

Drink pink
Top rosé wines to try page 18

A seafood masterclass
Learn at Rick Stein's school page 36

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Food & Drink

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featuring
content
from **NATGEOTRAVELLER**
FOOD

The Turkish way to start the day

How to make a
breakfast feast page 7

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16-17 JULY 2022

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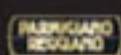
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Welcome

Inside this issue of *Food & Drink*, we focus on how you can make this summer a culinary success. Transport yourself to Turkey at breakfast with a feast fit for a king, and learn how to cook lobster and crab with Rick Stein's chefs in Cornwall. Then round off your gastronomic experience by trying delicious rosé wines from independent UK brands.

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▲ Five super-simple cocktail and mocktail recipes to make this summer



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The Flavourists are a range of delicious meal kits and stir-fry ingredients. Find them in Waitrose and Ocado.com. What's even better, is that they're plant-based.

Five recipe books every shelf needs

New brand The Flavourists has been founded by a team of passionate food lovers that believes there can be so much more to the plant-based aisle than just another burger or sausage. That's why they've created a range of meal kits and stir-fry ingredients that help people whip up a gorgeous dinner in 15 minutes or less. The Flavourists couldn't help being inspired by some of their favourite cookbooks when coming up with their kits, so if you're looking for new recipes or an excuse for a new book, The Flavourists have got you covered:

At my Table by Nigella Lawson
"My absolute all-time fave has to be my copy of Nigella Lawson's *At My Table*. It's got the ultimate showstopping lasagne recipe, which I've cooked time and time again, it never fails to impress. Although these recipes are not the speediest to create, you just know that they're full of big flavour and big love. I always find myself getting lost in the kitchen for a few hours whenever I open this book." Zoe

Ottolenghi Flavour by Yotam Ottolenghi and Ixta Belfrage
"I love Yotam because he makes vegetables sexy! All his recipes are low-effort

but high-impact, his food is so relaxed. I just love having food in the centre of the table where everyone can share all the dishes. His dishes just bring a talking point and never fail to impress my family and friends" Joe

Lord Krishna's Cuisine: The Art of Indian Vegetarian Cooking by Yamuna Devi
"My favourite cookbook may well be Yamuna Devi's *Lord Krishna's Cuisine: The Art of Indian Vegetarian Cooking*. I can get lost in this book and feel as though I've been on a journey, discovering the most amazing flavour combinations, with recipes from all over India. I've been inspired to use variations of this as a soup, a ravioli filling and baked onto a flatbread. This book is an absolute treasure trove!" Nadine

How to be a Domestic Goddess by Nigella Lawson
"My copy of *How to be a Domestic Goddess* is definitely the most 'loved' book in my collection; it's battered but it's still my 'go to' book. Nigella taught me everything I didn't already know about baking — it's a shortcut solution to delicious treats. I love that Nigella is unapologetically all about taste, and every recipe is this book

absolutely delivers. Over 20 years on from buying it there's still something wonderful about a little slice of Nigella in my kitchen." Kyrsten

River Cottage Much More Veg by Hugh Fearnley-Whittingstall
"I love to get a veg box each week so I get to try new and different veg, and this recipe book is the ultimate companion to it. All of the recipes are plant-based and I love how it focuses on everyday meals. You don't have to be a pro chef to whip up the recipes, and what's even better is that every recipe has swaps in it, so you don't have to have all of the ingredients either! My copy is looking very well-loved now, but it's still my go-to recipe book every time." Mia



Visit us at theflavourists.co.uk



The Flavourists (left to right): Zoe, Nadine, Kyrsten, Mia, Joe PHOTOGRAPH THE FLAVOURISTS

Three words: Moreish. Mocha. Tart.



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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 speciality 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 65% 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!



▲ Turkish breakfast spread ▲ Borek PHOTOGRAPHY GETTY

The lowdown on the full Turkish breakfast

From a humble bowl of lentil soup to a lavish spread featuring dozens of sweet and savoury nibbles, breakfast in Turkey is as varied as it is delicious. Words: Jennifer Hattam

One of Turkey's best-known poets, Cemal Süreya, once wrote: "Breakfast must have something to do with happiness." That happiness can take many forms, with the wide variety of delicious morning meals consumed in Turkey reflecting the country's rich regional culinary diversity.
In rural central Anatolia, breakfast might be a hearty bowl of lentil soup (*mercimek corbası*), brightened with a squeeze of fresh lemon juice and flakes of red pepper. In the southeastern city of Gaziantep, a plate of *kahvaltı*, a luscious, crepe-like filo-dough pastry stuffed with crushed pistachios and double cream. For the busy Istanbulite, perhaps a simple sesame-seed-studded bread ring (*simit*) grabbed on the go from a street vendor.

What's referred to as "Turkish breakfast", though, is a mixed plate of cheeses, eggs, olives, sliced tomatoes and cucumbers, honey, jams, and bread. Its origins are in the Ottoman palace, where the sultan's retinue nibbled on similar fare after morning prayers, before drinking coffee. (In Turkish, the word for breakfast is *'kahvaltı'*, which literally means 'under coffee'.)
The Turkish breakfast can be expanded to a table-filling array of dozens of different items (often called a *serpme kahvaltısı*, or 'sprinkling breakfast'). The selection tends to reflect regional produce: a pile of fresh herbs along the Aegean coast, spicy pepper-based dips in the south east, or pickled green beans and corn fondue (*muhlama*) in the lush mountains above the Black Sea.

ELEMENTS OF A TURKISH BREAKFAST
Eggs (yumurta)
While breakfast eggs can come hard-boiled, fried, or in a plain omelette, one firm favourite in Turkey is *menemen*, eggs loosely scrambled with tomatoes, green peppers and onions. Each portion is usually served in the two-handled metal dish that it's cooked in.
Honey and cream (bal kaymak)
The king of the breakfast table for many is this heady combination of flavourful honey (sometimes served on the comb) and thick cream, best slathered on fresh-from-the-oven bread (*princek*).

Cheese (peynir)
Some of the distinctive Turkish cheeses served at breakfast include *otlu peynir*, a crumbly, herb-studded cheese associated with the eastern province of Van; *tulum peyniri*, a tangy cheese ripened in the skin of a goat or sheep; and *dil peyniri*, a mild, white, stringy cheese.
Tea (çay)
Despite the long history of coffee-drinking in the Ottoman Empire, tea has become the drink of choice with the morning meal (and all day long) in Turkey over the past century as domestic production developed along the rainy Black Sea coast.

Sausage (sucuk)
Pan-fried slices of this spiced, cured beef sausage are served as part of breakfast separately or cooked with fried eggs. *Sucuk* or other meats such as *kavurma* (braised beef) can also be added to *meneme*.



▲ Turkish sausage (sucuk) PHOTOGRAPHY GETTY



▲ Turkish tea PHOTOGRAPHY GETTY

BEST BREAKFASTS IN TURKEY

Çeşme Bazlama Kahvaltısı (Çeşme)
Dozens of homemade jams and the namesake bazlama, a kind of fluffy flatbread, are among the hallmarks at this famous breakfast spot on the Çeşme Peninsula near Izmir. The original location is open summers only, but multiple branches in Istanbul serve the same Aegean flavours year-round. (Dalyan Mahallesi, 4000. Sokak, No 4, Çeşme, Izmir, www.bazlama kahvaltisi.com, serpme kahvaltısı 155TL/£4.50 per person)

Mustafa'nın Kahvaltısı Dünyası (Diyarbakır)
This is a popular choice among the many restaurants serving massive breakfast spreads all day long inside the imposing Hasan Paşa Hanı, a 16th-century caravanserai built in black-and-white layers of basalt and limestone. The eggs cooked with braised beef and peppers (*hovurmalı yumurta*) is a speciality. (Tarihi Hasanpaşa Hanı, Gazi Caddesi D:1, Kat No:2, Sur, Diyarbakır, www.mustafaninkahvaltisi.com, serpme kahvaltısı 100TL/£4.80 per person)

Sütçü Kenan Kahvaltısı Salonu (Van)
A stalwart of the bustling 'breakfast street' in the eastern city of Van, 'Milkman' Kenan's place serves appropriately delicious *kaymak* as well as local flavours such as *murtuğu*, eggs cooked with flour and browned butter; and *van otlu peyniri*, which you can also buy to take home at the nearby Peynirciler Çarşısı (Cheese-makers' Bazaar). (Cumhuriyet Caddesi, Kahvaltıcılar Sokak No: 7/A, Van, vondokahvaltisi.com, serpme kahvaltısı 85TL/£4.10 per person)

Çiçivâ Kafe (Rize)
There's no better breakfast for a big day hiking in the gorgeous, rugged mountains above the Black Sea coast than *muhlama* (also known as *mhlama* or *kuymak*), a fondue- or grits-like blend of cheeses, cornmeal, and butter. And there's few more atmospheric spots to fuel up on it than this wooden house overhanging the Firtına River in Şenyuva village, part of the Çamlıhemşin district of Rize. (Şenyuva Köyü, Çamlıhemşin, Rize, cicivahofve.com, muhlama for one, 35TL (£1.70), serpme kahvaltısı 75TL (£3.60) per person)

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A taste of the Turkish Riviera

Much more than one of Türkiye's top summer destinations, Antalya is steeped in history and a food culture that stretches from its rich marine life to the verdant bloom of its orchards. Endemic grape varieties and traditional recipes also abound in this Turkish province at the foot of the mighty Taurus Mountains

Usually synonymous with sun-drenched beach vacations, the Antalya province and its eponymous capital city possess a rich tale that goes back around 2,000 years as the seat of grand civilisations, from the Roman to Seljuk and Ottoman times, resulting in an extraordinary culinary diversity. Here, one can find a food culture dependent entirely on the region's abundant natural resources, the fecundity of its harvests and the culture of its indigenous peoples.

Start your journey at the prosperous rural periphery of Antalya, in a town

and district named Elmalı, located off the beaten path on a small plateau that is graciously surrounded by the peaks of the western Taurus Mountains. Apart from its beautiful historic town, where Ottoman architecture takes centre stage, this area of Antalya is important for another reason: wine. The vineyards here, which have been around since antiquity, produce the famed and award-winning regional wines made from the local grapes, especially endemic varieties, which were resurrected to be enjoyed once more. The *acı kara grape*, for example,

which had been on the brink of extinction due to a very low yield, was brought back to life thanks to the hard work of local wine experts, who took samples from the more than 200-year-old vine and replanted them. For visitors, a tour of these vineyards is a once-in-a-lifetime experience — a chance to dabble in wine culture far away from the usual routes.

About an hour away by car, the seaside town of Finike is the second stop on this gourmand journey, or more specifically Antalya's haven of sweet and juicy oranges. It's purported that the taste of a Finike orange can't be found anywhere else in Türkiye, and the fruit does indeed enjoy the benefits of the area's clean air and water, as well as the fecundity of its soil. Mature and ready to be consumed from December until February, these oranges are naturally rich in minerals and vitamins and a favourite for export.

Of course, another fruit that Antalya can't live without is its pomegranate and the famed *nar ekşisi* (pomegranate syrup), a vital component of the local cuisine. It's no surprise that the Turkish Riviera, and especially Antalya, are responsible for around 60% of the country's total pomegranate production, given the love for the deep crimson fruit filled with its sweet and sour seeds. A fruit believed to bring abundance, with the tradition of *nar kırma* (breaking open the pomegranate) occurring every year on



▲ Antalya



▲ Kelebek, Antalya



December 21, the beginning of winter and the longest day of the year. As for the *nar ekşisi* (pomegranate extract), which graces everything from salads to *dolma* (stuffed vegetable) dishes, about 15kg of the fruit are used to make about one litre of the precious syrup, preferably by hand. A highly valid reason to purchase a few bottles whilst on vacation, as well as a few glasses of Antalya's unique and zero-waste, kitchen-friendly marmalades, including everything from watermelon skin to citrus peel and more.

Antalya also has several geo-marked products and dishes symbolising the city's diverse gastronomic world. Culinary enthusiasts could find, smell and taste them in regional farmer's markets and/or restaurants. Antalya *piyazı* (bean salad) is an age-old, refreshing local dish made with geo-marked *Çandır fasulyesi* (beans), boiled and then mixed with onion, tomatoes, boiled eggs, as well as a special sauce called *tarator* — a delicious blend of tahini (sesame butter), lemon juice, vinegar, garlic and salt. *Kabak tatlısı* (sweet pumpkins) is another registered local speciality of Antalya, made of slices of pumpkins, locally sourced from the village of Camili, and grilled after being soaked in sugar overnight. They're served plain with a hint of tahini and walnuts.

For both of these traditional recipes, tahini made of the geo-marked *Manavgat Altın Susamı* (golden sesame seed of Manavgat) is used. Manavgat has been a major producer of sesame seeds since the 1450s, when the town supplied the Ottoman Palace with this precious product, as well as tahini. Sesame seeds still play an important role in Turkish cuisine and are used in many popular local dishes and staples.

Another good way to savour this regional speciality is to have *sınıt* (freshly baked, sesame-crust circular bread) for breakfast. *Bergamut Kabuğu Reçeli* (Bergamot peel marmalade), on the other hand, is a precious and unique variety that ended up being registered as the city's only geo-marked marmalade, as a testimony to the prosperous citrus groves surrounding the city.

Back in Antalya, the bounties of the sea also make their appearance in upscale fish restaurants in teeming marinas and breathtaking cliffside locations, where dishes such as the local *lagos fish* (white groper) are served lovingly under the wide-open summer sky.

Yet apart from the fragrance of oranges, pomegranates and seafood, the province also smells of wild thyme and oregano, as well as yoghurt, the most significant contribution of its rich *Yörük* (Turkish nomads of Anatolia) culture. Preserved in many ways, the yoghurt comes creamy and drained or saltier and dried. This special yogurt is also processed into cheese, which is fermented and aged in *tulum* (goat-skin sacks), befittingly called *tulum cheese*. *Tarhana*, purported to be the world's first instant soup, is another delicacy, composed of dried yoghurt, all available vegetables and herbs. An inspiration for the current zero-waste food trend, these nomadic cultures have been making the most of nature's ingredients through practical preparation and preservation techniques for hundreds of years, and are a great reason to travel to Antalya's high mountain pastures, where traditional dishes are still prepared in the villages. Another good reason, among many, to explore this province of plenty, where nature is the true source of good taste.



▲ Kalehöy, Antalya



Food & Drink highlights

Niko Seaside Resort
Greek holiday destination
 Niko Seaside Resort — MGallery is an all-mens, five-star coastal destination for adults only, located in the seaside town of Agios Nikolaos, Crete. The luxurious retreat offers expansive views of stunning Mirabello Bay. Its rooms and suites feature their own plunge pools with incredible panoramic sea vistas and offer the perfect combination of convenience and stylish relaxation. To complement the guest's stay, a new dining experience awaits at Niko Seaside Resort — MGallery, promising to cater to your every taste. nikoseasideresort.com

Dryrobe
Waterproof clothing
 Stay warm all summer long with dryrobe. This design combines a durable waterproof outer with a warm, fast-drying lining, ideal for anyone spending time outdoors. The dryrobe allows enough space to get changed in and out of a wetsuit or swimwear. Perfect for open water swimmers and camping trips. The dryrobe Advance is made with 100% recycled fabrics. £160. dryrobe.com

Mr Marvis
Clothing brand
 Mr Marvis introduces The Linens: the ideal shorts for the warmest days of the year. The carefully selected fabric consists of linen, organic cotton and elastane. This makes it not only light and airy but also comfortable to wear. The addition of organic cotton ensures that the fabric doesn't wrinkle. It comes in eight stylish colours — from blue Cosmics to light pink Milkshakes. mrmarvis.co.uk



▲ Go Gastronomy Turkiye

Naked Sourdough
Scottish bakery
 The food scene in the Scottish Borders has often flown under the radar, but there are lots of tasty food and drink options to explore in the picturesque south of Scotland. Visit the historic town of Jedburgh, where the Naked Sourdough Bakery & Café offers organic sourdough bakes along with other treats such as waffles, sandwiches and soups. facebook.com/nakeddough



▲ Naked Sourdough

Visit Luxembourg
Dining event
 'Visitez gënossen' means 'enjoy the holidays' in Luxembourgish and is the name given to a new summer event in the Grand Duchy. A large dining table will travel around the country inviting 100 guests for a culinary journey in special locations known for their fascinating landscapes, idyllic nature, cultural treasures or valuable historical heritage. Guests are offered a menu of seasonal and regional specialties prepared by local chefs across six weekends in July and August 2022. Find out more at visitluxembourg.com/visitez-genossen



▲ Visit Luxembourg

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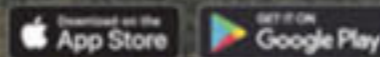


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▲ Mathieu Van Wetteren / L'Apôlit PHOTOGRAPH: NADINE FROCH

Luxembourg's tasty melting pot

A little-known tourist destination in the heart of Europe, the Grand Duchy is a mini Mecca for foodies, its cosmopolitan cuisine a reflection of the country's multicultural heritage

It's hardly a surprise that dining out is a favourite past-time in Luxembourg. For a small place, the country has a buzzing food scene, with more than a few gems. Once more, diversity is the driving force and Luxembourg seamlessly accommodates local traditional dishes and cuisines of all continents. This cosmopolitan flair is found on the plates of the many restaurants, cafes and brasseries that flourish in the country and its capital.

Among the culinary guides, eight of Luxembourg's restaurants have one or more Michelin stars to their name, and a further eight have the Bib Gourmand. Luxembourg is home to the world's Best Vegetable Restaurant (We Are Smart Green Guide), La Distillerie. The head chef René

Mathieu also earned the country's first Michelin Green Star, rewarding excellence in sustainable gastronomy. Gault&Millau's dedicated guide for Luxembourg lists not only the best restaurants and brasseries, but also the best pop-ups, unmissable bars and finest chocolate makers.

Of soul and taste

Where there's good food, fine wine is never far away. Local wines and Crémant de Luxembourg from the Moselle region are known beyond the country's borders and are proudly served in local bars and restaurants, alongside national beers and ciders.

Thanks to the local microclimate and the fertile soils of the hills surrounding the Moselle River, Luxembourg winegrowers quickly

realised that they could produce high-quality wines: nine grape varieties including Riesling, Auxerrois and Pinot Blanc are raised on the sunny slopes of the Moselle Valley. A modest 120,000 hectolitres are produced each year and the AOP Moselle Luxembourg label distinguishes the know-how and excellence of their products. There are plenty of beautiful wineries with stunning architecture where visitors can enjoy a taste of Luxembourg along with a splendid view.

Once a major player in the European steel industry, Luxembourg hasn't forgotten its rural roots and agricultural past. The gastronomy in Luxembourg also includes a typical regional cuisine based on farm produce. Its local dishes are as varied

as the terrains and landscapes of its different regions.

Traditional city restaurants such as Um Dierfen and Am Tiemschen have menus dedicated to national cuisine, while many other brasseries and restaurants will serve local specialities as part of a wider menu such as Judd mat Gaardebounen (smoked pork collar with beans), Wainzoosius (sausages topped with mustard sauce, and accompanied by mashed potatoes), Boueschlupp (green bean and sausage soup), Ierzebuli (pea stew), Trüppen (grilled black pudding served with potatoes and apple sauce) and Festerstengsalot (beef salad). Other specialities are found at markets, fairs and bakeries, such as Rieslingspaschtët (pork pie marinated with Riesling), sausages of

many kinds and Gromperekichelcher (fried potato cakes).

Simple, hearty and nourishing, its traditional cuisine has been able to renew itself without losing either its soul or its taste. Luxembourg knows how to welcome and celebrate around the dining table, whether you find yourself in a rustic farmhouse, a city rooftop or a charming castle.



visitluxembourg.com
info@visitluxembourg.com



▲ Rieslingspaschtët PHOTOGRAPH: THOMAS REINHARDT



▲ Café Des Capucins PHOTOGRAPH: ALFONSO SALGUERO



▲ Winery Jeff Kossbruch PHOTOGRAPH: NÉLIEKE WAPS

The best Spanish restaurants in the UK

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



1. José Tapas Bar, Bermondsey Street
Thanks to his irrefutable reputation for Spanish gastronomy, José Pizarro is one of a handful of chefs largely responsible for nudging bona fide tapas firmly onto London's dining scene. Head to where it all began for him at his London Bridge-pitched tapas bar, where drinkers spill onto the pavements and diners prop themselves at the bar to fawn over finely executed dishes that have earned a cult following. Scribbled on a blackboard, the menu changes daily – though think along the lines of jamón ibérico with glistening ribbons of fat; large prawns in a pool of garlicky chilli juices; and chocolate pots with sea salt and extra virgin olive oil. josepizarro.com



2. Bar 44, Bristol
Brothers Owen and Tom Morgan are at the helm of this space in Bristol – where the duo's passion for Spanish producers is championed and the brothers introduce new foodie collaborative projects, from their small-batch own manzanilla to their Galician white wine, Uva 44, combining five native grapes. The menu is staunchly traditional in parts (croquetas, crispy hake with aioli, patatas bravas) and highly inventive in others with memorable dishes such as shellfish bisque braised bombs of rice with scallop and wild garlic; baby cuttlefish with orange and maple glaze; and rich and deep overnight ox cheeks. grupo44.co.uk/bar44

3. Ibérica, Leeds
Pulling together inspiration from across Spain and the know-how of his grandmother and mother, chef-director Nacho Manzano brings his Michelin-star credibility to the Leeds outpost of Ibérica – a vast and airy dining room in the historic 19th-century Hepper House. Diners settle into cosy leather chairs for a pre-dinner tittle and dine under its glittering chandeliers. Start with ribbons of jamón ibérico and Manchego, tearing hunks of bread to dip in olive oil. Next up, there are all the classic tapas dishes, plus a handful of contemporary plates: zingy sweet potato ceviche or Ibérico pork with mojo rojo sauce you could scoop up in a spoon. And then there are the great pans of paella – served Valencian-style. ibericarestaurant.com/locations/leeds



4. Curado Bar, Cardiff
The heaving crowds in this buzzing spot in Cardiff city centre are evidence of Curado Bar's popularity. Husband-and-wife team, Paul Greenwood and Shumana Palit were behind the smash-hit opening that's as much a deli shop as it is pintos bar with hauls of tapas capturing the charm of modern Basque cuisine. On any given night, you could be served shredded pulled lamb with asado peppers and flecks of salsa verde and olive tapenade; toast topped with spicy chorizo; or giant prawns with Galician bread to soak up all that garlic butter. Head to its hideaway bar, Vermut, to round off the night with the team's carefully sourced vermouth and sherry wines. curadobar.com

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Last but not least, the Mountain Ashram Spa welcomes guests for



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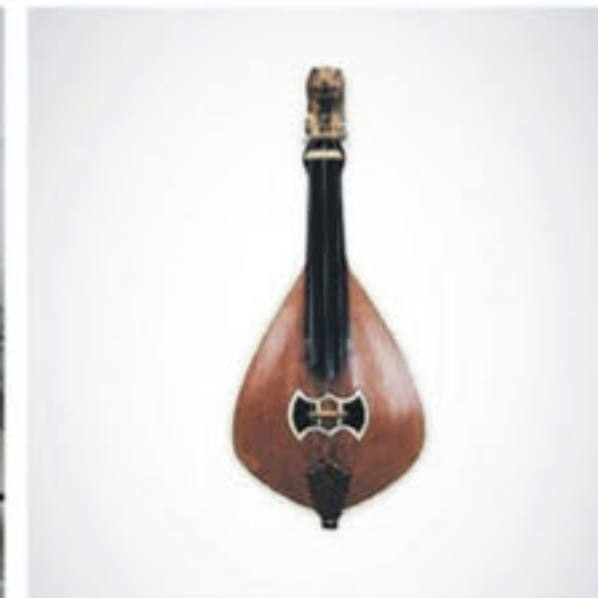
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Drink pink

The ideal wine for warmer weather, rosé is this season's coolest drink. We look at five independent brands to try. Words: Annie Lewis

The past decade has seen a rosé revolution, with the once under-appreciated wine becoming a seasonal statement. Perhaps its Instagrammable hues and increasingly affordable price points can be credited for its revival, but the variety of vins emerging on the market has made the pink drink space an exciting place to be.

Rosé's spiritual home is undoubtedly Provence, which is responsible for 4.2% of the world's output. Yet despite being synonymous with Southern France, high quality rosés are produced by a host of other countries across the world these days, including Italy, Spain and the United States.

Here, we round up five of the best rosé wines to try this summer.



Sea Change
Ideal with seafood, Sea Change Provence Rosé (£16.99) is fresh and fruity, with tones of zesty grapefruit, delicate white peach and tropical pineapple. The rosé has been blended at Château Pignolet, a family-owned vineyard in the hills of Provence. For every bottle of Sea Change bought, money is donated to fund the Marine Turtle Rescue Centre in Baa Atoll, which provides medical treatment to sea turtles found ensnared and injured across the Maldives. seachangewine.com

Madame F
Madame F is a range of vegan wines created in collaboration with LGBTQ+ charity Queer Britain. The partnership aims to celebrate the creative community of Queer Britain and supports the nation's first LGBTQ+ museum, which opened in May 2022 in London's King's Cross. Madame F Rosé (£9) is made in the Languedoc region of the South of France. It's a delicate yet fruity rosé wine and is available at Sainsbury's and Amazon. madamef.com

Quatre Vin
Rosé was the first wine of choice for the founders of Quatre Vin (QV). What started as four friends sharing a similar passion for food and wine transformed into a business in 2021, with wine connoisseur and director Elliot Anin bringing his expertise to the table. The rosé is made by the Negrel family of Mas DeCadenet, the seventh-generation vigneron in



amie x
Created by friends for friends, amie x (£15) is the brainchild of husband and wife team Will Sandbach and Abbie Roden, who launched this French wine during lockdown 2021. Amie — meaning 'female friend' in French — is made from a blend of organic Grenache and Cinsault (the latter being a native French grape) and the wine is light and crisp with citrus and strawberry characteristics. amie x has partnered with the charity water, donating £1 from every sale online at drinkamie.com



Sea Change PHOTOGRAPH: CLARE JAMES PHOTOGRAPHY



Sainte-Victoire, Provence. Elliot, who has worked with the Negrel family for years, says: "As well as QV being certified organic, the vineyards are managed such that soil health is given the utmost attention, allowing for sustainable viticulture to continue for many more generations." The brand's flagship Quatre Vin Cotes Rose (£16.99) is a pale wine with notes of dried strawberries, floral tones and juicy fruits. qvwine.com



Calafuria PHOTOGRAPH: CALAFURIA

Calafuria
Looking beyond Provence, Calafuria (£19.99) is an Italian rosé made from the Negroamaro grape by Tormaresca in Masseria Maime Estate, in Upper Salento. The wine was first released in 2008 and has become the best loved rosé in Italy. It was the only Italian rosé that featured in the 2018 top value rosés in *Wine Spectator* last year. Peach petal pink in colour, this wine has strong notes of strawberry, pink grapefruit, peaches and violets. Available at Selfridges and Harrods. calafuriawine.com

Madame F PHOTOGRAPH: DARIN JENKINS

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Drink pink

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▲ Madame F PHOTOGRAPH: BARRIE JENKINS

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▲ amie PHOTOGRAPH: ABBIE BODEN

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Food & Drink highlights



▲ Flying Buffalo

Birificio Angelo Poretti Italian lager
 Founded in 1877 by Angelo Poretti in Valganna, a small town 30 miles north of Milan, Birificio Angelo Poretti has been producing beers to enhance dining moments for more than 140 years. Today, its lager is brewed based on the traditional recipe and has a full flavoured taste, pillowy white head and a polished golden colour. With its sparkling carbonation, sweet malty body and assertive hoppy bitterness, it's perfect as a stand-alone beer or when paired with food. Find out more about this range of beverages at birificioangeloporetti.co.uk

Flying Buffalo Indian beer
 Flying Buffalo Farmhouse Lager is 100% authentic as it's actually brewed and bottled in India using Himalayan freshwater, Punjabi barley, wheat and a dash of aromatic basmati rice. A perfectly sessionable thirst-quencher on its own, it also pairs equally well with the likes of curry and most pub fare. Learn more about this exciting and authentic lager by visiting flyingbuffalo.co.uk



▲ Tenjaku Whisky

Tenjaku Whisky Japanese spirits company
 The award-winning Japanese spirit, Tenjaku Whisky, is blended near Mount Fuji with naturally volcanic filtered spring water, aged in bourbon barrels and designed to be enjoyed in highballs and cocktails. Light and elegant, it's perfect for summer drinking. The Tenjaku family of Japanese spirits, including a Pure Malt and a botanical Gin, is available at Sainsbury's. tenjukawhisky.co.uk



▲ Birificio Angelo Poretti

Pourwell Non-alcoholic subscription box
 Pourwell founded the world's first non-alcoholic drinks subscription box. Pourwell curates a delicious non-alcoholic cocktail each month, with an easy-to-follow recipe card, each box includes alcohol-free spirits, mixers and sweet and savoury vegan snacks. A monthly subscription costs £34.99. Enjoy 30% off your first three boxes during the month of June 2022 with the code JUNE30. pourwell.com



▲ Pourwell

Silent Pool Gin Gin brand
 Handcrafted, premium quality and sustainably produced in its distillery deep in the splendour of the Surrey Hills, Silent Pool has long been the preferred choice of gin cognoscenti. New to the collection is the Silent Pool Rare Citrus Gin which is made with real fruit from some of the world's most exotic citrus plantations. Find out more at silentpoolgin.co.uk



▲ Gothic Gin



▲ Silent Pool Gin

Enjoy Gothic pineapple G&Tea



The Gothic pineapple G&Tea, made with Gothic Gin and the sweet pineapple and reishi mushroom tea, makes this cocktail the ideal refreshment to delight guests at any summer party.

To make this delightful cocktail, combine 50ml of Gothic Gin, 30ml of reishi mushroom with rooibos and orange peel tea, 20ml of pineapple syrup and 10ml of lemon juice in a shaker. Add ice and shake hard. Strain into a glass over ice. Garnish with a dehydrated orange wheel.

The name Gothic Gin comes from where it was created, the Gothic Quarter of Barcelona. Founder and CEO, Chris Klug, a long-time student of distillation and viticulture, was on sabbatical traveling through some of his favourite parts of Europe when he came across a gin-making class in Barcelona. He pulled a recipe from his archive and when he shared it with the class, the professor and industry experts in the class unanimously agreed that he needed to do something with his recipe. After returning from his travels, he decided to scale the recipe in 2019.

Since 2019, Gothic Gin has won several awards including Best American Contemporary Gin at the World Gin Awards 2020. Most recently, it achieved a Double Gold at the San Francisco World Spirits Competition 2022, meaning that all judges unanimously awarded Gothic Gin a gold medal in a blind tasting.

While Gothic Gin follows the London dry method, its taste is

distinguished by its signature twist — sophisticated notes of eucalyptus and Valencia orange peel. Klug uses a corn-based neutral spirit, which makes it exceptionally smooth, even though it's strong with a 45% ABV. Gothic Gin also features a blend of sustainable ingredients including coriander, angelica root, orris root and black lamping peppercorn with the juniper.

Gothic Gin is beginning to appear in high-end off-premise and on-premise venues in the UK following a distribution deal with Nomad Collection. On-premise locations include the world-famous Duke's Bar, The Savoy, Amazonico and Mr Fogg's Bar; off-premise, it's available through luxury spirits retailers including Hedonism Selfridges, Harvey Nichols and The Whisky Exchange, and online at Master of Malt and Amazon.



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Food & Drink highlights



▲ Yan Tan

Yan Tan Alcoholic sparkling water
Yan Tan is a low calorie, gluten-free alcoholic sparkling water with 100% natural British flavours from wonky fruit and botanicals. This family business was launched to offer a new way of drinking lighter and drinking better and makes authentically British hard seltzer in two moreish varieties: crisp, off-dry Elderflower Hawthorn, and fruity, rounded Damson Rhubarb. The natural ingredients are carefully sourced from sustainable 'wonky' produce. Use code YT2030 on yanttan.co.uk for £30% off two 12-bottle cases or more. Offer valid until 31 July 2022.

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



▲ Andrew Peace Wines

Andrew Peace Wines Australian wine brand
Elevate your summer celebrations with Aussie winemaker Andrew Peace's trio of fantastic wines, which pair perfectly with barbecued meats and refreshing summer salads. Available in Co-op stores, you can also discover wine pairings for delicious barbecue recipes from around the globe and tips for the perfect cookout on Instagram @andrewpeacewines. apwines.co.uk

The Alexandrion Group Malt whisky supplier
The Alexandrion Group is a leader in the production of spirits and wines in Romania. Its newest brand, Carpathian Single Malt Whisky, uniquely places Romania on the map of producing global single malt. The first single malt whisky ever produced in the history of Romania, is touring the world in just 930 bottles to specifically showcase this drink. carpathian-singlemalt.com



▲ Broken Clock

Smidgin Low alcoholic gin
Smidgin is small, but big in flavour. Crafted in copper stills, you only need a Smidgin for a delicious low-alcohol G&T. The increased intensity of its six-ingredient recipe helps you to do more with less. Using the measure that comes with the bottle, just a 2.5ml serve with 200mls of tonic makes a G&T that's full on flavour, but low in alcohol. adnams.co.uk/pages/smidgin



▲ The Alexandrion Group



▲ Smidgin



▲ Artisan Coffee Company

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 cafetiere, Artisan's best-selling coffee bags are the answer. These coffee bags are the perfect size to pop into your bag or pocket, so you can enjoy the perfect coffee moment wherever you are. artisancoffee.co.uk

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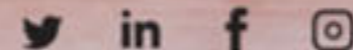
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Lost Sheep Coffee's roastery is based in the vibrant Kent seaside town of Whitstable, where the team lovingly hand roast all of their coffee in small batches, ensuring the absolute best coffee experience. Lost Sheep exclusively uses speciality grade coffee. Speciality coffee beans are of the highest quality and make up the top 5% of coffee available in the world. Every single bean must go through a rigorous grading system to be called speciality. Lost Sheep sources beans from all over the world, from coffee regulars such as Columbia and Brazil to the more unknown producers Nicaragua and Democratic Republic of the Congo, all of which are hand roasted at the brand's award-winning roastery. lostsheepcoffee.com



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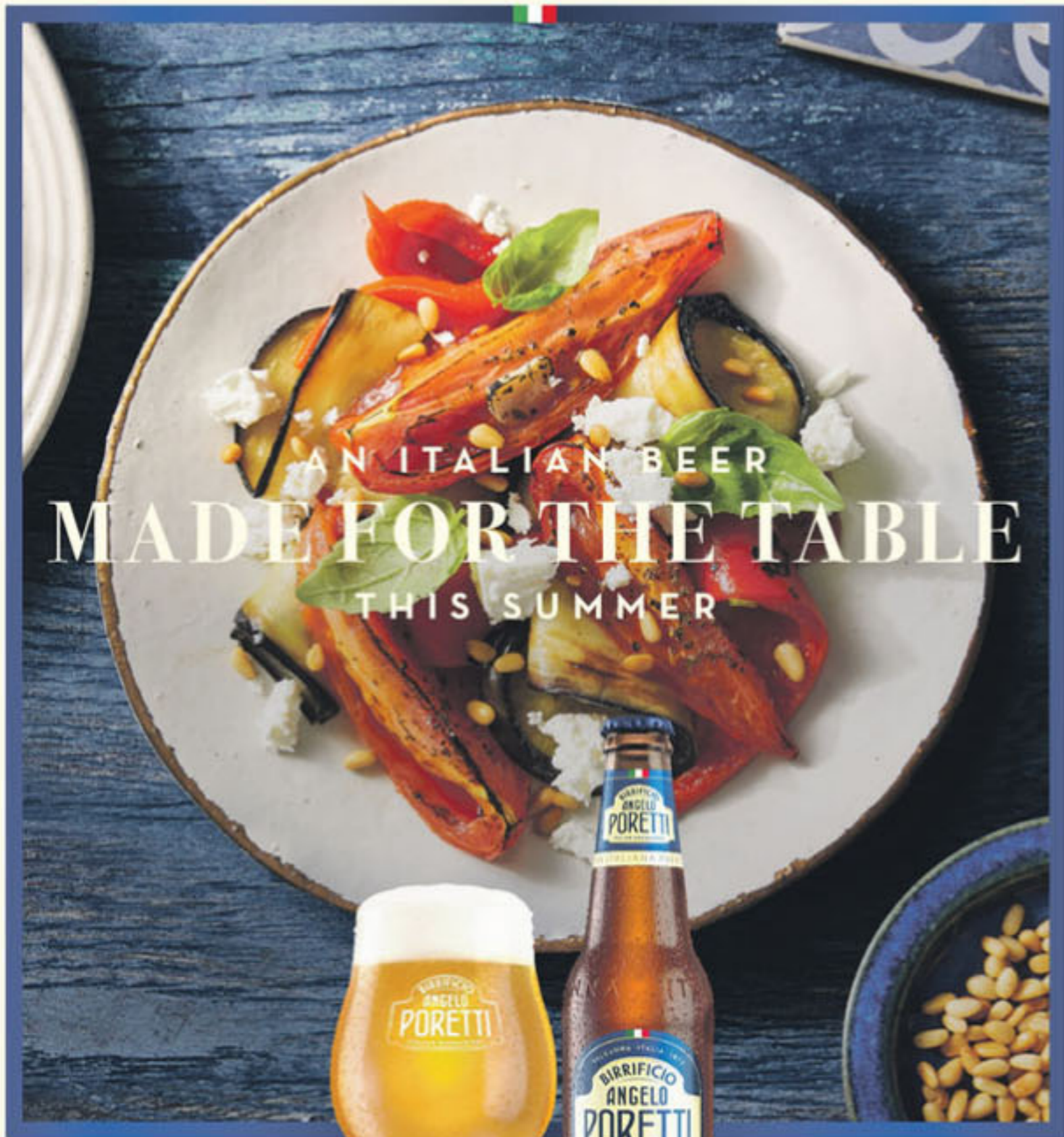
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Discover the natural spirits of Japan

Whether you're browsing the shelves of your local supermarket or checking out the bottles in your favourite cocktail bar, you can't miss the selection of Japanese spirits now available in the UK

The first Japanese distillery was established in the 1920s, but it's only in the past 20 years that Japanese whisky has become widely available outside the country's shores. This first took the form of high-end luxury drams, and more recently as award-winning but affordable blends from exciting new brands like Tenjaku. Based in Yamanashi Prefecture in the shadow of Mount Fuji, Tenjaku takes its name from the Japanese for "skylark", the much-loved herald of spring, whose song is believed to represent true love.

Water is said to be the soul of whisky, so it's fitting that Tenjaku is made with naturally volcanic, filtered spring water and aged in bourbon barrels for three years. The delicate blending technique, overseen by master blender

“Water is the soul of whisky, so it's fitting that Tenjaku is made with naturally volcanic, filtered spring water and aged in bourbon barrels for three years

Kenji Watanabe, gives it an easy-to-drink velvety smoothness. So if you don't think of yourself as a whisky drinker, Tenjaku Blended is a very good place to start. A BTI gold-medal winner, it's a balanced blend with notes of pear, dried fruit and a faint smoky accent, somewhat subtler, sweeter and less peaty than Scotch.

Tenjaku Blended is great to drink neat, but true to the Japanese taste for *mitzvani* (a refreshing highball served at meals or shared with colleagues after work), it goes very well with sparkling water and ice. Blended is also a great starting point for a range of new and traditional cocktails to suit any occasion. For a twist on some classics, Tenjaku pairs well with yuzu tonic water on ice for a refreshing summer tipple, or in a maple old fashioned after dinner.

The next step on your Tenjaku journey is the Pure Malt, which has a different flavour profile — dense, rich



and polished, with nuts, apples and herbs on the nose and a refreshing finish of vanilla and woody flavours.

A gold-medal winner like its little brother, Pure Malt is created from pure whiskies (100% malted barley), is aged for three to five years in bourbon barrels and is designed to be savoured straight or on the rocks.

Completing the family is Tenjaku Gin, a single-distilled craft gin with a distinctively Japanese essence. Based on 10 traditional botanicals — including

juniper, coriander, orange peel, liquorice and nutmeg — Tenjaku Gin adds unique local flavours of seasonal Yamanashi peaches, zesty Japanese sansho pepper, yuzu and green tea to create a unique and authentic flavour.

It's delicious as the base for a familiar cocktail using your favourite mixer, and it's also outstanding with peppercorn or yuzu tonics to bring out the Japanese botanicals.

Tenjaku Blended Whisky is available nationwide at Sainsbury's.

TENJAKU

Find cocktail recipes and more at: tenjakushisky.co.uk



Hong Kong-style milk tea – the next big trend

In Hong Kong, it is estimated that over 2.7 million cups of milk tea are consumed daily. Have you had yours?



It's 6am in New Covent Garden Market, the sun has barely risen, but the staff at craft tea brewer CHA DONG are already pouring hot tea between jugs at speed, repeating this process several times as they prepare customer orders.

As the tantalising aroma of tea fills the air, what's missing is that lively chatter from customers starting their day. We're not in a *cha chaan teng* (Hong Kong cafe), but a commercial kitchen brewing fresh Hong Kong-style milk tea

to be bottled and then delivered across the country, bringing a taste of home to many Hong Kongers.

Initially a hobby business spurred by the desire to bring authentic-tasting Hong Kong-style milk tea to the UK, CHA DONG (which means 'tea shop' in Cantonese) is the brainchild of husband-and-wife Lawrence and Cassandra, who spent months in their home kitchen during lockdown testing various recipes, hoping to introduce other ways for people to enjoy milk tea. Their teas



are bottled in a bottle reminiscent of a whisky flask, encouraging people to enjoy a little luxury in their lives, while their larger, one-litre bottles are becoming a popular choice for gatherings.

In Hong Kong, milk tea is traditionally served hot and consumed throughout the day at local cafes, although chilled versions are equally popular. Adopted from the traditional English breakfast tea, the practice of consuming milk tea in Hong Kong evolved over time to

adapt to local palates. Evaporated milk is used instead, which creates a richer mouthfeel.

CHA DONG follows a traditional tea-brewing technique (designated a UNESCO intangible cultural heritage of Hong Kong in 2014) to produce their tea. They also source and blend their own tea leaves, with two flavours having been tailored to a modern palate. The Contemporary Classic is their take on a chilled milk tea, with brighter, fruitier notes and a fragrant aftertaste.

Join the milk tea movement and enjoy 20% off your first online order with code TEA20. Valid until 15 August 2022.

In contrast, the Nostalgic Hong Kong has been created to mimic the Hong Kong-style tea served in its heyday, in the 1960 and '70s. Robust and full-bodied, when consumed cold it also carries a delicious nutty, caramel aftertaste.

Both teas are then sweetened with just a touch of sugar to enhance the tea flavour, resulting in an easy-drinking beverage that can be enjoyed beyond the cafe environment at your leisure.

When it comes to the perfect cup of Hong Kong-style milk tea, you're your own sommelier – there's no right or wrong. The five characteristics of milk tea are generally colour, aroma, flavour complexity, smoothness and aftertaste. Join the milk tea movement, alongside the 2.7 million daily tea drinkers in Hong Kong, and taste it for yourself.

CHA DONG

Available at selected stockists and UK mainland delivery. For more information, visit chadong.co.uk and follow CHA DONG on social media @chadongofficial

Calling all craft beer lovers

Mother Kelly's is an assortment of taprooms and bottle shops that specialises in offering delicious beer from the finest independent breweries

Mother Kelly's beginnings were heavily inspired by New York's standout taprooms: a relaxed, trusting atmosphere with multiple draught taps and ever-changing beers. It means customers have the freedom to look through the fridges and help themselves instead of peering over the bar. Drink-in or take-out, Mother Kelly's ensures your at-home experience matches what the dedicated, in-house team have to offer. The design of the venues is simple and stripped back, with no bells and whistles – it leaves the beer and service to speak for themselves.

The team behind Mother Kelly's began this venture at a time when

London was just starting to catch the craft beer bug, and was ready to embrace this fresh take on what a bar could be. The first Mother Kelly's taproom opened in April 2014 in Bethnal Green. Over the last eight years the Mother Kelly's family has grown hugely, but it remains true to its mission. It cares about where products come from, how they are made and the people who make them. It hasn't taken long for its venues to become regular haunts for locals, tourists and friends from the beer industry alike. Each venue has its own unique charm and personality, but they all share a few things in common: an open, welcoming atmosphere, friendly teams who want to pour you something you'll really enjoy and, of course, outstanding beer and other beverages. It's Mother Kelly's aim to bring people together: to create community through kindness, inclusivity and incredible drinks. Mother Kelly's looks forward to having you share a beer with them at one of its venues.

motherkellys.co.uk

MOTHER KELLY'S

VAUXHALL/SE1

Travel south of the Bethnal Green outpost and you'll find Mother Kelly's in Vauxhall, its biggest venue. The Albert Embankment space spans one huge railway arch, perfect for larger parties, private full venue hires or special bookings, and much like the other sites, is chock full of beer.

76 Albert Embankment, SE1 7TP

STRATFORD/E20

Mother Kelly's latest location is in the heart of East Village, Stratford. Following a Mother Kelly's tradition, the venue offers a constantly rotating variety of 20 different beers on tap and four big fridges holding only the best beer from around the world! Beer comes in cans/bottles in the fridges or draft pours from one of our many taps, or even as takeaway crowler 440ml cans or growler containers to enjoy at home. This particular spot includes a full coffee bar and menu, making it an ideal place to work, away from home or the office.

27-30 Victory Parade, E20 1FS



CHURCH STREET/N16

With an assortment of more than 300 bottles and six lines, this bottle shop on Stoke Newington's Church Street is packed with only the very best beer the team could get their hands on. And it's not just about beer: the shelves are stacked with organic wines, ciders, spirits, pre-mixed cocktails, soft drinks, coffees, merchandise and snacks.

92 Stoke Newington Church St, N16 6AP

BETHNAL GREEN/E2

Mother Kelly's E2 was their first venue – a New York inspired taproom and bottle shop in the heart of Bethnal Green. It deals with independent breweries from all over the world and has every style of beer you can imagine, from the affordable and familiar to the more esoteric, limited editions.

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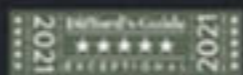


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BARON DE LEY
RIOJA

The Christopher Columbus of Romania's first single malt whisky



Until recently, the words 'single malt' and 'Romania' didn't seem like they belonged together. But one of Romania's most prominent business personalities, Nawaf Salameh — the founder and chairman of the Alexandrion Group — set out to create Romania's first ever single malt whisky: the 'Carpathian Single Malt'.

It kind of reads like a novel or film script: born in Syria, before arriving in Romania in the late 1980s to set up a distillery, which has gone on to become the largest alcoholic drinks company in the country and now places Romania on the global map of single malt whisky producers.

Nawaf Salameh's contemporaries have fondly nicknamed him the 'Christopher Columbus of Romanian single malt' — this moniker reflects his journey: the turning-point for the project came when he was honoured with 'Keeper of the Quaich' in 2016, a title bestowed upon him for the formation of the Romanian Whisky Society, a means to develop knowledge and understanding of this refined drink.

Nawaf said: "I sourced and found all the raw materials to produce a single malt in Romania — the barley, the location of the distillery near the Carpathian Mountains, and using pure sub-Carpathian water." He hand-picked his master distiller, Allan Anderson, a whisky expert



with Scottish and Irish heritage and 30-plus years' experience in whisky production.

The Carpathian region is epically beautiful, unpredictable, surprising and located in the bosom of wild nature. This new single malt distils the essence of these contrasts, embodying the original character of the Romanian people, culture and landscape. The single malt was distilled, aged and bottled at the distillery; the 'finishing' of the whisky took place in Romanian casks, another world first.

"After the first 100 barrels, it was clear we had a unique single malt, unique to its origin; everything has a Romanian background, even the finishing," Nawaf added, "But you can also say we've been educated at the 'Scottish school' of single malt".

Today, Romania and single malt whisky, not only stand side by side but seem to be having a serious relationship; let's wait and see if there'll be wedding bells and offspring. Where Nawaf Salameh is concerned, literally anything is possible!

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For the facts, check drinkaware.co.uk

Tapp'd — mixologist-quality, ready-to-drink bottled cocktails

Delivered nationwide, Tapp'd Cocktails is an Essex-based, ready-to-drink bottled and canned cocktail company



Launched in 2020 with a goal to shake up the ready-to-drink cocktail industry, Tapp'd Cocktails' mission was and still is to handcraft the UK's first mixologist quality ready-to-drink cocktail range. The brand is proud of its reputation for the quality of its drinks which it develops with leading industry experts. Since launching, Tapp'd has seen great success with on and off

trade partners nationwide. Tapp'd is also excited to announce a finalised large supermarket deal, meaning its cocktails will be on the shelves of hundreds of UK stores this Christmas, and finally, it is proud to be continuing a relationship with television appearances via QVC.

Tapp'd carefully selects the finest ingredients, including real fruit, ethically sourced coffee and

award-winning spirits, to create ready-to-serve cocktails that taste exceptional and pour perfectly every time.

Gluten-free, vegan and free from any artificial flavours and preservatives, each bottle is a perfectly portioned 175ml 10% ABV serve and the canned range is 250ml 6% abv serve. Tapp'd wanted to offer its customers the elevated experience and a higher ABV is exactly how it has achieved this.

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A seafood escape

Enjoy a culinary staycation in Cornwall to learn all about seafood with Rick Stein's chefs. Words: Annie Lewis

With more than 25 cookbooks and 30 TV programmes to his name, Rick Stein has an empire that's largely based in the small Cornish fishing village where it all began in 1975. Nearly 50 years later, the million-pound family business — with Rick, his first wife, Jill, and their three sons at the helm — has led to the port of Padstow being dubbed 'Padstein' due to the chef and businessman's influence. It's home to Rick's flagship establishment, The Seafood Restaurant, as well as a cafe, a delicatessen, a patisserie, fisheries, Shepherd's Huts accommodation, the recently refurbished cookery school and more. It was two of the newer additions to the family portfolio that drew me to Padstow and down the winding lanes to indulge in life by the coast and seafood in true Stein style.

Stay in a Shepherd's Hut
Just a 10-minute drive from Padstow, St Meeryn is home to The Cornish Arms — a local village inn acquired by the Stein family in 2009. It offers a classic British menu, including scampi in a basket and steak and ale pie, as well as a range of St Austell Brewery ales. Last year, five Shepherd's Huts were added to the

site, each complete with en suite shower-bathrooms, kitchenettes and cosy double beds. The Steins don't skimp on the small touches either, with Cornish Kewer lagers in the mini fridge and Jill's very-own Portbstone toiletry collection in the bathroom. At breakfast in The Cornish Arms, all ingredients are sourced from local farms and producers.

Back to school
Since it opened in 2000, Rick Stein's Cookery School has been one of Padstow's biggest draws. Headed by chef Nick Evans, the spacious cookery school underwent a huge refurbishment in 2021, and is now kitted out with stone counter tops, navy cabinets and Rangemaster stoves for 16 participants.

I embarked on the half-day Lobster & Crab course because, despite my Cornish roots, shellfish was as foreign to my tastebuds as it was to my cookery skills. Our first dish was lobster salad with chive dressing, taken from Rick's *Food Heroes* cookbook. All 26 courses — be they evening classes or four-day sessions — use recipes from Rick's books. However, Nick keeps some of the techniques and ingredients open to interpretation to whisk in something different



▲ Rick Stein's Cookery School PHOTOGRAPH SAUCE COMMUNICATIONS



▲ Shepherd's Hut PHOTOGRAPH SAUCE COMMUNICATIONS

to the experience. "You can eat all the meat in a lobster, nothing will harm you, but we like to pick out the bits with the best flavour," says Nick, as he instructs the class how to remove the meat from the lobster tail. The class consensus is the dish tastes divine, as we all tuck into what we've prepared with a glass of wine in the school's dining room, which overlooks the Camel Estuary towards Rock. The key to a great lobster meal, I'm told, is to ensure the creature is killed just hours prior to cooking, otherwise the meat turns rubbery and tasteless.

Next up is the Singapore chilli crab, from Rick's *Fish & Shellfish* cookbook. "You're about to get messy," quips Nick, as we dice up his "holy trinity of Asian cooking", namely garlic, chilli and ginger. After dividing the crab into sections — body, legs and claws — it's steamed with the rest of the ingredients in a pan for five minutes. The biggest task of this dish is eating it, as you need to scoop out the meat from the cooked legs with a crab pick. It's not unusual, says Nick, for many customers to leave the restaurant covered in red sauce.

Closing with a cookery demonstration of Maryland crab cakes, from the *Seafood Odyssey* book — which Nick calls "the Bible" — this half-day course has not only left me full of seafood, but also knowledge. This is definitely a learning experience to remember, which tastes that bit better when you create your own delicious seafood dishes from pan to plate. *Shepherd's Hut stays from £220, a minimum of two nights. rickstein.com/accommodation/shepherds-huts* *Cookery courses start from £45. rickstein.com/cookery-school*



▲ Baklava production PHOTOGRAPH SWEETLAND LONDON



▲ The Balaoria PHOTOGRAPH SWEETLAND LONDON



▲ The Levantine kunefe PHOTOGRAPH SWEETLAND LONDON

The UK's favourite baklava

Sweetland London produces some of the best baklava available in the UK, with the focus being on maintaining traditional Levantine methods and sourcing the finest ingredients. This ensures that the highly skilled team of cultured pastry chefs have everything they need to continue making the nation's favourite Mediterranean sweets. Typically, baklava is recognised as layered sheets of filo pastry with a nut filling topped with syrup and cut into different shapes, usually squares

or diamonds. The Sweetland London collection includes a variety of baklava, each with its own unique characteristics, differing in shape, filling and usually in the method of production. Some of the premium baklava options include the Bird's Nest Baklava, a uniquely shaped nest filled with whole pistachios much resembling the nest of the bulbous bird, native to

the Middle East. Also included in the premium offering is the beautifully colourful balaoria, which comprises of two layers of traditional kataif shredded pastry and a filling of whole pistachios. This recipe is only lightly baked to retain its unique white colour. When sliced, the bright green pistachio centre contrasts beautifully with the white pastry.

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Sweetland London also produces a variety of cream and cheese sweets, typical of those you might find in restaurants across the Mediterranean and Middle East. These include the famous Levantine kunefe, a cheese and semolina sweet that's baked in syrup and best served warm. Order Sweetland London's products, most of which are available with different packaging and gift-wrapping options, direct from its website. You'll also find great offers online as well as information on new products.

Subscribe to the newsletter for more great offers and updates. The cakes and cream and cheese sweets are only available over the counter for the time being — all the more reason to visit one of the Sweetland London stores.

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Food & Drink highlights



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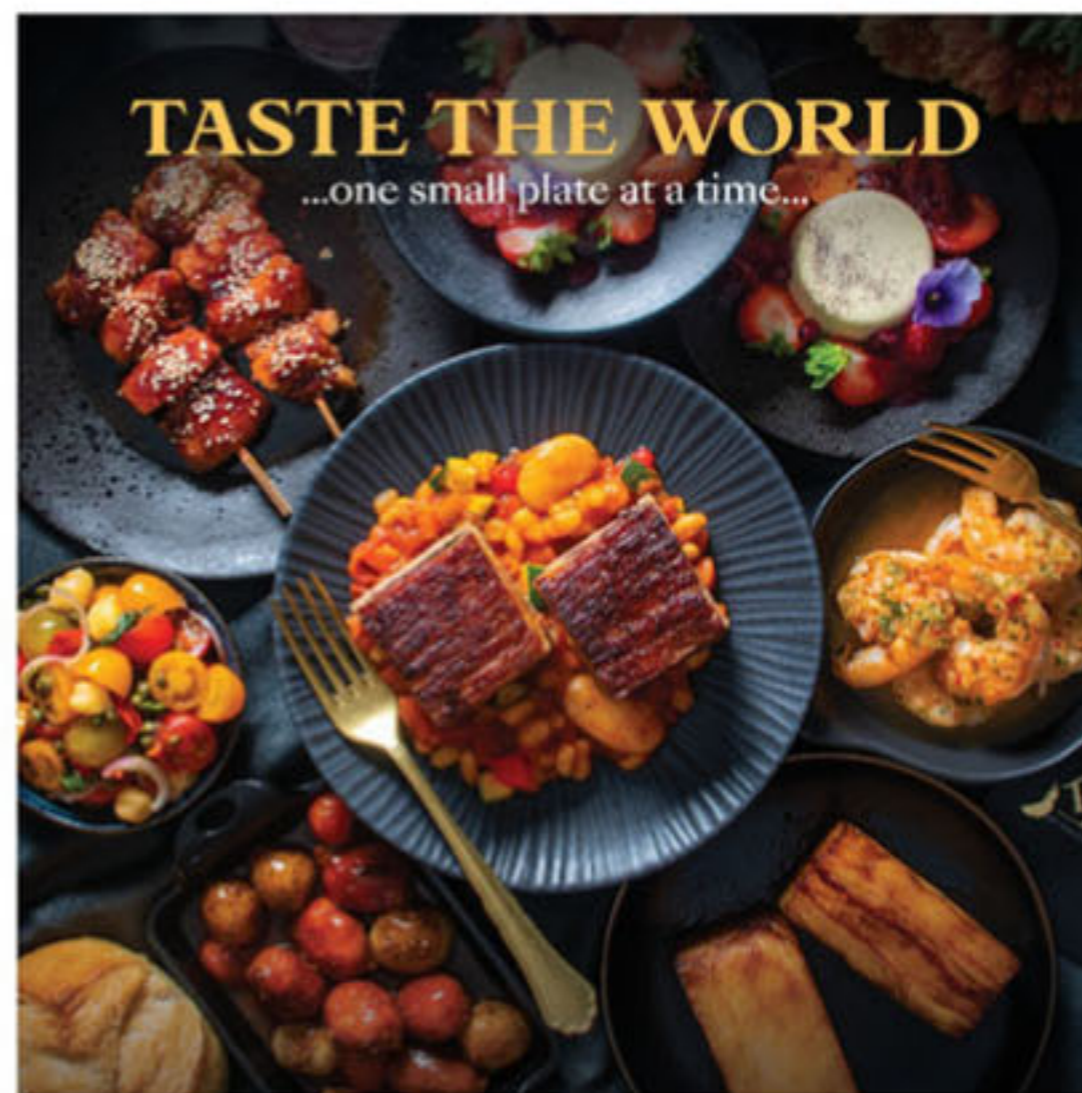
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How to cook artichoke

Pickled, raw or fried, this delicious vegetable is surprisingly versatile. Words: Filippo La Gattuta

First cultivated in Naples in the 15th century, artichokes are a true Italian staple. They're particularly popular in Rome, where they're simply deep-fried and served as a starter in osterias. And, as a Venetian, they've always been a key ingredient for me, too.

Preparing them is one of the most technical and intimidating parts of cooking them. During my internship years, the chef would bring me about 14kg a day, which was a challenge; I used — and still

use — a paring knife to peel the stem and take off the outer leaves until only the tender leaves remained. To test you've done this correctly, once the first set of leaves has been removed, bite the next leaf — if it's tender, you've peeled enough. The most important thing is to remove the 'barbs' (the 'choke' in English, the immature leaves at the centre), and once the artichoke is prepped, it needs to be placed in lemon water to prevent discolouration. Alternatively, try to find smaller artichokes as they usually don't have the choke inside.

My favourite variety is the romanesco. Not only is it the biggest, but also the most tender once cooked. One of the best ways of preparing it is by lightly cooking it, face-down, in wine, herbs, oil and whole garlic cloves. Cooked this way, the vegetable can be eaten hot or cold, simply with aioli or garlic butter. It makes

a wonderful starter to share, as everyone comes together to peel the leaves off. Filippo La Gattuta is executive chef at Big Mamma Group, which operates Ave Maria, Circolo Popolare and Gloria Trattoria in London, plus other outlets elsewhere in Europe.



▲ Preparing artichokes PHOTOGRAPH GETTY

FIVE WAYS TO COOK IT

- 1 Fried**
Deep-fry a prepared artichoke for five mins in oil at 120C. Once cooled, open it like a flower. Then fry for another four mins at 180C, so the leaves are crunchy.
- 2 Tapenade**
The best artichoke for this is the mammola, which has the biggest heart. Using the steamed heart, blend it with a little of the steaming liquid and serve with focaccia or grissini.
- 3 Raw**
Prepare the artichoke and toss in lemon water. Slice very finely then dress with herbs and olive oil. Use the smallest artichoke possible so you don't need to strip many leaves.
- 4 Tea**
For this, use the leaves and stem. Dehydrate in the oven then infuse in hot water. This is traditional for grandmothers to offer after a big lunch as it's said to aid digestion.
- 5 Pickled**
Lightly cook the artichoke in wine and herbs, then place in sterilised jars. Top with hot vinegar infused with peppercorns and bay and leave for a day or two to pickle.

Published in Issue 15 (spring 2022) of Food by National Geographic Traveller (UK) nationalgeographic.co.uk/food-travel



Meat-reducers can rejoice this summer



▲ Dopsu Asian Style No-Duck Salad



▲ Dopsu Coronation No-Chicken

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Dopsu is changing the face of meat-free food with a plant-based range that includes Dopsu No-Chicken Pieces, No-Duck Pieces, No-Pork Pieces, No-Beef Pieces and No-Lamb Pieces, which offer all the texture and taste of meat. Perfect for tickling your tastebuds on the days when you're cutting down on animal protein.

The range has been created to give you delicious meat alternatives for your favourite meals including stir fries, salads, curries, pies and even pizza toppings. Made from pea protein, they contain no preservatives and are high in protein and low in sugar and saturated fats. They're also Vegetarian Society Vegan approved.

ideal for veggies or vegans, and free of soy and palm oil.

Plus, they're frozen, which means less wastage as they can be stored for longer, even after being opened. You can just defrost or cook from frozen if you're in a rush, making them the ultimate convenience for busy lifestyles.



For more recipe inspiration, visit dopsu.com/inspiration E: contact@dopsu.com

Shake up snack time with bold flavours and satisfying crunch

As a nation of foodies that love to explore exciting flavour combinations, 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 and Lemon to Sour Cream and 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 pours 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 chips.

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 and Basil Chips

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

Lentil Chips, Chilli & Lemon

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

Quinoa Sour Cream and 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: SUNDRIED TOMATO AND ROASTED GARLIC HUMMUS

THE HUMMUS

- 400g drained chickpeas
- 1 bulb garlic
- 8 sundried tomatoes
- Salt and pepper
- 4 tbsp olive oil
- 1 tbsp tomato purée
- 1/2 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 sundried tomatoes, finely chopped
- Pine nuts
- Herbs — fresh or dried

1. Preheat the oven to 170C
2. Cut the top off the clove of garlic, drizzle with olive oil and some Maldon salt.
3. Wrap in foil and roast for 30 minutes.
4. Add the hummus ingredients to a food processor. Season and blend to desired consistency — if it's too thick add more water and oil.
5. 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.
6. Add some sundried tomatoes, top the hummus with oil, fresh herbs and pine nuts.

Recipe creation by Beck Johnson @beckbitesback



▲ Sundried tomato and roasted garlic hummus PHOTOGRAPH: SARANTHA COULERS

Food & Drink highlights



▲ VOGO Tours



▲ Eat Real

Eat Real

Healthy snack company
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. Its range of best-selling snacks includes Hummus, Lentil, and Quinoa Chips, as well as Veggie Straws, in a wide range of bold, delicious flavours. Vegan and gluten-free, Eat Real are free from artificial colours and flavours. The range offers exciting flavour combinations with a crunch. eatreal.co.uk



▲ Vita Coco

VOGO Tours

Vegan travel experiences
Pioneering a novel travel concept, VOGO Tours has given a new meaning to sustainable travel with the introduction of vegan and vegetarian, ecological, small-group tours. The popular 11-day North India itinerary highlights everything from a poolside, plant-based barbecue and a vegan cooking class led by a health-conscious chef to immersive encounters sampling seasonal Indian vegetable dishes. The ethical travel mission by VOGO Tours extends beyond food to advocating animal conservation through wildlife educational safaris with naturalists, carbon-neutral railway journeys and sustainable farming practices with local villagers. vogotours.com

Future Farm

Plant-based brand
Future Farm is making going meat-free easy with its range of plant-based products created using innovative Truarc Texture Technology to replicate real fish and meat fibres. The Future Farm range includes delicious Chick'n, Salsed Tuna, juicy burgers, sustainable sausages, meatballs and mince, all created from a blend of soy, pea and chickpea protein that is gluten-free. These plant-based products are available to buy from £2.90 at Sainsbury's and selected retailers. futurefarm.in/en_GB



▲ Future Farm

Dopso

Vegan food
First Dates Fred Sirieix has found his match with Dopso, a plant-based food brand. As Dopso's ambassador, Fred is on a mission to empower meat-eaters to make simple plant-based swaps. Dopso's range includes No-Beef Pieces, No-Chicken Pieces, No-Duck Pieces, No-Lamb Pieces and No-Pork Pieces. Made from pea protein, it's high in protein and low in saturated fat and sugar. Available in most major supermarkets. RRP: £3. dopso.com



▲ Dopso

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Vita Coco Pressed is fresh coconut water, blended with pressed coconut flesh. It's packed with electrolytes and vitamin C, which contributes to the normal function of your immune and nervous system. It works great as a base to a smoothie or cocktail, post-workout replenishment or energy boost in the morning. Enjoy 20% off using the code SUMMER at vitacoco.co.uk. Offer valid until 8 August 2022.



VOGO Tours puts India on the map for vegan and vegetarians

VOGO Tours is disrupting the status quo of the travel industry by paving the way for vegans, vegetarians and ethically conscious travellers as the UK's first tour operator with a sole focus on vegan and vegetarian holidays abroad. Its newly released India adventures have perfectly captured the essence of food-first travel for intrepid plant-based and vegetarian explorers who venture into the bewitching landscapes of the Indian subcontinent.

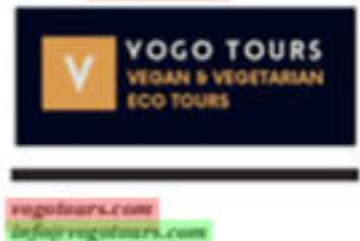
By taking pride in unique 'can't be done yourself' food experiences, the tours include everything from carefully crafted vegan cooking classes led by a health-conscious chef to a rustic vegetarian dining experience on board a houseboat. One of the trips takes in local specialities, including a dish consisting of striking, yellow, spiced potatoes, neatly presented on a crispy savoury pancake, known locally as dosa. This is paired with exotic sweet and spicy chutneys and an aromatic red lentil soup. A complementary

combination that harmoniously tingles your taste buds. Beyond food, the tours contribute to the lives of sacred communities through philanthropic initiatives that give back to local communities through small grassroots projects. Each trip involves sustainable eco-tourism practices. Animal welfare runs through the veins of the company, demonstrated on the small-group tours led by expert naturalists advocating the importance of witnessing wild animals in their natural habitats. Founder and ethical tourism advocate Harika Parmar strives for guests to experience authentic journeys by



VOGO Tours is innovating by setting an example within the travel space to harness the burgeoning appetite for vegan and vegetarian food on tours

energy, to ensure they fit the VOGO standard of sustainability. Tour spaces are limited to reduce the impact on natural resources locally. Embark on your ethical journey without worrying about what's on the menu, at vogotours.com. vogotours.com



Making plant-based the most exciting option

Don't imitate, create. Don't compare, enjoy. These were the words the team at Julienne Bruno wrote on a blank canvas when they started working on their first collection. The team chose to call its products by different names, such as burrella, instead of a vegan burrata, because the product isn't a burrata. It's a burrella. It takes inspiration from traditional dairy cheeses, but goes beyond to create its own unique flavour profile and texture. Through this, Julienne Bruno creates a new category of fresh dairy-free cheeses using fermented soya (vegan and nut free), with the sole purpose of making plant-based the most exciting choice. Its products are created for those who love good food, and simply put, Julienne Bruno can't wait to feed you.



“Don't imitate, create. Don't compare, enjoy.”

JULIENNE BRUNO

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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

Quality Milk Producers

Graham's GOLD

www.qmpltd.co.uk Quality Milk Producers Limited, 2022

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Go al fresco

From riverside to rooftop dining, here's our pick of London's best outdoor restaurants. Words: Mattie Lacey-Davidson

With the summer solstice officially marking the start of the new season in just a few days, there's no better time to head outside for some fine dining — and there's choice aplenty in the capital.

The rooftop just south of the River Thames, on the 14th floor of The Hoxton Southwark, is Seabird. From this rooftop restaurant you can gaze over the landscape of London, with a clear view of The Shard, while slurping down fresh oysters. The menu is inspired by the cuisine of the Basque Country, with tapas and large plates to share. It's made up largely of seafood, with oyster and chilled seafood platters, and standout dishes such as the langoustine starter, tiger prawn main or boneless whole seabass sharing plate. Last month,

Seabird launched the Sky-High Brunch, promising Mediterranean sharing plates, cocktail jugs and a 'martini mountain' centrepiece.

seabirdlondon.com

The garden

Found on West London's King's Road, The Ivy Chelsea Garden leans into its theme with kitsch wallpaper and furniture adorned with flowers. The restaurant opens up to a quaint and quintessentially English-style garden, which you can nestle into for breakfast, lunch or dinner. The extensive menus at The Ivy Chelsea Garden have been created by the Ivy Collection's executive chef, Sean Burbidge, and are designed to offer an eclectic mix of modern British comfort food and international dishes. The plates consist of modern takes on classic dishes, including rabbit and langoustine pie, grilled asparagus salad and, my favourite dish, blackened cod fillet, baked in banana leaf with a soy marinade. The mocktails are equally as impressive as the cocktails, with the angelic amaretto sour a close contender of the original amaretto sour. Another favourite is the cos-no-politan, which includes Seedlip Grove 42, an alcohol-free citrus distillate.

theivychelsgarden.com



• Coppa Club PHOTOGRAPH ALLAN STONE



• The Ivy Chelsea Garden



• Seabird

There's no better time to head outside for some fine dining — and there's choice aplenty in the capital

The terrace Tower Bridge, Coppa Club is adorned with bright pink flowers and palm trees. Keeping diners warm in winter and tucked away during summer, its glass globes frame the terrace. The wide-ranging European menu includes pizza, pasta, small plates and grilled mains — the buttermilk

fried chicken, wild prawn spaghetti and spice-roasted cauliflower being just a few of the standout dishes. Mocktails are also impressive: the popstar martini comes close to its boozier original (pornstar martini), with a fizzy water alternative to the shot of prosecco. coppaclub.co.uk

Shop Like You Give a Damn

We all know that choosing a plant-based diet has a tremendously positive effect on Mother Earth, our fellow people and the animals. But did you know that the same goes for veganising your wardrobe? Especially when you shop with compassion for people and sustainability in mind, too.



Use the promo code **GIVESDAMNS22** to enjoy a 5% discount on the entire Shop Like You Give a Damn collection. Offer valid until 31 July 2022.

Get started with Shop Like You Give a Damn, Europe's largest 100% vegan, fair and sustainable online department store with more than 17,000 ethical items to choose from.

Explore a carefully curated vegan collection from brands like Brava Fabrics, Capsule Studio and hundreds more. Whether you need a flowy dress, recycled cotton jeans or vegan trainers, find it at Shop Like You Give a Damn.

Use the company's 14 ethical and sustainability criteria, certifications and material options to select the values that matter to you most.

Shop with compassion. No more than you need. And always vegan, fair and as sustainable as possible.



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shoplikeyougivedamn.com

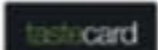
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