

South Africans get the bug: Cape Town diner serves insect-only dishes

Bangkok tops Paris, London as world's most-visited city

BANGKOK, Sept 4, (RTRS): Thailand's capital, Bangkok, edged out Paris and London as the world's most popular city to visit, according to a survey released on Wednesday, welcome news for Thailand after worries over a drop in foreign arrivals.

Bangkok was named the most-visited city for the fourth consecutive year, with about 22.8 million visitors reported in the annual rankings by MasterCard Inc.

Paris and London were ranked second and third, each with about 19.1 million arrivals, trailed by Dubai with 15.9 million.

Other Southeast Asian cities, Singapore and Kuala Lumpur were fourth and fifth in the rankings, based on third-party research, proprietary analysis and public data across 200 destination cities.

New York, Istanbul, Tokyo and Antalya, Turkey, rounded out the top 10.

The number of international visitors across the 200 cities grew by 76% in the last 10 years.

Despite Bangkok's longtime reign atop the list, the Thai tourism industry has faced headwinds, with arrivals dropping 1.03% year-on-year in May before recovering to grow 0.89% in June from a year earlier.

Tourism accounts for about 12% of Thailand's economy.

However, weaker Chinese economic growth and a boat accident last year led to a drop off in Chinese arrivals in Thailand in the first half of this year.

Visitors

The downturn in the number of visitors from China was partially offset by Indian arrivals.

Thailand expects to welcome 2 million Indian tourists in 2019, the governor of the Tourism Authority of Thailand, Yuthasak Supasorn,

told Reuters, adding this was one year earlier than its target.

In August, the government extended a waiver of a 2,000 baht (\$65) fee for visa-on-arrivals for tourists from 18 countries including those from China and India.

A growing middle class and increasing wealth in populations and the rise of low-cost airlines will make travel more accessible, Minor Hotels Chief Executive, Dilip Rajakraker, said in an email.

"Given only less than 10% of the China's total population having passports today. The potential of the Chinese market will never fade," he said.

□ □ □

South African chef **Mario Barnard** said he was "grossed out" and did not entirely enjoy eating grilled scorpions and crunchy insects mixed with garlic and spices on a trip to

Thailand four years ago.

But the experience inspired Barnard to start experimenting with insect-based meals and in July he opened a pop-up restaurant in Cape Town's trendy Woodstock suburb that only serves bug meals.

"Insect Experience" is the first restaurant in South Africa to serve insect-only meals, Barnard said, though they have proven increasingly popular in various countries around the world.

Barnard has teamed up with local start-up Gourmet Grubb, who turn black soldier fly larvae into protein powder and milk, which can be used to make insect-based ice cream.

"A couple of months ago I met **Jean and Leah** (of Gourmet Grubb) and they've got the same problem as me, where we don't like the insect as it is in its whole form, so we decided to do it in a powder form and make gourmet dishes," Barnard told Re-

uters at the pop-up restaurant.

Adventurous customers can try small bowls of insects, including mealworms, as well as larger dried mopane worms, which are already considered a delicacy in some African countries.

Original

"People are looking for new things to do and it's been going well," Barnard said, adding that his pop-up restaurant would remain open until November – well beyond the original closure date – after launching in July.

Diners at "Insect Experience" can also tuck into mopane polenta fries with tomato chilli chutney or black soldier fly butternut ravioli with roasted chilli garlic sauce, both reasonably priced at 50 rand (\$3.28) a meal.

The ravioli is made from a mix of around 50 percent insect powder and flour, said Barnard, as he waited for

a new batch of termites and crickets to arrive.

"It's good for the environment and it's the food of the future," he said, adding they looked to expand their range into bug beer, biscuits and even dog food.

The United Nations' Food and Agriculture Organization has said insects emit fewer greenhouse gases and less ammonia than cattle or pigs, require much less land and water, and that there are more than 1,900 edible insect species.

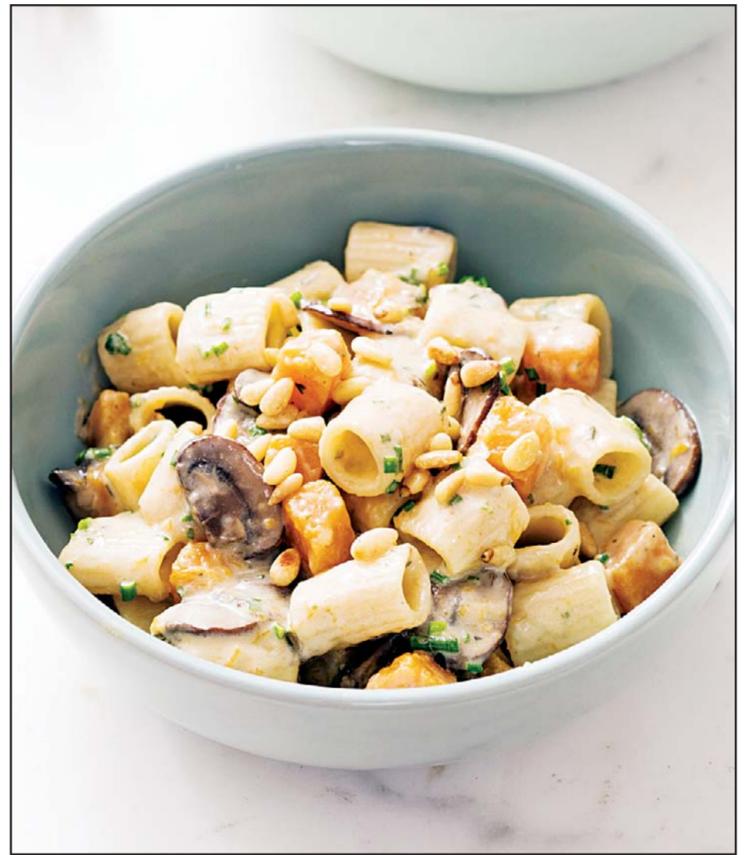
Scientists have touted insect-based food as a sustainable and cheap food that is high in protein, fibre and minerals.

"I've never eaten insects before. It didn't taste like insect," said one satisfied customer at Insect Experience, **Angelo Caralse**. "It tasted like croquettes, it tasted like potatoes and chickpea with a slightly nutty, spicy flavour. I enjoyed it."

Food



This undated photo provided by America's Test Kitchen in March 2019 shows lamb meatballs with orzo in Brookline, Mass. (AP)



This undated photo provided by America's Test Kitchen in March 2019 shows creamy rigatoni with mushrooms. (AP)

A pasta dish that brings out the earthy flavor of mushrooms

Mix up your pasta, meatballs with lamb and orzo

By America's Test Kitchen

Pasta and meatballs are a perfect match, but for a unique spin on this classic duo we turned to lamb instead of beef or pork, and to orzo instead of spaghetti, and we enhanced the dish with fresh, bold Greek flavors like mint, oregano, and cinnamon.

A panade – a simple paste made from Greek yogurt and panko – kept the meatballs moist and lent the dish welcome tangy flavor. We used our Dutch oven to deeply brown the meatballs and create lots of flavorful fond in the pot. Using some of the rendered fat to cook our aromatics gave our orzo pilaf a super-savory base.

After toasting the orzo to golden brown, we added a combination of white wine and chicken broth and cooked the orzo until it was nearly tender. We were then able to simply nestle our seared meatballs back into the pot to cook them through.

We finished the dish with a bright topping of cherry tomatoes, more fresh mint, and feta, which cut through the richness for a highly satisfying one-pot meal. Depending on the size of your Dutch oven, you may need to brown the meatballs in two batches rather than one.

Lamb Meatballs with Orzo, Tomatoes and Feta

Servings: 4
Start to finish: 1 hour, 15 minutes
1/2 cup plain whole-milk Greek yogurt

1/4 cup panko bread crumbs
3 tablespoons water
1 large egg
2 tablespoons minced fresh mint, plus 2 tablespoons torn leaves
4 garlic cloves, minced
2 teaspoons minced fresh oregano or 1/2 teaspoon dried
Salt and pepper
3/4 teaspoon ground cinnamon

1 1/2 pounds ground lamb
2 tablespoons extra-virgin olive oil

1 onion, chopped fine
2 cups orzo
3 cups chicken broth
8 ounces cherry tomatoes, halved

2 ounces feta cheese, crumbled (1/2 cup)
Mash yogurt, panko, and water together with fork in large bowl to form paste. Stir in egg, minced mint, half of garlic, oregano, 1/2 teaspoon salt, 1/8 teaspoon pepper, and cinnamon until combined. Add ground lamb and knead with your hands until thoroughly combined. Pinch off and roll mixture into 18 separate 1 1/2 inch meatballs.

Heat oil in Dutch oven over medium-high heat until just smoking. Brown meatballs on all sides, 7 to 10 minutes; transfer to plate. Pour off all but 2 -tablespoons fat from pot. Add onion and 1/2 teaspoon salt to fat left in pot and cook over medium heat until onion is softened

and lightly browned, 5 to 7 minutes. Stir in remaining garlic and cook until fragrant, about 30 seconds. Add orzo and cook, stirring frequently, until lightly browned and golden, about 5 minutes.

Stir in broth, scraping up any browned bits. Bring to simmer and cook, stirring occasionally, until most of liquid has been absorbed and orzo is almost tender, 7 to 10 minutes.

Reduce heat to medium-low and nestle meatballs into orzo. Cover and cook until orzo is tender and meatballs are fully cooked through, 5 to 10 minutes. Sprinkle with tomatoes, feta, and torn mint. Serve.

□ □ □

We wanted to create a pasta dish that brought out the delicate, earthy flavor hiding in supermarket mushrooms. We selected cremini mushrooms, which have a meatier texture and a more intense, woody flavor than button mushrooms but are still readily available.

Butternut squash heightened the dish's wintertime appeal and gave it heft and a subtle sweetness that perfectly complemented the mushrooms. To start, we sautéed the mushrooms with shallots, garlic, thyme, and a small amount of salt to help the cremini release their liquid, then added the squash. The liquid released by the mushrooms was just enough to steam the squash, and cooking both together gave the smaller mushroom pieces time to brown and create fond.

We removed the vegetables, and then poured in chicken broth and water to cook our pasta. Adding heavy cream toward the end of cooking, and then stirring vigorously while mixing in Parmesan cheese, drew out the pasta's starches and created a thick, creamy sauce, into which we folded our meaty cooked vegetables.

A splash of lemon juice, a sprinkling of fresh chives, and some toasted pine nuts were the perfect finishes to the dish. You can substitute 1 pound of ziti or penne for the rigatoni, if desired.

Creamy Rigatoni With Mushrooms, Butternut Squash And Pine Nuts

Servings: 4-6
Start to finish: 1 hour, 15 minutes
1 tablespoon extra-virgin olive oil

2 large shallots, minced
3 garlic cloves, minced
4 teaspoons minced fresh thyme or 1 1/2 teaspoons dried
12 ounces cremini mushrooms, trimmed and sliced thin
Salt and pepper
1 1/2 pounds butternut squash, peeled, seeded, and cut into 1/2 inch pieces (4 cups)
2 1/2 cups water, plus extra as needed
2 cups chicken or vegetable broth

1 pound rigatoni
1/2 cup heavy cream
2 ounces Parmesan cheese,

grated (1 cup)
1 tablespoon lemon juice
2 tablespoons minced fresh chives

1/4 cup pine nuts, toasted
Heat oil in Dutch oven over medium heat until shimmering. Add shallots and cook until softened, about 3 minutes. Stir in garlic and thyme and cook until fragrant, about 30 seconds. Stir in mushrooms and 1/2 teaspoon salt and cook until mushrooms begin to release their liquid, about 4 minutes. Stir in squash, cover, and cook, stirring occasionally, until squash is tender and lightly browned, about 12 minutes. Transfer vegetables to bowl and cover to keep warm.

Add water, broth, and 1/4 teaspoon salt to now-empty pot, scraping up any browned bits, and bring to boil. Stir in pasta, returning to vigorous simmer, and cook, stirring often, until pasta is nearly tender, about 10 minutes.

Stir in cream and continue to cook until pasta is tender and has absorbed most of liquid, about 4 minutes. Add Parmesan and stir vigorously until sauce is creamy and pasta is well coated, about 30 seconds. Stir in reserved vegetables and lemon juice and cook until heated through, about 1 minute. Off heat, adjust sauce consistency with extra hot water as needed. Stir in chives and season with salt and -pepper to taste. Serve, sprinkling individual portions with pine nuts. (AP)

click

General

Continued from Page 13

Do come and witness our meetings and join us for a fun-filled evening.

For details contact: Rohaina Aqueel VP PR, 66634224; Anand Pillai VP Membership 67055797

□ □ □

IEI Kuwait membership: The Institution of Engineers (India), Kuwait Chapter invites all its members to update their membership information for the year 2018-19 and actively participate in the chapter activities. Indian engineers residing in Kuwait are welcome to join the pool of more than 750,000 engineers by becoming corporate or non-corporate members of The Institution of Engineers (India).

IEI, Kuwait Chapter conducts many technical events for the benefits of its members. Please watch for further details in your registered e-mail or announcement in media. The chapter has science club activities for members' children, and ladies wing activities for the member's family. IEI, Kuwait Chapter has facility to register student members for AMIE Examination for those interested in pursuing career enrichment.

For more information and on chapter membership, kindly contact IEI, Kuwait Chapter on Mob: 90098667 or through email to ieikwt@hotmail.com

□ □ □

Advisory for OCI card holders: All those having OCI Cards are required to carry both their OCI Card and passport to travel to India so that they do not face any difficulty in immigration clearance.

From October 2018, ICAO will accept only machine readable travel documents, hence, existing PIO Cards, which are handwritten will therefore, become invalid. Thus it will be necessary upon PIO Cardholders to obtain machine readable OCI Cards in lieu of existing hand written PIO Cards before October 2018 to avoid any inconvenience.

□ □ □

Q8BBall Season 13: Q8BBall is beginning our 13th season with Boys U13 (ages 10-13) and U17 (ages 14-17). We train three times a week and play regular games throughout the year with schools and clubs. Contact Coach T 97128884 for information.

□ □ □

Invitation to Grand Mosque: The Visits Department is pleased to invite you to visit the Grand Mosque, which is one of Kuwait's most treasured religious and cultural landmarks to discover the beauty of Islamic arts and architecture. Free guided tours are available all year round on official working days between (9-11 am) and (5-7 pm), within a special tour program designed to cater to the needs of different age groups. The program is as follows:

Reception; Auditorium show; (according to age group); Touring the Mosque; Q & A; Art workshops; (according to age group – between 5 and 18 years old); Snack break; Distribution of the Grand Mosque publications and souvenirs; End of tour.

According to these age groups:
Age group: 5 to 9 years old: Morning: 60 visitors max; Evening: 20; 10 to 15 years: Morning: 100 visitors max; Evening: 45; 16 and above: Morning: 140 visitors max, Evening: 105;

Tour language: Arabic- English-French; Arabic (English upon prior request); Arabic- English- French; Arabic (English upon prior request); Arabic-English- French; Arabic (English upon prior request)

Rules and Regulations:

■ Please arrive in time for your visit.
■ All visitors are kindly required to abide by the mosque's dress code. Male visitors should wear long pants. Shorts and sleeveless shirts are not allowed. Female visitors: should wear head cover and long loose clothing (available at the mosque).
■ Foods and drinks are not allowed inside the prayer halls.

■ For school visits, teachers are responsible for their students and are required to cooperate with the staff members of the Grand Mosque.

■ Photography is allowed inside the Grand Mosque (please note that disrespectful poses are strictly prohibited).

If you would like to book a tour, please contact us:

Tel: 22980813/ 22980815/ 22980812
Email: gmvisits@gmail.com
Fax: 22473708

□ □ □

Share your story with Amricani: Do you or any of your family members,

acquaintances or friends happen to have a story with the American Missionary hospital in Kuwait (Mustasha Lemraicani) during the years from 1914-1967, the official period of offering medical services in Kuwait?

Please share with us your story or your memory during those old days by writing the event and sending it to the following email address: Mystory@darmuseum.org.kw

Notes: 1. Please send your story only to the above mentioned email. Story shared in Instagram, Facebook or Twitter will not be considered.

2. Please write your story or memory and sign it with your full name, and your contact number.

3. It will be great if you send us your personal photos or those of the place

related to the story (optional).

Your story will be part of a new book to be published by DAI.

I am confident that your contributions will be an essential part of the history of Amricani. Share with us!

□ □ □

NYF offers free yoga classes:

NYF Kuwait offers free yoga, breathing, meditation and reiki classes by a well-experienced female yoga teacher for all age groups. Classes are given on the basis of different health problems, stress and other problems by different techniques. Contact: 99315825.

□ □ □

Leadership Excellence Course: The Leadership Excellence Course

(LEC) is a course modeled on the Seerah of Rasoolullah who is the best model of leadership for all mankind. The LEC focuses on the lessons that we can learn from the Seerah of Rasoolullah and see how we can apply them in our lives to become winners in this world and the next.

The objectives of the course are 1. Understand what leadership is from the Seerah of Rasoolullah and how to apply it in our lives today 2. Understand the purpose of our lives and learn to live that purpose with confidence 3. Understand the importance of connecting to Allah and learn how to do it 4. Understand how to leverage your strengths and overcome weaknesses 5. Understand how to articulate your life goal and create a road map to achieve it.

an informal organization of Ugandans living and working in Kuwait. The purpose of this exercise is to get together as Ugandans and to consider taking the first steps to establishing a more formal organization. This association is voluntary. It is designed to create a forum for Ugandans in Kuwait to foster a sense of community, to communicate more effectively with each other and to encourage Ugandans out here to work together. We are also planning a celebration to mark 50 years of Ugandan's Independence this year. If you have any questions regarding this association or if you are interested in registering, then please send us an email at ugandan-sinkuwait@gmail.com. We hope to hear from you soon.

Continued on Page 18