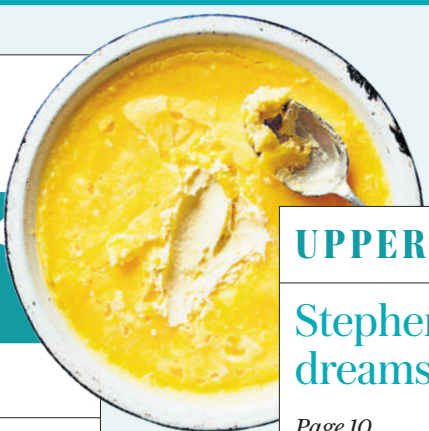


Food & Drink



UPPER CRUST

Stephen Harris
dreams of cream

Page 10

TEA-TIME TRIALS / ENGLAND'S PRIZED VINES



... FOR BLACK

Black is back... and this time it's not squid ink or liquorice but charcoal which is giving dishes a dramatic hue. There's bamboo charcoal in Kuro gin, and ash in Jude's latest coconut ice cream (above), which is served at The Pear Tree Cafe in Battersea. Supermarkets are getting in on the action, with charcoal brioche buns in M&S, Waitrose's charcoal pizza base, and Press Charcoal Lemonade stocked in Planet Organic.

... FOR CINE-DINING

It's not 'dinner and a movie' anymore, but 'dinner with a movie', as this summer's outdoor screenings are just as much about the food as the film. Rick Stein's recent Sunset Cinema collaboration with the Pop-Up Picture Company saw fish pie served during *Gladiator*, and look out for Kino Vino's upcoming cinema-supper clubs in London, or Luna Cinema's UK-wide al fresco screenings with wood-fired pizzas. In the US, demand for formal dining and fine wines during screenings pushed up the average food spend a massive 20 per cent last year, and the imminent launch of the UK's second fine-dining cinema (The Lounge in Islington) gives a taste of things to come.

... FOR DRAGON FRUIT

... also known as pitaya, and this summer's answer to açai berries. The spiky, South American fruit is low in calories, rich in antioxidants and bright pink. Little surprise that Planet Organic's pitaya smoothie bowls have been an instant hit, and AmaVida's dragon fruit sorbet was a sell-out at Taste of London. Coming to an Instagram feed near you soon, and available to buy fresh, for £4.85 per fruit, from finefoodspecialist.co.uk.

... FOR ESCABECHE

Pickling has moved on from simply preserving allotment vegetables, with chefs embracing this ancient Mediterranean method of cooking ingredients, namely fish, in a vinegar marinade. It provides the perfect acidic kick for summer salads and is an easy technique to master at home, meaning that soured and sharp is the way to go.

CONTINUED ON PAGE 8 →

Hugh Fearnley-Whittingstall's mackerel and fennel escabeche

SERVES TWO, OR FOUR AS A STARTER

INGREDIENTS

- 1 large or 2 medium fennel bulbs, trimmed and finely sliced
- 1 small onion, finely sliced
- 2 medium mackerel, filleted (i.e. 4 fillets)
- Freshly ground black pepper
- 1 tbsp chopped dill, to finish

For the marinade

- 1 tbsp coriander seeds
- 1 tbsp fennel seeds
- 3 bay leaves
- 2 tsp soft light brown sugar
- 1 tsp fine salt
- 150ml cider vinegar

METHOD

- To make the marinade, put all the ingredients into a large, shallow pan with 150ml cold water, bring to a simmer and cook for one to two minutes.
- Lay the fennel and onion out on a large platter, deep enough to hold the fish and all the marinade.
- Turn the heat down under the marinade so it is



simmering gently and add the mackerel. Cook for a couple of minutes, basting the fish with the hot liquid as you go, until the fillets are just cooked through. □ Transfer the mackerel fillets from the liquid to the serving platter, nestling them into the fennel and onion. Pour the marinade from the pan over the fish and vegetables. Leave to cool for at least 20 minutes. □ Finish the dish off with some black pepper and dill. Eat warm with seedy bread or potato salad.

Recipe from *River Cottage Light and Easy* by Hugh Fearnley-Whittingstall (Bloomsbury, £25)

A-Z of summer food trends

From frozen cocktails and Vietnamese iced coffee to frugal feasts and edible flowers, **Rachel Walker** discovers something to suit all palates as she gets a taste of what's hot this season

... FOR ANTI-WASTE

The news that the UK wasted nearly 8 million tonnes of food last year – 60 per cent of which could have been avoided, according to a report by the Environment, Food and Rural Affairs Committee – has triggered a burst of creativity among chefs. Skye Gyngell is one, with her 'Scratch' menu at Spring in Somerset House, which re-purposes leftovers: beetroot-top soups, pasta trimmings, puddings inspired by yesterday's bread basket. Trawler Trash, also in London, specialises in sustainable seafood such as pilchards and sprats, and around the country Real Junk Food Project cafes serve dishes made from only food waste. Other entrepreneurs are appropriating ingredients destined for the dustbin – such as Spare Fruit, who turn Kentish windfalls into fruit crisps, or Toast Ale who brew beer from surplus bread. For those wanting to curb the average £470-worth of food wasted per household, pick up *Too Good to Waste* (Nourish, £14.99) by Victoria Glass, for recipes to use up sour milk, or leftover rice.

FOOD & DRINK

→ CONTINUED FROM PAGE 7

... FOR FRANCHISE

It's not big chef names above the door but talented restaurateurs pulling the strings at new-gen franchises. Since the first Polpo opened in Soho in 2009, branches of Russell Norman's Venetian restaurant have opened in Exeter, Bristol and Brighton, with another outpost launching in Oxford in October. Dishoom has recently headed north, opening its fifth Bombay café in Edinburgh, and London stalwart The Ivy also has plans to launch in the Scottish capital – with new sites also opening in London Bridge, Bath, York, Guildford and Harrogate by the end of the year.

... FOR GRÜNER VELTLINER

Austria's signature white grape is on the up, with Berry Bros & Rudd tripling the amount of Grüner Veltliner sold over the past four years. "It's been a big favourite with sommeliers for a long time – they love its chiselled shape, and the white-pepper taste," says Victoria Moore, *The Telegraph's* wine writer, who recommends the refreshing and citrusy white as an alternative to sauvignon blanc and pinot grigio, flagging-up Domäne Wachau Grüner Veltliner Granit (£7.99), which launches in Lidl on July 27.

... FOR HOMEGROWN

If exotic ingredients trigger air-mile-induced-guilt, it's worth looking closer to home. The British Quinoa Company produced 500 tons on their north Shropshire farm last year, while The Wasabi Company are cultivating the fiery Japanese root (pictured right) in abandoned watercress beds in Dorset, bringing foreign flavours closer to home.

... FOR ICED COCKTAILS

Lic's iced mojito... Lapp's limoncello sorbet... Fortnum & Mason's champagne pops... lollies are not as innocent as they seem, now that the iced cocktail trend has them laced with booze. Frozen cocktail company Lic shifted more stock in June than they did over the entire summer last year; Aldi has launched gin and tonic iced lollies; and Ocado sells Pop's Pimm's ice popsicles. At the bar, look out for prosecco cocktails (such as Queen of Hoxton's Scarlett Fizz, above), starring frozen prosecco – this year's answer to rosé (frozen rosé).

HOT LIST

From top: a prosecco cocktail; British-grown wasabi; nasturtiums



'Keep an eye out for prosecco cocktails, this year's answer to rosé'

... FOR JACKFRUIT

Bristol-based co-operative Essential Trading has been "scrabbling to keep jackfruit on the shelves" since launching its organic tins back in March. The Asian fruit was listed as a 'Rising Star' in the latest Google Food Trends Report thanks to its potential as a meat alternative. Glaswegian street vendors Chompsky are early adopters, with pulled jackfruit banh mi on the menu, while Street Food Revolution in West Bridgford in Nottingham are serving barbecue jackfruit tacos.

... FOR KITCHEN-ONLY

'Dialling-in' is the new 'going out' as restaurant outposts ditch the dining room altogether. London's Michelin-starred Indian restaurant Gymkhana has opened a delivery arm, Motu, run from a separate kitchen, and the city's burger chains Meatliquor and Patty & Bun have also both launched delivery-only sites. Forget new reservation apps, this summer it's all about Deliveroo and UberEATS.



... FOR LIDO

Poolside food no longer means a post-swim Snickers, but a boom in cracking cafés. Lido Bristol offers everything from toasted fruit bread through to tasting menus, and Freddy Bird, the restaurant's chef, is overseeing the kitchens at The Thames Lido renovation in Reading (opening early October). The café at Penzance's Jubilee Pool reopened this summer, with Flo Gibson's delicious homemade sausage rolls and tray bakes creating a buzz, while the Brockwell Lido in south London continues to draw a crowd, particularly when it's the time for Brixton Sour sundowners.

... FOR MEATOPIA

It's all craft beers and beards, with bluegrass tunes soaring above the sizzle at Britain's hottest barbecue festival. After the triumph of the first Dublin Meatopia earlier this month, the festival is hitting London again on September 1-3, with more avant-garde grilling from the world's top chefs – fuel up at barbecues and smokers turning out Tomahawk rib-eye and beef butter, or pork loin with chimichurri.

... FOR NASTURTIUMS

The recent balmy weather means that nasturtiums (pictured left) are the gift that keeps on giving. Sarah Raven, gardener and cook, confirms that they are particularly "floriferous" this year, adding that it's not too late for anyone who hasn't planted yet: "They will flower till December, when we have our first hard frost," she says, recommending a new variety called Cherry Rose. Though the flame-coloured flowers are often added to salads, Raven adds the peppery petals to smoked haddock fishcakes, and pickles the pods into "poor man's capers".



ON TREND

From top: poolside eating; Tuscan pici; one of Fortnum's boozy ice pops



... FOR OFYR

The latest launch from the guys behind the Big Green Egg is topping wishlists this summer. Ofyr's circular plate sits above and around the fire source, radiating heat. As much an art installation as it is a barbecue (ofyr.co.uk).

... FOR PICI

For pasta making without the machinery, try Tuscan pici. The noodles are made from flour and water, and are the main ingredient in pici cacio e pepe – along with pepper, butter and Parmesan sauce. It's the signature dish at London pasta bar, Padella. You can whip up a batch at home now that Tim Siadatan, Padella's head chef, has shared the recipe in his cookbook, *Trullo* (Square Peg, £25).

ADVERTISING FEATURE

Turmeric+ is in a different league

Olympic physiotherapists and premier league football coaches are now recommending turmeric as the best way to keep the body's joints in lifelong working order. Turmeric+ is being used to reduce the risk of inflammation caused by intensive training, and for treating damaged joints without exposing elite athletes to the problems caused by standard over-the-counter painkillers.

The supplement has already been used by soccer stars from FC Barcelona and Athletic Bilbao, and is being tried out at Barcelona's Olympic Training Centre as well as in other training centres in Britain and France. "We are always looking for something that's better than paracetamol or aspirin, which don't work very well and cause side effects," says Francek Drobnic, head of research at the Barcelona centre.

The powerful effect of the plant extract on joint health has also been welcomed by doctors, who are concerned people are risking their health because of long-term painkiller use.

The rise of turmeric came about because many scientists noticed that populations with high intakes of turmeric as a curry spice have lower rates of arthritis and joint damage, and they began to investigate.

The key element of turmeric called curcumin, comes from the underground stems of the turmeric plant.



These stems called rhizomes, are boiled, dried and then ground up to produce the medicinal powder, which is also prized by Asian cooks for its unique peppery flavour.

Scientific studies found that turmeric works by interrupting the chemical pathways and signaling mechanisms involved in joint inflammation and arthritis. These same mechanisms are also being targeted by pharmaceutical companies racing to produce a much more expensive drug that does the same thing as turmeric.

Until now it has been difficult to boost the body's absorption of natural turmeric sufficiently for it to have a

really rapid effect on the aches and pains that are symptoms of joint damage.

That has all changed with the launch of Turmeric+, a formulation supported by Cambridge scientists that combines turmeric with another plant extract called soy lecithin. This combination which now has 22 published clinical research papers to confirm its effect, is 30 times better absorbed or 'bioavailable', than natural turmeric alone.

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*Discount valid until 29 November 2017. One use per customer. Turmeric+ from FutureYou should be consumed as part of a healthy and balanced diet and lifestyle. 22 research papers using the curcumin formulation in Turmeric+. Topics include joint health, bone health, delayed onset muscle soreness and many others. Discount code cannot be combined with any other offers.

FutureYou
Supplements developed by Cambridge Nutraceuticals

What our customers say

"Have such a difference in my knees since starting to take Turmeric"

Maureen

"My wife and I have been taking Turmeric for sometime now and both have noticed an improvement in our joint movement especially around the knees"

David

"This product is amazing, I felt the benefit so quickly I can't tell you how much better I feel!"

Susan

Tim Siadatan's pici dough

SERVES FOUR

INGREDIENTS

375g white bread flour
1 tbsp olive oil
Pinch fine sea salt

METHOD

□ Add the flour to a mixing bowl and make a well in the middle.
□ Mix together 180ml water with the olive oil and salt and pour into the well.
□ Start incorporating the flour into the water/olive oil/salt mixture until a dough starts to form. Once it forms, take the dough out, transfer to a clean table and start kneading it until it becomes smooth.
□ With a rolling pin, shape the dough into a rectangle about 2cm thick, wrap in cling film and leave to rest for at least 30 minutes somewhere cool.
□ To make the pici, cut the dough into 15g strips and keep covered with a damp tea towel.
□ On a dry, clean work surface – stainless steel or wood, you don't want something too smooth as a little bit of friction helps – start rolling the strip outwards, with both palms of your hands, applying pressure evenly and pushing out, until you have a noodle the same thickness as a biro. Repeat until all the dough is used up.
□ Cook straight away, or, if making in advance, store lengthways on a heavily floured tray (they stick together) covered with cling film and refrigerate for no more than 24 hours.

Recipe from *Trullo* by Tim Siadatan (Square Peg, £25)

... FOR QUAIL

Summer sales of quail at The Wild Meat Company are up 50 per cent on last year, confirming that it's the hot choice for barbecues – serve it à la St John restaurant, barbecued and eaten with aioli, or Ottolenghi-style, spatchcocked with giant-couscous salad.

... FOR RAINDROP CAKES

It was a hit in Japan and then New York... and now the raindrop cake has arrived in the UK. Don't expect a Victoria sponge – the transparent dessert (pictured right) is made from sugar and water then set using agar-agar into the shape of a water droplet. They're available at Yamagoya and BobaJam in Soho and are part of a boom in creative, South East Asian desserts, from bingsu (Korean shaved ice) to Chinatown's Bubblewrap waffles.

... FOR SABOR

Sabor (meaning flavour in Spanish) is the debut cookbook (Fig Tree, £25) by Nieves Barragan, the former head chef at Michelin-starred Barrafin in London. It's packed with honest, homely recipes – think paprika and fennel *majo* (a type of sauce) to go with roasted chicken thighs, and a silky caramel flan served with whipped cream and walnuts. If it leaves you wanting more, then visit Barragan's new restaurant, also called Sabor, launching this autumn in west London.

... FOR TEPACHE

Tepache (teh-PAH-chay) couldn't be more on trend: it's a fermented soft drink, made from pineapple offcuts, with Mexican roots. Little surprise that the first run of Tepache Beer – made by Somerset-based Wild Beer Co – sold out within a fortnight. It's easy to make at home, by steeping pineapple core and rind in brown sugar syrup, spiked with spices and Mexican chillies. Coming to a taqueria near you soon.

... FOR UPCYCLING

Chrome is out – it's all about enamelware and butchers' blocks, since upcycling is summer's new kitchen aesthetic. "Gone are the days of shiny worktops and featureless cabinets," says designer Max McMurdo. "This season's must-have look is a lot warmer – not just aesthetically, but emotionally too." He suggests giving cabinets a makeover

NEW FAVOURITES Clockwise from below: homegrown quinoa; Dishoom restaurant; a raindrop cake



with a lick of Frenchic chalk paint and new knobs. "Upcycling is not only great for your bank balance, but beneficial for the planet too."

... FOR VIETNAMESE ICED COFFEE

Vietnamese coffee is strong and sweet. It's typically brewed using a 'phin' filter, and served with a splash of condensed milk, but this summer it's all about the Vietnamese iced coffee, or *cà phê sua đá*. Rob Athill, British importer and founder of Cà Phê VN, says that sales have increased "exponentially" – try out his legendary brew at Broadway Market in East London (Saturdays only), or in branches of Pho, and see tomorrow's *Stella* magazine for Diana Henry's homemade iced-coffee recipe.



TOP CHOICES Masons Gin, made in Yorkshire, below; zhoug, bottom, is a sauce great with grilled meat



Yorkshire is fast becoming one of the UK's hottest food destinations'

... FOR WHISKY REVOLUTION

There's been a record expansion of the scotch whisky industry, with 15 new distilleries starting production since 2013, and at least seven more opening this year: Hawick, Clydeside, Dornoch, Isle of Raasay, Lindores Abbey, Toulvaddie and Lone Wolf (Ellon). Sure, whisky mightn't have the hip reputation of gin, or party appeal of tequila, but celebrity fans such as Rihanna and Lady Gaga have upped its street-cred. Lighter, east coast whiskies are a good place for beginners to start, but a home tasting (such as Regions of Scotland Whisky Tasting Set, £26.95, from drinksbythedram.com) is the best way to work out your tipples.

... FOR XI'AN

It's all about hand-pulled noodles these days, and biang biang noodles from Xi'an (pronounced shee-an) are setting hearts a flutter. They're long and flat, and often bathed in chilli and garlic. The central Chinese city might mark the start of the Silk Road, but its noodles are (literally) their hottest export, which explains the hordes outside the Arsenal stadium in north London... queuing to get into the cult Chinese restaurant, Xi'an Impression.

... FOR YORKSHIRE

If you thought Yorkshire's cuisine was all Aunt Bessie's puddings, then think again. It's fast becoming one of the UK's hottest food destinations with six Michelin stars, and some of the country's best ingredients. Contemporary cuisine – such as Tommy Banks' exquisite tasting menu at the Black Swan at Oldstead – sits alongside traditional spots like Haxby Bakehouse or Bettys and Taylors of Harrogate. Malton's monthly food market is booming, and the county has become a hotbed of budding food businesses. Look out for Northern Bloc ice creams, Roost coffee, Olianias' Yorkshire pecorino and Masons Gin – particularly their Yorkshire Tea Edition (£39.99).

... FOR ZHOUG

This hot Yemeni sauce is made from coriander, parsley and green chillies and is great with grilled meat. Since being added to Belazu's range (£4, Sainsbury's) it has been a particular hit this summer – sales over the past three months are 85 per cent up on October to December last year.



Fire starter: the Ofyr, for outdoor grilling and frying

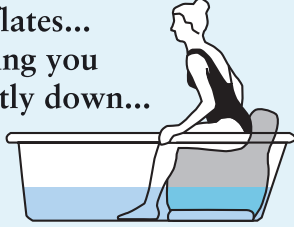
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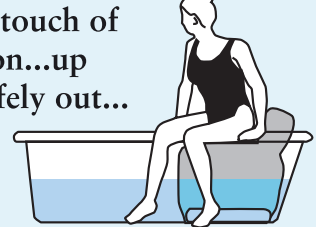
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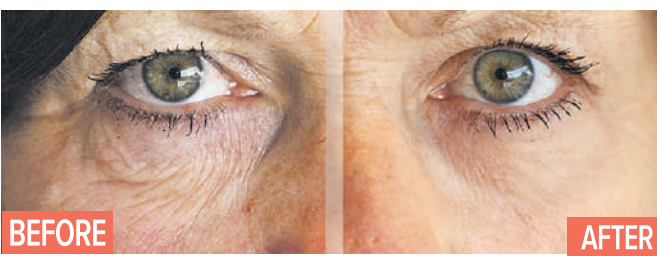
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