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Food & Drink

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The taste of summer
Discover London's best new pop-up bars
to enjoy while the sun's shining PAGE 6

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INSIDE Food & Drink

Discover the best places for wining and dining in the capital this summer, whether you're after a drink or two, or fancy indulging in some delicious vegan food.



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Three words: Moreish. Mocha. Tart.

Ashley Palmer-Watts' rich and incredibly moreish mocha tart is certainly a kind of dessert that solicits a "more please". An indulgent chocolate dessert to swoon over and when served alongside the perfect Artisan coffee, you'll soon be in line for host of the year.

Before joining Artisan Coffee Co., Ashley was Heston Blumenthal's right-hand man and Chef Director of The Fat Duck Group. After over twenty years leading Michelin-starred teams, Ashley now brings his culinary creativity and craftsmanship to the world of specialty coffee.

Inspired by the great champagne houses and harnessing his culinary skills, Ashley leads the team at Artisan to conceptualise coffee in a revolutionary way, championing the use of blends and perfecting flavour notes to create the ultimate cup of coffee.

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MOREISH MOCHA TART RECIPE:

Makes 6-8 Slices

YOU WILL NEED:

18cm Springform round tin
Greaseproof baking paper

FOR THE BASE:

165g Baked chocolate crumble mix
(See below)
25g Butter

FOR THE CHOCOLATE CRUMBLE MIX:

125g Golden caster sugar
125g Plain flour
60g Cocoa powder
80g Butter
1 Pinch of salt

FOR THE CHOCOLATE GANACHE:

200g 55% Dark chocolate
200g Single cream
50g Unsalted butter
50g Malt extract
50ml Fresh Artisan Coffee Co. espresso

TO SERVE:

Vanilla ice cream
The rest of your crumble mix
40g Dark chocolate

TO MAKE THE CHOCOLATE CRUMBLE:

Preheat oven to 160°C.
In a bowl, combine sugar, flour, cocoa powder and salt. Mix well.
Melt butter.
Add melted butter to dry ingredients. Use a wooden spoon to mix.
Transfer wet mix onto a baking sheet lined with greaseproof baking paper.
Spread into a thin even layer, using your fingers to break down any larger chunks.
Bake for 12 minutes, turning halfway.
The crumble should be dry - add an extra couple of minutes to the bake if it's still soft.
Remove the tray from the oven and allow the crumble mix to fully cool.
Transfer to an airtight container to store.

TO MAKE THE BASE:

Pour crumble into a mixing bowl. Be sure to break up any clumps.
Melt butter and pour over the crumble.
Work the butter into the crumble with a wooden spoon.
Line the base of an 18cm springform tin with greaseproof paper and pour in the crumble mix, spreading evenly over the base with the back of a spoon.
Leave in fridge for 10 minutes to set.

TO MAKE THE CHOCOLATE GANACHE:

Combine chocolate and butter in heat proof mixing bowl and place over a pan of gently simmering water to melt.
Mix well and remove from heat.
In a small saucepan, heat the cream and malt extract to 70°C, stirring to combine.
Remove cream and malt extract from the heat and add the Artisan Coffee Co. espresso.
Pour 1/3 of the cream mix into the chocolate and stir to combine being careful not to whip too much air into the mix.
Gradually add the remaining cream and continue to stir until fully incorporated.
Gently tap the bowl on your kitchen surface to remove any air bubbles.

TO ASSEMBLE:

Pour ganache over your crumble base.
Allow to cool to room temperature, cover lightly with cling film, then place your tart in the fridge to set for at least 4 hours.
Once the ganache has set, finely grate 40g of chocolate over the top of the tart.
To remove from the ring, run a hot knife around the inside edge of the tin and gently release the side tin.
Using a clean warm knife, cut your moreish mocha tart into slices.
Serve with extra chocolate crumble and a scoop of your favourite vanilla ice cream!



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Summer pop-ups

Are you on the hunt for somewhere new to enjoy a drink or two? Here are five pop-ups opening in London. Words: Annie Lewis

Summer is the hottest season for bar pop-ups — and London hasn't disappointed this year. A number of new spaces have quite literally popped up across the capital, and city-goers are spoilt for choice with an array of new partnerships to enjoy. So as the weather gets warmer, sip on a cocktail at a beachside bar or a 'Spanish' terrace, all without having to leave the city. Here are a few to try between now and September.

La Terraza by Ibérica, Canary Wharf

Located in Cabot Square, this pop-up transports guests to 1950s Marbella. With a stylish, olive-green and cream palette, the terrace is providing a Mediterranean mirage that contrasts the glass-and-steel jungle that surrounds it. You can enjoy relaxed Spanish-style al fresco drinks, picking from a list of over 50 Spanish wines, craft gins, Spanish beers, and cocktails. Sip the Atlantic Negroni, made from gin infused with thyme, Burla Negra rum, and Campari, or try the Mango Picante — a fruity mix of tequila, mango puree, Cava, Tabasco and lime. Open Monday to Saturday until September 2022. ibericarestaurants.com/locations/la-terrazza



The Garden Bar at Mama Shelter, Shoreditch

Partnering with the Amalfi Coast-inspired tittle Malfy Gin, Mama Shelter has transformed its garden bar into an al fresco terrace in time for the warmer weather. The Garden Bar is an outdoor courtyard space with a retractable roof, covered-island cocktail bar with a bold monochrome-stripe awning, and lots of plants. Choose from an array of Malfy Gin-infused cocktails, including Dirty Martini — gin, olive jus, Tio Pepe sherry and an olive garnish — and the Malfy Gin & Tonic, with gin, rosemary and grapefruit tonic, and rosemary and grapefruit garnish. Open every day until 11pm until 31 July 2022. mamashelter.com/london/shoreditch/eat-drink/terrace

Beach Bar at The Montague on the Gardens, Bloomsbury

Just steps from the city's hustle and bustle, The Montague on the Gardens has brought the feeling of the Bahamas to Bloomsbury. This award-winning pop up emulates a classic beach bar, complete with real sand, palm trees, surfboards and coconuts. Promising the ultimate summer cocktail experience, you can create your own drinks using spirits, mixers and garnishes, or enlist the help of the bartender, who'll be on hand to provide mixology guidance so you can create your own summer tittle. Cocktails are served in coconuts on arrival, alongside a wide selection of wine, beers and spirits. Open all week from 12-10pm; advance booking required. montaguehotel.com/pop-ups-at-the-montague/the-beach-bar

Amie Wine Studio, Belgravia

Combining a pop-up bar, wine shop, and art gallery, Amie Wine Studio will be welcoming customers at Eccleston Yards from now until September. The brainchild of husband-and-wife team, Will Sandbach and Abbie Boden Sandbach, Amie is an independent wine brand that launched in June 2020 — and now has three wines to its name. This pop up is in collaboration with Partnership Editions, as this wine studio will also serve as a gallery, where guests can buy art from some exciting emerging artists. Throughout the summer, amie wine studio will also be hosting numerous events in the space with brands such as Free People and Grape & Fig, as well as an evening with charity; water. drinkamie.com

Rosé Together Terrace by Veuve Clicquot, Soho

Nothing says 'summer' quite like rosé — and Veuve Clicquot has launched its first ever Rosé Terrace in the UK, at Regent Street's Hotel Café Royal. The wine list will include four variations of Veuve Clicquot Rosé, as well as two exclusive bottles of the 1989 Vintage Rosé. The list will also feature wines from Chateau d'Esclans (Whispering Angel) and Rainart Rosé. The cocktail list has been specially created for the Terrace and includes the Provence Fizz — made with Veuve Clicquot Rosé, elderflower liqueur, grapefruit and lime — and the Etre Fada, with lemon verbena-infused gin and bergamot liqueur. Open Tuesday to Friday from 4pm (12pm on Saturday) until the end of September 2022. hotelcaferoyal.com/greenbar

The ultimate summer drinks box

Founded by winemaker-turned-retailer Dimple Athavia (pictured), All Things Drinks was created with the intention of bringing delicious drinks to your doorstep. As a drinks expert and competition judge, Dimple tastes thousands of drinks

every year and only the very best make it on to her website. "Sustainability, organic practice, being additives-free, naturally made and free of anything artificial are extremely important values when I'm sourcing these tasty tipples," she says.



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A fabulous, hand-picked selection of 10 top summer must-haves, the All Things Drinks Summer Drinks Box is packed with unique flavours across different styles.

Whip up a classy G&T with Four Pillars Rare Dry Gin and Coast's British Tonic; sip on Canvino Sparkling Rosé, the best wine-in-can that the company has found; and beat the heat with an ice-cold

can of natural Fountain Hard Seltzer. Looking for some alcohol-free options? This box has got you covered thanks to the great alcohol-free Lucky Saint Lager and the most innovative drink of them all: Goodrays CBD Seltzer. It doesn't end there — the box also contains a bottle of delicious wine, organic alcohol-free sparkling wine, British craft cider and a can of lip-smacking craft beer. All orders are packaged with

eco-friendly, recyclable materials and delivered using speedy nationwide couriers.



allthingsdrinks.co.uk

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Chambord
Summer cocktails
 Looking for a new tittle this summer? Introducing the refreshingly fruity Chambord Berry Spritz, giving you another way to enjoy Chambord Black Raspberry Liqueur. Simply combine three parts of your prosecco, two parts Chambord and one part soda into an iced wine glass. Chambord is available from all leading retailers. chambordliqueur.com



Mateus
Rosé wine brand
 Specialist rosé brand Mateus is celebrating its 80th anniversary by releasing three new limited-edition bottles. With a longstanding musical heritage, the exclusive new bottles have perfectly matched the brand's culture and invented three new design concepts: Fado, Rock and Dance Music. Celebrating a much-needed summer of spontaneous social occasions, the bottles are available in leading supermarkets this summer. mateusrose.com

Sixtowns Gin
Spirit brand
 Distilled in limited batches of just 100 bottles and made using the finest ingredients, Sixtowns Gin is made by Bros Distillery in Stoke-on-Trent. This family-run distillery set out on a mission to pay tribute to the centuries of ceramic heritage of Staffordshire. Sixtowns has encapsulated the fine craftsmanship of its home and heritage in locally made, collectable British porcelain bottles. sixtownsgin.co.uk



Hard To Find Whisky
Whisky merchants
 Hard To Find Whisky is one of the most prestigious whisky merchants in the UK, specialising in rare, collectible and limited edition whiskies. This independent, family-run business has been trading in whisky and other collectibles for over 30 years. Located in Birmingham's historic Jewellery quarter, its store is home to thousands of whiskies, ranging from £20 to £200,000 a bottle. Its whisky experts specialise in advising collectors and investors, and in curating bespoke portfolios for its clients, tailored to all budgets. Find out more information and search products at htfw.com

The Craft Irish Whiskey Co
Alcohol company
 The Devil's Keep, from The Craft Irish Whiskey Co, was named World's Best Irish Single Malt at this year's World Whiskies Awards. Since launching The Devil's Keep in 2020, the company has taken the record for the world's most expensive whiskey and won prestigious awards for taste and design. The Craft Irish Whiskey Co.'s rare releases are available by the glass for the first time in some restaurants, including Michelin-starred Frog by Adam Handling and The Hand & Flowers. craftirishwhiskey.com/es

Andrew Peace Wines
Australian wine brand
 Elevate your summer celebrations with Aussie wine maker Andrew Peace's trio of fantastic wines, which pair perfectly with succulent, juicy barbecued meats and refreshing summer salads. Pick from a range of wines, including different types of Chardonnay and Shiraz. Available in Co-op stores nationwide, you can also discover wine pairings for delicious barbecue recipes from around the globe and tips for the perfect cookout on Instagram, [@andrewpeacewines](https://www.instagram.com/andrewpeacewines). Find out more at apwines.co.uk



Big on small: Meet the alcohol-free curators who want to sell you as little as possible

The good news? There are hundreds of choices for those who want an alcohol-free experience this summer



The not-so-good news? Not all of them are particularly great. That's why ZeroZilchZip exists... Its team doesn't want to dazzle its customers with the biggest range of alcohol-free drinks. Quite the opposite in fact. This brand was born with a belief in the power of small, and an ambition to create the world's most carefully curated selection of alcohol-free drinking experiences. Less choice. More quality. And much more certainty for an increasingly adventurous alcohol-free audience. Zerologists James and Chrissie took the time to share their favourite gems of the ZeroZilchZip curation, along with some inspiration for summer tipples to suit any occasion. We love what we do. The range and quality of low and no alcohol drinks is getting better and better - when you know where to look. That's where ZeroZilchZip comes in. There truly is something for everyone and every occasion over the Great British summer. Here's a selection of our favourites. This summer is all about weddings and celebrations. That means bubbles, of course.

One fizz ZeroZilchZip loves is Wildlife Botanicals from Cornwall. It's a dry sparkling wine infused with vitamins and active botanicals - so you can enjoy 'bubbles with benefits'. On the other hand, if a classic pink fizz is your fancy, Alt Sparkling Organic Rosé not only looks perfect in a Champagne flute, but has exactly the right zesty and aromatic berry flavours. Wimbledon, garden parties and picnics call for long drinks, spritzes and summer punches. Enjoy the best of the British summer with three superb British drinks: Bowser Leaf & tonic, with a subtly distinctive spearmint aroma, is an excellent upgrade to a boring old G&T. Wild Eve, produced on the Isle of Harris from locally foraged botanicals provides a delicately floral aperitif when topped with soda. And for a party punch, London's own Nine Elms No.18 ruby velvet (like a non-alcoholic dry red vermouth) makes the ultimate base for a Sangria or summer cup. When choosing drinks for al fresco dining or barbecues, you'll want a wine. Non-alcoholic wines



sometimes disappoint, but things are looking up and The Very Cautious One Gewurztraminer Riesling is definitely one to try. Well chilled, its zesty, aromatic flavours make a great opener for any feast. When it comes to the main plate, it's worth being adventurous, because there are some very clever and creative producers making some truly exceptional alternatives to wine. Two brilliant (and very wine-like) choices are Holo Premium Oolong Kombucha and Saicho Sparkling Hojicha. Both drinks are skillfully brewed from premium teas, with loads of flavour and beautifully balanced tannin, making them perfect with good food. The juicy berry and herbaceous character of the aforementioned Nine Elms No.18 also pairs perfectly with barbecued meats.

Food & Drink readers can save 15% when they buy at zerozilchzip.co.uk using code SUMMER15. Offer ends 4th July 2022



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“Zerologists James Morgan and Chrissie Parkinson cut through the clutter of the alcohol-free world, so that when ZeroZilchZip lists a product for sale, you can be sure it's the best of the best”



Everleaf
Aperitif brand
Everleaf, a multi-award-winning non-alcoholic aperitif brand, has a range of drinks with depth and flavour that could rival some of the greatest alcoholic brands on the market. Everleaf's range comprises three products: Forest (with saffron, vanilla and orange blossom); Mountain (with strawberry, rosehip and cherry blossom); and Marine (with kelp, bergamot and sea buckthorn). Everleaf is available from M&S Foodhalls, Amazon and everleafdrinks.com



Breadrin - an ideal plausible alternative

Breadrin Brunch IPA is a kvas brewed with sourdough that's been sourced from artisan bakeries around the UK that deemed the loaves surplus to requirements. To create flavour, the loaves are fermented with avocado leaves, which give a light and delicate aniseed profile, and kaffir lime leaves that add citrus notes and floral undertones.

Both of these ingredients demonstrate a commitment to using by-products. Breadrin Brunch IPA is a low-alcohol drink, only 1.2% ABV, making it an ideal and plausible alternative to higher-alcohol beverages, encouraging more mindful drinking.

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Birrificio Angelo Poretti
Italian lager
Founded in 1877 in Italy by Angelo Poretti, Birrificio Angelo Poretti has been producing beers for over 140 years. Its lager, still made to the traditional recipe, is perfect as a stand-alone beer or when paired with food. Find out more at birrificioangeloporetti.co.uk

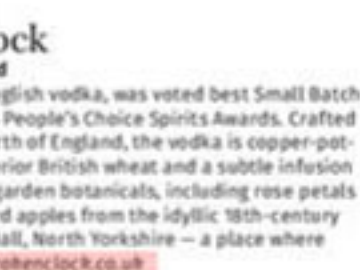


Food & Drink RECOMMENDS

Silent Pool Gin
Gin brand
Silent Pool Rare Citrus Gin has been created with some of the world's rarest citrus varieties, including Buddha's hand and natsudaïdai. It's expertly balanced with bright and zesty notes. Serve it simply with ice and tonic, or try it in a negroni — combining the gin with Campari and sweet vermouth, garnished with grapefruit — for a delicious aperitif. silentpoolgin.co.uk



Broken Clock
English vodka brand
Broken Clock, an English vodka, was voted best Small Batch Vodka in this year's People's Choice Spirits Awards. Crafted over time in the north of England, the vodka is copper-pot-distilled using superior British wheat and a subtle infusion of English country garden botanicals, including rose petals and windfall orchard apples from the idyllic 18th-century garden at Shandy Hall, North Yorkshire — a place where time stands still. brokenclock.co.uk



Dalston's — award-winning east London-born sodas

At Dalston's, staying true to the company's roots means using the best-quality ingredients sourced responsibly



Readers can get a 20% discount using code SODAWITHSOUL until 29 July 2022.

By working closely with its fantastic farming partners and using its in-house chef know-how, Dalston's created a range of deliciously simple soft drinks made with high-quality ingredients.

To make its Rhubarb Soda, the company works with the supplier Pixley Berries, which specialises in growing rhubarb and blackberries on its small farm in Hereford. Pixley uses a farming method called 'vegging', which promotes biodiversity, but it's the company's rhubarb juices that Dalston's is most interested in. Pixley grows a variety called 'blush' rhubarb, which glows with freshness and sings with flavour — perfect for the bestselling Dalston's rhubarb.

Dalston's Elderflower is made using a floral elderflower, harvested then distilled by organic farm Blue Sky Botanicals in Ross-on-Wye. Dalston's blends this with apple juices and sparkling water to make its delicate elderflower tippie.

Getting hold of the company's ingredients — and getting its drinks to you — means relying on people at every stage of the supply chain, a network of farmers, pickers, delivery drivers to can-makers. It takes people



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Life deserves NIO Cocktails



Get 15% off your first NIO Cocktails order. Use code DRINK15 at checkout. Valid until 31 July 2022. Or use the QR code for direct access

One of life's simple pleasures is inviting people over to enjoy drinks and nibbles outside. However, hosting can be demanding, especially when you add cocktails to the mix. This is where NIO Cocktails steps in. It offers a range of premium, ready-to-drink cocktails in a single-serve pack. All you have to do is shake, tear, pour it over ice and it's ready to enjoy.

NIO, which stands for Needs Ice Only, is based on the desire to enjoy a spontaneous cocktail at home, while maintaining the highest quality of both recipes and ingredients. Patrick Pistoletti, master mixologist and owner of one of top 20 bars in the world, has crafted every recipe to taste as though it's come straight from the shaker of a professional. His artistry is only enhanced by NIO Cocktails' use of premium producers and spirits brands.

NIO Cocktails' impressive menu of drinks has more than 20 options, featuring innovative new recipes, classics with a twist and true crowd pleasers that are perfect for parties. You can pick and choose your cocktails to fill a box of three, six or nine, or you can select an NIO-curated gift box. These go down a treat with people you know who love a particular spirit.

Whether you have these people in mind for your next get-together, or you're just restocking your home offering, NIO Cocktails is a sleek, space-saving solution that creates an impressive home bar of premium cocktails.



NIO
COCKTAILS

• Visit niococktails.co.uk

A US beer festival in Camden Town

Celebrate the Fourth of July in style at Werewolf Beer, an American brewery in London

Werewolf Beer is Camden's newest independent brewery and it's gearing up for a Fourth of July event celebrating the best craft beer made by expats in the UK. Expect 10 taps of cold, tasty goodness from the team's 'Bloody Americans' range, featuring Duration (Norfolk), Mondo (Battersea), Fell (Cumbria), Mad Yank (Pinner), Old Street (Hackney Wick) and St Mars of the Desert (Sheffield).

US imports will be on hand, plus ciders, ginger beer and wines — including gluten-free and alcohol-free options. Alongside Werewolf's excellent new brews and spooky decor, there'll be snacks and classic US rock, blues and country on the jukebox.

The taproom and beer garden will be open on Friday 1 July, from 4-9pm, Saturday 2 July, 12-9pm and Sunday 3 July, 12-9pm. Just minutes walk from Camden Underground/Overground, the festival is free to attend. Please drink responsibly.



• Visit Werewolf Beer, Arch 87 Randolph Street NW1 0SR werewolfbeer.com





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Mateus Rosé marks 80th anniversary with three culture-inspired limited-edition bottles

Iconic specialist rosé wine brand Mateus is celebrating its 80th anniversary by releasing three new limited-edition bottles.

Inspired by the brand's long-standing links to the world of music, the new designs represent Fado, Rock and Dance Music. All three land in supermarkets this summer.

Fado

The soul of Portugal (*saudade*), inspired by Amália Rodrigues, the most famous *fado* singer in the country's history, wants to spread Portuguese culture and share Portugal's most traditional and renowned music style with younger generations worldwide.

Rock

The spirit of being young represents the brand's historical connection to rock 'n' roll, remembering Mateus' association with legendary artists such as Jimi Hendrix, Ace Frehley and Elton John, as well as the irreverent spirit that inspired Mateus's creation of its bottle.

Dance Music

The feeling of being free and really letting your hair down portrays the relaxed, friendly nature of the brand and rosé wines, in line with Mateus's younger fans. This top international Portuguese wine brand acts as a perfect aperitif, enjoyed on its own or paired with

summery foods, such as seafood, salads, piña bread, pizzas and cold meat platters. Its unique characteristics also make it ideal for spicy, smoky international dishes.

The brand's 80th anniversary has arrived in perfect time for barbecue and picnic season, inspiring friends to come together and making the most of a much-needed summer of spontaneous social occasions. The three new unique designs celebrate the top international Portuguese wine brand with a splash of colour.

The limited-edition Mateus bottles will be available from mid-June in major retailers including Tesco, Co-op, Asda, Sainsbury's, and Morrisons (RSP: £6)

Whether you're planning a last-minute get together at home or even a getaway with friends, a cold glass of light, fresh and slightly sparkling Mateus Rosé will truly set the tone.

Fernando da Cunha Guedes, president of Sogrape, says, "To celebrate 80 years of Mateus means to celebrate a story of success of Sogrape's most famous brand. Honouring the dream of my grandfather, who knew how to combine courage, audacity and passion, this is a very special occasion for

the brand that best represents and expresses our spirit of friendship and happiness."

"For all that it represents, Mateus is Sogrape's jewel in the crown. It's the past, the present and the future that's led us to where we are and promises to take us even further," he adds.

MATEUS
ROSÉ

For more information, visit @MateusRoseUK

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Sustainable seafood

Our oceans could be fishless by 2048, so is it possible to eat seafood without damaging the planet? We find out. Words: Annie Lewis

As the world's population continues to increase, so, naturally, does the global consumption of fish. What's more, our fondness for it seems to be growing too, with research from the National Food Survey concluding the average UK adult is eating more fish now compared to a decade ago.

Yet this growing demand poses fresh questions about the sustainability of seafood, with 93% of global fish stocks either fully or over-exploited according to the Marine Conservation Society UK (MCS). Netflix's 2021 documentary *Seaspiracy* put the issue centre stage, claiming the only way we can save our oceans is by giving up seafood. But with 99 million people across the world relying on fisheries and aquaculture for their income, the issue is complex. So, is it possible to eat seafood sustainably?

"It's certainly possible," says Jack Clarke, the sustainable seafood advocate at MCS. "I think the problem with a lot of the arguments is that they're polarizing. They don't

show the nuance and complexity of seafood. It's the most traded commodity in the world, it comes from every country, it's wild caught, it's farmed, and there are issues of sustainability, biology, economics, trade, history and culture."

Consumer habits

The MCS' Good Fish Guide allows people to check the sustainability of seafood you can buy in the UK. Jack explains: "Foods that are rated green on the Good Fish Guide count as sustainable seafood. This means it's caught in a way which means we can continue to farm it; fisheries are managed properly; we understand how many fish there are to catch; and we don't catch too many fish."

"For example, in terms of water use, land use, chemicals and fertilisers, mussels and shellfish are less of a drain on the planet than some vegetables. They're a super sustainable protein of the future."

And Jack believes choosing sustainable seafood is easier than



THE SEAFOOD BAR/DAVID ROESON

you think. "Tinned fish is on our best choice list. Small pelagic fish like sardines, herring and mackerel are some of the most planet-friendly sources of protein you can get in terms of greenhouse gases."

But ultimately, the future of sustainable seafood relies on consumers taking responsibility for their shopping patterns. "We can provide you with all the information but at the end of the day, it's your choice and you should understand where your food comes from," adds Jack. "But don't get carried away by headlines or things you see on Instagram. The food system is very complex. There are no simple answers to a difficult question."

A restaurant's perspective

According to MCS research, 43% of consumers will only try new seafood at a restaurant, so for sustainable produce to become the norm, the food service industry must be at the forefront of this change. The Seafood Bar in Soho is an award-winning restaurant founded by the de Visscher family. Sustainable seafood is the family's top priority, and The Seafood Bar sources from accredited, ethical farms, such as Norway's Nordic Blu, which is the world's highest-rated farmed Atlantic salmon.

"Sustainable seafood is possible when you eat the right products. Eating mussels, oysters, clams

and scallops doesn't harm the environment, and also helps it," says Pepijn de Visscher, co-owner of The Seafood Bar. But, he explains, sustainable seafood, especially in restaurants, can be unsustainable financially. "It's significantly more expensive to source high-quality sustainable products, but guests often don't realise they're eating sustainable seafood. Our Nordic Blu salmon is about 20% more expensive, but most guests don't know this. Often, restaurants aren't rewarded for their sustainable approach, so it's important the media also takes an active role." Find out more at mcsuk.org and theseafoodbar.com

Creative barbecues for creative cooking

Take your outdoor cooking to the next level with Original Jerk



Streatham-based Original Jerk has built up a loyal following over the past 23 years in business with its exquisite, reassuringly expensive, hand-crafted oil drum barbecues.

Original Jerk also does custom builds, branding and logos

The entire range of barbecues exudes craftsmanship with their heavy duty construction, complete with laser-cut grills, sturdy fire boxes and stylish curved chimneys.

The barbecues also feature a shelf above the grill for resting or smoking food, and when you close the sliding side vent and chimney cover, it's pretty much air tight, aiding cooking control.

The Original Jerk team are very proud of the barbecues they produce and use 100% green energy in their manufacture. All the barbecues are available in 304

grade stainless steel, with a range of grills including picture grills.

The picture grills are designed in the style of Hokusai woodcut prints or 'Ukiyo-e', evoking memories of the beach, waves and an endless summer. The guys at Original Jerk believe that straight lines for grills are a bit boring and cooking on art can elevate your barbecuing to the next level.

So, head over to originaljerk.co.uk and check out what's on offer.



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Artisan Coffee Company

Coffee bags
Artisan Coffee Company coffee bags are causing quite a stir — think tea bags, but for coffee. If you love the taste of freshly roasted filter coffee but don't fancy digging out the cafetière, Artisan's best-selling coffee bags are the answer. These coffee bags will fit in your handbag or pocket. artisancoffee.co.uk

Food & Drink
RECOMMENDS

Smok'd

Barbecue restaurants
Renowned for its award-winning, slow-smoked barbecue, as well as its great burger selection and vegan options, Smok'd offers modern British barbecue, cocktails, whisky and more at two London sites. Visit Britannia at London Bridge and The Grey Horse in Kingston. Both offer early-week food deals for just £10. Find out more at smokd.co.uk



Trafalgar Tavern

Greenwich pub
A picturesque, four-minute walk from Greenwich Pier takes you to The Trafalgar Tavern. Located on the Thames riverside, enjoy views of the City and east London while indulging in quality food and drinks, inside or outside. If you're lucky and the tide is low, walk along a slice of the pebble beach next to the pub. Below the Trafalgar Tavern is quirky members' club Cribb's Parlour, which is open Fridays and Saturdays. Find out more and discover the food and drinks menu at trafalgartavern.co.uk



Protein Pizza

High-protein food company
Created by Basilico — a London-based brand renowned for its wood-fired pizzas over the past 20 years — this Protein Pizza aims to deliver on flavour while being high in protein and having 30% fewer calories. proteinpizza.co.uk

Treat Kitchen

Food gifting company
Treat Kitchen is a creative food gifting company based in Nottingham, specialising in eye-catching sweets, chocolates and biscuit gifting. With its trendy packaging and delicious flavours, Treat Kitchen is taking the world of sweet confectionery by storm with its scrummy new vegan range and a quirky, fun take on the childhood favourites that we all know and love. treatkitchen.co.uk



Platinum Jubilee Corgi Trail

Walking event
The Queen & Her Corgis comprises 19 giant corgi statues designed by different artists in public spaces across the Heritage Quarter, from Victoria station to Aldwych. While on the trail, visit a variety of eateries such as Biscuiteers and The Ivy Victoria. victoriabid.co.uk/event/queen-elizabeth-ii-platinum-jubilee



Traeger

Versatile grills
Traeger — a passionate pioneer of smoke-infused, wood-pellet grilling — is looking forward to bringing people together this summer. Everything your kitchen oven can do, a Traeger grill can easily do outdoors, from cooking steaks to veggie dishes and even brownies. Traeger has a grill to suit all family sizes, from the Pro series — ideal for year-round cooking — to the Ironwood series, perfect for bigger gatherings. traeger.com/uk/en



Wags N Tales

Dog-friendly restaurants
Wags N Tales is a dog-friendly, plant-based restaurant that offers a varied menu. Try unique brunch items like the Tamale-Special or a lush vegan quarter-pounder for dinner. Also don't forget to pick something delicious for your dog, as Wags N Tales was voted London's most dog-friendly pub in 2019. Enjoy late-night cocktails at Wags-Surbiton or a gorgeous outdoor courtyard at Wags-Twickenham. Booking recommended at weekends. wagsntales.com



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WHOLE FOODS MARKET

Shake up snack time with bold flavours and satisfying crunch

As a nation of foodies, we love to explore exciting flavour combinations. This summer, Eat Real Snacks is on-hand to shake up every sharing board, picnic session and on-the-go nibble with its range of satisfyingly crunchy snacks, drenched in unexpected flavour pairings.

Inspired by your favourite deli treats, Eat Real celebrates big and bold flavour combinations across its Lentil, Quinoa, Hummus and Veggie Chip ranges. From Tomato & Basil, Chilli & Lemon to Sour Cream & Chive — snack time just got interesting.

Now coming in fresh, bright new packs, Eat Real takes inspiration from culinary ingredients around the world, making them the perfect snack for food-lovers and flavour explorers, whatever the snacking occasion.

Eat Real has unearthed delicious flavour combinations that aren't only unique but are vegan, gluten-free and free from artificial colours, flavours and ingredients. So, while Eat Real pored over every grain, every pinch and every chip, you can enjoy snacks that you can't help but relish, year-round — with the Hummus and Lentil ranges

containing 30% less fat than regular potato crisps.

With the same great flavours safely wrapped inside its new-look packs, you can enjoy satisfyingly crunchy snacks that look just as good as they taste:

Lentil Salted Chips

From humble lentil to crunchy crispy chip, this snack is mild and creamy with a subtle salt aftertaste.

Hummus Tomato & Basil Chips

A creamy chickpea base with a sweet tomato profile, followed by a hit of basil.

Lentil Chilli & Lemon Chips

The perfect balance of a velvety lentil base, notes of dry, zesty chilli and sweet fragrant lemon.

Quinoa Sour Cream & Chive Chips

A deliciously crispy base made from quinoa flour, with a sweet, rounded profile and zingy chives. For flavour-lovers looking to bring even more adventure to snack time, why not try this simple, delicious dip recipe? It's the perfect accompaniment to Eat Real chips.

Recipe: Sun-dried tomato and roasted garlic hummus

Hummus

1 bulb garlic
400g drained chickpeas
8 sun-dried tomatoes
Salt and pepper, to taste
4 tbsp olive oil
1 tbsp tomato puree
½ tsp ground cumin
2 tbsp tahini
Juice of 1 lemon

Sprinkle of paprika
1 tsp balsamic vinegar
To top
2 tbsp olive oil
1 clove garlic
2 sun-dried tomatoes, finely chopped
Pine nuts
Herbs, fresh or dried

- Preheat the oven to 170C, fan 190C, gas 5.
- Cut the top of the garlic bulb, drizzle with olive oil and some Maldon salt.
- Wrap in foil and roast for 30 mins.
- Add the rest of the hummus ingredients to a food processor. Season and blend to desired consistency — if it's too thick add more water and oil.
- Once blended, plate up. Add 2 tbsp oil to a pan on medium-low. While that heats, finely slice a garlic clove, add to the pan and fry until crispy and golden.
- Add the sun-dried tomatoes, then top the hummus with oil, fresh herbs and pine nuts.

Recipe creation by Beck Johnson @beckblesback



SUN-DRIED TOMATO AND ROASTED GARLIC HUMMUS/
PHOTOGRAPH: SAMANTHA COUZENS

eatreal.co.uk

A tasty trail in London's Heritage Quarter this summer



GORDON'S WINE BAR, LONDON HQ

The weekend of the Platinum Jubilee celebrations may be over, but in London's Heritage Quarter (HQ), a bustling area home to some of the capital's main attractions, the fun is carrying on all summer.

To celebrate the Queen's Platinum Jubilee, the area is hosting the Corgi Trail until late July. Nineteen giant corgi statues are located across the London HQ area, each individually designed by contemporary artists and named after some of the dogs owned by Her Majesty, or inspired by her glorious 70-year reigns. Along the trail are lots of fantastic culinary delights. So here's the lowdown on where to go:

The trail starts in Victoria, where you can spot the likes of 'Willow', 'Honey' and 'Sugar'. While you're in the area, you can enjoy culinary royalty at Michelin-starred restaurants A Wong, Quilon and The Dining Room at The Goring, which serve the finest cuisine from the UK and across China and India.

There's also still time to celebrate the Platinum Jubilee with a fantastic selection of Jubilee Afternoon Teas available at The Rubens at the Palace and The Goring hotels, and Kona restaurant. Or, if you just want to feel like a royal for the day, there are some traditional afternoon teas on offer at St Ermin's Hotel, The Conrad London St James and DoubleTree by Hilton.

You can also visit other eateries, such as The Soak, The Jones Family Kitchen, Stoke House, Pizza Pilgrims, Aster, The Ivy and the brand-new TH@SI, where you'll be served modern classics with some delicious twists. If you're feeling like some classic street food, you can head to Market Halls, where you can try dim sum to die for at Baoziinn, delicious Malaysian street food from Gopal's Corner and meaty masterpieces from Hot Box, all under one roof.

Next stop on the trail is Westminster, where you'll see 'Fergus' and

'Whiskey' and find hidden culinary delights, including authentically French restaurant Chez Antoinette, the Japanese-inspired Royal Sushi, and the classic British food of Blue Boar and Caxton Grill.

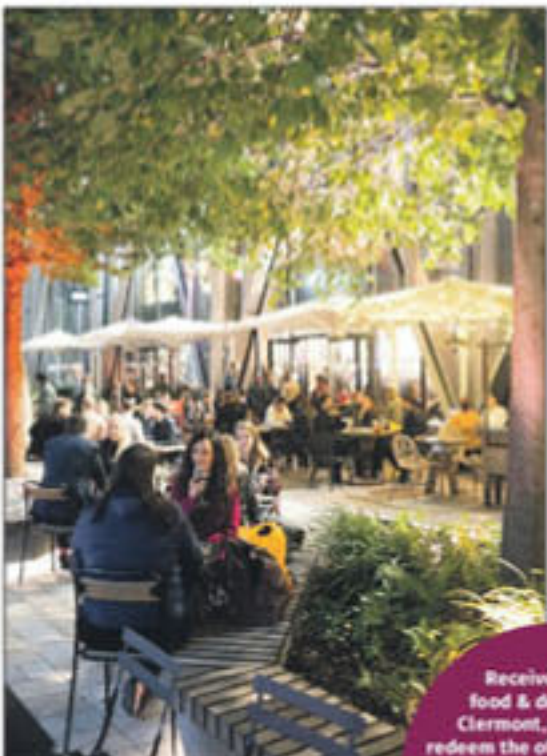
The trail then passes through Whitehall (drop by Whitehall Gardens so you don't miss 'Emma'), where you can experience classic cake vibes at Caffè Concerto, with its divine strawberry gateaux, and then continue into the Northbank, which is surrounded by many cultural gems and venues, including Corinthia and The Savoy. Here you'll find afternoon tea and dining experiences fit for a Queen. There's also more Michelin-starred royalty at Frog by Adam Handling and food from all over the world at restaurants such as Smith & Wollensky, STK, BOKA, L'Ulivo and The Real Greek.

While you're here, make sure you look out for all the hidden gems the area has to offer, including the oldest wine bar in London, Gordon's, on Villiers Street.

You can spot the last corgi on the trail at the Strand Palace Hotel, where you can find modern British cuisine at Haxells Restaurant & Bar — but the fun doesn't stop there. The London Heritage Quarter is full of world-class theatre productions including *The Lion King*, *Wicked*, *Hamilton*, *Pretty Woman* and *Back to the Future*. And there are even more bustling bars to visit on the Strand, Covent Garden, Cardinal Place and Nova. So make sure you plan a visit this summer to see the trail and experience a day that's fit for royalty.



london-hq.co.uk



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Summer in the City

From rooftop bars to global cuisine, there's lots to enjoy in the City of London this summer



CORD BY LE CORDON BLEU ON FLEET STREET



As London heats up, we've got the lowdown on all of the coolest spots in the City. Explore the streets of Cheapside and Aldgate, check out the buzzing Eastern City and enjoy the area around Fleet Street. Here's how to make the most of summer in the City...

Head to CORD by Le Cordon Bleu on Fleet Street
You'll find the newest venture from world-renowned Le Cordon Bleu nestled beside St Bride's Church on Fleet Street. French gastro-hub CORD is an all-in-one concept, incorporating a cafe and cooking school alongside a fine-dining restaurant. Here you can enjoy delicious food and drink in a beautiful setting inspired by 17th-century Paris.

For a quick bite, grab a freshly baked patisserie, viennoiserie, gourmet sandwich, soup or artisanal bread in the cafe. Or why not book lunch or dinner at the CORD restaurant? Here you can enjoy a set lunch menu or a dinner tasting menu, with highlights including a hand-picked crab meat dish with cucumber, rhubarb and radish marmalade, herb toast, brown crab dressing and watercress oil. For bookings, visit cordrestaurant.co.uk

Sip rooftop drinks at Coq'd Argent near Cheapside
What is summer for if not relaxing on a rooftop, cocktail in hand? Enjoy the manicured garden at Coq d'Argent, 1 Poultry, while sipping on an elderflower spritz, a Pimm's or a cool glass of wine. Take in panoramic views of the City while catching a few rays, then stay for lunch and enjoy a delectable sharing dish. Whether you prefer prawns, oyster or steak, you're sure to find something to suit all palates at Coq d'Argent. Make sure you arrive early in order to secure your space in the garden and beat the queues at the outdoor bar. For bookings, visit coqdargent.co.uk

Take in breathtaking views from a stunning 1920s building at Wagtail, Eastern City
Enjoy views of London Bridge, The Shard, Tower Bridge, St Paul's and Monument from new rooftop bar Wagtail on King William Street. Sustainable, local produce makes up the menu at this luxury establishment, accompanied by expertly crafted cocktails. Choose from Wagtail's top-floor bar on the terrace, the restaurant on the floor below or the private dining room, which can be booked for parties and meetings. For bookings, visit wagtailondon.com

Discover Aldgate's secret wine garden at Satyrio
Find a calm oasis in the middle of the City at Satyrio's secret wine garden, located just two minutes from Aldgate Station. Satyrio offers a vast selection of fine wines, paired with pastas, Italian cheese and charcuterie — the perfect combination for a summer's day. Take a break from the hustle and bustle of the City and enjoy an Italian aperitivo in the walled wine garden, followed by lunch or dinner from the trattoria-style menu. For bookings, visit satyrio.co.uk



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Why do pizza boxes have holes?

Ever wondered why pizza delivered by restaurants as a takeaway is sometimes a bit soggy? And a bit cold? You remember sitting in a restaurant enjoying a steaming thick-based pizza, fresh from the oven, while you drink a glass of wine, in fun company. What arrives in the box when you order takeaway is often less inspiring. Although you may be lacking the fun company and the wine, it's more than that.

You see, that steaming pizza is lovely when served fresh but, if you put it in a pizza box for 20 minutes

then all the steam is trapped in the box, turning the pizza soggy. Holes in the boxes are there to help the steam escape, but thick Neapolitan style bases have a lot of moisture.

That pizza is piping hot in the restaurant, but after 20 minutes in a box it can lose a lot of heat if not handled correctly. If the pizza is cut in slices it will lose its heat fast (think what happens when you cut

a jacket potato in half). Restaurants sometimes lack the hot plate travel bags needed to keep the pizzas hot.

Basilico was founded in 1998 by two London food lovers who adored pizza in Italy, but hated the takeaway pizza on offer in the UK. So they wanted to open a pizza chain that served only the finest Italian ingredients made by people who knew how to make

great pizza. But Basilico only does delivery pizza. And because it only does delivery pizza, everything it does is built around that. The boxes have holes; the pizzas are thinner and made Roman style so they don't steam as much in the box; pizzas are only lightly cut so they keep their heat better. Basilico chooses recipes for its pizzas that avoid anything that doesn't travel well. The team behind it love going out to a restaurant for pizza but delivered pizza needs to be done differently. So Basilico is designed to deliver.

Taste the difference in 'designed to deliver' pizza. Use voucher code BAS10 for 10% off. Valid until 30 June 2022



basilico.co.uk

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Maybe you want to look your best for summer or perhaps you're concerned about your health and fitness. But life is short and poached chicken and broccoli — again — can make you long for a something naughty with a bit of taste. With Protein Pizza, you can have a cheat day meal that tastes great but is high in protein.

Protein Pizza has been making pizza for 20 years and its story began with a simple thought: is it possible to create a pizza packed with protein but without compromising on taste? The brand uses DoughPro, its very own top-secret high-protein pizza dough. This is topped with high-protein, great-tasting ingredients to create classics such as Steak and Cheese, Lean Pepperoni, and Chicken and Chorizo. Then the pizza

is cooked to perfection in a wood-fired oven. Extra protein. Extra tasty. Not too naughty.

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El Sueño introduced the first tequila-based fruit liqueur to the UK with delightfully fresh Watermelon Liqueur. Two more fruity variants are due to land this summer, including zesty Mexican Lime Liqueur and

bittersweet Pink Grapefruit Liqueur. Made with the finest mature agave, authentic flavours from ripe fruits and the natural sweetness of piloncillo (a pure, unrefined sugar from Mexico), you'll take heart from El Sueño's responsible production and proactive sustainability approach.

Discover more at elsuenotequila.com
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Available online and in store nationally at both Holland & Barrett and Booths. For a great selection of sleep tips, more information about Sleep Well and to order online, simply head to the brand's website.



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A culinary exploration of spices



Interwoven with divine recipes and stories, *The Nutmeg Trail*, by award-winning writer Eleanor Ford, is a fascinating culinary exploration of spice.

Following the ancient spice trail, Eleanor showcases the different elements of spice through her recipes while looking at the flavour profiles that we use in cooking to add that extra 'something' to a dish. Chapters and recipes are divided by spice — by the fire and thunder

of ginger and peppercorns, floral petals and bark, chillies, lime and lemongrass, earthy cumin and coriander, plus complex spice blends.

Eleanor examines how spices can be used, combined and layered; how some bring sweetness, others fragrance, heat, pungency, sourness or earthiness, to create something one-of-a-kind. A unique and enlightening guide to cooking with spices.

murdochbooks.co.uk

The Nutmeg Trail (ISBN 9781922351531), £26, is available now in local bookshops and online



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Wensleydale Creamery, in the picturesque market town of Hawes in the heart of the beautiful Yorkshire Dales, is the home of the iconic and original Yorkshire Wensleydale cheese. Custodians of a 1,000-year cheesemaking heritage, skilled artisan cheesemakers use milk from local farms and time-honoured recipes to handcraft over 20 varieties, including the much-loved Yorkshire Wensleydale & Cranberries.

Discover the fascinating history of the creamery's proud Yorkshire heritage and provenance in the award-winning Visitor Centre; the UK's flagship Cheese Visitor Experience. Take an interactive journey through the art of cheesemaking, watching the team at work, and get involved in daily tastings to discover your perfect cheese pairings.

Soak up the stunning views of the rolling Yorkshire Dales while enjoying a taste of Yorkshire, with dishes inspired by the use of cheese and local produce in the restaurant and coffee shop with garden.



Order a taste of the Yorkshire Dales delivered direct to your door with artisan cheese, gifts and hampers. Save 10% with code E510. Offer ends 31 July 2022



Tattu London is now open

One of London's most hotly anticipated restaurants has opened its doors in the heart of the West End

Tattu London, a beautiful rooftop restaurant serving a menu of modern Chinese dishes, has now opened its doors. Sitting proudly in the heart of central London, a stone's throw from Denmark Street, the restaurant has unrivalled views over the West End. Tattu offers guests its signature-style contemporary dishes that are inspired by the flavours and ingredients of

modern Chinese cooking. The restaurant is housed within a beautiful Joyce Wang Studio-designed space, inspired by a traditional Chinese courtyard house — a historic structure in which four distinct residences surround a beautiful central garden. Menu highlights include dim sum of pearly king crab dumpling and royal koi fish gau, and small plates

of seven-spice-seared tuna, and yellowtail and kiwi sashimi. Large plates include Shanghai black cod, red roast master stock pork belly, Chilean sea bass and grade-5 Wagyu beef ribeye. Desserts include bubble tea and cotton cake, and koi fish panna cotta.

The restaurant's spectacular bar and outdoor terrace is the perfect setting for an expertly mixed cocktail against the backdrop of the London skyline. The bar, inspired by the mythical phoenix, is adorned with charred timbers and copper panels to reflect the fiery nature of the Phoenix itself. It overlooks the terrace with its plush outdoor seating, which is heated and covered for colder days. At the bar, Tattu's signature theatrical cocktails sit alongside the venue's take on classic libations — including a maohattan, a cherry blossom negroni and a celestial dragon for two to share — all served in an ornate dragon-shaped vessel. The bar and terrace are perfect for a pre- or post-dinner drinks, and welcome non-diners when availability allows.

Throughout the week, Tattu's roster of internationally renowned DJs provide the soundtrack to the perfect London dining experience.



Dinner served Monday-Sunday; lunch served Thursday-Sunday. Special 'Sunday Sunset' services, with Europe's best DJs, are held on the last Sunday of every month @tattulondon

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Properly plant-based

As London's meat-free dining scene continues to boom, we check out four restaurants that are exclusively vegan and vegetarian, and also committed to serving nutritious food. Words: Nora Wallaya

It's been a while since vegetarian and vegan diners have had to put up with portobello mushroom burgers. These days expectations are higher, as restaurant menus adapt to offer more intriguing meat-free options. But the boom in plant-based dining has coincided with the rise of vegan junk food, which, while seeming more benign than the meaty equivalent, can often carry similar levels of salt, fat and sugar. So, for those keen to seek out more wholesome dishes whose ingredients reflect the seasons and champion nature's larder, here's our pick of London's top spots.

Plants by de, Mayfair
A medley of cool apricot-hued furnishings, this immaculate, plant-filled Mayfair restaurant is the latest offshoot of the Deliciously Ella powerhouse, helmed by food writer and entrepreneur Ella Mills. Opened in the summer of 2021 on a quiet corner of Weighhouse Street, it's already succeeded in making seasonal ingredients sing — think creamy confit pumpkin dressed in whipped cashew cheese and layered with sautéed wild mushrooms. deliciouslyella.com/plants

Gauthier Soho
French cuisine isn't necessarily the most obvious fit for veganism. Yet, when chef Alexis Gauthier turned vegan, he began transforming the menu of his London restaurant Gauthier Soho, which became fully vegan in 2021. Here, you'll find classic French ingredients put to work in memorable meat-free dishes — such as shavings of Périgord black truffle drizzled with a white wine and miso sauce, or braised cardoon hache served with orange and cider-infused celeriac. Add a sommelier-picked wine pairing to the 10-course experience for extra decadence. gauthiersoho.co.uk

Oliveira Kitchen, Shoreditch
This restaurant's inventive organic menu draws on chef-owner Emerson Amélio de Oliveira's Brazilian-Italian heritage. If one dish were to exemplify the menu, it would be the salt-baked roots, cooked according to a traditional method from Chile's Atacama region, and served with Jerusalem artichoke sauce, maca and maize mousse and a tamarillo pickle. And the most popular? Juicy fillets of trumpet royale mushrooms, cooked in Madagascar

green peppercorn sauce and served with cassava chips. The menu is soy-free, although Amélio de Oliveira is a staunch believer in the irreplaceable flavour of Parmigiano Reggiano, so, for some dishes, the cheese is recommended, but not added without consent. oliveira.kitchen/shoreditch

Mildreds, various locations
A London institution, the small chain now operates six restaurants in the capital and has come a long way since first opening in 1988 on Soho's Greek Street (churning out quinoa in a former sex club, no less). Hearty portions and colourful dishes are the draw here: think big bowls of nutty grains tossed with zingy dressings and jewel-like fruits and vegetables. It's latest opening, Mallow in Borough Market, promises to prioritise food sustainability and supplier transparency, while producing minimal waste. mildreds.co.uk

First published on the National Geographic Traveller (UK) website in March 2022. Read the feature in full online at nationalgeographic.co.uk/travel



PLANTS BY DE (SOFIA SHAKARCH)

Award-winning healthy meals that your kids are sure to love

If you're looking for a quick and convenient way to feed your children healthy, nutritious and planet-friendly meals, award-winning, UK-based The Family Food Co. has the answer

On average, most of us have to plan, prepare and feed our children 35 times a week, 150 times a month, 1,825 times a year. Also, there's the added social pressure to feed our children healthy home-cooked food. It's no wonder we feel stressed at mealtimes. The Family Food Co. was established to provide parents with quick,

healthy meal options for children that taste delicious. With experienced children's dietitian, Lucy Upton, the company developed a variety of frozen food pots filled with balanced, nutritional ingredients — delivered to your door and ready in just minutes.

The available evidence from Public Health England (PHE) shows that

infants and young children are eating too much sugar and salt as the vast majority of commercially manufactured foods aimed at infants and young children have misleading marketing messages. So, The Family Food Co. has aligned its mission with that of PHE to ultimately reframe what children's food can be, focusing

on texture, high protein content, no added and low salt and sugar, and helping children achieve the right balance across their intake of protein, carbohydrates and vegetables.

"I found the choice of convenience food available for children pretty disappointing — hidden nasties, mush-like consistency — it just didn't

ever feel like real food. This gave me the drive to set up The Family Food Co. and produce family convenience food that's just as nutritious and tasty as a home-cooked meal and that will help our children form healthy eating habits for life," explains company founder, Cherrille Beckitt.

"We're also serious about making choices that are good for the planet. We include several plant-based meals in our selection, our ingredients are organic where it matters and are responsibly and sustainably-sourced. Our packaging is also eco-friendly and, importantly, our meals greatly reduce food waste as there are clean plates all round!"



• info@thefamilyfoodco.com
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Head to thefamilyfoodco.com to order from our range of frozen children's meals (be quick as they're made in small batches) and sign up to hear about our new family meal trays. Enjoy an exclusive 10% off your first order with code HEALTHYKIDS10. Offer ends 31 July 2022.



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CauliShoots™

Vegetable product
CauliShoots are a new variety of cauliflower with sweet-tasting nutty curds on succulent stems. These shoots are entirely edible so there's no prep and no waste. Whether it's just a grind of sea salt and black pepper, a drizzle of sesame oil or roasted with a spicy rub, CauliShoots are a blank canvas for your cooking. This product is hand-harvested and packed by Barfoots, which has been farming vegetables since 1976. Available on Ocado. caulishoots.com



Dare Motivation

Plant-based shakes
Enjoy a plant-based beverage by Dare Motivation. The Motivational Shakes contain protein, omega-3, fibre, vitamins and minerals. Enjoy 20% off with code NEWS220 and get a free shaker and T-shirt at daremotivation.com. Offer valid until 31 December 2022.



Food & Drink RECOMMENDS

KÄLLA

Sachet subscription boxes
KÄLLA has created a simple tasteless formula to add to cool drinks, which can help issues often associated with poor gut health, such as bloating and gas. These vegan sachets can also help to normalise stool frequency and address discomfort. These sachets are intended to be taken as part of a healthy, balanced diet. Discover the KÄLLA range at kolla.com/gb



Nuzest

Daily supplement drink
Nuzest Good Green Vitality is a daily supplement, which aims to help you look, feel and perform your best. A complex multi-nutrient formula, the base of this supplement are greens, fruits and vegetables, fortified with vitamins, minerals, and other essential nutrients in their most bioavailable forms. This product has no added sugar, fillers, or preservatives, ever. Find out more information and buy the daily supplement at nuzest.co.uk




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Gold Top

Their licensee Graham's The Family Dairy announce the launch of Gold Top Luxury Yogurt, a new luxuriously layered yogurt made with deliciously creamy Jersey milk. A first for the UK, the yogurt. Chosen Brand's iconic Gold Top range of products, which include award winning milk, butter, Ice Cream and cream.

Gold Top Luxury Yogurt is made with the freshest Jersey milk from Graham's own herd. Naturally 18% higher in protein and 20% higher in calcium than 'standard' milk, Jersey milk's velvety smooth texture, is rich in essential vitamins and minerals such as zinc, iodine and vitamins A, B, D and E. So, with the addition of the opulent layer of strawberry or salted caramel, Gold Top Luxury Yogurt is THE new must-have treat!

Robert Graham, Managing Director, Graham's The Family Dairy, "Innovation and product development are something we pride ourselves on, and we have been busy this year developing a host of new dairy products, including our new Gold Top luxury layered yogurt using our Jersey milk. As an amalgamation of our existing yoghurt and our iconic Gold Top Jersey milk range, we worked with external research agency, TRKR, as well as our own Graham's Taste Testers to gain category and customer insight into this new product innovation, at concept level.

Gold Top's own customer feedback was overwhelmingly positive. They wanted us to develop a luxury yogurt made with our Jersey Gold Top milk. So, as we continue to create delicious and nutritional dairy products with fresh local milk for our customers in UK, we hope that everyone enjoys our new Gold Top Luxury Yogurt as much as we do.

Each pot of Gold Top Luxury Yogurt is made with fresh milk from Graham's Jersey cows to create a rich, smooth, and creamy yogurt. Deliciously indulgent, packed with flavour, our yogurt is perfect for breakfast or simply as a tasty and enjoyable afternoon or evening treat. High in protein and a good source of calcium, there is also good news for those with an intolerance to A1 proteins, as it is much less prevalent in milk from Jersey cows where, instead, there is naturally a higher percentage of A2".

www.qmpltd.co.uk



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Taste the summer at Island Poké

The brand puts its own spin on a traditional Hawaiian dish

Island Poké has been serving fresh poké bowls across the capital since first opening in Soho five years ago. They've got some of the freshest ingredients in the game, including sashimi-grade salmon and tuna, Red Tractor chicken and shiitake teriyaki tofu made with its own award-winning sauce. Pair these proteins with fresh vegetables, fruit salsas (trust us, the sweet and savoury works) and finish with added crunchy toppings, such as yuzu kosho seed mix, and an array of sauces to slather on top. There are eight house bowls to choose from, or if you want to freestyle you can build your own bowl with a never ending possibility of combinations.

More recently, Island Poké launched its new-to-market Poké Bao. With a bespoke shaped bao bun, customers can choose from four house bao filled with some of the most popular Island Poké ingredients. Starting from £5.45, the Poké Bao allow customers to get their poké fix in an easy to eat, handheld way.

With "Islands" dotted around the capital — from Battersea to Bow Lane in the City, and Canary Wharf to Carnaby — there are now more chances to try Island Poké than ever before. It's also available across all the major delivery platforms or via Click&Collect when you want to skip the queue.

Get 20% off your next Island Poké by quoting "tastesummer" on any walk-in order. Valid until 10 July 2022

ISLAND POKÉ
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Visit islandpoke.com for more info. Instagram: @islandpokeuk



A Cornish culinary staycation

Something's bubbling in Falmouth — head west to learn all about fermentation on a two-day getaway and cooking course by the coast. Words: Mattie Lacey-Davidson

"I'm trying to make things that aren't Cornish, Cornish," Aiden Blakely-May tells me, as I tie an apron around my waist.

Moments ago I was walking up the driveway towards the ivy-clad Merchant's Manor, in the harbour town of Falmouth. Arriving here feels more like visiting someone's house than a hotel but it's bigger than it seems from outside.

Head chef Aiden has been working to create fermented foods from around the world using Cornish ingredients — and now he's sharing that process with me.

Rastella, the hotel restaurant, has a menu featuring local staples (mackerel, scallops, hake and home-reared beef and pork) cooked with ingredients that aren't the slightest bit Cornish — sriracha (Thai), miso, mirin (both Japanese) and sourdough, which has roots in Ancient Egypt.

Over the next two hours Aiden walks me through the first steps of fermentation for a variety of foods, which require between 10 hours and four weeks to complete the process. Today's all about learning how to get going.

We get started on cream for cultured butter, chillies for sriracha, barley for amazake and a sourdough starter, which will require feeding



CHAR SIU PORK WITH KASIA RASTELLA

every day for the next week, and then weekly for the rest of its life. Aiden gets me chopping up cabbage for sauerkraut, too, before presenting the coveted Lady Killigrew — the hotel's six-year-old sourdough starter from which we prepare dough, before leaving it to prove overnight.

With a little time on my hands before dinner (an extraordinary seven-course taster menu showcasing Aiden's creations), I head to the coast. The closest stretch of sand is just a 10-minute walk away, but add on an extra five and head to Swanpool beach — a turquoise blue cove where the water is a touch warmer due to its enclosure in the bay. If swimming where the Channel meets the Celtic Sea doesn't appeal,

then Merchant's Manor offers a spa and swimming pool.

The following day, we bake the bread, churn butter (with the help of a high-tech mixer), flavour the amazake with Cornish strawberries and feed the sourdough starter.

For the sriracha, Aiden takes on the role of a *Blue Peter* presenter: because the chillies take weeks to ferment, he produces 'one I made earlier' so we can continue while those from the day before slowly begin to bubble.

I find myself repeatedly amazed at how simple the fermentation process is — the arduous part is waiting for the action to happen. I leave our sessions confident I'll be able to make all of this at home, but also with a lot of fermenting treats to take with me.

Two-night culinary breaks at Merchant's Manor in Falmouth will run every week until 30 September. It includes a B&B stay with a three-course a la carte and seven-course taster menu with matching beverages (with a non-alcoholic option) across the two nights, as well as two sessions covering fermentation and food creation with head chef Aiden — all ingredients, tools and course materials are included. Prices start from £245 per person. merchantsmanor.com



MERCHANTS MANOR

Learn about wine in a fun way



London Wine Tasting believes that tasting and learning about wine should be a relaxed, sociable and fun experience — not a stuffy lecture. LWT wants to share its passion for wine in an interesting way that brings it to life.

Come along to one of LWT's tasting events in London or book it to host your own tasting for a group work event, birthday party or hen do. All events include a minimum of four wines plus matching nibbles.

Visit the LWT website or Instagram page to see the packages on offer or the team can work with you to create a bespoke tasting. LWT is

happy to travel within the M25 for events. Don't just take LWT's word for it — see what some of its customers have said: "Our staff just loved the event and found Lisa very knowledgeable and engaging. They were treated to a special and unique wine experience!"



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London's best Spanish restaurants

When it comes to Spanish fare, the UK capital doesn't disappoint. Here are four of its best bars and restaurants — all with the 'Restaurants from Spain' quality seal

1. Iberica Canary Wharf

Nab a table at this beloved space on Cabot Square where after-work drinkers huddle around the bar with its yawning ceilings and diners perch on the mezzanine levels to gaze over the hubbub below, as well as the interiors by the acclaimed Lázaro Rosa Violán. The menu has been thoughtfully developed by Michelin-starred chef Nacho Manzano, whose cooking is heavily influenced by his upbringing in the northern Asturias mountains. Start with thick crusts of *pan con tomate* and *jamon ibérico*, before signature dishes of Asturian cockerel with piquillo pepper and saffron, or *hake pipil* with grilled asparagus and sorrel.

ibericarestaurants.com



2. Arros QD

Under the auspices of trailblazer chef Quique Dacosta, the ridiculously flashy Arros QD brings bubbling pans of paella to the fore in Fitzrovia, where the rich wafts of spices and smoky grills greet you at the door. Diners gaze towards the vast wood-fired stove, surrounded by chefs preparing just-grilled plates of seafood, zingy ceviche, thick slabs of tomahawk with chimichurri, and its renowned paella using Dacosta's highly prized stock. If you do go for paella, top with sharp, creamy aioli and stir up the grains to reveal the best bit — the caramelised and sticky *socarrat* clinging to the bottom of the pan. arrosqd.com



4. Camino Shoreditch

Camino is one of those talk-of-the-town restaurants that's landed in Shoreditch. And it's not only a rip-roaring success but also a whole lot of fun. Saturday afternoons are dominated by its bottomless brunch, where unlimited cava, sangria or pale ale are poured to enjoy alongside dishes including paella, Iberico pork burger, and sea bass topped with smoked

bacon and salsa verde. But while there's a palpable sense of fun in the air, there's no denying the team's tangible passion for food. Dishes are conjured with refinement and layers of flavour by Basque-country-born executive chef Nacho del Campo — from its plates of artisanal cheese to classic squid-ink rice, garlic prawns and tasty mounds of octopus. camino.uk.com



3. Hispania

Traces of its former guise as a Lloyds Bank can still be spotted in this cavernous space on Lombard Street — but the team have grafted to give you that I-could-be-in-a-classic-bar-in-Madrid-feel. At the reins in the kitchen is top chef Marcos Morán, overseeing a sunny, Spanish-inspired menu with actual 'main courses' for those who want to veer away from small plates (calamari with lime zest, tuna tartare, and slithers of salty *jamon ibérico*). If you're going all out, there's the whole roasted suckling pig, rich and intense bee cheeks with truffle mash, red tuna steak with ratatouille, or Galician sirloin steak. hispanialondon.com



foodswinesfromspain.com/RFS-certification





Mr Marvis
Clothing brand
 Take to the water in style with Mr Marvis's swim collection, The Swims. These swim shorts from the Amsterdam-based clothing brand have been designed to be optimal mid-length. The shorts also have drawstring cords that can be worn inside or outside, a zip fly and a hidden zip pocket. They're available in 27 refreshing colours, nine exclusive prints and seven striped variants. Find out more at mrmarvis.co.uk

GoTürkiye
Turkish Cuisine Week
 To celebrate Turkish Cuisine Week, GoTürkiye staged a gastronomic event in May at acclaimed Turkish restaurant Rüyâ in London, in order to promote Turkish Cuisine Week in the UK. Renowned chef Pinar İshakoglu presented a demonstration using some of the finest ingredients from Türkiye. She also highlighted some of her top recipes in order for guests to be able to recreate timeless and delicious dishes from Türkiye. turkishcuisineweek.com



Niko Seaside Resort
Greek holiday destination
 Niko Seaside Resort - MGallery is an all-new, five-star coastal destination for adults only, located in the seaside town of Agios Nikolaos, Crete. The luxurious retreat is brilliantly situated, offering expansive views of stunning Mirabello Bay. Its rooms and suites feature their own plunge pools with incredible sea vistas and provide the perfect combination of convenience and stylish relaxation. Guests can also enjoy an all-new dining experience at Niko Seaside Resort - MGallery, which promises to entice palates from the very first bite and cater to your every taste. nikoseasideresort.com

Food & Drink
 RECOMMENDS



Business Wales
Welsh food recipes
 Enjoy summer dining with a Welsh twist thanks to these recipes that you can recreate at home. With 270 Great Taste award-winning products from Wales, you can experience a taste of the country for yourself this summer thanks to Business Wales. Cook a range of tasty dishes that feature Welsh produce including fresh salads, light meals and fruity desserts — perfect for al fresco dining. Discover more at businesswales.gov.wales/foodanddrink/about-us/recipes



Walwick Hall
Northumberland hotel
 Plan an escape this summer and relax at Walwick Hall's distinctive country hotel, where you can indulge yourself in the heart of breathtaking Northumberland. Enjoy a rejuvenating experience in the spa, while Walwick Hall's award-winning chefs prepare a unique dining journey using ingredients from Walwick Hall's own kitchen garden. walwickhall.com

A vibrant seaside resort to indulge in infinite Crete

NIKO Seaside Resort - MGallery combines luxury and relaxation with a personal twist

Opened April 2022



NIKO Seaside Resort - MGallery is a five-star coastal destination for adults only, located in the coastal town of Agios Nikolaos, east of Crete's capital, Heraklion. The luxurious retreat, which opened in April 2022, has an unrivalled location, towards Mirabello Bay and tons of excitement at the buzzing epicentre of nearby Agios Nikolaos. Situated just five minutes away from Voulismeni Lake - the mythical bathing site of goddesses Athena and Artemis and believed to be connected with Santorini's volatile volcano - the resort borrows from the deep azure waters' mystical energy, giving way to a haven of intimate serenity. With its trademark aquatic aura present throughout, NIKO Seaside Resort - MGallery invites guests in for a relaxing five-star holiday. Choose from a large variety of luxury rooms and suites for the perfect combination of convenience and stylish relaxation. Enjoy incredible sea views within an ambience that embodies upscale luxury and modernity, with its minimalist,

refined interiors and comfortable furnishings. In perfect harmony with the coastal resort's marine surroundings, most of the resort's spacious rooms and suites, feature their own plunge pools, infusing any stay with a refreshing aquatic edge, which echoes Agios Nikolaos' heritage. Guests will delight in the all-new dining experience that awaits at NIKO Seaside Resort - MGallery, which guarantees to entice palates from the very first bite and cater to every taste. The gastronomic journey begins each day at Mira Restaurant with a tasty and fuelling breakfast, perfect ahead of an action-packed day. Come lunchtime, retreat to the fourth floor perch of Ithéa Pool Bar and sample a mouthwatering menu of inspired creations as your gaze meets the horizon and the incredible blue vistas. Or venture to Ariagne Bar Restaurant for lighter snacks to tide you over until later in the day. As the day progresses, visit the eighth-floor Éther Executive Club pool bar overlooking Mirabello Bay, to enjoy fantastic drinks and cocktails made with *tsipouro*

and other fine spirits, between refreshing dips in the water. Alternatively, discover a drink connoisseur's playground back at Ariagne Bar Restaurant and step into the welcoming, laid-back ambience to sip on an array of exciting options made with top-quality ingredients, such as margaritas and negronis. The Concierge service for guests creates unique Memorable Experiences with local twists. Thanks to Cretans' expertise and knowledge, visitors can enjoy a combination of activities crafted to meet their needs and personal tastes, complete with driver services. These include reservations made in advance for archaeological site visits, sourcing the best guide for hiking trips and visits to vineyards or olive groves. Guests can also take part in an exclusive tour of the mysterious Spinalonga Island, with a literary twist, in connection with Victoria Hislop's poignant novel or even become a master perfumer and create the most amazing signature scents to take home as the most personal holiday souvenir, as unique as themselves.



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