

# Starters

This month's must-buys, hot tips and happenings

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Trends we like: dramatic guacamole! Page 10



TRENDS WE LIKE  
**GUACAMOLE WITH AN AUDIENCE**

For the freshest flavour - and to add a sense of drama - the new way to enjoy guacamole is to make it in front of your diners.

\* **eat in**

Ideally you'll own a molcajete (Mexican basalt mortar) and tejolote (pestle) available from [casamexico.co.uk](http://casamexico.co.uk), but any bowl with a rough texture inside that has grip will do. Guacamole is infinitely adaptable; you'll find several recipes on [bbcgoodfood.com](http://bbcgoodfood.com). Watch chef Ruben Lozano from Cantina Laredo in action on youtube: [tinyurl.com/rubenl](http://tinyurl.com/rubenl).

\* **eat out**

At Lupita in London ([lupita.co.uk](http://lupita.co.uk)), you can watch your guacamole artesanal, £9.95, being made. Pinche Pinche in Chapel Allerton, Leeds, takes its guacamole very seriously, making a fresh batch for each diner, £6 - you'll find it on the anojitos (an-no-he-to) or street snack menu ([pinchepinche.com](http://pinchepinche.com)). The Plough in Clapham offers you the chance to mash your own at the table - guacamole with bagel chips, £6. ([theploughstjohnshill.co.uk](http://theploughstjohnshill.co.uk))

\* **eat away**

Rosa Mexicano - which started in New York, but now has 14 locations around the US - has had guacamole en molcajete on the menu since 1984, served with salsa pasilla de Oaxaca and salsa de tomatillo y habanero (\$14 to serve 2-3, [rosamexicano.com](http://rosamexicano.com)). Across the rest of the States you'll find guac wherever there are good Mexican restaurants, but in Texas it really comes into its own; hot debate about which is best pops up on food forums such as [chowhound.com](http://chowhound.com). Should you be in San Antonio, try Boudro's on the river walk, \$9 for 2 ([boudros.com](http://boudros.com)).



**BARGAIN HUNTER** **FREE**  
**NEWQUAY FISH FESTIVAL**

Head to Newquay from 14-16 September for the town's annual Fish Festival, which celebrates its 10th year in 2012. The harbour will be brimming with food stalls, seafood tastings and cooking demonstrations from the South West's best chefs. As well as live music and a craft fair, there will also be fishing and sandcastle-building competitions, so don't forget your bucket and spade. ([newquayfishfestival.co.uk](http://newquayfishfestival.co.uk))



**BAR FLY GILLRAY'S**

You don't get many cocktails-with-Thames-views to the pound, but the recent opening of Gillray's Steakhouse & Bar has upped the quota nicely. On the corner of the County Hall Marriott, with sight of the Houses of Parliament and Westminster Bridge, the high-ceilinged room is understated and modern: bright, high-backed sofas, marble tables and a whopping array of bottles behind the stools-and-punch-bowls bar. There are dozens of gins, and house-infused spirits include Hendrick's with Twinings breakfast tea, and rosemary-infused Chase vodka. Cocktails have been named after Gillray caricatures - Very Slippery-Weather mixes gin, violet liqueur, lemon bitters and lychee juice, £10 - and reflect different periods of British history; from 'modern Britain' there's the plum vodka-based GLC, £10. The restaurant serves huge steaks; bar snacks include venison sausage roll, £10, and soft-boiled duck egg with crumpet, £9. ([gillrays.com](http://gillrays.com))

**DOUBLE DEAL...**

Try Marks & Spencer's Toffee Popcorn Crunch, a tooth-achingly good blend of cookie dough, sweet and salty toffee, almond crunch, popcorn and dark chocolate flakes. (£3.80/500ml)



**...REAL DEAL**

Ice cream adventurers can make our popcorn ice cream with salted caramel sauce recipe on page 40.



FOOD ED'S SHOPPING BASKET  
**SHICHIMI TOGARASHI**  
**JANINE RATCLIFFE'S TOP TIPS**

This Japanese spice mix literally means 'seven flavours' and is a blend of sesame, chilli, ginger and seaweed, amongst others. It used to be hard to track down but is now available from Seasoned Pioneers. Use as a condiment to sprinkle over Asian soups and noodles or mix with a little oil and rub all over a trimmed sirloin steak. Char grill for 2-3 minutes a side then slice thinly and serve on some shredded greens dressed with sesame oil and extra slices of red chilli. (£3.95/38g, [seasonedpioneers.co.uk](http://seasonedpioneers.co.uk))



**GREEN OLIVE LANCASTER LONDON**

The Lancaster London hotel is making work of its motto to 'walk softly on the planet'. As well as being named the AA Eco Hotel of the year, it has been named 'Best Hotel 2012' by the Green Tourism Business Scheme. The hotel has a number of eco-friendly initiatives: in 2009, 500,000 honey bees were installed on the roof; their honey is served in its restaurant, Island Grill. On 8 October it holds the London Honey Show (entry £2) to help raise funds for charity Bees Action Network. The hotel's kitchens have been refurbished to be as energy-efficient as possible. It's also making the most of very local produce and using berries in its jam from nearby Hyde Park. The GTBS assesses businesses on the basis of social and environmental factors ([lancasterlondon.com](http://lancasterlondon.com))

POURTRAIT: GARETH MORGANS; ILLUSTRATION: MARK WATKINSON. TO SEE HOW WE WORK OUT OUR COSTS, TURN TO PAGE 16

**SUPERMARKET SWEEP**

Pop into Tesco for a speedy Thai salad

**Salmon noodle salad**

10 minutes ■ Serves 2 ■ **EASY**  
Heat a packet of **Rice Noodles** (£1/375g) following pack instructions and split between two plates. Thinly slice or shred two **spring onions** (x2p/2) and arrange on top of the noodles. Serve a fillet of **Sweet Chilli Roast Salmon** (£4/185g) on the side, with a small dipping bowl of **Righteous Ginger & Toasted Sesame Dressing** (£1.99/225ml). Garnish with **Toasted Sesame Seeds** (66p/100g).



**£2.95**  
PER PERSON  
OR **£5.19**  
WITH WINE.

**FANCY A GLASS WITH DINNER?**

Pick up a bottle of **Gran Tesoro Garnacha Rosé 2011, Campo de Borja, Spain, 13%** (£4.49, Tesco) for lively raspberry fruit flavours that can balance both the salmon and its sesame dressing.



## QUICK BITES

AS TRIED IN THE **olive** TEST KITCHEN



### ■ WE ALL SCREAM

Serve up maximum dessert drama with *The Icecreamists*. This book is packed with addictive frozen foods including Gin and Tonic sorbetto and Chockwork Orange ice cream. (£16.99, Mitchell Beazley\*)

### ■ BAG IT UP

For a speedy, mess-free supper, you can't beat these new foil bake bags - the responsibly sourced fish is sealed in the bag with the sauce so it infuses as it cooks. (The Saucy Fish Co Foil Bake Bags, £4/pack of 2, Tesco and Ocado)



### ■ HIT THE JACKPOT

British through and though, these crisps are made using potatoes grown in Essex and hand-cooked on the farm. We love the Roast Beef and Horseradish flavour.



(Jackpots, 69p/40g, £1.68/150g, selected Tesco and Asda stores)



### ■ BONNE IDEE

Bonne Maman's chocolate madeleines are light and buttery, dipped in milk chocolate and individually wrapped - perfect for picnics or packed lunches. (£2.39/240g, Waitrose)

### ■ HOT STUFF

Liven up breakfast eggs with hot new Mexican sauces from Wahaca; Smoky Chipotle, Fiery Habanero and Hot Chile de Arbol are now available in Asda and Sainsbury's. (£1.99/150ml)



## BERRY NICE

Made with a blend of hibiscus, rosehips and cranberries, Løv Organic Wild Berry Tea tastes as good as it looks - try it iced or hot. (£9/100g, John Lewis and Selfridges). Visit lov-organic.com.



## CHEAT SHEET REGIONAL OLIVE OILS

**Stefano Stecca, head chef at Chelsea's Sette (sette-restaurant.com), the Italian restaurant co-owned by Frankie Dettori, on which regional oils to use for different dishes.**



**1** In Italy, to make olive oil the olives are harvested in November. The maturation depends on many influences. If there is a strong wind, rain or icy weather the olives are picked earlier. Once made into olive oil it is bottled and ready to use at the beginning of the following summer. Unlike wine, olive oil is not left to age - Italians tend to use the harvest within the year. It's one of the most important ingredients in Italian cooking. At Sette all dishes are drizzled with olive oil to complete the dish. These are the main types we use:

**1** Liguria produces a soft, delicate olive oil that works with seafood, vegetarian dishes and pasta sauces.

**2** For seafood we use Garda Trentino extra-virgin olive oil. It has DOP certification and is produced on the terrace above Upper Lake Garda - there is no other place in the world where olive oil is produced at this latitude. The result is an oil which is very light and low in acidity. It has a delicate, fruity flavour with hints of almond.

**3** When cooking red meats, try Tuscan and Sicilian olive oils. These strong flavoured oils (which are spicy and have high acidity) bring out the flavour of the meat and add to the juices. At Sette we also use a strong Tuscan olive oil for panzanella toscana (bread salad) as it is a great contrast to the sweet vinegar in the dish.

\*olive BOOK OFFER £14.49 WITH FREE P&P FOR olive BOOK OFFERS. CALL 01205 569444 OR BUY ONLINE AT olive.SPARKLEDIRECT.COM



## ROOM SERVICE BIVOUAC

Next to the atmospheric Druid's Temple folly in the Yorkshire Dales is Bivouac, a new glamping site with varying degrees of glam, from a simple bunk barn to a field of yurts to six woodland shacks. The shacks are comfiest of all - they have wood-burners, rocking chair verandahs and even their own plumbed-in loos - and sit next to the wood-fired hot tub; book an evening session for twinkly valley lights and stargazing. Rustic-chic décor is informed by the eco-ethos, with furniture and fittings made of local sweet chestnut wood. Guests can self-cater in simple kitchens (stock up on Black Sheep beer brewed in nearby Masham) or head for the on-site café in a converted barn - wooden chairs, squasy sofas, vintage coffee pots, wild flowers and old dressers add oodles of charm. Full English is £6.25; homemade burger and chips is £8.95. From £340 for four nights in a shack, which sleeps up to seven. (thebivouac.co.uk)

## RISING STAR

### CHARLOTTE HARBOTTLE

*'I was working in an office and decided there must be more to life than this - something I'm more passionate about, something more organic,'* says Charlotte Harbottle, the 23-year-old who has just won a YBF (Young British Foodie) award for her butchery.

So she took herself off to London and got herself a job with Darragh O'Shea at his respected Knightsbridge butcher's shop - and after that, a job at well-regarded Holland Park butcher Lidgate's. As a graduate, Harbottle didn't qualify for apprenticeships in her native Newcastle, so *'I'm designing my own curriculum. I've done Geordie and Irish butchery, now I'm learning traditional English and Continental styles.'*

For the YBFs, Harbottle had to prepare a product for judges including Yianni Papoutsis of Meatliquor and John Cadieux from Goodman steak restaurant. Girl Butcher's Pepper Pudding, a twist on the trad black pud, won her the award. It's now available to buy at Lidgate's and is on the Meatliquor menu. (girlbutcher.blogspot.co.uk)



need to know news, trends, shopping



# Cravings

Amelia Rope Chocolate is a seriously top-notch slab, handmade in England. Our pick of the range is the pale hazelnut and sea salt chocolate bar, made with single-origin milk chocolate, a sprinkling of sea salt and roasted hazelnuts. (£5.60, ameliarope.com)

## DINNER FOR FOUR FOR UNDER £20



**£4.87 PER PERSON** \*Dukkah with eggs, veg and flatbread (p68) £5.35  
\*Baked peppers with spiced lamb (p50) £6.92  
\*Fig tart tatin (p30) £7.23

Lime and buttermilk tart

1 hour 30 minutes ■ Serves 10-12 ■ EASY

**sweet shortcrust pastry** 375g block  
eggs 4  
**golden caster sugar** 200g  
**plain flour** 2 tbsps  
**butter** 375ml  
**butter** 60g, melted  
**vanilla extract** 1 tsp  
**lime** 1 large, zested

■ Heat the oven to 220C/fan 200C/gas 7. Line a deep 30cm tart tin with the pastry and blind bake for 15 minutes. Remove from the oven, allow to cool. Turn the oven down to 150C/fan 140C/gas 2.  
■ Beat the eggs and sugar with an electric mixer until light and fluffy. Add the flour, buttermilk, melted butter, vanilla extract and lime zest. Pour the mixture into the pastry case, put the tart tin on a baking sheet and cook for 40-45 minutes.

Recipe adapted from *You're All Invited* by Margot Henderson (£25, Fig Tree, published 6th September. olive offer £21.50, with free p&p. For olive bookshop offers, call 01326 569444 or buy online at olive.sparkledirect.com).

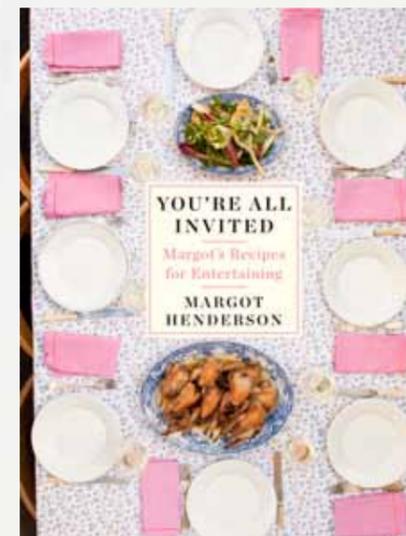
■ **I MADE** This rich but citrusy tart for an after-work dinner with friends.  
■ **WORTH THE EFFORT?** Definitely - hardly any effort required.  
■ **WOULD I MAKE IT AGAIN?** Yes. It's simple but stylish, and can be made in advance - perfect for entertaining.  
■ **OTHER STAND-OUT RECIPES** Salt cod and potato bake, pecan and chocolate tart, lamb harira.

BOOK CLUB  
**YOU'RE ALL INVITED**

Each month  
Eve O'Sullivan puts  
a new cookbook  
through its paces



Margot Henderson has had a rich and varied career in food; but from running the French House dining room alongside her husband Fergus Henderson, of St John fame, to heading the hugely successful Arnold and Henderson catering firm and Rochelle Canteen with business partner Melanie, her mission statement of 'less is more' has remained the same. Her first cookbook, *You're All Invited*, is filled with delicious recipes for relaxed entertaining, from breads and soups to salads and quick puddings.



**SEPTEMBER ESCAPE** **£43 PER PERSON PER NIGHT**  
**WYE VALLEY**

On the border between Herefordshire and Monmouthshire, the Wye Valley is a beautiful part of the world - looping river, rolling farmland and crumbling castles - and plenty of local food treats. The 15th-century farm **Mainoaks** (mainoaks.co.uk) is one field away from the river and has six refurbished cottages sleeping between two and seven; pick of the bunch is the beamed Peregrine with its sunset-view bay window (from £592/week, sleeps six plus cot; short breaks also available). The **Cross Keys** pub (crosskeys-goodrich.co.uk) in nearby Goodrich does huge takeaway fish and chips for £6.95. For dinner, **The Mill Race** (millrace.info), five minutes' drive away in Walford, does great things with local produce, such as nettle and wild mushroom risotto, £5.75, and rabbit with linguine, £12.50. To stock up for picnics or to cook in Mainoaks' well-appointed kitchens, head for Ross on Wye and **Truffles Deli** (trufflesdeli.co.uk); 70% of its stock is locally sourced, including dozens of ciders. Super-local Symonds cider and Wye Valley ales are on tap at the **Saracen's Head** (saracensheadinn.co.uk); sit outside with a plate of local faggots, £9.95, and a pint, admiring the hand-pulled ferry plying to and fro across the Wye, and Symonds Yat rock towering above. Mainoaks is offering **olive** readers a 20.12% discount on stays this year, subject to availability and Mainoaks' website t&cs.



MAIL PRIDE **RIVERFORD ORGANIC FARMS PICNIC RANGE**

Riverford Organic has put together a new range of picnic foods, all handmade and delivered straight to your door. Choose from classic beef or vegetable pasties, fruity pear and ginger chutney and award-winning Green's of Glastonbury cheddar. Sweet treats include a delicate bakewell tart and a traditional elderflower bubbly. Riverford focuses on the very best ethical produce, and as it's all homemade you can always pass it off as your own... (From £1.05, while stocks last, riverford.co.uk)



COCKTAIL OF THE MONTH  
**GINFORD CHRISTIE**

The events around this summer's Olympics have been almost as much fun as the games themselves - and The Fringe pop-up club (thefringe2012.com), in a converted warehouse just over the canal from the stadium, is open until 9 September. Cocktails created specially for the summer run include this sprinter-inspired summer refresher. Put four 2.5cm **watermelon** cubes, 50ml **London dry gin**, 2 **basil leaves** and 10ml **sugar syrup** in a Boston glass and muddle briefly. Add a handful of ice cubes and shake for 9.87 seconds (Linford's personal best). Strain into a chilled martini glass and serve garnished with a basil leaf.



**ICES**

**Waitrose Love Life Raspberry and Blackcurrant Frozen Yoghurt** (£2.99/500ml)

One bite of this creamy berry froyo and you'll be hooked - you'd never know it was a healthier option.

**Mackie's Organic Luxury Dairy Ice Cream** (£3.30/l, Waitrose)

Keep things simple with this traditional Scottish ice cream. It's not too sweet so is great with desserts or as part of a knickerbocker glory.

**Taywell Honeycomb Ice Cream** (£5.98/l, Costco and selected farmshops)

Rich, slightly caramelly ice cream, swirled with caramel sauce and studded with huge chunks of crunchy honeycomb.

**GOOD FOR YOU**



**GOOD VALUE**



**GOURMET**



PHOTOGRAPH BY DANIELLE THEUNISSEN



### OBJECT OF DESIRE

Add a touch of class to camping and the festival season with these cute enamel sets. The Birdsong trio comes in a green or amber design and will perk up any fireside feast. (£26.95, oakroomshop.co.uk)

### WINE LIST STAR

**Planeta Cerasuolo di Vittoria, Sicily, 13%**

Sicily is famous for its ancient ruins and spectacular scenery but it is now gathering a reputation for the quality of its wines, above all those of family-owned producer Planeta. With an eye on the historic nature of the vineyards but with modern winemaking firmly in mind, the wines of Planeta are fruit-forward, fresh-tasting and now finding their way into quality restaurants around the country. Planeta Cerasuolo di Vittoria 2010, Sicily, 13% is one of its most distinctive reds, made from a blend of nero d'avola and Frappato grapes, and it is full of Mediterranean charm with cherry, fig and strawberry fruit and a warm, ripe acidity. **Enjoy it at** La Trompette in Chiswick and Salvo's in Leeds at around £30. **Prefer to drink it at home?** Buy online at dorsetwine.co.uk for £11.99.



### TABLE-HOPPING THREE PLACES TO MAKE A BEELINE FOR THIS MONTH



Here

#### DONOSTIA

This pintxo bar bearing the Basque name for San Sebastián is a brilliant addition to London's burgeoning Spanish scene. Near Marble Arch, it's simply decorated - antique wood on white walls, bar stools and reservable tables - and has ex-Barrafina chef Tomasz Baranski at the stove. Among many highlights on the menu are Basque marinated octopus, £4, unctuous pil-pil cod cheeks, £12.50, and umami-rich orburuak - artichoke carpaccio with truffle oil and manchego, £4.50. Excellent wines come at bargain prices - Basque txacoli, £4, is poured from a traditionally great height. (donostia.co.uk)



Happening

#### SHRIMPY'S

All trends are covered at this new King's Cross restaurant from the same stable as hipster joint Bistrottheque. Odd location? Former petrol station. Trendy staff? Interesting facial hair galore. No-bookings policy? Yep, at the bar. Pop-up? There's a two-year lease. There's even a street food angle - Home Slice will sell pizzas outside in summer - alongside craft beers, Aperol spritzers and the Latin-influenced menu, including veal heart with chorizo and capers, £8, softshell crab burger with avocado (there's avo with most things), £14.50, and an amazing corn humita side, £5. (shrimpy's.co.uk)



Hit list

#### SOUTHBANK

This summer's London Southbank festivals have seen some great foodie pop-ups. Built on top of the Royal Festival Hall, **The Cube** is the fine-dining option, with chefs including Sat Bains and Claude Bosi cooking multi-course meals with incredible views (till 30 Sept; lunch/dinner £175/215 inc wines; electrolux.co.uk/cube). **Propstore**, in front of the National Theatre, is a café-bar built from old stage sets, serving street-food, Sipsmith gin and Meantime beer (till 29 Sept; nationaltheatre.org.uk) and a new **Wahaca**, in graffitied shipping containers, will sit on the QEH terrace for 18 months (wahaca.co.uk). 🍷