

ISSUE 66

www.appetitemag.co.uk

January/February 2022

appetite.

TICKLE YOUR TASTEBUDS...

FREE

PLEASE TAKE
A COPY WITH
YOU

THE PROOF OF THE PUDDING

Warming up the new year with the puds of the past

Plus How to waste not, want not in 2022 // New recipes for Veganuary

Win Dinner for two at The Blackbird, Ponteland

PLUS:
YOUR GUIDE TO
NE1 NEWCASTLE
RESTAURANT
WEEK

**HAPPY
NEW YEAR!**

**20% OFF
FOR 20 DAYS**

20% off food from January 1st – 20th 2022

BOOK A TABLE

JESMOND – 0191 281 3434

HIGH BRIDGE – 0191 232 5133

TERMS: Not in conjunction with any other offer. Food bill only. Excludes takeaways.
Please quote 'Appetite 20' when booking and take a copy/screenshot of this offer and display to your server on arrival.

DABBAWAL™

DABBAWAL.COM

Alright, treacle?



Editor ponders a recipe missing a vital ingredient, which she has never noticed

Where, dear reader, does the time go? Yes, obviously I realise it passes in the shape of seconds, minutes, hours, days, weeks, months years etc, but where, really, does it go?

Take a cookbook I gave to my mother years ago (circa 1982) which I assumed must be terribly fine because it bears the name of a well-known food writer of the time and I know my mother used it, and she was a superb cook. But looking up treacle tart in it the other day (to double check my mother's handwritten recipe from her kitchen notebook) I realised (aghast) that the recipe in the book omitted the essential breadcrumbs.

Now, I have used this book's recipe for treacle tart numerous times and have never noticed that the breadcrumbs aren't actually there (though obviously I always include them), which tells me what while following this recipe, I am not following it at all. It is simply there, as it has always been, and I've never consciously noticed the lack of this essential ingredient.

Which brings me on to how hard it is, as a cook, to write an accurate recipe down. Most of us who cook regularly do so by rote. I weigh ingredients for cakes and patisserie,

but everything else is done by eye, smell and taste, and if I pick up a recipe for, say, treacle tart, which misses an essential ingredient, I probably won't consciously notice it, because I know it has to be there anyway.

It is often really hard for the chefs who contribute to this magazine to write down their recipes accurately; something which becomes clear when I read them, cook them in my head, and realise something is missing. This has at times, I admit, made me pretty fed up, but then if I can follow a treacle tart recipe for decades and only realise the breadcrumbs aren't in it when I properly look at it, who am I to talk?

I'm not sure where I'm going with this, save to say, the old recipes are the best and if all the ingredients and steps aren't there, forgive the writer. The best cooks don't always know what they do because they just do it, and who are the rest of us to talk?

Alternatively, take all the work out of it and join us in eating out as much as possible this NE1 Newcastle Restaurant Week – full details on pages 18-21!

Jane Pikett, Editor



@appetitemaguk



@appetitemaguk



@appetitemaguk

Cover: Bread and butter pudding (what else do you need in your life right now?). One of the recipes in our traditional puddings feature, pages 34-37.

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

Editorial 01661 844 115

Jane Pikett - jane@offstonepublishing.co.uk

Advertising 01661 844 115

Joanne O'neil - joanne@offstonepublishing.co.uk

Website www.appetitemag.co.uk

Designed & Published by **offstone**
publishing

Unit 5b, Bearl Farm, Stocksfield
Northumberland, NE43 7AL

Photography

Nicky Rogerson www.nrphotography.co.uk



CELEBRATE
VALENTINE'S DAY
WITH THE PROMISE OF
INDULGENCE.

This Valentine's Day, let us elevate your romantic celebrations with a sensational dining experience at Walwick Hall. From locally sourced a la carte-style dishes to a sumptuous Valentine's Day set menu and our ever-indulgent Valentine's Day Afternoon Tea.

For an extra special occasion, why not spoil your loved one with a romantic night away in our boutique hotel? After settling into your luxurious accommodation, enjoy an intimate dinner for two in our newly renovated Dining Room. Make the most of your stay with access to our idyllic Spa and breakfast the following morning.

EXPLORE OUR VALENTINE'S DAY MENUS AND STAY PACKAGES
AT WWW.WALWICKHALL.COM

WALWICK HALL
A COUNTRY ESTATE AND SPA

HUMSHAUGH, HEXHAM, NORTHUMBERLAND. NE46 4BJ. T 01434 620 156

Highlights

January/February 2022



18

NE1 Newcastle Restaurant Week

Eat out for amazing prices during every foodies' fave week of the year

07

Offers

...Exclusive to Appetite

32

Seeds of change

Sprouting seeds for health

23

Take 5

Our 5 favourites of the month

49

Win!

Dinner for two at The Blackbird

34

Cook the cover

Sweet treats to bring comfort to the winter months

26

Eat to the beet

Plant-based dishes you'll love



50

Last word

Chef restaurateur Anna Hedworth

40

Waste not, want not...

Keeping food waste and bills down in 2022



knitsley
farm^{shop}
AND GRANARY CAFE

TREAT YOUR LOVED ONE...

*Local Multi Award Winning Farm Shop.
Awarded Butchers Shop and Farm Shop of the year.*

* Fully stocked butchery counter * Cooked meats /pies / pork pies
* Local & continental cheeses * Quality fresh fruit and veg

**Valentines or Mother's Day
Hampers & Gift Vouchers Available**



KNITSLEY FARM SHOP

East Knitsley Grange Farm, Knitsley, Consett, DH8 9EW

Tel: 01207 592059 | www.knitsleyfarmshop.co.uk

OPEN: Tuesday to Saturday 9am til 4pm.

CLOSED: Sundays & Mondays



spurreli
boutique icecream



Every drop of spurreli icecream is made with passion and enthusiasm from start to finish.
So take your time and enjoy!

"Simply Incredible" Jean-Christophe Novelli

"Just so smooth, amazing. 10 out of 10!" Antonio Carluccio

The Old Chandlery, Coquet Street, Amble, Northumberland, NE65 0DJ

Opening Hours: 10am - Early Evening | 7 days a week

E: hello@spurreli.com | T: 01665 710890 | www.spurreli.com

carruthers & kent

WINE, DELI, ENOTECA
TASTINGS and EVENTS



GIFT VOUCHERS and GIFT WRAPPING

3a Elmfield Road | Gosforth | Newcastle upon Tyne | NE3 4AY

Tel 0191 2131818

www.carruthersandkent.com

OFFERS

Fancy a foodie offer on us? Look no further than these specials from some of our favourite people.

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 GLASS OF CRÉMANT

Côte Newcastle is offering Appetite readers a free glass of Crémant with any main à la carte dish until March 20, 2022. Available at Côte Newcastle only.

One complimentary glass of Crémant per person aged 18 or over.

Côte Newcastle, 120-122 Grainger Street, NE1 5AF | 0191 731 4733 | cote.co.uk

CÔTE

Buy one, get one free

Brocksbushes Farm Shop is offering Appetite readers buy one, get one free on all homemade slices and scones in its Tea Room until February 28, 2022.

**Brocksbushes Farm Shop & Tea Room, Corbridge, Northumberland
NE43 7UB, tel 01434 633 100, www.brocksbushes.co.uk**



20% OFF JANUARY 1-20 **DABBAWAL™**

Dabbawal is offering Appetite readers 20% off from January 1-20, 2022. Not in conjunction with any other offer. Food bill only. Excludes takeaways. Quote 'Appetite 20' when booking and show a copy/screenshot of this offer to your server on arrival.

Dabbawal, High Bridge, Newcastle, NE1 6BX, tel 0191 232 5133

Dabbawal, 1 Brentwood Mews, Jesmond, NE2 3DG, tel 0191 281 3434 www.dabbawal.com

Appetite Weekly newsletter

Be part of the club!

Receive the latest news, recipes, offers and more fresh from the Appetite kitchen in your email inbox every Friday morning. Sign up to Appetite Weekly by visiting our website www.appetitemag.co.uk



Feedback

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

WHAT DO I DO WITH...? BLOOD ORANGES

We are now entering the height of the blood (or blush) orange season because they are their sweetest in January and February (something to do with the contrast between the warm Mediterranean days and colder nights which turns the flesh red).

They're delicious raw or sliced into salads, particularly with chicken, or added to a chicken stir fry.

Blood orange marmalade is sublime, as are roast blood oranges. For an easy roast recipe, peel and slice them, lay on a baking sheet and drizzle with honey and roast at 200C/Gas 6 for about 20 mins until they're caramelised on top.

For a citrusy take on roast lamb, arrange three quartered blood oranges in the tin around a lamb joint and roast it in the oven. When the meat is cooked and rested, drain the cooking juices into a pan and squeeze in some of the juice from the oranges (to your taste), boil until reduced and add a little honey (to your taste) for a light gravy.



UP IN SMOKE

Lumley Castle hotel has unveiled a smokin' new experience, aimed at anyone who enjoys the finer things in life.

The hotel at Chester-le-Street has a new cigar and spirits den, with a menu offering a range of premium Cuban cigars and spirit choices which pair perfectly with them.

In addition to a list of suggested spirits for each cigar, cocktails include smoked version of favourites such as the Black Russian, Old Fashioned and Negroni, all devised to complement the experience.

Lumley Castle Hotel, Ropery Lane, Chester-le-Street, DH3 4NX
tel 0191 389 1111, www.lumleycastle.com

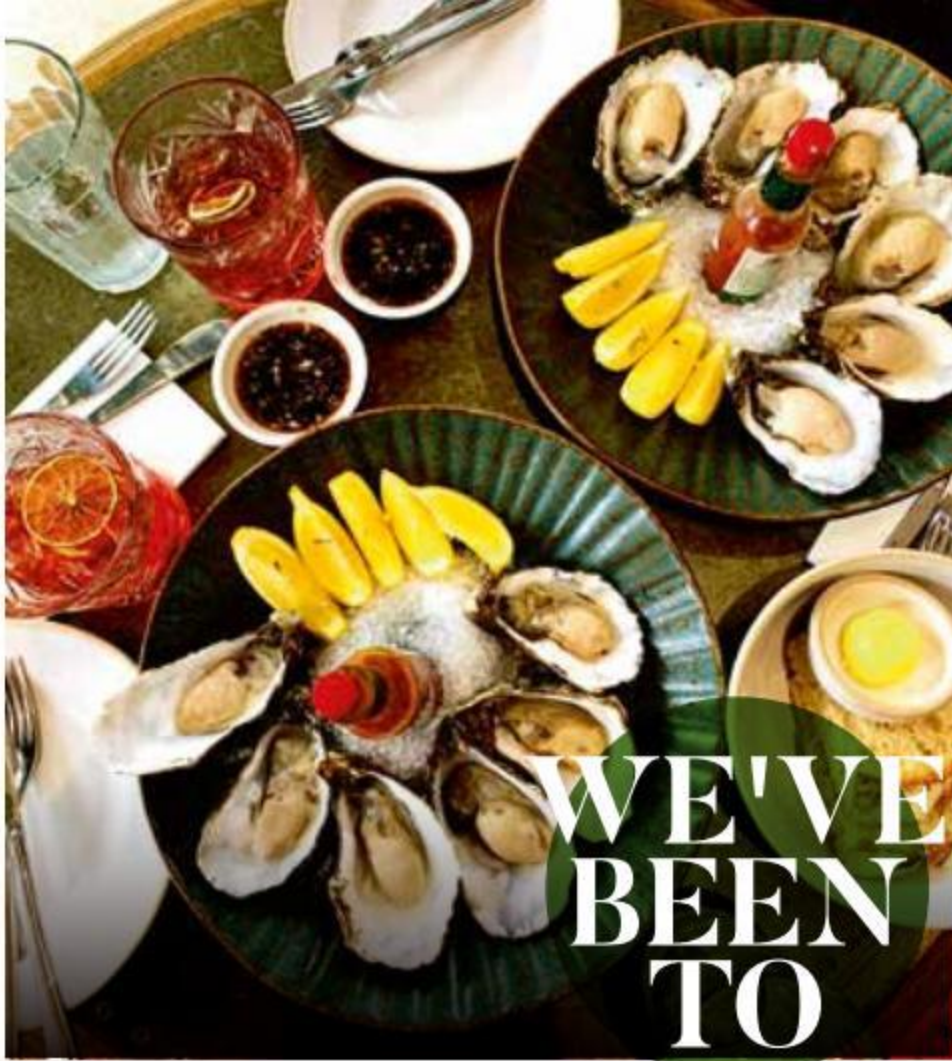
FESTIVAL RETURNS



Traders are being invited to apply for a stand at one of the region's most popular food festivals ahead of its return next spring.

Durham County Council has confirmed Bishop Auckland Food Festival will take place on Saturday and Sunday April 23 and 24. As always, the festival is set to offer all the ingredients for a fabulous culinary weekend, including celebrity chef demonstrations, cookery workshops and a host of stalls selling the finest local produce and tasty street food from across the globe. Applications to trade at the festival are now open.

To apply, go to www.bishopaucklandfoodfestival.co.uk



...The Beaumont Hotel, Hexham, where the Lindisfarne oysters are as fresh as you can get and the negroni as expertly mixed as anyone could wish, particularly the editor and her husband on their wedding anniversary. Happy days! **Beaumont Hotel**
Beaumont Street, Hexham, NE46 3LT, tel 01434 602 331
www.thebeaumonthexham.co.uk



LOVE IS IN THE AIR

Blagdon Farm Shop is now offering a trio of gorgeous food hampers each serving two. The team at the shop and butchery have selected their favourite steaks and gifts for the hampers, which make for a lovely treat box for Valentine's Day or Mother's Day.

There are three to choose from, each serving two and containing steaks, sauces, side dishes, pudding and wine. The Scrumptious Sirloin includes two sirloin steaks, two sauces (peppercorn, mushroom, or diane), homemade dauphinoise potatoes and garlic mushrooms, a bottle of red wine, and a choice of homemade pudding (strawberry cheesecake, chocolate fudge cake or sticky toffee pudding).

The Flirty Fillet box includes the same as the Sirloin but with two fillet steaks; and the Tasty Tomahawk has a tomahawk steak for two, a bottle of prosecco instead of the wine, and a box of chocolates. You can choose venison, lamb or salmon steaks instead of beef, and a variety of vegetables. You can order by phone, tel 01670 789 924 or email enquiries@theblagdonfarmshop.co.uk

The Blagdon Farm Shop, 16-18 Milkhope Centre, Berwick Hill Road Blagdon, Newcastle, NE13 6DA, www.theblagdonfarmshop.co.uk

**NORTH
ACOMB
FARM SHOP**

Everything a farm shop should be...

THE BEST ABERDEEN ANGUS BEEF AND QUALITY MEAT FOR THOSE SPECIAL OCCASION'S INCLUDING BURNS NIGHT
 - Enjoy traditional Scottish haggis (Grants of Speyside)
DON'T FORGET VALENTINE'S!



Catering trailer with a choice of delicious produce direct from our farm shop - available for weddings, birthdays, sporting and corporate events



PURE FRESH LOCAL AWARD WINNING ICE CREAM



www.dimeos.co.uk gelato@dimeos.co.uk 0191 2523814

[Instagram](https://www.instagram.com/dimeosicecream) [Facebook](https://www.facebook.com/dimeosicecream) [Twitter](https://twitter.com/dimeosicecream) [YouTube](https://www.youtube.com/dimeosicecream) @dimeosicecream



IT'S A DATE



BURNS' NIGHT

JANUARY 25

Celebrate Scottish poet Robert Burns' birthday with traditional Scottish fare on January 25. Restaurants across the region will be hosting special events, while our best farm shops will be stocked with haggis, neeps and tatties for those of you marking the occasion with a Burns supper at home.

BLACKFRIARS
LUNCH CLUB -
POETIC LICENSE
GIN TASTINGTUESDAY FEBRUARY 1
FROM 11AM

Blackfriars' February lunch club will offer the chance to taste and learn about Sunderland-based Poetic License gin. Enjoy a glass of fizz on arrival followed by gin insight and mini tasting, a three-course lunch, wine and coffee in Blackfriars' Banquet Hall.

Tickets are £32.50 per person and are available at www.blackfriarsrestaurant.co.uk/events/1382/blackfriars-lunch-club-poetic-license-gin-tasting

SAUSAGE AND
CIDER FESTIVALSATURDAY FEBRUARY 19
NOON-11PM

Newcastle Civic Centre is set for a return of all things sausage and cider, with 14 different flavours of sausages to try along with craft ciders, beers, gins and soft drinks.

Tickets for both five-hour sessions are £10 at: www.sausageandciderfest.co.uk

Light
bites

OPEN ALL HOURS

Artisan bakery Kennedy and Rhind in Jesmond is celebrating its newly extended opening hours with a new menu.

The bakery, licensed café and shop is now open seven days a week. New breakfast dishes include roast squash and feta potato cake, shakshuka, baked French toast, and a merguez, tomato and onion stew. Brunches include braised duck confit with braised red cabbage, and fishcakes served with tomato and onion stew.

Kennedy and Rhind, 3 Holly Avenue West, Jesmond, Newcastle NE2 2AR, tel 0191 691 6070, www.kennedyandrhind.co.uk



HIGH STEAKS

Steakhouse Bar + Block in Newcastle is showcasing British and Irish Angus steak on its new menu. Highlights include a spiral-cut ribeye marinated in garlic and parsley, and new sides including mash with Malbec gravy, and corn on the cob with smoky chilli ketchup finished with 18-month matured Parmesan and coriander. The menu also features burgers, chicken wings spiced with tandoori or Korean spice blends, and jumbo garlic prawns cooked over charcoal and served with samphire and flatbread.

Bar + Block, Newgate Street, Newcastle, NE1 5RF, tel 0191 814 1888 www.barandblock.co.uk/en-gb/locations/newcastle



THE BIG SMOKE

Khai Khai, the pioneering Newcastle restaurant renowned for its unique flavours created by the skilful play of smoke and fire, has been named the UK's Most Innovative Restaurant Concept at the prestigious British Curry Awards in London.

The restaurant, which has built a national reputation since its launch mid-pandemic, serves up a culinary journey through the hotspots of south Asia, its dishes passed down through generations and cooked in Jospier and tandoor ovens.

Owner Jaf Ali, who created the Khai Khai concept alongside his mentor, the world-renowned Michelin-starred chef Alfred Prasad, said: "This is a huge award, recognition of our work in creating Khai Khai, which was two years in the making and opened at the height of the pandemic in December 2020. This is a smoke play concept like no other and national recognition like this is only possible because of our passionate and incredibly talented team."

Khai Khai, 29 Queen Street, Newcastle, NE1 3UG
tel 0191 221 0601, www.khaikhai.co.uk

ALL CHANGE

Paul Johnson is now heading up the kitchen at Beadnell Towers, while his wife Kelly keeps the home fires burning at their pub, The Ship Inn, Wylam, where head chef Michael Elliott leads the kitchen team. "The opportunity to join Beadnell Towers and shape its food offering was too good an opportunity to pass up," says Paul, who spent three years in Cornwall working for double Michelin-starred Nathan Outlaw before returning to Northumberland to take on The Ship. **Beadnell Towers**
The Wynding, Chathill
NE67 5AY
tel 01665 721 211
www.beadnelltowers.co.uk



Paul Johnson

THE IN CROWD

JANUARY

BRUSSELS SPROUTS

Definitely not just for Christmas, sprouts are still at their best at this time of year. Stir fry with beef and oyster sauce, or sautéed in butter with anchovy fillets, lemon juice and flat-leaf parsley.

JERUSALEM ARTICHOKEs

These strange-looking nobbly tubers are much under-rated. Nutty and earthy, serve with or without skins roasted, baked, sautéed or in a mixed mash, eat them raw (thinly sliced) in salads, or lightly stir fry them.

OYSTERS

Naturally, we recommend Lindisfarne oysters (online at www.lindisfarneoysters.co.uk), fresh with lemon. If you prefer them cooked, drizzle with cream and Parmesan and grill.

FEBRUARY

CELERIAC

Another strange-looking nobbly root (see Jerusalem artichokes, above...), celeriac is stunning roasted in the oven, when its nutty flavour comes to the fore. Alternatively, mash it, make soup with it, or serve roast celeriac steaks topped with capers.

MUSSELS

Enjoy the last of the UK season the traditional way, steamed in garlic, shallots, white wine and parsley. If you can get hold of really big ones, remove one half of the shell, drain away any liquid, top with breadcrumbs pulsed in a food processor with Parmesan cheese, tarragon and parsley and a dot of butter, and warm under a hot grill.

PURPLE-SPROUTING BROCCOLI

Delicious and pretty, this adds flavour and colour to your winter table. Finely slice and stir fry in groundnut oil with garlic, grated fresh ginger, fresh red chillies, soy sauce and sesame seeds.



IN THE BLEAK MID-WINTER



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 venue.

Vallum, Military Road, Newcastle, NE18 0LL
tel 01434 672 652, www.vallumfarm.co.uk

It's that time of year; very wet, damp, cold, muddy, dark and everything else unpleasant.

The plants in the pots my friend at Tom and Jo's in Wylam made for me continue to bloom and grow against the odds. I'm not quite sure how, and as far as gardening is concerned I can barely muster the enthusiasm to rake up the leaves.

I recently had a conversation with friends about veganuary and there ensued a debate on what is the best way to eat for us and for the environment.

The best option, we decided, is to forage. It's low impact, it's exercise, you only pick what you're going to eat that day, and there are new dandelion leaves pushing up through the winter debris which are good for a salad and bigger ones good as a veg. They're also good for cleansing your liver (it's New Year's Day as I write this). Roll on nettle season too, as they're so versatile and delicious.

Next best (in my opinion) is to eat local. It helps our local economy and the produce around here is generally slower grown. I like the idea of money going straight back to small producers, and where else

but with them can you chat about the feed the animals are raised on? You can also trace the sustainability of everything around here. There are the locally raised chickens at Hexham Farmers' Market, local seasonal ingredients from stands such as the organic veg stall, and local bread from the market or daily from The Grateful Bread bakery on Market Street.

I like to poach a whole chicken with onion, celery, bay and carrot for about an hour and a half, or when the meat is coming away from the leg bones. Then you just remove the meat (carefully), put the bones back in a pan and simmer. The stock you get is a magic ingredient for restoring your soul, your gut health, and your immune system. My other half and my 13-year-old daughter have been a bit run down post-Covid and the chicken stock has really helped.

I'm going to eat less meat in January and stick to local produce. This, and a bit of self care, is my means of surviving the darkest of Northumbrian months of January and February. See you again as the days get longer.



FAMILY SPIRIT

A new artisan gin distillery has been founded by a father and daughter inspired by their shared love of gin and local history.

Paul and Yasmin Gibson have launched Dragon Slayer Distillery in Co Durham with Yasmin's partner William Sandick, who is a master distiller. Made in small batches, their gin is crafted from locally foraged botanicals and spa water from a local freshwater spring, and is distilled using vapour to ensure a clean, pure finish.

The distillery's first gin, Sir John Conyers London Dry, takes its name from the legendary Sockburn dragon slayer, a brave medieval knight who slayed the Sockburn Worm. The team plan to release a new gin each year, each saluting a different dragon slayer.

Dragon Slayer Distillery, Spa Wells, Low Dinsdale, Darlington DL2 1PL, tel 07398 479 023, www.dragonslayerdistillery.uk



ALL PINTS EAST

North Tyneside pubs, bottle shops and breweries are set to come together for a three-day celebration of craft beer on February 18-20. All Pints East, led by Salt Market Social on North Shields Fish Quay, will feature live music, DJs and street food. Craft producers, bottle shops, bars and pubs involved include Left Luggage Rooms, Nord Bottle Shop, Enigma Tap, Front Street Tap, Almasty, Dog and Rabbit, Errant, Flash House, Full Circle, Northern Alchemy, Out There Brewing, Two By Two, and Wylam Brewery.

The event is split into four sessions – Friday night, Saturday day time, Saturday night and Sunday day time, and tickets for each session are £8.

www.fatsoma.com/saltmarketsocial

BURNS' NIGHT SUPPER

CRANACHAN

It's Burns' Night on January 25 – night of haggis, tatties and neeps, pipers and single malt. All those, and our favourite, cranachan – dessert of the gods and a Highlands staple.

Don't take the quantities in this recipe too seriously (particularly the cream and the whisky, which are our favourite bits and deserve to be used liberally) this is meant to be adjusted to your taste. Enjoy!

SERVES 4

INGREDIENTS

150g raspberries
1 tbsp icing sugar
4 tbsp medium porridge oats
(or 3 tbsp oats + 1 tbsp ground almonds)
3 tbsp whisky
1 tbsp lemon juice
2 tbsp honey
150ml double cream

METHOD

Put the raspberries in a bowl, sprinkle with the icing sugar, toss gently and set aside.

Spread the porridge oats (or combined oats/ground almonds) on a baking tray and place under the grill on a low heat to toast gently. Keep an eye and remove the moment it is gently browned. Set aside to cool.

Put the whisky, lemon juice and honey in a bowl and stir to combine, add the cream and whisk into soft peaks.

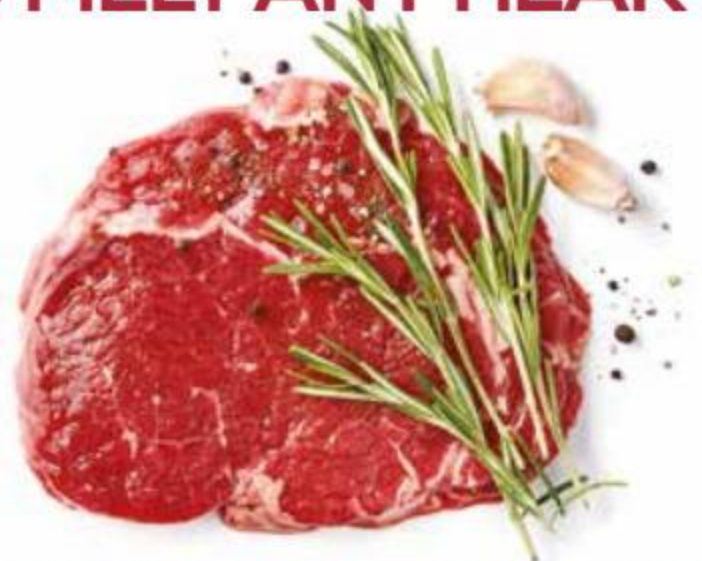
Fold in half the toasted oats. Layer in glasses with the raspberries and more oats, reserving enough raspberries and oats to garnish.



EAT!



MELTS IN THE MOUTH, TO MELT ANY HEART!



VALENTINE'S AND MOTHER'S DAY – see website

www.theblagdonfarmshop.co.uk

for a range of delicious meal ideas suitable for everyone, couples to Mother's Day lunches.

Call for further details or **SIGN UP TO OUR NEWSLETTER** for up to date news and offers.

- Traditional grass fed beef raised here at Blagdon
- Healthy eating for the New Year – locally sourced meat, game and fresh vegetables.

THE
BLAGDON
FARM SHOP • BUTCHERY • BAKEHOUSE



www.theblagdonfarmshop.co.uk

16-18 The Milkhope Centre, Berwick Hill Road, Blagdon NE13 6DA

T: **01670 789924**

Open Tues-Thurs 10am-4pm, Fri-Sat 10am-5pm, Sun 11am-4pm, CLOSED MONDAYS

SUPERB LOCATION ON THE SEAFRONT WITH AMAZING VIEWS OF ROKER LIGHTHOUSE

Locally roasted Ouseburn coffee, (FC Roast coming soon).
Cakes, bagels, pizza & bar.



FAUSTO PIZZA & BAR

Hand stretched, wood fired pizza, using the finest local ingredients.

Offering locally brewed beer, cocktails, spirits and wines.

FAUSTO
— COFFEE —

Marine Walk, Roker, Sunderland, SR6 0PL
Tel: 0191 5145886 www.faustocoffee.co.uk
Open: Sunday & Monday 8.30am-4pm
Tuesday - Saturday 8.30am-10pm   

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



HAPPY VEGAN FOOD
BETTINA CAMPOLUCCI BORDI £15 This collection of easy and delicious plant-based recipes proves that nutritious food doesn't have to be restrictive. With ideas for breakfast, lunch, dinner, meals for one, desserts and snacks, this is simple vegan food to pop a smile on your face!



HOME COOKED: RECIPES FROM THE FARM
KATE HUMBLE, £25, published February 3 This is a celebration of simple, seasonal home cooking full of flavour, comfort and joy. This is food to share, from breakfast to the evening, lazy days and busy weeknights, gatherings and everything in-between. We love the ham sandwich on beer bread with piccalilli, the spring chicken with wild garlic and new potatoes, and the tomatoes with steak and wild salsa verde.



VEGAN FAMILY COOKBOOK
OMARI MCQUEEN, £12.99 The brilliant young star of CBBC's *What's Cooking, Omari?* serves up easy, delicious vegan recipes for the whole family from a quick snack to planning a party. There are vegan sausage rolls, fried mac 'n' cheese, spicy nuggets, gooey marshmallow cookies and more. Lots of fun

for the kids!



THE WHOLE VEGETABLE
SOPHIE GORDON, £25 Here, more than 130 delicious planet-friendly recipes put vegetables at the centre of the table. Embracing often-discarded parts such as leaves, stalks, tops, flowers, seeds and peelings, this is cooking at its most sustainable. Use every part of every vegetable,

reinvent your leftovers, and eat with the seasons with recipes from cauliflower carbonara, broccoli pesto and chunky pumpkin tacos, to apple and walnut Danish buns.



THE LANGUAGE OF FOOD
ANNABEL ABBS, £14.99 (pub'd Feb 3) Full of wonderful ingredients, exciting possibilities and secrets, this tells the story of Eliza Acton, a poet who dreams of seeing her words in print. But when she takes her manuscript to a publisher, she's told that *'poetry is not the business of a lady'* and instead she

is required to write a cookery book. Never having cooked before, she is determined to learn and to discover, if she can, the poetry in recipe writing. This broke the mould of traditional cookbooks and changed the course of cookery writing forever, proving that, 'a recipe can be as beautiful as a poem'.

For more reviews from Helen, go to www.forumbooksshop.com



DOT TO DOT

Dot Bagels continues to grow, adding two new locations to its busy schedule. Founded during the pandemic, the bagel pioneer has a new concession at the Three Mile pub in Gosforth. It is also the catering partner at MRKT Coffee in Pilgrim Street, Newcastle, has branches in Heaton and Jesmond and a pop-up at Fenwick in Newcastle serving up scrummy homemade bagels with a huge variety of fillings.

www.dotbagels.com



DO THE HUSTLE

The Hustle bar, grill and disco has opened its doors in Newcastle with a New York fusion menu created by award-winning chef Mark Charlton.

Small plates, sharers and pizzas are available alongside rice bowls, tacos and skewers on the new menu developed by the former Electric East, Earl of Pitt Street and Vermont chef.

Mark said: "I jumped at the chance to design my own New York fusion style menu incorporating the four elements of NY fusion - from Harlem soul to Little Italy, Chinatown and New York's own mac n' cheese and hot dogs."

The Hustle will also be serving an impressive range of modern cocktails alongside an extensive wine list and beers from leading breweries. **The Hustle, Newgate Street, Newcastle, NE1 5RF**
www.thehustlene1.co.uk

STARTERS



STAITH HOUSE RETURNS

Following the closure of The Staith House gastropub, the team is now at By The River Brew Co's HWKRMRKT street food market on the banks of the Tyne.

The market's new Staith House Fish House is serving up a daily changing menu of local fish and shellfish, from Lindisfarne oysters to fish and chips, fish curries and hearty soups. John Calton, who runs Staith House Fish House and Newcastle restaurant Route with wife Kimberley and business partner James Laffan, said: "It's great to be sharing our food with people again. The food at the Fish House is seasonal and focused on the things we like to cook and eat. The location is brilliant, we like the vibe there, and we're excited to see how things develop." **Facebook @Staith-House-Fish-House**

A NEW VINTAGE

Tynemouth's Vineyard72, which has made a name for its sharing boards, world wines and craft beers since it launched last year, has now opened a second wine bar in Whitley Bay.

The new bar on York Road features the same wines, spirits, beers and sharing boards as its sister venue at the Land of Green Ginger on Front Street. A global wine list is complemented by local beers and spirits, local and international cheese and charcuterie, and coffee from Tynemouth Coffee.

**Vineyard72, 10 York Road
Whitley Bay, NE26 1DQ
tel 07860 561 187
www.vineyard1972.co.uk**



Classically French

BOUCHON



BISTROT FRANÇAIS
ESTABLISHED DEPUIS 2007



**Bookings being taken for
Valentine's & Mother's Day**

GIFT VOUCHERS AVAILABLE

- Glass room available for private dining/parties
- Two storey rooftop terrace

4-6 GILESGATE, HEXHAM, NORTHUMBERLAND NE46 3NJ

Tel 01434 609 943

www.bouchonbistrot.co.uk

Bouchon Bistrot bouchonbistrot @bouchonbistrot



THE ULTIMATE IN LUXURY BEEF, MELT IN THE MOUTH & BEAUTIFULLY MARBLED FOR OUTSTANDING FLAVOUR.



The unique depth of flavour makes for an extraordinary culinary experience which you won't forget. Cuts include sought after fillet, rib eye & sirloin steaks, among others such as traditional roasts & slow cook joints for amazing casseroles.

Bred in the Scottish Borders, our Wagyu beef is grass fed on our family farm using sustainable grazing systems to help the environment.

Each order is individually picked & delivered direct to your door.

Retail & Wholesale inquiries welcome.

HOARDWEEL FARMING LTD. WWW.HOARDWEELWAGYU.CO.UK

CÔTE

Open for Breakfast, lunch and dinner

PRIX FIXE MENU

Monday - Thursday | 12pm - close
Friday | 12pm - 7pm

TWO COURSES FROM £14.95



CÔTE NEWCASTLE

120 - 122 GRAINGER STREET, NE1 5AF

cote.co.uk/newcastle | 0191 731 4733

@coteuk | coterestaurant

PRANZO

TRATTORIA & DELI

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, we offer pizza, focaccia with selection of olive and Italian desserts.

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.

BREAKFAST - AUTHENTIC PIZZA - WINE - COCKTAILS



16 Station Road, Whitley Bay, NE26 2RA Tel: 0191 676 7062

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



Walk this way

Dean Bailey charts a course to The Ship Inn, Wylam



Living within a few hundred yards of the River Tyne affords endless opportunity to walk along its banks, explore the many beautiful and tranquil spots along the river's course to the North Sea, and (my favourite) visit the pubs and inns which populate the villages along the way.

In winter (actually, most of the time) our walks take in at least one pub at the midway point, if not two or even three on a long route. From home, Wylam is roughly an hour-and-a-half away, making it the perfect stopping point for a long lunch before setting out back home. A firm favourite, The Ship Inn is owned by chef Paul Johnson, who was in the employ of double Michelin-starred Nathan Outlaw before his return to Northumberland, and his wife Kelly, while the kitchen is led by the skilled head chef Michael Elliott.

On our most recent visit, the menu is the perfect antidote

for the stormy conditions which propel us through the door. The haggis Scotch egg is sublime, the crisp crumb and lightly spiced sausagemeat revealing soft egg yolk which is a perfect partner for the spiced brown sauce on the side. Pigs in blankets provide a welcome bowl of warmth topped with a sticky marmalade and wholegrain mustard sauce.

The Ship doesn't set out to test its diners, simply to please them, with a menu designed for long afternoons by the fire while the weather beats at the windows.

The Black Angus burger is finished with smoked bacon, sweet onions and a flourish of truffle mayo. Triple-cooked chips, chunky like the burger, are blessed with crisp shells and soft hearts, and each is savoured one by one until the bowl is clean.

A sweet potato and chickpea curry offers fragrant spice and a light touch of heat to allow the

spinach and sweet potato to hold their own. The sauce is mopped up with the last of the chips to ensure neither goes to waste.

To guard against the cold, sticky toffee and bread and butter puddings are essential. The former is the best of its kind, served with lashings of toffee sauce. The light caramel atop the bread and butter pudding breaks to reveal sweet custard, while blackberry sorbet cuts through the richness to offer a well-rounded close to our lunch.

Cold walks build appetites better than anything else we know, and a quick stop for lunch quickly becomes a couple of hours by the fire. Alas, the stormy weather looks to be yielding, so we take our chance to head back out into the cold with a memorable lunch to warm the journey home.

Three courses for two plus drinks comes to just under £60, which we consider a well-earned treat for braving the cold.

THE SHIP INN, MAIN ROAD
WYLAM, NE41 8AQ
TEL 01661 854 538, WWW.
THESHIPPINNWYLAM.CO.UK

NE1 Newcastle Restaurant Week is back...

Hungry? Us too, and we can't wait for the food event of the year, Jan 17-23

After two years of pandemic-induced ups and downs, we're more than ready to throw ourselves into the joyous food fest that is NE1 Newcastle Restaurant Week.

Now celebrating its 20th year, Restaurant Week is a highlight, bathing midwinter in light and inspiring foodies with new experiences at great restaurants serving exciting special menus. And this year, as ever, the city centre's restaurant family join together to offer Restaurant Week menus priced just £10, £15 and £20 per person, which means we can shed the winter blues and savour warmth, hospitality and new journeys in food.

The event run by Newcastle NE1, the city-centre's Business Improvement District, is the first Restaurant Week since January 2020, which means there's a special atmosphere of celebration and hope in the air.

The January 2020 event was the biggest ever; a record number of venues welcoming more than 48,000 diners who, in this traditionally quiet period, spent some £610,000 over seven days. This year promises to be a joyous return to going out, gathering to savour hospitality at leading venues including Dabbawal, Blackfriars, Fat Hippo and scores more, all of them relishing the opportunity to showcase their food to new customers and loyal regulars, and in doing so giving us all a much-needed boost.

As Stephen Patterson, chief executive of NE1 Ltd, says: "It's absolutely wonderful to be able to welcome people back to NE1 Newcastle Restaurant Week at a time when we're all ready to celebrate Newcastle's fantastically vibrant food scene.

"With scores of brilliant restaurants welcoming enthusiastic customers curious to try new places and revisit old favorites, Restaurant Week is a major milestone in the city's event calendar. It was initially designed to support restaurants at a traditionally quiet time of the year, and because of this event, the week is now among the most vibrant for restaurants in the city.

"As a city, we're rightly proud of our food scene. People may not realise that we have more independents per capita than any other city outside London, and a wealth of big-name brands too, many of whom are hugely enthusiastic about getting involved in January's event. We can't wait to bring NE1 Newcastle Restaurant Week back to the city."

To enjoy this year's event, all you need to do is go to the website (address at the bottom of the page), check out the offers from each restaurant, and download the vouchers you need to present to qualify for offers. Venues traditionally fill up quickly, so make sure to book in advance, and take note of any special booking conditions. ▶

For offers and menus, and to download your vouchers go to:
www.getintonewcastle.co.uk/restaurant-week





20th

NE1 Newcastle
Restaurant Week

48,000

Diners in
Jan 2020

£610,000

Estimated spend in
Jan 2020

Socials

Facebook @GetIntoNewcastle

Twitter @NewcastleNE1

Instagram @newcastlene1

Hashtag #NE1RestaurantWeek

RESTAURANT WEEK



ANDY HOOK

**BLACKFRIARS
RESTAURANT AND
DOBSON & PARNELL**

It's amazing how much things can change in 12

months. This time last year we had the hatches battened down with little prospect of reopening. But reopen we did and we will be eternally grateful to all the people who have turned out to support us and keep us afloat. Obviously, we hope 2022 brings us all better fortune, and what better way to start than with the great gastronomic give away we call Restaurant Week. It's fantastic to welcome it back, and for all the diners out there, it's time to grab yourself a culinary bargain!



HOWARD EGGLESTON

**TOMAHAWK
STEAKHOUSE**

We love how vibrant the city is at the best of times,

and when Restaurant Week comes around each January it really does heat up! The event attracts foodies from all over the UK, and people travel for miles to sample the huge selection of restaurants we have to offer. It's a fantastic way for us all to come together as an industry, and showcase what the city has to offer. We're so proud to be a part of it.



LAURA MIDDLETON

**INSTAGRAM:
@GEORDIE.SCRAN**

I eat out as much as

possible, and Newcastle's Restaurant Week has always been a great opportunity to do just that. It's a great chance to try somewhere new or extra special, and go back to some old favourites. My first visit to Route on the Quayside was part of Restaurant Week a few years ago and I plan to return this time around. I'll also be heading back to Blackfriars, Dobson and Parnell, and Coop as well, as it's been a while since I was there. I'm really looking forward to the week and can't wait to make the most of it.

Info and vouchers at
[www.getintonewcastle.co.uk/
restaurant-week](http://www.getintonewcastle.co.uk/restaurant-week)

20 appetitemag.co.uk



Ayla



Tomahawk



Banyan



Blackfriars



Dabbawal



Dobson & Parnell



Fat Hippo



Fed's Chicken

RESTAURANT WEEK



Hard Rock Cafe



Twenty Twenty



Kaltur



Khai Khai



Leila Lily



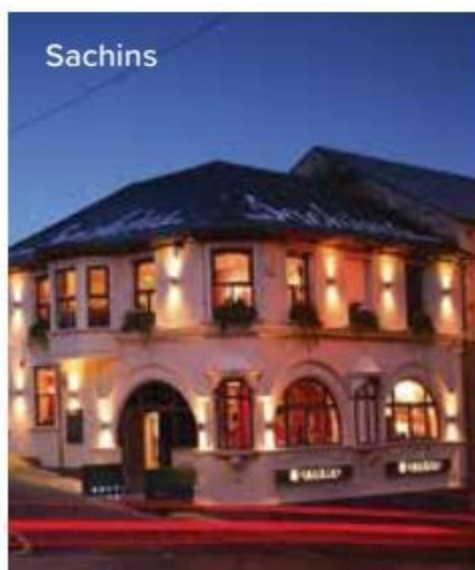
Meat Stack



Supernatural



Nudo Noodle House



Sachins



Umai Mi



JAF ALI DABBAWAL AND KHAI KHAI

We're looking forward to getting back into the busy, vibrant celebration of Newcastle food that is the annual NE1 Newcastle Restaurant Week. Coming out of the festive period is traditionally very quiet in the restaurant business, and over the years NE1 has got the timing right with Restaurant Week. Not only does the event deliver a vital boost to business in January, it's also an exciting opportunity to showcase our food and share it with lots of people. We're proud to have been part of every Restaurant Week so far and to have seen it become such an important part of the calendar. Here's to another successful week of great food across the city.



JEFF LYALL INSTAGRAM: @NEWCASTLE_EATS

After a tough period for hospitality, it's no surprise everyone's ready to get out and try new and exciting restaurants. Just remember the old favourites too!



JANE PIKETT APPETITE MAGAZINE

Here at Appetite, we never need an excuse to eat out, and NE1 Newcastle Restaurant Week is a highlight of our year. It's a huge part of the North East's vibrant and exciting food scene; a great opportunity to try new places and head back to old favourites without feeling guilty for eating out three, four, even five times in one week.



ROSIE MAY EDGE LEILA LILY'S

We're delighted to be taking part in NE1 Newcastle Restaurant Week again. It's a fantastic event for the city centre, inspiring established and new customers to enjoy brilliant food, and enabling us to showcase our menus and the skill of our brilliant chefs.

Info and vouchers at
www.getintonewcastle.co.uk/restaurant-week

Brocksbushes

New for 2022

Shop, Eat, Pick Local

Get 20% off hot drinks all year round with our new Loyalty Scheme!



Collect points on every purchase in the Farm Shop, Tea Room and Pick Your Own.

Redeem your points and get money off future purchases.



Special offers throughout the year, exclusively for loyalty members.

Free to sign up!



www.brocksbushes.co.uk
Corbridge, Northumberland,
NE43 7UB | 01434 633100



Why not join us at The Northumberland Arms on 25th January for our traditional Burns Night celebration, with a full Scottish menu, a piper and an address to the haggis?

Keep an eye on our website for our Valentine's Day and Mother's Day plans and with a new chef in the kitchen, it's safe to say our 2022 menus are some of our best yet.



Come and experience it for yourself
Northumberland Arms, The Peth,
West Thirston, Northumberland,
NE65 9EE
www.northumberlandarms-felton.co.uk
Tel: 01670 787370 f t i

CONTEMPORARY INDIAN RESTAURANT

AUTHENTICALLY ORIGINAL HONEST HOME COOKING

Using the freshest of ingredients - we are the pioneers of colourless and healthy Indian cooking!



AYLA
@GREY ST



Ayla @Grey Street
Contemporary Indian Restaurant
17 Grey Street, Newcastle, NE1 6EE
0191 261 2299 Email: bookings@aylagreystreet.co.uk
www.aylagreystreet.co.uk



JUST GO..!

Take 5

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

GLAZED VEGAN DONUTS



Vegans love doughnuts too, and Newcastle's first plant-based doughnut shops in the Grainger Market and Heaton serve homemade treats made with organic, sustainable ingredients. The last one we enjoyed was half filled with coffee buttercream, topped with a cocoa and hazelnut glaze and a shard of house-made organic hazelnut praline. The coffee's good too... **Unit 132 Grainger Market, Newcastle NE1 5QN and 19 Coast Road High Heaton, NE7 7RN** www.facebook.com/glazedvegandonuts

THE BIG BANH



Tasty Vietnamese sandwiches served at Big Banh include breakfast favourites such as smashed tofu and shiitake mushroom, and Asian-spiced sausage, egg, hash browns, sriracha, chilli, schichimi mayo, coriander and umami.

Lunch options include coriander and lime-seared tiger prawns with spicy nam jim mayo, and hearty rice bowls including pork belly poached in soy and star anise stock and finished with a sticky glaze. **280 Chillingham Road Newcastle, NE6 5LQ, tel 0191 691 2041, www.thebigbanh.uk**



THE PERCY ARMS

A favourite with Cheviot walkers, The Percy Arms has a long-established reputation for hearty homemade Northumbrian dishes and bar snacks including steak and ale pie, gammon and egg, triple-cooked chips, proper puddings, and good beer. Sunday lunch is sublime, dogs are welcome and you can stay over in one of the five rooms. **Main Road, Chatton, NE66 5PS, tel 01668 215 244, www.percyarmschatton.co.uk**

DREAMWORLD CAKES

Enjoy exquisitely pretty cakes that taste as lovely as they look at this café and takeaway patisserie, whose owners reached the final six of *Great British Bake Off The Professionals* in 2019. Sit in or take away afternoon tea, breakfast or lunch, and savour patisserie made in-house using local ingredients. Fancy trying your hand at patisserie? Courses include French macaron and chocolate truffle classes.

Arch 3, Stepney Bank Ouseburn, Newcastle, NE1 2NP tel 07794 945 202 www.dreamworldcakes.co.uk



KORU

Sometimes, we just want to escape the hustle and bustle, and Koru is dedicated to peaceful, mindful eating. Launched in December 2020, Koru has made its name for its mindful pizza served with hygge candlelight and chilled music. In addition, the menu includes pasta, salads, Buddha bowls, cakes, puddings and more, all served with a calm vibe.

83b Salters Rd, Gosforth, Newcastle tel 0191 816 1154, www.facebook.com/koru.uk



THE TRUE
MEXICANA
AUTHENTIC FOOD AND A WIDE RANGE OF PRODUCTS IMPORTED DIRECTLY FROM MEXICO | *experience*



mention Appetite Magazine for a free gift on your first visit

EAT-IN OR TAKEAWAY



Choose from quesadillas, tacos, rice bowls, burritos, nachos, salads and soups, with a variety of fillings on offer. A healthy juice bar is available, giving you the true Mexican experience!



4 MARKET STREET, HEXHAM, NE46 3NU
TEL: 01434 622329
OPEN: MON-THURS 9AM - 7PM
FRI & SAT 9AM - 9.30PM. CLOSED SUNDAY

grate

an independent cheesemonger
252 Jesmond Road, Newcastle, NE2 1LD.
0191 649 2528

@gratenewcastle #staycheesy



Award Winning Restaurant



Delivery - Collection - Gift Vouchers



To make your reservation visit
www.jashnrestaurant.com

Whickham Bank, Swalwell, Gateshead, NE16 3BP
Tel: 0191 488 8505

Fab 5

This month's five foodies focus on cutting food waste and eating more economically



BOB ARORA
SACHINS PUNJABI RESTAURANT
NEWCASTLE

Chicken or turkey pilau is the ultimate comfort food and a great way to feed a crowd using leftover roast meat. The warmth of the spices always hits the spot the day after a big

family roast. Meanwhile, bubble and squeak can be taken to another level with Indian spices. It's a cracking way to use up any leftover veg, and staple Indian spices like turmeric, cumin and garam masala give a delicious Indian twist.



DANIEL CONTRERAS

LITTLE MEXICO
HEXHAM

Fresh corn tortillas are great for tacos, and then, as they firm up, cut them up and fry them to make nachos. As they firm up a little more, they make the base for a dish called

chilaquiles, with broken nachos fried with a green sauce and finished with beans and cheese. Our carrot and ginger cookies include some of the fibre leftover from our cold-pressed juices. They make fantastic cookies which are also good for your digestive system.



DEAN BAILEY
APPETITE MAGAZINE

Reducing food waste and unnecessary cost, and generally trying to eat as much good food as possible, produces some of our favourite meals at home. Extra roast chicken makes for fabulous Monday night curries and Yorkshire

pudding wraps (a must if you haven't made one before!). Leftover bread invariably becomes bread and butter pudding – a real favourite of mine. Our pet guinea pigs also eat up our vegetable peelings and fruit cores (just check what's safe for them to eat online first!).



LINDA LEE
HOME ECONOMIST
AND FOOD STYLIST

Get into meal planning and buy only what you need. To use up veggies, roast carrots, squash, courgettes or aubergines with a little olive oil and rosemary, then mix with lentils and finish with a light vinaigrette for a warm

winter salad. Chop herbs finely, divide between ice trays and add a little water to each then freeze for casseroles, stews or bolognese sauce. Use stale bread for croutons, Panzanella, bruschetta, bread and butter pudding, or add marmalade to make Osborne pudding.



RALPH HELLENS
THE BLACKBIRD, PONTELAND

Shopping for seasonal vegetables reduces the distance your food has to travel before it gets to your plate and is likely to taste fresher as a result. You can also reduce waste from weekly meals by giving your leftovers new life. Add some mint sauce to lamb or horseradish and rocket to beef and you have a delicious sandwich filling for the next day, or use leftover meat to make a hearty stew perfect for the winter.

COOK!

Eat to the beet

Never a magazine to let a trend pass us by, January demands we serve up some delicious vegan dishes. Enjoy this selection from the Appetite home kitchen...

BEETROOT BURGERS WITH GUACAMOLE

SERVES 4

INGREDIENTS

1 tbsp olive oil
1 red onion, finely chopped
1 tsp fennel seeds
2 garlic cloves, crushed
200g cooked quinoa
200g cooked beetroot, peeled, finely grated or very finely chopped and drained
50g plain flour
2 tbsp milled flaxseed
½ small bunch coriander (+ more to garnish)

For the guacamole (optional):

1 avocado, peeled and cubed
1 tbsp chopped parsley
2 tbsp lemon juice
1 garlic clove, minced
½ tsp hot smoked paprika
½ tsp salt

To serve:

4 burger buns, vegan mayo, sliced tomato, sliced red onion, sliced avocado (instead of the guacamole if you prefer), rocket, coriander

METHOD

Heat the oil in a frying pan over a medium heat. Add the onion, fennel seeds and garlic and sauté for about 10 mins until the onions are softened and colouring. Remove from heat and place the mixture in a large mixing bowl.

To the bowl, add the quinoa, beetroot, flour, milled flaxseed and coriander and mix well. Season and set aside to bind for 10 mins.

Heat the oven to 220C/Gas 7 and grease a baking tray. Divide the mixture into four and shape each with wet hands into a ball and then flatten into a patty shape. Gently place the patties on the tray and cook for 15 mins, then turn and cook for a further 10 mins.

Meanwhile, if you're having guacamole, place the ingredients in a bowl and mash coarsely with a fork and set aside until you're ready to serve.

When cooked, place the burgers in the buns with the guacamole or sliced avocado, sliced tomato and red onion, vegan mayo, rocket and coriander and serve.





COOK!



CAULIFLOWER STEAK

INGREDIENTS

1 head cauliflower
3 tbsp olive oil
1 tbsp lemon juice
1 tsp ground turmeric
1 tsp ground cumin
2 cloves garlic, crushed
1 tsp red pepper flakes
salt and freshly ground black pepper
2 tbsp fresh coriander

METHOD

Preheat oven to 190C/Gas 5.

Slice through the thickest part of the cauliflower to create 4 steaks each about 2cm thick (serve the remainder later with salad or blitz in a food processor to make cauliflower couscous).

Whisk the olive oil, lemon juice, spices and garlic in a jug. Lay the steaks on a lightly greased baking tray and brush with half the spice mix. Sprinkle over half the red pepper flakes, salt and pepper. Place in the oven for 15 mins, then remove and carefully turn each steak over, brush with more spice mix, sprinkle with red pepper flakes, salt and pepper, and return to the oven for another 15 mins. Scatter over coriander leaves and serve with green beans and couscous.

COOK!

VEGETABLE TAGINE

SERVES 4

INGREDIENTS

1 tbsp olive oil
1 medium onion, sliced
2 large cloves garlic, crushed
1 tsp ground cumin
1 tsp ground cinnamon
1 tsp ground ginger
400g mixed vegetables (e.g. aubergine, squash, parsnip, carrot, pepper) chopped into 2cm chunks
75g dried apricots, chopped
1 tsp saffron
1 cinnamon stick
1 tbsp harissa paste (or to your taste)
1 strip lemon peel
500g carton passata
1 large tbsp clear honey
salt to taste

METHOD

Heat the oil in a large frying pan over a medium heat, add the onions and cook until turning golden. Add the garlic, cumin, cinnamon and ginger, and continue to cook for 2 mins. Add the vegetables and cook, stirring, until they begin to soften.

Add the remainder of the ingredients, bring to the boil and simmer over a gentle heat for 15-20 mins until vegetables are tender. Remove the lemon strip and cinnamon stick, and serve with couscous, plant-based yoghurt and flatbreads.





VEGAN

MUSHROOM AND BEAN BALLS WITH TAHINI TOMATO SAUCE

INGREDIENTS

30g dried porcini mushrooms
3 tbsp olive oil
1 onion, finely chopped
2 garlic cloves, crushed
1 tsp sweet smoked paprika
1 x 400g can black beans, drained and rinsed
50g rolled oats
2 tbsp brown rice miso
50g fresh breadcrumbs

For the sauce:

1 tbsp olive oil
1 onion, chopped
1 tsp coriander seeds, crushed
2 garlic cloves, crushed
2 tsp red pepper flakes
1 tsp red chilli flakes
salt and black pepper
400g tinned chopped tomatoes
100ml vegetable stock, hot

4 tbsp tahini
½-1 tbsp lemon juice

To serve:

fresh coriander leaves

METHOD

For the balls: Place the dried porcini in a small bowl, cover with boiling water and leave to soak for 20 mins.

Meanwhile, heat 1 tbsp olive oil in a frying pan, add the onion and sauté over a low heat for 10 mins or until softened and translucent. Add the garlic and paprika and cook for 1 min.

Put the black beans and oats in a food processor and blitz to a coarse mixture. Place in a mixing bowl and stir through the miso, breadcrumbs and the sautéed onion mix.

Strain and finely chop the porcini mushrooms and add to the bowl. Season and use wet hands to form into 12 balls, and set aside in the fridge while you make the sauce.

For the sauce: Heat the oil in a saucepan, add the onion and sauté until soft. Add the coriander seeds, garlic, red pepper flakes and chilli flakes and cook, stirring, for 2-3 mins. Season, add the tomatoes and stock, and bring to the boil. Turn heat down low and simmer for 25 mins. Use a stick blender to whiz smooth, stir through the tahini and lemon juice to your taste and adjust the seasoning.

To serve: Heat the oven to 180C/1Gas 4. Heat the remaining 2 tbsp oil for the meatballs in a non-stick frying pan over a medium heat. Add the balls and fry for 5 mins until evenly brown. Transfer to a baking tray and place in the oven for 12 mins. Serve with the sauce and garnish with coriander

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: 10-2pm

ADDRESS

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



PIZZA LOVERS!!!

Your favourite pizzas are waiting for you in **Grainger Market, Alley 4**



Treat yourself with a large slice £2.50 or even better with a huge 18" pizza £14 **...because everyday is a pizza day!!**

Choose from - Margherita and mini calzone £2

Salamino/ham and mushroom/vegetable/sausage & onion £2.50



Pre-order via our Facebook **PIZZA SLICE Newcastle**

Open Monday - Saturday
9.30am - 4.30pm



Why not treat your loved one?



MICHELANGELO'S

Restaurant - Bar - Rooms



Valentines Day

- full and set menu

Mother's Day

- special menu / kids menu

MICHELANGELOS RESTAURANT - BAR - ROOMS
STELLA ROAD, RYTON, NE21 4LU
TEL: 0191 413 2921

www.michelangelorestaurants.co.uk



PureKnead

Artisan Cakes & Breads



PureKnead Bakery sells a range of high quality bread, cakes & coffee, all made with quality ingredients, attention to detail and design.

38 Dean Street, Newcastle NE1 1PG | 111-113 Park View, Whitley Bay NE26 3RH

T: 07964 864 181 | www.pure-knead.co.uk | hello@pure-knead.co.uk

Follow us on Facebook and Instagram for bakery updates

[purekneadwhitleybay](https://www.facebook.com/purekneadwhitleybay) [purekneadwhitleybay](https://www.instagram.com/purekneadwhitleybay)

Power breakfasts

The eggs have it in these two breakfast recipes. But which will you plump for?

SHAKSHUKA

VS

SALMON FRITTATA



INGREDIENTS

4 tbsp olive oil
 2 onions, chopped
 2 red chilli, finely chopped
 2 crushed garlic clove
 2 large beef tomatoes, chopped
 2 handful Piccolo tomatoes, whole
 2 tsp red wine vinegar
 salt and pepper
 pinch sugar
 4 eggs
 2 tbsp breadcrumbs
 fresh coriander to serve

METHOD

Heat your oven to 190C/Gas 5.
 Warm the olive oil in an ovenproof frying pan over a medium heat, add the onion and sauté gently until softened (not colouring).

Add the chillies and garlic, and cook gently for another 1-2 mins. Add the chopped tomatoes and cook for a further 15-20 mins.

Add the red wine vinegar, salt, pepper and a pinch of sugar. Make 4 wells in the mixture, carefully crack an egg into each, sprinkle over the breadcrumbs, place in the oven and bake for 6-8 mins.

Serve scattered with fresh coriander.

INGREDIENTS

1 tbsp olive oil
 6 spring onions, finely sliced
 150g watercress
 150g hot smoked salmon
 zest of half a lemon
 ¼ tsp dried chilli flakes (optional)
 10 eggs
 salt and pepper to taste
 pinch ground nutmeg
 1 tbsp crème fraîche
 25g feta cheese, thinly sliced

METHOD

Preheat the grill. Warm the olive oil in a frying pan with an ovenproof handle and sauté the spring onions over a gentle heat for a few minutes until soft. Add the watercress and stir gently until the watercress begins to wilt.

Remove the skin from the hot smoked salmon and flake it in pieces into the pan. Add the lemon zest and dried chilli.

Break the eggs into a bowl and season generously with salt, black pepper and a pinch of nutmeg. Add the crème fraîche and whisk until combined. Add to the pan and cook over a gentle heat, moving the mixture around with a spatula every now and then until the bottom is set and the top still wobbly. Scatter over the feta cheese, pop under the grill for another 2-3 mins to finish the top, remove from the grill and serve.

Seeds of change

Jane Pikett salutes the health-giving loveliness of kitchen sprouting seeds and beans

Without wishing to give away my age, one of my favourite pastimes as a child was growing cress on blotting paper.

I realise that if you're under the age of 45, you're unlikely to know what blotting paper is, or indeed to understand why any child would find something so apparently dull so interesting. My only reply to which is that it was the 1970s and there wasn't much else to do.

Fast forward to today, and kitchen counter cultivation is all the rage. A kind friend bought me a sprouting jar for my birthday a couple of years ago and it is rarely out of action. I can find a way to eat sprouted seeds every day without any difficulty, including just as they are with a little lemon juice and salt.

They're fabulous on salad, equally good on toast, fab sprinkled over risotto or soup, stirred into sautéed mushrooms, and lovely with hummus on a rice cake. Include them in Buddha bowls, use as a topping for avocado on toast, and add to stir fries, stews and more.

And they are ridiculously good for you. But what are they? Well, they're basically baby shoots which grow from a germinated seed. You can sprout numerous vegetable seeds, grains, beans or nuts, from chickpeas to alfalfa, kale to onions. There are a few exceptions, such as kidney beans and quinoa, either because they're unpalatable or they aren't good for you, but there are so many things you can

sprout, it'll take anyone years to run out of inspiration.

It's super easy; you only need space on your kitchen counter for a jar and saucer, it's quick (from seed to sprout in about three days) and the sprouting process retains nutrients, making sprouts richer in protein, folate, magnesium, phosphorus, manganese and vitamins C and K than un-sprouted plants.

They're also cheap, tasty and easier to digest because the sprouting process breaks down their anti-nutrients.

I buy mine from health food shops, where you can get seeds labelled as 'sprouting seeds' or 'for sprouting' because they've been properly cleaned and should therefore be pathogen-free.

I have seen some alarming stuff online about commercial mass-produced shop-bought ready-grown sprouts carrying salmonella, but if you buy ready-grown ones from a small producer, or nurture your own at home using a clean jar in non-humid conditions, the chances of that appear to be minimal to zero.

You can buy numerous varieties of sprouting seeds in health food shops and online. All you need is a large, clean jar with a wide mouth, a porous lid, and a wall to lean it on end so it can drain. All you do is take your seeds, soak them overnight, drain, rinse and invert the jar over a bowl or saucer, and repeat two or three times a day until you get your

sprouts. A special sprouting jar like mine, with a sieve top and a stand to lean it on, is ideal. And you can mimic it by using an ordinary jar and piercing the lid, or by topping the jar with a disc of natural, breathable fabric such as cotton or cheesecloth secured with a rubber band. You can even buy sprouter lids online to fit various standard jar sizes.

You can sprout lentils, mung beans, alfalfa and all manner of other things using the method above (overnight soaking, draining and rinsing twice a day for three days). Just remember that a few seeds produce a vast amount of sprouts, so only fill your jar a quarter full of seeds.

I tend to harvest the sprouts when they're 3-5cms or so long, and you can store them in the fridge for about three days.

Some of the most popular options include bean and pea sprouts, sprouted grains like buckwheat and brown rice, and sprouts from vegetables, nuts, and other seeds like radish, beet, and alfalfa. In general, any plant from which you would eat the stems and leaves is a good option for sprouting. Plants from which you only eat the fruit (such as tomatoes and peppers) typically don't work, so avoid those.

Experiment with various types and see how you go. It's endlessly satisfying to nurture these little beauties, they're tasty and good for you. So why not?

AT A GLANCE

Place 1 to 2 tbsp of your chosen seeds in a wide-mouth jar, cover with water and leave overnight.

Place a clean cheesecloth tightly over the mouth of the jar using an elastic band (or use a jar with a sieve-style lid) and invert over the sink to drain the water.

Add more water to the jar and rinse the seeds by swishing them around, and drain again.

Repeat the draining and rinsing process twice a day until your sprouts are the desired size (three to seven days, depending on the variety).

Store sprouts in the fridge for up to a week.

HEALTHY



The proof of the pudding

It's cold and dark out there, which is all the excuse we need to settle down with a traditional pudding. Not sure how to do it the old way? Try these recipes from Jane Pikett's inherited kitchen notebook

CREAMY RICE PUDDING

SERVES 4

INGREDIENTS

butter for greasing
85g pudding rice
1 tbsp light muscovado sugar
2 tsp golden caster sugar
½ vanilla pod, seeds
700ml milk, plus 50ml
½ tsp ground cinnamon + a little to garnish
3 tbsp crème fraîche

METHOD

Preheat oven to 150C/Gas 2 and butter a 1.2 litre ovenproof dish.

Place the rice and both sugars in a saucepan. Slit the vanilla pod lengthways and scrape the seeds into the pan. Stir in the milk and place over a low heat. Warm to a simmer, stirring to dissolve the sugar (do not allow to boil).

Remove from the heat, pour into the prepared dish and bake at 150C/Gas 2 for 30 mins. Remove and stir, then put back in the oven for another 30 mins. Remove and stir again and put back in the oven for another 30 mins until the rice is cooked.

Take out of the oven and stir in the crème fraîche. Serve with a little ground cinnamon.

LOW DOWN



LOW DOWN



TREACLE TART

SERVES 6

INGREDIENTS

320g shortcrust pastry
4 tbsp golden syrup
1 tsp finely grated lemon zest
15g butter
1 tbsp single cream
1 egg, beaten

METHOD

Roll out the pastry and line a 20cm springform flan tin. Prick the bottom of the pastry with a fork. Warm the syrup with the lemon zest. Cut butter into small pieces and stir into the syrup. Beat the cream and egg together and blend into the syrup. Pour into the flan case. Bake at 180C/Gas 4 for 40 mins or until the pastry is crisp and the filling is set. Serve hot with whipped cream.

CHOCOLATE PUDDING

SERVES 4

INGREDIENTS

For the pudding:	¼ tsp vanilla essence
75g plain chocolate	125g fresh white breadcrumbs
50g butter	For the sauce:
300ml milk	100g plain chocolate
65g caster sugar	3tbsp golden syrup
2 eggs, separated	75ml single cream

METHOD

For the pudding: Break up the chocolate and place in a mixing bowl, add the butter and stand over a pan of simmering water until melted. Remove bowl from the heat and stir until smooth.

Warm the milk in a pan over a low heat then stir gradually into the chocolate and butter mix. Next, add the sugar and stir in.

Beat the egg yolks in a jug and add the vanilla essence. Add to the chocolate mixture, stirring to combine. Mix in the breadcrumbs.

In another bowl, whisk the egg whites. When stiff, fold carefully into the chocolate mixture using a metal spoon.

Turn mixture into a well-greased 900ml pudding mould. Take a large piece of foil, fold a pleat in the middle and use this to cover the dish. Tie string around and loop over the top to make a handle.

Place on a trivet in a large saucepan, pour in enough boiling water to cover the trivet, cover and leave over a medium heat to steam for 1½-2 hours (topping up the water as necessary) until risen and springy to the touch.

Leave to rest for 10 mins or so to allow the pudding to shrink away from the dish sides and then turn out of the mould onto a serving plate.

For the sauce: Break up the chocolate and melt in a mixing bowl over simmering water. Remove from the heat and stir in the golden syrup. Place the cream in a pan and heat gently. When warm, gradually stir into the chocolate mixture. Pour over the pudding to serve.



BREAD AND BUTTER PUDDING

SERVES 4

INGREDIENTS

6 slices white bread
75g butter
50g mixed dried fruit
50g caster sugar
2 large eggs
600ml milk

METHOD

Remove crusts from bread and spread thickly with butter. Cut each slice into 4 (squares or triangles). Butter a 1.2 litre ovenproof dish and arrange slices of bread over the bottom and sprinkle with fruit and sugar. Add another layer of bread with the rest of the fruit and half the remaining sugar. Cover with remaining bread, butter side up, and sprinkle with the rest of the sugar. Beat the eggs well into the milk and pour over the pudding. Leave to stand for 30 mins or so to allow the bread to soak up the milk. Bake at 170C/Gas 3 for 45-60 mins until crisp and golden. Serve hot with cream.





Waste not, want not

Food waste is a hot economic and environmental topic, and the new year is a great time to start as you mean to go on, cutting waste and cooking more economically.

Here, Jane Pikett gives you some top tips and use-up recipes...

Brought up by parents who never forgot rationing, I would no more consider binning food simply because it's out of date than I would swap a tenner for a fiver. The result of this is that during the winter I make soup at least four times a week, and in summer anything surplus goes into a salad or a stir fry.

The nation's patience with food waste is running out, and a great example of how we can better use resources is presented by REfUSE – a social enterprise in Durham which every month intercepts around 12 tonnes of food that would otherwise go to waste from retailers around the North East. REfUSE then redistributes it through a 'pay as you feel' community café and restaurant in Chester-le-Street, through its private catering brand Conscious Kitchen, partnerships with other charities, and its Waste-Not Box delivery scheme to homes. (www.refusedurham.org.uk)

So what can you do at home to minimise waste? Well, most of it is obvious – use what you buy and batch cook for the freezer. You might also try the following...

WATER YOUR VEG

Store the stems of broccoli, celery and asparagus in water to keep them fresh and crisp. Similarly with fresh herbs, cut the bottom of the stems with scissors, fill a glass or a jar halfway with water and place the stem ends into the water.

Cover with a plastic bag and store in the fridge. Also, keep the leaves dry and don't rinse them until you use them.

UNDER WRAPS

Take vegetables out of any plastic bags before you store them, remove rubber bands or metallic ties, and wrap in paper towel to absorb any moisture.

DON'T WASH

Moisture is the enemy of freshness, so don't wash produce before storing it. Also, make sure there's room for air to flow, again to keep moisture down, so don't cram everything into tiny spaces.

OUT OF THE COLD

Some foods keep better outside the fridge. This includes bread (which should be in a cool dark place like a bread bin or cupboard) bananas, pineapples, potatoes (the starches in potatoes turn to sugar in the fridge, which affects the flavour and how they cook), onions, garlic, and cucumbers. Anything that continues to ripen, such as avocado, tomato, mango, melon and apple should be kept out on the kitchen counter.

FREEZE

Freeze leftover sauce from a homemade pasta dish, soup or stew. Lightly stew and freeze apples (use later in pies and crumbles), tomatoes (use later in pasta sauce and on pizza), strawberries (use in smoothies).

Mix herbs with olive oil and chopped

garlic, and freeze in ice cube trays for a handy addition to sauces, stews, risottos etc.

ON THE SAUCE

Many leftovers can be transformed into sauces and dips. For leftover beans or pulses, mash with garlic, lemon juice and herbs for a hummus-style dip. Use avocados in guacamole, and make salsa from tomatoes, peppers and cucumbers.

BREAD

Bread rolls past their best? Put them in the oven for a few minutes to refresh. Use up stale bread by making it into breadcrumbs. You can freeze them for later, or mix with herbs and onions for a fish, chicken, or aubergine topping or stuffing.

COMPLEAT EATING

Cauliflower leaves – wash them, toss in oil and curry powder, lay on a baking sheet and roast in the oven until crisp.

Carrot leaves – whiz in a food processor with olive oil, garlic and parmesan for a carrot pesto gorgeous drizzled over roasted carrots.

Cabbage hearts - Shred into salads, soups or stews.

Herb stalks - Parsley, coriander, basil and mint stalks are good in dips and sauces, and blitzed in pesto.

Sprout tops – Great in stir fries, soups and stews.

Leeks and spring onion greens – use them as you do the rest of the stalk.



HOW TO



HOW TO

IN A PICKLE

I love pickled anything – onions, eggs, carrots, cauliflower, cucumber, garlic, beetroot and more. If you've got a veg patch glut or you've come home from the market with bags of reduced produce, this is a great way to use it up. You can use the recipe below, or variations on it, for any veg you fancy pickling. Experiment and see how you go...

PICKLED CARROTS

INGREDIENTS

300ml white wine vinegar
300ml water
250g caster sugar
1 tsp mustard seeds
½ tsp fennel seeds
4 medium carrots

METHOD

Peel and julienne the carrots. In a pan, mix the white wine vinegar, water, caster sugar, mustard seeds and fennel seeds. Bring to the boil for 2 mins then pour over the carrots. Cool and keep in the fridge for up to 3 weeks.



HOW TO

STOCK UP

Not only does homemade stock take dishes to new heights, it's also a brilliant means of using up scraps and gluts.

Stock starts with a mirepoix, which is just a smart name for the vegetables that flavour the water. A classic mirepoix is a mix of onion, carrot and celery.

You can use just about any vegetable, apart from brassicas because they will add a bitter taste or potatoes because they will cloud the stock. And if you've been throwing away the tops or bottoms of root vegetables, use them for stock.

I always used to boil stock to death until a chef told me that boiling breaks down the vegetables and any bones in there, and that clouds the stock. So stick to a gentle simmer

and skim constantly as you go, keeping a pan of warm water nearby to clean your ladle.

Unlike stock made from animal bones, veg stock doesn't need prolonged cooking, so start tasting it after 30 mins gentle simmering and don't leave it on the heat for more than 2 hours.

Chicken stock is the one way you get to really use the whole chicken carcass, and it's great for cooking pasta and as a base for soup. Fish stock is great for seafood-based dishes like paella. Leftover salmon carcass is ideal. When it's done, strain it through a fine-mesh sieve, discarding the solids. Leave to cool to room temperature then refrigerate.

For meat-based stocks, remove the fat that solidifies on top of the stock. You can freeze it in ziplock bags or ice cube trays.



CHICKEN STOCK

Ingredients

leftover carcass from your Sunday roast
1 carrot, in large chunks
1 onion, skin on, quartered
1 leek, in large chunks
1 stick celery, in chunks
1 clove garlic, bashed
bouquet garni of 2 parsley stalks, 2 sprigs of thyme and
1 bay leaf, tied with string
5 peppercorns
1 clove

Method

Place all ingredients in a large saucepan with a pinch of salt, cover with 2 litres water, simmer for 3 hours, skimming regularly. Pass through a sieve and store in the fridge for a week or freeze. For a veg stock, simply leave out the chicken.





HOW TO

PASTY FANTASTIC

Got a (deliberate) excess of bolognese sauce, curry, or stir fry? Use the leftovers for this, everyone's favourite pasty!

EVERYONE'S FAVOURITE PASTY

SERVES 4

INGREDIENTS

1 sheet shop-bought puff or shortcrust pastry
leftover bolognese mince (or stew, etc)
grated cheese
1 beaten egg

METHOD

Cut circles in the pastry to whatever size you want your pasties to be (remember the circle will be folded in half so allow for this when cutting; a large mug is a good mini-pasty size for a finger food).

Put a tablespoon or so of the mince mixture (careful that there isn't too much liquid or it will be soggy and leak) on one half of the pastry (if bolognese, sprinkle with a little cheese). Leave a 1cm space clear around the mixture. Don't overfill the pastry or it will end up bursting when cooking. Using a pastry brush, brush a little beaten egg on the 1cm space and fold the pastry over so the edges meet. Using your finger or a fork, press the edges together to seal. Brush with egg, place on a greased baking tray and bake at 200C/Gas 5 for 20 mins or until pastry is golden.

• **Use any leftover sauce, stew, curry, or stir fry. Just keep the liquid to a minimum, and only add cheese to the bolognese!**

HOW TO

HEARTY MINISTRONE SOUP

Use any veg for this soup – as hearty as you like!

INGREDIENTS

3 tbsp olive oil
1 onion, finely chopped
1 celery stick, finely chopped
1 carrot, finely chopped
1 courgette, finely chopped
70g pancetta, chopped
1 garlic clove, crushed
½ tsp dried oregano
400g tin cannellini beans
400g tin chopped tomatoes
2 tbsp tomato puree
1.2l vegetable stock
1 bay leaf
70g small pasta
100g greens (kale, chard etc)
handful fresh basil
parmesan to serve

METHOD

Heat the oil in a pan and sauté the onion, celery, carrot, courgette and pancetta for 10 mins. Add garlic and oregano and cook for another minute. Add the beans, tomatoes, purée, stock and bay leaf. Season and simmer for 30 min. Add pasta and greens, simmer for 15 mins. Season and serve with parmesan and fresh basil.



All we want for...

...the new year are these little beauties, in our kitchen and our home pantry

SEE THE LIGHT

In a genius move, Corbridge Larder, stockist of all things wonderfully tasty including delicious Corbridge Gin, is now offering to up-cycle your empty Corbridge Gin bottle into a stylish table lamp handmade in Corbridge with a beautiful Liberty fabric shade by Vintage at the Tower nearby. The combined cost of full bottle and lamp voucher is £100. Just drink your gin and bring your bottle back to be upcycled into a lamp at **Corbridge Larder, 18 Hill St, Corbridge, NE45 5AA tel 01434 632 948 www.corbridgelarder.co.uk**



HONEST TOIL

The Appetite kitchen is home to numerous artisan olive oils, each subtly (or even very) different from the others. Our collection includes this sublime unfiltered Honest Toil cold pressed extra virgin olive oil from Greece, 500ml, £8.50 at **Daniel Farm Sled Lane, Wylam, NE41 8JH tel 01661 853 849 www.danielfarm.co.uk**



POUR ME

The Appetite kitchen is also home to endless coffee-making kit, including these stylish Teflon foaming jugs, which are 0.6ltr and £14.49 at **Pumphreys Bridge Street, Blaydon NE21 4JJ tel 0191 414 4510 www.pumphreys-coffee.co.uk**



HOT NEWS

Blueberry Hill Preserves jams, chutneys, marmalades, curds and savoury sauces are big favourites of ours, particularly the hot horseradish sauce. Stockists include **The Staitchs Café**

1 Autumn Drive Gateshead, NE8 2BZ

tel 0191 460 6921, www.thestaitchscafe.co.uk



FISHY BUSINESS

We love this set of four fish placemats featuring original artwork by Alice Straker. They have a hard-wearing melamine surface and a cork back and are £45 for a set of four placemats and £22 for a set of four coasters at **Linnels Farm Shop, Linnels Bank Hexham, NE46 1TS, tel 07832 132 483, www.linnelsfarm.com**



GRATE TIP

The fantastic Grate cheese shop is renowned for its, well... cheese, rather obviously. And in addition to expertly curated regional and international selections, owner Moz Murphy also looks after cheese lovers who don't do dairy, with a plant-based selection from the excellent Stocksfield-based Tyne Cheese.

Grate, 252 Jesmond Road, Newcastle

NE2 1LD, 0191 649 2528

www.gratenewcastle.co.uk



Like Comment Share

Satisfy your hunger for the latest news, recipes and offers from Appetite magazine.

Follow us on our social media channels to keep up to date with all the latest news- fresh from the Appetite Kitchen!



Win dinner for two

AT THE BLACKBIRD INN, PONTELAND

The Blackbird Inn, Ponteland is offering one lucky Appetite reader the chance to win dinner for two with a bottle of wine at this beautiful 14th Century inn.

To enter, go to www.appetitemag.co.uk/win and enter your name and contact details.

Closing date for entries **March 7, 2022.**

A popular resting spot for centuries, The Blackbird is renowned by locals and visitors for its seasonal food, warm welcome and cosy corners.

The Ponteland pub's head chef Ralph Hellens creates seasonal menus which focus on local ingredients. Winter favourites on the menu include game pâté en croûte, cream of Jerusalem artichoke soup, treacle-cured salmon, pheasant breast, tempura sea bream, and stunning pies from artisan bakers Kennedy and Rhind.

Meanwhile, Asian influences feature on the menu with fresh bao buns and

noodle boxes, and there are plenty of options for vegetarian and vegan diners, from Moving Mountains burgers and hot dogs to vegan ice creams.

Restored in the 1930s, the inn is built around an ancient tower and features a Tudor fireplace alongside artefacts from a long and storied past as the site of a castle, manor house and inn. Here you'll find cosy corners to relax, a warm friendly atmosphere and great food, which is just what you'd expect from a Northumbrian inn with hundreds of years of experience catering for weary travellers.



Terms & conditions

The prize is for the winner and a guest and cannot to be given away as a gift. The date of the prize is to be arranged directly with The Blackbird and is subject to availability (to be taken before December 1, 2022). The prize is non-transferable and there is no cash alternative. All drinks to be paid for. The winner will be drawn at random and notified within three days of the closing date.

Anna Hedworth

OWNER AND CHEF, COOK HOUSE AND LONG FRIDAY



What do you have for breakfast? I'm not a breakfast person, so I'll have a cup of Pink Lane or Ouseburn Coffee in bed and then some fruit as I walk to work. I'll eat a bit at work, but the team sit-down around 3pm is generally my first proper meal of the day.

And your go-to guilty pleasure? My biggest weakness is butter and I like to have thick, cheese-style slices of Acorn Dairy butter on top of good bread. The bit of the brain that tells you not to slice butter like that just doesn't work for me.

What would be your last meal on earth? My favourite food is seafood, so langoustines, oysters and crab with aioli, bread, and a good white wine, followed by a lot of cheese (Doddington Dairy Darling Blue is my favourite) and a lot of red wine.

What's in your home fridge? I tend to shop one meal at a time so it's normally pretty empty. There are lots of weird things too – fermenting things, little pastes, experiments in jars. I'm a big fan of condiments and they make up at least half the contents of the fridge.

Which ingredient would you have if you could only choose one? Butter again; it just makes everything taste better.

What's your most important piece of kitchen kit? I'm not a big kit collector at home or at work. One thing I have to have though is a good quality heavy pan which can go in the oven. I'm a big fan of slow cooking and braising – things you

can let bubble away for a few hours. It also cuts down on the washing up.

What's your favourite cookbook? I love cookbooks and I buy a lot of them. I go back to Fergus Henderson's St. John books again and again as it's a style of cooking I love and the food in the books is fantastic.

What's your most important piece of advice in the kitchen? Learning to improvise is really important – knowing you don't need all the ingredients as long as you're calm and can work out what to do when something is missing or goes wrong.

What would you be doing if you weren't working in food? If I wasn't running the restaurants, I'd love to be able to write more. I've done one book and I'd love to do another one. I also love the outdoors and I have this romantic idea of growing flowers in a kitchen garden when I retire.

If you only had £10 to spend on food, what would you buy? I'd go simple and delicious and buy some good bread, Doddington cheese, Cook House pickles, and of course some really good butter.

Who is the greatest cook ever? Elizabeth David's books had a big influence on me and got me thinking about the process of cooking outside of just following a recipe. She inspired me to cook and to write, and I still go back to her books all the time.

Cook House, Foundry Lane, Newcastle, NE6 1LH, tel 0191 276 1093, www.cookhouse.org
Long Friday, 46 Brentwood Ave, West Jesmond, NE2 3DH, tel 0191 281 5626, www.longfriday.co.uk

THE NEXT EDITION OF APPETITE IS OUT FRIDAY MARCH 11, 2022

KEEP UP TO DATE ONLINE AT WWW.APPETITEMAG.CO.UK AND FOLLOW @APPETITEMAGUK ON TWITTER, FACEBOOK AND INSTAGRAM
BE THE FIRST TO KNOW WHEN APPETITE IS AVAILABLE BY SIGNING UP TO OUR EMAILS AT LINKTR.EE/APPETITEMAGUK

THE LUXURY DESTINATION IN THE HEART OF NORTHUMBERLAND

Recently refurbished with comfort in mind, ST MARY'S INN is the perfect staycation for couples, families or for the business traveller, with dog friendly rooms available.

Whether you are looking for fine dining or a quiet drink, or a more exclusive event, we have the space and the desire to accommodate your every need.

Give us a call on 01670 641111 or visit our website, www.stmarysinn.co.uk



ST MARY'S
INN

ST MARY'S LANE, ST MARY'S PARK, MORPETH,
NORTHUMBERLAND, NE61 6BL

01670 641111 | HELLO@STMARYSINN.CO.UK

WWW.STMARYSINN.CO.UK





NE1's
NEWCASTLE
RESTAURANT
WEEK

DINE

FOR ONLY £10, £15 OR £20 PER PERSON

17 - 23 JANUARY

OVER 70 PARTICIPATING RESTAURANTS

The Earl of Pitt Street

KALTUR

HORTICULTURE

CÔTE
BRASSERIE

Revolución de Cuba
RUM BAR • CANTINA



Don't miss out! See the full list of participating restaurants and download your voucher at getintonewcastle.co.uk/restaurant-week



#NE1RestaurantWeek