

# Foodies

A CELEBRATION OF FINE FOOD AND DRINK



# 40

**RECIPES**  
and top chefs  
Atul Kochhar  
Mary McCartney  
Sarah Britton



# GOOD VIBES

Sweet and healthy treats



## CARIBBEAN FLAIR

Shivi's island-inspiration

# Foodies

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**Front cover image**  
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## EDITORIAL

### Editor

Sue Hitchen

### Design

Angela McKean

### Sub Editor

Catriona Texellus

### Digital Imaging

Malcolm Irving

### Production

Sarah Hitchen

### Editorial Assistant

Lidia Molina Whyte

### Advertising Design

Jordan Porteous

## ADVERTISING

### Business Development

Sharon Little

## SUBSCRIPTIONS

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# Sun seekers

**O**KAY, SO it hasn't been the best summer thus far. We've been pulling on our wellies more than our sunglasses, but that just means that we have to look further afield for sun-kissed inspiration.

We begin by talking to Atul Kochhar about modern Indian cooking, which he has perfected in his London restaurant, Benares. If a bit of spice and some innovative ingredients can't perk us up, we don't know what will.

Next we turn to Mary McCartney, the daughter of Paul and Linda. Unsurprisingly, she's a passionate vegetarian, and wants to show us all that celebration meals and barbecues don't have to be dripping in meat juices. Her recipe for Mexican tostadas is particularly delicious

– turn to p. 20 to find out more.

For total escapism, why not try some of the fresh ideas from Caribbean chef Shivi Ramoutar, starting on page 24. If you think that jerk chicken is the only thing to come out of island cooking, think again.

Looking closer to home, we have the best foodie destinations in Dumfries & Galloway, as well as Bruntsfield and Morningside. There's lots of new flavours to discover, so even if the sun never gets his hat on, we can always comfort ourselves with a delicious meal, followed by a fabulous cupcake (or two).

**Sue Hitchen, Editor**



## CONTRIBUTORS



**Atul Kochhar** is a Michelin-starred chef who practically invented Modern Indian food at his restaurant, Benares



**Sarah Britton** is a Canadian nutritionist whose blog, *My New Roots*, is all about tasty whole foods



**Shivi Ramoutar** is a Caribbean chef who wants the world to see how varied modern island food can be



**Mary McCartney** is a passionate vegetarian, food writer and the daughter of Beatle Paul McCartney



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Bright cappuccino cup set, **£29** [www.tch.net](http://www.tch.net)



Marmalade sugar jar, Emma Bridgewater **£24.95**, [daisy-park.co.uk](http://daisy-park.co.uk)

# Hawaiian punch

Kitch meets cool with these tiki pieces that will add a burst of tropical flavour to your kitchen



Fresh fruit magnet, **£1.81** [en.dawanda.com](http://en.dawanda.com)



Apron in Tropical Island, **£35.20** [en.dawanda.com](http://en.dawanda.com)

Vintage-style citrus reamer, **£12.50** [marksandspencer.com](http://marksandspencer.com)

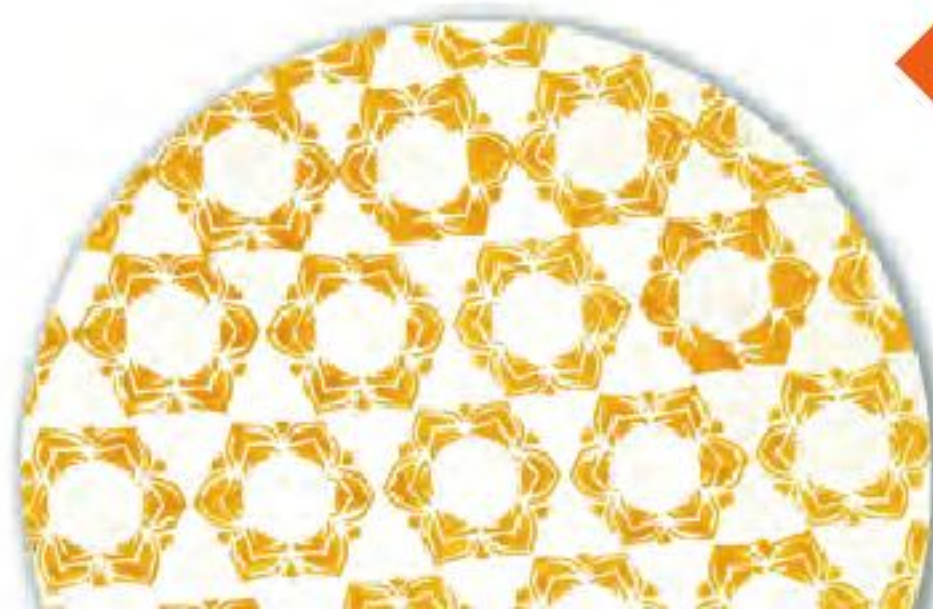


Pineapple bottle stopper, **£10** [www.oliverbonas.com](http://www.oliverbonas.com)

Melamine parrot cup **£7.50** [www.oakroomshop.co.uk](http://www.oakroomshop.co.uk)



Holi plate with yellow flowers, **£48** [www.ksl-living.fr](http://www.ksl-living.fr)



## SEASIDE GIN

Edinburgh Gin is giving a wave to summer with the launch of its newest product, Seaside Gin. Featuring seaweed, scurvy grass and ground ivy, all the botanicals were sourced locally from the Edinburgh coastline to create a handcrafted spirit perfect to drink on a beach picnic.

[www.edinburghgindistillery.co.uk](http://www.edinburghgindistillery.co.uk)



## Meat the Hebrides

The Hebridean Food Company has launched a new range of organic meat, including Highland beef and black face lamb. The range was introduced at a dinner at Edinburgh's prestigious Café St Honore. [www.hebrideanfoodcompany.co.uk](http://www.hebrideanfoodcompany.co.uk)



## KING OF SWING

Cricketer James Anderson, known as the King of Swing for his bowling, has partnered up with Martson's Beer to launch his own beer just in time for this summer's Ashes. The refreshing pale ale boasts an appetising malt and hop character and is named after the bowler's famous nickname. [www.marstons.co.uk](http://www.marstons.co.uk)



## Courtyard Cheesemongers

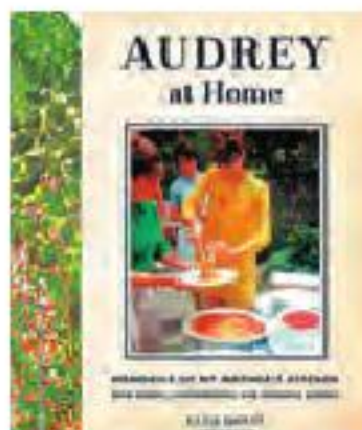
The Old Cheese Shop in St Andrews, a charming family-run independent cheesemonger, is making the most of its outside space by transforming it into a café serving a selection of delicious cheese platters, snacks and drinks. Sumptuous artisan cheesecakes and summer picnic hampers containing popular soft and blue cheeses are also on offer. [www.oldcheeseshop.co.uk](http://www.oldcheeseshop.co.uk)



## PIACHA

London's boutique tea bar has launched its web shop to make its fresh take on tea available throughout the UK. The selection of twenty-five teas, iced tea smoothies, cakes and tea-infused sandwiches will even convert coffee addicts. [www.piacha.co.uk](http://www.piacha.co.uk)

## COOKING THE BOOKS



**Audrey at Home**  
**Luca Dotti, Harper Design, £24.00**  
 Audrey Hepburn's son has compiled his mother's favourite recipes in this unique food memoir and cookbook.



**MasterChef: the Masters at Home**, various authors, **Absolute Press, £25**  
 Find out what the world's most acclaimed chefs like to eat when they're in their own kitchen. Chefs featured include Ferran Adria, Gordon Ramsay and Tom Kitchin.



**Everything Sweet**  
**Alex Hoffler, Stacey O'Gorman, Square Peg, £18.00**  
 The Meringue Girls share their favourite sweet recipes from the Meringue Girls Bakery in this vibrant and colourful cookbook.



## Trisha's Southern Kitchen

In honour of the Fourth of July celebrations, indulge in a month of classic American food with *Trisha's Southern Kitchen*. Sit back and let Trisha Yearwood guide you through her favourite Southern dishes. Trisha will welcome you to her kitchen, where she'll reveal her Grandmother's best-kept culinary secrets and recreate her flavoursome, tasty dishes. From iced sugar cookies to roast turkey with cranberry orange relish and extra-special cornbread dressing, there is something to suit every occasion. *Trisha's Southern Kitchen* airs every weekday at 9am on Food Network



## WHAT'S ON



**SCOTTISH REAL ALE FESTIVAL**  
**9-12 July, Corn Exchange, Edinburgh**

Beer enthusiasts won't want to miss this exciting event, which celebrates the hoppy, malty, tasty world of Scottish brewing. With a choice of over 150 Scottish beers and ales on offer, visitors will be spoilt for choice. In addition, CAMRA's Champion Beer of Scotland will be judged and announced at the event.



**TARBERT SEAFOOD FESTIVAL**  
**4-5 July, Loch Fyne**

Feast upon the internationally-renowned seafood from the waters of Loch Fyne in this two-day festival. In addition to a mouth-watering selection of fishy delights, there are other types of cuisine to tantalise your taste buds and fun in the form of parades of decorated floats, the crowning of the Seafood Queen and music.



**CHARITY WHISKY TASTING**  
**25 July, The Pot Still, Glasgow**

Whisky writer Charles MacLean and Isle of Arran Distillers host this event, organised by The Whisky Warehouse Ltd to raise funds and awareness for Cystic Fibrosis Trust. Whisky enthusiasts should hurry though, as there are only forty tickets available. Those lucky enough to get a ticket will be led on a tutored tasting of four very special expressions.



# Win 4 VIP tickets to Edinburgh foodies festival

**F**OODIES FESTIVAL'S flagship event returns to Edinburgh Inverleith Park 7, 8, 9 August, celebrating its 10th anniversary with a three-day feast which will bring together the culinary talents of Scotland and beyond.

*Foodies* magazine is offering a lucky reader the chance to win four VIP tickets to attend the festival on one of the dates. The VIP tickets, worth £38, include a glass of bubbly on arrival, a free showguide featuring exclusive recipes from acclaimed chefs, a goodie bag filled with delicious treats and access to the VIP tent with its private bar. Twenty standard tickets will also be given away.

This year, the festival has expanded to welcome even more foodie attractions. In addition to the Aga Rangemaster Chefs Theatre, where renowned chefs such as Adam Handling, Jamie Scott and Mark Greenaway will be cooking up a storm, we have launched the Tasting, Cake & Bake Theatre, where you can try your hand at beekeeping, oyster shucking or sushi making. Alternatively, get an instant hit of cocoa with a 'How to Sniff Chocolate Like a Rockstar' lesson from Coeur de Xocolat at the Cake & Bake theatre, or learn about wine and beer from industry experts at the Wine, Champagne and Craft Beer Theatre. ●

## TO ENTER

For your chance to win this great prize, simply answer the following question:

### Where will Edinburgh Foodies Festival be held?

To win you must either like our page on Facebook and send us a message with your name and email address or email your details to [enter@foodiesfestival.com](mailto:enter@foodiesfestival.com)

Entries must be received by 30th July 2015. Subject to availability and allocation. Cannot be used in conjunction with any other offer. Editor's decision is final. No cash alternative. Non transferable.

# Nuclear fusion

Atul Kochhar is a two-time Michelin-starred chef, creating incredible, inventive modern Indian fusion food

**M**Y COOKING ETHOS is driven from classics, but influences can, and have, come from anywhere across the globe. When I left home at the age of seventeen to study hotel management, I had no idea about the diverse, rich culture of my own country. Born and brought up in East India, I was sent south to study. In some ways I think I have done well, but I also wish I had pushed for more time and knowledge while in India.

I have always cooked from my heart. In some ways, cooking Indian food in

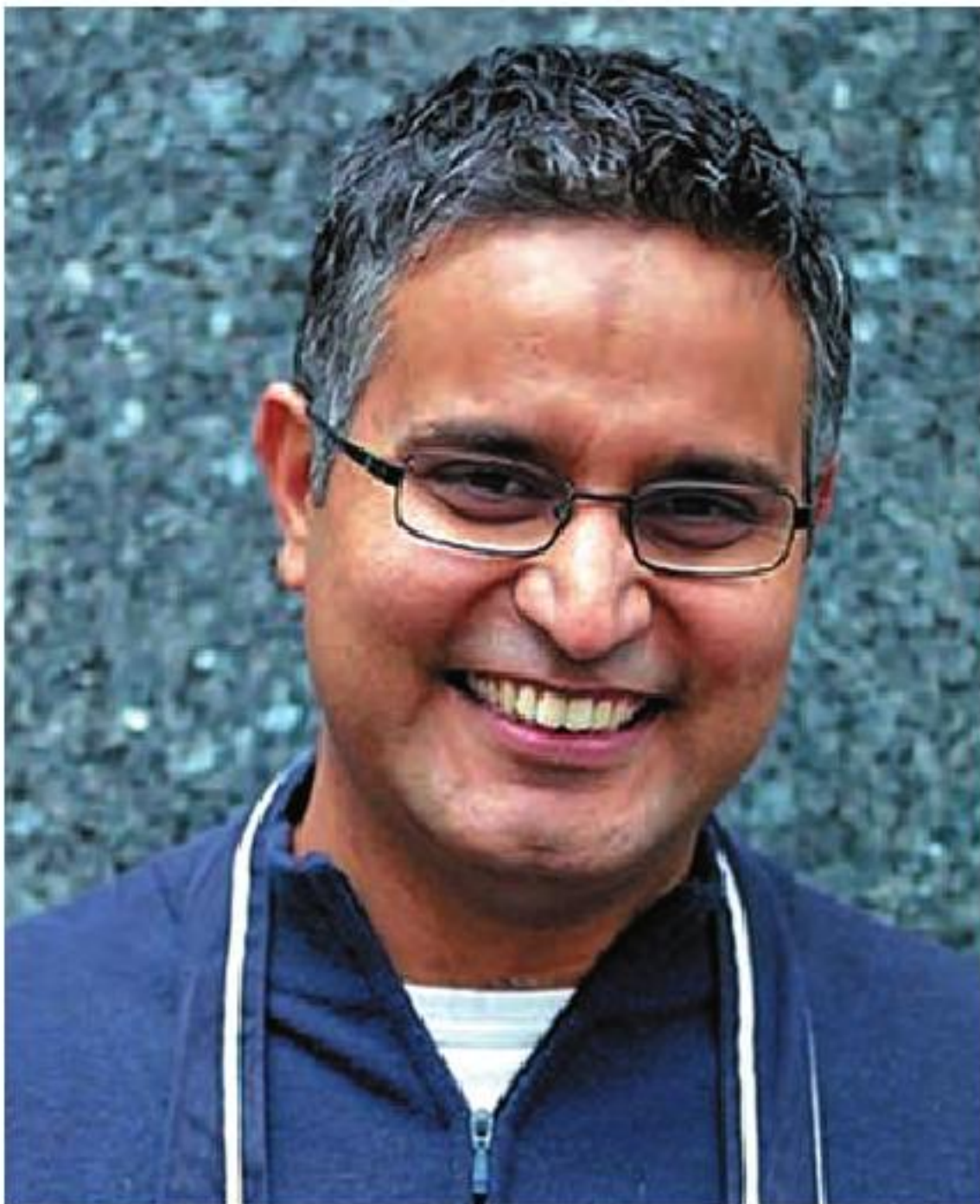
India was quite restrictive; there were things you simply could not do.

Twenty-some years ago, modern Indian food was a taboo. Migrating to the UK has been one of the best things that happened to my cooking, and the freedom of cooking in the UK has helped me shape the menu I cook today.

'Fusion confusion' is a term commonly used when you try to cook cross-culture cuisine. One can get stuck for it, but with the right knowledge and ingredients, your creations can garner praise, too.

Cooking from across India is the biggest testament to the fact that over time food develops with the mixing of cultures. India was populated by Hindus, then Arab Muslims came along and influenced our way of thinking, living and eating. So, too, did Christians, Jews, Mongols, Turks, Iranians, Zoroastrians, Afghans, Dutch, French and finally the English – they all have left their imprint on Hindu India to make it a strong secular and multicultural society. Armed with these influences one can only look to expand their culinary repertoire. As a result, my heritage has guided me to look deeper into these influences to extract inspirations.

At Benares, our ethos is to respect the seasons, nurture the ingredients through understanding and only use the most suitable techniques. For me, the most important thing is to follow the seasons with ingredients, and I continue to look religiously for UK-sourced produce to form the heart of Benares. ●



## GOBI MUTTER - CAULIFLOWER AND MANGETOUT STIR-FRY

### Serves 4

100g cauliflower florets  
1 tbsp sunflower oil, plus extra for deep-frying  
200g mangetout  
1 small red onion, finely chopped  
15g fresh ginger, grated  
1 tbsp *kecap manis* (Indonesian sweet soy sauce)  
sea salt

### For the cauliflower purée

1 tbsp sunflower oil  
½ tsp cumin seeds  
1 onion, chopped  
15g fresh ginger, peeled and finely chopped  
300g cauliflower, cut into small pieces  
1 tsp ground coriander  
¼ tsp red chilli powder  
¼ tsp garam masala  
¼ tsp turmeric  
4 tbsp water  
30g butter, softened  
2 tbsp single cream  
2 tbsp plain yogurt  
1 tbsp lime juice

### For the pea cakes

3 tbsp sunflower oil  
Pinch asafoetida  
1 tsp cumin seeds  
200g frozen peas  
½ tsp ground coriander  
¼ tsp red chilli powder  
½ tsp dried mango powder  
300g boiled or baked potatoes, peeled and grated  
Plain white flour for dusting

### To garnish

4 baby plum tomatoes, halved  
Finely grated purple and white cauliflower  
Chilli oil (optional)  
Pea shoots

- Heat enough oil for deep-frying to 190°C. Add the cauliflower florets and fry for 3–4 minutes until golden brown. Remove and drain. Set aside.
- For the cauliflower purée, heat the oil in a saucepan, add the cumin seeds and sauté over a medium heat until they crackle. Add the onion and ginger and continue frying for 3–5 minutes until the onion is translucent. Add the raw cauliflower pieces, followed by the ground spices and salt and continue stirring for 1 minute. Add the water and continue frying until it evaporates and the cauliflower is tender.
- Transfer to a blender, add the butter, cream, yogurt and lime juice, and blitz until smooth. Pass through a fine sieve and keep hot until required.
- Make the pea cakes. See [www.foodies-magazine.com](http://www.foodies-magazine.com) for recipe.
- When ready to serve, heat 1 tablespoon sunflower oil in a wok. Add the mangetout, red onion and ginger, and stir-fry over a high heat until the onion is softened. Add the deep-fried cauliflower florets and *kecap manis* and continue stir-frying until the florets are hot.
- Divide the stir-fried vegetables among four plates and add two pea cakes and cauliflower purée to each. Garnish and serve.



## MASALA CHAI SOUFLÉS - SPICED TEA SOUFLÉ

### Serves 4

160g egg whites  
1 tsp caster sugar, plus extra for coating the ramekins  
300g Masala Pastry Cream (below)  
Butter, softened, for greasing the ramekins  
Icing sugar for dusting  
Cassia bark or cinnamon sticks, to decorate (optional)  
Dried bay leaves, to decorate (optional)  
Vanilla ice cream, to serve

#### *For the pistachio crumble*

10g butter  
10g caster sugar  
20g plain white flour  
20g ground pistachios

#### *For the masala chai*

250ml whole milk  
100ml double cream  
8 cm cinnamon stick  
4 black peppercorns, crushed, plus extra to decorate (optional)  
3 cloves, crushed, plus extra to decorate (optional)  
2 green cardamom pods, bruised, plus extra to decorate (optional)  
1 star anise, crushed  
3 English Breakfast tea bags  
2 tsp loose Earl Grey tea

#### *For the Masala pastry cream*

100g egg yolks  
75g caster sugar  
25g plain white flour  
Masala Chai (see above)

● Masala chai is something we Indians can drink all day during winter months. We believe that it gives us warmth – and this dessert gives me a feeling of home that's warm and full of love.

● Make the pistachio crumble up to 4 days in advance and store in an airtight container. Preheat the oven to 160°C. Place all the ingredients in the bowl of an electric mixer fitted with the metal blade and pulse until it forms the texture of breadcrumbs. Spread out in a baking tray lined with a non-stick oven mat and bake for 8 minutes, or until it colours slightly but doesn't turn brown. Tip out of the tray and leave to cool completely. Transfer to an airtight container and set aside until required.

● Make both the masala chai and the pastry cream up to 24 hours in advance and chill in a covered container until required. To make the masala chai, put all the ingredients into a saucepan, slowly bring to the boil and boil for 5 minutes. Remove the pan from the heat, cover with clingfilm and leave to infuse for 10 minutes. Strain into a bowl and discard the flavouring ingredients. Set aside to cool completely. If not using immediately, cover and chill.

● To make the pastry cream, mix the egg yolks, sugar and flour together in a heatproof bowl, whisking until the sugar dissolves, then set aside. Return the strained masala chai to the boil, then whisk it into the egg yolk mixture until smooth. Return this mixture to the pan and simmer over a medium heat for 1–2 minutes, whisking constantly, until it is thick and leaves the side of the pan. Transfer to a clean bowl, press a piece of clingfilm on to the surface to prevent a skin forming and set aside to cool. If not using immediately, transfer to the fridge when cool.

● When you are ready to bake the soufflés, remove the pastry cream from the fridge in enough time for it to come to room temperature, if necessary. Preheat the oven to 190°C. Grease the side of four 175ml ramekins with butter and coat with caster sugar, tipping out the excess.

● Whisk the egg whites with the sugar in a large bowl until soft peaks form. Fold in the masala pastry cream. Transfer the mixture to a piping bag fitted with a 2.5cm plain nozzle and pipe it evenly into the ramekins. Place the ramekins on a baking sheet and bake for 10 minutes, or until risen and golden brown on top. Do not open the door until they are risen.

● Have the decorations arranged on the plates before the soufflés finish baking. When the soufflés come out of the oven, dust with icing sugar, sprinkle with the pistachio crumble and serve immediately, with ice cream and pistachio crumb on the side.



## **KHUMB KI KHICHRI - MUSHROOM KEDGEREE**

### **Serves 4**

100g *toor dal*, washed and soaked in cold water for 30 mins  
300g basmati rice, washed and soaked in cold water for 5–7 mins  
4 tbsp ghee  
½ tsp cumin seeds  
1 onion, finely chopped  
2 garlic cloves, chopped  
850ml vegetable or chicken stock  
½ tsp turmeric  
Sea salt  
80g mushroom and white truffle paste

### *For the mushrooms*

2 tbsp olive oil  
2 garlic cloves, chopped  
400g mixed wild mushrooms, wiped, trimmed and sliced  
½ tsp red chilli flakes

### *To garnish*

1 black truffle  
Truffle oil  
Micro amaranth stalks and cress

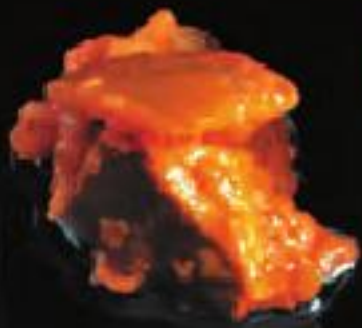
### *To serve*

Mango pickle  
Plain yogurt  
Fried mini poppadums

- Khichri is a basic Indian recipe of rice and lentils that was transformed into 'kedgerree' during the English Raj. The English apparently found the Indian version a bit too boring so they added eggs and smoked haddock. Sometimes a bit of white sauce to make the dish smoother is also now often added. This is the sophisticated, truffle-infused version that diners at Benares enjoy.
- Drain the *dal* and rice and shake dry, then set aside. Melt 2 tbsp of the ghee in a deep frying pan, add the cumin seeds and sauté over a medium heat until they crackle. Add the onion and garlic and sauté for 3–5 minutes until the onion is translucent. Stir in the *dal* and rice, then add the stock, turmeric and salt to taste. Bring to the boil, then simmer, covered, for 25–30 minutes until the *dal* and rice are tender. Add more water if required to keep the consistency like a thick risotto. Stir in the truffle paste and keep hot.
- Meanwhile, cook the mushrooms in a separate frying pan. Heat the olive oil, add the garlic and sauté over a medium heat until it is lightly coloured. Add the mushrooms, chilli flakes and a small pinch of salt, and continue stirring for 3–5 minutes until the mushrooms re-absorb the liquid they give off.
- Melt the remaining 2 tbsp of ghee and add 2 drops of truffle oil to it. Serve the kedgerree in large bowls, with the mushrooms on top. Grate the black truffle over each portion, and very lightly drizzle with truffle-infused ghee. Garnish and serve with mango pickle, yogurt and poppadums.



From *Benares* by Atul Kochhar,  
Absolute Press, £30



# Give peas a chance

As the daughter of Beatle Paul, **Mary McCartney** grew up vegetarian, and now she's sharing the love

**W**HEN WE WERE growing up as a vegetarian family, we never felt we were missing out at mealtimes. But time and again, I come up against the idea that, without meat, a meal – and certainly a special or celebratory meal – is not complete.

For me, food is such an important part of turning an event into something special. The love and passion that you put into cooking for people is repaid with great conversation and an empty plate – and lasting memories.

My aim is to show you that you can create a variety of complete vegetarian menus to complement a range of very different occasions – my way of showing how flexible vegetarian cooking can be! I love to plan menus, as it allows you to find the context for each individual dish, and the challenge was to create entire meals that would be delicious and satisfying for meat eaters and vegetarians alike.

When I started thinking about how to pull all my recipe ideas together, I was struck by how important food is in terms of my own memories, of those magical moments that stand out over the years. Sharing a meal with family and friends is an opportunity to relax together, to laugh together and to bond together. Some of my happiest memories revolve around food, and I've tried to recreate those memories for my own children.

Since moderating the amount of dairy products that I eat, I've discovered I have more energy. Also, growing numbers of people have found they're intolerant of or allergic to dairy. So I have worked a good variety of dairy-free alternatives into my everyday life. The good news is that these alternatives are more widely available than ever before.

I hope that these recipes will show that there are endless and exciting possibilities for meat-free cooking, and enthruse many home cooks to try something new. ●



**TOSTADAS DELUXE**

As a family, we grew up loving Mexican food. I think it was all about the assembly: when we were kids we loved putting together the prepared ingredients for a great taco or tostada ourselves, always a mouthwatering process. Healthy ingredients, vibrant colours and lots of variety make Mexican food a firm favourite for my family today.

Corn tortillas topped with a chunky black bean spread and then sprinkled with cheese, red onion, jalapeño, tomato, avocado and lime. Tostadas are a staple in my home because they're healthy, quick and easy to make and so satisfying. In a way, they have replaced toast as a base on which to build a great snack or light meal.

**Serves 4**

**2 tbsp light olive oil or vegetable oil, for frying**

**400g tinned pinto or black beans, drained**

**1 medium clove garlic, finely chopped**

**½ tsp ground cumin**

**1 small or medium red onion, finely chopped**

**1 ripe tomato, finely chopped**

**1 tbsp chopped jalapeño**

**1 avocado, halved, stoned, peeled and cut into cubes**

**1 tbsp finely chopped coriander or parsley**

**Pinch sea salt, or to taste**

**1 tbsp freshly squeezed lime juice (approx. ½ lime)**

**1 tsp extra-virgin olive oil**

**4 ready-made corn or flour tortillas, approx. 13cm in diameter**

**100g goat's cheese or feta, crumbled**

- Preheat your oven to 180°C.
- Heat the oil in a medium frying pan, add the beans and partially mash them with a fork or potato masher. Then add the garlic and ground cumin and fry for 5 minutes.
- In a medium bowl, mix together the red onion, tomato, jalapeño, avocado, coriander or parsley and a small pinch of sea salt. Add the lime juice and a drizzle of extra-virgin olive oil and toss the ingredients together.
- Heat the tortillas by wrapping them in foil and popping into the warm oven for around 5 minutes.
- To assemble the tostadas, spread the black bean mixture over the base of each heated tortilla, then spoon the salad mix over the top and finish with a crumbling of cheese.



*At My Table* by Mary McCartney, is published by Penguin, £20.



## BLACK BEAN BURGERS

As my dad's from Liverpool and my mum was from America, I grew up telling anyone who asked where I was from that I was half American and half Liverpudlian. Mum was the main cook in our home, and my cooking style is influenced and inspired by her. This menu is based around what we would make for a barbecue at home. As a vegetarian family, we never liked to feel we were missing out by not eating meat. Traditionally, Dad is in charge of the barbecue when we make this wonderful feast.

I make these burgers with black beans because they are packed with protein and fibre. If you don't have black beans, then kidney beans are a great alternative. I love them sandwiched between a burger bun with all the toppings – sliced pickles, tomato, onion, lettuce, Thousand Island dressing (or mayo and ketchup) and mustard. My advice is to never skimp on the toppings!

**Serves 4-6**

**400g tin black beans or kidney beans, drained**

**2 tbsp light olive oil, or 30g butter, for cooking**

**1 medium red onion, finely chopped**

**140g mushrooms, finely chopped**

**2 tbsp tamari (for gluten-free option) or soy sauce**

**1 clove garlic, finely chopped**

**1 tbsp chopped fresh parsley, or 1 tsp dried mixed herbs**

**1 spring onion, finely chopped**

**½ tsp chilli flakes (optional)**

**4 tbsp buckwheat flour (for gluten-free option) or plain or spelt flour**

**1 tbsp nutritional yeast flakes, or ½ tsp Marmite (optional)**

**Black pepper, to taste**

**3 tbsp vegetable oil (if not cooking on the barbecue), for frying**

- Put the beans into a large bowl and roughly mash them with a potato masher, or blend them in a food processor for a few seconds. You want them to keep some texture, so do not over-mash them.
- Heat the olive oil (or butter) in a medium frying pan, then sauté the onion for 3 minutes. Add the mushrooms and tamari (or soy sauce) and fry for a few more minutes, until most of the mushroom juice has evaporated.
- Stir in the garlic, herbs, spring onion, chilli flakes and mashed beans, then allow the mixture to cook for about 2 minutes, stirring often.
- Transfer the mixture to a bowl and leave to cool slightly before mixing in the flour, nutritional yeast flakes (or Marmite) and black pepper to taste.
- Divide the mixture into six portions and, using your hands, mould each portion into a patty shape (about 1.5cm thick and 8cm wide).
- To fry the burgers, heat the 3 tablespoons of vegetable oil in a medium to large frying pan and cook the burgers over a medium heat for about 2 minutes on each side, or until golden brown all over.
- If cooking on the barbecue, chill the burgers in the fridge or freeze them for a couple of hours. Then grill on both sides until golden brown and cooked through.



## APPLE TARTE TATIN

**Serves 4**

**120g puff pastry**

**110g softened salted butter**

**130g caster sugar**

**7 Pink Lady or**

**Braeburn apples, peeled, halved and cored**

- Roll the pastry on a lightly-floured surface to a 21cm round. Prick all over and rest in the fridge for 40 minutes.

- Spread the butter over the bottom of a 20cm tarte Tatin mould. Sprinkle the caster sugar over in an even layer, then arrange the apple halves over the sugar, standing them on their sides, with 2 halves in the middle.

- Lay the pastry round over the apples, tucking the edges down.

- Place the mould over a medium heat

on the hob for about 10 minutes or until the sugar starts to caramelise.

- Transfer it to an oven preheated to 160°C and bake for 1½ hours.

- Remove the tart from the oven and leave to cool for at least 30 minutes.

- Invert the tarte Tatin on to a chopping board and cut it into 4 portions.

### FRASER ALLAN



Galvin  
Brasserie de  
Luxe & The  
Pompadour

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[www.waldorfastoriaedinburgh.com](http://www.waldorfastoriaedinburgh.com)

**See Fraser at  
Edinburgh Foodies  
Festival, Inverleith  
Park, 7th-9th August**





# Island beats

Born in Trinidad, **Shivi Ramoutar** loves Caribbean food with a modern twist

**F**IND IT QUITE astonishing that when the word 'Caribbean' is mentioned, a hundred beautiful clichés bubble to the surface: white sand, blue sky, crystalline water, sea-salt breeze, sticky days, balmy nights, palm-fringed shores, rum-laced cocktails... And yet, when the words 'Caribbean' and 'food' are thrown together in a sentence, the first thing that generally springs to mind is the stereotypical 'jerk chicken, rice and peas'. (Mutton curry usually comes in second, and there is normally a struggle to think of a third!) I'm not certain how this particular dish has become representative of Caribbean cuisine – and, don't get me wrong, it is utterly moreish – but there are so many other tantalising treats.

Food is at the heart of Caribbean life. No matter how many people turn up at a home here – and no matter what the hour – someone will always

gravitate towards the kitchen to whip up some food. I have vivid memories of my childhood in Trinidad, growing up in a mixed Caribbean/South American/Indian family where life was bustling and there were always plenty of people – friends, family, tag-alongs – around. There was always more than enough food for everyone, and yet not a single scrap remained by the time the last person left.

Laughter was one of the most familiar sounds. Whether sunshine was streaming in or hot rain was pelting down, there was always a season to laugh, to drink rum and to play cricket in the streets. This hasn't changed over the years: even now when I go back to visit family, it is like everyone has a revolving door and the kitchen is always full to bursting with friends. Social cooking, eating and spontaneous hospitality feel as natural to us Caribbeans as our own heartbeat. ●



**TAMARIND-DRESSED SWEET POTATO & BEETROOT SALAD**

Tamarind is a sour, pulpy, pod-like fruit that grows on trees. In the Caribbean, it's indispensable in balancing sauces, both sweet and savoury, and is also used in a lot of local confectionary (the tamarind ball is a particular weakness of mine). Although it sounds exotic, you are bound to have come across it, as it is a key ingredient in HP and Worcestershire sauce. You should be able to find the paste, or concentrate, in your local supermarket, possibly in the 'World' or 'Exotic' food aisle, and you may also come across the pods themselves in the fruit section. This salad is great served warm, but just as tasty at room temperature (and very picnic-friendly). Wear gloves, or wash your hands thoroughly after handling the beetroot, or it will stain you red.

**Serves 4-6**

**4 raw beetroot (around 600g),  
trimmed, peeled and cut into 10mm  
chunks**  
**2 large sweet potatoes (around 600g),  
peeled and cut into 10mm chunks**  
**100g rocket, washed**  
**1 tbsp chopped fresh coriander**  
**zest of ½ orange**  
**Sea salt and freshly ground black  
pepper**

*For the tamarind dressing*

**2 tbsp tamarind concentrate**  
**60ml rapeseed (or olive) oil**  
**juice of 1 orange**  
**8 tsp honey**  
**2 garlic cloves, peeled and crushed**

*For the crispy chickpeas*

**½ x 400g can chickpeas, drained and  
rinsed**  
**1 tbsp rapeseed oil**  
**scant pinch of cayenne pepper**

- Pre-heat the oven to 200°C.
- To make the tamarind dressing, whisk together the tamarind concentrate, rapeseed oil, orange juice and honey, until combined. Add the garlic and season to taste.
- In a large baking tin, toss the beetroot with 8 tablespoons of the tamarind dressing. Pop the tin into the oven and bake for 15 minutes.
- Remove the tin from the oven and add the sweet potato, along with 4 tablespoons of the tamarind dressing, tossing well to coat all the vegetables. Pop back into the oven and bake for another 35–50 minutes, giving the tray a shake every 15 minutes, until the beetroot and sweet potato are tender and cooked through.
- In the meantime, place the chickpeas in another baking tin and drizzle with the oil, ensuring that all are well coated. Sprinkle over the cayenne pepper, a pinch of salt and a grind of pepper. Pop into the oven and bake for 35–40 minutes, giving the pan a shake every 15 minutes, until the chickpeas are crispy.
- Toss the rocket with a little of the remaining tamarind dressing, enough to lightly coat all the leaves. Add the sweet potato and beetroot and gently toss through until just combined. Season to taste, scatter over the crispy chickpeas and garnish with the coriander and orange zest.



*Caribbean Modern: Recipes from the Rum Islands*, by Shivi Ramoutar, is published by Headline, £25. Photography by Kris Kirkham.



## SCALLOP, PUDDIN' & SOUR

Traditionally eaten at Christmas time, black pudding is so adored in the Caribbean that it has become an all-year-round treat! This recipe was inspired by the Guyanese, who often eat black pudding with a mango chutney called a sour. The sharp mango sour works well with the black pudding and the sweet scallops and a hint of Scotch Bonnet adds some tropical pizzazz to this simple salad.

Serves 4-6

### *For the mango sour*

1 large, ripe mango, peeled, stoned and roughly chopped

1 large garlic clove, peeled and crushed

¼ Scotch Bonnet pepper, seeded and finely chopped

1 tsp white wine vinegar

Juice of 1 lime

### *For the salad*

1½ tbsp rapeseed oil

50g cubed pancetta

Knob of butter

300g black pudding, cut into 10mm-thick slices

1½ tbsp extra virgin olive oil

250g rocket and spinach salad leaves, washed

24 scallops, shelled, trimmed, coral removed, cleaned and patted dry

Sea salt and freshly ground black pepper

- To make the mango sour, pop all the ingredients into a small pan and cook on a high heat, stirring constantly, until the mango breaks down into a sort of purée, about 5 minutes.
- Remove from the heat and stir in about 80–100ml water so that you have a thick salad-dressing consistency. Use a stick blender to blitz the 'sour' until smooth, then season to taste and set aside. (You can prepare the recipe up to this stage and chill for up to 5 days.)
- Heat the oil in a large frying pan on a medium heat and fry the pancetta until the fat has been rendered out and the pancetta is crisp and golden, about 2–3 minutes. Remove the pancetta with a slotted spoon and set aside for later.
- Add a knob of butter to the same pan and melt on a medium–high heat. When the butter is frothy, add the black pudding and fry until crisp on the edges, black on both sides and cooked through, about 2–3 minutes per side. Remove the black pudding with a slotted spoon and keep warm.
- To dress the leaves, whisk the oil with 2 tablespoons of the mango sour until mixed. Gently toss this dressing through the salad so that it coats the leaves and transfer to a serving dish.
- Season the scallops with salt and pepper on both sides. Remove any excess fat from the frying pan and place the pan on a high heat. Once it starts to smoke, add the scallops and sear them for about a minute or so on each side until golden-brown and just cooked.
- To serve, crumble the black pudding into the salad, gently toss through, then arrange the scallops on top, spooning a little more of the sour over them, and finally scatter over the pancetta. Serve immediately.



## JERK PULLED PORK & WATERMELON SALAD

I wanted to offer something that was a refreshing change to the norm, so here is a filling salad that packs all the jerk punch and complex spice layers that are so well loved, complemented by sweet, lush watermelon and peppery watercress. This ultimate summer salad is a winner for picnics, barbecues and al-fresco lunches.

Serves 6-8

2.5kg pork shoulder, bone in, skin removed, flesh deeply scored  
100g watercress  
¼ large watermelon, cut into small, bite-sized pieces  
Sea salt and freshly ground black pepper

*For the marinade/ dressing*

1 bottle good-quality jerk marinade  
½ tbsp instant coffee granules, dissolved in 1 tbsp hot water  
juice of 2 oranges

- Pre-heat the oven to 220°C.
- Combine half the jerk marinade with the dissolved coffee and the juice of one orange. Place the pork shoulder on to a plate and massage the jerk mixture deep into the scored flesh. Transfer the pork (leaving behind (but not discarding) any excess juices on the plate) into a baking tin and pop into the oven, uncovered, for 30 minutes.
- Remove the tin from the oven and reduce the temperature to 150°C. Pour the excess juices from the plate over the pork shoulder, cover the tin with foil, ensuring that the edges are well sealed, and place back into the oven. Cook for 5–7 hours, turning the shoulder and spooning the tray juices over every hour, until the meat is cooked through and can be literally spooned off the bone. Remove the pork shoulder from the oven and set aside, loosely covered with the foil.
- In the meantime, on a low heat, heat the remaining marinade in a small pan for a couple of minutes, stirring occasionally, until the spice aroma hits you, then stir in the remaining orange juice to make a dressing. Set aside 2 tablespoons of this dressing for later.
- When the pork shoulder is cool enough to handle, remove and discard any fat, then use a fork to pull the meat from the bone and place in a large bowl, along with any sticky juices left in the pan. Using two forks, shred the meat into bite-sized pieces.
- Pour the dressing over the pulled pork, gently tossing to ensure that it is well coated in the liquid. Taste and adjust the seasoning, if necessary. (Once the pork has cooled to room temperature, you can chill it for a couple days, or freeze for up to two months and defrost fully, before heating through.)
- In the meantime, put the watercress on a large serving platter and pour over the reserved 2 tablespoons of dressing, ensuring that all the leaves are well coated. Add the watermelon and a generous pinch of salt, tossing it through to ensure that the watermelon is well seasoned. Add the pulled pork and gently toss together, distributing the shreds of pork across the salad. Have a final taste, and add a little more seasoning, if necessary, before serving.



# Back to nature

Escape the city for the beautiful landscapes and excellent food of Dumfries and Galloway

## **KNOCKINAAM LODGE**

**Portpatrick, Stranraer, Wigtownshire  
DG9 9AD**

**[www.knockinaamlodge.com](http://www.knockinaamlodge.com)**

Delve into a world of rustic luxury at the stunning Knockinaam Lodge. With ten decadent bedrooms and suites, the lodge offers individualised, bespoke service and feels like a real home away from home. In addition to luxurious accommodation, you can also enjoy delicious fine dining at the lodge's award-winning restaurant. Locally sourced, seasonal produce is at the heart of the menu and is the perfect way to experience the culinary prowess of the region.



## **BLACKADDIE COUNTRY HOUSE HOTEL**

**Blackaddie Road, Royal Burgh of  
Sanquhar, Dumfriesshire DG4 6JJ**

**[www.blackaddiehotel.co.uk](http://www.blackaddiehotel.co.uk)**

The Blackaddie Country House Hotel is full of unique character and rustic charm, a perfect choice of accommodation for those looking to sit back and relax surrounded by the stunning countryside. Each room is individually styled, with personal touches that make it feel



Knockinaam Lodge, Blackaddie



luxurious. Chef Ian McAndrew heads up the kitchen and creates delicious dishes to ensure you don't go hungry after a long day of exploring.

### TRIGONY HOTEL

**5EZ Closeburn, Dumfries and Galloway DG3 5EZ**

**[www.trigonyhotel.co.uk](http://www.trigonyhotel.co.uk)**

Situated amongst four acres of lovely woodland and gardens in the heart of Dumfries and Galloway, the Trigony Hotel is the perfect spot to forget your troubles and indulge in a laidback luxury experience. Whether you are staying for a revitalising short break or a relaxing country escape, Trigony offers an ideal base from which to explore this beautiful area and, as a pet-friendly hotel, your furry friends are welcome too!

Local produce is always top of the menu

### CAVENS COUNTRY HOUSE HOTEL

**Kirkbean By Dumfries, Dumfriesshire DG2 8AA**

**[www.cavens.com](http://www.cavens.com)**

Experience the Fordyce family's hospitality and feel at home at this award-winning private manor house set in twenty acres of extraordinary grounds. Take a stroll around the striking gardens, breathe in the country air and sample the delicious locally-sourced food and carefully curated wine list in what will surely be a truly relaxing break away from the hustle and bustle of everyday life. ●

## WHERE TO EAT AND BUY

### THE CLANSMAN RESTAURANT

**11 The Square, Port William Wigtownshire DG8 9SE**

This independently-run restaurant has established itself as a firm favourite amongst the locals. Chef and owner Adele Wilson has headed up the kitchen for ten years.



### CASTLE DOUGLAS FOOD TOWN

**Castle Douglas, Kirkcudbrightshire, DG7 2BS**

**[www.cd-foodtown.org](http://www.cd-foodtown.org)**

A designated food town, Castle Douglas is home to around fifty local food businesses that together create a true foodie haven.

### GALLOWAY LODGE PRESERVES

**High Street, Gatehouse of Fleet, Castle Douglas DG7 2HP**

**[gallowaylodge.co.uk](http://gallowaylodge.co.uk)**

This family business has been producing award-winning preserves for over 40 years to original, unique recipes.



### THE SMITHY

**High Street, New Galloway DG7 3RN**

**[www.thesmithy-newgalloway.co.uk](http://www.thesmithy-newgalloway.co.uk)**

Head along to this charming tea room and gift shop to find a wide range of delicious treats and teas and a selection of unusual, unique gifts.

# Best of Britton

Health-food expert **Sarah Britton** proves you can eat delicious sweet treats and still take care of your body

**M**Y NEW ROOTS started with a tomato. It hung on the vine like a golden teardrop, warming itself in the sun's slanted late afternoon lights.

The tomato tasted of all the things that had made it –the sun, the rain, the soil, the hands that had tended it. It hung on a vine on an organic farm in Arizona. I was there because it was part of a larger project I had read about during my studies, and I thought it would be a fun experience for a month. I was contemplating staying at the farm. Forever.

My whole life I had eaten only processed foods, or fruits and vegetables that had been picked before their ripeness and travelled thousands of miles. I was a sugar addict, overfed and undernourished. I realized with that tomato that food matters, and that we are connected to what we eat. That the beauty of the world can be experienced through the taste, smell and texture of a single fruit.

When I returned to Toronto, I enrolled in the Institute of Holistic Nutrition to deepen my understanding of food and the body and learned that what we eat impacts our health not just on a physical level but on an emotional and spiritual one as well. The blog, *My New Roots*, was born.

Later the same year I ran into a very handsome Dane on a street corner in New York City. Romantic fool that I am,

eighteen months later I found myself on a plane, moving to Copenhagen to live with the man who would become my husband. I quickly discovered that my certification as a holistic nutritionist wasn't recognized, and that it wasn't legal for me to practice. I biked around the city handing out resumes to all six vegetarian cafes in hope of finding a job. The last place I visited was foolish enough to hire me.

After destroying many soups with too much cayenne pepper and burning a few lasagnas beyond recognition, I got the hang of cooking and loved it. The reaction from diners in the restaurant was overwhelming, and my successes and experiences there were brought to my readers through the blog.

Suddenly requests for cooking classes and lectures started pouring in. *My New Roots* became my full-time job and passion and I haven't looked back since. It's no longer just my passion project, but a resource that thousands of people turn to every week. Knowing this calls me to the cutting board to create yet another dish to satisfy those who want to take charge of their health and reclaim their kitchen. Their inspiration becomes mine, and the cycle continues.

Even though I've never met most of my readers, I can feel us standing side by side at our stovetops, making so much more than dinner. ●



## RAW KEY LIME COCONUT TARTS

Traditional key lime pie is silky smooth, creamy, and rich, and so is this one. But would you believe that avocados are the star of the show here? Since they are a vivid green, I thought that flavouring avocados with fresh lime to become a tart filling would be just the ticket. Bingo: all the creamy qualities of avocados with the sweet-tart charm of citrus. The recipe for the filling is merely a guide, so adjust the amounts of sweetness and sourness to your liking.

### Serves 6

(Vegan, gluten free)

#### For the crust

140g raw nuts (almonds and pecans are best), soaked for 8 hours if possible

5 tbsp unsweetened shredded coconut

150g dates (about 7 large dates), preferably Medjool

A few pinches of fine sea salt

#### Filling

3 ripe avocados, pitted, flesh scooped from their skins

60ml pure maple syrup or raw honey, or more if desired

1½ tbsp coconut oil, melted

60ml freshly squeezed lime juice

2 pinches fine sea salt

Grated zest of 1 organic lime

- Make the crust: Pulse the nuts in a food processor until chunky. Add the coconut, dates and salt, and continue to pulse until the nuts and dates form a solid mass when squeezed together.
- Line a 6-cup muffin tin with plastic wrap. Divide the crust mixture into 6 golf-ball-size portions and press one into each muffin cup, pressing up the sides as well, to create a tart shell.
- Put the muffin tin in the freezer to let the crusts harden for at least 1 hour.
- When you are ready to fill the tart shells, pull up the edges of the plastic wrap to remove the tart shells from the muffin tin.
- Make the filling: Put the avocados, maple syrup, coconut oil, lime juice, and salt in a food processor and blend on the highest setting until smooth. Taste for sweetness and add more sweetener if necessary. If the avocados are overripe, add more lime juice to taste.
- Spoon the filling into the tart shells and sprinkle the lime zest on top. Return to the muffin tin for storing and put in the freezer for at least 2 hours.
- Remove the tarts from the freezer 15 to 20 minutes before serving.



## LIMES

Limes are loaded with phytochemicals, helping to boost our immune system, prevent cancer and atherosclerosis, and lower blood cholesterol and high blood pressure. They are famously loaded with vitamin C, one of the most important antioxidants in nature. Just 56ml of juice delivers over 30% of your recommended daily allowance of vitamin C.



## BLUEBERRY CARDAMOM CHIA PUDDING

The flavour of this pudding is outstanding—tangy, smooth and sweet with a little kiss of cardamom that is sure to surprise! It makes a delicious breakfast, but you can also serve this as a dessert (as I often do)

### Serves 1

(Vegan, gluten free)

1 tbsp chia seeds

3 tbsp coconut milk

35–50g frozen blueberries

2 tsp freshly squeezed lemon juice

1 tbsp pure maple syrup

Pinch of ground cardamom

- Combine the chia seeds and coconut milk in a bowl. Chill in the fridge, covered, for at least 1 hour, until gelled; overnight is best.

- Pour the chia-coconut gel into a food processor. Add the blueberries, lemon juice, maple syrup and cardamom, and blend on the highest setting until smooth. Serve immediately.

### BLUEBERRIES

Blueberries rank at the top of the list when it comes to antioxidant-rich foods.

Their anthocyanin content is extremely high; these are the nutritious, colourful pigments that give many foods their deep shades of blue, red, and purple. Happily, new studies show that freezing blueberries does not lower their overall antioxidant capacity.



## RASPBERRY MACADAMIA THUMBPRINT COOKIES

Although these awesome little powerhouse cookies are in the dessert section here, they could easily be enjoyed for breakfast. Made with oats, honey, macadamia nuts, and raspberry chia jam, they are a simple yet rather complete treat. Macadamia nuts really make these melt-in-your-mouth delicious, but you can substitute with any nut you like. The raspberry chia jam is easy to make, and if you have any leftovers, introduce them to a piece of toast tomorrow morning

### Makes 16 cookies

(Vegan, gluten free)

125g raspberries

½ tbsp pure maple syrup or raw honey

1½ tbsp chia seeds

300g gluten-free rolled oats

1 tbsp arrowroot powder

1 tsp fine sea salt

80ml coconut oil

150ml pure maple syrup or raw honey

1 tsp vanilla extract

45g raw macadamia nuts, roughly chopped

- Make the jam: Blend the raspberries with the maple syrup in a food processor until smooth. With the processor running, slowly pour in the chia seeds and mix until they are fully incorporated.
- Transfer the jam to a glass jar, cover it, and chill it in the fridge until it has gelled, 15 to 20 minutes. (You can keep the jam in the fridge for up to 1 week.)
- Preheat the oven to 180°C. Line two baking sheets with baking parchment.
- Process 250g of the oats in the (clean) food processor on high to make a rough flour. Pour the flour into a large mixing bowl, and stir in the remaining 50g oats, arrowroot powder and sea salt.
- In a small saucepan over medium heat, melt the coconut oil and honey together, whisking to blend. Add the vanilla and stir to combine.
- Pour the wet ingredients over the oat mixture and stir until just combined. Fold in the chopped macadamia nuts.
- Using wet hands, roll the dough into balls, each about the size of a golf ball, and space them an inch or so apart on the prepared baking sheets. Use your fingers to create an indent in the top of each cookie, and spoon in enough jam to fill it.
- Bake for 20 minutes, or until the edges of the cookies are golden. Transfer cookies to a wire rack to cool.



*My New Roots* by Sarah Britton, published by Pan Macmillan, £20

## MACADAMIA NUTS

Macadamias are among the fattiest of all nuts, but do not despair! The type of fat found in these buttery little treats is monounsaturated, the kind associated with helping to lower the risk of heart disease, stroke, and breast cancer.





# Clean and green

Pick your produce from organic shops, and give your cooking a flavour boost

## HUNTLY HERBS

Whitestone, Huntly AB54 4SB  
[www.huntlyherbs.co.uk](http://www.huntlyherbs.co.uk)

Based in Aberdeenshire, Huntly Herbs is a family-run farm making award-winning, tasty, handmade chutneys, jams, jellies and sauces using home-grown, organic ingredients. Their natural products are bursting with fresh, creative flavours.

## HUGH GRIERSON ORGANIC

Newmiln Farm, Tibbermore, Perth PH1 1QN  
[www.hughgrierson.co.uk](http://www.hughgrierson.co.uk)

Experience the delights of organic meat with Hugh Grierson's Aberdeen Angus beef and Scottish lamb, chicken and pork. Grass fed and full of flavour, the animals are reared

traditionally in the business's Perth-based farm, Newmiln, where they graze on lush pastures as part of their natural grass diet.

## WHITMUIR THE ORGANIC PLACE

Whitmuir Farm, West Linton, Edinburgh EH46 7BB

[whitmuirtheorganicplace.co.uk](http://whitmuirtheorganicplace.co.uk)

Located in the outskirts of the capital, Whitmuir is a family farm rearing beef, lamb, pork and turkey as well as growing salad leaves and vegetables. Holding the title of Best UK Organic Retailer 2011, the farm's natural, homegrown produce offers the perfect ingredients to create delicious, tasty dishes. To get your weekly veggie fix, try their veggie boxes delivery.

## PEELHAM FARM

Foulden, Berwickshire, TD15 1UG  
[www.peelham.co.uk](http://www.peelham.co.uk)

Award-winning Peelham Farm are thoroughly committed to growing a wide range of organic, free range produce in both their meat and veggie ventures. Recognised by the Soil Association, their delicious products are all natural and full of flavour.

## BELLFIELD ORGANIC NURSERY

Jamesfield Farm, Abernethy, Fife, KY14 6EW

[www.bellfield-organics.com](http://www.bellfield-organics.com)

Whether you choose to buy their organic produce at the many Farmers Markets they frequent or get it weekly through their veggie box delivery option, Bellfield Organic Nursery provides seasonal, healthy and homegrown produce. ●



# Uptown delights

Bruntsfield and Morningside are Edinburgh's relaxed foodie havens

## ARTISAN CHEESECAKES

104 Bruntsfield Place, EH10 4ES

[www.artisancheesecakes.com](http://www.artisancheesecakes.com)

Artisan Cheesecakes, a new addition to Bruntsfield, hails from Bathgate, where their first shop opened just eighteen months ago. The sumptuous cheesecakes are traditionally handmade with fresh, locally sourced ingredients, ensuring each bite tastes like heaven. Creative flavours include Eton Mess, Coconut Truffle and Jaffa Cake.

## BIA BISTROT

19 Colinton Road, EH10 5DP

[www.biabistrot.co.uk](http://www.biabistrot.co.uk)

Proud holders of a coveted AA Rosette for the second consecutive year, Roisin and Matthias Llorente's bistro has placed Morningside firmly on Edinburgh's foodie map. Irish and French flavours, native to the owners' homelands,



come together perfectly to create a range of mouth-watering dishes such as roasted quail breast and leg, salsify, wild garlic and bacon.

## THE BLACKBIRD

37-39 Leven Street, EH3 9LH

[theblackbirdedinburgh.co.uk](http://theblackbirdedinburgh.co.uk)

Step into The Blackbird's trendy interior and be transported to the stylish eateries of Portobello Road and Shoreditch in London. Sit back and enjoy its quirky and chic décor, creative cocktail list and delicious, locally-sourced food menu. On warm days, sit in the beer garden and perhaps catch an impromptu barbecue.

## CHOCOLATE TREE

123 Bruntsfield Place, EH10 4EQ

[www.choctree.co.uk](http://www.choctree.co.uk)

A Bruntsfield institution, the Chocolate Tree offers a wide range of fair trade, organic and



ethically-sourced hot chocolates from all over the world as well as a delicious array of sweet treats and ice creams. With its rustic and quirky décor and vegan specialities, it certainly has something for everyone.

### **HARAJUKU KITCHEN**

**10 Gillespie Place, EH10 4HS**  
[www.harajukukitchen.co.uk](http://www.harajukukitchen.co.uk)

With family recipes that date back to the nineteenth century and a vast understanding of traditional Japanese cooking techniques, Kaori Simpson's restaurant is a tribute to his ancestors and a must-visit for the modern foodie. Its bistro feel combined with its authentic, tasty dishes create a relaxed yet stylish atmosphere, ideal to indulge in Japanese hot dishes, sushi and sashimi.

### **MONTPELIERS**

**159-161 Bruntsfield Place, EH10 4DG,** [montpeliersedinburgh.co.uk](http://montpeliersedinburgh.co.uk)

Located in the heart of Bruntsfield, Montpeliers has established itself as a firm favourite amongst locals and tourists alike for over twenty years. Known for its trendy and fun cocktail list and its delicious food, it's the perfect spot to stop off for a couple of drinks, a quick lunch or a relaxed evening meal with friends. During the weekends, it turns into a buzzing hub, where live music lightens the evenings. The Full Monty – the biggest brunch in Bruntsfield – will heal you the next morning.

### **NONNA'S KITCHEN**

**45 Morningside Road, EH10 4AZ**  
[www.nonnas-kitchen.co.uk](http://www.nonnas-kitchen.co.uk)

Experience a slice of Italy in picturesque Morningside at Nonna's Kitchen. Established by Gino Stornaiuolo in 2001, this eatery offers fresh,



### **Montpeliers, Artisan Cheesecakes and Chocolate Tree**

quality produce in stylish surroundings. Their delicious artisan pizzas and pastas are homemade and exclusive – the pumpkin ravioli in gorgonzola and hazelnuts is especially mouth-watering.

### **PEKOETEA**

**Leven Street, EH3 9LJ**  
[www.pekoetea.co.uk](http://www.pekoetea.co.uk)

With a wide selection of unique teas and a collection of delicately beautiful tea ware, PekoeTea is a true tea haven. Experience the delights of the hot brew that is a staple of any British household or expand your taste buds with the exotic flavours on offer.

### **BLACK MEDICINE**

**7 Barclay Terrace, EH10 4HP**  
[www.blackmed.co.uk](http://www.blackmed.co.uk)

If you prefer something a little stronger than tea, head to Black Medicine and get your morning fix, and a sweet treat too! The cool

décor sits well with the trendy surroundings and is the perfect backdrop to enjoy a delicious cup of coffee.

### **SALT CAFÉ**

**54-56 Morningside Road, EH10 4BZ** [www.facebook.com/SaltCafeMorningside](http://www.facebook.com/SaltCafeMorningside)

A recent addition to the vibrant scene in Morningside, Salt Café's nautical vibe, delicious menu and excellent coffee will easily take you from brunch to dinner. Homemade bakes, sweet treats and pastries are on offer, and try their Eggs Royale, perfectly cooked to order.

### **CUCKOO'S BAKERY**

**116 Bruntsfield Place, Edinburgh, EH10 4ES**  
[cuckoosbakery.co.uk](http://cuckoosbakery.co.uk)

Expanding their empire from their Dundas Street roots, Cuckoo's Bakery have been an instant success in Bruntsfield, often queued out the door on weekends. Grab a Black-Bottom Cupcake and you'll see why. ●



# Cook up a storm

## **LESLEY'S KITCHEN BREAD & BAKING SCHOOL**

**The Old Church, Glasgow Road,  
Muirkirk, Ayrshire KA18 3RN  
[www.lesleyskitchen.com](http://www.lesleyskitchen.com)**

Learn how to master the art of baking bread at Lesley's Kitchen Bread School, situated in a converted church in an idyllic Scottish village. Breadmaking can be somewhat daunting but, with eleven courses on offer and groups of no more than four people, the Bread School is the ideal place to take it on with confidence.

## **THE NICK NAIRN COOK SCHOOL**

**15 Back Wynd, Aberdeen AB10  
1JN [www.nicknairn.com](http://www.nicknairn.com)**

Two new Quick Cook classes have been added to The Nick Nairn Cook School's cookery calendar. Learn how to make a tasty king prawn risotto with a hint of lemon and herbs and roasted butternut squash on the 2nd.

These cook schools will teach you all the tips and tricks you need

Alternatively, you can cook, and eat, a sumptuous and spicy crab linguine dish on the 3rd, the perfect dish for al fresco dining. In addition, there will be a Kids Lunch Club cooking session on the 23rd.

## **EDINBURGH NEW TOWN COOKERY SCHOOL**

**7 Queen Street, Edinburgh,  
Scotland EH2 1JE, [entcs.co.uk](http://entcs.co.uk)**

Expand your culinary horizons with one of the many courses on offer this month at the Edinburgh New Town Cookery School.

The Teenager's One Week Course, 6th-10th July, encourages youngsters to try their hand in the kitchen, teaching them a wide variety of skills, from basic knife skills to meringue making. Adults can learn how to master beloved Mediterranean flavours with the Mediterranean Kitchen day course on the 13th, or take their palate on an exotic venture with the Vietnamese course on the 18th.

## **THE COOK SCHOOL GLASGOW**

**161 Duke Street, Glasgow, G31 1JD  
[tennentstrainingacademy.co.uk](http://tennentstrainingacademy.co.uk)**

Join the Cook School Glasgow this month for a unique night out of cooking, cocktail making and dancing on the 25th. Two classes for the price of one, you will kick off the night by watching the school's award winning Head Chef demonstrate a delicious dish which you will then recreate and enjoy, accompanied with a glass of wine. Then shake up a cocktail or two. ●





# House of black & white

Make it monochrome, and always look elegant, understated and sharp



**C**HOOSING A MONOCHROME interior is a minimalist stance, a refusal to get caught up in the drama of colour with all the attendant complications of what goes with what.

For a monochromist the rainbow is not an option, but there are infinite nuances of black, white and that colour in between, grey. While some elect to balance white walls with shots of black, others prefer a subtly



calibrated scheme where each shade sits next to a sibling shade, the decorator carefully modulating the intensity used to add depth and interest to a space. And then there are those temperamentally suited to darkness, who can't resist the striking effect of light on dark.

A monochrome background demands contrast, texture and playful elements to temper it. Bleached wood, a nubby jute rug, handwoven baskets or a lampshade knitted in wool takes an interior in a modern rustic direction, whereas geometric copper candlesticks, a severe side chair fashioned from sleek folded metal, industrial lighting and sculptural marble objects takes a lead from Scandinavian trends. Even in the most minimal interior, accessories are the pieces of the puzzle that conjure the person living in the space. ●



*Monochrome Home* by Hilary Robertson, Ryland, Peters and Small, £25



## THE GLENEAGLES HOTEL

Auchterarder, Perthshire PH3 1NF

[www.gleneagles.com](http://www.gleneagles.com)

The award-winning Spa by ESPA at Gleneagles offers a rejuvenating experience that will leave you glowing. There is a wide range of treatments available, including an Ayurvedic massage and Orient-inspired reflexology, as well as beauty boosters to ensure you feel and look amazing. The Source of Summer is the perfect package to calm and prepare your skin for the summer holidays, and includes two hours of treatments.



## BLYTHSWOOD SQUARE

11 Blythswood Square, Glasgow G2 4AD, [spaatblythswoodsquare.com](http://spaatblythswoodsquare.com)

With nine luxury treatment rooms, a thermal suite and two relaxation pools, the spa at Blythswood square is the ideal place to relax and unwind in style. Having trouble sleeping? Try their Dreamtime Spa Day, £160, a package with three holistic treatments to help you achieve that rejuvenating, deep rest.



## LAVENDER SPA

Athol Palace Hotel, Perth Road, Pitlochry PH16 5LX

[www.athollpalace.com](http://www.athollpalace.com)

The recently-refurbished spa now boasts a new state-of-the-art sauna and steam room in addition to its treatment rooms and pool. Feel like a true queen with their Pamper at the Palace day, which includes a hot pebbles Tension Melt, a Mini Facial, Ocean Glow and a mini manicure.



## BALANCE SPA

The Roxburghe Hotel, Charlotte Square, Edinburgh, EH2 4HQ

[www.theroxburghe.com](http://www.theroxburghe.com)

Relieve your post-work stress with a Twilight Spa package, available from 5pm-8pm every evening. For £49.95, you can enjoy your choice of two 30-minute treatments, followed by a two-course dinner at the hotel's own George Street Bar & Grill with a glass of house wine.

## THE SPA AT LOCHSIDE

Lochside House Hotel & Spa  
New Cumnock, Ayrshire, KA18 4PN [www.lochside-hotel.com](http://www.lochside-hotel.com)  
Get ready for your holidays with

the spa's Summer Radiance package. Stay overnight in a luxurious room and enjoy a two-course dinner, a 55-minute

Invigorating Full Body Exfoliation with a massage, use of the thermal suite and a delicious fruit smoothie to top it all off.

# Tropic thunder

Give your party  
a taste of the  
exotic with these  
sweet, spicy drinks



*A Lime and a Shaker* by Tad  
Carducci and Paul Tanguaym  
by Tippling Bros. LLC.

Photography by Lauren Volo. Reprinted  
by permission of Houghton Mifflin Harcourt



## SIEMPRE ES PERA

This cocktail is a play on words. Depending on how you look at it, it's either "pear forever" or "always hope." Either way, we hope that you will like it for a long, long time.

1½ ounces reposado tequila  
¾ ounce pear liqueur, preferably Mathilde  
or Belle de Brillet

1 ounce pear puree  
½ ounce fresh lime juice

- Add all the ingredients to a cocktail shaker.
- Add ice and shake.
- Strain into a chilled cocktail glass half-rimmed with Mexican Spice Salt.
- Garnish with the pear slices.

## TIKIMICH

If pirates drank cocktails, they would reach for this lighter version of the El Pirata.

2 chunks fresh pineapple  
1 ounce fresh lime juice  
½ fresh serrano chilli, with seeds  
½ ounce Mexican Spiced Syrup  
1 pinch Pico Piquin, plus extra for garnish  
4 to 5 ounces lager

- Muddle the pineapple chunks with the lime juice and serrano chilli in the bottom of a cocktail shaker.
- Add the syrup and Pico Piquin and shake.
- Strain over ice in a pilsner glass.
- Fill with the lager and stir.
- Garnish with the pineapple wedge, cinnamon bark, and extra Pico Piquin.



## WATERMELON HIBISCUS MARGARITA

A beautifully vibrant and colorful cocktail. Hibiscus, or Jamaica, gives this cocktail a floral character and lots of zingy tartness. This is a perfect party drink to make in batches

2 ounces Hibiscus-Infused Blanco Tequila  
1 ounce fresh watermelon juice  
1 ounce fresh lime juice  
¾ ounce Simple Syrup

- Add all the ingredients to a cocktail shaker.
- Add ice and shake.
- Strain over fresh ice in an old-fashioned glass rimmed with salt and garnished with the watermelon slice.

### TOP TIP

As an alternative to adding watermelon juice directly to the drink, freeze watermelon juice in square ice cube trays and fill the glass with the cubes



## WEDGWOOD THE RESTAURANT

On a Tuesday night Wedgwood was humming with happy diners, and we were shown to a table with a great view of the kitchen. This meant I was fortunate enough to see splendid dishes on the pass as they had finishing touches added.

The restaurant has a smart and established feel, with black tables and grey accents. Light shades add a sophisticated splash of colour.

I ordered the Sound of Mull diver-caught scallops, creatively paired with cauliflower korma and pineapple.

This eastern twist created a divine sweet and salty combination, set off by the zing of capers.

Jeremy chose wonderfully tender rare wild pigeon, served pink and accompanied by haggis balls, neeps and tatties.

A palate refresher of ginger beer lime coulis with raspberry sorbet and ginger increased our anticipation for the next course.

Venison was beautifully cooked, served rare with

flavoursome black pudding mash, creamed cabbage and purée squash. An exquisitely tart sour rhubarb and rosemary jus complimented the meat perfectly. I did not, however, take to the deep fried haggis balls which were quite rich.

Jeremy's Borders lamb was a well-cooked and beautifully tender braised neck with belly meatballs, fresh peas, mint and pancetta lardons. Jeremy particularly enjoyed the different textures of the lamb.

My dessert was a triumph. Coconut panna cotta with beetroot sorbet and crunchy cumin meringue. The subtle, sweet flavour of the coconut combined with the earthiness of the beetroot and was set off further by sweet cicely pesto – locally foraged, of course.

Wedgwood, 267 Canongate, Edinburgh, EH8 8BQ  
wedgwoodtherestaurant.co.uk

**SUE HITCHEN**



## WILD CABARET

A night of extravagant dining, drinking and entertainment. The restaurant features lavish velvet curtains and private booths and the Big Show Menu boasts an exciting variety of mouth-watering dishes. I started with a delicious cauliflower soup, while my partner had scallops. Next we tucked into orange teriyaki salmon with coconut rice, and steak accompanied by crispy golden chips. Entertainment was provided by the salacious and fascinating host, Jelly Bean, who added a touch of wild glamour. 18 Candleriggs, Glasgow G1 1LD  
www.wildcabaret.com



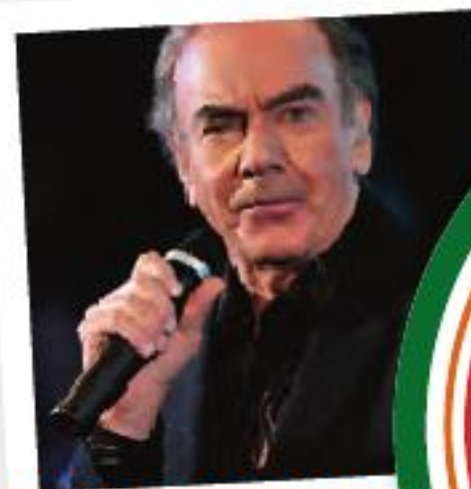
**HEATHER PALMER**

## DIVINO ENOTECA

Boasting a vast selection of wines and a menu featuring authentic yet modern Italian dishes, we were extremely excited to give Divino a try. Andrea, our charming waiter, recommends the Trebbiano Spoletino D.O.C 2013, a deliciously crisp medium white that perfectly complements our sumptuous meal. I go for the chef's special ravioli, a melt-in-your-mouth swordfish-filled pasta that definitely beats my partner's speck with mozzarella served on a bed of foccacia. The aromatic mains, a creamy Scottish crab and asparagus risotto and the chef's special – juicy pork belly served on a bed of red cabbage with new potatoes – are sensory delights. We top off the meal with two perfectly balanced desserts, a luscious tiramisu and a gooey white chocolate tart.

5 Merchant Street, Edinburgh EH1 2QD  
www.vittoriagroup.co.uk/divinoenoteca

**LIDIA MOLINA WHYTE**



# What's New

**TOP TIP**  
Neil Diamond is bringing his tour to Glasgow. Dine in The Butchershop Bar & Grill beforehand and receive a free cocktail when you show your ticket before the event



## VENUS AS A BOY

1 strawberry, muddled  
25ml Reyka  
12.5ml Calvados  
12.5ml Crème de Fraise  
25ml fresh lime juice  
12.5ml sugar syrup  
25ml apple juice

- Muddle one strawberry in shaker tin.
- Add all the other ingredients
- Shake hard with cubed ice and double strain into a glass.
- Garnish with fresh fruit and mint.

Hamilton's  
16-18 Hamilton Place,  
Edinburgh, EH3 5AU  
Tel: 0131 226 4199  
[www.hamiltonsedinburgh.co.uk](http://www.hamiltonsedinburgh.co.uk)

Following a slick and stylish face lift, Stockbridge institution Hamilton's Bar & Kitchen is looking better than ever.



## THE HUG AND PINT GLASGOW

Named after the Arab Strap album, *Monday at the Hug & Pint*, and with a logo designed by former Strapper Aidan Moffat, this Great Western Road bar is opening on the site that previously housed Roxy 171 and The Liquid Ship. Like its predecessors, The Hug and Pint aims to become a hub for live music with a 100-capacity performance space in the basement. Visitors can expect a menu which will be vegan and veggie-friendly. 171 Great Western Road, Glasgow G4 9AW, [www.thehugandpint.com](http://www.thehugandpint.com)



## BLACK DOVE DINING GLASGOW

Formerly the boss in the kitchen at Celino's, Chris Rouse, Head Chef of the Year at the Scottish Italian Awards in 2014, is now flying solo with his own Black Dove restaurant. The Shawlands venue

is open from breakfast through to dinner with a menu that ranges from a simple croissant with jam and butter to lobster thermidor. Many of the dishes are available as small plates or main courses – handy for sharing or grazing. 67 Kilmarnock Road, Shawlands, Glasgow G41 3YR Tel: 0141 231 1021 [www.blackdovedining.com](http://www.blackdovedining.com)



## 8 LISTER SQUARE EDINBURGH

The former Enzo Italian premises in Quartermile have become 8 Lister Square. Aiming to be a neighbourhood gastrobar, albeit one with sheer glass walls, it serves spruced-up comfort food such as venison sausages with a smoked cheese mash and roast pork belly stuffed with black pudding and sage. A pool table and well stuffed Chesterfields help give it a pub atmosphere. The courtyard should prove popular when the sun appears. 8 Lister Square, Simpson Loan, Edinburgh EH3 9GL Tel: 0131 229 4634 [www.no8listersquare.co.uk](http://www.no8listersquare.co.uk)

**Plaimont  
Producteurs AOC  
Saint Mont Rosé  
d'Enfer 2014,  
£15.99, Adnams  
Cellar & Kitchen**  
Supple and delicate with a touch of vivacity.



**Beaujolais-  
Villages Louis  
Jadot Combe aux  
Jacques 2013  
£10.99, Tesco**  
Ripe, juicy raspberry and cherry flavours.



**Marques de Casa  
Concha Merlot  
2012, £11.99,  
Tesco**  
Rich and balanced, bold red, with complex layers of flavour.



# Out & about

If you want to feature contact  
[press@foodiesfestival.com](mailto:press@foodiesfestival.com)



**LA FAVORITA**  
Pizza favourite  
celebrated  
its tenth  
anniversary  
with typical  
flair, fun and  
style



**RIPARIAN  
ROOMS**  
Young chefs  
faced  
off in a  
cooking  
competition  
hosted by  
radio host  
Grant Stott



**NEWSROOM  
NEW MENU**  
The  
Newsroom  
Bar launched  
its exciting  
new cocktail  
and food  
menu with  
a party in  
which guests  
sampled food  
teasers and  
drinks

