

ISSUE 67

www.appetitemag.co.uk

March/April 2022

appetite.

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Easter parade

Making your seasonal table eggs-tra special

Plus The low down on asparagus // A foodie tour of North Tyneside // The best spring flavours

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WELCOME

Oh crumbs...!



In an ironic twist, the editor further ponders the mystery of the missing breadcrumbs

A mystery, dear reader, one both disturbing and loaded with irony, has us in its grips here at Appetite HQ.

If you are the person who devotedly reads this introduction in every edition (I doubt there is more than one of you), you may remember that in the last edition I was blathering on about the mystery of the missing breadcrumbs in an old recipe book's treacle tart recipe. I recounted how I'd made the tart using this recipe on many occasions without consciously noticing the lack of breadcrumbs (a vital ingredient) because I knew to add them anyway (it was one of my more fascinating welcome pieces, I must say).

I mentioned that this train of thought was set off by the fact that in that very edition we were including a treacle tart recipe, and what a lovely recipe it was too I thought (perhaps a wee bit smugly...).

And so all was well, or so I thought; I'd published a nice recipe, and used it to inspire the waffle on this page. Win, win, I thought... Until a few days after publication we began to receive puzzled messages from readers

informing us that an important ingredient was missing from said recipe. Which ingredient? The breadcrumbs.

Having eventually accepted that our eagle-eyed readers were horribly correct in their assertion (I checked a dozen times before I could really believe it), I had to acknowledge that what we in the trade call a cook's almighty c**k-up had occurred on the pages of this magazine. A dark moment indeed. Clearly, the irony of this is not lost on me, or indeed the lasting shame, which runs deep, I can tell you. I mean... how? HOW? I can't explain it, and sadly what's done is done and telling you now that you need about 100g breadcrumbs is either too late, or you realised anyway.

Maybe I could claim this was all a cunning ploy to find out if anyone actually reads this magazine? It wasn't, and it has proved that lots of people do, and they all now think I'm an idiot who doesn't know about breadcrumbs in treacle tart. I do, I assure you, but I have rather lost my taste for it recently. I'm not sure why...

Jane Pikett, Editor



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Cover: Easter kulich with Swiss meringue topping – one of the recipes in our Easter feature, pages 24-27.

We want to hear all about the food and drink you love in the North East. Keep in touch with us via social media, sign up to our newsletter at www.appetitemag.co.uk or email us at: editor@appetitemag.co.uk

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RELAX & UNWIND

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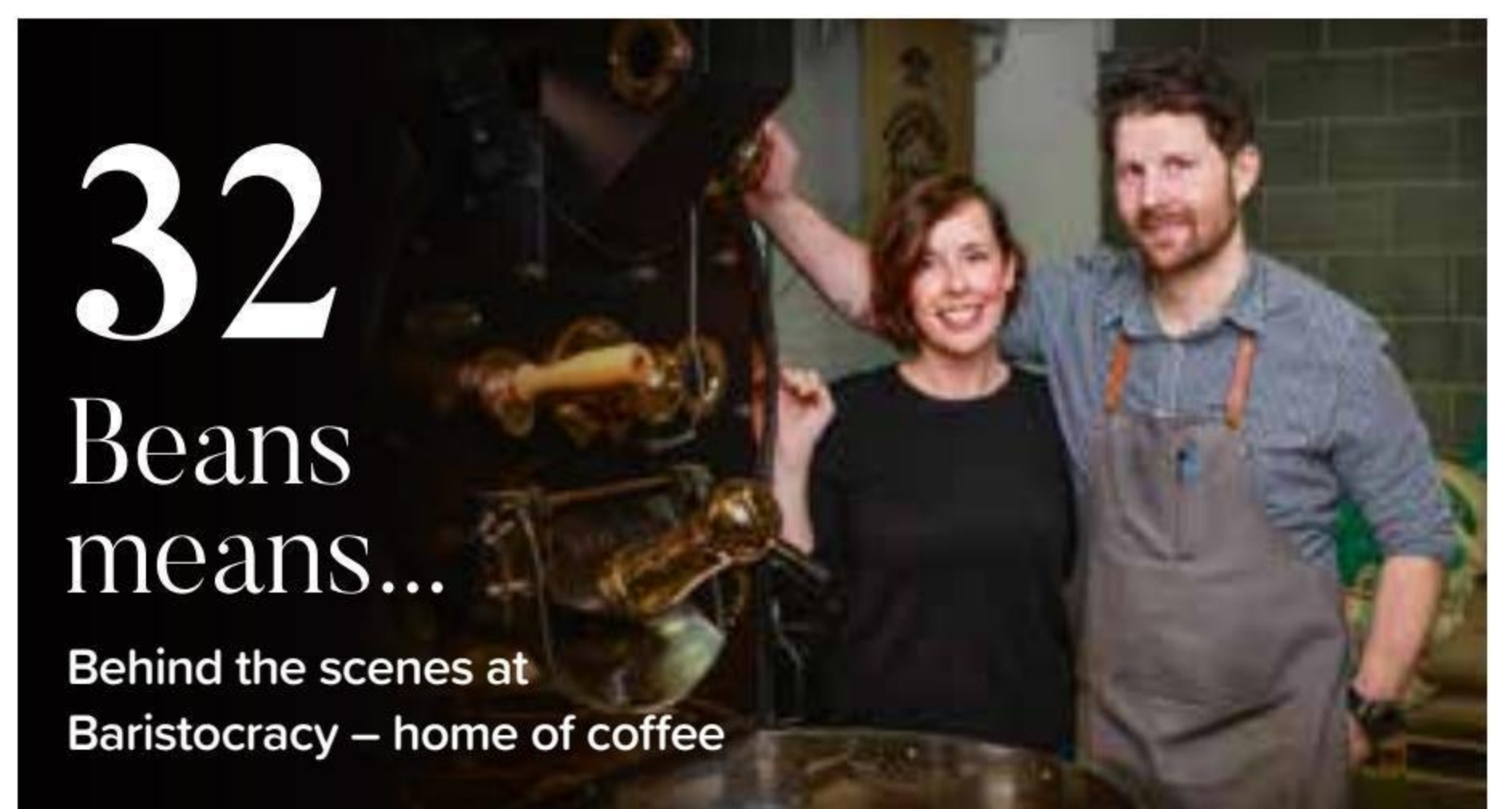
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Chef Phil Pringle



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Beans means...

Behind the scenes at Baristocracy – home of coffee



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Simply cut out and keep or print from our website, and remember to quote 'Appetite offer'.

To use these offers, please quote 'Appetite offer' when booking and take a copy of the offer with you (either cut out from the magazine or printed from www.appetitemag.co.uk/offers). All offers are subject to availability.

FREE GIFT

Appetite readers receive a free gift on their first visit to grate. Just mention 'Appetite'. Offer available until April 28, 2022.

grate, 252 Jesmond Road, Jesmond, NE2 1LD, tel 0191 649 2528
www.gratenewcastle.co.uk



FREE GLASS OF FIZZ

Hinnies is offering Appetite readers a free glass of fizz with any main dish from the à la carte menu until April 28, 2022. Offer available Tuesday-Friday only.

One complimentary glass of fizz per person aged 18 or over with this voucher.

Hinnies Restaurant, 10 East Parade, Whitley Bay, NE26 1AP tel 0191 447 0500, hinnies.co.uk

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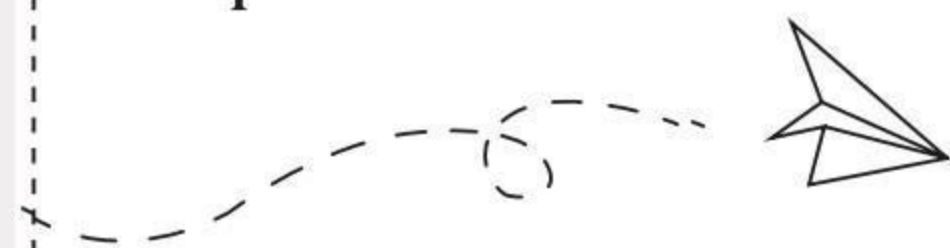
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www.mucklebrewing.co.uk

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Feedback

SEND US YOUR RECIPES, FEEDBACK AND FOODIE NEWS AND YOU MIGHT POP UP ON THIS PAGE. FAME AT LAST! EMAIL THE ED. AT EDITOR@APPETITEMAG.CO.UK AND CONNECT WITH US HERE: TWITTER @APPETITEMAGUK • FACEBOOK @APPETITEMAGUK • INSTAGRAM @APPETITEMAGUK

WHAT DO I DO WITH...? **SORREL**

Go on, be honest, when was the last time you used sorrel in a dish? Can't remember? Us neither, yet in France, they eat this sharp, lemony green herb all the time, and we would do well to follow suit. The French use the leaves, which are either fully green or green with purple veins, liberally in soups and sauces, fish and egg dishes. The young leaves, which are available from April, lend a kick to salads, while over the summer months, we recommend you experiment with it in cooked dishes. Here are some ideas:

- The leaves add a kick when combined with butter or cream for an accompaniment for fish or grilled chicken. Or wilt in butter and serve with salmon, lemon sole, crab and lobster.
- For a simple soup, wilt over onions well-sautéed in butter, add veg stock and simmer. Whiz with a stick blender and thicken with cream, season well and serve (with hard-boiled egg if you like).
- Make a tart by filling a blind-baked shortcrust case with a standard egg and milk quiche base, replacing the ham with wilted and drained sorrel and feta cheese. Bake as per a quiche Lorraine.



Adam Westgarth and Clair Potts

YES, CHEF!

Nice work on the part of The Northumberland Arms at Felton, which has appointed Adam Westgarth to the role of head chef, while Clair Potts has joined the hotel as new general manager. With a background in fine dining, award-winning chef Adam has worked at some of the region's leading hotels, including Wynyard Hall, Otterburn Castle, and Matfen Hall. Having worked to Michelin star and four AA rosette levels, he says he's keen to bring his fine dining skills and new flavours to The Northumberland Arms while staying true to the cosy pub environment. He's wasted no time in building relationships with gamekeepers and local suppliers, so look out for his seasonal menus.

The Northumberland Arms, Felton, NE65 9EE, tel 01670 787 370
www.northumberlandarms-felton.co.uk

STEAKS SCORE

Our street spies tell us that Newcastle United's newest recruit Bruno Guimarães and his girlfriend Ana Lidia Martins already have a couple of favourite restaurants in the city and steak is very definitely top of the menu.

Ana and Bruno, who switched from French side Lyon to NUFC recently, have been making themselves at home at various restaurants including on a number of occasions Rio Brazilian Steakhouse on Newcastle Quayside. They've also been spotted at Tomahawk steakhouse next door, and at Miller and Carter steakhouse on Moseley Street.

There is a theme emerging!



Bruno Guimarães and his girlfriend Ana Lidia Martins (Image: Bruno Guimarães)



URBAN GREEN CAFÉS

The sun's beginning to shine and the days are getting longer, which means a visit to the fantastic Urban Green Cafés in Newcastle's Exhibition and Paddy Freeman's parks. There's seating indoors and out at both locations and locally sourced food is available all day at Exhibition Park, where dishes include such local legends as Nicholson's sausage and bacon breakfast sandwiches, to sourdough toasties and stottie sandwiches for lunch, plus a range of delicious wood-fired pizzas. You'll also find tea and coffee from Ringtons and beers from Wylam Brewery just along the way.

Exhibition Park and Paddy Freeman's Park, Newcastle
www.urbangreennewcastle.org/urban-green-cafe



GOOD MATCHA

News also reaches us of new Japanese café TSUJIRI, which is now serving up authentic matcha green tea drinks and sublime desserts in Newcastle's Chinatown.

The new dessert tea house specialises in drinks, ice creams and cakes made with matcha green tea powder. You may know its owners Charles Tang and Robert Lao from their popular restaurant Chilli Padi on Leazes Park Road, and the new outlet is a franchise partnership with matcha powder TSUJIRI, which was founded in 1860.

The matcha powder used at TSUJIRI is sourced from Kyoto in Japan and is said to be rich in antioxidants. As well as the food and desserts at the café, you can buy teas and accessories here too.

TSUJIRI, St Andrew's Street, Newcastle, NE1 5SF, www.tsujiri.co.uk

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IT'S A DATE



NECTA 2022 EVENTS

MAY 4-5

The North East Culinary and Trade Association (NECTA) hosts its 2022 Hospitality Salon and the final of the North East Chef of the Year competition in Newcastle in May. The event at the Grand Hotel Gosforth Park is the largest culinary competition and catering exhibition in the region and features a hospitality salon showcasing local chefs, an inter-college cookery competition, and numerous classes and demonstrations.

www.nectachef.org

BROCKSBUSHES' FRIDAY FOOD FAIRS

LAST FRIDAY OF THE MONTH

Brocksbushes' Friday Food Fairs are back, featuring great regional producers on the last Friday of every month. Traders at the next event, which is open 10am-3pm on March 25, include High Strothers Butchery, The Travelling Spoon, Urban Bakery, Pie Demand, The Yolker, and The Cherry Tree Preserves. The Friday Food Fairs' charity for 2022, Northumbria Blood Bikes, will also be in attendance.

www.brocksbushes.co.uk/cat/events

BLACKFRIARS' CLOISTER GARDEN BANK HOLIDAY HOG ROAST

APRIL 17

Enjoy a succulent spit-roasted hog with all the trimmings in Blackfriars' sheltered cloister courtyard. Guests will receive a glass of fizz on arrival and enjoy sharing platters of seasonal starters before dining on spit-roast pork with pork fat potatoes, fire-roasted seasonal vegetables and gravy, all rounded off with desserts and coffee.

Tickets £35pp at <https://bit.ly/3hvxbtq>

Light bites



FESTIVAL FAVOURITES

Some of our favourite names in food are set to headline Bishop Auckland Food Festival on April 23-24. They include Strictly Come Dancing finalist and Great British Bake Off winner John Whaite, 2021 Bake Off favourite Crystelle Pereira, and vegan chef Matt Pritchard, who will all be hosting chef demos on Saturday 23rd. They will be followed on Sunday 24th by Michelin-starred chef Jean-Christophe Novelli, Bake Off contestant Chigs Parmar, and local favourite Mike Bartley. **More news at www.bishopaucklandfoodfestival.co.uk and follow @BishFoodFest on Facebook, Instagram and Twitter**

ICE DREAM

Leading ice cream producers have been recognised at the Ice Cream Alliance's annual National Competition. Blyth's Ciccarelli took first in the Vanilla Ice Cream Class, while Lickety Split Creamery in Seaham won the Open Flavour Class with its Amarena Cherry ice cream.

Whitley Bay-based Di Meo's picked up a silver medal in the Vanilla Dairy Ice Cream Class and a bronze in the Mint Choc Chip category, and Minchellas of Seaburn earned a bronze for its Raspberry Sorbet.

The 77th annual event brought together hundreds of products from across the UK to compete in 13 hard-fought categories.



Ciccarelli's owner Domenico Gregorio pictured with his children Donato and Mariella



The Restaurant Pine team, l-r Bobby Morrison, Ian Waller, Vanessa Stoltz, Cal Byerley, Siân Buchan, Ralph Thoburn and Esme Poor

STARS OF THE SHOW

Just nine months after opening its doors, Restaurant Pine at Vallum Farm near Corbridge has been recognised with a Michelin star.

The restaurant, which also earned a Michelin green star for sustainability, joined Hjem in Wall near Hexham and House of Tides on Newcastle Quayside in earning a one-star rating. The Raby Hunt near Darlington retained its two-star rating.

Pine chefs Cal Byerley and Ian Waller Forest said: "We didn't expect this, especially after everything the hospitality sector has experienced in recent times. We can't describe how stunned the entire team are. It's been an amazing journey so far and we couldn't be prouder of what we've all achieved. It's always been about the food we create at Pine, our surroundings and our sense of belonging to this place. The food we create is a reflection of our collective passion for the amazing larder we are lucky to have here in Northumberland."

The latest edition of the guide also recognises Haveli in Ponteland, The Broad Chare and Route in Newcastle, which all retain their Bib Gourmand distinctions. There is also a first listing for Newcastle's Khai Khai, and listings for restaurants including Eleven, Ponteland; Fern at Jesmond Dene House; The Patricia, Jesmond; Cook House, Ouseburn; The Feathers Inn, Hedley on the Hill; The Rat inn, Anick; Träkol, Gateshead; and 21, Newcastle.

www.guide.michelin.com

TOP OF THE CLASS

Young Newcastle College chefs showcased their talents as NCG (National College Group), hosted its skills competition finals as part of National Apprenticeship Week.

The competition was won by Anthony Reay, 19, an apprentice at Michelin-starred Hjem in Wall near Hexham. He and the other two finalists served a three-course meal judged by Craig Harvey, MD of St Mary's Inn near Morpeth, and Robby Scott, MD of Babucho Bar and Restaurant, Newcastle.

The front of house competition final for hospitality students was held at Newcastle College's Chefs' Academy. It was won by Newcastle-based Georgina Hunter who works at Salters in Cullercoats.



Anthony Reay

THE IN CROWD

MARCH

RAZOR CLAMS

Found throughout British waters in March, these little beauties are among the most delicious fruits of the sea. Grill and serve with salt, lemon and parsley, or enjoy them at their best at The Old Boathouse, Amble, where they are sublime.

SPRING ONIONS

Delicious sliced razor thin in stir fry, duck pancakes, miso ramen, or stir fried with pork, ginger and soy, early spring onions are at their best now.

PURPLE SPROUTING BROCCOLI

One of our favourite ingredients, purple sprouting broccoli is at its best right now. Make a purple sprouting broccoli and chorizo carbonara for a new take on the Italian favourite, add it to a quiche with Stilton, and make a warm salad of it with Jersey royals (also coming into season now), burrata and anchovies.

APRIL

WILD GARLIC

Our favourite free food of the season, gather it in wet woodland and serve the young, tender leaves in salad; use instead of or with basil in pesto; and stir through pasta with a little olive oil, lemon, salt and pine nuts. Delicious!

WILD NETTLES

More free food, wild nettles are bang in season in April. Add well-washed nettle leaves to a vegetable soup base; infuse in boiling water for a refreshing tea; or blanch leaves and blitz in a food processor with walnuts, parmesan, olive oil, shallots, sugar and salt (quantities to your taste) for a sublime pesto.

RADISHES

One of our favourite spring and summer vegetables and best eaten as they are fresh out of the garden, they're also sublime pickled in a basic pickling solution; sliced and tossed through warm new potatoes with prosciutto, extra virgin olive oil and sherry vinegar; or in spaghetti with crab, lemon, chilli, parsley, butter and cream.



NO MORE DIGGING



Vicky Moffitt, of Vallum Farm on Hadrian's Wall, shares the trials and tribulations of the Kitchen Garden which supplies produce to the farm's weddings and events, and Restaurant Pine. **Vallum, Military Road, Newcastle, NE18 0LL** tel 01434 672 652, www.vallumfarm.co.uk

Well, it's a fristy frosty March morning today and the sun is bright, the skies are blue and white puffy clouds are hanging in the air, so it couldn't be more perfect.

The vegetable garden is getting so much attention since Restaurant Pine arrived here. They have the bit between their teeth and are forging ahead for spring. The team are over the moon with their Michelin star, and not only did they receive a coveted red star for their food and wine, but also a green star which is largely down to growing their own produce and how they look after their land.

They have a composter for their waste, bees for honey and are now taking on a fantastic approach to gardening called the no-dig method. I've been following Sash in the Garden on Instagram (I think I borrowed her pony for pony club games many years ago) and that has opened a worm hole of gardening inspo including Charles Dowding's no dig genius. Look him up!

Pine have called in the team from Wilde Farm in Ponteland to help with the garden and if you look up @restaurantpine on Instagram

you can learn all about it. If you're not up on no-dig, essentially you lay down cardboard and cover it with base soil and compacted compost. It's good for soil structure, for worms, and generally protects the soil ecosystem, as well as removing the need to dig, which makes it a winner for me. Apparently it also means fewer weeds, so happy days all round.

The guys (and the seven-year-old helper who popped in on a teacher training day) have been busy planting the first seeds of the year along with their root stock from last year. There are two polytunnels at Vallum and they offer lots more scope for early crops. Some of the old rotted raised beds are being taken down to make way for more ground beds, and the team will be 'hot bedding' too, to help bring seeds on faster.

My garden is still a bomb site but I did hear on Radio 4 that you shouldn't tidy just yet as lots of insects are staying warm under the leaves and debris, which is all the excuse I need. So yes, it's all go in the garden here, and well done to the Pine team. Roll on more sunny days and garden produce!



Graham Tweddle and Caroline Bell

SPREAD THE WORD

Acorn Dairy in Co Durham has been named Best Dairy Butter option in the UK by Ethical Consumer Magazine.

The low-carbon organic farm in Archdeacon Newton near Darlington is run by Caroline Bell and her brother Graham Tweddle. Established in 1928, the farm converted to organic status in 1998. Caroline said: "For our butter to receive a higher ethical ranking than so many processed plant spreads makes us very proud, especially as our marketing budget is miniscule compared to some of the big boys!"

The publication ranks consumer products based on factors including environmental impact, animals, politics, product sustainability and company ethos.

www.acorndairy.co.uk



Kenny Atkinson

SAVE IT FOR THE JUDGE

Two new chairs of judges have been revealed by the Craft Guild of Chefs for this year's National Chef of the Year (NCOTY) and Young National Chef of the Year (YNCOTY) competitions.

Kenny Atkinson, chef patron at the Michelin-starred House of Tides in Newcastle chairs the panel for the NCOTY, and Lisa Goodwin-Allen chairs the judges for YNCOTY. Kenny said: "National Chef of the Year is a competition which I have both competed in and judged, so to be the chair of judges is an absolute honour. When I think of the names who have judged this prestigious competition over the years it fills me with huge pride, and I have some big shoes to fill."

To be notified when entries open, message the guild via its social media channels or email enquiries@craftguildofchefs.org



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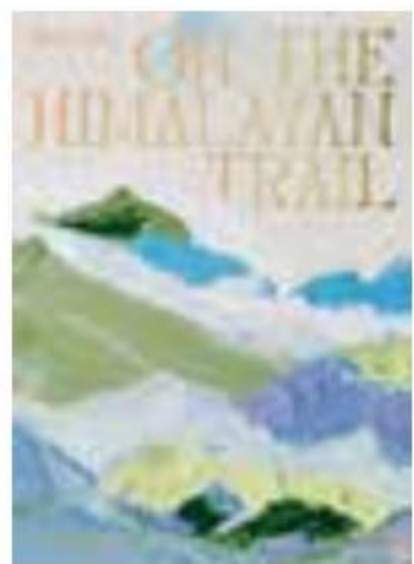
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BOOKS

BOOKS FOR COOKS

Helen Stanton of Forum Books in Corbridge, The Bound, Whitley Bay, and The Accidental Bookshop, Alnwick, reviews her latest food titles



ON THE HIMALAYAN TRAIL // ROMY GILL Romy Gill tells the story of Kashmir and Ladakh's unique and tantalising cuisine sharing more than 80 extraordinary recipes. With everything from shammi kebabs (minced lamb patties) to wagen pakora (deep-fried aubergine in gram flour) to succulent meat curries like Kashmiri rogan josh or gustaba (lamb meatballs cooked in a yoghurt gravy); to aromatic vegetable dishes. Set to the backdrop of the snow-capped Himalayas, with stunning travel photography, it's an intimate window into the life and the history of the Kashmiri and Ladakhi people, and why food is at the heart of this incredible place. Absolutely stunning.



THE BROWNIE DIARIES // LEAH HYSLOP These are Leah's cocoa-dusted recipes for happy times, heartbreak and everything in between. She's got a brownie recipe to cheer you up, like the 'Lonesome Tonight' brownie, the 'I Think I Love You' brownie and even the 'Payday' brownie. Stuck indoors on a rainy Sunday afternoon? There's a brownie for that, too. This really is the ultimate book for brownie and blondie lovers everywhere.



THE GET AHEAD COOK // JANE LOVETT A timely reissue of Jane's classic is packed full of easy, uncomplicated and foolproof recipes to take the stress out of cooking. With dishes that are contemporary and beautifully presented, yet deceptively simple. Importantly for us, they all have get-ahead elements to lighten the load, making them invaluable for everyday cooking and especially for entertaining. One you'll go back to time and time again.



NISTISIMA // GEORGINA HAYDEN Nistisima means fasting food – food eaten during Lent etc – which just happens to be vegan. Drawing on the history and culture of the Mediterranean, Middle East and Eastern Europe Georgina shares the simple, nutritious and flavour-packed recipes at the heart of the practice and celebrates the very best of this tradition, all bursting with flavour and all surprisingly vegan. Gorgeous storytelling and photography too.



A GOOD DAY TO BAKE // BENJAMINA EBUEHI The Great British Bake Off contestant Benjamina writes so warmly about cakes and her recipes speak to a natural, seasonal and down-to-earth way of baking. Believing that every day is a good day to bake, here Benjamina also embraces the simplicity, mindfulness and the therapeutic comforts of baking. We'll take a slice of that!

LET'S GO OUTSIDE

Things are getting very futuristic over at InHouse room design in Hexham where the latest outdoor kitchens from Italian brand Steel Cucine has been unveiled.

This stunning range of outdoor kitchen furniture and appliances is modular, so pieces can be combined to create the al fresco eating and cooking space that best suits you. The range includes outdoor refrigerators, sinks, barbeques and more, all beautifully designed to transform your outdoor space from the ordinary to the extraordinary. **InHouse Inspired Room Design, Bridge End Industrial Estate, Hexham, NE46 4DQ, tel 01434 400 070**
www.inhouseltd.co.uk



The Broad Chare

DAMM GOOD PUBS

Two of the region's best pubs have been included in this year's Estrella Damm Top 50 Gastropubs.

The Rat in Anick near Hexham and The Broad Chare, Newcastle both made it into the top 20 of this year's list, which is sponsored by Spanish beer brand Estrella Damm.

The Unruly Pig in Woodbridge, Suffolk took top spot in this year's list while The Star Inn, Harome, York took third place.

www.top50gastropubs.com

STARTERS



SEASON'S BEST

St Mary's Inn, Stannington, Morpeth has unveiled its new seasonal menus with a major focus on fine local produce.

Spring starters include confit chicken, leek and wild mushroom terrine with wild garlic mayo; confit chalk stream trout with salt-baked celeriac, buttermilk, Granny Smith apple and fresh dill. The mains are headlined by 35-day aged local ribeye; and North Sea monkish and lobster with truffled cheesy chips. Desserts include Yorkshire rhubarb bakewell tart; sticky toffee pudding with salted caramel, vanilla ice cream and cinder toffee; and vanilla crème brûlée. Just go...

St Mary's Inn, St Mary's Lane, St Mary's Park, Morpeth, NE61 6BL
tel 01670 293 293, www.stmarysinn.co.uk



TURNBULL'S SPRING LAMB

Spring lamb signals the return of long days relaxing and eating in the sunshine. The talented butchery team at Turnbull's Northumbrian Food in Alnwick has more than 140 years' experience sourcing and preparing the finest cuts for roasts, barbeques and more.

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ON THE MENU

Sunderland Restaurant Week is set to return March 12-20 with some of the city's best cafés and restaurants serving up set menus priced just £5, £10 and £15 per person.

Venues taking part include Angelo's, Asiana, No2 Church Lane, Port of Call, 808 Bar and Kitchen, ENFES, Grannie Annies, Grosvenor Casino, and Ttonic.

Hotel Chocolat, LayWawa's, Seaburn Bay, Sunderland Bowl, The Keel Lounge, The Palm and The Old Vestry are also set to take part, with more venues to be announced in the coming days.

A number of STACK Seaburn's vendors have also joined the event this year. Diners can enjoy discounts at favourites including Acropolis, Bao Down, Big Fat Indian Kitchen, Boojie Burger, Chapos Tacos, Downey's, Healthy Thaim, Holy Duck, #PoshStreetFood, So Smooth Co, Yolo Coffee and Kitchen, Zza Pizzeria, and The Little Cakery by the Sea.

For vouchers go to www.sunderlandbid.co.uk/restaurant-week



Tom and Nicola Smith

**WE
LIKE**

NEWS OF THE BREWS

Since opening at the end of 2021, Muckle Brewing's online shop has proved popular with fans of the brewery's unfiltered, naturally carbonated beer. The online shop stocks three-bottle gift packs as well as allowing you to build a selection box of 12 Muckle beers of your choice.

Alternatively, you can pick up Muckle beers at independent retailers across Northumberland, or brewery owners Tom and Nicola Smith are always delighted to meet new and regular customers at Hexham Farmers' Market and Bellingham Indoor Market.

www.mucklebrewing.co.uk

COOK!

GREEN VEGETABLE BAKED EGGS WITH SPINACH AND FETA

It's nearly Easter, which means eggs (not just the chocolate ones) are on the menu. This recipe is full of flavour from the spices, feta, herbs and lemon and makes a great brunch or lunch dish.

INGREDIENTS

2 tbsp olive oil	25g fresh coriander, roughly chopped
3 spring onions	15g dill, fronds picked (plus extra for garnish)
1 garlic clove, crushed	4 eggs
1 tsp cumin seeds	small handful fresh mint leaves
1 tsp ground coriander	20g feta cheese
100g cavalo nero, shredded	pinch of chilli flakes
100g baby spinach	Maldon salt
½ lemon, zested and juiced	
40g frozen peas	

METHOD

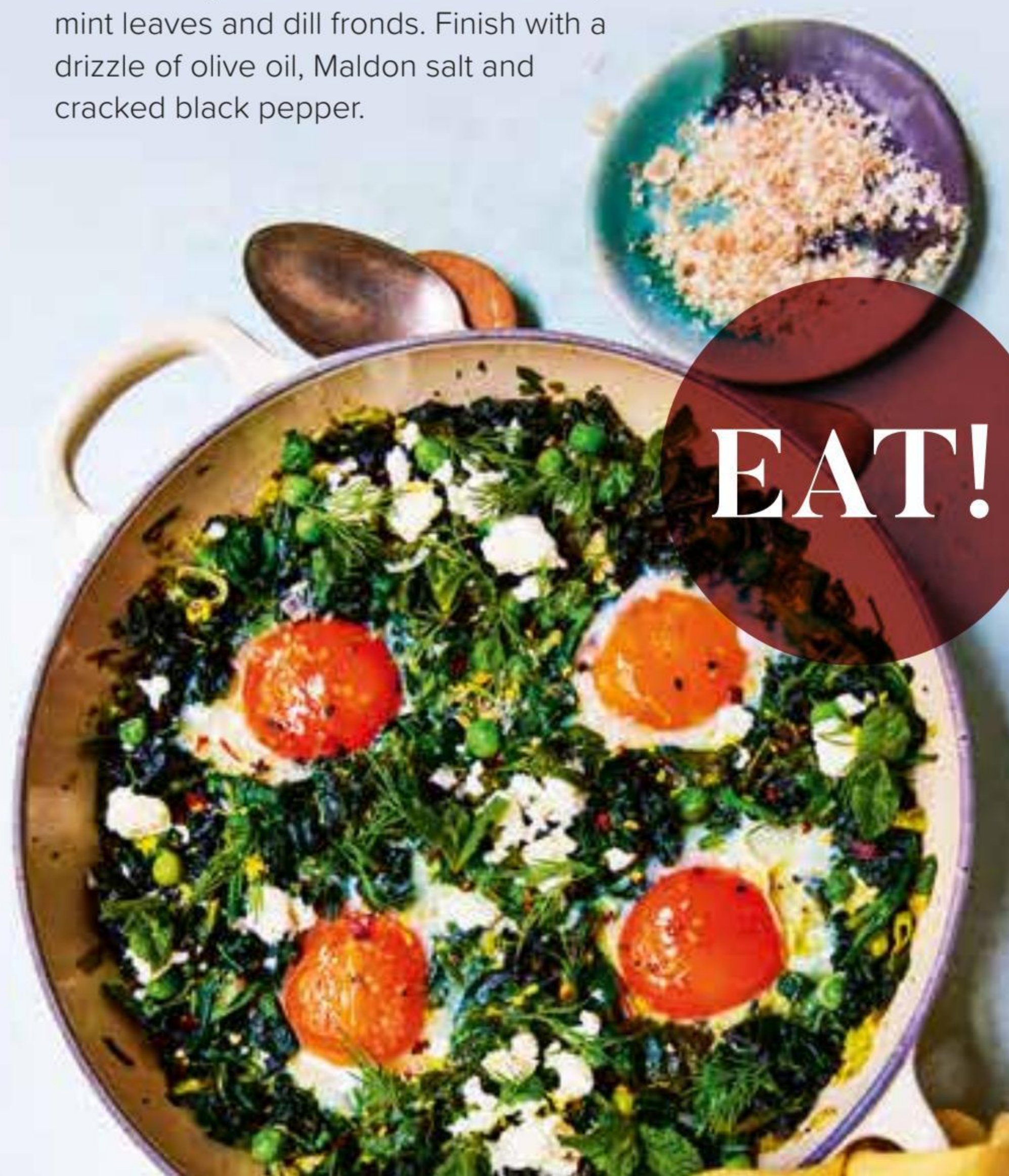
Take a large frying pan and place on a medium heat. Heat 1 tbsp olive oil, add the spring onions and fry gently until softened.

Add the crushed garlic, cumin seeds and ground coriander and continue to fry for 2 mins until starting to smell fragrant.

Add the cavolo nero, spinach and lemon juice and zest. Cook down gently, stirring often, for 5 mins until the cavolo nero and spinach have softened and wilted. Add the frozen peas, chopped coriander and dill fronds and cook for 2 mins.

Make 4 shallow wells in the veg mixture and carefully crack the eggs into each hole. Turn the heat down and gently cook until the whites are just set and the yolks still runny.

Remove the pan from the heat as soon as the eggs are cooked. Top with cubed feta cheese, mint leaves and dill fronds. Finish with a drizzle of olive oil, Maldon salt and cracked black pepper.



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JUST GO..!

Take 5

Seeking foodie inspiration? Here are five of our editor's favourite things of the moment...



VEGANO

You don't have to be vegan to love Vegano, where house-made baked 'camembert' with garlic toast has us going back time and again. Burgers, pizzas, kebabs, pasta and street food are served with cocktails and desserts. It's great to see the lovely Vegano folks progress from their street food van to this welcoming café, where The Old Boy teriyaki-marinated burger with kimchi, pickled radish, pink garlic and miso wasabi mayo and crispy rice noodles is a must.

Vegano, 33a Blandford Square, Newcastle, NE1 4HZ, tel 0191 597 8257, www.vegano.uk.com

FAB BAKERY

FAB (AKA the Fresh Artisan Bread Co) is all about bread and patisserie as they should be. Owner Shynara Bakisheva is from Kazakhstan where bread is an art. Her sourdough breads, baguettes and artisan loaves sit alongside sublime croissants, pain au chocolat and other divine patisserie, all baked daily. Drop by for sandwiches, sausage rolls and takeaway tea and coffee, and watch out for bread-making courses.

36 Fenham Hall Drive
Fenham, Newcastle, NE4 9UU, tel 07920 585 510
www.fabbakery.co.uk



NOVO, MORPETH

We love a smart brasserie, and Novo in Morpeth, which opened last autumn, is a treat. We've enjoyed a sublime Sunday roast there, and on another occasion a lunch of Lindisfarne oysters, tempura anchovies with garlic aioli, sourdough and olives, and wild mushroom gnocchi with truffle cream. The steaks are excellent, as are the cocktails and the plush velvet booths.

Elm House, Well Way, Morpeth, NE61 1BJ
tel 01670 504 919, www.novorestaurant.co.uk

BLAGDON FARM SHOP HAMPERS



Blagdon Farm Shop is now offering three roasting hampers filled with great produce from the Blagdon Estate perfect for Easter. There's a choice of lamb shoulder, free-range turkey or beef sirloin, each with Blagdon potatoes and vegetables, homemade cauliflower cheese, a sauce to match your roast, and a choice of puddings from the farm shop. You can also order afternoon tea hampers for Easter weekend. Happy Easter! To order, pop into the farm shop, call 01670 789 924 or email enquiries@theblagdonfarmshop.co.uk

BREW & BITE



The excellent Chillingham Road Brew & Bite now has a second café in Gosforth serving up sublime breakfasts, salads and sandwiches, pastries and sweets and great coffee. We can't go past the window full of gorgeous pastries without dropping in for a white chocolate and raspberry cruffin or three. Just go...

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Tacos and tequila

Jane Pikett spends a happy afternoon at Little Lobo in Sandyford, Newcastle



In a former life, I was a Mexican person of some culinary repute. I know this because I have a big burrito habit, an obsession with tortilla chips which is endangering my coronary health, and a love for guacamole which runs a good deal deeper than my regard for my children.

I like Mexican music, Mexican art and culture, margaritas, tequila and tacos, so ask me to lunch at a nice little taqueria on a sunny day and I'm in. I love Little Lobo in Sandyford. It's all a taqueria should be – small, busy, relaxed, home to dangerously moreish margaritas, and in a surprising addition to a Mexican menu, an insanely good vegan ice cream with Biscoff sauce.

Just to divert momentarily from news of tacos and tortas, do forgive me if I spend a little time here relishing the memory of that dessert – quite the creamiest, richest, most Biscoff-y Biscoff ice cream and sauce (my GOD, the sauce...) I have

ever tasted. And no I did not share, despite well-intentioned promises. So, the ice cream will linger long in the memory, as will the churros and chocolate sauce, which were sublime, and the margaritas (did I mention the margaritas?).

We sat at a high table on stools, which always feels kind of holiday-ish to me, and grazed for a long time on small plates while the sun blazed outside and the music, decor and flavours transported us to a world where the sun always shines. One of us had a banging burrito with sweet potato, feta, spring onion, and pumpkin nut chile. One had chicken tacos with lashings of pico de gallo and chipotle crema. I had a huge sweet potato salad and a big bowl of fries, while someone else had tortilla chips and guacamole which was agreeably garnished with pomegranate seeds. Yes, we were disgustingly greedy, but it was so good. And we were there for you,

dear reader, so what were we to do but eat and drink as much of the menu as possible?

I don't usually list everything we ate when I write a review, but in this case it was all so good, and the memory of it is as fresh and zingy as the pico de gallo, that I have to. The girl waiting on us told us it was her first day, which was amazing because she was brilliant. A friend was there the other day and said the blackened prawn tacos with lime crema were historic, while the frijole fries with beans, feta, lime crema, spring onion, and pomegranate were apparently sublime, so I'm nipping back at the weekend.

This is little sister to the brilliant Lobo Rojo on North Shields Fish Quay, by the way, and a welcome addition to the great indie kitchens of Sandyford, just down the road from Scream for Pizza and around the corner from Little Green. Go, and have a margarita for me (hic!).

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Fab 5

This month we ask five fab foodies – what's your favourite spring flavour?



ELLIE GRAHAM

BLACKFRIARS

My favourite dish on our spring menu is pan-fried duck breast, smoked duck wing, fermented wild leeks and orange gnocchi developed by my partner Krystian, head chef at Blackfriars. The duck breast is complemented by

the smokiness of the wing, intensified by the fermented wild leeks with the freshness and acidity of the orange cutting through the whole dish.



MOZ MURPHY GRATE

My favourite flavours of spring are the new-season soft sheep cheeses, which are only available during lambing season each year.

I'm most looking forward to the return of Brefu Bach (which translates as little bleat) from Carrie Rimes in North Wales, and Sir Lancelot from Selina Cairns in Lanarkshire.



LEILA IBBITSON

FAUSTO COFFEE

When I think of spring, I think of dishes filled with the wonderful flavours and colours of early berries, wonderfully vibrant fruits and fresh leafy greens. The return of granola pots topped with berries, avocado on toast with fresh picked greens, and

beautiful fresh salads mean summer is on its way!



NICOLAS KLEIST

BOUCHON BISTROT

Lamb is an essential part of springtime and I've always enjoyed the flavours and textures of the various cuts at this time of year. I love a braised shank of lamb and for my latest menu I'll be serving it with mild northern African spices, lime leaves,

tomatoes and chickpeas alongside couscous.



PAOLO PIERI

MICHELANGELO'S

I'm most looking forward to getting my hands on wild garlic again.

The woods in the grounds of the hotel are always full of it and the smell reminds you summer is just around the corner.

We use a lot of it in pesto, soups, sauces and salads. It also works wonderfully with our ever-popular roast leg of lamb, which will be back on the menu any day now.

HOW TO

Easter parade

Spring is sprung dear reader, and with it comes the joy of Easter. Here are some sweet treats to delight all the family

EASTER KULICH WITH SWISS MERINGUE TOPPING

Sweet breads like this kulich are eaten in countries across Eastern Europe on Easter Sunday to celebrate the risen Christ. This is traditionally baked in old baked bean/soup tins, deep cake/pork pie tins, in old 500g instant coffee tins, or in loaf tins. This recipe provides enough dough for 2 x 450g deep cake/pork pie tins (approx. 10.5cm) or 2 x 500g instant coffee tins, or 2 x 450g loaf tins. You can top with water icing if you prefer, and feel free to buy the mini meringues rather than making them.

INGREDIENTS

3 x 7g sachets yeast
125ml warm water
125ml warm milk
900g plain flour
4 eggs, beaten
2 egg yolks, beaten
250g unsalted butter, melted
100g raisins
1 tsp vanilla extract
175g honey
165g caster sugar
2 tsp olive oil
½ tsp salt

Swiss meringue topping:

150g egg whites (about 5)
300g white caster sugar
mini Easter eggs/meringues (shop bought)

Meringue kisses (optional):

2 large egg whites at room temp
¼ teaspoon cream of tartar
dash of salt
115g granulated sugar

METHOD

Dissolve yeast in 125ml warm water in a large bowl. Add milk and 150g of the flour and whisk until smooth. Cover and place in a warm, draught-free place for 1½ hours or until doubled in size.

Mix eggs, egg yolks, butter, raisins, vanilla extract, honey, sugar, olive oil and salt in a large bowl. Add to the yeast mixture and gradually beat in the remaining 750g flour with a wooden spoon until combined.

Place dough in an electric mixer fitted with a dough hook and knead for 8 mins or until smooth

and elastic. Alternatively, knead on a lightly floured surface for 10 mins or until smooth and elastic. Line tins with baking parchment. Place dough evenly into each and cover. Place in a warm, draught-free place for 1½ hours or until the dough has doubled in size.

Preheat oven to 180C/Gas 4. Place tins in oven and bake for 45 mins or until kulich is golden and a metal skewer inserted in the centre comes away clean (cover with foil if it browns too quickly). Remove from the oven, leave in the tins for 10 mins, then transfer to a wire rack to cool completely.

For the meringue kisses (optional): Preheat oven to 100C/Gas ¼. Line a baking sheet with parchment paper.

In a large bowl, combine the egg whites, cream of tartar and a pinch of salt. Beat until peaks form, then gradually add the sugar, continuing to beat until the mixture is stiff and glossy.

Pipe meringues onto the sheet or drop the mixture in large teaspoonfuls. Bake for 90mins. Remove and leave to cool.

For the Swiss meringue topping: Heat 4cm water in a pan over a low-medium heat to a gentle simmer. Put the egg whites and sugar in mixing bowl, rest the bowl over the simmering water and using a flexible spatula or wooden spoon stir constantly for 10 mins or until the sugar has dissolved and the mixture reaches 72C on a digital thermometer (keep the water at the gentlest simmer or you risk cooking the egg whites and you'll have to start again).

Once the mixture reaches 72C, remove from the heat and whisk until you have stiff peaks and the meringue is no longer warm to the touch.

Spoon the cooled meringue over the top of the cakes, and top with meringue kisses.

HOW TO



HOW TO

MERINGUE AND CHOCOLATE NESTS

MAKES APPROX. 10 X 6CM ROUND NESTS

INGREDIENTS

For the meringues:

3 egg whites
½ tsp lemon juice
150g caster sugar

For the nests:

150g dark chocolate
150g vermicelli noodles
1 tbsp vegetable oil

Topping:

mini eggs (shop bought)

METHOD

For the meringue: Heat oven to 110C/Gas ¼. Place the egg whites and lemon juice in a mixing bowl and whisk until doubled in volume and you have stiff peaks. Add the sugar 1 tbsp at a time until it is fully incorporated and the whites are glossy.

Place baking parchment on a large baking sheet. Spoon the meringue into a large piping bag fitted with a plain nozzle and pipe circles of around 7cm each, rising to form a nest. Bake for 2 hrs until they are crisp and lift off the paper easily. Leave to cool completely.

For the nests: Melt 150g dark chocolate in a bowl. Break 150g vermicelli into 2cm strips, place on a skillet and lightly fry in a little vegetable oil to soften. Drain on paper towel then stir through the chocolate. Place over upturned egg cups or shot glasses covered in clingfilm to shape into little nests and leave to set. Or simply pop into your readymade meringue nests and leave to set. If you have leftover chocolate, make stand-alone nests.

To decorate: Top with shop-bought mini eggs.



HOW TO

ICED SUGAR BISCUITS

This is an easy recipe to do with children over the school holidays...

INGREDIENTS

100g unsalted butter at room temp
100g caster sugar
1 egg, lightly beaten
1 tsp vanilla extract
275g plain flour

To decorate:

200g icing sugar
3-4 tbsp water
2-3 drops food colours of your choice

METHOD

Preheat oven to 190C/Gas 5. Line a baking tray with greaseproof paper.

Cream the butter and sugar in a bowl until light and fluffy. Gradually beat in the egg and vanilla

extract. Then stir in the flour and bring together to form a dough. Roll out on a lightly floured work surface to a thickness of 1cm. Using shaped biscuit cutters, cut biscuits out of the dough and carefully place onto the baking tray.

Bake for 8-10 mins or until pale golden-brown. Set aside to harden for 2 mins, then cool on a wire rack.

For the icing, sift the icing sugar into a large mixing bowl and stir in enough water to create a smooth mixture. Stir in the food colouring.

Carefully spread icing onto the biscuits using a knife and set aside until the icing hardens. Using an icing pen, add further decorations of your choice, and use dabs of icing to stick on ribbons or flowers if you wish.



LOW DOWN

Super spears

UK asparagus comes into season at the end of April, heralding spring with its arrival. Here's how to use it...

BRITISH ASPARAGUS GRILLED CHEESE SANDWICH

SERVES 2

INGREDIENTS

4 slices sourdough bread
soft butter
150g sliced cooking mozzarella, Cheddar and Gruyère
2tsp olive oil
1 bunch asparagus, washed, trimmed and blanched

METHOD

Butter the bread on both sides and top each with slices of the cheese.

Heat a large frying pan over a medium heat and add 1 tsp olive oil. Put two slices of bread in the pan cheese side up, top with blanched asparagus spears, cover and cook for 2 mins. Remove lid and sandwich the two halves together. Press down with a spatula and cook for 1 min each side until golden brown. Repeat with the second sandwich. Serve with cress, pickles or chutney.



LOW DOWN

ASPARAGUS, PEA & GOATS' CHEESE SOUFFLÉS

SERVES 6

INGREDIENTS

50g butter
30g walnuts, lightly crushed
300g British asparagus
200g peas
200ml whole milk
2tbsp flour
3 eggs
100g goats' cheese
sea salt
freshly ground black pepper

METHOD

Preheat oven to 200C/Gas 6. Melt half of the butter and use it to brush the inside of 6 ramekin dishes. Sprinkle the walnuts into the dishes and tap around the edge so they stick to the butter. Arrange on a baking sheet and set aside.

Cut the asparagus into 1cm pieces, leaving the tips a little longer. Cook with the peas in plenty of boiling salted water until tender. Drain and set aside the asparagus tips. Purée the stems and peas to a coarse paste using a hand blender or food processor. Set aside.

Melt the rest of the butter in a heavy bottomed saucepan over a medium heat. Add the flour, stir to make a smooth roux and cook for 1 min before whisking in the milk. Cook, stirring, until thickened and remove from the heat.

Chop the goats' cheese into cubes. Stir the cheese, puréed asparagus and peas through the sauce. Season generously.

Separate the eggs, tipping the yolks into the asparagus sauce and the whites into a clean metal bowl. Stir the yolks through the sauce.

Whisk the egg whites until stiff and fluffy (don't over whisk). Take a large spoon of the egg white and stir it vigorously into the sauce, then pour the sauce into the bowl of egg whites. Using a large metal spoon, fold the sauce very gently through the egg whites.

Spoon the mixture gently into the prepared ramekins, push the reserved tips gently into the top of the mixture and bake in the oven for 20 mins. Don't open the oven door while they're cooking as they will collapse. Serve immediately with green salad.



BEEF AND ASPARAGUS SALAD WITH HONEY DRESSING, RADISHES AND CHERRY TOMATOES

SERVES 2

INGREDIENTS

For the dressing:

120ml extra virgin olive oil
2 tbsp white wine vinegar
1 tsp honey
1 tsp Dijon mustard
1 tsp wholegrain mustard
salt and pepper to taste

For the rest:

8 stems asparagus (hard root removed)
1 x 8oz ribeye steak
sea salt
6 radishes
100g fresh watercress or baby leaf salad
10 cherry tomatoes

METHOD

Whisk together the dressing ingredients, season to taste and set aside.

Heat a char grill pan until hot, add a little oil and trimmed asparagus and cook until just tender. Set aside.

Season the steak with sea salt, place in the grill pan and cook for 2-3 mins on each side (medium rare). Remove from the pan and allow to rest in a warm place for 5 mins before serving.

Slice radishes very thinly and place in a bowl with watercress or baby leaf salad. Slice cherry tomatoes in half and add to the bowl then drizzle the dressing over and toss.

To serve, place half the dressed salad on each plate, slice the ribeye into strips and share between the two plates and serve.



VEGAN ROASTED ASPARAGUS WITH HAZELNUT GREMOLATA

SERVES 4

INGREDIENTS

30g hazelnuts
500g British asparagus
1 tbsp olive oil
1 tbsp extra virgin olive oil
salt and pepper
leaves from a small bunch of parsley
zest of 1 lemon

METHOD

Preheat the oven to 200C/Gas 6.

Place hazelnuts on a small roasting tray and roast in the oven for 5-7 mins until golden. Set aside. Trim woody ends from the asparagus and place in a roasting tray. Drizzle with 1 tbsp olive oil and season with salt and pepper. Roast in the oven for 5-6 mins until al dente.

Meanwhile, coarsely chop the roasted hazelnuts and parsley and place in a bowl with the lemon zest and crushed garlic. Drizzle over 1 tbsp extra virgin olive oil and mix.

Once the asparagus is done, place on a plate, top with the gremolata and serve.



A cup of coffee culture

Alex Forsyth and Kate Hudson of Baristocracy Coffee are bringing a taste of Aussie coffee culture to the North East one cup at a time. Dean Bailey drops by for a brew

Love stories come in all shapes and sizes, and Kate Hudson and Alex Forsyth's combines a shared passion for speciality coffee and owning their own business.

North East-born Kate was travelling in Australia when they met. The son of an internationally renowned Sydney roastery owner and World Barista Championship judge, you could say the stuff ran, metaphorically speaking, in Alex's veins.

They met in Brisbane, where Alex was working at the time, fell in love, went back to Sydney to work for Alex's parents, and the rest, as they say, is history. But how did they end up with a roastery in North Shields? The decision came down to a choice of markets – a saturated one in Sydney or a fledgling one on the other side of the world. "We went to Tynemouth Market while visiting Kate's family in 2016 and it was transformed from what I'd seen on previous visits," says Alex. "The mix of food and artisan producers got us thinking. The success of speciality roasteries like Ouseburn, Tynemouth, and Pink Lane, on the shoulders of older businesses like Pumpreys and Ringtons showed us that coffee drinkers here were looking for quality."

Inspired, they arrived in the UK on Valentine's Day 2017, founded their business within a fortnight and by June had the keys to their roastery. Quick work (presumably fuelled by coffee...) followed and now, five years on, it's still thrilling, says Kate, to see people drinking their coffee.

They've grown the business organically, starting small, sharing their love of carefully sourced and curated beans with customers. They've grown to incorporate training courses for professional baristas, workshops and cupping sessions for coffee lovers.

They're also raising two children, Cooper, seven, and Tessa, four, who are growing up spending lots of time at the roastery, just as Alex did at his parents' place. "It's an evolving space," says Kate of their base, pointing out furniture which used to be in their house in Australia and areas which Cooper and Tessa made their own during their pre-school years.

The roaster, 7ft of gleaming metalwork, commands attention for its looks and glorious aromas. The shelves fitted by Alex and his dad display coffee beans and paraphernalia, while the sofas are reserved for coffee, admin work and Warcraft when Cooper is here. Sacks of green beans sit alongside Alex's bike – soon to be replaced with an electric one for local deliveries – while an eclectic mix of stools and chairs congregate around the bar and tables for coffee drinking, cupping and chatting.

Alex selects each coffee around his personal tastes – "the joy of owning your own roastery," he says. In search of what I learn are described as a creamier mouthfeel and elements of citrus fruit flavour, he recommends a Papua New Guinea-grown bean, beautifully illustrated on the tasting notes and bags by his sister Juliet. ▶



PROFILE

© Jack Herring Photography



While helping people choose coffee comes naturally, as does distilling the specialist vocabulary to novice level for me, when pressed on his own preferences it's difficult for Alex to put a finger on a single bean or flavour profile. "We're not just for coffee nerds though, we'll talk in detail to anyone who'll listen," says Kate. "We're here to serve people, teach them as much as they want to know and guide them in choosing a drink they're going to enjoy."

Their passion for coffee is informed by Alex's upbringing. "My dad hosted baristas from around the world and they were phenomenally talented," he says. "Some were world champions, and they brought a passion for coffee that was really inspiring. They were dedicated to every cup while delivering them at speed, and that showed me how close great baristas are to engineers. That combination of precision and individual style inspired me to move into a career in coffee."

Having competed in and judged international barista competitions, Alex dreams of seeing the North East recognised as a major player in coffee. "The growth

of independent food has also been phenomenal here," he says. "Places like the Grainger Market, the Fish Quay and Park View in Whitley Bay have changed so much just in the time we've lived here. These places use as much good, local produce as possible and they inspire people to invest in quality food and drink. For me, coffee is about community. I'd like to see more people spending time together around really good coffee the way we did in Australia."

With speciality coffee can come an elitism Alex and Kate aren't at home to. "There's an element within coffee which can try very hard to be too cool for school, and we're definitely not going down that route," says Kate. Sharing their knowledge is important at this premium end of the market, and they explain how ethical and sustainable practices, including using reusable barrels and compostable retail bags, and paying good wages to trained baristas, underpin a product worth spending your money on.

"We also want to be part of developing a group of passionate, highly skilled baristas to deliver our product at its best," says Alex. "Training and keeping good people in the



© Victoria Sponge Photography



© Jack Herring Photography



© Jack Herring Photography



© Jack Herring Photography

industry is important and I hope to see baristas being paid properly and respected here, as they are in Australia.”

The training courses here are aimed at professionals or home baristas, while Alex’s cupping sessions spread the word about speciality coffee. “We’d love to partner up with some more speciality places in the future,” says Alex. “That would allow us to offer cuppings or courses where people can explore what they want from their coffee, learn a common vocabulary, and grow the community around us and other roasteries.”

Alex and Kate are also steadfast in keeping Baristocracy as ethical as possible. “We’ve always wanted to do business in a way we think is right, from paying a fair price to the co-operatives and growers for green beans to ensuring we minimise our carbon footprint,” explains Kate. “It’s difficult to keep on top of, and it’s becoming more difficult as Brexit kicks in and importing becomes more expensive.”

But there is an international spotlight on the ethical sourcing of coffee, and ensuring fairness throughout the supply chain is an essential part of the business. “Exploitation is happening all over the world, especially in bulk production when margins are being squeezed, but we’re always striving to do things right by everyone throughout the whole process,” says Alex. “That’s how I was brought up in the coffee industry and it’s never been a choice for us.”

Their greatest test to date has been the pandemic. Fortunately, the growth of their online business kept things afloat and they’re now roasting 120kg-180kg of coffee every week – three times more than their average when they started out in 2017. They’re also supplying some of the North East’s best cafés, restaurants and independent shops, and delivering coffee direct to homes locally and nationwide.

They also have ambitions to do more in the years ahead. “We loved the coffee culture in Sydney,” says Kate. “Families or friends go out for brunch or coffee and cake there and it’s an experience. The culture is changing and growing here, and we hope that continues. Having worked with refugees and taught English as a second language, I’d also like to combine our work with my passion for educating people with barriers to employment. Teaching people skills that can help them find work and forge their own careers would be really rewarding.”

As the market for UK-roasted speciality coffee continues to grow, the future looks bright for this North Shields roastery, and those of us who enjoy the beans it brings to our shores. Now then, time to put the kettle on...

A must visit

We pay a visit to some of the best delis, cafés, restaurants and food producers of North Tyneside, chosen as one of the five emerging food and drink destinations for a short UK break by The Guardian



Pranzo is a celebration of authentic Italian food

CIAO! WELCOME TO PRANZO, WHITLEY BAY MODERN ITALIAN CUISINE AT THE HIGHEST LEVEL

The family-run deli & trattoria is located in the heart of Whitley Bay, offering Italian tapas, pasta, pizza and street food in the restaurant, on the alfresco terrace or as take away.

Pranzo works closely with local producers, as well as speciality Italian artisans, to create a menu that can be enjoyed by all of the family. The wine list is sourced directly from Italian vineyards featuring classics such as Vermentino Toscano, Chianti Classico, Aglianico Porconero and Cannonau Dolinova.

Check our website/facebook/instagram for weekly menu updates

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Open Tues-Sun 9am-10pm www.pranzotapasbar.com  

SPECIAL FOCUS



31 THE QUAY

Located on the banks of the Tyne at Smith Dock in North Shields, 31 The Quay occupies a spectacular setting, its glazed frontage treating diners to amazing views to Tynemouth and the sea. The food here is always seasonal, with fish starring throughout the year alongside local meat, poultry and game in season.

**31 The Quay, Smokehouse Two, Duke Street, Smith's Dock
North Shields, NE29 6BZ, tel 0191 257 5310
www.31thequay.co.uk**



BARISTOCRACY COFFEE

Aussie coffee roaster Alex Forsyth and his Tyneside-born partner Kate Hudson have a big reputation for great coffee. A taste of Australian coffee culture, Baristocracy is popular with lovers of a seriously good brew, while cafés, restaurants and retailers make Baristocracy their roastery of choice. Pay them a visit for great coffee and some coffee know-how. **Baristocracy Coffee, Unit 2
Larch Court, West Chirton North Industrial Estate, North Shields
NE29 8SG, tel 07908 007 726, www.baristocracymagazine.com**



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The team at 31 The Quay look forward to seeing you soon.



EASTER TREATS COMING YOUR WAY: Good Friday Lunch and Dinner, Easter Sunday Lunch

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THE QUAY

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bookings@31thequay.co.uk | Level Entry Access | Parking available at £1 for 3 hours
MONDAY - TUESDAY CLOSED, WEDNESDAY - THURSDAY 17:30 - 20:00
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THE DELI AROUND THE CORNER

Home to fresh bread and patisserie, local meat and poultry, more than 50 cheeses and hundreds of products from local artisans, The Deli Around the Corner has been a must-visit since 2005. Just off Front Street, regulars enjoy the fresh sandwiches, homemade soups and salad boxes, cakes, scones and much more. **The Deli Around the Corner, 61 Hotspur Street, Tynemouth, NE30 4EE** tel 0191 259 0086, www.thedeliaroundthecorner.co.uk

Looking for deliciously different coffee?

Alex Forsyth learned the art of specialty coffee roasting from his dad, in Sydney, before bringing those skills to our North East

Super high quality coffee. Sourced from all over the world.
Grown by fairly paid farmers. Expertly roasted here in North Shields.

Come along to the roastery for coffee by the cup & bag, find us in some of the best cafes and delis in the region or order online at Baristocracycoffee.com

OPENING HOURS
Tuesday: 10-2pm | Sunday: 11-2pm

ADDRESS
Unit 2 Larch Court, West Chirton North Industrial Estate
North Shields NE29 8SG

BARISTOCRACY
Coffee Roasters



DIL AND THE BEAR

With two quirky café's on Tynemouth's Front Street and at Whitley Bay's Metro station Dil and the Bear is home to homemade cakes, bakes and sweet treats alongside a global menu of breakfast, brunch and lunch dishes. The all-day breakfast menu features cornbread and bacon, and New York-style bagels, while lunch includes Thai-inspired rice bowls, Cuban pulled pork ciabatta, feta fattoush salad and more. Cakes can be eaten in with great coffee or packed up for cakeaway, and the Whitley Bay venue is available to hire for parties, baby showers, weddings etc. The decor reflects owner Dilaila's work as an interior designer before turning her creativity to baking show-stopping cakes, which are available to order. Follow on social media for updates on upcoming events. **Dil and the Bear, 18 Front Street Tynemouth, NE30 4DX, tel 07709 178 721, www.dilandthebear.com** **Dil and the Bear at the Station, units 4-7, Station Square, Whitley Bay, NE26 2QT, tel 0191 447 1313, www.dilandthebear.com**

SPECIAL FOCUS



DI MEO'S

Ice cream isn't just for sunny days, which is why every visit to Whitley Bay, rain or shine, must include a visit to multi-award-winning Di Meo's for traditional Italian gelato. Drop by for a proper Italian pizza, top-notch coffee and one of the friendliest Italian family welcomes you'll find anywhere. **Di Meo's, 9 Marine Avenue, Whitley Bay NE26 1LX, tel 0191 252 3814, www.dimeos.co.uk**



FISHERMAN'S BAY

This seafront restaurant and takeaway serves great fish and chips and ice cream Tuesdays-Sundays. Headed by the Dhillon family, the team draws on more than 25 years of fish and chip experience to deliver a new twist on old favourites. As well as serving great food, the team is passionate about the local area, supporting environmentally conscious initiatives including regular beach cleans and serving all its takeaways in biodegradable packaging. **Fisherman's Bay, 6 East Parade, Whitley Bay, NE26 1AP tel 0191 447 4774, www.fishermansbay.co.uk**



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SPECIAL FOCUS



HINNIES

On the prom in Whitley Bay, Hinnies takes Geordie-inspired dishes like pan haggerty and singin' hinnies to the next level with local ingredients sourced and prepared by its talented chefs. An informal setting for great food while walking along the coast or shopping in Whitley Bay, Hinnies is run by restaurateur Andy Hook, who also runs the multi-award-winning Blackfriars and Dobson & Parnell in Newcastle. **Hinnies, 10 East Parade, Whitley Bay, NE26 1AP tel 0191 447 0500, www.hinnies.co.uk**



LOBO ROJO

An informal, California-inspired Mexican restaurant and bar, Lobo Rojo is home to top-notch tacos and burritos. Corn tortillas are made fresh daily along with a selection of fillings packed with flavour, from thinly sliced pork with lime and coriander to crispy fried cod with pico de gallo. The cocktail menu is filled with classics and headlined by fantastic margaritas and tequila-based drinks.

You'll also find Little Lobo - a condensed version of Lobo Rojo in a small taqueria-style venue serving Cal-Mex tacos, burritos, frozen margaritas and more to dine in and takeaway at Starbeck Avenue, Sandyford and Percy Park Road, Tynemouth (coming soon!).

Lobo Rojo, 40 Fish Quay, North Shields, NE30 1HB tel 0191 257 6986, www.loborojo.co.uk

SPECIAL FOCUS



NICHOLSON'S BUTCHERS

A local institution, Nicholson's has been in the heart of Whitley Bay for more than 100 years. Now in its fourth generation, the family-owned shop, which was one of the first members of the national Butchers Q Guild, is home to great local produce and expert advice on preparing it. The award-winning produce ranges from traditional cuts and innovative sausages to pies and pasties from the deli, and groceries from the shop. You can also order online for next day local delivery and collection. **Nicholson's Butchers, 140 Park View, Whitley Bay NE26 3QN, tel 0191 252 5250, www.nicholsonsbutchers.co.uk**



PARK VIEW DELI BAR

Another essential stop on Park View in Whitley Bay (there are a lot on this one street!), Park View Deli Bar is home to beautiful produce and ingredients from the best producers. The shelves and deli counter feature goods from artisan producers including Northumberland Cheese, Tracklements condiments, Cherry Tree jams, Sloemotion gin and vodka and more. Food is made to order to eat in or take away, and cakes and sweet treats are essential purchases. The café is licensed and dog-friendly, and be sure to browse the homeware and gifts when you visit. **Park View Deli Bar, 188 Park View, Whitley Bay NE26 3QP, tel 0191 252 8236, www.parkviewdelibar.co.uk**



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Little Lobo is a condensed version of Lobo Rojo all huddled in a small taqueria style venue serving Cal-Mex tacos, burritos, frozen margaritas & more!

Available for dine-in, collection & delivery.

Locations:

40 Fish Quay, North Shields, NE30 1HB - Tel: 0191 2576986

Starbeck Avenue, Sandyford, NE2 1RJ - Tel: 0191 2305608

& Percy Park Road, Tynemouth NE30 4LT [Coming Soon!]

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Take a trip to the coast for a taste of this foodie destination

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Open: Tues-Sat 9am -3pm, Sun 10am - 3.30pm



SPECIAL FOCUS



PUREKNEAD

One of the trailblazers of Whitley Bay's transformation into a food destination, PureKnead artisan bakery is a gem. Home to artisan breads and cakes and a very warm welcome, the bread is excellent while the beautifully crafted cakes, exquisite patisserie and sweet treats are worthy partners for a cup of excellent Square Mile Coffee.

PureKnead, 111 Park View, Whitley Bay, NE26 3RH
tel 07964 864 181, www.pure-knead.co.uk



SALTHOUSE

Inspired by the food and restaurants of Ibiza, SaltHouse sits high above Cullercoats bay and is home to delicious tapas and cocktails. Local meat and fish is matched with Spanish charcuterie, cheese and wine as cocktails including their famous margaritas make this a must-visit for long lunches and late dinners.

SaltHouse, 6/7 Victoria Crescent, Cullercoats, NE30 4PN
tel 0191 251 1699, www.salthousecullercoats.co.uk



Ibizan inspired Spanish Tapas Restaurant and Bar overlooking the magnificent Cullercoats Bay

SaltHouse is about inclusivity, informality and community without sacrificing quality. Eating drinking and relaxing with friends at any time of the day is what we are about. From a traditional Spanish sandwich (Bacadillo) lunch served 12-4, a tapas meal with friends into the evening or our amazing traditional Sunday lunches served Sunday 12-5...every time is a perfect time to visit us!

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SPECIAL FOCUS



PHIL'S PLAICE

Fish doesn't get fresher than at Phil's Plaice on North Shields Fish Quay. The best of the day's catch is landed yards from the front door and is inside the shop within 10 minutes. Beautifully displayed, the range can include as many as 30 varieties of seasonal fish and prepared shellfish. **Phil's Plaice, 3 Cliffords Fort, North Shields NE30 1JE, tel 0191 257 1555, philsplaice.com**



PRANZO

Family-run Pranzo Trattoria and Deli in Whitley Bay is home to authentic Italian food and the best local and Italian ingredients. The wine list is sourced directly from Italian vineyards, while Tuscan-born owner Pablo has spent more 20 years in the industry in order to offer the finest breakfasts, cicchetti (small plates), pizza and fresh pasta indoors or out on the terrace. The deli is stocked with some of the ingredients used in the kitchen so you can use them at home too. Keep an eye on Pranzo's social media for weekly specials and tapas menu updates as well as news from the trattoria and deli.

Pranzo, 16 Station Road, Whitley Bay, NE26 2RA, tel 0191 676 7062
www.pranzotapasbar.com



FISHERMAN'S BAY

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For great tasting fish and chips it has to be Fisherman's Bay.

The restaurant and takeaway is the latest development in the North East and the beautifully appointed eatery is a testament to the passion the family have for providing their customers with great tasting food, that is sustainably sourced and has minimal impact on the environment.

The menu at Fisherman's Bay has been meticulously put together to represent all the great food associated with life at the coast. At Fisherman's Bay, they strive to make the British classic, fish and chips to perfection.

6 East Parade, Seafront Promenade,
Whitley Bay, NE26 1AP
www.fishermansbay.co.uk
Tel: 0191 447 4774
catchus@fishermansbay.co.uk



Dil & the Bear

Based in the coastal food destinations of Whitley Bay and Tynemouth.

Dil and the Bear, specialising in seasonal, homemade cakes and baked treats. A Breakfast and lunch menu boasting seasonal global flavours.

Seating available inside and out, their Whitley Bay branch has a well stocked bar, with an amazing large outdoor space, begging to be enjoyed with a cocktail or two.

The space is available for breakfast and lunch and in summer is open on weekend evenings - available for venue hire.

WHITLEY BAY Metro Station, Whitley Bay, NE26 2QT
TYNEMOUTH 18 Front Street, Tynemouth, NE30 4DX
www.dilandthebear.com



In the best taste

Our pick of the tastiest and most tasteful kitchen kit you need now



JEEVES AND...

We love chai here at Appetite HQ, particularly this Jeeves & Jericho spiced Bombay chai (200ml, 500ml and takeaway) a warming spiced Bombay chai concentrate using hand-picked Assam tea and spices slowly steeped and brewed in small batches. PureKnead 111 Park View, Whitley Bay, NE26 3RH, tel 07964 864181, www.pure-knead.co.uk



HAPPY GLAZE

Indulge your inner Italiano with this fantastic Seggiano super dense fig balsamic glaze £9.45 and Seggiano organic chilli balsamic condiment £9.45 at **Daniel Farm** Sled Lane, Wylam, tel 01661 853 849 www.danielfarm.co.uk



IN THE MIX

There are few things as homely as a gorgeous Mason Cash 2 litre batter bowl just like mum's. They're £10 at **Corbridge Cookshop**, Middle Street, Corbridge NE45 5AT, tel 01434 632 582 www.corbridgecookshop.co.uk



HOT STUFF

Add a little zing to your life with this delicious Romesco almond & red pepper sauce £3.95 at **Carruthers & Kent, Elmfield Road, Gosforth, Newcastle NE3 4AY, tel 0191 213 1818** www.carruthersandkent.com



GREEN SCENE

Forget orange, everyone's favourite French kitchenware house Le Creuset has gone green, having announced Bamboo as the new colour for 2022. Available in cast iron, ceramics, hydration bottles and salt and pepper mills, it's set to be the new classic at **La Cookshop, Milkhope Centre, Berwick Hill Road, Seaton Burn, Newcastle, NE13 6DA, tel 01670 789 142, www.lacookshop.co.uk**



TIME FOR A BREW

Take your coffee or tea with you with this Drink Pod by Grunweg, £7.99 at **Pumphreys, Bridge Street, Blaydon, NE21 4JJ, tel 0191 414 4510** www.pumphreys-coffee.co.uk

CLEANING UP

We love soap in the Appetite kitchen, and these Printed Peanuts soap bars are among our favourites for the kitchen and every room in the house. £4.95 at **The Deli Around The Corner, Hotspur Street Tynemouth, NE30 4EE tel 0191 259 0086, www.thedeliaroundthecorner.co.uk**



ON A BOWL

We love this proving bowl crafted from local wood turned on a traditional pole lathe by Northern Wood Monkey. Perfect for rising your sourdough to impart a classic ring pattern, finished with beeswax and walnut oil, £40 at **Linnels Farm, Linnels Bank, Hexham NE46 1TS, tel 07832 132483, www.linnelsfarm.com**

Win a break for two

AT BEADNELL TOWERS, NORTHUMBERLAND

Beadnell Towers is offering one lucky Appetite reader the chance to win a luxury break including dinner, bed and breakfast for two at the boutique hotel, just minutes from some of the most stunning parts of Northumberland's coastline. To enter, visit www.appetitemag.co.uk/win and fill in the entry form.

Closing date for entries **April 28, 2022**

A boutique hotel in the picture-perfect Northumberland village of Beadnell, Beadnell Towers dates back to the 18th Century.

The hotel underwent a £3m refurbishment in 2019, which created 18 bedrooms, a restaurant, private dining room and heated terrace – each home to the best of Northumbrian food.

Home to a modern open kitchen and British-inspired menus across breakfast, lunch and dinner, local food stars here, from Lindisfarne oysters to Northumbrian beef and fish from the North Sea.

The talented kitchen team here is led by executive chef Paul Johnson. The tempting menus offer a family-friendly selection of great seasonal food with a focus on great fish and the best Northumbrian produce.

Beautifully finished bedrooms provide a relaxing place to unwind after a day exploring the best of Northumberland's coastline with each individually named and decorated to the highest standards.

The hotel's bar is also dog friendly and there's a dog-washing station to freshen up before heading inside.



Terms & conditions

The prize is for the winner and a guest (two adults sharing one room) and cannot to be given away as a gift. The date of the prize is to be arranged directly with Beadnell Towers and is subject to availability (to be taken before December 2022). The prize is non-transferable and there is no cash alternative. All drinks and extras to be paid for. The winner will be drawn at random and notified within three days of the closing date.

Beadnell Towers, The Wynding, Chathill, NE67 5AY, tel 01665 721 211, www.beadnelltowers.co.uk



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Phil Pringle

HOSPITALITY & CATERING CURRICULUM LEAD, NEWCASTLE COLLEGE



What do you have for breakfast? I don't have a fixed breakfast routine, though I have to have a latte every morning. If I have breakfast, I like porridge with a little jam or, if I've had a few beers the night before, a bacon and sausage sandwich.

And your go-to guilty pleasure? I love Chinese food, either at our favourite local restaurant, Gosforth Palace, or as a takeaway. The flavours are among my favourites and I enjoy socialising over a meal with friends and family.

What would be your last meal on earth? A medium-rare ribeye steak with lots of pepper served with chunky chips and a pepper sauce or herb butter.

What's in your home fridge? I keep a good stock in there, plenty of protein – chicken, steaks, and bacon and sausage – lots of vegetables and salads. I have a good selection of cheese including my favourite, Cornish Yarg. I'm passionate about not wasting anything so I'll always throw together soups and stews later in the week.

Which ingredient would you have if you could only choose one? Maldon sea salt is essential, and if I could only have one it would be a good olive oil. I get mine from La Casa Delicatessen in the Grainger Market and while it's an indulgence, it's essential in my kitchen.

What's your most important piece of kitchen kit? I'm a bit of geek and it's important to stay up to date when you're teaching so I have a lot of kit. I

love my Konro Grill, and my go-to is my Thermomix. I get a bit of stick for having one at home, but I use it for everything from soups and purées to bread.

What's your favourite cookbook? My favourite cookbook – the most important book in my life – is White Heat by Marco Pierre White. It's so much more than a cookbook; the wider discussion in the first half captures everything that's inspiring about the industry.

What's your most important piece of advice in the kitchen? Learn about everything that goes into a dish – where the produce is from, when it's in season, its costings, how it fits into a whole menu, etc. That wider learning will be essential throughout your career.

What would you be doing if you weren't working in food? I was sporty as a youngster and dreamed of being a footballer, but food hooked me early on. Being a chef is very practical, so perhaps I would have enjoyed a trade like joinery.

If you only had £10 to spend on food, what would you buy? I'd pick up some beef or lamb shoulder, a few vegetables and herbs and pop them into one pot in a low oven for 4-5 hours. Simple food is the way to go.

Who is the greatest cook ever? It has to be Marco Pierre White, and his book White Heat, as mentioned, has had such a huge influence on my career and my life.

A former Royal Navy chef, Phil moved into education in 2011. He won the NECTA North East Chef of the Year in 2018 and today leads the training of the next generation of chefs at Newcastle College. He also contributed to Galley: The Royal Navy and Royal Marines Charity Cookbook, in 2021, available at www.mezepublishing.co.uk

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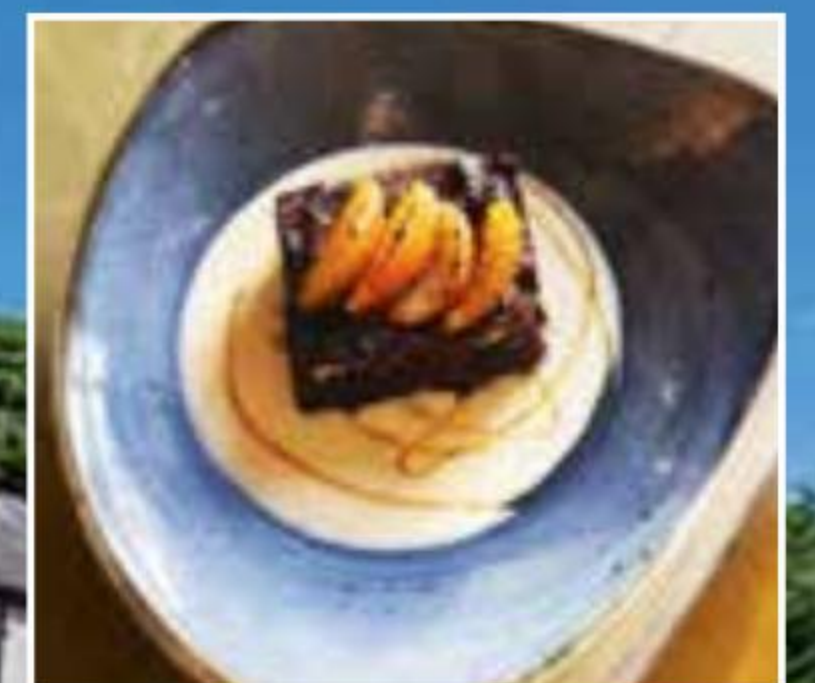


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