

The Dubai Friday Brunch bears no resemblance to brunch American or European-style. In fact it is not that familiar contraction of breakfast and lunch, typically enjoyed sometime late mid-morning after a heavy night before, at all.

# Brunch: THE DUBAI WAY

BY DANIELLE SIMPSON | PHOTOGRAPHY BY IVANA MAGLIONE

“  
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nor for those who eat to live  
”





Whether you prefer your Pont-l'Évêque and soda crackers with a side of roast beef, Yorkshire pudding and grilled garlic prawns, or loading your plate with sushi, sashimi, dim sum and lobster tails, or if starting with every chocolate creation under the sun, garnished with strawberry homemade marshmallow and white chocolate buttons is more to your taste, then Friday Brunch, Dubai-style, will definitely be your thing.

For the purists amongst you, never fear. You can conservatively work your way through an array of fruits de mer extraordinaire - grilled, steamed, baked, or oyster-raw; salads, crudités, vegetables - marinated, dressed, undressed, grilled, roasted, baked or steamed; pasta, noodles, rice, potatoes,

Indian, Japanese, Chinese, Mediterranean, British, Aussie, Teppanyaki, Mongolian; groaning tables four-metres long bearing obscene quantities of gourmet cheeses; wine, bubbles, cocktail stations; white chocolate fountains, gateaux, pancakes, sorbets and mousses. There are even fantastical culinary delights for the kiddies in designated frenzied scaled-down areas offering Willy Wonka-style food fantasies: candy floss, hot dogs, chips, popcorn, sweetsies and ice cream.

If you want it, you will find it. Eat and drink as much as you can. You have four hours. Your time starts now....

For newcomers to Dubai, this is brunch, but not as you know it. No. Friday Brunch, Dubai-style, is a blow-out, all-you-can-eat, lavish-beyond-any- rea-

sonable-person's-expectations banquet of the finest cuisines from around the world. Cooking stations, comprising extravagant, gastronomic excellence, battle to titillate your taste buds. This is unparalleled dining at its most excessive, consisting, in gargantuan proportions, of the finest food money can buy. Think lobster, caviar, champagne, truffles, multiply that by infinity. Think Michelin-starred food from around the world all in one place, all at one time, every Friday, in every luxury hotel throughout Dubai. If this is your first time, you may think you have died and gone to gastro-heaven. Brunch is not for the fainthearted, nor for those who eat to live. It should be reserved for special occasions so you never become blasé about what you are confronted with. The day you do, it's time to stop.





“ The mix of spices is so pronounced and so uniquely Arabic, it's unbeatable ”

- Eat nothing after 9pm the night before. Not a single thing.
- Dress to impress. The concept of overdressed does not exist in Dubai.
- Arrive on the dot of 'on your marks, get set, GO!' Every second counts.
- Familiarise yourself with the layout of the food. You don't want to waste precious time when the whistle blows.
- Going with friends is more fun than à deux:
- Go easy on the carbohydrates. You will have no tummy space for the rest.
- Pace the beverages. Four hours of all you can drink is known to become messy.
- Be brave: try everything.
- Queues for the lobster? Go try something else and come back later.
- Leave space for dessert and Ditto for the cheese.

*Logistically the distance from the food stations to your table is such that you will spend at least half the meal on your feet in pursuit of 'more'. Just the two of you? Chances are you will spend no time together at the table at the same time. A romantic lunch this is not.*

## 6 of the Best

One Loves Brunch @ Media One  
Tel: 04 602 1234

Bubbalicious @ The Westin  
Tel: 04 399 4141

The Friday Brunch @ Al Qasr  
Tel: 04 366 6730

Spectrum On One @ Fairmont Dubai  
Tel: 04 311 8316

Traiteur @ Park Hyatt  
Tel: 04 602 1234

and for a bit of a bargain...  
Spice Island @ Crowne Plaza, Deira  
Tel: 04 262 5555