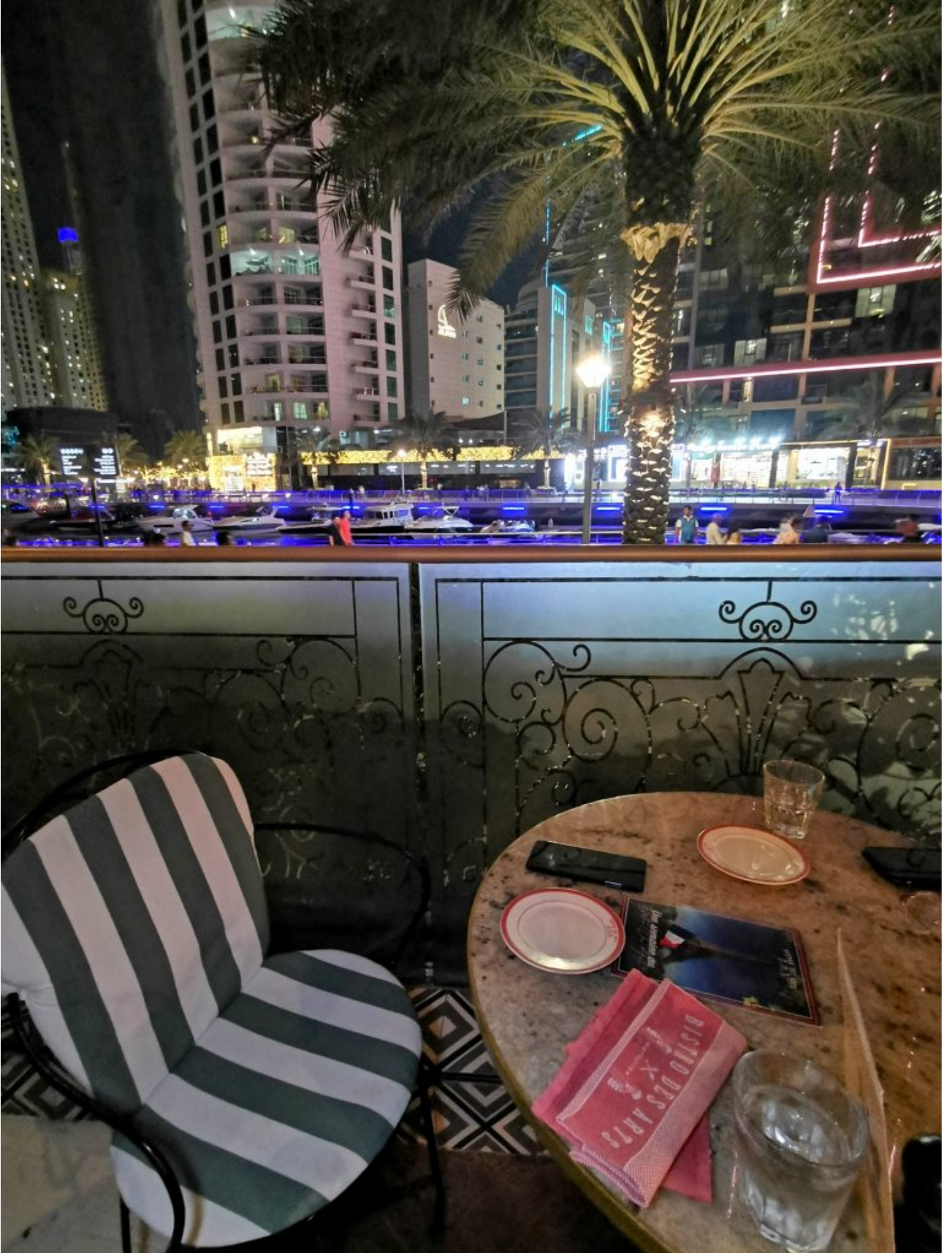




Weekend Dining at Bistro des Arts, Marina Mall Promenade in Dubai

It is said that authenticity is priceless - and this holds true at Bistro des Arts, a true blue French restaurant on the promenade of Dubai Marina, via Marina Mall.





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You sit at your table, and the world walks past.

Indeed, this is the French way.





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And Bistro des Arts is like dining in France.

In fact, I would say that Bistro des Arts represents a tangible aspect of French culture in Dubai - humbly, without pretensions, and just running a tip-top bistro as they would do if they were situated on Rue Cler, one of the most popular food streets in Paris, in the 7th arrondissement, very close to the Champs de Mars, the Eiffel Tower and Invalides.

The menu is eclectic, with a pleasant balance between French classics and modern gourmet dishes.

Of course, the wine is selected carefully, with love, even.





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And the ambiance is relaxed, conducive to conversation and deepening of relations - one might even say it is romantic.

But that is just being French.

But, wait - what is that in the corner?

An artist is painting on canvas... as if it were the most normal thing in the world...

And why not?





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Young, talented artist Vivien Chrétien is in fact part of the cultural scene of people who frequent Bistro des Arts - and if you asked him nicely, I'm sure you may persuade him to take on custom artwork for you as well.





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I hear that there are other talents who regularly grace the halls at Bistro des Arts - musicians, too!

General Manager, Peter Hallez, has assembled a formidable team at Bistro des Arts - and the results are evident both in the atmosphere and on the plate.



Salads are fresh and vibrant, elegantly dressed with choice condiments including berries - in this case also juicy ripe figs and walnuts!

My eye also was enticed by the *Salade Niçoise* - yellowfin tuna, beans, cherry tomato, anchovies, eggs, and olives - and also I was teased by a beetroot salad, with spinach, goat cheese, and pistachio, the *Salade De Betteraves Au Chèvre* - which I'm sure were going to be fantastic!

But instead opted for a grilled appetizer - the octopus!



The flavors were excellent, and the ingredients in their prime - and it is obvious the good folk in the Bistro des Arts kitchens know what they are doing!

It is one thing to learn how to follow recipes - and in fact many good chefs of all nationalities produce French dishes in Dubai - but it is totally a different thing to be culturally in synch with the dishes being prepared!

When your grandparents would place the very same dish down in front of you as a child on Sundays, and when you have grown up and learned to be a professional chef in the French tradition, the foods you prepare are an extension of thousands of years of culinary culture - they are not a simple combination of ingredients: in other words, they have a soul.

And this is what you find at Bistro des Arts - and it is nonchalant, just a normal occurrence for the team - but when that morsel of joy enters your mouth, your eyes close and your throat hums with delight: *mmmmmm...*

And that is dining the French way.

Every bite is a line of a poem.

Every taste is a ballet pirouette on the tongue.

Every fork carries musical notes for the palate to engage with.

It is truly the miracle of bistronomy.





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Forwards with the mains!

Duck Confit, and Beef Cheeks...





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Both exceptional - the duck silky smooth in texture, tender and flavorsome; and the beef basking in a deeply satisfying red wine sauce...

A knife was provided, but a spoon would have done the job!





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And for dessert, you're in for a treat!

I'd recommend the *Crêpes Suzette*, which I have been fortunate to have tried on numerous occasions, in France, and in very well-reputed restaurants - but at Bistro des Arts, I believe they were the best *crêpes* I have had in my life.

And I don't say that lightly... it could have been the ambiance, the delightful preceding meal we had enjoyed, the pleasure of interaction with the service... perhaps the mood itself... the music in the background... the *joie de vivre* of the moment... but whatever it was, it was exceptional.

Bravo, Bistro des Arts - a memorable evening, and a top dining experience in Dubai, not to be missed.





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In fact, should you be visiting Marina Mall, a quick break from shopping specifically to enjoy a bite and coffee at Bistro des Arts would be a very good idea!

Un café, et nous partons, désireux déjà de revenir.

A coffee, and we depart, wishing already to return.





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Overall, Bistro des Arts offers a splendid and authentic French bistro dining experience, on the promenade in front of Marina Mall - the delightful combination of atmosphere, service, and delicious cooking is in synergy with the choice of name, in terms of presenting French culinary arts to Dubai - *formidable!*