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a few minutes, you can watch the full video to see me devour it! You know how hard-boiled eggs have more eggy flavor, and multiply it several times, and then add some extra textures, you'll have to balut. That's pretty good. The Indian food atelier Indian food course I'm a huge lover of Indian food, and there was no way I was going to miss the Indian station. Unable to beat dal makhani at Spiral Buffet they had various Indian curries as well as a full tandoor section where chefs were making things like tandoori

shrimp and fresh naan. Overall Indian food was pretty good and I am a particular lover of dal makhani. Tanori shrimp was also excellent along with my Indian food plate, I added a couple of slices of prime ribs to my plate for good measure. French food station Sofitel French station Walking around the tour with the driver at the beginning, he explained to me that French cuisine often includes a kitchen, then a hot metal counter, which is usually the place where the waiter or waitress picks up the order and then delivers food to customers. The concept at Spiral Buffet was to

eliminate as best as possible a step between the waiter and the customer, and only serve food from the chef's clients. In my opinion, the French section was one of the most impressive displays in the buffet because of its giant metal cooking station. Again, as in the entire buffet, the food was cooked freshly in small portions, then left to rest on the heated metal counter. The whole French section felt like you dressed up in a French restaurant kitchen, and just grabbed yourself food. French food and pizza Along with a couple of slices of pizza, I got a scoop of mashed potatoes, asparagus and carrots, white button mushrooms sautéed in butter, and a highlight of the plate, mussels simmered in cream and white wine. Those mushrooms! The mushrooms and mussels, both of which were heavy on butter, were awesome. The room was quite small and the bathroom was quite small. I just threw those slices on my plate as it was for a while I had pizza. Since I had also eaten at the Spiral buffet for breakfast the day before and was enjoying a plate of cheese from spiral cheese room, I didn't have this time at the buffet. But if you're in the mood for some good quality cheese, you could eat enough cheese to knock yourself out in this buffet. The flow of free champagne and wine I must admit, this time I wanted me to be back in my early 20s when I seemed to be able to eat non-stop and never get it completely. But unfortunately, in my later 20's I've started to slow down and can no longer eat almost as much as I used to be. Fortunately, since I had the whole couch to myself, I set back and relaxed for a few minutes before moving on to the next plate. Japanese sukiyaki Japanese hot station I went over to a Japanese hot station and I got a bowl sukiyaki. I couldn't resist some kimchi either, I then went around the buffet looking a little lost and full for a few minutes before deciding to grab a few more pieces of sashimi, some kimchi, and the final oyster to top things off. Good chocolate ice cream, and plenty of desserts Desserts Perhaps one of the other grandest part of the Sofitel buffet is desserts choice, something you'd expect from a French company. There was an entire chocolate production, including fountains of chocolate, and dessert choices to satisfy the most hardcore sweet teeth. There were cakes, candies, eclairs, pasta, chocolate, and even a selection of baby candies such as gumy worms. You might be disappointed when I say I skipped dessert... but I did. I'm not really sweets – even the ice cream pictured above was for my wife, which I had a taste of, and it was really good. But if you like sweets, I don't think there's anyway you'll be disappointed with desserts at the Spiral Brunch buffet. Cabinets full of chocolate Ying and I, both full of edges and satisfied, decided to call it a day buffet. On Sundays, the buffet was opened at 12:00 and closed at 14:00, and we arrived immediately after the opening and left just before closing. It was a well spent 3 hours of life. Spiral Buffet, Sofitel Philippines What I liked about Spiral Buffet Spiral Buffet has a lot going on, and after feasting there, here are some of the things I really liked and think they're really good: Cooking in small portions – One of the main reasons the buffet can be bad is because food is often prepared in big batches, and then just sits until it ends. At Spiral Buffet however, I noticed that the food was prepared in small batches, so it could sit less time before it ceases to make a new batch. Selection and assortment – Like I've already said a couple of times, I don't think I've ever been to a buffet with so many selections of food, ever. The food was mainly French and different Asian. Service - the service was excellent, and from reading other reviews on the buffet, it seems that others had as good a service as I did. The room was guite small. I couldn't do anything for the rest of the day, but to relax the conclusion at the popular Sofitel Philippine Plaza Manila\* along the bay, Spiral Buffet is one of the grandest buffets I've ever been to Asia. When we were in Manila, Ying and I were staying at the Sofitel for a few nights, and they invited us to eat at sunday brunch buffet, including a free stream of champagne and wine, and all the food we could ever want in one meal. What I liked most is that, unlike many other buffets that cook in large portions and let the food sit until finished, at spiral buffet they cooked in a small portion so the food remained fresh and the flavors were preserved. Also, the choice and variety was unbelievable. I'm just glad Ying and I had room at the Sofitel because after eating at the buffet there's no way I could have moved to go anywhere. If you're in Manila and looking for one of the most extensive and high quality buffets in Asia, Spiral Buffet lunch on Sunday is a real treat. Spiral Buffet, Sofitel Philippine Plaza, Manila Address: CCP Complex Roxas Boulevard, Pasay City, Manila, 1300, Philippines Phone Number and Contacts: (+632) 551-5555 and [email protected] (reservations for Sunday lunch recommended) Website: and Prices: 4,092 PHP per person with alcohol, 3,378 PHP per person without alcohol How to get there: Sofitel Philippine Plaza is located in Manila Bay, near the Asian Mall. Perhaps the easiest way to get there is to jump into a city taxi or Uber. Disclosure: Ying and I were invited to eat at Sofitel's Spiral Buffet, so we didn't have to pay for our meal, and I just showed up to eat! However, all photos, videos and words are me. Same.

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