of a whole Canadian lobster, fried calamari, fish nuggets and Garlic Herb Mussels on a bed of fragrant Garlic Herb rice with a side of chips, served with two complimentary Lobster Bisque (worth RM25.80) at an irresistibly price of RM119.90 (RM127.09 with GST) for 500gm and RM149.90 (RM158.89 with GST) for 700gm.

Single portion for small eaters



As the festive seasons are around the corner The Manhattan Fish Market is offering patrons a bigger and tastier Clawsome Canadian Lobster on its menu.



KONTIKI

Mezzanine Level

SEAFOOD, BBQ & MEAT FIESTA BUFFET DINNER

A scrumptious buffet dinner comprising a wide selection of appetizers, hot and delicious international & local favourites, a-la-minute action stalls and mouth watering desserts and more! Treat your family & friends to an amazing night of carvery & seafood BBQ including steamboat too!

Fridays & Saturdays, 6.30pm - 10pm
(Except 24, 25 & 31 DEC)

RM128 nett per adult
RM38 nett per child*
50% OFF for senior citizen*

EAST MEETS WEST BUFFET LUNCH

Mondays to Fridays, 12 noon - 2.30pm

RM98 nett per adult
RM28 nett per child*
50% OFF for senior citizen*

THE GREAT MALAYSIAN HI-TEA

Saturdays & Sundays, 12.30pm - 4pm
(Except 25 DEC)

RM78 nett per adult
RM28 nett per child*
50% OFF for senior citizen*

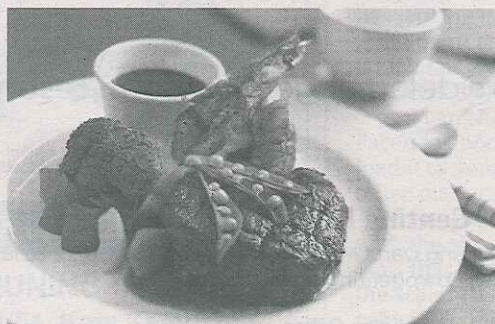
Facebook: kontiki.thefederalkl Twitter: KontikiTFKL
www.kontiki.com.my

SURF & TURF

Nightly 5pm - 12 midnight
(Except 24, 25, 30 & 31 Dec)

Inclusive of a complimentary glass of house wine & dessert.

RM68 nett per order



Federal Hotels Sendirian Berhad (0182-7)

Reservations: +603 2148 9166 e: f&b@federal.com.my



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THE FEDERAL
KUALA LUMPUR

All prices are inclusive of 6% Goods & Services Tax (GST). * Child below 12 years old / senior citizen above 55 years old - Malaysians only. Terms & Conditions apply.

is also available, which offers a whole Canadian Lobster on the bed of Garlic Herb rice and a side of vegetables, served with complimentary Lobster Bisque (worth RM12.90), priced at RM79.90 (RM84.69 with GST) for 500gm and RM109.90 (RM116.49 with GST) for 700gm.

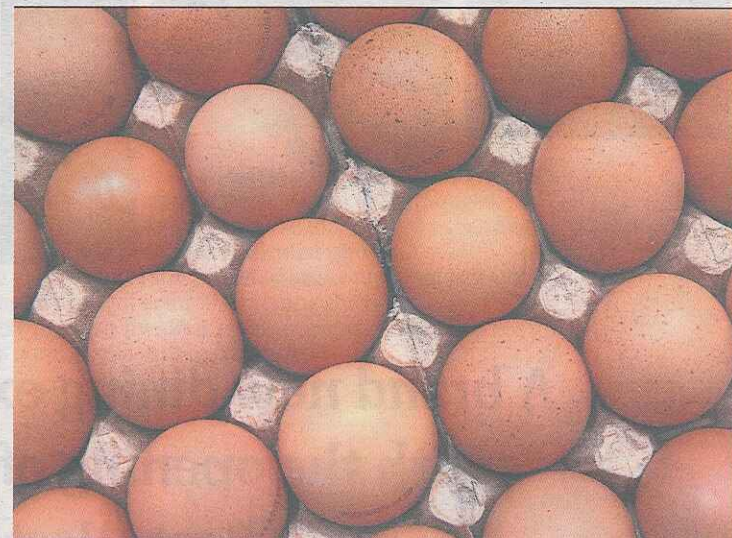
To make the deal sweeter, there is also an a la carte option Lobster Bisque, which comes in two sizes - Lite at RM9.90 (RM10.49 with GST) and Regular at RM12.90 (RM13.67 with GST).

What better way to celebrate

the festive seasons than sitting down for a scrumptious seafood feast?

The Clawsome Canadian Lobster will be available daily for dine-in and take-away from Dec 5 onwards, at all 34 The Manhattan Fish Market outlets except Cenang Mall, Langkawi.

For more information on The Manhattan Fish Market's latest promotions, log on to www.manhattanfishmarket.com, www.facebook.com/MFM.my or call 03-7957 1118.



Eggs are packed with vitamins and minerals. — Reuters

Delicious egg dishes

AN egg is a miracle of nature, delivering taste and goodness in a neat package. An average-sized one contains about 10% of all the protein you need for the day which is why eggs are placed in the Meats category in the Food Guide Pyramid. They are also packed with vitamins and minerals.

Sadly, they come with one caution: eggs also contain cholesterol, just over half your daily allowance in the average medium-sized egg. So do tuck in but be sensible.

What's also lovely about eggs is that you can order them in all sorts of styles. Next time you have breakfast or lunch in a café, do consider one of these classic egg dishes.

Huevos rancheros, which is Spanish for "rancher's eggs" are delicious if you love spicy food. This is fried eggs placed on corn tortillas and topped with a toma-

to, jalapeño chilies and cilantro sauce.

If you're feeling extra hungry, you can have rice, refried beans and guacamole on the side.

Onsen tamago is a classic Japanese egg dish that is traditionally slow-cooked in the waters of a hot spring.

Because of the slow heating method, the egg white becomes very silky and the egg yolk is rich and creamy. It is usually served in a clear miso-soup like broth with a dash of sake and a sprinkle of spring onion.

Finally, there is the totally delicious Eggs Benedict, a classic dish where you build a small tower on an English muffin, topped with a slice of ham or strip of bacon, a poached egg, and Hollandaise sauce.

The sauce is rich and buttery, made of eggs with lemon juice and a dash of pepper, and this lifts the rest of the dish.

FEDERAL Hotel Kuala Lumpur's Kontiki restaurant has several promotions lined up.

Its Tiki BBQ Seafood Buffet Dinner on Fridays and Saturdays from 6.30pm to 10pm is priced at RM128 nett per person and RM38 nett per child.

Its Tiki Weekend Hi-tea on Saturdays and Sundays are from 12.30pm to 4pm, priced at RM78 nett per person or RM28 nett per child.

It has four menu rotations, and will also feature three of first Malaysian prime minister Tunku Abdul Rahman Putra Al-Haj's collection of family favourite recipes.

Also available is a coffee-table compendium of private recipes collected called the "Favourite Dishes from the Tunku's Kitchen", on sale at The Federal Kuala Lumpur.

The Tiki Asian Showcase Buffet Lunch is on Mondays to Fridays (except public holidays) noon to 2.30pm, priced at RM98 nett per person, RM28 nett per child*, with a wide selection of local and international cuisine that includes the piping hot noodles, chicken rice and seafood station.

For all above promotions, there is a 50% off the adult price for senior citizen.

Local favourites and meals for children

Kontiki also serves Malaysian favourites and Kid's meals in its a la carte menu and a good selection of local dishes, which are a true reflection of our rich culture of fusion.

Federal Hotel's Bintang Revolving Restaurant has the perfect match between beef and seafood – the Surf and Turf set priced at RM68 nett per person available from now to Dec 23, and Dec 26 to 29.

Set dinners

Its three-course Set Dinners for both Christmas Eve and Christmas Day are priced at RM128 nett per person for Dec 24 and 25 from 5pm to midnight; including novelty party packs.

Celebrating in style



The buffet dinner at Kontiki.

Special festive menus for kids are also available priced at RM68 nett per child (not applicable for discount), inclusive of novelty party packs.

The Federal Kuala Lumpur The Verandah is a modern and sophisticated concept located at the lobby lounge, offering a choice of delicious appetising light meal, afternoon tea or even late night desserts.

Its Afternoon Tea for Two starts daily from 3pm to 6pm and priced at RM38 nett for two persons. The Verandah is perfect for a tete-a-tete, a business meeting or a cosy cocktail reception.

Guests can also enjoy cocktails or mocktails from 7am to midnight to unwind after a long day while immersing in the soft relaxing music from a live band.



The Surf and Turf.

Those celebrating Christmas at home can order a Christmas Takeaway, with a whole roast turkey with stuffing and sauce, butter vegetables and potatoes at RM288 nett per bird.

Roast lamb rack served with buttered vegetables and potatoes is priced at RM268 nett per order (three pieces); a roast leg of lamb served with butter vegetables and potatoes is priced at RM238 nett per order

and more.

Takeaway gourmet treats is available from now until Dec 31.

Advance orders of three working days are required and guests may visit the Kontiki daily to place their takeaway orders.

■ For the full festive menu, call 03-2148 9166; e-mail to f&b@federal.com.my; visit www.kontiki.com.my; or www.fhihotels.com.



Serving the scrumptious Afternoon Tea for 2, The Verandah is the perfect venue for private moments, social functions and a venue for networking.



CLAWSOME CANADIAN LOBSTER

Sharing Platter

Canadian Lobster + 2 Complimentary Lobster Bisques (REG)
Sweet and succulent lobster topped with our special Seafood Explosion Filling (chunks of seafood and veggies drenched in Manhattan Flaming Sauce), fried calamari, fish nuggets and Garlic Herb mussels on a bed of Garlic Herb rice with a side of chips

RM 119.90 +/- 500gms
(with GST RM127.09)

RM 149.90 +/- 700gms
(with GST RM158.89)





Single

Canadian Lobster + Complimentary Lobster Bisque (REG)
Sweet and succulent lobster topped with our special Seafood Explosion Filling (chunks of seafood and veggies drenched in Manhattan Flaming Sauce) on a bed of Garlic Herb rice.

RM 79.90 +/- 500gms
(with GST RM84.69)

RM 109.90 +/- 700gms
(with GST RM116.49)

Terms and conditions apply. This promotion is available at all outlets except Conang Mall, Langkawi. The Manhattan FISH MARKET reserves the right to amend the terms and conditions without prior notice. Managed by MFM Restaurants Sdn Bhd. (Co. No. 587638-K)

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Jazz up your salad



How do you build a salad that has appeal but that won't bust your New Year diet? — AFP

A PLAIN salad of lettuce, tomato and onion is filling and good but it can be very unappealing. If you drench it in dressing, it can be delicious.

So, how do you build a salad that has appeal but won't bust your New Year diet?

One way is to start early, store your ingredients properly and add vegetables. Lettuce and other vegetables should be kept in the refrigerator but cooling destroys tomatoes, so keep them in a bowl like apples. Use a big bowl and start an hour before you want to eat.

Use cherry tomatoes and chop them in half. Add in chopped onion. Even better, use spring onion that adds to the colour and texture. Just wash and snip with scissors.

Add very finely sliced raw red

cabbage, which adds a sharp, peppery flavour. Also put in sweet bell pepper, any colour you like. Both will keep in the refrigerator for a week, so just use it as you go along.

Now leave it all to stand for an hour. This allows everything to settle and release juices, meaning you use less dressing, which helps cut down fat and calories.

When you're ready, add a splash of dressing. Low calorie raspberry, tomato or balsamic vinaigrette is delicious. Then add chopped lettuce. Loads of it.

For a dinner substitute, you can add slices of boiled egg, a tin of tuna, or a handful of hot chicken strips. Each of these goes great with fresh basil, so if you have some, chop it up and put that in too. Stir and eat.