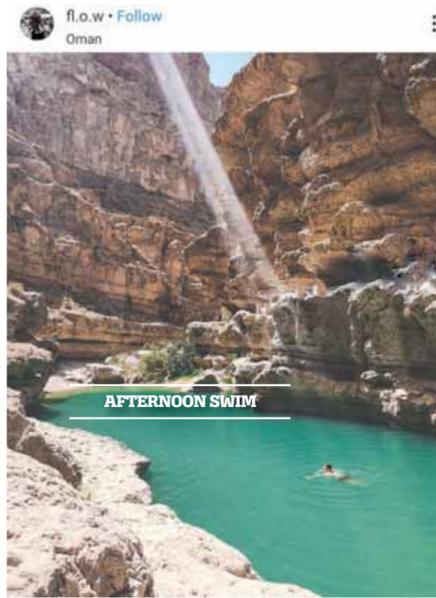




INSTAGRAM TOP PICKS



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COOK LIKE A CHEF

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Mountain Jalapeno Cheese Poppers

THE SHAPE AND colour of this dish is inspired by the surrounding Al Hajar Mountains. What could be more enticing than to bite into a golden brown Mountain Popper on a chill night with a drink in hand? When you eat this delicious creation, first comes the crispy-crunch of the coated jalapeno and then the oozy melting cheddar

cheese soft interior. Your eyes will be filled with surprise as the mouth excitedly tries to come to terms with the burst of flavours and textures. With the heat from the jalapeno that makes the mouth water, the crisp crunch of the coated bread crumbs, and the soft oozy cream cheese with herbs, leaves you asking for more.

INGREDIENTS

- 14 oz cream cheese
- 7 oz shredded cheddar cheese
- 1 cup shredded potato
- 12 oz jalapeno peppers
- 1 cup milk
- 1 cup all-purpose flour
- 1 cup dry bread crumbs
- 1 tbsp chopped parsley
- Salt to taste
- Oil for deep-frying

METHOD

Mix the cream cheese, cheddar cheese, boiled potato, and chopped parsley in a bowl.

Spoon this mixture into the jalapeno pepper halves.

Put the milk and flour into two separate small bowls. Dip the stuffed jalapenos first into the milk then into the flour, making sure that each is well coated.

Allow the coated jalapenos to dry for about 10 minutes.

Dip the jalapenos in milk again and roll them through the bread crumbs.

Allow them to dry, and then

repeat to ensure the entire surface of the jalapeno is coated.

In a medium skillet, heat the oil to 365 degrees F (180 degrees C).

Deep fry the coated jalapenos 2 to 3 minutes each, until golden brown. Remove and let drain on a paper towel.

Serve hot over a bed of crisp green salad with cheese and lemon sauce.

DID YOU KNOW?

DID YOU KNOW that jalapenos are the first species of pepper to travel into space? That the Ancient Aztecs were the first ones to cultivate and use them but not as food but for other purposes? These medium-sized chilli pepper pod are one of the best sources of Vitamin C and helps lower blood pressure, fight migraine and even help in losing weight. China, Peru, Spain and India are big producers of commercial chillies including Jalapeno but in Mexico, about 40,000 acres had been dedicated for planting these chillies.

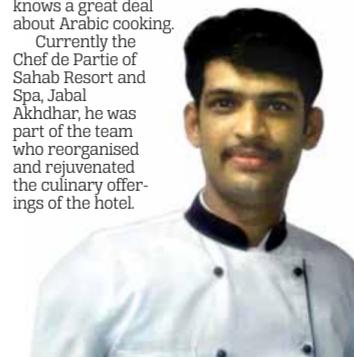
ABOUT THE CHEF

CHEF DAYAKAR REDDY

Sahab Resort and Spa
Jabal Akhdhar

Chef Dayakar has more than a decade of experience in the culinary world spending a great deal of his career between the Middle East and his home country of India where he eventually refined his skills.

A highly skilled professional in understanding the human taste-buds, he specialises in intercontinental, Indian and Asian cuisines and also knows a great deal about Arabic cooking. Currently the Chef de Partie of Sahab Resort and Spa, Jabal Akhdhar, he was part of the team who reorganised and rejuvenated the culinary offerings of the hotel.



ANIMAL PLANET



Antarctic penguins suffer 'catastrophic' breeding failure

THE SECOND LARGEST Emperor penguin colony on Earth has suffered a "catastrophic" breeding failure after nearly all chicks born over three years died as their icy Antarctic habitat shrinks, researchers said on Thursday.

The British Antarctic Survey (BAS) used satellite imagery to study the behaviour of the Halley Bay colony in the Weddell Sea due south of Cape Hope, which normally sees up to 25,000 penguin pairs mate each year.

They found that in 2016, when abnormally warm and stormy weather broke up the sea-ice on which the penguins normally raise their young, almost all the chicks died.

This pattern was repeated in 2017 and 2018.

The BAS said the colony at Halley Bay has "all but disappeared".

"We have been tracking the population of this, and other colonies in the region, for the last decade using very high resolution satellite imagery," said BAS remote sensing specialist Peter Fretwell.

"We can estimate the population based on the known density of the groups to give reliable

estimate of colony size. "These images have clearly shown the catastrophic breeding failure at this site over the last three years," Fretwell added.

The team noted however that a nearby penguin colony at Dawson Lambton had "markedly increased in size", indicating that many of the Halley Bay birds had migrated to safer breeding conditions.

BAS penguin expert Phil Trathan said it was impossible to know for sure if the break up of sea-ice at Halley Bay was caused by climate change.

"But such a complete failure to breed successfully is unprecedented at this site," he said.

Emperors, the world's largest penguin species, came to global fame with a 2005 documentary, "March of the Penguins", portraying their annual trek across the icy wastes, and the 2006 cartoon movie "Happy Feet".

But their population, centred around Earth's extreme south, is set to decline up to 70 per cent by the end of the century as the planet continues to warm.

A study in 2015 recommended the birds be added to an international "Red List" of endangered species. — AFP

DISCOVERY

Belgium-sized area of ancient rainforest lost in 2018: study



TWELVE MILLION HECTARES of tree cover were wiped off the face of the earth in 2018, according to a study released on Thursday by the Global Forest Watch (GFW) project.

Particularly worrying is the disappearance of 3.64 million hectares of so-called primary tropical rainforest, which contains particularly ancient trees

and store greater amounts of carbon than other forests. That's an area larger than Belgium.

The data was compiled by the University of Maryland, according to GFW, using the evaluation of satellite images.

By capturing carbon in the atmosphere, forests play a huge role in the regulation of the Earth's climate. — dpa