

Six by Nico are cooking "Middle East" this month

Six by Nico in Edinburgh and Glasgow will take you on a journey to the Middle East this month.

Chef Nico Simeone has created a very tasty menu with influence from Egypt, Lebanon, Turkey and Greece.



The dishes feature pulses, grains and vegetables with kebabs and grilled mackerel and falafel to cardamom ice cream. There are rich earthy légumes from the Bronze Age diet which featured in the area and succulent aromas from the present day. This is a six course tasting menu depicting the region's rich and enchanting history.

The Middle East is truly a cultural collective to behold and in this latest offering Chef Nico Simeone and the team at Six by Nico bring an extensive menu this Winter to guests offering the best of Kibbeh, Koshari, Manakeesh, Shawarmas, Meze and desserts.



The new six course tasting menu includes **MEZE PLATTER** – Falafel, Caper & Raisin puree / Ewes Curd Kibbeh, Coriander Emulsion / Duck Leg Dolma, Preserved lemon; **KEBAB** – Scotch Lamb Belly, Red Cabbage Slaw, Ras El Hanout Yoghurt, Pickled Cucumber; **SPICED CAULIFLOWER**– Rose Harissa, Barrel Aged Feta, Kamalata Olives, Toasted Almond; **FLAME GRILLED MACKEREL** – Baba Ganoush, Pomegranate, Freekah, Walnut; **GLAZED CHICKEN**– Orange Blossom, Medajool Date, Sumac Carrot, Chicken Skin Dukkah and finally **BAKLAVA**– Hazelnut & Chocolate Creamaux, Sour Cherries, Coffee and Cardamon ice cream

Diners can book a table now for cooking 'Middle East'. Open from midday, Tuesday through to Sunday on Hanover Street in Edinburgh and in Finnieston in Glasgow, each six-course menu will be available from noon to night. The menu will be priced from £28 per person with the option to enjoy an expertly selected wine and specialist drinks pairing for an additional £25 at each restaurant. As ever, there is a vegetarian alternative available for every course, as well as theme

inspired snack sides.

Chef Nico Simeone said: *"A dish is like a story and our Middle Eastern cuisine, which is healthy and hearty for the Winter, has arrived. It's been tapped as one of 2018's big food trends with its different mixture of spices. We hope our ingredients, textures and exotic spices will convey a real taste of the Middle East and transport our guests to the patio in Amman or to the streets of Istanbul."* To make a reservation and to book now, visit www.sixbynico.co.uk

'Middle East' will run from Tuesday 30th October until Sunday 9th December 2018.