

NEWSLETTER

JULY 2018



THE OCEAN RESORT



THE OCEAN VILLAS



THE OCEAN SUITES



THE OCEAN ESTATES





MONTHLY RECIPE WITH CHEF THANH

Pan Seared Duck Breast

Ingredients:

- 250gr Duck Breasts
- 1 Cup Honey
- 1 Cup Fresh Orange Juice
- 2 Tablespoons Soy Sauce
- 1 Tablespoon Fresh Lime Juice
- 1/4 Cup Extra-Virgin Olive Oil
- 1/2 Cup Chicken Stock
- 100gr Baby Carrots
- 50gr Green Asparagus
- Salt and Pepper

Method:

- In a large baking dish, mix the honey with the orange juice, soy sauce, lime juice and olive oil. Add the duck breasts and marinate for 15 minutes in refrigerator.
- Remove the duck breasts from the marinade and pat dry with paper towels. Pour the marinade into a medium saucepan and add the Chicken Stock. Boil over moderately high heat until reduced to 1/3 cup and syrupy, about 20 minutes.
- Heat a large nonstick skillet. Add the duck breasts skin side down and season with salt and pepper. Cook the breasts over moderate heat until the skin is very crisp, about 5 minutes. Turn the breasts, cover and cook until the meat is rare, about 3 minutes. Transfer the breasts to a carving board, cover loosely with foil and let stand for 5 minutes. Slice the duck crosswise 1/4 inch thick and arrange on plates.



AT A GLANCE



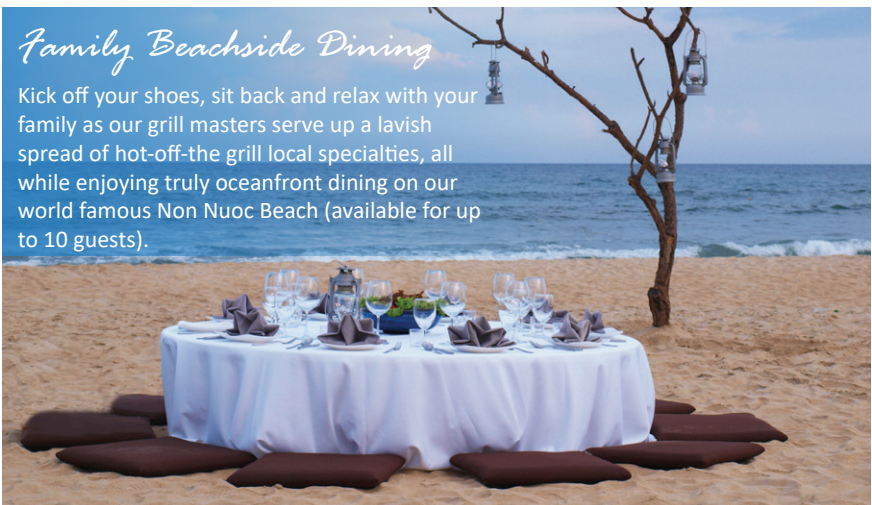
SPA PROMOTION

Book any two spa treatments between 9:00am-12:00noon in July and a 25% discount applies!



FOOTBALL WORLD CUP

White Caps Bar will be televising every game of the FIFA Football World Cup live – come and support your favorite team!





QUOTE OF THE MONTH

"When eating a fruit, think of the person who planted the tree" – Vietnamese Proverb

LOCAL TIPS



Children's Day

A "Children's Day" event was held in front of White Caps restaurant on the 1st of June for the children living in the resort – an enjoyable time was had by all. The origin of this holiday goes back to 1925, when representatives from different countries met in Geneva, Switzerland to convene the first "World Conference for the Wellbeing of Children".

FEATURE

Beach Safety



Danang's coastline is a beautiful and dynamic place. It can also be hazardous at times so knowing how to stay safe next time you visit the beach is essential. Here are some beach safety tips and steps you can take to be make sure you and your family remain safe this summer:

- Always swim between the flags
- Look and take notice of the signs / flags at the beach
- Ask a lifeguard or beach attendant for safety advice
- Swim with a friend- never swim alone
- If you need help, stay calm and attract attention by raising your arm above your head
- Learn how to identify a rip
- Never enter the water if you have been drinking alcohol or are under the influence of drugs
- Wear sunscreen, seek shade and stay hydrated