

ISSUE 70

www.appetitemag.co.uk

September/October 2022

appetite.

TICKLE YOUR TASTEBUDS...

FREE

PLEASE TAKE
A COPY WITH
YOU

Fruits of the season

Celebrating the late summer berries which sweeten autumn's arrival

Plus Making the most of your veg patch glut // A foodie tour of The Grainger Market
MasterChef's Anthony O'Shaughnessy's Last Word // **Win** Dinner for four and cocktails



FALL INTO INDULGENCE

**WELCOME THE NEW SEASON WITH DELICIOUS
LOCAL PRODUCE IN THE DINING ROOM.**

Soaked in a refined and relaxed ambience, The Dining Room at Walwick Hall creates the perfect backdrop for our indulgent selection of Autumnal dishes.

Our lunch, à la carte and tasting menus blend quality locally sourced ingredients from our distinguished Northumbrian larder with fresh vegetables from our own kitchen garden, creating traditional dishes with uniquely modern twists.

**EXPLORE OUR MENUS AND BOOK YOUR TABLE ONLINE
WWW.WALWICKHALL.COM**

WALWICK HALL

A COUNTRY ESTATE AND SPA

WELCOME

A fine example



Editor celebrates a long life well lived, and the sustaining power of the tea break

The edition of *Appetite* before last was largely turned over to Her Late Majesty The Queen's Platinum Jubilee. We had a lovely time here at *Appetite* HQ, doing what we love doing best – cooking, baking and (in my case at least) musing on what Her Majesty might be having for tea on any given day.

And of course, we had a very good idea what she was having for tea that day or any other, with or without the company of Paddington Bear, because her 5pm ritual had remained largely the same throughout not just her reign, but her life.

As mentioned on this page in that June/July 2022 *Appetite*, there would be a pot of Assam or Earl Grey, HM's favourite childhood favourite 'jam pennies' (jam sandwiches on white bread cut into little discs), a cucumber, egg or smoked salmon finger sandwich, and a modest slice of cake.

Especially for that Jubilee *Appetite*, the wonderful Blagdon Bakehouse team at Blagdon Farm Shop produced a glorious Jubilee tea of farmhouse pie, asparagus and bacon quiche, summer fruit roulade,

salted caramel tart, rhubarb cheesecake, and traditional fruit scones.

We had a delightful time dressing it all up with little Union Flags and bunting and, swept up in the Jubilee, HM's reign felt as enduring as it always had.

Of course, it had to come to an end, though I don't suppose many people harboured any suspicion of the sad event to come when, just two days earlier, we saw photographs of The Queen looking sparkling, if frail, as she welcomed her 15th prime minister,

It would be glib to turn over a food magazine to a tribute to Her Late Majesty, so the content of this edition remains as planned. But it felt right to the team to say a few words here, in thanks for her reign and (again, without wishing to be flippant, but with a smile) for Coronation chicken, jam pennies, and, well, the sustaining power of a short break at 5pm for tea.

It is an example we would all do well to follow long after she has ceased to reign over us.

Jane Pikett, Editor



@appetitemaguk



@appetitemaguk



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Cover: Latticed blackberry pie (page 34)

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

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

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

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

[Check our website/facebook/instagram for weekly menu updates](#)

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

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

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Harvest

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Treat yourself to the final pleasures of summer with our late-season berries



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The long and the stalk of it

Making the most of that much-maligned yet vital vegetable – celery





Brocksbushes Christmas Fayre

Thursday 10th to Sunday 13th November 2022
9.30am-5pm



Large marquees full of wonderful things for Christmas with gifts, food & local producers

Booking required so we can ensure a safe & enjoyable experience
Booking opens on 5th October online

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



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NEWCASTLE - UPON - TYNE



fern
DINING ROOM & BAR

Festive Season at Jesmond Dene House

If you're looking for a unique way to get into the festive spirit, then Jesmond Dene House is the perfect place, with mulled wine, mince pies, sparkling decorations, log fires and the scent of pine needles.

Start the month with Festive Afternoon Tea in The Great Hall on 3rd December, followed by Christmas shopping at our Market on 11th December.

Throughout the month Fern will be serving a seasonal Winter Afternoon Tea Menu and a Festive Set Menu with all the trimmings will run alongside our A la Carte Dinner Menu. We also have three private dining rooms to make your family, friends, or work gatherings extra special with packages including sparkling cocktails, Christmas crackers, coffee and mince pies.

Make your family occasion one to remember and join us for a Traditional Boxing Day and New Year's Day Lunch, or an indulgent 7 Course Tasting Menu on New Year's Eve in Fern.

JESMOND DENE HOUSE - Jesmond Dene Road - Newcastle - NE2 2EY

T: 0191 212 3000

E: info@jesmonddenehouse.co.uk

W: www.jesmonddenehouse.co.uk

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.

Complimentary glass of fizz with pre theatre meals

Appetite readers heading to Live Theatre, Sage, Theatre Royal or Tyne Theatre can pop into Dobson & Parnell for their pre-theatre meal and enjoy a complimentary glass of fizz. Offer available until November 25, 2022. Available Thursday & Friday lunches and Wednesday-Friday evenings 5.30-7pm. Three courses must be purchased. Cannot be used in conjunction with any other offers.

DOBSON & PARNELL

Dobson & Parnell, 21 Queen Street, Newcastle, NE1 3UG, tel 0191 221 0904, www.dobsonandparnell.co.uk

FOUR DUMPLINGS AND ONE BUN OR THREE BUNS FOR £5

Appetite readers can enjoy four dumplings and one bun, or three buns, for just £5 at Dumpling and Bun until October 31, 2022.



Dumpling and Bun, Grainger Market, Newcastle, NE1 5QG, www.facebook.com/dumplingandbun

COMPLIMENTARY GLASS OF FIZZ WITH LUNCH

Appetite readers can enjoy a free glass of fizz with lunch until November 25, 2022. Offer valid Tuesday-Friday when three courses are purchased from the set menu.

HINNIES
RESTAURANT

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

Free gift on your first order

Appetite readers will receive a free 5cl bottle of rum, gin or vodka from St Mary's, Pit Wheel or Wooden Moose with their first order from Guest Wines. Offer available until October 31, 2022. Minimum spend £50. Quote 'APPETITE' when ordering online, by email or by phone.



www.guestwines.com

10% off hampers purchased online

Appetite readers receive 10% off hampers purchased online at www.northumberlandcheese.co.uk/hampersboxes until November 6, 2022. Orders for future dates can be placed too. Use code 'APPETITE'.
www.northumberlandcheese.co.uk



Feedback

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

WHAT DO I DO WITH...? COBNUTS

What are they? A cultivated variety of the hazelnut, this large oval nut is at its best now. The kernels are white and milky with a fresh, nutty flavour and can be eaten as they are, on salads or in pasta, or simply roasted with salt. Toast and chop them and add to a dukkah spice mix, or use in muffins, cakes and biscuits. Here's more...

- **For a fantastic cobnut pesto**, whiz fresh basil, parsley, Parmesan cheese, extra virgin olive oil, garlic, salt and shelled lightly roasted cobnuts in a food processor.
- **For an autumn cobnut and apple tart**, beat together 50g light brown sugar and 100g butter. Beat in 2 eggs and fold in 150g spelt flour. Fold in 50g chopped roast cobnuts and 1 tsp apple juice. Spread into a 25cm tart tin and arrange slices from 2 apples over the top. Sprinkle with 1-2 tsp sugar and bake at 160C/Gas 3 for 1 hour or until golden. Serve warm with cream.
- **For a delicious salad**, arrange sliced pears on plates, scatter over chopped roast cobnuts, dot with ricotta and drizzle with a dressing made with runny honey, hazelnut oil and cider vinegar. Finish with freshly ground black pepper.



BOOK YOUR PLACE

Forum Books in Corbridge – a great exponent of food writers which is owned by our own *Books for Cooks* columnist Helen Stanton – dives into a feast of literature-inspired culinary delights with award-winning food writer and cook Kate Young in October.

Celebrating the launch of Kate's latest book *The Little Library Parties*, Forum will host an evening of conversation focusing on mixing food and fiction and how to throw the perfect bookish party. The event celebrates Kate's fourth book, which presents 50 recipes for entertaining inspired

by her favourite literature. The £6 ticket price includes a drink and tasters from the book's recipes. **Thursday October 27, Forum Books, Corbridge NE45 5AW**
www.bit.ly/3TRHR7L



FAB BAKERY

One of the leading lights of the North East's artisan bakery scene, there is no way you can wander past FAB without popping your head in and treating your eyes and nose to the fabulous breads, pastries and lots of other goodies. Arrive early for the pick of the day's produce, from delicious Danishes to tempting tarts. The burnt Basque cheesecake is FAB!
FAB Bakery, 36 Fenham Hall Drive, Newcastle, NE4 9UU
www.fabbakery.co.uk

THE REDHOUSE

Everyone wants to find the perfect gravy-smothered pie and mash, and The Redhouse is the place for great examples, including this chicken and mushroom beauty. There's also an excellent mix of local and nationally acclaimed beers too.
The Redhouse, 32 Sandhill Newcastle, NE1 3JF, www.facebook.com/redhouseencl

Siân Buchan with her partner, Restaurant Pine chef Cal Byerley



ON THE LIST

Congratulations to Siân Buchan, co-owner and front of house manager at Michelin-starred Pine in Northumberland, on being listed as one of CODE Hospitality's 100 Most Influential Women in Hospitality 2022.

Siân features in the Most Influential Entrepreneur category alongside the likes of Jane Holbrook (chair, Côte Restaurants) and Nisha Katona MBE (founder, Mowgli). Siân said: "It's amazing to be included on this list, which gives every woman in the industry the opportunity to be recognised for what they do and highlights the range of opportunities available to women across the industry."

**Pine, Vallum Farm, Military Road, East Wallhouses, NE18 0LL
tel 01434 671 202, www.restaurantpine.co.uk**

STAR OF THE SHOW

Well done to the team at Cramlington-based wine specialist Guest Wines on having one of their wines chosen by author and wine expert Janet Wang on Channel 4's *Sunday Brunch*.

Janet selected Cailonglin Vidal Icewine Gold Label 2013 from Liaoning, China for a feature on Yum Cha – an afternoon tea-like ritual popular around mid-autumn Festival time in East Asian culture. As Janet explained, the wine is produced from Vidal grapes harvested at -7C before being pressed while frozen to give a pure, concentrated sweetness with a superb acidic refreshment. It's available priced £38 on the Guest Wines website.

www.guestwines.com



COOK!

CHICKEN, PANEER AND SHALLOT BIRYANI

SERVES 4

INGREDIENTS

| | |
|--|-----------------------------------|
| 200g basmati rice | 1 tbsp nigella seeds |
| 400g chicken breast or thigh meat, cut into pieces | 1 tbsp Madras spice paste |
| 4 garlic cloves, crushed | 12 curry leaves |
| 1 tbsp fresh ginger, grated | 400ml chicken stock |
| salt and pepper | 200g spinach |
| 1 tbsp rapeseed oil | 100g paneer, chopped |
| 2 large shallots, chopped | To serve: |
| 1 tsp cumin | coriander leaves |
| | sliced red chilli (to your taste) |
| | dollops of yoghurt |

METHOD

Put the rice in a bowl, cover with cold water, stir, strain and cover with water again.

Place the chicken in a bowl and gently stir in the garlic, ginger and a pinch of salt to coat the meat. Cover the bowl and refrigerate for 1 hour.

Heat the oil in an ovenproof pan that has a lid. Add the chicken and cook for 5 mins until starting to brown. Remove to a plate and set aside.

Add the shallots, cumin and nigella seeds to the hot pan and cook for 5 mins until starting to soften. Stir in the curry paste and cook for 1 min. Return the chicken to the pan.

Preheat the oven to 180C/Gas 4. Drain the rice and rinse with clean cold water, add to the pan with the curry leaves, pour over the stock and bring to a boil. Add the spinach to the pan and put the lid on for 2 mins until wilted. Stir in the paneer and season to taste with salt and pepper. Cover the pan with foil, put the lid on top and cook in the oven for 20 mins, then leave to stand, covered, for 10 mins.

Serve with coriander, chillies and yoghurt on the side.





IT'S A DATE



PICK YOUR OWN PUMPKINS AT BROCKSBUSHES

OCTOBER 1&2, 8&9, 15-31

Visit the Brocksbushes pumpkin patch and choose from more than 20 varieties (who knew there were so many?) of pumpkins and squash.

There are spooky displays on the pumpkin patch, plus a carving marquee, face painting, funfair rides and more. Booking is essential! Meanwhile, the hugely popular Brocksbushes Christmas Fayre runs November 10-13. It features marquees packed with wonderful things for Christmas, including gifts and crafts, local food and drink, and lots more. Booking – open from October 5 – is required

www.brocksbushes.co.uk

CHRISTMAS AT JESMOND DENE HOUSE

DECEMBER 3 & 11

Bookings are now open for a range of festive events at Jesmond Dene House in Newcastle. These include Festive Afternoon Tea with live music on December 3 (£40 per adult, £15 per child) and a Christmas Market 11am-4pm on December 11 (£6 per person) with stalls featuring food and drink, local craft companies, and boutique stores.

Call 0191 212 6060 to book

HOTEL EXCELLENCE AWARDS

October 2

The North East Hotelier's Association's Excellence Awards are set to return for the first time in two years and bring together 45 of the best-known hotels in the region. The association is the voice of the hospitality sector and its black-tie ball at The Grand Hotel, Gosforth Park will welcome more than 350 guests to celebrate the industry.

Light bites

ALL YOU NEED IS LOVAGE

Chef Kleo Tabuku is all set to realise a long-held dream with the opening of his own restaurant. The much-loved former Sale Pepe in Jesmond is currently being transformed to create Mediterranean-style bistro Lovage, where the menu will feature dishes Kleo grew up with, such as simply grilled fish and meats, fresh pasta, vegetables and salads. Kleo, formerly of Jesmond Dene House and Wynyard Hall, owns the venture with the owners of Novello's in Washington. **Lovage, 115 St George's Terrace, Jesmond, NE2 2DN, www.lovagejesmond.co.uk**



SERVING UP THE SEASON

The team at Jesmond Dene House's Fern restaurant, which is led by executive chef Danny Parker, has launched a new autumn menu packed with seasonal flavours and regional favourites.

The menu features Lindisfarne oysters and North Sea fish alongside Yorkshire game and duck. Locally sourced vegetables star in the new vegetarian options alongside signature favourites such as double-baked cheddar cheese and spinach soufflé, and salt-aged ribeye. Desserts have an equally warming feel to fit the season, ranging from hot chocolate pudding with cardamon-spiced sauce and Madagascan ice cream to stem ginger crème brûlée, and pear and almond tart. A delicious welcome to the new season.

Fern, Jesmond Dene House, Jesmond Dene Road, Newcastle NE2 2EY, tel 0191 212 3000, www.jesmonddenehouse.co.uk



BLACKFRIARS' MASTERCHEF

TV's *MasterChef* guest judge Anthony O'Shaughnessy has joined the team at Blackfriars, Newcastle, as Cookery School head chef.

Anthony returns to his hometown to take up the role running classes, private parties and corporate events. A veteran of restaurants across the UK, Anthony and starred in *MasterChef* in 2018, surprising the judges with his take on the chicken parmo. He is now a regular guest judge on the programme and will be teaching cooking styles from across the world at Blackfriars. Upcoming workshops include Vietnamese cooking, chocolate making, children's classes and Indian street food for beginners through to more experienced cooks.

For info, see www.blackfriarsrestaurant.co.uk/events

• **For The Last Word with Anthony O'Shaughnessy, turn to p.50**



DOUBLE CELEBRATION

The team at Dobson & Parnell is celebrating double success after earning an AA Rosette and being included in the *Good Food Guide*. The acclaimed casual fine dining restaurant on Newcastle's Quayside, which was named Taste of the North East in the North East Tourism Awards, offers a selection of tasting menus alongside a set menu and regular wine and food matching dinners.

**Dobson & Parnell, 21 Queen Street, Newcastle, NE1 3UG
tel 0191 221 0904, www.dobsonandparnell.co.uk**

THE IN CROWD

SEPTEMBER

BEETROOT

Beetroot is sublime roasted with honey or with garlic and thyme, and for a show-stopping risotto, stir roast beetroot (half of it puréed, half in small pieces) through a basic risotto recipe at the end of cooking, and serve with soured cream and dill.

LAMB

Autumn lamb has a distinctive depth of flavour and is delicious studded with rosemary, roasted and served with onion sauce and mint sauce. Or rub with olive and anchovy tapenade, sprinkle with crushed coriander seeds, and stud with slivers of garlic before roasting.

GLOBE ARTICHOKE

To prepare, remove the toughest the outer leaves, snap the stalk off at the base and remove the tough fibres left. Prise open the leaves and pull out the central cone of thinner leaves to reveal the inedible fibrous 'choke' and scrape this out with a teaspoon, leaving the prized heart in place. Rinse out the artichoke with water with a good squeeze of lemon juice and steam. Then pull off each leaf and dip in melted butter or mayo, scraping your teeth along the leaf to remove the tender bit and discarding the rest. It sounds complicated, but it's worth it!

OCTOBER

CELERIAC

Celeriac is delightful simply mashed, roast or as celeriac champ (mash half and half potatoes and celeriac with garlic, double cream, butter and spring onion and serve with more butter).

MUSSELS

Good for you and easy to source sustainably, steam mussels in a shallot broth with garlic and fresh parsley and serve with chips and mayo, just like the Belgians.

RUNNER BEANS

We're overrun with them in the *Appetite* garden and we like to sauté them lightly in lots of butter and olive oil with garlic, sliced almonds and lemon and serve alongside roast lamb.



STARTERS



AND THE WINNERS ARE...

The 2022 Great Taste Awards have been announced and the region's leading producers have once again been recognised.

Organised by the Guild of Fine Food, the Great Taste Awards is one of the most prestigious food and drink awards worldwide, with more than 14,000 products put through a rigorous blind judging process.

Three-star awards – the highest honour – were awarded to

Di Meo's Ice Cream for its 100% Pure Bronte Pistacchio Gelato and its Pure Strawberry Gelato, while Burtree Puddings' Golden Syrup Pudding & Sticky Syrup Sauce, and Travelling Bee Company's Provence Lavender Honey also earned three stars.

Meanwhile, two stars went to Northumberland's Doddington Dairy (for Berwick Edge and Admiral Collingwood), Luckie Beans (for Rwanda Dukunde Kawa Musasa coffee), Morwick Dairy (for Mango Yogurt ice cream) and Mocha Mondo Coffee (for Sumatra Queen Ketiara coffee). Double stars also went to The Jamporium (Lemon Curd), Calder's Kitchen (Spicy Tomato Chutney), Travelling Bee Company (Wild Flower Honey and Hellenic Arbutus Honey), and Belle & Herbs Farm (Fermented Black Jalapenos).

For a full list of winners, visit www.greatasteawards.co.uk

12 appetitemag.co.uk



CHEF JOINS ELITE LIST

Huge congratulations to Jim Hall, head chef at Lumley Castle Hotel, who has been awarded the title Master Chef of Great Britain.

Jim, who joined the Chester-le-Street hotel 12 months ago, joins an elite group of 140 chefs across the UK in holding the title.

Holders of the Master Chef of Great Britain title are ambassadors for the industry, play a part in the training and development of future talent, and champion British food producers, growers and manufacturers. Jim said: "It's fantastic to be rewarded and recognised for the work I've put in over the years and it's amazing to be part of such an incredible and prestigious group of chefs."

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



BIG CHEESES

Congratulations to Northumberland Cheese Company, which has added two more accolades to its trophy cabinet at the International Cheese Awards. The team picked up gold for the ever-popular Nettle Cheese along with a bronze for Redesdale Cheese. They also recently came third at the Great Yorkshire Show for the company's Oak Smoked Cheese. **Northumberland Cheese Company
The Cheese Farm, Green Lane, NE13 6BZ
tel 01670 789 798, www.northumberlandcheese.co.uk**

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

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



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16-18 The Milkhope Centre, Berwick Hill Rd, Blagdon, NE13 6DA
T: 01670 789924 E: enquiries@theblagdonfarmshop.co.uk
Open Tuesday-Thursday 10am-4pm, Friday-Saturday 10am-5pm, Sunday 11am-4pm. Closed Monday (incl Bank Holidays)


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BOOKS FOR COOKS

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



THE LITTLE LIBRARY PARTIES // KATE YOUNG
Kate Young draws on long experience catering for events and friends to provide 50 new recipes for entertaining. From dinner party feasts and canapés to barbecues, tea parties, house parties and that all-important morning-after tonic, this is deliciously joyful.



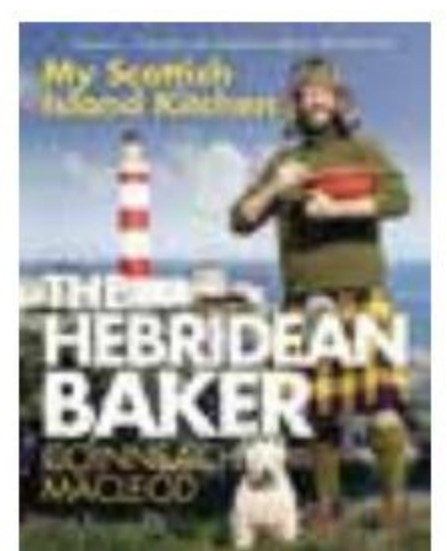
INDIA EXPRESS // RUKMINI IYER
From quick snacks and weeknight curries to simple desserts, Rukmini Iyer's South Indian and Bengali-inspired recipes are all about minimum effort and maximum flavour. Discover simple recipes such as cheddar, cumin & nigella seed straws and Bengali popcorn shrimp for flavour in a flash



THE FAST FIVE // DONNA HAY
Enjoy family favourites re-imagined in faster, more delicious ways. Burgers, pasta, noodles and more are reinvented to cut down time and upgrade flavour. Weekly go-tos are given a new lease of life to improve on your favourites and provide a total kitchen refresh.



PETER'S BAKING PARTY // PETER SAWKINS
Even the youngest cooks can follow these easy first recipes and make anything from breakfast pancakes to healthy savoury dishes. Kids can find their favourite flavours and ingredients in the handy index and even invent their own creations and surprises, building skills that will last a lifetime.



MY SCOTTISH ISLAND KITCHEN // COINNEACH MACLEOD
The Hebridean Baker welcomes us to his Scottish island kitchen, accompanying his recipes with stories of the landscapes, history and culture of the Outer Hebrides. The collection ranges from hearty dishes and comforting desserts to delicious cakes and biscuits accompanied by stories from friends and family.



EXTRA GOOD THINGS // OTTOLENGHI TEST KITCHEN
The master of flexible, flavour-packed dishes Ottolenghi serves up superb flavours such as harissa butter on roasted mushroom, tamarind dressing on turmeric fried eggs, and coffee mousse with tahini fudge. This is cooking it forward, Ottolenghi style, filling your cupboards with adaptable homemade ingredients to add 'oomph' to every mealtime. A must-have addition to every kitchen bookshelf.



SUNDERLAND RESTAURANT WEEK RETURNS

Sunderland Restaurant Week is back again September 17-25 with scores of cafés, restaurants, bars and pubs joining forces to serve up special menus at fantastic prices. New restaurants including My Delhi in Borough Road join the likes of BURGeR, The Engine Room, Chili Mangoes, Spice Empire, House of Zen, Enfes, Fausto Coffee, Ttonic, The Old Vestry and Spent Grain for the event. Each participating venue will offer a special menu priced £5, £10 or £15 and the event is set to have the city buzzing with enthusiastic foodies.

To take advantage of the offers, download the vouchers at the Sunderland BID website: www.sunderlandbid.co.uk



LIVE LIFE IN COLOUR

Exciting new designs from next125, the German manufacturer of kitchen and living furniture, are available now at InHouse in Hexham. The latest products include the NX510 kitchen, pictured above, in Indian red matt velvet, cobalt green matt velvet, and olive yellow matt velvet. The new colours are designed for kitchens perfectly tailored to each owner's personality, while the collection also features more flexible sizing options. next125 products are available through InHouse Inspired Room Design independent retailers. **InHouse Inspired Room Design, Bridge End Industrial Estate, Hexham, NE46 4DQ, tel 01434 400 070 www.inhouseltd.co.uk**



GRATE CHEESE, DELIVERED

Grate Newcastle has launched a cheese subscription service offering a selection of expertly chosen cheeses, crackers and chutney every month. Prices start at £30 per box, which can be collected or delivered to selected postcodes thanks to a new partnership with zero emission delivery specialist Bud Couriers. In addition to the subscription service, delivery is available for orders to many postcodes on request – simply ask when you order.

Meanwhile, Grate owner Moz Murphy has launched a GoFundMe page in a bid to support her independent cheese shop through the current difficult period all small businesses are facing. Having seen energy prices rise from £300-£400 per month to £2,500, and the cost of everything from milk to petrol increasing, she hopes to raise £10,000 for the business.

- Support the Grate funding campaign at www.gofundme.com/please-help-grate-stay-great
 - To subscribe to a cheese box, sign up online or email moz@gratenewcastle.co.uk
- Grate, 252 Jesmond Road, Jesmond, NE2 1LD
tel 0191 649 2528, www.gratenewcastle.co.uk

IN A HURRY, HINNY?

Hinnies Restaurant in Whitley Bay is now serving an express lunch menu which includes a North Shields crab mayonnaise, tomato and lettuce butty; grilled flatbread roast red peppers, courgettes, hummus, halloumi and rocket; North Sea fishcakes; and a chef's quiche of the day.

Dogs are welcome too, both inside the restaurant and on the terrace.

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

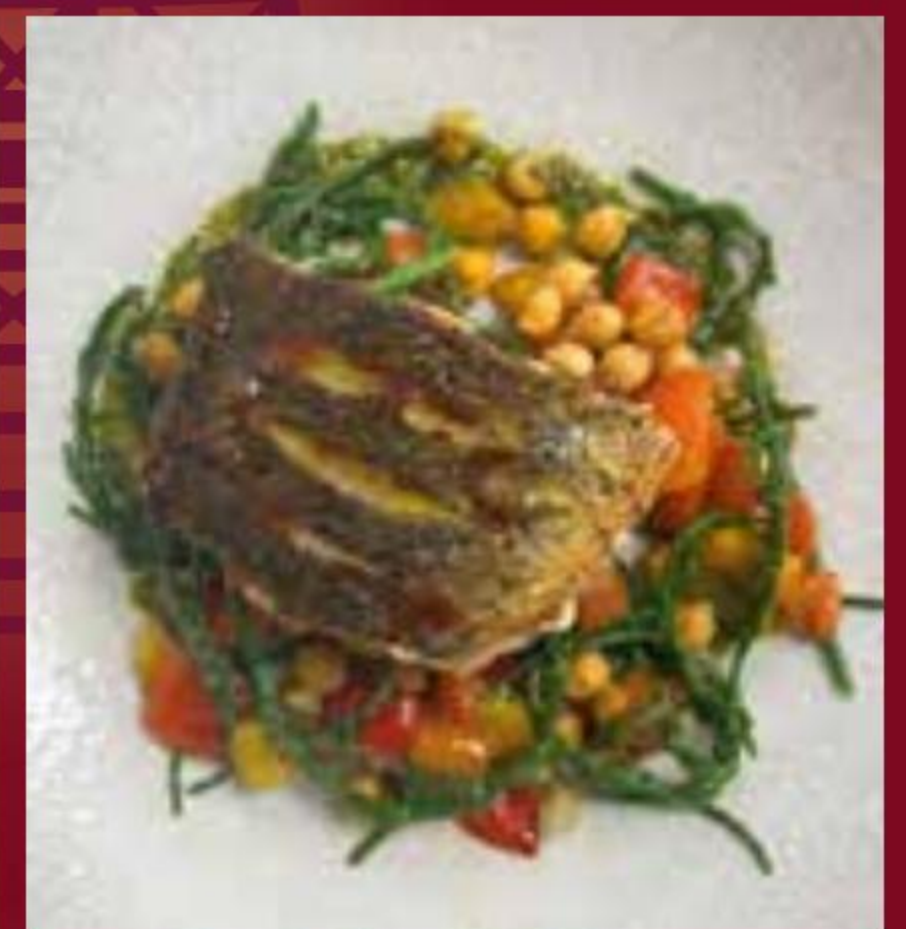


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f t i www.theblackbirdponteland.co.uk

STARTERS



TASTES OF LAND AND SEA

The much talked-about new beachside bar, grill and café The Landing has opened its doors yards from Beadnell Bay.

Owned by North Coast Collective, which also runs the Craster Arms in the village and the newly revamped gastro pub The Black Swan in nearby Seahouses, The Landing has indoor and outdoor seating and is now serving breakfasts, small and large plates, and some great wines to complement its seafood-led menu.

Dishes include grilled king scallops with bloody mary butter, Lindisfarne oysters, Craster kippers, fish and chips, grilled lobster, sardines, and langoustines. There are also burgers, a pork belly taco, full breakfasts and bacon sandwiches.

Meanwhile, the owners opened The Black Swan Inn in Seahouses recently following a major restoration. Featuring a restaurant, orangery and a popular outdoor space, the menu focuses on local produce from land and sea, including Lindisfarne oysters and locally caught lobster.

The Landing, Beadnell Bay, tel 01665 720 272, NE67 5FD
www.facebook.com/landingatbeadnellbay

The Black Swan Inn, 2 Union Street, Seahouses, NE68 7RT
tel 01665 720 227, www.facebook.com/blackswangastro



BUSY TIME FOR CHEF BARAN

Chef and food writer Matei Baran is celebrating the launch of his new restaurant in Sunderland while pairing up with new North Shields coffee house Brista Boho to create a new food offering there. Matei's new restaurant, The Social & Kitchen, in Waverley Terrace, Sunderland, is now in full swing, serving up Matei's signature street food alongside burgers, sharing boards, sandwiches and Sunday lunches. He's also all set to bring his street food concept to North Shields thanks to a new partnership with Barista Boho coffee house. The *MasterChef, the Professionals* veteran is working on a new menu for Barista Boho based on his posh street food concept, which is expected to include kebabs, breakfasts, sandwiches and burgers at the converted pub turned café in the heart of North Shields. **The Social & Kitchen, Waverley Terrace Sunderland, SR4 6TA, tel 07907 488 030**

www.mateibaran.co.uk

Barista Boho, Saville Street, North Shields, NE29 6PB

www.facebook.com/baristaboho



HIGH STEAKS

Rio Brazilian Steakhouse has launched its fourth restaurant in Walkergate, Durham and hit the top of TripAdvisor's rankings for the city almost immediately.

The new restaurant joins the group's locations in Jesmond, Newcastle and Middlesbrough in offering the full Brazilian steakhouse experience with a selection of cuts from rump, skirt, ribeye and fillet steaks to chicken wings, lamb, pork, sausages and ribs – each carved at your table by the talented and friendly team of gaucho chefs. Diners can also help themselves to salads, charcuterie and sides and finish off with the highly recommended dessert selection.

Rio Brazilian Steakhouse, Unit 6A Walkergate, Durham, DH1 1SQ
tel 0191 372 9779, www.rio-steakhouse.co.uk/durham

VERY HUNGRY CATERPILLARS



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

Chard, chard, chard. Butterflies, butterflies, moths. Grrrr...

We like (or we used to like...) using rainbow chard on our feasting platters at weddings, using the huge leaves to present North Acomb Farm's beautiful Aberdeen Angus beef. But last time we went to harvest some, the once-magnificent leaves were reduced to a patchwork of holes thanks to the caterpillars. The perils of relying on home-grown produce!

Restaurant Pine has had more luck with the bees thankfully, and there are good stores to see them through a second winter. I wonder if we will finally see the incredible flo hive in action next year? Meanwhile, each day we see the Pine chefs walk up and down to the garden several times a day, where the produce inspires their incredible Michelin-starred menus, so at least the hungry caterpillars haven't had everything.

The cobnuts, meanwhile, have been abundant, and I'm touching wood when I say I like to crack them with my teeth. There's a wonderful gorge in Bellingham with ancient ferns, mosses, and lots of cobnuts,

which I still call hazelnuts because that's what they were to us as children, when we pillaged them by reaching high from our ponies' saddles.

Unfortunately, the rats have made their way in from the fields as the stubble gives way to planting and so rat-proofing has been a big job lately. It also feels like summer has passed so quickly and with it the garden at home has become a bomb site all of a sudden. Colin Smith is doing an incredible job reclaiming it, thank goodness, as he's a landscaping wizard.

The highlight on my horizon is a table booked at Michelin-starred Hjem down the road in Wall in early October. It's always fascinating to taste the different ways they preserve the summer bounty and I can't wait to go.

Meanwhile, we have a flurry of autumn weddings and then I'm looking to book a November escape. I'm craving a holiday and would love to go to Sicily. We will see.

Have a great autumn tidying and getting your compost into gear for another season. I hate to tell you, but I found a Roland rat in ours...



Chilli Mango Garlic Grilled Murgh

CATCH OF THE DAY

Fish and seafood star on the new menu at Ayla in Newcastle, which celebrates dishes from across the Indian subcontinent.

The contemporary Indian restaurant on Grey Street has added a number of seafood dishes to the menu, starring fresh produce sourced from Collingwood Seafood in North Shields. New dishes include Goan steamed mussels in a coconut-based marinade; Haldi chilli grilled seabass marinated with chili and turmeric; and Chingri mango chat – king prawns with garlic, lemon and mango. The dishes appear alongside refreshed lamb and chicken dishes.

Co-owner Fahima Ahmed said: "We're introducing new, authentic dishes which showcase the produce of the North Sea and even more of the diversity offered by food from the subcontinent."

Ayla, 17 Grey Street, Newcastle, NE1 6EE, tel 0191 261 2299
www.aylagreystreet.co.uk



Inn Collection Group property director Louise Stewart with STP Construction project manager Carl Neasham-Gilbert

COMING SOON

The builders have moved in at the 53-bedroom former Park Hotel in Tynemouth, which is being transformed by The Inn Collection Group and Gateshead-based STP Construction in a multi-million-pound redevelopment expected to take 11 months.

The work includes the addition of an ice cream parlour and fish and chip takeaway, plus new outdoor seating areas and terraces making the most of the views to the sea over Longsands. There will be a new function suite and a further 20 bedrooms, including sea view rooms and dog-friendly suites.

www.inncollectiongroup.com



STARTERS

WE
LIKE



PLANT A TREE TO SAVE OUR SEAS

The brilliant Fisherman's Bay in Whitley Bay has planted more than 600 trees on its mission to become one of the first fish and chip restaurants to become carbon neutral.

The environmentally minded team have set an ambitious target to plant 1,000 trees to offset the restaurant's carbon footprint and so far, thanks to the support of customers, it has raised more than £600 to plant 600-plus trees, each of which will take an astonishing 1 tonne of CO2 out of the air in its life.

Fisherman's Bay is already well-known for its environmental credentials. It serves only sustainable fish and British potatoes, raises awareness of issues including harmful litter in the world's oceans, and holds regular beach clean-ups. You can donate £1 to plant a tree at www.fishermansbay.ioke.app/368/menu
Fisherman's Bay, 6 East Parade, Whitley Bay, NE26 1AP
tel 0191 447 4774, www.fishermansbay.co.uk



SUSHI ME ROLLIN'

A street food vendor turned city centre sensation, Sushi Me Rollin' has become an important part of Newcastle's independent restaurant scene. A must-visit for seasoned sushi eaters and those wanting to explore the Japanese staple a little closer to home, The Prawn Star is a must. **Sushi Me Rollin', 25 Grey Street, Newcastle NE1 6EE, tel 0191 222 0327**
www.sushimerollin.co.uk



A LITTLE PARTY NEVER KILLED NOBODY...

Wine Escape, an immersive escape room event, is coming to Newcastle in October as part of a UK tour. At The Village Hotel, Silverlink on Friday October 7, guests are invited to enjoy a night of glamour and fun problem-solving games set on the fictional Hawker Wine Estate during the roaring 1920s. Join the wealthy owners of the estate, the Von James family, as the extravagant celebrations turn sour when a storm of vengeance, lies and deceit ruins the evening! Tickets start from £65 per person and include a two-course dinner. See the website for availability.

www.wineescape.co.uk



GO GREEK

Great news for lovers of Greek street food – the brilliant Acropolis is expanding to a new location on Acorn Road in Jesmond. A popular pop-up at food festivals and markets with a permanent location in Newcastle's Grainger Market, Acropolis, run by brothers Viktor and Filip Tachan with their friend Yusef Yenil, is famed for its authentic gyros, souvlaki, mezze and more. The builders are currently in at the new Acord Road site – watch this space for news of its opening.

www.acropolis-street-food.co.uk



URBAN GREEN CAFE

Coming autumn 2022, we are launching our new mobile Urban Green Cafe!

Keep an eye out as we tour Newcastle's parks with delicious soft serve ice cream and Rington's coffee and tea.

urbangreennewcastle.org/urban-green-cafe
cafe@urbangreennewcastle.org



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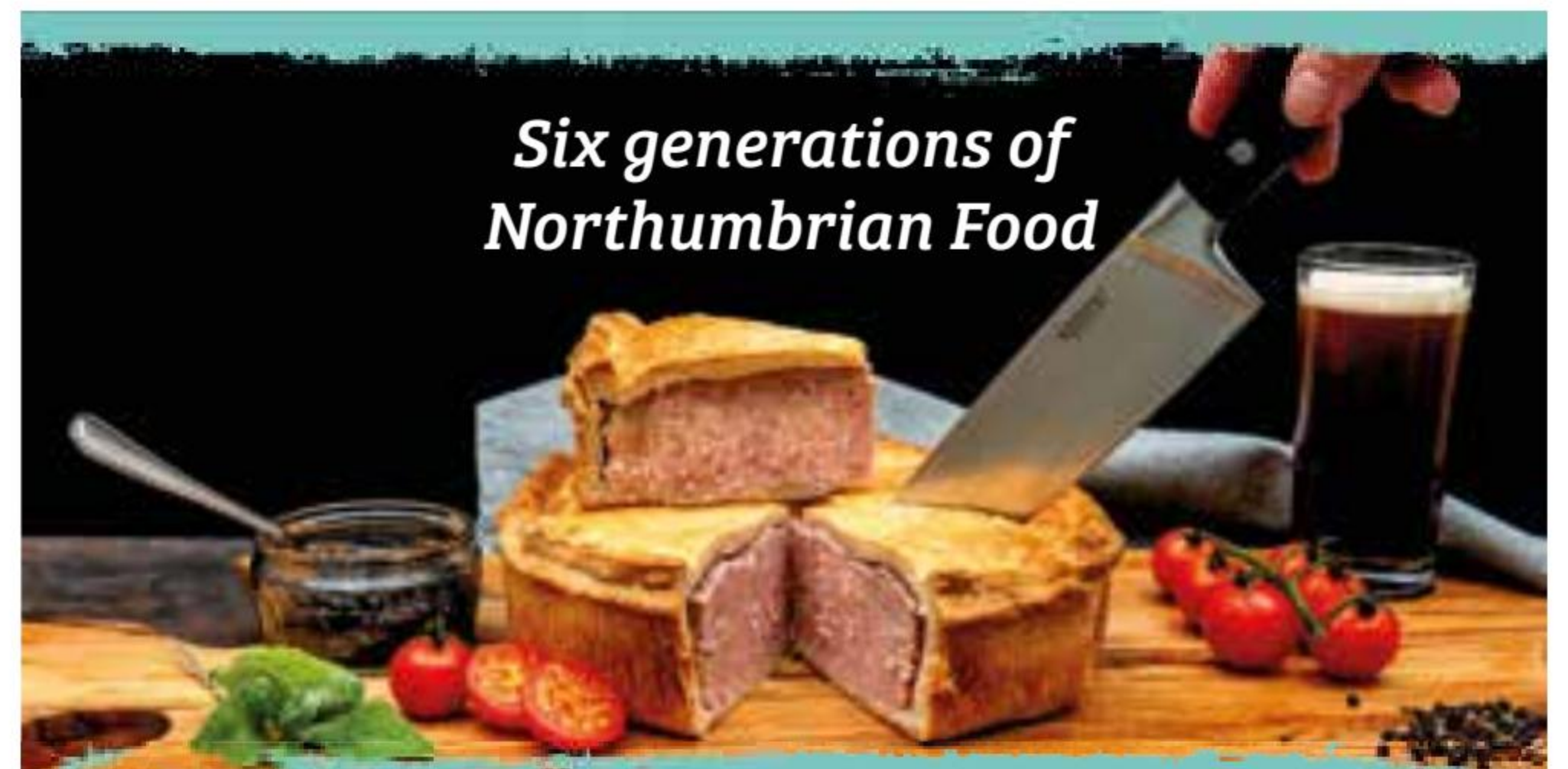
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Just off the A1!

STARTERS



GET THE BEEF

Blagdon Farm Shop is about to introduce White Park beef – superb meat from a traditional rare breed of ancient horned cattle noted for its fantastic marbling and its strong, distinctive flavour.

The range set to be stocked at Blagdon is 100% grass-fed and matured for 28 days and will be available in a variety of cuts. In addition, the homegrown vegetables at the shop provide the perfect accompaniment to the meat at the butcher's counter. Naturally grown without chemicals and freshly picked every day, vegetables travel from field to shop in 10 minutes and the range includes cauliflowers, broccoli, cabbages, kale, rainbow chard and pumpkins.

Milkhope, Berwick Hill Road, Blagdon, NE13 6DA
tel 01670 789 924, www.theblagdonfarmshop.co.uk



NEW ROOMS AT THE INN

The Hog's Head Inn, Alnwick, has marked 10 years in business with a refurbishment and the appointment of head chef Jonny McManus, former head chef at Alnwick Castle.

The foodie pub with rooms has a newly re-modelled bar and dining areas featuring seating booths, a new breakfast area, and outdoor pergolas. The refurbishment features bespoke tractor tables and an agricultural theme, while murals and commissioned artworks champion the local area. The inn's 56 en-suite bedrooms have all been upgraded too.

The Hog's Head Inn, Hawfinch Drive, Alnwick, NE66 2BF
tel 01665 606 576, www.inncollectiongroup.com



ON THE ROAD

The gorgeous Urban Green Cafés in Newcastle's Paddy Freeman and Exhibition parks now have their own tailor-made catering kiosk allowing the team to take a slice of their café experience on the road. The kiosk will also to more spread the word of Urban Green Newcastle's work looking after 33 parks and more than 60 allotment sites across Newcastle. The menu at the kiosk focuses on coffee, tea, cold drinks and ice cream with pre-wrapped snacks. The offering will grow based on the events the kiosk attends and in response to requests from customers.

www.urbangreennewcastle.org/urban-green-cafe



A TASTE OF ASIA AT HOME

A pocket of Asian culture with a celebrity following, Geisha in Jesmond is all set to launch the Geisha @Home Experience, delivering food to various areas in and around Newcastle.

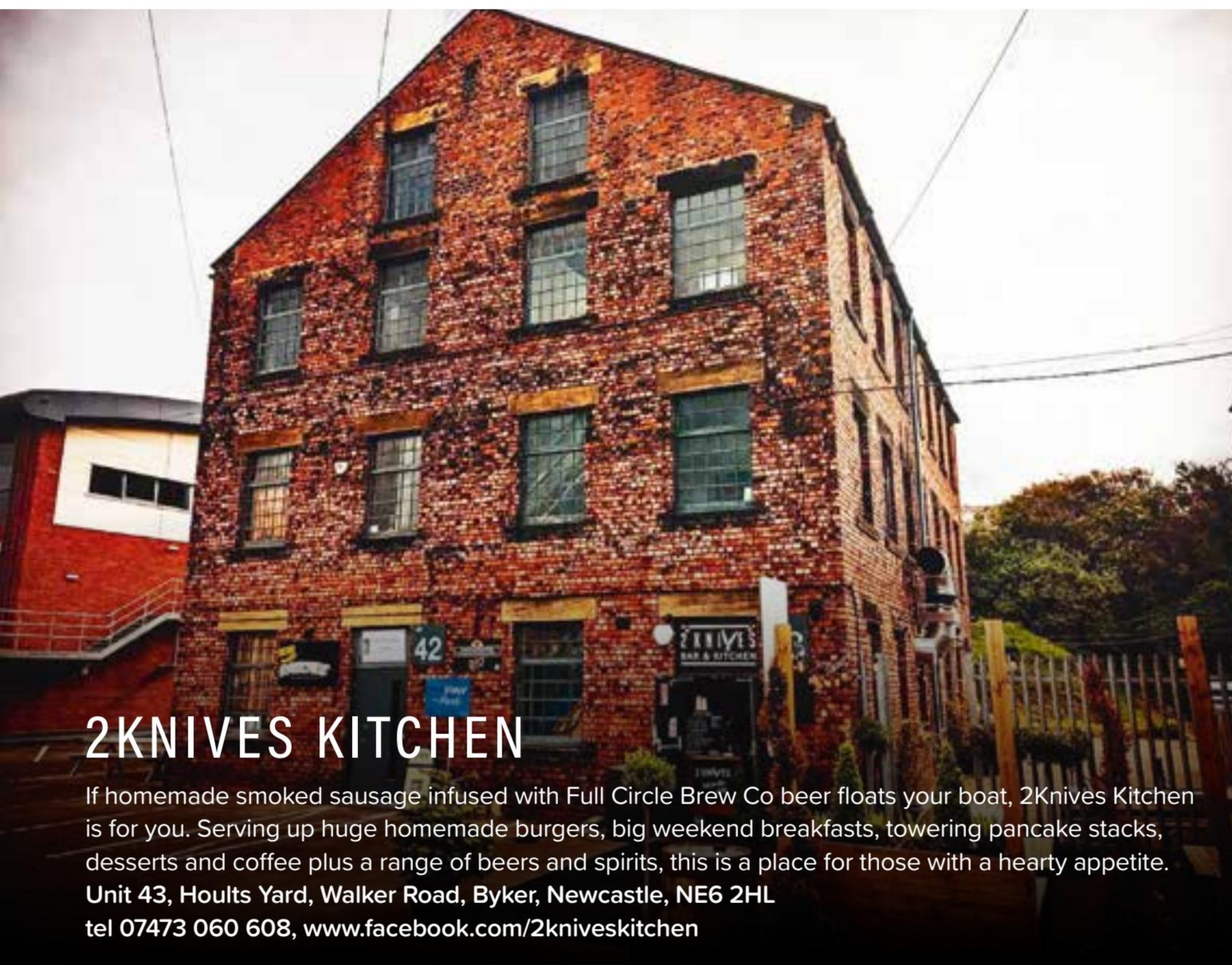
Geisha brings to the table food packed with traditional flavour, a vibrant and inventive cocktail menu adds a modern twist, and a flamboyant dining room festooned with Asian lanterns. The Geisha KFC – an Asian twist on a fast-food classic – comes highly recommended. Watch this space for the launch of the home experience.

Geisha Bar and Restaurant, 133 Sandyford Road, Jesmond, NE2 1QR
www.geishajesmond.co.uk

JUST GO..!

Take 5

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



2KNIVES KITCHEN

If homemade smoked sausage infused with Full Circle Brew Co beer floats your boat, 2Knives Kitchen is for you. Serving up huge homemade burgers, big weekend breakfasts, towering pancake stacks, desserts and coffee plus a range of beers and spirits, this is a place for those with a hearty appetite. Unit 43, Hoult's Yard, Walker Road, Byker, Newcastle, NE6 2HL tel 07473 060 608, www.facebook.com/2kniveskitchen



BARRIO COMIDA

Shaun Hurrell's fab neighbourhood taqueria in Durham serves up superb Mexican tacos, burritos, quesadillas, margaritas, mezcal and more in a vibrant atmosphere. The team goes to great lengths to source and import artisan products including heirloom corn from Mexican smallholdings and work closely with UK producers, farmers and fishermen including Buston Potatoes in Northumberland and oaxacan coffee from Fika Coffee in Durham. Church Street, Durham DH1 3DG, tel 0191 370 9688 www.barriocomida.com

BARN AT BEAL



This restaurant, café and bar sits on an idyllic elevated mainland spot overlooking Holy Island's causeway. Picture windows offer stunning views to accompany your coffee and cake or three-course meal. Local produce stars, with the likes of lightly curried Holy Island crab, pan-fried scallops, sirloin of Northumbrian beef, Barn bangers and mash, and beer battered haddock all likely to appear on the menu. Beal, TD15 2PB, tel 01289 540 044, www.barnatbeal.com



LATIMER'S SEAFOOD DELI AND CAFÉ

As famous for its fish counter as its deli and café, Latimer's has views over Whitburn beach and a café open from breakfast to 5.30pm. Enter via the fish deli and its tempting display of locally landed lobsters, crabs and scallops to enjoy a home-cooked menu, coffee, beer or glass of wine, or take away one of the fantastic picnic boxes or a fish platter. Shell Hill, Whitburn, SR6 7NT tel 0191 529 2200, www.latimers.com



CHAINBRIDGE HONEY

Take a trip to the north of the region to visit Northumberland's famed family-run honey farm. The shop, visitor centre, and beekeeper's garden are open every day, and the café is open at weekends. And if you run out between visits, you can buy a range of delicious honey, mustard, candles, soap and gifts on the website. Horncliffe, Berwick upon Tweed, TD15 2XT, tel 01289 382 362 www.chainbridgehoney.com



IT'S ONLY A COUPLE OF MONTHS AWAY, SO IT'S TIME TO START PLANNING THE MOST SPECIAL TIME OF YEAR – **CHRISTMAS...**



Not everyone wants turkey, sprouts and all the trimmings, some people just love the fact that they can spend time with their loved ones, friends, and colleagues, and eat the food that they love.

Our chefs are creative all year round, but at Christmas, it gives them an opportunity to really show off and create the most mouth-watering, authentic Indian cuisine for you to enjoy, all washed down with fine wines, delicious cocktails and mocktails, as you dine in the opulent surroundings of our chic restaurant, whilst being served by our attentive and courteous staff.

So whether you're looking for festive celebrations, a Christmas Day to surpass all others, a fantastic alternative Boxing Day, a New Year's Eve to remember or just a treat before 2023 kicks in, **Zeera Authentic Indian Restaurant** is the place to be.

Why not join us for a very special Christmas Eve, when our live singer will be here to get you in the festive mood.



206-210 Ocean Road, South Shields, NE33 2JQ
Tel: 0191 4651811 www.zeeracuisine.com



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An apple a day

September is all about apples, so which of these dessert favourites will you choose?

HUNGARIAN APPLE PIE

VS

APPLE AND RAISIN TART



SERVES 6

INGREDIENTS

| | |
|----------------------------|--|
| 250g plain flour | 10 medium cooking apples, grated and drained of excess fluid |
| 120g butter cut into cubes | 75g ground almonds |
| 120ml (approx.) cold water | 50g sugar |
| 1 tsp salt | 1 tsp cinnamon |
| 1 egg, beaten | beaten egg + milk to glaze |
| 2 tbsp strawberry jam | |

METHOD

Preheat the oven to 200C/Gas 6. Grease and line a 23cm square baking tin.

Sieve the flour into a mixing bowl. Add the butter and rub in with your fingers until you have a breadcrumb consistency. Add the water, salt and egg and bring together with your hands to make a ball of dough. Divide the dough into two. Roll out one half on a lightly floured surface and use to line the base of the baking tin. Spread with the strawberry jam. Mix together the apples, almonds, sugar and cinnamon in a bowl and spread over the jam. Roll out the remaining pastry and place on top of the apples. Brush with beaten egg or egg and milk to glaze and prick with a fork. Bake for 40 mins until golden. Sprinkle with icing sugar before serving.

SERVES 6

INGREDIENTS

| |
|---|
| 225g shortcrust pastry |
| 450g cooking apples, peeled, cored and sliced |
| 75g seedless raisins |
| 25g sugar |
| 1 tsp ground cinnamon |
| milk and sugar to glaze |

METHOD

Preheat oven to 200C/Gas 6.

Roll out half the pastry and use to line a pie plate. Place the apples in a mixing bowl, add the raisins, sprinkle over the sugar and cinnamon, and mix gently to combine.

Spoon the mixture onto the pastry. Dampen the edges of the pastry with a little egg and milk or water, top with the remaining pastry (either in one piece or in strips to make a lattice as in the photo above) and press to seal.

Brush with a little beaten egg or egg and milk to glaze and sprinkle over a little sugar. Refrigerate for 10 mins.

Remove from the fridge and bake in the oven for 45 mins until golden.

Serve warm with vanilla ice cream or cream.

HOW TO

Harvest

Got a veg patch/allotment glut? Fear not, dear reader, this is our pick of some of the best sweet and savoury ways to make your greens great

BREAKFAST

AVO 'N' EGG-BAKED ZOODLES

SERVES 2

INGREDIENTS

cooking spray
3 medium courgettes, spiralised into noodles
2 tbsp olive oil
sea salt and freshly ground black pepper
4 eggs
1 avocado, halved and thinly sliced
1 tbsp extra virgin olive oil
1 tbsp fresh basil
ground paprika

METHOD

Preheat the oven to 180C/Gas 4. Lightly spray a baking sheet with cooking spray.

In a large bowl, toss the courgette noodles and olive oil to combine and season with salt and pepper. Divide into 4 even portions on the baking sheet and shape each into a nest, then gently crack an egg in the centre of each. Bake for 8-12 mins until the eggs are set. Place on plates with avocado and drizzle with extra virgin olive oil and sprinkle over basil leaves, a little ground paprika, and salt and pepper to taste.



HOW TO



HOW TO

BREAKFAST

SUPER-GREEN SHAKSHUKA

SERVES 4

INGREDIENTS

2 tbsp olive oil
knob of butter
2 spring onions, finely sliced
1 clove garlic, chopped
2 tsp cumin seeds
200g courgette, finely sliced
100g broad beans
salt and black pepper
½ tsp cayenne
100g spinach
4 eggs
75g feta, broken into chunks

handful coriander leaves
handful dill leaves

METHOD

Place a deep frying pan over a medium heat and melt the oil and butter. Add the spring onions, garlic and cumin seeds and cook for 2 mins. Add the courgette and cook for 5-6 mins until it starts to brown. Add the broad beans, season with salt and pepper and ¼ tsp cayenne and cook for a further 2-3 mins.

Add the spinach and toss to wilt. Make 4 wells in the vegetables and crack an egg into each. Sprinkle over the remaining ¼ tsp cayenne, the coriander and half the dill, cover and cook until the egg whites are just set.

Crumble over the feta and the remaining fresh dill, and serve with flatbreads to mop up the egg yolks.



HOW TO

LUNCH

BACK TO YOUR ROOTS BAKE

SERVES 4

INGREDIENTS

2 tbsp olive oil
1 tbsp butter
1 onion, peeled and chopped
300g Chantenay carrots
500g mixed root vegetables (e.g. parsnip, sweet potato, squash, swede) peeled and cubed
sea salt and black pepper
40g butter
40g plain flour
400ml milk
1 tbsp chopped parsley
1 tbsp crème fraîche
½ tsp ground nutmeg
1 tbsp horseradish
50g grated mature cheddar
50g wholemeal breadcrumbs

METHOD

Heat a frying pan, add the olive oil and butter and sauté the onion for 5 mins, stirring. Add the carrots and the mixed veg, season with sea salt and black pepper and sauté until the vegetables are colouring and beginning to soften. Place the mixture in an oven-proof dish.

Melt 40g butter in a saucepan, add the flour, mix to make a roux and cook gently over a very low heat for 1 min. Gradually add the milk, whisking continually until smooth to make a sauce. Simmer, stirring continually, for 3 mins and remove from the heat. Stir in the parsley, crème fraîche, ground nutmeg, and horseradish and season with salt and pepper. Pour over the vegetable mixture.

Heat the oven to 180C/Gas Mark 4. In a bowl, mix together the cheese and breadcrumbs and sprinkle over the vegetable mix. Place in the oven and bake for 30-40 mins until the vegetables are cooked and the topping is golden brown.



TEA TIME

MIGHTY VEG MUFFINS

MAKES 6

INGREDIENTS

1 small courgette, grated
1 small carrot, peeled and grated
3 pieces stem ginger in syrup, diced, and 3 tbsp of reserved syrup
150g self-raising flour
2 tsp mixed spice
2 eggs, beaten
150ml vegetable oil
75g soft brown sugar
50g chopped walnuts
50g icing sugar

METHOD

In a large bowl, mix the courgette and carrot with the ginger and 2 tbsp of the reserved syrup. Sieve the flour and mixed spice into a bowl. In a large mixing jug combine the eggs, oil and sugar. Pour the liquid mixture into the flour and combine well using a wooden spoon. Fold in the vegetable mixture and the walnuts.

Preheat the oven to 170C/Gas 3. Divide mixture between muffin cases and bake for 25 mins until risen and firm to the touch. Leave to cool. When cool, mix the icing sugar with remaining syrup and drizzle over the tops of the muffins.





HOW TO

TEA TIME

BETROOT CHOCOLATE DREAM

INGREDIENTS

200g quality dark chocolate (70% cocoa)
250g cooked beetroot, drained
200g plain flour
200g unsalted butter, melted
100g dark brown sugar
100g caster sugar
3 large eggs
2 tbsp cocoa powder
2 tsp baking powder
1 tsp vanilla extract
icing sugar for dusting
mixed seeds to decorate

For the chocolate buttercream:

300g unsalted butter, at room temp
420g icing sugar
70g unsweetened cocoa powder
75ml double cream
¼ tsp salt
1 tsp vanilla extract

METHOD

Preheat the oven to 180C/Gas Mark 4. Grease and line a 23cm loose bottomed cake tin.

Break the chocolate into pieces, place in a food processor and blitz until crumbed (not powdered). Tip out into a small bowl.

Put the beetroot in the food processor and whiz to a purée. Add all the remaining cake ingredients, whiz until well mixed, and stir in the chocolate pieces.

Preheat the oven to 180C/Gas 4. Pour the cake batter into the prepared cake tin and level out the surface. Bake for 45-50 mins or until a skewer inserted into the centre comes out clean (the surface of the cake may have cracked a little). Allow to cool for a few mins in the tin before removing to a cooling rack.

For the buttercream, put the butter in a mixing bowl and beat until creamy. Add the icing sugar, cocoa powder, cream, salt and vanilla extract and beat together (add more icing sugar or cocoa powder if it's too thin, or more cream if too thick).

Cut the cake in half horizontally and sandwich the two halves together with a third of the icing, then spread the rest on top and over the sides. Decorate as you wish – we used a few pumpkin seeds, almond halves, dessicated coconut and dehydrated berries.

Fruits of the season

There's something bitter-sweet about early autumn's strawberries, raspberries and blackberries – the last until next year to be savoured while we still can. These recipes have you covered for brunch, Sunday lunch, and on this page, a showstopping celebration

STRAWBERRY AND RASPBERRY PAVLOVA

SERVES 8

INGREDIENTS

6 egg whites
pinch salt
350g caster sugar
2 tsp cornflour
1 tsp white wine vinegar

For the filling:

600ml double or whipping cream
4-6 tbsp Kirsch or sherry
250g strawberries, hulled and sliced
250g raspberries
icing sugar, for dusting

METHOD

Draw two 20cm circles and a 15cm circle on greaseproof paper and place each on a separate baking tray.

Place the egg whites and salt in a large dry bowl. Whisk until you are left with soft peaks when the whisk is removed. Slowly whisk in the sugar, continuing to whisk until the mixture is stiff and shiny. Carefully fold in the cornflour and vinegar.

Preheat the oven to 180C/Gas 4.

Spoon one-third of the mixture onto one of the 20cm circles, another third on the other 20cm circle and the remaining third onto the 15cm circle. On this smaller circle, build the mixture up into a bowl-shaped shell, swirling the meringue around the outside.

Reduce the oven to 140C/Gas 1 and bake the meringues for 1-1¼ hours until delicately coloured. Turn off the oven and leave the meringues to cool down inside.

Wash and dry the fruit. Put the cream in a mixing bowl, whip until soft peaks form and fold in the Kirsch or sherry.

To assemble, peel the greaseproof paper off the bottom of the cool meringues. Place a 20cm meringue onto serving plate, spread one-third of the cream onto it and top with some of the fruit. Repeat with the other 20cm meringue. Top with the 15cm meringue, filling it with the remaining cream and fruit. Serve dusted with icing sugar.

LOW DOWN





LATTICED BLACKBERRY PIE

SERVES 6

INGREDIENTS

400g fresh blackberries
125g sugar
1 tsp lemon juice
1 tsp lemon zest
¼ tsp almond extract
340g readymade shortcrust pastry
142g tub soured cream
1 small egg, beaten, to glaze
sugar to glaze

METHOD

Place the blackberries, sugar, lemon juice, lemon zest, and almond extract in a mixing bowl. Gently stir to coat the berries and place in the fridge until needed.

Take ¾ of the pastry, roll it out on a lightly floured surface and use it to line a 20cm flan ring. Prick the base and sides with a fork, brush with a little beaten egg, and chill in the fridge for 10 mins.

Remove pastry and berries from the fridge. Spread the pastry base with soured cream and spoon over the berries.

Preheat oven to 220C/Gas 7. Roll out the rest of the pastry, cut into strips and use them to make a lattice design on top of the pie. Brush with beaten egg and sprinkle with sugar to glaze.

Place in a preheated oven and bake for 15 mins, then reduce heat to 180C/Gas 4 and bake for a further 15 mins until golden and heated through.

Serve hot or cold with cream or vanilla ice cream.



STRAWBERRY AND RASPBERRY CREAM CHEESE FRENCH TOAST

SERVES 4

INGREDIENTS

300g Paysan Breton French sea salt cream cheese
50g icing sugar + more for dusting
1 tsp vanilla extract
150g-200g strawberries, chopped
150g-200g raspberries, halved
8 slices white bread
3 eggs
100ml milk
½ tsp cinnamon
1 tsp caster sugar
30g butter

METHOD

Place the cream cheese in a mixing bowl. Add the icing sugar and vanilla extract and mix to combine.

Spread each slice of bread with the cream cheese mixture. Cover four slices with the chopped fruit and sandwich with the other four slices.

Whisk the eggs, milk, cinnamon, and sugar in a wide, shallow bowl. Heat a frying pan and melt a knob of butter in it until it sizzles. Dip the first sandwich in the egg mixture on both sides and fry in the pan until golden on one side, turn over and fry the other side. Then repeat with the other sandwiches.

Slice the fried sandwiches in half, dust with icing sugar and serve immediately with extra berries on the side.



BLACKBERRY ICE CREAM

SERVES 4

INGREDIENTS

1 tbsp custard powder
250ml whole milk
75g caster sugar
200g ripe blackberries
125ml water
1 lemon, juice + grated zest
1 tsp almond extract
125ml double cream

METHOD

Place the custard powder in a mixing bowl, add a little of the milk and mix to a smooth paste with a teaspoon.

Place the remaining milk in a saucepan over a medium heat and bring to the boil. Slowly pour into the bowl with the custard paste, stirring continually.

Pour the mixture back in the pan, place over a low heat and simmer, stirring continually, until thickened. Remove from the heat, stir in 50g of the caster sugar, cover with dampened greaseproof paper and set aside to cool.

Place the blackberries in a saucepan and add the remaining sugar. Add 125ml water, the lemon juice, zest, and almond extract. Place over a medium heat and simmer until the berries are tender. Purée in a blender or food processor. If you don't like the seeds, pass through a fine sieve to remove them at this stage. Set aside to cool.

When the custard and the fruit mixtures are both cool, mix together and place in a freezer container. Cover and freeze for 2 hours.

Meanwhile, pour the cream into a bowl and whip. When the ice cream is half frozen, scrape off any ice crystals and mash with a fork until smooth. Fold in the whipped cream, cover and put back in the freezer. Repeat mashing after a further 2 hours and return to the freezer for at least 1 hour.

Serve with fresh blackberries and mint leaves.



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Newcastle
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The long and the stalk of it

Love it or hate it, celery is a great food – low calorie, flavourful, and packed with nutrients

It's time, dear reader, to talk about celery. In season between August and October, it's the Marmite of the vegetable world, but no chef would be without it as an essential ingredient in mirepoix – the onion, carrot and celery base for every soup or stew.

The editor can eat a whole bunch dipped in salt and, if she's feeling particularly extravagant, with a tub of cream cheese, but these are our healthy pages, so neither of those accompaniments are quite the thing here.

Celery, apart from being only about 10 calories a stick, is a great source of antioxidants and is packed with anti-inflammatory compounds, which means it's good for your digestion.

It's equipped with vitamins A, K and C, and is low in sodium (if you don't dip it in salt!). People often forget about the leaves, but they are loaded with calcium, potassium and vitamin C and liven up any salad beautifully. Use the leaves as a garnish on any dish or just chomp to your heart's content.

CELERY CAPONATA

SERVES 4-6

INGREDIENTS

2 tbsp olive oil for frying
 3 large aubergines, cut into 2cm chunks
 sea salt
 1 red onion, peeled and thickly sliced
 4 celery stalks, cut into 1cm slices
 200ml passata
 75g capers, drained and rinsed
 150g kalamata olives, pitted and halved
 ½ tbsp granulated sugar (optional)
 50ml red wine vinegar
 fresh basil and toasted pine nuts, to garnish

METHOD

Heat 1 tbsp oil in a heavy-based frying pan. Fry the aubergine in batches until golden brown and tender. Drain on kitchen paper, sprinkle with salt and set aside.

Wipe out the frying pan and add 1 tbsp oil. Heat over a medium-low heat, add onion and celery and cook for 8 mins. Add passata and cook for another 5 mins, stir in the capers and olives. Add sugar (if using) and vinegar, stir and cook for 5 mins. Turn off the heat, add the aubergines and gently mix together.

Serve in a bowl topped with fresh basil leaves and toasted pine nuts.



HEALTHY

CELERY MINESTRONE

SERVES 4

INGREDIENTS

2 tbsp olive oil
300g chopped celery, leaves reserved
1 onion, diced
1 carrot, diced
1 clove garlic, chopped
1 tsp celery salt
salt and pepper, to taste
1 litre vegetable stock
75g orzo, or other small pasta
2 tomatoes, diced
1 tin chickpeas, drained and rinsed
50g grated Parmesan (optional), plus more for serving

METHOD

Heat the oil in a large saucepan over a medium heat. Add the celery, onion, carrot, garlic, celery salt and season with salt and pepper. Cook, stirring occasionally for about 10 mins until the vegetables are tender.

Add the stock and bring to a boil. Add the pasta and cook for 8-10 mins until tender. Add the tomatoes, chickpeas, half the reserved celery leaves and the Parmesan if you're using it. Cook over medium heat for 5 mins until hot. Serve garnished with the remaining celery leaves and a little more Parmesan, if desired.



In the market

Join us for a foodie's pilgrimage to a Newcastle institution - The Grainger Market

A celebration of traditional market values and stalls coupled with some of the most exciting culinary concepts in the city from every corner of the globe, the Grainger Market is an essential destination for lovers of good food.

Home to the finest fresh produce from meat and poultry to fish, vegetables, cheese and more, this famed Grade I-listed covered market dates back to 1835. As popular now as it ever was, it is home to a unique combination of suppliers and producers. From a traditional café lunch to an international street food journey, this is the place to be in Newcastle.

Follow @GraingerMarketNewcastle on social media for the latest goings-on in the market, and read on for more about the amazing range of retailers you can savour there.



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


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CHIRTON FISHERIES

The freshest produce is a cornerstone of the Grainger Market, and you'll always find the best of the day's catch at Chirton Fisheries. The freshest, best-quality seafood and fish is expertly sourced and beautifully displayed by the expert team each morning, with everything from crab and prawns to the best of the day's catch. Every member of the team is always happy to chat while they prepare your choices and are a font of knowledge on how to prepare and cook your catch of the day. www.facebook.com/ChirtonFish

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DUMPLING AND BUN

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Founded by Toby Davison, North Shore has a deserved reputation for great coffee in the Grainger Market, which is the business' first permanent location, and at foodie events regionwide. The expert team serves up quality coffee from Origin Coffee Roasters alongside fresh cakes and bakes which are perfect when you're passing through on the way to work or you need a break from shopping in the afternoon.
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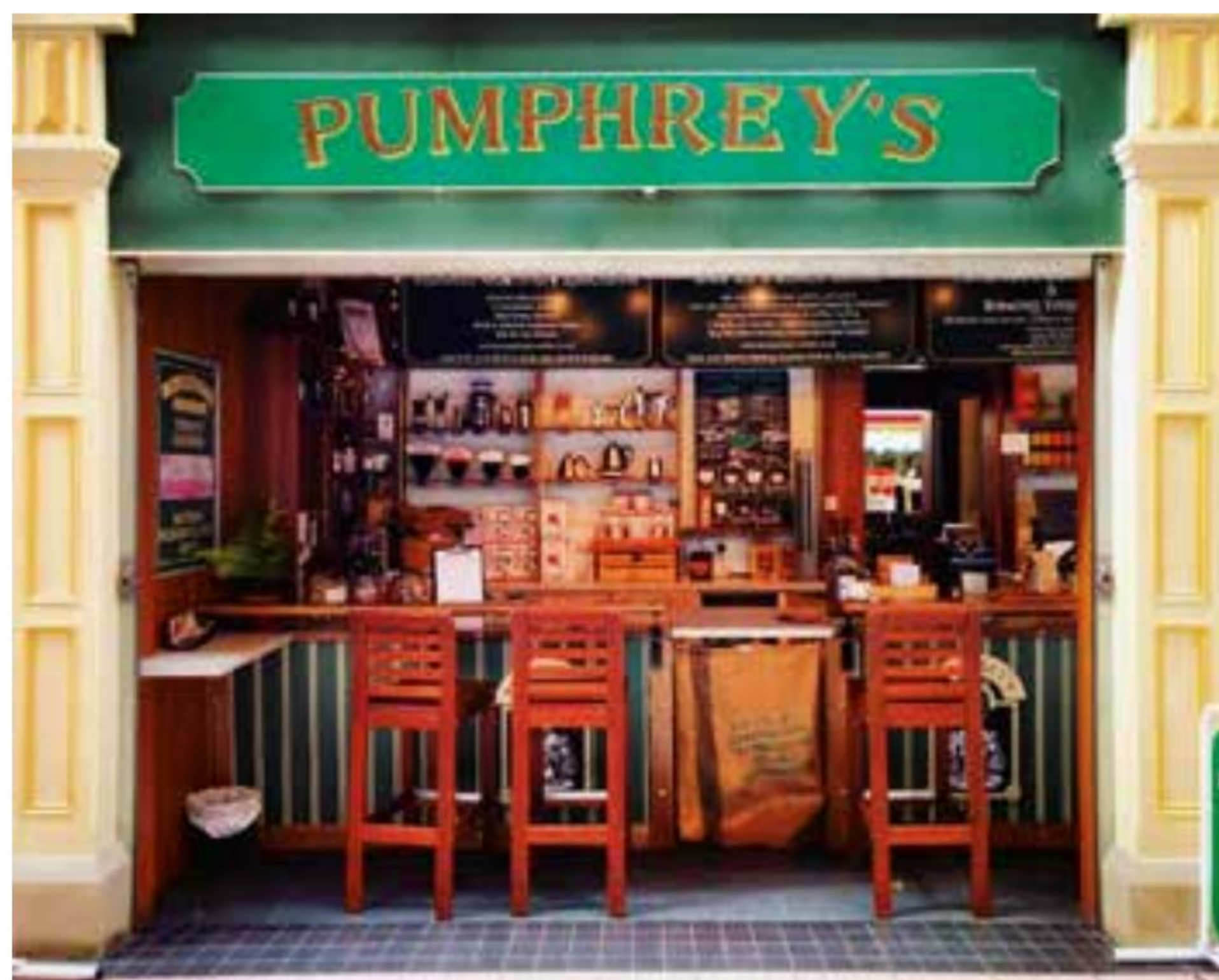
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www.facebook.com/PIZZA-SLICE-Newcastle-100413361889969



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Closing date for entries **October 31, 2022**

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We've teamed up with The Hustle to offer one lucky reader the chance to win a meal for four and cocktails to a total value of £200. See below for terms and conditions, and remember to get your entry in before the closing date.

Terms & conditions

This prize includes midweek (Monday-Thursday) dinner for four people plus cocktails and soft drinks to a total value of £200. This prize is for the selected winner and their guests, and cannot be given away as a gift. Bookings are to be arranged directly with The Hustle and are subject to availability. The prize is non-transferable (with no cash alternative) and must be taken before December 1, 2022. All additional drinks and extras must be paid for. The winner will be drawn at random and notified within three days of the closing date.





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Anthony O'Shaughnessy

HEAD CHEF/TUTOR, BLACKFRIARS COOKERY SCHOOL, NEWCASTLE



What do you have for breakfast? When I'm working, I go for a banana. A green one because I can't stand yellow ones these days – they're so woolly and mushy. On my days off, I love coffee and pastries from Pink Lane Bakery.

What's your go-to guilty pleasure? A glass of wine and a good bag of crisps. Sometimes, I kid myself into thinking it counts as dinner.

What would be your last meal on earth? I would love a selection of my favourite barbecue foods – baby ribs, brisket, pork and lots of salads on the side, watermelon pickles, buttery corn, etc. Afterwards, I would have a whole vanilla cheesecake with some fruit jams.

What's in your home fridge? At least two blocks of butter. I get very nervous if I don't have at least two as that means I can make any birthday cake at a moment's notice and still have enough to make a good, buttery icing. I also have a jar of Polish mayonnaise, which is my secret to velvety mashed potatoes.

Which ingredient would you have if you could only choose one? Butter! Even just a small amount makes a huge difference to the taste and mouthfeel of your food.

What's your most important piece of kitchen kit? A bench scraper. I use little plastic ones and they're great for transferring chopped ingredients from your chopping board, scraping pastry off your countertop, sweeping sticky garlic off your knife... They're a godsend!

What's your favourite cookbook? *Mouthfeel* by Ole Mouritsen. I bought it because it has a nice picture of an ice lolly on the cover. It's half science textbook, half recipe book, and it teaches you the basics of food texture. I highly recommend it, even for beginners.

What's your most important piece of advice in the kitchen? Never make something for guests that you've never made before. At the very least, test the recipe once first.

What would you be doing if you weren't working in food? My plan was to go into medicine. I was set to go to medical school until somebody (a doctor, as it happened) sat me down and told me to take a year and see what I could do with food. I've taught people from various walks of life how to cook and I find that far more rewarding.

If you only had £10 to spend on food, what would you buy? Flour, eggs, some vegetables – and butter, because you'll need some joy if you only have £10. I may even have some change for a bar of dark chocolate – lots of desserts at your disposal there.

Who is the greatest cook ever? I've always admired female chefs and cooks. The most important in my life were my two great grandmothers – Mary Burdis, who lived to 104 and made her living as a home baker after her husband passed away, and Jane Lynch, who was a resident cook in Jesmond and was also well known for riding a moped.

Blackfriars, Friars Street, Newcastle, NE30 1XN, tel 0191 261 5945, www.blackfriarsrestaurant.co.uk

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