

ISSUE 74 | FEBRUARY 2016
SCOTTISH EDITION | FREE

Foodies

A CELEBRATION OF FINE FOOD AND DRINK

40
RECIPES

and top chefs
Stuart Muir
Deliciously Ella
Ching He-Huang

LOVE YOU

Caramel kisses to share



**DAVINA
MCCALL**

Embracing carbs and
staying healthy



VEGAN RESTAURANTS • SPRING BREAKS • WEDDING VENUES



WORLD CLASS BAR TAKEOVER

Edinburgh's ever evolving and eclectic bar scene is welcoming 100 Diageo Reserve spirit ambassadors through their doors on Thursday March 3rd and will even be handing over the keys! This will be the third annual bar takeover following Istanbul and Cape Town in 2015 and a great opportunity for industry professionals to come together to celebrate Edinburgh's vibrant bar scene. A team of ambassadors will be installed into twenty bars across the city where they will treat consumers and trade alike to bespoke menu's and creations featuring global spirit icons like Tanqueray No. TEN, Johnnie Walker and Ketel One vodka. What better way to celebrate a world class bar than with world class spirits!



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Foodies

Published by the
**Media Company
 Publications Ltd**
 26A St Andrew Square
 Edinburgh EH2 1AF
 Tel: 0131 226 7766
 Fax: 0131 225 4567
 www.foodies-magazine.co.uk



Front cover image

*The Great British Bake
 Off: Celebrations, Hodder
 & Stoughton £20*

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Love, love, love

VALENTNES Day can be a stressful prospect for many, whether you're looking for a gift for that special someone or feeling the pressure to find a special someone. That's why this month we've put together a selection of tasty recipes that will not only wow your sweetheart, but that are perfect to help you take care of yourself.

We have tasty recipes from TV presenter and health guru Davina McCall, p. 14-21, and vegan blogger Ella Woodward, p.22-27. Their healthy, nutritious dishes are perfect if you want to show your body a little love without depriving yourself.

If, instead, you'd rather forget those New Year's resolutions and treat yourself to an indulgent feast, we have a range of sweet treats from *Great British Bake Off* judges and

past contestants, p.40-45 –

because nothing says I love you like our cover star, pretty heart-shaped crepe brulees.

February also marks the Chinese New Year, so we've asked acclaimed cook Ching-He Huang to share a delicious recipe, p.38, for those looking to add an exotic twist to their kitchen repertoire. And if, like me, you're already dreaming of your next escape, our Spring Breaks piece, p.35, has an amazing selection of foodie retreats so you can start planning a country getaway.

Sue Hitchen, Editor



WIN
 A MAGICAL
 ESCAPE TO
 THE WEST
 COAST



CONTRIBUTORS



Davina McCall

The Big Brother presenter has established herself as a down-to-earth healthy eating guru



Ella Woodward

A blogger with a passion for plant-based eating, Deliciously Ella is our vegan queen



Stuart Muir

A chef with a passion for local produce, Stuart has just opened his own restaurant



Ching-He Huang

Starting as a caterer, Ching has quickly become the UK's face of Chinese cooking



Dream Wedding



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Simin & Colin



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Moira & Jim



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**BROXMOUTH
PARK**



9



17



26



54



37



49

BOOKS, TV, WHAT'S ON 7

SHOPPING 9

NEWS 11

COMPETITION 13
Win a magical West Coast escape

DAVINA MCCALL 14
Davina McCall talks smart carbs

DELICIOUSLY ELLA 22
Ella Woodward's healthy vegan, dairy and gluten free everyday recipes

GOING VEGAN 29
Restaurants for your plant-based diet

STUART MUIR 30
Meet Dine's acclaimed Head Chef

SPRING BREAKS 35
Put a spring in your step

CHING-HE HUANG 38
Put a Chinese twist on mussels

BAKE OFF CELEBRATIONS 40
Satisfy your sweet tooth

WEDDINGS 47
Get ready for the wedding season!

INTERIORS 50
Add a warm touch to your kitchen with rustic finishes

COOK SCHOOLS 55

SPA NEWS 57

COCKTAILS 59
Try The Adamson's Valentines tipples

REVIEWS 63

NEW BARS 64

OUT AND ABOUT 66

Davina's here to tackle
the winter blues, by helping
you tuck into the greens.



With Davina's new range, exclusive to Lakeland,
you've got everything you need to run rings around 2016.
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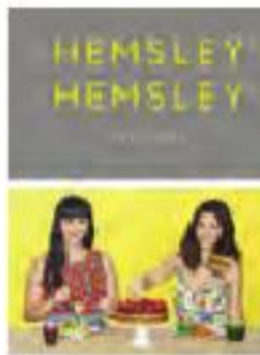
*Davina
xx*

COOKING THE BOOKS



Mary Berry: Foolproof Cooking
Mary Berry, BBC Books, £25

Mary Berry's latest cook book is full of weeknight comfort food and, of course, plenty of tempting sweet treats.



Hemsley & Hemsley: Good + Simple
Jasmine and Melissa Hemsley, Ebury Press, £25

The Hemsley sisters are back with their second book, packed with a range of delicious recipes bearing their signature healthy mark.



Annabel Karmel's Busy Mum's Cookbook
Annabel Karmel, Ebury Press, £20

Bestselling children's cookery writer and mum of three Annabel Karmel is here to help you create delicious and nutritious meals that the whole family will enjoy.

China Ching

This month, discover Asia with talented chef Ching He Huang. Self-taught ambassador of Chinese cooking Ching will travel the continent, uncovering the authentic Asian flavours and dishes that are loved across the globe.

Ching's journey will take her from Hong Kong, through Taipei, Macau, Okinawa and Tokyo in a truly delicious adventure. Each episode will see her step into the kitchens of local eateries as she reveals the chefs' secrets and shows you how to make tasty recipes at home.

February, Food Network, Freeview 41, Sky 248, freesat 149, Virgin 291



WHAT'S ON



JAMES MARTIN: PLATES, MATES & AUTOMOBILES
22 February, Glasgow

Acclaimed TV chef James Martin is celebrating twenty years of cooking on TV with a fast-paced, interactive extravaganza. Having worked his way into the nation's hearts through the small screen, Martin will be showcasing his signature cooking moves with live demonstrations full of surprises and some very special guests. Get your ticket now!



VALENTINE'S WEEKEND
11-16 February, Edinburgh

Stunning gothic venue Ghillie-Dhu is nestled in the city's buzzing West End. This month, it will be hosting a romantic feast full of good old Scottish fun, perfect for lovebirds with a taste for dance. A three course meal, accompanied by a glass of Prosecco, will get you in the mood for the Valentine's ceilidh that follows, all from £29.95.



WINEMAKER DINNER
1 February, Edinburgh
Divino Enoteca

Wine enthusiasts will be delighted with this fabulous wine and food matching night at stylish Italian restaurant Divino Enoteca. Four outstanding wines from Cantine Rallow will be matched with four delicious courses, while special guest Andrew Vesco talks about Western Sicily's rich wine making history.

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Spring brights

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www.quinceliving.co.uk,
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Bloomingville Bright mixing bowl
www.quinceliving.co.uk, £12



Big Time Kaleidoscope clock
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Fox glass
www.oakroomshop.co.uk,
£4.25



Mini Moderns enamel mugs
www.quinceliving.co.uk, £9



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MIX IT UP

Drinks giant Diageo will be sending their global and regional spirit ambassadors to Edinburgh on March 3rd to celebrate the city's bustling cocktail culture. Diageo's experts will be brining a world-class cocktail experience to Edinburgh's drink enthusiasts with a bespoke menu and special creations.

www.diageo.com



KITCHEN VOGUE

Sport Relief have partnered up with bold designer Orla Kiely to create a limited edition apron for Sport Relief 2016. The apron, which will be presented to the winner of *The Great Sport Relief Bake Off* each night, is the perfect accessory to add a touch of vogue to your kitchen wardrobe.

www.sportrelief.com



JUICY NUMBER

Wow Chia's tasty range of chia seed drinks are revolutionising the juice aisle of major supermarkets across the country. Made with organic white chia seeds mixed with freshly-squeezed, cold-pressed fruit juices, they're a refreshingly healthy pick me up to beat that afternoon slump.

www.wowchia.com



SUGAR, SUGAR

Fudge Kitchen's craft chocolate creations are the perfect gift to wow your Valentine on February 14th.

Put a smile on your sweetheart's face with the Fudge in my Kitchen Love kit or the Fudge Treats.

www.fudgekitchen.co.uk



PLANT A SEED

Seed Pantry's new grow pods are a dream for the green fingered. Grow chillies, mustards, lettuce and much more in the comfort of your own kitchen – and they grow much quicker than in a traditional soil pot.

www.seedpantry.co.uk





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Your holiday is a chance to really relax, unwind and recharge – whether it's two weeks on a beautiful beach, a family getaway, a romantic city break or a trip to the far flung corners of the earth.

You've worked hard all year, so it's important that every detail of your holiday is perfect – especially when it comes to choosing where to go, where to stay and how to get there. It's tempting to book online but it's not always quick and easy. And, as you can't always be 100% certain of what you're getting, it's often not worth the risk.

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Win a magical stay on the banks of Loch Awe

NESTLED AMIDST 240 acres of private landscaped grounds in Argyll is the stunning Ardanaiseig, Scotland's current Country House Hotel of the Year. The fairy tale setting offers the perfect escape for those looking to get away from the hustle and bustle of the city. With an award-winning restaurant fronted by head chef Colin Cairns, stunning views of Loch Awe and lavishly decorated bedrooms, Ardanaiseig is a foodie's dream retreat.

This month, we're offering one lucky reader and a friend the chance to win a

one-night stay for two in this stunning manor house. The prize includes an exquisite dinner that honours the West Coast's rich larder,



a complimentary glass of Prosecco each and a delicious breakfast to feast upon the next morning.

The prime location is perfect if you want to explore the Scottish countryside so you can complete your magical getaway with a wander across the stunning Hebrides landscape.

To be in with a chance of winning, all you need to do is send us your answer to the question on the right. ●

TO ENTER

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

On which Romantic loch is Ardanaiseig situated?

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@foodies festival.com](mailto:enter@foodiesfestival.com)

Entries must be received by March 30th 2016. Subject to availability and allocation. Prize must be redeemed before November 30th 2016, based on two adults sharing. Cannot be used in conjunction with any other offer. Editor's decision is final. No cash alternative. Non transferrable.

THE DAVINA METHOD

Beloved TV presenter turned health food guru **Davina McCall** is all for eating carbs -the smart way!

WHILE WORKING on my *5 Weeks to Sugar-Free* cookbook, I realised there was a lot of confusion about carbohydrates. Mmmmm carbs... Lots of women were asking me about the benefits – or not – of carb-free diets, how to stop the carb cravings and ways to avoid those terrible carb slumps. They echoed my own questions, so I set out to find the answers for all of us.

Let's get one thing straight: I love carbs – crisps are my weakness – but I also know that the wrong ones do my body no good. And let's face it, we all have to work hard to stay in shape. So, is carb-free the answer? The experts say a resounding 'no'. Our bodies need carbs to work properly: we need them to look great, feel great, think

straight and we need the fibre that carbs contain.

So how do we do it, how do we eat carbs and still look and feel fantastic? Smart carbs!

Smart carbs still have the great comfort-food feeling but they

also provide us with loads of goodness and nutrients, as well as all-important fibre –and they're good for all the family. Going smart carb my way means eating lots of hearty soups and salads packed with veggies and pulses, snacking on home-made popcorn instead of crisps, enjoying yummy wholegrain bread instead of white sliced, and cooking up some sweet potato fries instead of chips.

You'll look and feel better, have more energy and avoid those mid-afternoon slumps. I promise you – once you get into the smart carb habit you'll never want to stop. ●

How do we eat
carbs and still look
and feel fantastic?
Smart carbs!



THAI PRAWN AND COCONUT SOUP

I like to get everything prepared for this soup before I start to cook and then I feel like a real pro when I look at all the little bowls. Once that's done the soup is ready in no time. Great with spiralised courgettes if you're into those or with noodles if you're happy with the extra calcs.

Serves 4

250ml fish, chicken or vegetable stock
2 lemongrass stalks, roughly chopped (no need to remove outer stalks)
3 garlic cloves, thinly sliced
3 kaffir lime leaves or zest of 1 lime
2 red chillies, thinly sliced (optional)
400ml can of coconut milk
2 tbsp fish sauce (nam pla)
juice of 1 lime
100g baby corn
100g sugarsnap peas or mangetout
50g bean sprouts
200g peeled raw prawns
Salt

To serve

100g wholegrain soba noodles or 400g courgettes, spiralised
1–2 red chillies, deseeded and finely sliced
coriander leaves
lime wedges

331 calories per serving with noodles; 278 with spiralised courgettes

- Pour the stock into a saucepan. Add the lemongrass, garlic, lime leaves or zest and the chillies, if using. Season with salt. Bring to the boil, then turn the heat down to a simmer and cover. Simmer the stock for 10 minutes, then strain it through a sieve over a bowl, discarding all the aromatics and reserving the liquid.
- Pour the stock back into the saucepan and add the coconut milk, fish sauce and lime juice. Simmer for a couple of minutes just to let the flavours combine, then add the baby corn and the sugarsnap peas or mangetout. Simmer gently for 5 minutes.
- Add the bean sprouts and the prawns and cook for a further minute. Taste for seasoning and add more salt or fish sauce if necessary.
- If serving the soup with noodles, cook them according to the packet instructions. If serving it with spiralised courgettes, add them to a pan of boiling water and blanch them for 20 seconds, then drain.
- Ladle the soup into bowls over the noodles or courgettes, then add a sprinkling of chillies and coriander leaves and serve with wedges of lime on the side.



Davina's Smart Carbs by Davina McCall
published by Orion Publishing, £16.99



CHICKEN, BROCCOLI AND SPELT SALAD

I discovered spelt when we were working on my first cookbook and I love it. It's a grain, with a great nutty flavour and good firm texture. You can cook it yourself, as below, or you can buy it ready cooked in sachets in the supermarket. Up to you. This salad has an anchovy dressing and I didn't think I liked anchovies but I do like them in this – they add lots of flavour.

Serves 4

Olive oil spray

400g boneless, skinless chicken thighs, trimmed of fat

100g uncooked spelt, well rinsed

or 300g ready-cooked spelt

250g sprouting broccoli, trimmed

100g mixed salad leaves, well washed

200g cherry tomatoes, halved

Salt

Dressing

1 small can of anchovies in olive oil (30g drained weight)

1 garlic clove, finely chopped
juice of 1 lemon

1 tbsp olive oil

½ tsp chilli flakes (optional)

286 calories per serving

- Heat a griddle pan until it's very hot, and spray it with olive oil spray. Add the chicken thighs and grill them for 5–7 minutes on each side until they're cooked through and golden brown. Remove the thighs from the pan and set them aside to cool, then slice them thickly.
- If you're not using ready-cooked spelt, put the spelt in a saucepan, add plenty of water to cover and season it with a good pinch of salt. Bring the water to the boil, then turn down the heat and simmer the spelt for 15 minutes or according to the packet instructions until the grains have softened but still have a slight bite to them. Drain and allow the spelt to cool.
- Cook the sprouting broccoli in boiling water for 3–4 minutes until just tender.
- To make the dressing, finely chop the anchovies and put them in a small saucepan. Add the garlic, lemon juice and olive oil and whisk together over a low heat until the dressing thickens and emulsifies. Add the chilli flakes, if using.
- To serve, arrange the mixed leaves on a large platter. Sprinkle over the spelt and drizzle with some of the dressing. Top with the sprouting broccoli, cherry tomatoes and chicken and add the rest of the dressing.



PORK RAGU

This is based on an amazing pasta dish I ate in France and completely loved. The sauce is cooked for ages over a low heat until the meat is falling apart – so good. It's worth making lots and stashing it away in the freezer if you don't use it all. If you don't have the fresh herbs you could use dried herbes de Provence instead or some Italian dried herbs.

Serves 6–8

2 tbsp olive oil
1kg boned pork shoulder, trimmed of fat and cut into 3–4cm dice
1 large onion, finely diced
2 celery sticks, finely chopped
2 carrots, finely chopped
3 garlic cloves, finely chopped
1 large sprig of rosemary, left whole
1 large sprig of thyme, left whole
1 large sprig of sage, left whole
2 bay leaves
250ml white wine (optional)
2 x 400g cans of chopped tomatoes
Salt and black pepper

To serve

50g wholewheat pasta
Grated Parmesan cheese (optional)

472 calories per portion if serving 6; 400 if serving 8

- Heat a tablespoon of the oil in a large frying pan and fry the diced pork shoulder until it's well browned on all sides. It's best to do this in batches so you don't overcrowd the pan or the meat will stew, not brown. Set each batch aside as it's browned.
- Meanwhile, heat the remaining olive oil in a large casserole dish. Add the onion, celery and carrots and fry them gently for several minutes over a fairly low heat until they've started to soften. Add the garlic and herbs, then cook for another couple of minutes.
- Add the browned pork to the casserole dish, then add a little of the wine, if using, or some water to the frying pan and scrape up any brown bits. Tip this into the casserole, then add the rest of the wine, if using, and turn up the heat. Boil fiercely until the wine has evaporated, then add the tomatoes and season with salt and pepper.
- Bring the mixture back to the boil, then turn down the heat and cover the casserole dish with a lid. Simmer very gently for at least an hour and a half, or until the pork is starting to shred and is very tender.
- Take the lid off the casserole dish and leave it over a low heat until the sauce has reduced down. Stir occasionally to help shred the meat and help it combine with the rest of the sauce.
- Remove the sprigs of herbs, then serve the sauce with pasta and some grated Parmesan. You can also serve the sauce with spiralised courgettes for a lower calorie count.



GREEN TO GO

A busy lifestyle made **Ella Woodward's** vegan lifestyle tricky – until she learned to expand her horizons

HEALTHY LIVING has totally transformed my life. I changed my diet in January 2012 to try and heal a chronic illness called postural tachycardia syndrome. Overnight I adopted a natural, plant-based diet and said goodbye to gluten, dairy, refined sugar, processed food, additives and meat. It was a dramatic change, especially as I had mainly lived off pesto pasta, pick 'n' mix and chocolate up until then... It took a while for the diet to work but, over the course of eighteen months, I got better, came off all my medications and realized that living a healthy life made me happier and healthier than I ever had been before. It wasn't an easy journey though, and one of the things I found hardest was learning how to eat well when I was really busy and pushed for time.

Shifting towards a more plant-based way of life is pretty exciting; it opens up a whole new world of delicious ingredients, amazing tastes and unique textures and truly makes you feel fabulous from the inside

One of the things I find hardest is eating well when I'm really busy

out. But I know that it's not the easiest adjustment and that it throws up its own challenges.

For me, the biggest hurdle was losing the meals that I had relied on almost every day – pesto pasta, cereal, smoked salmon bagels, lasagne and chicken stir-fry – and having to find alternatives. It can be hard at first when old favourites suddenly vanish.

Another issue I found was that I got stuck in a serious food rut. While I absolutely adore food, and eating is probably my favourite pastime, I admit I am naturally a lazy cook. I like fast, easy meals that taste wonderful but require minimal preparation, chopping and washing up!

This disposition, combined with the fact that I didn't know what to cook or how to cook it, meant that I ate the same thing almost every day for the first few months of my plant-based life! Everything tasted good, but I found myself so bored with the lack of variety. I only actually fell in love with this way of eating when I pushed myself to try new things, and in so doing I discovered a whole world of rainbow goodness and – even more importantly – I realised that cooking awesome healthy, varied meals every day can be incredibly easy. ●



Deliciously
Ella
Every
Day

Simple recipes
and fabulous food
for a healthy way
of life



Ella
Woodward

Record
Breaking
Bestseller

QUINOA NORI ROLLS WITH AVOCADO CREAM

One of the first recipes I ever put on my blog, which makes it quite special! I still love it though and make it a lot for easy weekday suppers both for myself and when I have a couple of friends over. It's a fun recipe to make as you have to really get involved with your hands. You can add any veggies to the inside of your roll: my staples are carrot, courgette and red pepper, but broccoli, cauliflower, cucumber and asparagus are all awesome, too

Serves 1

For the rolls

30g quinoa

juice of 1 lemon

1 carrot

1 courgette

1 red pepper

Handful of sesame seeds

2–3 nori sheets

For the avocado cream

1 avocado

1 tbsp apple cider vinegar

1 tbsp olive oil

Juice of 1 lime

Salt

- Start by cooking the quinoa. Place it in a saucepan with 125ml of water and the lemon juice. Bring to the boil, then reduce the heat and simmer for 10–15 minutes, until all the water has been absorbed and the quinoa is fluffy but not mushy.
- Meanwhile, chop all the veggies into thin, long strips.
- Now make the avocado cream. Simply scoop the avocado flesh out of its skin, discard the stone and place the flesh into a food processor with all the other ingredients and 1 tbsp of water. Blend for a few minutes until a creamy paste forms.
- Once the quinoa has cooked, let it cool for a few minutes, then stir in the sesame seeds.
- Next assemble your roll. The best way to do this is to lay a nori sheet on a work surface, put a layer of avocado cream in a strip on one long side, then top it with a sprinkling of quinoa and veggies. Once you're ready, roll it up tightly. Repeat to fill and roll the other nori sheets.
- Either eat the rolls whole, or chop them into bite-sized pieces with a sharp, preferably serrated knife.



Deliciously Ella Every Day by Ella Woodward,
published by Yellow Kite, £20
Photography: Clare Winfield.

TOP TIP

For a protein boost, add beansprouts, pumpkin seeds or black beans to your roll; they all add great flavour and texture, too



WARMING PESTO BUTTER BEANS

A favourite recipe from my blog, which I hope you'll love. It's incredibly simple but very addictive; the first time I made this I cooked it four or five times in the next two weeks!

Serves 1

For the pesto

1 garlic clove
50g pine nuts
big handful of fresh basil leaves (25g)
3 tablespoons olive oil
Juice of 1 lemon
Salt and pepper

For the salad

400g can of butter beans, drained and rinsed
100g spinach
Olive oil
Juice of 1 lemon
Handful of pumpkin seeds
Sprinkling of pomegranate seeds (30g)

- Start by making the pesto. Simply peel the garlic and then put all the ingredients into a food processor and blend until smooth. Set aside.
- Place the beans in a frying pan with the spinach and pesto and sauté everything in a splash of olive oil for 2–3 minutes until the spinach has wilted and everything is warm.
- While they cook, squeeze the lemon over the beans and add more black pepper.
- Place the pesto beans and spinach into a bowl and sprinkle the pumpkin and pomegranate seeds over the top.

TOP TIP

In hot weather, swap the wilted spinach for fresh rocket and serve this as a cold salad





TOP TIP
If you don't have any squash then try using sweet potato instead, it tastes awesome in this



CHICKPEA AND SQUASH SALAD

This may sound simple but – trust me – it's so much more than it seems. I first made this for a collaboration with a café in London and it was such a hit that I knew I had to share it! It is a great simple dinner for one, or you can make a huge bowl of it to serve for friends

Serves 1

For the salad
120g chunk of butternut squash
1 tsp paprika
1 tsp dried mixed herbs (I use herbes de Provence)
Salt and pepper
Olive oil
80g chickpeas, drained and rinsed
½ teaspoon chilli powder

Big handful of rocket (30g)
40g sun-dried tomatoes, chopped

For the dressing
1 tbsp olive oil
½ tbsp apple cider vinegar
½ tsp turmeric
1 tsp honey

- Preheat the oven to 220°C (fan 200°C).
- Peel the squash, then cut it into small bite-sized pieces. Place on a baking tray with the paprika, mixed herbs, a little salt and olive oil. Bake for about 30 minutes, until tender.
- Place the chickpeas on a separate baking tray with the chilli powder, toss well to coat and bake for 20 minutes, until they're firm but not too crunchy.
- Mix all the dressing ingredients together, seasoning with a bit of salt and lots of pepper.
- Once the chickpeas and squash have cooled, mix them with the rocket and sun-dried tomatoes, pour on the dressing and toss well.



VEGAN NIGHTS

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PLANT POWER

Scotland's vegan restaurants are going from strength to strength as we embrace a healthier way of eating

SCOTLAND HAS a lot to offer when it comes to vegan food; Edinburgh was recently named the UK's Most Vegan-Friendly City and Glasgow welcomed Europe's biggest vegan festival for the first time. It's clear that, with venues such as Glasgow's Mono and its sister restaurants regularly scooping awards for best vegan eatery, the plant-based diet is leaving its mark in Scotland's food scene.

Both Barry Henderson, manager of Henderson's Vegan, and David Craig, from healthy fast food joint Martha's, believe social media has played a major role in the vegan revolution. "Social media has made it easier to research,

From top: Vegan Burger, Bread Street Brasserie and Henderson's Below: Martha's

share and explore how to live a vegan lifestyle," says Craig, whose venues are revolutionising fast food. Henderson cites sustainability and ethical issues, and personal health reasons as the main factors behind embracing a vegan diet.

Whether it's Edinburgh's Bread Street Brasserie's monthly vegan dinner, or Glasgow's Deelicious Geelicious tasty cake, more and more eateries are committed to providing vegan options that taste just as good, or better, than their original counterparts.

When the question of whether or not the vegan lifestyle is merely a fashionable fad arises, both Craig and Henderson agree: vegan food is here to stay. ●

GLASGOW

Mono monocafebar.com,
Stereo stereocafebar.com,
The 78 the78cafebar.com,
Flying Duck flyingduckclub.com,
Martha's mymarthas.co.uk,
Deelicious Geelicious
deeliciousgeelicious.co.uk

EDINBURGH

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David Bann davidbann.com,
Kalpna kalpnarestaurant.com,
Taco Mazama
www.tacomazama.co.uk



FOODIES **STUART MUIR**



STUART DYNASTY

Edinburgh favourite **Stuart Muir** has just opened his first restaurant, Dine, above the Traverse Theatre

What made you want to become a chef?

My passion for food started at a young age, I used to go fishing and hunting with my father, then return home to cook with my mother. It definitely gave me an understanding of local, seasonal produce, which I've carried with me throughout my career.

It's the only job I've ever had, so opening my own restaurant was a natural progression, as it is for many chefs. Dine is something I've dreamt of for some time, and since Paul and I decided to make the jump it's rapidly turning into the highlight of my career.

Who is your biggest inspiration in the kitchen?

I've been fortunate enough to work in some of Scotland's best restaurants. Being head chef at Knockinaam Lodge when we were awarded a Michelin star set me on the path to creating exceptional food. It also helped me understand the importance of my team. Every person in the kitchen is central to its success. I take pride in training my staff to help them reach their potential. It's something James (our head chef) and I are passionate about at Dine.

What are your kitchen essentials?

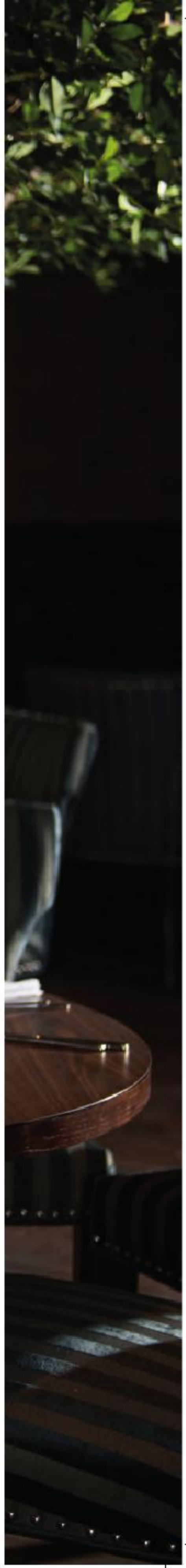
I like to keep things simple in the kitchen - new age gadgets aren't particularly important to me, though I would say every chef needs the perfect set of knives. It's personal preference, all based on the style of cooking you practise.

What do you cook at home, away from the pressures of running your own restaurant kitchen?

Using seasonal produce is one habit I do bring home with me, and this time of year I tend to veer towards steak, especially when sourced from the Borders. It's simple and fast; served rare with a fresh salad, it makes perfect family dinner for a Saturday evening.

What are your tips to wow guests at a dinner party?

You can never have enough side dishes! It's natural to focus on the main part of any dish but sides shouldn't be a second thought as they can be just as impressive and the combination of flavours make a meal memorable. Try serving alternatives to the classics. Cauliflower and beetroot are fantastic roasted, just prep them with cooking oil and lots of seasoning. ●



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HAND DIVED SCALLOP WITH VANILLA BISQUE AND WARM SHELLFISH

Serves 4

4 scallops in the shell
 8 live langoustines
 100g razor clams in the shell
 100g surf clams in the shell
 100g mussels
 1 shallot, roughly chopped
 Olive oil
 Small bunch of thyme
 1 bay leaf
 ½ white onion, finely diced
 1 carrot, chopped
 1 stick of celery, chopped
 2 tomatoes, chopped
 50ml Pernod
 250ml white wine
 500ml fish/chicken stock
 1 whole vanilla pod, scraped
 or ¼ tsp vanilla essence
 1 bulb of fennel cut into wedges
 ½ cucumber
 100ml cream

- In a large saucepan, sweat off the shallot in a little oil with some thyme and one bay leaf. When soft, add the mussels, surf clams and razor clams, add 100ml of the white wine and cover with a lid. The shellfish is cooked as soon as the shells open (1-3 minutes). Remove the shellfish from the pan, reserving all the liquid.
- Blanch the langoustines in boiling salted water for 1 minute, then chill in an ice bath. Once cool, remove the tail meat – reserving all shells – then chill in ice.
- In a large frying pan with a splash of oil, roast off the langoustine shells until they start to colour, then remove and reserve. Add onion, carrot and celery to the pan, and sweat off with no colour. When the veg is cooked, return the shells to the pan. Add chopped tomato, and cook until slightly mushy. Deglaze with the Pernod and the remaining white wine, then reduce until very little liquid remains. Add the reserved shellfish liquor and stock and bring to the boil. Skim and simmer for 30 minutes. Strain and reduce to 200ml, remove from the heat and add the vanilla. Place the lid back over, infuse for 20 minutes and strain again.
- Meanwhile, de-shell the scallops, then wash very quickly in cold water. Chill.
- Place fennel wedges in another pan and cover with olive oil, on a very low heat and cook until tender. Remove from the heat, keeping the fennel in oil.
- Peel and cut the cucumber in half lengthways, then cut into 2 inch pieces. In a very hot frying pan sear the cucumber until almost burnt (a griddle pan is ideal). Remove and keep at room temperature.
- Remove all the clams and mussel meat from from the shells, discarding shells.
- Over a medium heat, bring sauce to a simmer, add cream and simmer until thick.
- Cook the scallops in a hot frying pan to desired degree. Once cooked, add the shellfish and langoustine to the sauce and leave to heat through for 30 seconds.
- Plate with the warm cucumber and fennel, spoon the shellfish and scallops on top and pour the sauce over everything.



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From top: Horseshoe Inn, venison and bedroom, Below: Isle of Eriska

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www.horseshoeinn.co.uk

This small, award-winning restaurant with rooms situated in the picturesque village of Eddleston is the perfect getaway for foodies. The eight lavishly decorated rooms are the perfect retreat after a day exploring the Scottish Borders and the delicious menu, devised by Chef Alistair Craig, is bursting with exquisite dishes.

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11 Sherbrooke Avenue, Glasgow G41 4PG
www.sherbrookecastlehotel.com
 Located in the south side of Glasgow



and surrounded by the peaceful Pollokshields landscape, this magnificent, baronial castle offers a stunning oasis of relaxed luxury on the city's border. The historical spot is the perfect retreat after a busy day of shopping, which you can top off with a truly delicious fine dining experience at the restaurant.



Top: Three Chimneys, exterior and soufflé. Above and below: Cringletie



THE THREE CHIMNEYS

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MUSSELS WITH CHINESE BEER “WARM AND COMFORTING SUPPER”

Serves 2 or 4 to share

2 tbsp peanut oil
1kg mussels,
de-bearded, cleaned
and scrubbed
1 inch fresh root
ginger, peeled and
finely grated
1 red chilli, de-seeded
and finely chopped
1 small bunch fresh
spring onions, sliced 1
cm on the angle
½ Chinese leaf,
shredded 1 cm thick

100g dried mung bean
noodles, pre-soaked
in warm water for 10
minutes
350ml Tsingtao beer
1 tsp vegetable
bouillon stock powder
2 tsp low sodium light
soy sauce
1 tsp dark soy sauce
1 tsp clear rice vinegar
Coriander sprigs for
garnish

- Heat the wok over high heat and add the peanut oil. Add the ginger and chilli and fry for a few seconds, then add the spring onions and stir-fry together for less than a minute. Add the Chinese leaf and cook for 1 min.
- Tip in the cleaned mussels and cook for less than 1 min and stir well. Add the mung bean noodles. The mussels will start to open and at this point add the Chinese beer and bring to a boil. Stir in the organic vegetable bouillon, mixing it in well.
- Add 2 tablespoons of low sodium light soy and 1 teaspoon dark soy sauce. To balance out all the flavours of the wok, add 1 tablespoon of clear rice vinegar. Stir to combine and cook for less than 1 minute, garnish with fresh coriander leaves. Divide into serving bowls and serve immediately. Make sure all the shells are open and discard any closed ones.

GREAT ESCAPE

Self-taught cook **Ching-He Huang** gave up her catering business to focus on creating great dishes and writing about the food she loves

How did you get involved with food?

I'm a self taught cook, it was something my mother taught me when I was in my teens, a few dishes at a time before she would go away on extended work trips. I turned to cooking as a career to help financially support my family; it was what motivated me to start my own catering company fresh out of university. When I was building my catering company, Fuge, I discovered I enjoyed the creative process more than the business side. I was given my first TV appearance on *Good Food Live* a few years into building the company, and I realised I enjoyed sharing recipes and stories about Chinese culture. Eventually, after 10 years, I decided to concentrate on TV and writing instead. I was burnt out from running the business and enjoyed the freedom that writing books and presenting provided.

Where do you find your inspiration?

I like to embrace natural produce, cooked simply. I am always trying to find easy recipes that I can cook without spending too much time. My dishes have



By choosing the right foods, we can detox the body

to tick those boxes, and be nutritious too.

By choosing the right foods, we can help detoxify and nourish the body. It's about getting the right balance between health and taste.

What are your kitchen essentials?

Keep it simple. Natural condiments are important. Some coconut oil for stir-frying, five-spice powder for just about everything, a good rice vinegar or two, some Shaoxing rice wine to intensify flavor, some organic vegetable bouillon powder to create natural "umami", toasted sesame oil to create richness and some low sodium soy sauce, which gives a dish a fresh saltiness. In terms of equipment, all you need is a good carbon steel wok. You don't need much else in the kitchen. You can do everything in a wok: braise, stir-fry, sauté.

What dishes would make a perfect Valentine's menu for you?

I have chosen my Mussels in Chinese Beer. This is a great recipe for Valentines day because it's quick to make, healthy and fun to eat – it can be rather seductive when prying the delicious morsels open with a combinations of forks and fingers! (Ahem)... Mussels are good for circulation and men's reproductive health – ie perfect for baby making! They are a good source of selenium (stimulates metabolism and immune system and protects cells from free radical damage) as well as other vitamins such as B12, zinc, folic acid, iron, calcium and omega 3 polyunsaturates. ●

BRING ON THE BAKE

Inspired by *Bake Off*?
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oven and a sweet tooth

EVERY YEAR *The Great British Bake Off* celebrates anew the special place baking holds in our national identity. From family meals to birthday parties and home-cooked teas to the big dates in the community calendar; nothing says celebrations like a home-made bake.

So many of our bakers started out because they had something significant to celebrate – making a sister's wedding cake, for example, or baking for a big family gathering, but you don't have to restrict your baking to the big events. Whatever the occasion, *The Great British Bake Off* encourages and inspires you to celebrate for yourself everything to love about baking. ●

CAPPUCCINO CRÈME BRULÉES

Makes 6

4 large egg yolks, at room temperature
45g caster sugar
½ tsp vanilla extract
300ml single cream
300ml double cream
2½ teaspoons instant coffee granules

For the caramel topping
100g caster sugar

- Heat the oven to 170°C. Put the egg yolks into a large heatproof bowl, add the sugar and vanilla extract, and mix with a wire whisk until thoroughly combined.
- Pour both creams into a medium pan and heat until scalding hot. Remove the pan from the heat, add the instant coffee and stir until dissolved. Leave to cool for a couple of minutes, then pour the coffee cream slowly on to the egg yolks, whisking constantly. Strain the custard into a jug, then pour into buttered ramekins.
- Set the ramekins in the roasting tin and pour hot water into the tin to come halfway up the side of the ramekins. Bake in the heated oven for 25–30 minutes until the custards are just set. Remove the ramekins from the roasting tin and leave to cool. Once cold, cover the ramekins with clingfilm and chill overnight.
- To make the caramel topping, put the sugar in a stainless steel pan and add a little water to dampen. Set over medium heat and stir gently until the sugar has completely melted. Turn up the heat to high and cook, without stirring, until the sugar syrup has turned to a pale straw-coloured caramel. Pour the caramel on to a lined baking sheet and leave until cold and hard.
- Break up the caramel into chunks, then blitz in a food processor to make a fine sandy sugar. Sprinkle the caramel sugar evenly over the chilled custards. Place them side by side on a grill pan or baking sheet.
- Heat the grill to its highest setting. Slide the pan of ramekins under the grill, as close to the heat as possible, and grill for 4–5 minutes until the sugar has melted and turned to a rich caramel – be careful not to burn the sugar or leave the ramekins under the grill for too long as you risk reheating and overcooking the soft-set custard. Cool briefly until the caramel has set, then serve as soon as possible.



CHOCOLATE SHORTBREAD TWISTS

Shortbread is synonymous with Scotland, and these twisted ropes of the crisp, buttery biscuit studded with dark and white chocolate are pretty enough to grace any Hogmanay party. Don't skip the chilling stage as the dough needs to be firm when it goes into the oven, to keep a good shape. For the best flavour, use really good chocolate

Makes 24

125g unsalted butter, softened
90g caster sugar
1 medium egg, at room temperature
½ tsp vanilla extract
225g plain flour
pinch of salt
1 tsp cornflour
50g good-quality white chocolate
(at least 30% cocoa solids)
50g dark chocolate (about 70%
cocoa solids)
Icing sugar, for dusting

- Put the softened butter into a mixing bowl, or the bowl of a free-standing electric mixer, and beat until creamy with a wooden spoon or a hand-held electric whisk, or the whisk attachment of the mixer. Add the sugar and beat for a couple of minutes until the mixture is light and fluffy, scraping down the side of the bowl from time to time.
- Break the egg into a small bowl, add the vanilla extract and beat with a fork just until combined. Gradually add the egg to the butter mixture, beating well after each addition and scraping down the side of the bowl as before.
- Sift the flour, salt and cornflour into the bowl and mix in with a wooden spoon or plastic spatula. Use your hands to gently bring the mixture together into a ball of dough. Divide in half and transfer one portion to another bowl.
- Grate or very finely chop the white chocolate – you can do this quickly in a food processor, but take care and use brief 'pulses' to avoid melting the chocolate. Add the chocolate to one portion of dough and mix in with a wooden spoon. Grate or finely chop the dark chocolate and mix into the second portion of dough.
- Weigh the white chocolate dough and divide it into 4 equal portions. Using your hands, roll each portion on the worktop to a sausage 1cm thick and 40cm long. Move the white chocolate sausages to one side and repeat with the dark chocolate dough, to make a total of 8 sausages.
- Lay one white chocolate sausage next to a dark chocolate sausage and gently twist them together – if the dough breaks just press it back together. Trim each end of the dough twist, then cut the twist across into 6 equal pieces. Repeat with the remaining dough sausages to make 24 pieces in all.
- Arrange the pieces on lined baking sheets, setting them slightly apart to allow for expansion. Cover lightly with cling film and chill for 30 minutes.
- Towards the end of the chilling time, heat the oven to 190°C.
- Bake the twists for 12–15 minutes until golden and firm – check after 10 minutes and rotate the sheets if necessary so the shortbreads bake evenly. Remove from the oven and leave the biscuits to firm up on the baking sheets for a minute before transferring to a wire rack to cool. Once cold, dust with icing sugar. Store in an airtight container and eat within 5 days.



ZINGY CITRUS MADEIRA CAKE

Fresh, vibrant and rich, this version of Madeira cake is made by carefully creaming butter and sugar, then gradually beating in eggs and folding in flour and grated orange and lemon zest to make a smooth batter. The baked cake is decorated with a citrus glacé icing and curls of candied citrus peel.

Serves 8

For the cake mixture

150g unsalted butter, softened
150g caster sugar
4 medium eggs, at room temperature, beaten to mix
200g self-raising flour
Pinch of salt
Finely grated zest of 2 medium oranges
Finely grated zest of 1 large unwaxed lemon

For the candied peel decoration

75g caster sugar
100ml water
1 medium orange
1 large unwaxed lemon

For the icing

150g icing sugar
1 tbsp orange juice
1 tbsp lemon juice

- Heat the oven to 180°C. Put the soft butter into a mixing bowl, or the bowl of a free-standing electric mixer, and beat with a wooden spoon or a hand-held electric whisk, or the mixer whisk attachment, until creamy. Add the sugar and beat until light and fluffy. Scrape down the side of the bowl, then gradually beat in the eggs, beating well after each addition, and adding a tablespoon of the weighed flour with each of the last 2 additions of egg.
- Sift the rest of the flour and the salt into the bowl, then add the grated zests and carefully fold in with a large metal spoon until thoroughly combined. Transfer the mixture to a greased loaf tin, 19 x 12.5 x 7.5cm, lined with a strip of baking parchment.
- Bake in the heated oven for about 1 hour until the cake is a good golden brown and a skewer inserted into the centre comes out clean. Set the tin on a wire rack. Run a thin, round-bladed knife around the inside of the tin to loosen the cake, then leave to cool for 15 minutes before carefully removing the cake from the tin – use the ends of the lining paper to help you. Leave on the wire rack until completely cold.
- Meanwhile, make the decoration. Put the sugar and water into a small pan, set over low heat and stir until the sugar has dissolved. Bring to the boil, then remove from the heat. Using a vegetable peeler, pare off long strips of peel from the orange and lemon and add it to the syrup. Return to low heat and simmer gently for about 5 minutes until the peel is very soft. Remove and cool, then drain. Leave the peel on a sheet of baking paper to dry.
- To make the icing, sift the icing sugar into a small bowl and stir in the juices (squeezed from the orange and lemon) to make a smooth, runny icing – add a bit more juice, if necessary. Drizzle the icing over the top of the cake, letting it run down the sides.
- Using a cocktail stick or skewer, carefully lift the candied peel on to the cake and arrange in curls. Transfer the cake to a plate.



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From top: Comrie Croft, Ardenaiseig and Lunga House

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nights Porter & Rye offers in-house,
dry-aged prime Scottish beef, with the
added twist of molecular cooking on
our small plates menu, accompanied
by classic & contemporary cocktails
with fine wines and champagnes too.

DUISDALE HOUSE

Sleat, Isle of Skye IV43 8QW
www.duisdale.com

Say your vows on the romantic Isle of Skye at this stunning hotel. Tie the knot in the beautiful gardens, celebrate in the enchanting interior or, if you fancy going all out, hire their Solus a Chuain luxury yacht for a wedding at sea.

GLYNHILL HOTEL

169 Paisley Road, Renfrew,
 Glasgow PA4 8XB
www.glynhill.com

Renfrewshire's premier wedding venue has everything you need for stunning, unforgettable pictures of your big day; the grand manor staircase or Barony 2 secret garden are the perfect backdrops for your wedding album. You can also design a bespoke wedding package to ensure you have a sumptuous meal tailored to your individual requirements.

LUNGA HOUSE

Lochgilphead PA31 8UU
www.lungahouse.co.uk

A little castle with a big heart, the



Left: Little Cake Parlour

enchanting Lunga House sits tall on green lawns amidst tangled woodland. Get married while the waves crash against the Corrycreackan shores and indulge in the magic of a castle wedding, including delicious food, a boogie in the magnificent ballroom and a truly charming atmosphere. ●



LET THEM EAT CAKE

3D CAKES

www.3d-cakes.co.uk

If you're looking for a creative cake that makes a statement, 3D Cakes will help you design something as unique as your wedding.

JENNY'S CAKES

www.jennys-cakes.com

A small, professional artisan wedding cake bakery that specialises in creating beautiful, unique and delicious sweet treats to make your big day extra special.

LITTLE CAKE PARLOUR

www.littlecakeparlour.com

Perfect for innovative, bespoke cakes and cupcakes that taste amazing and look great.

MADemoiselle MACARON

mademoisellemacaron.co.uk

Add a touch of Parisian chic to your wedding with a colourful macaron 'cake'. Macaron bags also make the perfect wedding favours to end your big day on a sweet note.





SENSE OF PLACE

Tidying up has never looked so good as when storage gets creative

ALL TOO often, storage isn't considered early enough in the process of planning and decorating our homes - we're far more likely to get carried away thinking about paint colours and what kind of 'look' we want to give







Having a place for everything really can be a life-enhancing step



our personal spaces. But tempting as it is to jump to the more glamorous elements of the decor, it really should be first things first. Things get damaged when they're stuffed into cupboards haphazardly, poorly ordered fridges lead to ingredients spoiling, and that's before you even factor in the mind-calming influence of a tidy and well-ordered space. Having a place for everything really can be a life-enhancing step. ●

Photographs: Christopher Drake, Debi Treloar, Rachel Whiting, Simon Brown



Everything in its Place, Rebecca Winward, Ryland, Peters & Small, £19.99

Do YOU sell food?

Food Waste Recycling is now Law!

As of the 1st January 2016 any businesses producing 5kg or more of food waste per week are required by law to separate it for recycling.

Any business that doesn't comply runs the risk of a fine up to £10,000.

Keenan Recycling helps over 3000 businesses in Scotland recycle their food waste, turning it into green energy and agricultural soil conditioner.

Let us serve you with the right recycling solution...

If you're **Keen** on saving, If you're **Keen** on doing the right thing, call...

0800 644 66 19

Scotland's Largest Food Waste Collection Service

Hillhead of Auchreddie New Deer Turriff AB53 6YH T: 0800 644 66 18
Herkimer House Mill Road Enterprise Park Linlithgow EH49 7SF T: 0800 644 66 19
E: info@keenanrecycling.co.uk www.keenanrecycling.co.uk





Dining at Gleneagles

Dining is an essential part of the Gleneagles experience. Inspired by the pick of the field, wood, river and sea, our menus are bursting with flavour and imagination. All of our restaurants are open to residents and visitors alike.

The Strathearn is one of the last great formal dining rooms, with a theatre of food on offer.

Andrew Fairlie at Gleneagles is Scotland's only two Michelin starred restaurant, offering an exclusive experience.

Informal **DESEO** serves a range of flavours from Spain, Italy and Greece as well as some family favourites.

The Dormy Clubhouse Bar and Grill serves great modern bar food.

See: www.gleneagles.com

Call: 0800 169 2984





HEART'S DESIRE

February brings you winter barbeque classes and acclaimed chefs' tips

CORRIE COOK SCHOOL

Craobh Haven by Lochgilphead,
Argyll, PA31 8UA

www.corriecookschool.com

The Corrie Cook School puts the taste into adventure with their deliciously inspirational courses, which you'll take surrounded by breathtaking views of the Gulf of Corryvreckan. They offer bespoke courses to suit your specific needs but the unique Fish, Fillet & Fry package takes you on a voyage aboard their boat, Jenny Wren, during which you'll catch your own ingredients.

NICK NAIRN COOK SCHOOL

Port of Menteith, Stirling
FK8 3JZ

www.nicknairncookschool.com

This month, acclaimed chef Nick Nairn will be joining forces with Tony Singh on the 27th for two three-hour classes that promise to turn up the heat.

Choose either the lunchtime or the evening session, and learn how to make delicious peanut butter chicken with caramelised nuts and steamed basmati, followed by a tasty soufflé with homemade sorbet dessert.

COCOA BLACK

1-3 Cuddybridge Peebles,
EH45 8HX

www.cocoablack.com

If you have a passion for patisserie or dream of being in the next *Bake Off*, Cocoa Black is the perfect spot to polish your skills.

From top: Cocoa Black, Nick Nairn and Tony Singh

The Chocolate and Pastry School is run by master chocolatier Ruth Hinks. The Make Your Own Chocolate Truffles, Pralines and Ganache class on the 20th and the Make Your Own Sugar Showpiece on the 23rd will make this month extra sweet.

EDINBURGH NEW TOWN COOKERY SCHOOL

7 Queen Street, Edinburgh
EH2 1JE

www.entcs.co.uk

Want to do something different for your sweetheart this Valentine's? Take the French Cuisine Course on the 13th and spend the day learning how to make bouillabaisse with *rouille* and croutons, *sauté de poulet a l'angevine* and tarte au citron. Nothing says 'I love you' like French food! ●



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Mon - Sat: 10:00 - 16:00

Last tour: 15:00

Sun: 11:00 - 16:00

Last tour: 15:00

APRIL - OCTOBER

Mon - Sat: 10:00 - 17:00

Last tour: 16:00

Sun: 11:00 - 17:00

Last tour: 16:00



NOVEMBER & DECEMBER²

Mon - Sat: 10:00 - 16:00

Last tour: 15:00

Sun: 11:00 - 16:00

Last tour: 15:00

1. Please note, we will be closed for 1-2 weeks for essential maintenance and Training - dates to be confirmed. Please check website for changes to opening hours.

2. Please note: We close during Christmas & New Year - dates to be confirmed

Pencaitland, Tranent, East Lothian **EH34 5ET**

☎ 01875 342012

✉ glenkinchie.distillery@diageo.com

MINIBUS SERVICE

Glenkinchie Distillery will be running daily minibus services from Edinburgh City Centre to the Distillery.

Transport and Tour from £20.00

Call the distillery now on 01875 342 012 to book.



MONTGOMERY BEAUTY BOUTIQUE

12A Montgomery Street,
Edinburgh EH7 5JS

www.montgomery12beautyboutique.weebly.com

Get yourself ready for your Valentine at this stylish beauty salon. Treat yourself to their Shellac Manicure, which will glam up your nails and hands. If you follow that with a boutique Express Make Up session you'll definitely be ready to shine in your most beautiful colours.



ONE SPA

8 Conference Square, Edinburgh
EH3 8AN

www.onespa.com

One Spa's Spring in your Step Spa Day is the perfect way to give the season a fabulous welcome. The exclusive treatment includes a tailored facial, a full-body essential massage and use of the indulgent range of heat and water experiences in the tranquil Thermal Suite.



G&V ROYAL MILE

1 George IV Bridge, Edinburgh
EH1 1AD

www.quorvuscollection.com

The luxurious G&V spa, nestled in the heart of the historic Royal Mile, is offering exclusive his and hers treatments for an extra relaxing Valentine's Day treat. Choose from a range of facials, massages and more, and indulge in the ultimate romantic escape amidst the hotel's glamorous designer surroundings.



VELOCITY SPA & FITNESS -AIRTH CASTLE

Airth, Stirlingshire, FK2 8JF

www.airthcastlehotel.com

Airth Castle's spa is an oasis of tranquillity and relaxation, offering the perfect escape from the hustle and bustle of the city centre. Their exquisite water facilities are perfect for a session of aquatic reinvigoration, and their range of treatments will leave you glowing.

SPA IN THE CITY

96 St Vincent Street, Glasgow
G2 5UB

www.spainthecity.co.uk

Spoil your loved one with a twin

room massage at Spa in the City. The full body massage, side by side with your partner by candlelight, is the perfect

way to reduce tension and ease aching muscles, and is topped off with a glass of bubbly for extra relaxation. From £99.



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Conjourn up a passionate cocktail for your valentine

LOVE POTION

40ml Eden love.gin
15ml rhubarb syrup
15ml cranberry juice
15ml lemon juice
2 dashes chocolate bitters

● Heat ingredients (don't boil) and pour into 10g dry ice. Serve with rocks glass and cubed ice for drink to be poured over.

Cocktails by The Adamson,
St Andrews, theadamson.com



CAMISUTRA

30ml white rum
20ml Chambord
20 ml lemon juice
10ml simple syrup
2 dashes vanilla bitters

- Shake and double strain into a chilled coupe glass



WEEKEND IN PARIS

5ml amaretto
5ml crème de fraise
10 ml lemon juice
5ml orgeat syrup
4 fresh raspberries

- Shake ingredients and double strain into champagne flute. Top up with 125ml champagne. Garnish with lemon twist

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PURSLANE

33A Saint Stephen Street,
Edinburgh EH3 5AH

For those with a keen eye for spotting hidden foodie gems, this charming little eatery won't have gone unnoticed. Tucked away in a basement in Stockbridge's bustling Saint Stephen Street, Purslane may be easy to miss, yet it's definitely hard to forget.

Having recently undergone refurbishments, the restaurant has been transformed into a space where, much like acclaimed chef and proprietor Paul Gunning's menu, simple charm meets contemporary glitz.

Our table was nestled against the brand new textured wood wall, the perfect vantage point to feast our eyes on the delights coming from the kitchen.

Malcolm, our waiter, was attentive without being intrusive, and promptly answered our questions regarding the wide choice of delicious food on offer.

After much deliberation, we decided to pick from the seasonal à la carte menu.

Before our starters arrived, however, a creamy cauliflower



cheese amuse-bouche prepared our palates for the feast to come.

My roast breast of duck, cooked to pink perfection, was served with a crisp shallot Tart Tatin and a watercress salad. Despite being a tasty and beautifully presented dish, my dining partner's curried scallops with parsnip purée and parsnip crisps, a rainbow of colours and textures, stole the limelight.

Our mains arrived shortly after we polished off our starters.

I went for the bouillabaisse, a dish that perfectly embodied the restaurant's casual fine dining combined with country flavours ethos. The delicate shellfish sauce perfectly complemented the fresh pan-fried sea bream, red mullet and monkfish, and an earthy touch was added by the curly kale. My partner's guinea fowl was juicy and colourful, and looked equally delicious.

After our mains, our feast was not finished. My vanilla panna cotta, served with raspberry sorbet, was fresh and fruity, but my partner's dark chocolate delicé with salted caramel ice cream was the night's highlight; a truly decadent dish that ended the night on a perfect sweet note.

With its creative and exciting menu, excellent service, and intimate feel, Purslane has definitely established itself as a strong contender in the Edinburgh fine dining scene – one you shouldn't miss out on.

www.purslanerestaurant.co.uk

Lidia Molina Whyte

What's New



TOP TIP

Up and coming singer Jess Glynne will be at Usher Hall on the 17th. Grab a bite beforehand at stylish burger joint Bread Meats Bread across the road.



BILLIONAIRE'S HIGHBALL

40ml Bulleit Rye
10ml Grand Marnier Cuvee du Centenaire
25ml lemon juice
20ml saffron syrup (1:1)
Dash Creole Bitters
Ruinart Blanc de Blanc

- Add all ingredients except champagne to shaker and shake vigorously over ice.
- Add to tall glass, top with champagne and garnish with mint sprig, lemon wedge and edible banknotes.

www.diageo.com



SEASONS RESTAURANT AND BAR EDINBURGH

From political thrillers to winter jumpers, Scandi cool is hot, hot, hot. Or at least, that's the idea at Seasons, a new Nordic European restaurant on Broughton Street. There is no conventional menu - instead, diners are presented with a seasonally changing list of roughly 30 ingredients, which the kitchen uses to create an innovative five- or seven-course dinner. A typical dish might be duck served with roasted salsify and pumpkin purée. Tak! 36 Broughton Street, EH1 3SB Tel: 07904153493, seasonstasting.co.uk



1051 GWR GLASGOW

A recent refurb has given a former Victorian railway station on Great Western Road another new lease of life. A sleek, neighbourhood bar and kitchen, 1051 GWR plays subtly on its railway heritage

while delivering contemporary food and drink. Twenty craft beers, a great wine list and clever cocktails vie for attention with a menu founded on local sourcing. The kitchen's output ranges from sandwiches and ciabatta to pan-seared Oban scallops, fish 'n' chips and a grill section which boasts a 1.2 kilo rib steak. 1051 Great Western Road, Glasgow G12 OXP Tel: 0141 339 5575 www.1051gwr.co.uk



CUP TEA GARDEN/VIRGINIA GLASGOW

By day, this two level Merchant City venture is Cup Tea Garden, a top notch tearoom specialising in brunches and lunches. As the working day ends it transforms into Virginia, a chicken rotisserie and gin emporium. The free-range chucks are sold whole, by the half and by the quarter with corn on the cob and house 'slaw. Unit 4, 43 Virginia Court, Glasgow, G1 1TN Tel: 0141 553 2326 www.virginiabar.co.uk

WINES

De Bortoli La Bohème Act Three Pinot Gris & Friends 2014, £14.85, Oddbins

Shimmering light straw colour with pear, orange blossom and honeysuckle aromas.



Madiran Réserve des Tuguetts 2012, £6, Tesco

This deep red has dark fruit, toasted notes, with hints of mint and liquorice on the palate.



One 1 Ribera del Duero Reserva 2009, £11.75 Oddbins

Deep garnet with rich liquorice flavours, soft tannins and a long finish.





number one MOTHER'S DAY LUNCH

Sunday 6th March

Number One will once again open for an exclusive Mother's Day lunch created by Head Chef Brian Grigor. Spoil your mum with a Michelin-starred celebration in refined surroundings. Bookings available from 12.30pm to 2.30pm.

**3-course lunch with
coffee and petit fours**

£49 per person

Advanced booking required

@NumberOneEdin

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Out & about

If you want to feature contact
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drinkaware.co.uk for the facts