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HAARALA HAMILTON, FROM SIROCCO (MITCHELL BEAZLEY)

Lazy Sunday afternoons

Summer feasts, on warm days stretching into balmy evenings, needn't stick to any rules. And a roast bird with all the trimmings, while comforting, can't satisfy hot-weather cravings for fresh herbs, vibrant spices and the zing of citrus. Treat your guests instead to lime-doused poussin, herb-crusted fish and pork enriched with cardamom. The main event, transformed.

Sunday lunch is served: vibrant summer recipes with bright, bold flavours inspired by Asia and the Middle East, matched with the best summer wines



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Food & drink

Butterflied lamb with chermoula

Serve with salad, basmati rice and a dollop of harissa yogurt (harissa paste and chopped mint into Greek-style yogurt).

Serves 6

1 leg of lamb, about 2 kg, boned and butterflied

For the marinade:

5 garlic cloves, crushed
3 sprigs rosemary, leaves only
3 tbsp olive oil
2 tbsp squeezed lemon juice
1 tsp sea salt
Freshly ground black pepper

For the chermoula:

2 garlic cloves
2 tsp coriander seeds
2 tsp fennel seeds
6 heaped tsp ground cumin
2 tbsp pink peppercorns
Salt flakes and freshly ground black pepper
4 large handfuls of flat-leaf parsley, chopped
2 large handfuls of mint
1 tbsp dried edible rose petals, finely chopped (optional)
300ml extra virgin olive oil
Squeezed juice of 3 lemons
3 tbsp soy sauce
3 tbsp Worcestershire sauce



● Place all the marinade ingredients in a blender and pulse until roughly chopped enough to rub into meat. Score meat on both sides. Rub marinade into both sides and place in a shallow dish. Cover with cling-film and leave to marinate in fridge overnight.
● Pound the garlic, coriander and fennel seeds, cumin, pink peppercorns and a couple of pinches of salt flakes and a good grinding of pepper into a paste. Add the parsley, mint and rose petals, and continue to pound. Gradually add oil, lemon juice, soy sauce and Worcestershire sauce to produce a consistency somewhere between a pesto and a dressing. Season.
● Pre-heat grill or barbecue to a high heat. Remove meat from the marinade and season. Place under grill or on barbecue and seal for about 8 minutes each side. Lower heat and continue to cook, turning to ensure it does not burn. Cook to your taste and leave to rest for 5 minutes. Slice and serve with the chermoula.

From *At Home with Umami*, by Laura Santtini (£19.99, Ryland, Peters & Small)

Citrusy monkfish with fennel; runner beans in a walnut and mango dressing

Serves 6

100g plain flour
6 monkfish fillets, in 1cm cubes
4 tbsp extra virgin olive oil
50g unsalted butter
2 fennel bulbs, cut into 1cm chunks and fronds reserved
120ml water
4 tbsp lemon juice, plus lemon slices to serve
2 tsp fennel seeds
Salt and white pepper

For the runner beans

Garlic clove, peeled, left whole
600g runner beans, trimmed
25g chives, finely chopped
8 walnuts, shelled
1 tbsp grated Parmesan
2 tbsp white wine vinegar
4 tbsp extra virgin olive oil
¼ large mango, peeled, diced
100g pomegranate seeds
Salt and pepper

● For the runner beans, half fill a large pan with water, add the garlic clove and bring to a boil. Add the runner beans to the

pan with a little salt and cook for 5 minutes or until tender, then drain well under cold water, reserving 3 tablespoons of the cooking water. Set aside.

● For the dressing: mix the chives, walnuts, Parmesan, vinegar, olive oil, mango, pomegranate seeds and reserved cooking water in a small bowl. Season, set aside.
● Put the flour in a large food bag with the monkfish pieces and shake to coat.
● Gently heat the oil and butter together in a large casserole dish. Add the fennel chunks and measured water, increase the heat to medium and let simmer for 10 minutes, then stir in the coated fish pieces, lemon juice and fennel seeds. Season with salt and white pepper to taste.
● Cook for a further 10 minutes, turning the fish occasionally to evenly cook. Scatter over the fennel fronds and serve immediately with the lemon slices and alongside the beans, drizzling over the dressing before serving.

From *As the Romans Do*, by Eleonora Galasso (Mitchell Beazley, £25)

Ginger and lime spatchcock poussin

Instead of poussins, you can use four skin-on, bone-in chicken thighs, frying for three minutes before smothering in the sauce and roasting.

Serves 2

2 poussins
35g piece of fresh root ginger
150g runny honey
50ml light soy sauce
1 lime
Coarse black pepper
Olive oil

● Untruss the poussins and remove backbones with scissors or knife – cut to one side of the spine, from the parson's nose up to where the head would have been, and repeat on the other side. Discard backbone, lay the poussins, skin-side up, on a work surface and press heavily on the breast bone to flatten out the birds. Set aside until needed. Preheat oven: 200C/gas mark 6.
● Peel and finely grate ginger, add to a pan with the honey, soy sauce, zest and juice of the lime and a pinch of pepper. Bring to boil, stirring to mix well, then remove from heat and set aside.

● Place a large, ovenproof frying pan or shallow casserole over a high heat and add 1 tablespoon oil. Once the oil is hot, add the poussins, skin-side down and reduce heat to medium. Cover with baking paper and weigh down with something heavy – another pan works well; the idea is to keep the birds as flat as possible. Fry for 5 minutes, then flip over (discard baking paper). Pour over the sauce and roast in oven, uncovered, for 10-15 minutes, or until cooked through and the top is burnished.

From *Perfect Plates*, by John Whaite (Kyle Books, £18.99)



Beef, kaffir lime, curry leaf, chilli, pomelo

Serves 4-6

1 tbsp nigella seeds
Zest and juice of 4 limes, plus 2, halved, to serve
1 tbsp garlic granules
1 tbsp coriander seeds
2 tbsp fenugreek seeds
1 tsp fine salt
½ tsp ground black pepper
5g dried kaffir lime leaves
5g dried curry leaves
3 garlic cloves, bashed and roughly chopped
100ml extra virgin olive oil
1kg beef fillet, or use a ribeye or sirloin joint
A few sprigs of fresh basil
2 limes, halved, to serve

For the salad

1 large pomelo or grapefruit
2 red chillies, sliced
1 large bunch of fresh coriander, roughly chopped

● Put the nigella seeds into a small heatproof bowl, pour over boiling water to cover and leave to soak for at least 30 minutes. Drain and add the lime juice.
● Preheat the oven to 220C/gas mark 7 and line a baking tray with baking parchment.
● Add the rest of the ingredients, apart from the beef, lime zest and basil, to the bowl of nigella seeds and mix well. Rub this mixture into the beef, coating it evenly all over. Set aside at room temperature, covered, to marinate for 30 minutes.
● Uncover, then put the beef on a baking tray and roast in the oven. For medium, cook for 30-35 minutes; for well done, 40-45 minutes (better if you're serving this as part of a buffet, pre-sliced). Remove from the oven and leave to rest for 15 minutes.
● Meanwhile, segment the pomelo or grapefruit and put into a bowl. Add the lime zest and chillies and mix well with your hands to combine. Set aside. When the meat is cooked, slice and arrange on a platter with the limes and basil. Serve with the salad.

From *Chriskitch: Big Flavours from a Small Kitchen*, by Chris Honor and Laura Washburn Hutton (Mitchell Beazley, £25)

TAMIN JONES

DAVID LOFTUS

HELEN CATHCART

Food & drink

Mustard chicken, black beans and avocado salsa

Serve with tortillas, soured cream and feta, Wensleydale or mild goat's cheese.

Serves 6

For the chicken

- 12 skin-on bone-in chicken thighs
- 125ml olive oil
- 60ml cider vinegar
- ½ tbsp ground cumin
- 3½ tbsp Dijon mustard
- 6 tbsp runny honey
- 4 red chillies, finely chopped
- Juice of 1 lime
- 4 garlic cloves, grated
- 4 tbsp chopped coriander

For the beans

- 2 tbsp olive oil
- 1 large onion, finely chopped
- 2 red peppers, chopped
- 3 garlic cloves, finely chopped
- 1 tsp ground cumin
- 2 chillies, deseeded, sliced
- Finely grated zest of ½ orange
- 150ml chicken stock
- 50ml orange juice
- 2 x 400g cans of black beans
- Juice of ½ -1 lime

For the avocado salsa

- 250g tomatoes
- 2 garlic cloves
- 2 spring onions
- 3 red chillies, deseeded
- 3 avocados, roughly chopped
- 1½ tsp ground cumin
- Juice of ½ lime
- 4 tbsp chopped coriander
- 4 tbsp extra virgin olive oil

● Make little incisions all over the underside of the thighs; don't pierce the skin. Make the marinade by mixing everything else in a dish that will hold all the chicken. Put the thighs in, turn, cover with cling-film and put in fridge. Leave for at least 4 hours – overnight is even better – turning a couple of times. Bring to room temperature before cooking.

● Preheat oven to 190C/gas mark 5. Remove chicken from marinade and put in roasting tin or ovenproof dish where it can lie in a single layer. Roast for 35-40 minutes, or until cooked through, basting every so often. The chicken should end up a deep golden colour.

● It's really quick to make the beans and salsa, so prepare them while the chicken is cooking. For the beans, heat the olive oil in a saucepan over a medium heat and sauté the onion and peppers together, reducing the heat, until the onion is pale gold and the peppers are beginning to soften. Add garlic and cook for another minute, then add cumin, chillies and orange zest and cook for another 2 minutes. Pour in stock, orange juice and seasoning and cook over low heat until vegetables are soft.

● Carefully rinse black beans and stir into the peppers. Season and heat through for a few minutes. You want the beans to pick up the flavours of the other ingredients; in fact they benefit from sitting in the juices and being reheated at the last minute. Add lime juice to



LAURA EDWARDS

taste, it heightens and freshens the flavours.

● To make the salsa, finely chop tomatoes, garlic, spring onions and chillies. Mix with the other ingredients and season well, but

don't make this more than an hour ahead of serving as it discolours. Once you've made it, cover the salsa and let the flavours infuse.

● Serve the chicken on a platter

with sprigs of coriander, along with the beans, salsa and some cheese and soured cream.

From *A Bird in the Hand*, by Diana Henry (Mitchell Beazley, £25)

Brisket in mustard sauce

This might sound strange but it really works. The sauce suddenly appears and is creamy and delicious.

Serves 8-10

- 2kg beef brisket in one piece
- 1 tbsp dry mustard powder
- 1 tbsp sugar
- 1 tbsp white wine vinegar
- 2 bay leaves
- 1 tsp black peppercorns

For the mustard sauce

- 4 tbsp English mustard powder
- 2 tbsp plain flour
- 1 tbsp sugar
- 2 tbsp wholegrain mustard



- Juice of 1 lemon
- 75ml white wine vinegar
- 150g mayonnaise

● Put brisket in a saucepan and cover with cold water. Add the mustard powder, sugar, vinegar, bay leaves and peppercorns, then bring to the boil. Cover pan and simmer gently for 3-4

hours. Top water up every now and again, using just-boiled water. When the meat is done, leave it to cool for 5 minutes. Preheat oven to 200C/gas mark 6. Carve meat and put the slices in an ovenproof dish. ● Put mustard powder and flour in a small pan and slowly stir in 250ml water. Bring to a simmer and continue to stir for 5 minutes. Remove pan from heat and stir in the sugar, wholegrain mustard, lemon juice, vinegar and mayonnaise, then pour the sauce over the brisket. Put the dish of brisket in the oven and bake for 30 minutes until bubbling.

From *The Social Kitchen*, by Dani & Shally Tucker (Social Kitchen Publishing, £25)

Turkish peppers

Serves 4

- 150g wheat grains (also known as wheat berries)
- Sea salt and freshly ground black pepper
- 4 red, yellow or orange peppers
- 5 spring onions, trimmed
- small bunch of dill
- 2 garlic cloves, finely sliced
- handful of mixed olives, pitted and halved
- 16 sunblush tomato quarters, drained
- Olive oil, to drizzle
- 100g feta cheese, crumbled
- 100g Greek yogurt
- 2 tbsp pine nuts
- ½ tsp sumac (optional)

● Preheat oven to 180C/gas mark 4. ● Put the wheat grains in a large saucepan with a generous pinch of salt, cover with cool water and bring to boil. Once boiling, reduce the heat to a gentle simmer, partially cover and leave to cook for 25-30 minutes, until the grains are just tender (they should still be slightly chewy). Drain and set aside.

● Slice the peppers in half from stalk to base and remove the pale ribs and seeds. Arrange in a single layer in a roasting tin, cut-sides up. Finely slice the green spring onion tops and set aside. Cut the remainder of the spring onions into thirds and finely chop half the dill, keeping the rest in sprig form. Tuck a few slices of garlic, a few olive



EMMA LEE

halves, a couple of sunblush tomato quarters, a sprig of dill and one to two spring onion lengths into each pepper half. Drizzle with olive oil and roast for 35-40 minutes, until tender. ● Meanwhile, beat the feta and Greek yogurt with the chopped dill and plenty of black pepper until light. Cook the pine nuts in a frying pan with another drizzle of olive oil. They need a couple of minutes over a medium heat, with frequent stirring, to turn golden brown. Tip onto a plate.

● Gently stir 1 heaped tablespoon of cooked wheat into each pepper half, coating it with the garlicky, peppery juices that have pooled there. At this stage you can leave the peppers to cool if you like, but I think they are best when warm. Either way, top with a spoonful of the whipped feta, sliced spring onion tops and a final scattering of pine nuts, dill sprigs and sumac, if using.

From *The New Vegetarian*, by Alice Hart (Square Peg, £25)

Sea bream in a herb crust

Serves 4

- 60g soft white bread
- 1 garlic clove
- 5 large sage leaves
- Small handful of mint leaves
- Small handful of flat-leaf parsley leaves
- Small handful of basil leaves
- 30g Parmigiano-Reggiano, finely grated
- 4 sea bream fillets
- 5 tbsp extra virgin olive oil

● Heat oven to 180C/gas mark

6 and line baking tray with parchment. Put bread, garlic and herbs (torn from their stalks) into a food processor and blitz. ● Pour into bowl and mix in cheese with a fork. Lay fillets skin-side down on lined baking tray. Sprinkle a little salt over the top. Carefully pour the herby breadcrumbs over in a mound and finish with a drizzle of oil. ● Cook in oven for 15 minutes or until the fish is cooked through and feels firm to the touch.

From *Rome*, by Katie and Giancarlo Caldesi (Hardie Grant, £20)



HELEN CATHCART

Summer wines

It's essential that wines for a summer's feast should be young and super-fresh – and that includes the reds. I want bags of succulent, juicy, fruit-driven flavours, a good crisp streak of palate-tingling acidity and a fairly light, clean finish, all the better to match up with the vivacious flavours of the season's food highlighted in these recipes.

A CASSETTA ROSÉ 2015

Corsica (*Majestic*, £9.99, or £8.99 in a mixed six until August 29)

● Dry, breezily fresh pink plucked right out of the Med, with a subtle cherry tang and hint of thyme. From Corsican grape sciaccarellu and perfect with Turkish peppers.



DOMAINE LOUIS MICHEL PETIT CHABLIS 2014

Burgundy, France (*greatwesternwine.co.uk*, £14.95)

● The cool Chablis region's light, crisp chardonnays are so versatile – terrific with ginger and lime poussin or mustard chicken.



TASTE THE DIFFERENCE VERDICCHIO DEI CASTELLI DI JESI CLASSICO 2015

Italy (*Sainsbury's*, £7, down to £6 until July 19)

● Verdicchio is a refreshing, juicy, clean Italian white, and is one for the monkfish or the sea bream, or just a great high summer aperitif.



SENORIO DE BEADE BLANCO 2015

Ribeiro, Spain (*nakedwines.co.uk*, £10.99)

● Spain's north-west corner is abuzz with exciting new wines right now, and this blend of godello with other local grapes is zingy and brisk, and one for white fish or seafood.



ULMEN CARMENERE MERLOT 2015

Central Valley, Chile (*Marks & Spencer*, £7)

● A vivacious, youthful affordable red. Ripe cassia and blackberries... match with meat that has fresh, vibrant additions, so spiced pork belly, beef or butterflied lamb.



Susy Atkins