

COMFORT





THE
COMFORT
COOKBOOK

*In times of uncertainty, we can rely on
our kitchens as a source of comfort.*

The kitchen is the heart of the home. It is a place for socialising, a place for experimentation and for feasting. As we slow down and embrace the uncertainty around us, we look to the kitchen as a place to retreat to and to fill our homes – and bellies - with warmth.

This cookbook is more than a simple collection of recipes. It is a celebration of the South West's natural larder and the communities who have come together in the midst of a crisis to do what we do best: cook. Here in the West Country, we're lucky have access to fresh produce on our doorstep and we hope you'll find time to support your local growers, producers and farm shops during their time of need.

While the dishes you'll find on these pages have been donated by some of the region's best chefs, you can expect to find recipes that are easy to recreate at home and within your household budget. Some of the dishes you'll find may call for foraging expeditions down the garden path, along hedgerow-lined lanes or to the seaside. Others make use of produce that is readily available in your store cupboard or can be easily ordered. The common thread that runs through each dish is the sense of joy it evokes. From steaming bowls of porridge to fragrant bowls of soup, simple cocktail serves and decadent puddings; there's bound to be something that will capture your imagination within these pages.

Above all else, we hope this cookbook empowers you to seek out life's little comforts and to be proud of the region we call home.

Acknowledgement

The chefs, cooks, businesses, writers,
creatives and collaborators.

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Chief Executive of Hospitality Action

“Our support has never been more urgently needed by so many people as it is now, and we need many more donations if we are to continue supporting people in acute need. We are therefore hugely grateful to the team behind this project and all the chefs who have supported them in this wonderful initiative.”

Donations from this cookery book will help Hospitality Action to support families impacted by the COVID19 pandemic who face hardship and an uncertain future. Our help ranges from emergency grants to keep poverty at bay while government help arrives to long-term support for those with additional needs such as disability, illness or mental health problems. The most vulnerable in our industry face the longest road to recovery, and we'll be there every step of the way.”

Donations

Thank you for donating to Hospitality Action via our JustGiving page. If you would like to take your support a step further, please consider recommending Comfort to family and friends.

We have made this book available on a 'pay what you can afford' basis at this time of financial hardship; all donations are appreciated.

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Foreword

Jude Kereama, Kota Collective, *Hospitality Action Board, South West*

As I write, we are facing an uncertain future. The Covid-19 Pandemic has hit the world we know hard, landing a body-blow to our global economy. It has sadly increased the scope of daily human tragedy. At this point, we still don't know the lasting effects this will have on many of our lives. Social distancing is a new mandatory way of living which had to be introduced to preserve our vulnerable loved ones. This is why the entire hospitality sector had to be shut down for the unforeseeable future, leaving many workers at risk of financial hardship. To preserve life.

So, when I was asked to contribute a recipe for this digital cookbook to raise funds for Hospitality Action, I jumped at the chance. Hospitality Action is a charity close to my heart; it started 180 years ago to help, advise, and support our industry workers through times of physical, mental, and financial difficulties. Our industry needs that support more than ever at this very moment and I am proud to be part of the Hospitality Action South West Board. Our role is to engineer and support ways of fundraising through events, dinners and now this digital cookbook: "Comfort".

The most inspiring chefs from the South West of England have been assembled to donate their recipes and time for this charitable cause. In this region, we are blessed with an abundance of incredible produce and talented chefs. We hope to showcase these attributes in a cookbook designed to be both delicious and different, simple and achievable, and one which utilises ingredients within the average household budget.

I am sure you will agree that this is the best collection of recipes from the best restaurateurs our area has to offer.

May it bring you comfort.

Jude

Co-Founders

Lucy Studley, Gabriella Dyson & Ali Green

The food and drink industry in the West Country has responded to the Coronavirus crisis in a typically energetic, creative, collaborative and inspiring way.

Businesses and chefs have been feeding key workers and the homeless, hotels have become home to NHS staff, distilleries have switched production to essential sanitiser. Across the sector, business models have changed overnight to offer takeaway and online services, as the public scramble to support them.

In response to this unique time of resilience in adversity, we dreamt up an idea to create something nourishing and reassuring, raising much-needed funds for Hospitality Action in the process. Sharing food around the table is good for the soul, and we've chosen recipes intended to be cooked with and for family, providing solace and comfort in these difficult days.

However, this book is also a snapshot of the world-class food and drink culture we have nurtured here in the far South West. The three of us are proud to be part of this culture, so much so that we were inspired to bring this book to life as a 'passion project'. We hope you enjoy browsing these pages as much as we enjoyed curating them.

01. Photo by Nick Walker
02. & 03. Photo by Ali Green



01.

LUCY STUDLEY

Writer & PR

CORNWALL CONTENT

The idea behind this book was to create a positive focal point for the local food and drink industry at this difficult time, and to raise funds for those in the sector hardest hit by the lockdown. Gabriella and Ali have brought levels of energy and professionalism to this project which have blown me away, and I'm really proud of what we have achieved together.

The hardest thing has been to know when to stop! Surrounded by so much culinary talent, we could have gone on forever. However, what this collection of people, places and plates does show is the increasing diversity and self-assurance of our food and drink culture, and that really is something to celebrate.

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02.

GABRIELLA DYSON

Publisher, Editor & Writer

THE MAVERICK GUIDE

When Lucy first approached me with the concept of this cookbook, there was no doubt in my mind that I wanted to be part of the team who would bring it to fruition.

My business, The Maverick Guide, aims to highlight the brilliant artisans and producers who make this region great and The Comfort Cookbook truly encapsulates this sentiment.

Together with each and every contributor, we have created a publication that highlights the resilience and camaraderie of our little corner of the world.

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03.

ALI GREEN

Food Stylist, Photographer & Designer

CREATIVE FREELANCER

When these two talented women approached me to be a part of this cookbook - I didn't hesitate. I couldn't think of a better way to bring comfort to everyone than through their stomachs!

As food stylist and photographer, I have cooked and shot the majority of these dishes - a challenging and nourishing experience that has given me great joy, a rounder belly, and a welcome distraction from the current struggles we are all facing.

I have designed The Comfort Cookbook with the intention that those who read it will have this same experience, and seek refuge in its pages.

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COOMBESHEAD FARM

Launceston, Cornwall

TOM ADAMS

Tom Adams was a very welcome arrival on the Cornish food scene when he opened Coombeshead Farm in 2016 – a collaboration with fellow globe-trotting chef April Bloomfield.

Tom had already launched a successful restaurant in East London off the back of a popular food truck by the Thames. Pitt Cue specialises in smoked meats and the menu celebrates nose-to-tail cooking. This respect for using ingredients to their utmost – extracting all the flavour and goodness from every last bit - reflects Tom’s farming background. He grew up in rural Hampshire, is quietly but intensely passionate about food production, and has a purist’s instinct for provenance.

The Coombeshead project is the result of a desire to exercise control over the whole journey from field to fork, a philosophy which is applied to every ingredient destined for the table.

The working farm near Launceston is centred on a pretty Georgian farmhouse with five guest bedrooms, spanning out from which are barns housing a restaurant and bakery, a well-tended kitchen garden, a fire-pit for slow cooking, a wood-oven, a chicken coop and bee hives, and finally meadows and woodlands for guests to explore.

Tom has shared this wholesome and nourishing slow-cooked stew with us; start cooking it after lunch and enjoy for dinner, with crusty bread and a glass of red.



Photo by Charlie McKay





Photo by Ali Green

TOM ADAMS

Beans, Bacon, Chard & Tomato Stew

Serves 4-6

250g haricot beans,
soaked overnight

250g fresh ripe tomatoes,
roughly diced

100g smoked bacon, diced

6 celery, diced

3 medium onions, diced

6 garlic cloves, minced

500ml chicken stock

2 bay leaves

2 springs of rosemary

2 sprigs of thyme

½ tsp smoked paprika

400g chard or spring greens,
roughly chopped

Extra Virgin olive oil

Salt to taste

🍷 _____

Emma & Rohit Patkar of Lovetts, Newlyn, recommend **Domaine du Petit Oratoire 'En Attendant Les Copains Rouge'** (Cinsault, Syrah, Carignan) which means 'waiting for friends'.

"This wine is quite rustic in style - crunchy and pure, with a lovely rawness to it. Easy drinking and light bodied, once you start you cannot stop!"

1. Preheat the oven to 165°C. In a heavy bottomed pan, add a good glug of olive oil. On a medium heat, add the smoked bacon, onions and garlic and let sweat until beginning to gently caramalise.

2. Add the celery and keep cooking until softened. add the bay leaf, thyme, rosemary and paprika. Keep cooking for a further 10 mins.

3. Add the fresh tomatoes, and let cook for 30 mins until the tomatoes are fully broken down. Season to taste at this stage.

4. Add the haricot beans and chicken stock, and bring to a gentle simmer on the stove.

5. Move the pan to the oven with the lid off and bake for 2 hours until thick and unctuous with a nice crust. Taste again and season accordingly. Add the chard to the dish, stir through, and return to the oven for 10 mins.

6. Remove from the oven and allow to mellow for an hour and then remove the bay leaves and springs of thyme and rosemary. Add a good glug of olive oil all over before serving with some crusty bread.





No. 6

Padstow, Cornwall

PAUL AINSWORTH

Paul's life as a chef began in the 1990s learning from the masters. With the likes of Gordon Ramsay, Marcus Wareing, Marco Pierre White and Gary Rhodes as mentors there was little doubt that Paul would succeed at his chosen profession. Coming from a hospitality background - his parents ran a busy guest house - and with a strong family work ethic, Paul has never been afraid of the hard graft needed to make it as a chef. After eight years working in London's top kitchens, Paul moved to Cornwall along with four friends to take over No.6 in Padstow. Three years later, Paul and his wife Emma relaunched the restaurant as Paul Ainsworth at No.6, winning a Michelin Star in 2013.

Paul's self-confessed style is both playful and natural, with every great ingredient prepared in a simple way. Seasonality is also at the forefront of Paul's dishes and he takes advantage of Cornwall's plentiful produce.

Paul's influence can also be seen at his two other ventures, Caffè Rojano and The Mariners gastropub in Rock. The Caffè Rojano bistro menu is a fusion of local produce and Italian flavours while The Mariners offers a modern take on pub classics. Paul is also keen to pass on his knowledge, which is the ethos behind the newly-opened Mahé Cookery School and Chef's Table.

Paul's incredibly moreish Thai Mussel Broth is a Mariner's classic - simple, tasty and comforting.



Photo by Andrew Callaghan





Photo by Ali Green

PAUL AINSWORTH

Thai Mussels

Serves 4

**Kaffir lime leaves are a handy ingredient to seek out if you love Thai food. You can buy them online preserved or frozen and store them in your own freezer to use a little like bay leaves, infusing into curries, soups and stir fries.*

- 1.5kg mussels
- A dash of olive oil
- 4 shallots, diced (1cm)
- 1 garlic clove, finely grated
- 10g pickled ginger, finely chopped
- 10g fresh root ginger
- 1 red chilli, seeds removed, cut into finely sliced rings
- *3 kaffir lime leaves
- 15g palm sugar
- 1 stick lemongrass, finely chopped
- 1 litre fish stock, cooked until reduced to 500ml
- 200ml tin coconut milk
- Soy sauce, to taste
- 1 lime, zest and juice
- 1 loaf good-quality sourdough bread
- 10g basil leaves torn
- 10g coriander leaves
(knife run through gently)

🍷 _____

Elly Owen, Group Sommelier for the Paul Ainsworth Collection, recommends a few different drinks pairings:

"Sometimes with spice, wine is not the best way to go, but a refreshing lager like Sharp's Offshore would be lovely. If you go easy on the chilli something 'green' and with slightly softer acidity like Camel Valley Bacchus would work. For a spicier version, I recommend the off-dry Riesling from Mountford, New Zealand, which is available from Old Chapel Cellars in Truro; it's epic!"

1. Wash the mussels under plenty of cold, running water. Discard any open ones that won't close when lightly tapped.
2. Pull out the tough, fibrous beards protruding from between the tightly closed shells and then knock off any barnacles with a knife. Give the mussels another quick rinse to remove any little pieces of shell. Set aside.
3. Over a low to medium heat, fry the shallots in a large pan in a little olive oil until soft, but still colourless. Add the garlic, both the pickled and fresh ginger, sliced chillies, kaffir lime leaves, palm sugar and lemongrass. Cook this gently for another 8 mins, adding a little water if the mixture starts to colour.
4. Pour in the fish stock, bring to a simmer and cook until the volume of liquid has reduced (about 5 mins). Add the coconut milk and simmer for a further 5-8 mins. Taste the broth, check the seasoning and adjust with soy sauce and lime juice to taste. Leave to cool.
5. Heat a wok or a medium-sized saucepan on a medium heat. Add the mussels, turn down the heat and cook gently with a lid on until all the mussels are open (discard any that do not open). Add the broth.
6. Cut the sourdough bread into slices and rub it all over with olive oil. Heat a griddle pan and chargrill the bread on both sides.
7. Sprinkle the broth with freshly chopped basil and coriander and lime zest and serve in bowls with the sourdough.





RIVER COTTAGE

Axminster, Devon

FOUNDER: HUGH FEARNLEY-WHITTINGSTALL

Hugh Fearnley-Whittingstall is a familiar face from our television screens, and his impressive repertoire of cookbooks and foodie guides no doubt grace many of our bookshelves at home.

The multi-award-winning writer and broadcaster is best known for his River Cottage TV series, as well as campaigns such as Hugh's Fish Fight, Hugh's War on Waste and, most recently, War on Plastic with Hugh and Anita.

Hugh has gained a huge following thanks to his uncompromising commitment to seasonal, ethically produced food and his concern for the environment. Having established River Cottage HQ in Dorset back in 2004, the operation is now based at Park Farm near Axminster in Devon. An organic smallholding, HQ is also the hub for a broad range of courses and events, and home to the acclaimed River Cottage Cookery School.

For his contribution to the Comfort Cookbook, Hugh has offered two fabulous recipes to try at home: Green Soup and Honey & Carrot Cake. Both dishes are simple to make and packed with comforting, earthy flavours.

EXECUTIVE CHEF: GELF ALDERSON

Gelf Alderson is Executive Chef at River Cottage HQ. As well as being responsible for the day-to-day running of the kitchens, he plays an active role in the running of the farm, working closely with the Head Gardener to ensure the finest produce is always to hand. Gelf's dish of Sea Bass with Curried Leeks & Watercress brings together fresh West Country produce with a hint of warming spice – the perfect dish to impress on a shoestring.



Photos by Matt Austin



Green Soup

Serves 2-3

1/2 medium onion (or a leek)
1 small carrot
1-2 sticks of celery (or a wedge of celeriac)
1 small potato
A little oil or butter (for frying)
250g Spinach or Chard and/or Watercress or Rocket

Alternatively you can use nettle tops when in season

1. Prep and chop all the vegetables except the spinach, then sweat in a big saucepan with a little oil or butter for 7-8 mins.

2. Add ½ litre of water or vegetable stock then simmer for 10 mins until the vegetables are tender.

3. While the vegetables are cooking, thoroughly wash the spinach then add to the vegetables with another ¼ litre of boiling water.

4. Simmer for 5 mins, then cool to warm-not-hot before blitzing until smooth.

5. Reheat gently while stirring and adjust salt and pepper to taste.

6. When thoroughly hot, but not boiling, ladle into bowls. Serve with a swirl of plain yoghurt and a few snipped chives or wild garlic.

Ta-dah! It's also delicious finished with a poached egg or a swirl of pesto (especially wild garlic pesto).



Photo by Ali Green





Photo by Matt Austin

GELF ALDERSON

Sea Bass with Curried Leeks & Watercress

Serves 2

The most important thing about this dish is sourcing the seabass correctly. Bass has been over fished for years so you should only buy from a local rod and line fisherman, failing that, hake or pollack are good.

2 medium leeks topped, tailed, sliced finely on an angle & washed

1 tsp each of fennel seeds, cumin seeds & coriander, toasted & lightly bashed

1 tsp black onion (nigella) seeds, toasted

1 clove of garlic, finely chopped

1 red chilli deseeded & finely chopped

2 tsp good quality curry powder

100ml coconut milk

1 tbsp tomato purée

1 small bunch of coriander roughly chopped stalks & all (*cut the stalks a lot finer*)

2 x 150g portions of line caught English channel seabass

Knob of butter

Bunch of watercress

🍷 _____

Pip Vanham AIWS, Wine Development Manager at St Austell Wine, says

“An aromatic dish needs an aromatic wine and we have a fantastically fragrant offering right on our Devonian doorstep; Lyme Bay Shoreline fills the glass with wafts of lemongrass, fennel and lycee. Being a blend of Bacchus, Pinot Blanc and Seyval Blanc there are multiple layers to keep your interest and at around £15 it delivers the elegance and refinement of something much higher priced.

1. Heat a little oil in a medium pan and add the seeds except the black onion seeds and gently fry, followed by the garlic and chilli, until the garlic turns golden.

2. Add the leeks and cook until they start to soften and add the curry powder. Add the coconut milk and boil until slightly reduced, before adding the tomato purée and black onion seeds. Cook until the leeks are soft and saucy, season and add the fresh coriander.

3. Heat a heavy based frying pan until it starts to smoke. Season the bass, add a little oil to the pan and add the fish skin side down. Once the skin has crisped, turn the fish over, add the butter and remove from the heat. Set aside for 3-4 mins as the residual heat in the pan will complete the cooking.

4. Serve with the leeks, watercress and any left-over butter.





Photo by Ali Green

HUGH FEARNLEY-WHITTINGSTALL

Carrot & Honey Cake

Serves 10

4 medium eggs

120g caster sugar

250ml rapeseed oil or
sunflower oil (*or half and
half*)

300g wholemeal self-raising
flour

½ tsp sea salt

½ tsp bicarbonate of soda

350g carrots, peeled &
coarsely grated

2 tbsp honey

This lovely cake, trickled with a little honey rather than richly iced, is a huge treat, but also sneaks in a decent portion of vegetables! You can also use parsnips, beetroot or squash instead of the carrot.

1. Grease a 23cm springform cake tin and line the base with baking parchment.

2. Put the eggs and sugar in a large bowl and beat together with a hand-held electric beater, or using a freestanding mixer, for about 10 minutes, until pale, foamy and slightly thickened.

3. Add the oil and beat for another minute or two.

4. Sift the flour, salt and bicarbonate of soda together into the mixture. Tip in any bran left in the sieve, too. Fold in gently. Finally, fold in the grated carrot.

5. Spoon the mixture into the prepared tin and bake in an oven preheated to 180°C for 45–50 mins, or until a skewer inserted in the centre comes out clean.

6. Remove from the oven and stand the tin on a wire rack.

7. Put the honey into a small saucepan over a low heat and heat gently until it is liquid.

8. Pierce the surface of the hot cake all over with the point of a small knife, or a skewer. Slowly pour on the hot honey so it soaks into the cake.

9. Leave to cool slightly in the tin before turning out. Serve warm or cold.





Photo by Matt Austin

GELF ALDERSON

Plum & Stem Ginger Steamed Pudding

Serves 4

8 plums
2 pieces of stem ginger with
syrup
1 pinch ground star anise
125g softened butter
125g caster sugar
2 eggs
125g self-raising flour
Zest and juice of 1 orange
100g blackberries, frozen &
de-thawed is fine
A little extra flour and butter
for lining the pudding basin

1. Grease and flour a medium sized pudding basin. Place the butter and caster sugar in a large mixing bowl and beat until light and fluffy. Add the eggs and beat until combined, fold in the self-raising flour, ground star anise and orange zest.

2. Stone and quarter 4 plums and arrange in the bottom of the basin, chop the stem ginger and scatter over the plums with plenty of the stem ginger syrup. Pour over the cake mixture and gently flatten into the basin.

3. On the stove put a large saucepan with 2-3 inches of water and bring to the boil. Carefully lower the pudding bowl into the water ensuring the water doesn't come over the edge of the basin and you don't burn your fingers.

Tightly wrap tin foil round the top of the sauce pan and continue to bubble gentle, trapping the steam inside.

4. Check occasionally to make sure the pan isn't boiling dry and cook for 1hr 10mins

5. Whilst cooking, stone the remaining plums and heat gently in a small pan with the orange juice and blackberries until just collapsing and blend to a smooth sauce.

6. Once cooked, loosen the pudding around the edges and then turn out onto a plate. Dollop over the plum sauce and serve with custard.





APPLETON'S

Fowey, Cornwall

ANDY APPLETON

Andy Appleton fell into cooking by happy accident and, despite not having any formal training, has become one of Cornwall's culinary heroes. He has a natural affinity with flavour, has soaked up knowledge and experience by working alongside top chefs, and his food is heavily inspired by his travels - particularly throughout his beloved Italy.

Andy spent ten years as Head Chef at Jamie Oliver's Fifteen Cornwall, having been dispatched (originally for just six months) from the organisation's London HQ to ensure things were on track. During his time at Fifteen he designed menus and food concepts and also oversaw the apprentice chef training programme, bringing over 100 aspiring young chefs into the industry.

Deciding it was time for a change after nearly a decade, he and his partner Lyndsey (who also worked on the apprenticeship programme at Fifteen) opened Appleton's Restaurant at Trevibban Mill in 2016. The vineyard and orchard near Padstow provided the couple with idyllic surroundings, and they soon won a loyal following and critical acclaim. The restaurant was rehomed to Fowey during the autumn and winter 2019/20, and had been open just a few short weeks before March 2020 struck - a memorable month for all the wrong reasons.

Andy combines his love of rustic Italian food with a commitment to source the finest ingredients; some are imported from Italy but the majority are found locally, bringing the best of Italy and Cornwall together in each dish.

Andy has shared his ricotta gnocchi recipe, a lighter version of the classic potato gnocchi. Here it is rolled on a butter paddle to create ridges, but this is optional. Gnocchi works well with a variety of sauces, but we recommend you try this with Todd Studley's foraged pesto; simple yet delicious!



Photo by John Hersey (Holes in the World Studio)





Photo by Ali Green

ANDY APPLETON

Ricotta Gnocchi

Serves 4

250g ricotta
350g pasta flour
(plus extra for dusting)
1 medium whole free
range egg

1. To make the dough, add the ricotta and whole egg into a bowl and mix well. Start adding the flour, slowly incorporating it into the ricotta mix. Once combined start to knead together to a firm dough (if still sticky add a little more flour). Wrap in cling film and leave in the fridge until needed.

2. To make the ricotta gnocchi, dust a board with flour, start rolling your dough into cylindrical strands, around half an inch thick and then cut them into regular pieces, no more than an inch long and try to cut them into the same size pieces so as that they cook evenly.

3. To cook, bring a pan of water to the boil, add salt and then the gnocchi. The moment they float to the top they are ready.





SABZI DELI

Truro, Cornwall

KATE ATTLEE

In 2018 Kate Attlee successfully applied to appear on Masterchef, where she won many admirers for her soulful, global approach to cooking which saw her incorporate elements from both her British and Iranian heritage. She made it through to the quarter finals before returning home to Cornwall with the life-goal of following a career in the food industry - fuelled by encouragement from the likes of John Torode, Gregg Wallace and Jay Rayner.

Running an acclaimed supper club (The Arjomandi Kitchen) gave this creative chef a culinary outlet, allowing her to experiment and build a local following. Now, with daughters Ava and Audrey both in school, Kate saw her opportunity to embark on a new project and give her food a permanent home. She opened her deli, Sabzi (which means 'green herbs' in Farsi), in Walsingham Place in Truro at the start of December 2019. Serving delicious coffee and an eclectic, colourful and seasonal array of salads, Sabzi is now dishing out the most sought-after lunch boxes in the city.

Kate says: *"Khoresh Bademjan is probably the most popular and complimented Persian dish that I regularly cook, and makes wonderful use of aubergines. Make it a day ahead and keep the stew in the fridge until you're ready to slowly bake it for an hour and let this beautiful dish fill your house with scents of the Middle East; it is vegan, nourishing and unbelievably delicious. Serve alongside other Persian dishes or just piled indulgently on hot, buttery rice, free to bask in its own glory."*

*Dried limes are a common ingredient in Persian cooking, and can now be found in most large supermarkets. Their pungent sour flavour adds beautiful citrus depth to stews and curries; try them where you might use tamarind/preserved lemon.





Photo by James Ram

KATE ATTLEE

Khoresh Bademjan

Serves 4

Olive/rapeseed oil
2 large ripe aubergines
1 tin chopped tomatoes
1 large white onion
2 cloves garlic
200g red lentils, dried
2 tbsp approx. tomato puree
Lemon and lime juice
2 tbsp runny honey
Garam masala, cinnamon,
turmeric
2 dried limes, pierced with knife

1. Peel and slice the aubergines from tip to fat end, in long slices just under a cm thick - too thick and they don't become meltingly tender, too thin and they'll disintegrate. I leave the very end of the aubergine stalk on, as this seems to stop the slices from breaking apart too much when cooking. Lay the slices on a platter or board; squeeze over some lemon juice and sprinkle with salt. After 10(ish) mins, flip the slices over and repeat.

2. Meanwhile, begin by very gently frying your finely diced onion with a generous glug of olive oil in a wide-bottomed casserole dish with a lid. Season generously with black pepper but only a pinch of salt.

3. When the onion is soft, add chopped garlic and around 1 ½ tsp of ground turmeric - until it turns beautifully golden. Then add the tiniest bit of cinnamon, (no more than ¼ tsp) and 2 tsp of garam masala. Once this has fried for a couple of minutes give a good squidge (approx. 2tbsp) of honey over the mix - it should become a sticky, soft, perfumed mess! Add a splash of water to avoid burning and leave on the lowest temperature to keep warm while you fry the aubergines.

4. Start to fry off the aubergine in a separate (preferably non-stick) frying pan in olive oil or rapeseed oil. Scrape off the water that will now be sitting on the surface of the slices. It takes a lot of oil and there really is no way to do this dish authentically without it, so brace yourself. After frying the aubergine on a medium/high heat until golden and soft on both sides (it should be a deep gold to the point of 'almost' well done) remove each slice to kitchen towel to remove excess oil.





Photo by James Ram

KATE ATTLEE

5. As the aubergine is frying, carry on with the sauce. Once spices and onions/garlic are cooked through, add the two dried limes.

6. Add your red lentils until they generously cover the bottom of the pan (around 200g depending on the size of your pan) a splash more olive oil and fry on a medium heat while stirring continuously for a couple of minutes. Add the can of chopped tomatoes, tomato puree, 1 tbsp lime juice, another dose of black pepper and a good splash of hot water - roughly the volume of the empty can of tomatoes.

7. Bring to the boil and lower the heat right down to simmer for at least 45 mins, stirring regularly. Keep loosening with water as the lentils absorb the liquid. Taste, and if the lentils aren't yet tender, carry on until nice and soft but still holding their shape. Continue to adjust seasoning - you may need a little more honey, black pepper or lime juice. The aubergines will add salt, so don't add extra at this stage. When you're ready to add the aubergine you need to add enough water so that the lentil and tomato stew is really loose; think sloppy. You'll probably add another can full of liquid, if not more. Layer your aubergine slices elegantly on the top, lid on, and it'll keep happily like this overnight or until you want to eat. I then heat in a low oven - about 170°C for 1 hour.



Debbie Warner, Founder of The Wild Wine School recommends Mena Hweg from Knightor:

"This unique Cornish wine is made in the style of a Mosel Riesling, so like Kate's dish it has a wonderful balance of sweetness and acidity. Flavours of ripe peach and blossom will add another layer to the heady mix of Persian spice. Available from Wadebridge Wines amongst other places."





LEWTRENCHARD MANOR

Okehampton, Devon

TOM BROWNING-YOUNG

Tom Browning-Young is Head Chef at Lewtrenchard Manor, a prestigious family-run hotel nestled under the wild tors of Dartmoor. A rising star on the Devon fine dining scene, Tom believes in using fresh West Country produce wherever possible.

“I run an ingredient-led kitchen and I try to teach my team the importance of seasonality and locality whenever possible,” he explains, “Therefore, I try to source all my ingredients from the hotel grounds and trusted local suppliers. Ultimately, this means that the produce shines through on the finished plate of food.”

For his contribution to Comfort, Tom wanted to push the boat out and challenge home cooks to try something new. His ‘easy’ macarons might not be the most straightforward of treats, but they’re certainly impressive and guaranteed to keep you busy in your kitchen. Once you’ve mastered your own macarons, there are plenty of ways to customise the recipe and get creative.



Photo by James A





Photo by James A

Macaroons

Makes 30

300g ground almonds
300g icing sugar
220g egg whites, divided into two equal parts
Food colouring, optional
300g caster sugar
30ml water

Equipment

Piping bag with round nozzle
Mixer

1. Blitz the ground almonds and icing sugar until fine. Mix with 110g of egg whites to make a paste. Add any food colouring at this point.
2. Bring sugar and water to 121°C in a pan to make a syrup.
3. While this is cooking, whip the rest of the egg whites (110g) in a mixer until soft peaks form.
4. Pour the sugar syrup into the whipped egg whites and keep mixing for at least 5 mins, or until the mixture has cooled. This is called Italian Meringue.
5. Mix the almond paste and Italian Meringue together, gently push air bubbles out of the mix until you get a slightly thinner consistency. When the mix is dropped onto itself it should become smooth after around 45 secs.
6. Transfer the batter to a piping bag fitted with a large round nozzle. Hold the bag vertically over your pre-lined baking tray (about 1cm away). Pipe rounds about 2.5cm in diameter and leave to form a skin, around 90 mins.
7. Cook at 130°C for approx 19 mins.
8. Once cooled you can fill with anything from jam to buttercream or chocolate ganache.





LYMPSTONE MANOR

Exmouth, Devon

MICHEAL CAINES

Michael Caines MBE is a man who needs little introduction. As one of the UK's most celebrated chefs, Michael has won a string of enviable accolades. The holder of two Michelin Stars for 18 consecutive years, Michael earned his spurs under renowned chef Raymond Blanc at Le Manoir aux Quat'Saisons. He further formalised his training in France, working alongside luminary chefs, Bernard Loiseau and Joël Robuchon, who both influenced the refined fine dining style that he is famed for today.

His flagship hotel & restaurant, Lymptone Manor, was awarded a Michelin Star within 6 months of opening, along with a five-star hotel rating from the AA and coveted membership to Relais and Chateaux. The historic country manor house overlooks the beautiful Exe estuary in East Devon and boasts three light and airy dining rooms, as well as a world-class wine cellar, 28 acres of landscaped grounds and an 11-acre vineyard sloping down to the estuary beyond.

It's fair to say that Michael's cooking is nothing short of exceptional, but don't let his fine dining credentials put you off trying this delicious recipe at home. His fragrant dish of Monkfish Tail & Mussels should bring a sense of sophistication to the kitchen table, while capturing the fresh, seasonal flavours of the West Country that we all know and love.



Photo by Matt Round





Photo by David Griffin

MICHAEL CAINES

Monkfish

1 tbsp curry powder

Salt & freshly ground black pepper

600g monkfish tail, cut into 12 medallions

Olive oil

60g unsalted butter

Juice of 1 lemon

Mussels

40g shallots, chopped

1 bay leaf

A sprig of fresh thyme

50ml white wine

400g mussels, washed & cleaned

A pinch of saffron

25ml double cream

500ml fish stock

1 tsp grain mustard

Chopped fresh tarragon

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Yannick Loué, owner of Le Vignoble, recommends **Ca Dei**

Maghi Barabao Bianco Garganega 2018:

“This full-bodied white from a 25-year-old Italian winemaker. It has the acidity and body to suit the meaty monkfish, floral and spicy aroma that reflects the saffron, and a freshness to compliment the mussels.”

Pan-Fried Monkfish with Mussels & a Grain Mustard Tarragon Sauce

Makes 4

1. Mix the curry powder and 1 teaspoon of salt together. Season the monkfish with the curry salt and a good twist of black pepper.

2. Heat 1 tbsp olive oil in a non-stick ovenproof frying pan, then add the monkfish and 20g of butter.

3. Cook over a medium heat until the fish is golden brown, then turn it over and put the pan into the oven for approximately 3 mins. Remove, squeeze over the lemon juice and set aside to rest.

4. Wash and clean the mussels and melt 20g of butter in a large saucepan, then add the shallots and cook out until they are soft and transparent.

5. Add the bay leaf, thyme and tarragon followed by the white wine and bring to the boil, then add cleaned mussels and cover with a lid. Once the mussels have opened, pour them into a colander over a bowl and leave to drain (discard any mussels that have not opened).

6. Pour the cooking liquid back into the saucepan, add a pinch of saffron strands, the cream and the fish stock. Bring to the boil, then whisk in the remaining butter and simmer until reduced to a creamy consistency.

7. Add 1 tsp of grain mustard, season with salt and pepper and finish with chopped tarragon.

8. Briefly reheat the monkfish in the oven for a few minutes, then remove and transfer to your serving plates. Pour the cooked mussels over the top (in or out of the shell, as you wish) and spoon over the sauce.



ANONYMOUS

Cornwall

THE CORNISH CHEF

You may be wondering who The Cornish Chef is or why this self-styled culinary ambassador has chosen to remain anonymous. The answer is quite simple: it's all about the food rather than the face.

What we do know about The Cornish Chef is that he's Kernow born and bred. This enigmatic cook is a real salt of the earth type and while his background is in professional kitchens, his skills are entirely self-taught. Provenance and hearty, home-style cooking are the name of the game. So, when he's not in the kitchen you're likely to find him waxing lyrical about great Cornish produce.

The Cornish Chef has kindly contributed a number of ideas to Comfort, as well as donating his spare time to cooking many of the delicious dishes you'll find within its pages. From stacks of fluffy American-style pancakes to comforting bowls of porridge made with local goats' milk, each of his recipes are a celebration of the county he knows and loves.

So, why not try your hand at his simple salted peanut butter truffles or give his silky celeriac soup a whirl? You might just find a few new family favourites to add to your culinary repertoire.

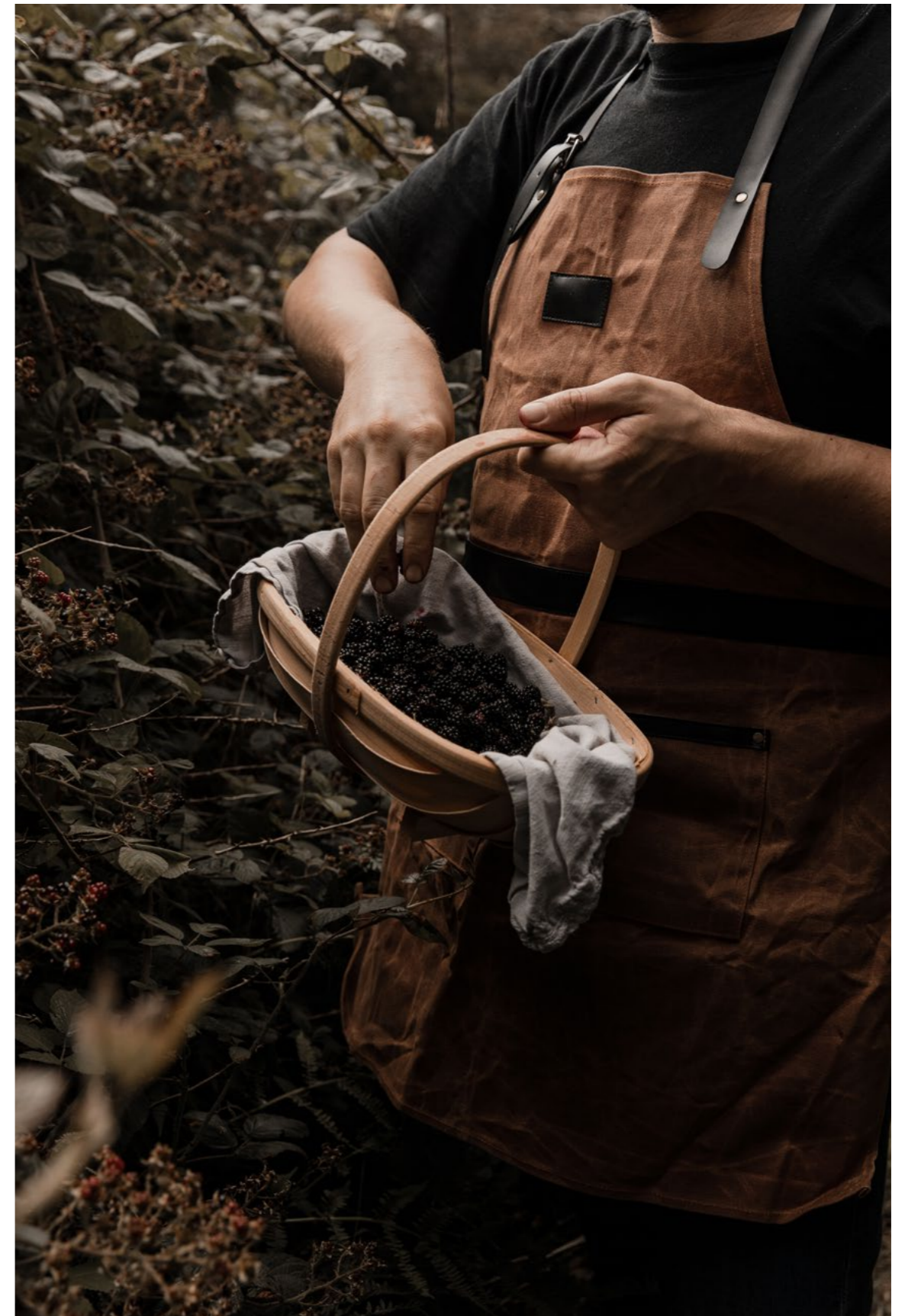


Photo by Ali Green





Photo by Ali Green

American-Style Pancakes

Makes 6-8 pancakes

150 plain flour
1 tsp baking powder
½ tsp salt
2 tbsp golden caster sugar
150ml milk
1 large egg
2 tbsp melted butter

1. Whiz all the pancake ingredients in a food processor until a thick, smooth batter is formed.
2. When ready to cook, heat a non-stick frying pan or crepe pan over a medium high heat, and using a kitchen towel wipe a little oil around the pan.
3. Cook your pancakes for about 1 min on each side until golden (the key is to wait until holes have formed in the batter). Keep them warm in a low oven as you go.
4. Add your toppings and enjoy!

Topping ideas:

Figs, Pecans & Mascarpone

Bacon & Maple Syrup





Photo by Ali Green

Overnight Oats

Serves 1-2

100g oats
250 ml goats milk
(or your choice of milk)

1. Mix the oats and milk together well and steep overnight in the fridge in a covered bowl.
2. In the morning, you can enjoy your oats cold, with some fresh or dried fruit. However, I find it's best when served warm and drizzled with your favourite choice of sweetener (honey, fruit or sugar).





Photo by Ali Green

Simple Celeriac Soup

Makes 4-6

- 1 white onion, finely chopped
- 4 garlic cloves, finely chopped
- 1 leek, finely chopped
- 1 stick of celery, finely chopped
- 2 sprigs of fresh rosemary
- A good dash of olive oil
- 800g-1kg celeriac, cubed
- 1 vegetable stock cube, dissolved in 1 litre of water
- 200ml of double cream (*or coconut milk to make it vegan*)
- Salt & white pepper to taste

Optional

- 1 parsnip for crisps to top the soup
- 2 slices of bread

1. Begin by prepping all your vegetables – dicing the onion, leek, celery and garlic.

2. Heat a glug of olive oil in a large saucepan over a medium-low heat and sweat down the diced vegetables for about 10 mins until soft. Meanwhile, peel and chop your celeriac into 2cm cubes and add to the pan after the 10 mins for softening, along with the leaves from the rosemary sprigs.

3. Add the stock and simmer for about 20 mins until the celeriac is soft. Remove your pan from the heat and puree with a stick blender before adding the coconut milk or double cream. When smooth season to taste with salt and pepper.

4. If it is too thick you can add a little water to thin it out but remember to adjust the seasoning afterwards to compensate.

5. Enjoy with some homemade parsnip crisps on top for that little extra texture by frying ribbons of parsnip in a fryer at 170C for roughly a minute until golden and crispy.

6. To make the croutons, take a few pieces of bread, cut into cubes and generously coat in olive oil, and a pinch of sea salt and pop in to a hot oven until golden.





Photo by Ali Green

Roasted Butternut Squash Salad

Serves 4

1 butternut squash

Salt & pepper

Olive oil

1 tsp fennel seeds

Sprig of thyme, leaves removed

75g each of 4 types of grain – bulgar wheat, puy lentils, red lentils, quinoa

1 vegetable stock cube (a ¼ for each pot of grain)

40g dried apricots, finely chopped

2 spring onions, finely sliced

A few mint leaves

A few parsley leaves

1 lemon

100g goat's cheese (optional)

Honey (optional)

1. Preheat your oven to 180°C.

2. Cut your butternut squash into 4 disks about 2cm thick and place into a roasting tin.

3. Drizzle olive oil over the squash and season with salt and freshly ground black pepper, then scatter over your thyme leaves and the fennel seeds. Place your squash in the oven and roast for 30-45 mins until the squash is tender and has turned golden-brown in places.

4. Meanwhile, cook the grains each according to the instructions on their packets, roughly 75g of each but in vegetable stock instead of water.

5. When the grains are just cooked, drain and rapidly cool on a cold plate by stirring to release the pockets of heat. When cold combine the grains with the apricots and spring onions, and finely chop the herbs and add to the mix with the zest of a lemon. Taste and season if necessary.

6. When you are ready to serve, lay the squash on a baking tray topped with the grain mix and some crumbled goat's cheese and place in the oven for 10 mins to warm through and soften the cheese. Serve with some rocket dressed with a little olive oil, some lemon juice and a small drizzle of honey. The goat's cheese and the honey is optional and can be left out to make a delicious vegan dish.





Photo by Ali Green

Freda's Salted Peanut Butter Truffles

Makes 15

225g milk chocolate
120ml double cream
1 tbsp Freda's Salted Peanut Butter
25g butter

Coating

100g hazelnuts, blitzed into a crumb

1. Heat the cream and butter in a pan until warm without allowing to reach simmer. While the cream is heating up, finely chop the chocolate and place in a bowl.
2. When the cream and butter mix is ready, pour over the chocolate and allow to stand for 2 mins before stirring.
3. When the chocolate and cream are mixed in, fold in the peanut butter and stir well.
4. Place in the fridge for at least an hour to firm up.
5. When firm, scoop and roll out each batch into your desired size truffles and place on a plate before returning to the fridge while you prepare the coating.
6. Blitz the hazelnuts into a fine crumb before rolling each truffle in them.





PHILLEIGH WAY COOKERY SCHOOL

Truro, Cornwall

RUPERT COOPER

For many chefs, food is an all-consuming passion. However, for Rupert Cooper spending time in the kitchen has long had to compete with his other obsession: rugby. A former professional player, Rupert has now hung up his kit permanently in favour of whites and taken charge at Philleigh Way. This cookery school on the Roseland Peninsula has built a reputation as one of the best rural food schools in the UK, and with Rupert at the helm the programme of courses is more diverse and alluring than ever.

Rupert discovered a love of food and a flair for combining flavours at a young age, when he spent time helping his mum to cook in her kitchen in rural France. *“It was as a child in France that food began to take on a deeper meaning for me, as I developed an understanding of its cultural importance,”* explains Rupert.

His sporting career took off and cooking had to play second fiddle for a while, as Rupert travelled all over the world playing the game he loved. This offered Rupert the opportunity to immerse himself in different food cultures. *“Whenever I wasn’t playing I was getting my fill of local street food; I think that’s why my style of cooking now is so eclectic,”* he explains.

He also isn’t a stranger to feeding hungry mouths under pressure, having lived with other professional players. *“I got in the habit of feeding the whole house and creating filling, healthy meals on a budget and a tough schedule,”* says Rupert. *“Hungry rugby players don’t like to be kept waiting!”*

Rupert has shared his Cornish take on a classic French cassoulet, and also an easy pizza recipe which is sure to become a family favourite in many households!



Photo by Flux Kernow





Photo by Ali Green

RUPERT COOPER

Cornish Cassoulet

Serves 4

8 good quality sausages
2 rashers smoked streaky
bacon
1 large red onion
2 garlic cloves
1 celery stalk
1 carrot
1 glass red wine
1 tbsp tomato puree
1 tin chopped tomatoes
1 chicken stock cube
1 tin cannellini beans
Fresh rosemary or dried
mixed herbs

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Nigel Ede of Experience Wine
recommends **Domaine La
Colombette Pinot Noir 2018,
Pays D'Herault France.**

*“This has enticing red berry aromas, a
touch of warming spice and soft cherry
fruits. It would work extremely well with
Rupert’s delicious cassoulet.”*

*I love french food, it’s simple and they know how to make basic ingredients
go a long way. This is my Cornish take on the ultimate French classic. No
confit duck in this, but be my guest and throw some in!*

1. Finely dice all the vegetables and bacon. Then heat a high-sided pan, with a glug of rapeseed oil. Add the diced bacon. Fry this off until golden brown then add the sausages and colour these a little.
2. When the sausages have a bit of colour add the vegetable mix and season. Gently soften on a medium-low heat for 5 mins.
3. Add the tomato puree and cook for 1 minute. Add the stock cube and rosemary. Pour in the red wine, allow to simmer for 30 secs then add the chopped tomatoes.
4. Drain most of the liquid from the beans and add those to the pot.
5. Top up with a touch of water. Then simmer for 20/30 mins on a low heat.
6. Enjoy with crusty bread and a glass of red, of course.





Photo by Ali Green

RUPERT COOPER

Pan Pizza

Makes 8-10 pizzas

For the dough

(100g pizza give or take)

1 x 7g sachet of dried yeast

1 tbsp golden caster sugar

1 kg strong white bread flour,
plus extra for dusting

1 tbsp olive oil

For the pizza

Passata

Mixed herbs

Mozzarella/cheddar mix
grated

Any toppings you like
(less is more on a pizza!)



Kate McBurnie, Founder of
Cornish Wine Tours, recommends
'Black Ram Red' from
Trevibban Mill:

*"This beautiful Cornish Red wine shows
great versatility and would complement
most tomato-based pizzas. It's light enough
to match well with a simple mozzarella
and herb topping but would also hold up
well against some cured meats. If
sharing with friends, this one will be sure
to please!"*

1. To make your dough, pour 650ml of lukewarm water into a large bowl and use a fork to stir in the yeast, sugar and 1 level tsp of fine sea salt. Add your flour, bit by bit, until it comes together.

2. You want smooth springy dough, so keep adding a bit more flour if necessary. Dust a clean surface with flour, then knead the dough with your hands.

3. When you are happy, pop it into a flour-dusted bowl, cover with a damp cloth and leave in a warm room until the dough has almost doubled in size. This isn't bread so you don't have to leave it for ages!

4. When it has risen, turn the grill on and get a non-stick pan onto the hob. Then cut off portions of dough and begin to roll out onto a floured surface.

5. When you have rolled out 1-2cm thick dough, drizzle a bit of oil into the pan and then lay the dough in. After about 30 secs spoon the passata onto the pizza, leaving 1cm around the edge. Then sprinkle the herbs on and finish with your toppings!

6. After 2 mins in the pan, put it under the grill. Keep an eye on it and then when it is gooey and crisp it's ready!

7. Repeat the process until you have all your pizzas. It's great to do with the kids and family!





THE MASONS ARMS

Knowstone, Devon

MARK DODSON

Few chefs live and breathe the art of cooking like Mark Dodson, Head Chef and proprietor of The Masons Arms in Knowstone. Having worked under Michel Roux as head chef at the Waterside Inn at Bray, Mark was instrumental in guiding the venue to its third Michelin star and has since refined his own modern take on classical British and French cuisine.

In 2006, after leaving the Waterside and spending three years as Executive Chef at Cliveden House in Berkshire, Mark relocated to the Devonshire countryside with his wife Sarah and their family. The pair realised their dream of establishing their own business in the quaint rural community of Knowstone and The Masons Arms was born.

Part village pub and part fine dining restaurant, their picturesque, 13th Century Inn has earned a slew of foodie awards (including one Michelin Star) and has solidified itself at the heart of the village. Perched on the edge of Exmoor, close to the main Atlantic Highway link from the M5 to North Devon, the venue is ideally located for fine dining pilgrims and thirsty hikers alike.

For Mark's contribution to Comfort, don't expect any fine dining frills. His tender Slow Roasted Shoulder of Lamb with Granny Dodson's Hasty Puddings showcases hearty, wholesome food at its best. Add homemade mint sauce into the mix and you've got yourself the perfect dinner for slow days spent at home with the family...



Photo by Andy Francis





Photo by Andy Richardson

MARK DODSON

Slow Roasted Shoulder of Lamb

Makes 6-8

1. Make some indents in the skin of the lamb with a sharp knife and rub it with olive oil.

2. Slice the garlic and push it into the scores alternating with the rosemary, and season with sea salt.

3. Place it into a preheated oven at 150°C and cook slowly for 2.5 - 3 hours.

For the Hasty Pudding:

1. Mix together all the dry ingredients, and then rub in the lard and butter. Bind with the water to make a nice dough.

2. Roll it out approximately 2.5cm thick and with a cutter cut out 5.5cm circles. Brush these with a little milk and sprinkle sea salt on top of them prior to cooking them.

3. Bake around the lamb joint or separately on a baking sheet for approximately 15 mins at 185°C

For the Homemade Mint Sauce:

1. Boil together the vinegar, sugar and shallots, leave to cool a little before adding the chopped mint.

2. Leave to infuse a little before serving.

1 shoulder of lamb

3 cloves of garlic

2 sprigs of rosemary

Olive oil

Sea salt

Granny Dodson's Hasty Pudding

250g self-raising flour

2 pinches of salt

4 pinches of dried herbs

1 pinch of mustard powder

100g lard or margarine

50g butter

Water to bind, approximately 45ml

Homemade Mint Sauce

150ml red wine vinegar

1 shallot, finely chopped

50g sugar

15-20g mint leaves, chopped

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Yannick Loué, owner of Le Vignoble recommends **De**

Bardos Reserva Ribera Del Duero 2014:

"This Spanish red, from 100% Tempranillo grapes and a French oak barrel. With punchy flavours of black fruits and chocolate, it suits the recipe's rich flavours perfectly. The acidity and tannins cut through the distinctive lamb flavour and fat, and it is juicy enough to compliment the garlic and rosemary."





GIDLEIGH PARK

Chagford, Devon

CHRIS EDEN

Born in Cornwall, and with his roots firmly in the South West, Chris is one of the leading lights of the regional food scene.

Early in his career Chris spent time in London, where he cooked under Paul Gayler at The Lanesborough, Chris Galvin at The Orrery, and Phil Howard at The Square. But over time, he hankered for home and returned to Cornwall in 2007 to take up his position as Head Chef at Driftwood Hotel on the Roseland Peninsula.

Chris spent 12 successful and happy years at Driftwood, where he gained a Michelin Star in 2012 and retained that accolade until he left in 2019. He explained at the time that the only place he could have left Driftwood for was Gidleigh Park, and so he crossed the Tamar and Cornwall's loss was Devon's gain.

Chris's menus at Gidleigh are produce-led, refined and inventive. Guests can expect immaculate presentation and finely-tuned flavours. However, Chris is also known for his honest, unfussy approach to cooking; unnecessary adornment and technical pomp is cast aside in favour of genuine enjoyment and celebration of first class produce.

Chris has shared this decadent Raspberry & Almond Chocolate Brownie recipe with us, which he says is a favourite family treat at home.



Photo by Andrew Brownsword Hotels





Photo by Ali Green

CHRIS EDEN

Raspberry & Almond Brownie

Makes 12

110g dark chocolate
110g unsalted butter
150g dark brown sugar
150g caster sugar
2 eggs
125g flour
½ tsp salt
125g raspberries
50g flaked almonds

1. Preheat the oven to 160°C.
2. Melt the butter and chocolate in a bowl over hot water, being careful not to overheat.
3. Add the sugars and allow to sit for a moment before whisking in, off the heat.
4. Add in the egg followed by the flour and salt and mix well.
6. Pour into a lined tin and sprinkle with the raspberries and flaked almonds.
7. Cook in the centre of the oven for 30-45 mins depending on how you like your brownies; in our house we like them quite goey so the 'stick coming out clean method' doesn't apply here!





THE PONY & TRAP

Chew Magna, Bristol

JOSH EGGLETON

Steeped in history and set amongst the rolling hills of the Chew Valley farm land, The Pony & Trap is one of few pubs to earn a coveted Michelin Star. Under the direction of Josh and his sister Holly, the venue was transformed from a popular local pub to a nationally recognised restaurant with a glowing reputation. But despite its Michelin credentials, Josh is proud that The Pony and Trap retains a relaxed and unpretentious atmosphere. Whether it's a portion of chips you seek, or a three course meal, their doors are open to all.

Josh is an advocate of the field to fork movement, co-founding the popular Eat Drink Bristol Fashion Festival to promote the importance of food sustainability. At The Pony & Trap, everything that can be made in-house is. That means bread is baked daily, sauces are made fresh and even the butter is churned onsite.

Suppliers are chosen carefully and Josh does his best to support local produce and artisanship where possible. It is also his hope that the business will continue to develop in self-sufficiency, with plans to introduce a kitchen garden, orchard and chickens onto the premises.

For his recipe, Josh has contributed a Sticky Walnut Pudding. Dishes rarely get more comforting than this gooey combination of walnuts, dates, treacle and beer - talk about feel-good food!



Photo by Ed Schofield





Photo by P&T

JOSH EGGLETON

Sticky Walnut Pudding

Serves 12

150ml water
250ml beer
160g dates
50g treacle
65g butter
1 ½ tsp bicarbonate of soda
205g soft dark sugar
2 tsp mixed spice
1 ½ tsp ground ginger
50g chopped walnuts
160g self-rising flour
3 eggs

Beer Glaze

120ml milk stout beer
160g caster sugar

Salted Butterscotch Sauce:

100g butter cubed
100g soft dark brown sugar
100g double cream
5g sea salt

1. Preheat the oven to 150°C. Place the water, beer, dates and treacle into a pan and bring to the boil for 2 mins.
2. Place the butter, sugar, flour, spices and eggs in to a food blender, and blitz to a firm paste.
3. Pour the hot beer and date mix into the blender with the paste and mix for 30 secs until combined. Add the bicarbonate of soda and mix for a further few seconds.
4. Pour into a 26cm-39cm-6cm lined tin, then stir in the walnuts and place in the preheated oven for 50 mins.
5. To check it's cooked, stick a skewer in through the cake and take it out - the cake is cooked if the skewer is clear / clean of any mix.
6. Then prick the surface well with a fork and brush on the glaze.

To make the glaze:

Combine the ingredients in a heavy based pan and place on a medium-high heat, whisking regularly. Bring it to a boil and reduce to about half of its original amount.

To make the sauce:

Bring the sugar, butter and cream up to the boil whilst whisking. Once hot add salt to taste.

To serve:

Warm the pudding if cold, place in a bowl with butterscotch sauce, top with ice cream and candied walnuts.





ORIGIN KITCHEN

Bath, Somerset

•
OLI JUSTICE

From family-pubs to summer jobs washing pots, hospitality has been in Oli Justice's DNA from a young age. It's no surprise therefore that he would go on to pursue a career in food and drink.

Over the years, Oli has been lucky enough to work with some of the West Country's best chefs and foodie personalities. He began his journey in the kitchens of Salcombe's South Sands Hotel before moving to The River Exe Cafe and ultimately over to Bordeaux and the Cognac region of France.

Now, back on home soil, Oli has spent some time away from the kitchen but is incredibly excited to be working on Origin Kitchen - a brand-new pop-up project set to launch in Spring 2021.

This Greek-inspired baked eggs dish was born of Oli's complete adoration for Mediterranean-style cuisine. It takes around 15 mins and is super-easy to throw together. If you're cooking for someone less keen on heat, bake theirs separately and top with a healthy dollop of yoghurt to serve.



Photo by Matt Round





Photo by Collette Dyson

Santorini Eggs

Serves 2

1 tbsp harissa paste
¼ tsp chilli powder
½ tsp smoked paprika
2 large eggs
1 red pepper, diced
1 tin of chopped tomatoes
1 red onion, diced
2 cloves of garlic, roughly
chopped)
A handful of coriander, chopped
A chunk of feta cheese

1. Preheat your oven to 200°C.
2. In a medium pan, heat a drop of olive oil (rapeseed oil is just as good if you prefer). Add the onion and garlic and soften for a few minutes.
3. Add the pepper, chilli powder, smoked paprika and harissa paste - cook for a further 2 mins.
4. The kitchen should start to smell incredible now. Add the chopped tomatoes and season to taste. Simmer on a gentle heat for 5-10 mins.
5. Transfer to an oven dish (unless of course your pan is oven safe). If you're making individual 'eggs' now's the time to separate the tomatoes into individual ramekins.
6. Carefully crack the eggs onto the tomatoes and place in the middle of the oven for 6 mins. Definitely don't be afraid to take them out early if you like them super-runny.
7. To serve, top with as much or as little coriander and feta as you like and head straight for the table.





KOTA COLLECTIVE

Porthleven, Cornwall

JUDE KEREAMA

Jude grew up in New Zealand, the youngest of five children. His mother is Chinese-Malay, a fabulous cook and a real inspiration to him. She cooked western dishes with a Chinese-Malay twist, a fusion which is the foundation for Jude's menus today. While working part-time in a kitchen during his university days, Jude had an epiphany and realised that his true passion was for food. Having found his vocation, Jude left his studies and began a chef apprenticeship.

Time spent working for one of New Zealand's top chefs, Simon Gault, saw Jude rise in the culinary ranks. Subsequently, Europe beckoned, and he moved to London where he was to meet his wife Jane. Whenever they could, the couple visited Jane's mum, who lived in Cornwall, and the pair dreamt of relocating to the county to open their own restaurant.

Their first restaurant was the hugely popular Smokehouse in Porthleven, which combined an easy-going atmosphere with great food. However, Jude and Jane continued to be driven by a desire to offer a fine dining experience using Jude's signature Asian influences, and so they opened Kota in 2006. Boasting three AA rosettes and a Bib Gourmand, amongst a plethora of other accolades, Kota continues to be the flagship restaurant of the Kota Collective.

The couple opened Kota Kai - which offers a more relaxed dining experience serving tapas style dishes overlooking Porthleven Harbour - after the birth of their son Joe. Jude's third restaurant 'Kuki' (which means cook or chef in Maori) is the latest addition to the Kota Collective and opened near Carnon Downs in the spring of 2020.

Jude and Joe are often seen foraging locally for ingredients and both cook together at home. Sadly, Jane lost her battle with cancer last year, but the Kota family of restaurants continues to thrive as a fitting legacy to an amazing lady.



Photo by Lizzie Churchill





Photo by Ali Green

JUDE KEREAMA

Crab Linguine

Serves 4

This recipe for crab linguine is an easy pasta dish and makes great use of white and brown crabmeat. Serve with a rocket salad and a glass of perfectly chilled white wine.

500g linguine
Extra Virgin olive oil
4 cloves garlic, sliced
1 ½ red chilli, de-seeded & finely diced
100ml dry white wine
2 tbsp chopped Italian parsley
2 tbsp chopped basil
2 tbsp chopped chives
24 cherry tomatoes cut in half
300g white crab meat
100g brown crab meat
2 tbsp crème fraiche
Juice & zest of 1 lemon
Cornish sea salt & black pepper mill

👤 _____

Martin Buchanan of Buchanan Wines Cornwall recommends **Nai e Senora Albariño, 2019**:

“Salty, tangy and citrusy, this has just enough richness to match the creaminess of the sauce. Like the dish, this Albariño is full of sea and sunshine.”

1. Cook the linguine in a pot of boiling salted water.
2. Mix the brown crab meat and crème fraiche until smooth. Reserve.
3. Add olive oil, garlic, and chilli into a saucepan. Cook until just toasted then add the white wine. Reduce white wine until the wine has reduced by around two thirds.
4. Add the tomatoes. Add the cooked linguine and reserve a bit of pasta water to adjust the consistency of the sauce.
5. Stir in both crab meats, herbs, lemon juice, lemon zest and season with salt and pepper. Add a drizzle of Extra Virgin olive oil.
6. Serve immediately with rocket salad dressed with Cornish sea salt, lemon juice and Extra Virgin olive oil.





DAAKU

Penryn, Cornwall

BEN MARTIN & JASMINE SHARMA

Two worlds collide, and meld beautifully, in the kitchen of Daaku – an unexpected Indian restaurant hidden in a Penryn boatyard. Husband and wife team, Ben Martin and Jasmine

Sharma, have introduced a riot of Jaipurian colour and Rajasthani flavour into this speakeasy-style location on the dockside at Islington Wharf. If you want the best Indian food in Cornwall, this is where you need to come...

Of Punjabi heritage, Jasmine has lived in a number of different regions in India but grew up in Rajasthan. She learned her cooking methods and speciality dishes from different family members but especially loved the homely food of her grandmother. Her husband Ben is a Cornish epicurean who shares his wife's knowledge and passion about Indian food and combines it with a love of local produce and seasonal cooking.

In 2014 they began MahaMasala – a high quality spice blending company – and started to offer cookery classes. At the same time they held a weekly Secret Restaurant in their garden which quickly became massively over-subscribed. The demand for their food was clearly there, so they took the leap and opened Daaku last year.

At Daaku, expect an inspired fusion of fresh and local ingredients with deeply authentic Indian cooking. Add to the mix a willingness to experiment and a desire to broaden the public's experience of real Indian food, and you have something exciting and subversive.

This sentiment is perfectly embodied by their logo which depicts a female 'Daaku' (meaning 'bandit' in Hindi) in a headscarf with a smoking gun slung over one shoulder.

Daaku's Hog's Pudding Pakoras, served with a punchy Green Chutney, have become the stuff of local legend. We've also elicited their Gobhi Mussalam recipe - a delicious vegetarian or vegan centre-piece for a celebratory meal.



Green Chutney

serve with Hog's Pudding Pakoras

Serves 4-6

1 large bunch coriander
1 small bunch mint
1 cube inch root ginger
1 small green chilli
2 cloves of garlic
2 tbsp plain yogurt (or coconut yoghurt to make it vegan)
Juice of one lime
Salt to taste
1 pinch sugar

Find the recipe for [Hogs Pudding Pakora](#) on the next page.

1. Take the mint leaves and coriander leaves off the stalks and discard the stalks.
2. Peel the ginger and garlic.
3. Chop the green chilli (seeds in or out according to your preference).
4. Blend all ingredients except the yogurt with a stick blender, adding a splash of water until smooth.
6. Add the yogurt and blend again before setting aside.

See the following page for the Hog's Pudding Pakora recipe...





Photo by Ali Green

Hogs Pudding Pakora & Green Chutney

Serves 4

400g Cornish hogs pudding
(sliced)

Rapeseed oil for frying

6 large heaped tbsp besan
flour (chickpea flour)

½ tsp turmeric powder

½ tsp chilli powder

½ tsp coriander seeds, lightly
crushed

1 tsp fennel seeds

Salt to taste

Juice of one lime

Find the recipe for
[Green Chutney](#) on the previous
page.

1. In a large bowl, mix all spices and salt into the chickpea flour. (The recipe benefits from a little more salt than usual - we use a couple of large pinches). Add the juice of a whole lime to the dry ingredients.

2. Add water into the mixture one spoonful at a time and beat to get any lumps out. You are looking for a light cake batter consistency.

3. Stir well with a fork or a whisk to get some air into the batter and then set aside.

4. Slice the Hog's Pudding into 1 cm thick medallions.

5. Carefully heat the oil in a deep, wide pan or flat-bottomed wok (there needs to be about 4 inches of oil) You will know it is ready to fry in when the oil stops shimmering and goes still.

6. Turn the hob down to its lowest heat setting.

7. Now one by one by one, coat each medallion with the batter mixture on all sides and drop gently into the oil leaving the pakora to cook for about a minute each side, turning them over in the wok with a slotted spoon once or twice.

8. Using a slotted spoon, gently turn the pakora and cook till they have a deep golden hue.

9. Take them out and put them on kitchen towel to absorb any excess oil.

10. Serve with our fresh, tangy Green Chutney.





Photo by Ali Green

BEN MARTIN & JASMINE SHARMA

Gobhi Mussalam

Serves 4

- 1 fresh whole cauliflower
 - 2 tbsp rapeseed oil
 - 200ml tomato passata
 - 1 heaped tbsp turmeric powder
 - 1 level tbsp cumin powder
 - 1 level tbsp coriander powder
 - 1 tsp ginger powder
 - 1 tsp chilli powder
 - Salt to taste
 - Coriander leaves for garnish
 - Zest of 1 lemon and lime for garnish
 - 2 tbsp of fresh natural yoghurt for garnish (optional)
or coconut yoghurt to make it vegan
1. Boil some water in a deep, wide pan. The quantity should be enough to submerge the whole cauliflower. Add salt and half of the turmeric to the water and stir well.
 2. Remove the leaves from the cauliflower and neatly trim back the base of the stalk then carefully place it in the boiling water.
 3. Turn off the hob. Let the cauliflower sit in the pan for 10-15 mins with a piece of foil covering the pan to create a little steam.
 4. Heat the oil in a wok/pan. Add the tomato passata to the pan along with all remaining powdered spices. Cook on medium heat till the oil separates, stirring occasionally, adding tiny splashes of water if the pan looks a little dry or the mixture starts to catch.
 5. When the mixture has the consistency of a jam, turn off the hob. Allow the sauce to cool in a bowl.
 6. Take the cauliflower out of the pan and discard the water. Allow to cool so it will be easier to handle.
 7. Using a spoon, coat the cauliflower all over in a thick layer of the sauce.
 8. Preheat oven at 200 °c/180 °c fan. Transfer the sauce-coated cauliflower into an ovenproof dish and cook for 10 mins.
 9. Garnish by dressing a wooden board with the yoghurt and grating the zest of the lemon and lime over the top of the whole dish.
 10. Carve whilst still hot at the table (like a joint of meat) and serve with paratha or naan bread. Enjoy!





THE JACK IN THE GREEN

Exeter, Devon

MATT MASON

For over 25 years Matt Mason has been Head Chef of popular East Devon gastropub, The Jack in the Green. After serving his apprenticeship under Shaun Hill at the prestigious Gidleigh Park, Matt joined the Jack in 1994. A year later, he led the pub to achieve 2 AA rosettes; an award that they have maintained ever since.

Born and raised in Devon, Matt draws a tremendous degree of inspiration from the region. *“It’s the fertile soil, the people, the passion and the knowledge so deeply embedded within the soul of so many of the suppliers and peers I have had the pleasure of working with along the way,”* he explains.

Seasonality and provenance both play an integral role in the creation of the Jack’s menus. From the first pheasant signalling the start of game season, to fragrant shoots of wild garlic in spring; the kitchen team uses produce in harmony with the seasons and most ingredients travel no distance at all.

Matt’s crème brûlée is probably one of the most popular desserts in the Jack’s history. He believes that it’s *‘the combination of the hard crack and caramel flavour with the silky semi-set custard beneath’* that makes this dish one of the all time greats. The key to perfecting crème brûlée at home is to use the freshest free-range eggs and the highest quality vanilla pods you can get hold of. It’s also worth investing in your own kitchen blowtorch.



Photo by Well Seasoned PR





Photo by Ali Green

MATTHEW MASON

Crème Brûlée

Serves 8-10

8 large free-range
egg yolks
150g caster sugar
(plus extra for glaze)
90ml milk
900ml double cream
1 vanilla pod, split
& seeds removed

1. Put the milk, cream, the vanilla pod and its seeds together into a saucepan and bring gently to the boil over a low heat. Beat the eggs and sugar together until pale and thick. Pour the hot cream over your egg mix whisking continuously. Be careful, it is hot and may splash.

2. Be sure to whisk well. Don't dither about at this point or you will end up with very expensive sweet scrambled eggs. Pour through a fine sieve and allow to cool completely. You could even make the mix up to this point the night before. It needs to be given time to settle.

3. Pre-heat your oven to 100°C fan. When you are ready to cook, skim any froth from the surface. Divide your mix into six equal sized ramekins and place into a deep-sided baking tray. Pour freshly boiled water into the baking tray, enough to come two-thirds up the side of the ramekins (this called a bain-marie).

4. Bake in the oven for 90 mins or until just set. To test, remove a ramekin from the water and shake the centre. If it appears to be runny place back in the oven and check at 5-10 mins intervals until ready.

5. Remove from the oven and allow to cool in the water bath. You can eat them at this consistency or leave to chill overnight for a firmer texture.

6. The golden-brown caramelized topping is done at the last moment. Sprinkle 1 tbsp of caster sugar evenly over the top. Wave the blowtorch over the sugar starting at the edge farthest away and working toward you until the sugar has all caramelised.

7. Your finished glaze should be between 1-2mm thick and hard as glass.





RESTAURANT NATHAN OUTLAW

Port Isaac, Cornwall

NATHAN OUTLAW

Hailed as the ‘king of fish’, Nathan Outlaw’s passion for food and cooking began at the tender age of eight. Nathan spent his formative years working in his father’s kitchen on a Saturday morning, aspiring to follow in his footsteps. After catering college Nathan’s professional career started under the tutelage of Peter Kromburg at the Intercontinental Hyde Park Corner and continued with positions alongside Gary Rhodes and two Michelin star chef Eric Chavot, where Nathan garnered a wealth of experience in French and British cuisine.

Nathan has always had a connection with Cornwall, holidaying in the county as a child and returning on surfing trips as a young adult. It made sense that he combined his passions for Cornwall and working with fish and seafood, and so one day he literally got on a train and ended up in Padstow. Paul Ripley, then Head Chef for Rick Stein, was one of the first people he met and the two became lifelong friends.

Nathan began working for Rick just as the latter exploded onto the foodie scene, and he spent two years working at The Seafood Restaurant. Rick’s influence on Nathan’s thoughts about food, and the whole dining room experience, saw him open his own restaurant in Cornwall in 2003 at the age of just 24.

Nathan is known for his vocal support of the Cornish fishing industry and seafood is the star of the show at both his eponymous, Michelin-starred, fine-dining restaurant and The Fish Kitchen which are both in picturesque Port Isaac.

Of his chosen dish, Nathan says: *“Lemon sole is a fish that, I think, gets overlooked but between February and May when they are at their best, they’re great. Grill them whole and add some of this zesty, herb butter for a truly delicious dish. The butter is also a lovely addition to your Sunday roast lamb or beef or simply stirred through boiled new potatoes.”*



Photo by Kate Whittaker





NATHAN OUTLAW

Lemon Sole, Green Sauce Butter

Serves 4

4 lemon sole, 500-700g each

Olive oil for cooking

Cornish sea salt and freshly ground black pepper

Green Sauce

1 shallot, peeled & finely chopped

1 garlic clove, peeled & finely chopped (remove the germ first)

2 tbsp flat leaf parsley, chopped

2 tbsp rocket leaves, chopped

2 tbsp mixed green herbs (whatever you fancy such as mint, basil, parsley, dill, etc.) chopped

2 anchovy fillets in oil, drained & chopped

1 tsp capers in brine, drained, rinsed & chopped

½ tsp English mustard

Finely grated zest & juice of ½ lemon

300g softened unsalted butter

Garnish

300ml sunflower oil

2 tbsp large capers, drained, rinsed & chopped



Charles Wharton of Ellis Wharton Wines recommends **Trevibban Mill 'Merope'**

"With its blend of Seyval Blanc and a splash of Chardonnay, you get a mix of delicate green apple and limes blended wonderfully with some tropical fruit flavours thanks to the addition of the Chardonnay. It would be a good match for this dish of delicate lemon sole and rich green sauce."

1. For the green sauce butter, put all the chopped ingredients into a bowl together with the half teaspoon of English mustard, lemon zest and juice. Add the butter and mix until everything is evenly combined. Season with salt and pepper to taste.

2. Spoon the butter onto a sheet of baking parchment and mould to a sausage shape. Wrap the parchment securely around the butter, folding in the ends to keep it tight. Chill until ready to use. (The butter can be frozen at this stage for future use but you will need to put it into a suitable container).

3. For the garnish, heat the sunflower oil gently to 180°C in a small, deep, heavy pan. Add the capers and fry for 1 minute until crispy. Remove with a slotted spoon and drain onto kitchen paper. Keep warm.

4. Pre-heat your grill to its highest setting. Oil a tray large enough to comfortably hold the fish. Oil the fish then season all over with salt and pepper and place on the tray dark side up. Unwrap the butter, cut into discs and place these on the fish.

5. Grill the lemon sole for 10-12 mins. To check they are done, insert a small knife into the thickest part near the head and pull at the bone. The fillet should come away from the bone easily, if not, cook it for another couple of minutes until it does.

6. To serve, lift the fish carefully onto warmed plates then spoon over the butter and cooking juices left on the tray. Finish with the deep-fried capers and serve at once. I like mine with boiled new potatoes and some lovely fresh veg.



ST ENODOC HOTEL

Rock, Cornwall

GUY OWEN

Guy realised he had an affinity with food and cooking from a young age. During his early career his natural talent was cultivated and refined through experience at Michelin-starred restaurants at Claridges and La Trompette.

Having decided to return to the West Country to cook with the produce of his childhood years, Guy worked first at Gidleigh Park and then at Driftwood Hotel as Sous Chef under Chris Eden. He then took on the role of Head Chef at The Idle Rocks in St Mawes in 2015 and spent five years cultivating one of the most desirable dining destinations in the South West.

In 2019 Guy decided it was time for a fresh challenge and took up a new position heading up the food offering at The St Enodoc Hotel in Rock. The relaunch of the fine dining restaurant heralds a new era at the hotel, which perhaps offers the ultimate base for foodies who will also be keen to explore the delights of nearby Padstow and Port Isaac.

Guy's signature style is fresh and elegant. His dishes make the best use of the finest local produce, especially seafood, and sustainability of all ingredients is at the heart of his approach.

Of his chosen dish, a hearty kedgeree which could be enjoyed at breakfast or dinner, Guy explains: *"This is my mum's recipe - I've tried to improve on it over the years and I've never succeeded, so now I always stick to her original version."*





Photo by Ali Green

GUY OWEN

Mum's Kedgeree

Serves 4

250g smoked haddock
200g hake
1 brown onion, chopped finely
1 clove garlic, minced
300g white rice
600g fish stock
100g butter
10g cumin
5g turmeric
4 hard boiled eggs, peeled & roughly chopped
4 raw St Ewe Eggs, for poaching
100g chopped flat leaf parsley
1 lemon
75g madras curry paste
100g natural yogurt
Cornish sea salt
Pepper

1. First thing, have a deep pan, with water and a splash of white wine vinegar in it, on the heat coming to a simmer, ready for your poached eggs.

2. To begin, add butter to a deep sauce pan, melt it on a low heat and add the chopped onion. Keep the heat low and gently cook the onions for around 10 mins, then add the garlic and cook for a further 2 mins.

3. Raise the heat a little, and add the curry paste, cumin and turmeric. Cook off for a minute.

4. Add the rice raw, and mix well, continuing to cook.

5. Add the fish stock and bring to a gentle simmer. Cover the pan with a lid, and cook very gently for 10 mins (stirring once or twice in this time). Season with some salt and pepper.

6. The rice should now nearly be cooked. Crack the 4 eggs into the poaching water (around 3.5 mins for a soft egg).

7. Gently add the chunks of fish to the rice. Stir them carefully as you don't want them to break up, and cover the pan with the lid for around 2 mins.

8. Add the yogurt, zest of 1 lemon, chopped parsley and the roughly chopped boiled eggs. Mix very gently until fully incorporated.

9. Remove the eggs from the water and drain off on a cloth, seasoning with a little salt.





BEN'S KITCHEN

St. Ives, Cornwall

BEN PRIOR

Ben's Cornish Kitchen in Marazion was a small family restaurant, open for almost ten years, that won acclaim many times from the Michelin Guide and from food critics including Jay Rayner.

The restaurant closed in 2019 but Ben promised his loyal regulars that he would return with a new project, and he did so in St Ives in the now infamous spring of 2020.

The new fine dining restaurant, Ben's Kitchen at No. 27 The Terrace, has a small number of covers - just 20 - allowing Ben to deliver a bespoke and memorable dining experience focusing on Cornwall's many superlative ingredients, alongside a bold and carefully curated wine list. Menus will be based on day boat fish, meat from local farms, and produce grown on Ben's own allotment, supplemented by organic market gardens.

Ben has long been an outspoken champion of South African wines – he travels regularly to the Cape winelands and imports direct from small producers – so naturally the wine list at No.27 The Terrace will have an unapologetically South African bias.

Ben says: *“I would describe my food as uncompromising on ingredients, focusing on clean and bold flavours, and served without unnecessary embellishment.”*

Ben's Treacle Tart is an easy treat to make at home and is best served with an indulgent scoop of clotted cream or your favourite local ice cream.





Photo by Ali Green

BEN PRIOR

Treacle Tart

Serves 4

For the pastry

200g plain flour, plus extra to dust

100g cold butter, cubed, plus extra to grease

3-4 tbsp ice-cold water

1 egg, beaten with a little water

For the filling

60g butter

400g golden syrup

35g treacle

2 tbsp double cream

1 egg

1 egg yolk

1 tbsp lemon juice

140g fresh brown breadcrumbs

1. Put the flour into a large bowl with a pinch of salt. Rub in the butter until the mixture forms large crumbs, then add just enough cold water to bring it into a dough. Pat it into a disc, wrap and chill for 30 mins.

2. Preheat the oven to 180°C. Grease a deep, loose-bottomed 23cm tart tin and roll the pastry out on a lightly floured surface to about 5mm thick. Use to line the tin, and prick the base in several places with a fork. Put a layer of foil on top, weighed down with dried pulses or rice, and blind bake for 15 mins. Remove the foil and beans, brush the base with the egg, and put back into the oven for 10 mins, until golden.

3. Melt the butter in a medium pan, stir in the syrup and treacle, and heat until warm. Stir in the cream, take off the heat and beat in the egg, yolk, lemon juice and $\frac{1}{4}$ - $\frac{1}{2}$ tsp salt to taste.

4. Tip the breadcrumbs into the pastry case and spread out evenly. Pour over the syrup mixture, making sure there are no dry patches, then carefully put back in the oven for 20 mins.

5. Turn the oven down to 140°C and bake for another 15-20 mins, until the pastry is golden brown and the filling set, but still jiggly. Allow to cool before serving.





ÀCLÈAF, BORINGDON HALL

Plymouth, Devon

SCOTT PATON

Scott Paton is Head Chef of Àclèaf Restaurant at the historic Boringdon Hall Hotel.

Àclèaf exclusively serves a four-course signature menu and a six-course tasting menu, paired with a wine list that champions bottles from England.

Scott says, *“Guests can expect a culinary journey led by the bounties of produce available to us in Devon. Àclèaf aims to present a uniquely immersive dining experience in the South West, a place where guests can feel at ease in the restaurant team’s hands and hotel’s historic surroundings.”*

Scott’s easy tagliatelle recipe is the perfect fix for a simple homecooked meal. Not only is it seriously straightforward to make, but your fresh pasta can be paired with a variety of delicious sauces and toppings to jazz up your lunch or evening meal.

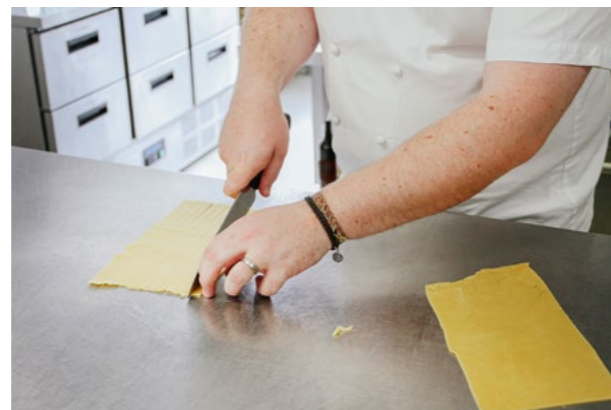


Tagliatelle

Serves 4

245g egg yolks
375g strong white flour
2 tbsp oil
1tbsp water
Good pinch of table salt

1. In a bowl combine the egg yolks with salt, oil and water then mix well.
2. Add the flour in one go and start mixing to a breadcrumb stage.
3. Once the consistency resembles crumbs, tip the mix onto a table and knead it until it comes together.
4. Wrap tightly with film and leave to rest for 30 mins.
5. Divide your dough into two.
6. With a rolling pin, begin to roll the dough into a neat strip approximately 15cm wide - you want the dough to be rolled evenly and about 1mm thick.
7. Once rolled, take a table knife and start cutting strips of pasta approx. 1cm wide.
8. Cook in boiling water for 3 mins if fresh, or if you choose to dry the pasta it will take longer to cook.





RODDA'S DAIRY

Redruth, Cornwall

QUINTESSENTIALLY WEST COUNTRY

There can be few more quintessentially West Country food products than clotted cream. The stuff of childhood memories, holiday highlights, and food encounters guaranteed to put a smile on your face and elicit a deep 'ummm' of appreciation every time, clotted cream may just be the ultimate comfort food.

The heated debate between 'jam first' (Cornwall) and 'cream first' (Devon) has gone on for many years and, we are 100% sure, will never be conceded by either side such is the depth of feeling. But there is one thing both sides of the

Tamar agree on; a perfectly cooked scone lathered with those two aforementioned ingredients is a beautiful thing. In the West Country, everything stops for a Cream Tea.

Rodda's have been mastering the art of gently baking rich local cream until it is thick and dollopable since 1890. Still a family business today, Rodda's fly the flag for West Country produce as far afield as Hong Kong, Dubai and Singapore.

Rodda's have kindly shared their tried and tested scone recipe with us to help you enjoy a little West Country escapism in the comfort of your own home.





Photo by Ali Green

RODDA'S

Traditional Scone

Makes 12

500g plain flour
15g baking powder
Pinch of salt
100g caster sugar
100g diced butter
250ml milk

1. Sieve flour, baking powder, sugar and salt into a bowl.
2. Using just your fingertips, rub the butter into the flour until it is no longer visible.
3. Add the milk and mix well. Once it starts to come together, turn out onto a lightly floured surface and knead gently until it forms a smooth, soft dough.
4. Preheat the oven to 200°C.
5. Roll the dough out on a lightly floured surface to 2.5 cm thick and cut into rounds with a 5cm cutter. Place on a baking tray lined with parchment paper.
6. For the egg wash, mix ingredients together in a small bowl and brush the tops of the scones twice.
7. Bake in the oven for approximately 15 mins. Do not over-bake them or they will be dry.
8. Serve them warm with clotted cream and homemade strawberry jam.





ST. TUDY INN

St Tudy, Cornwall

EMILY SCOTT

Emily is passionate about the connections between food, storytelling and a sense of place - she finds it infectious, intriguing and comforting all at the same time. Emily's story is one which interweaves the sentimental tales of a childhood in Provence with her grandfather, 'Papa', collecting strawberries from the fields to the hum of crickets in the warm sunshine, to the beautiful shores of Cornwall and golden sandy beaches. Experiences and memories are translated into ingredients and simplistic, rustic dishes which are easily recreated at home.

Cornwall is where Emily found her home and her heart. It's where her children have been lucky enough to grow up, spending carefree days by the sea. Emily has over the years developed her passion for simple, seasonal cooking with Cornwall's beautiful ingredients.

Emily has shared her recipe for comforting chicken soup, inherited from her Grandmother: *"Marnie was my French Grandmother who was constantly inspiring and wonderful in the kitchen. Marnie spent most of her days cooking in her kitchen in Bagnols-en-Forêt in Provence."*

She has also kindly donated her recipe for simple yet delicious Lemon Possets, saying *"Lemons are the one ingredient I could not be without, they sing of summer and sunshine-filled days."*



Photo by Daniel Scott





Photo by Ali Green

EMILY SCOTT

Marnie's Chicken Soup

Serves 4-6

2 onions
6 carrots, diced
6 sticks of celery, diced
2 fresh bay leaves
1 bunch thyme
4 whole peppercorns
Cornish sea salt
1 free-range roast chicken carcass (*with leftover chicken attached, and more leftover chicken meat - shredded - if you have it*)
Knob unsalted butter
Olive oil
2 cloves of garlic
4 shallots
Handful of flat leaf parsley
200g wild garlic (*including some flowers to garnish*)
Cavolo nero, sweetcorn or spinach (*always delicious to add at end*)

1. Roughly chop 2 carrots and 2 celery sticks. Peel and roughly chop both onions. Place this all in a large pan with the bay leaves, thyme, peppercorns, a pinch of Cornish sea salt and the chicken carcass.

2. Fill the pan with cold water so that everything is covered and bring to the boil. Reduce to a simmer and cook for 1 hour, skimming off any scum that rises to the surface from time to time.

3. About 15 mins before the stock is ready, start the base of the soup. Peel the remaining carrots and slice along with the celery, including any celery leaves. Peel and finely slice the garlic bulbs and shallots. Pick the parsley leaves, finely chopping the leaves and stalks separately. Shred the wild garlic.

4. Place the butter and 1 tbsp of oil in another large pan on a low heat. Add the garlic (sliced bulbs, not wild garlic), shallots and parsley stalks and cook for 5 -10 mins, or until translucent and soft. Add the carrots and celery and cook for a further 5 mins.

5. When the stock is ready, remove the chicken carcass, pull off any remaining pieces of meat and leave to one side, then discard the carcass.

6. Strain the stock through a sieve into the vegetable pan. Bring to the boil, then reduce to low and simmer for 15 mins.

7. Add the wild garlic and cook for a further 5 mins. If you have extra seasonal greens like spinach or cavolo nero add these now, also a tin of sweetcorn (drain and discard the liquid) is delicious and adds colour.

8. Finish the soup by squeezing in the lemon juice, and season to taste. Divide between bowls and top with any leftover shredded chicken, parsley leaves, and the wild garlic flowers.





Photo by Ali Green

EMILY SCOTT

Lemon Posset

Makes 6

Peeled rind of 3 lemons,
juice of 4

800ml double cream

250g caster sugar

Serve with raspberries, a dusting
of icing sugar and Cornish
fairings or shortbread.

This posset is everything that a pudding should be: creamy, sharp, sweet yet comforting. This recipe is simple and delicious. Dress it up or down.

1. Place the cream, lemon rind and sugar in a pan and heat gently until the sugar has dissolved and the cream is steaming. Remove from the heat and allow to cool a little.
2. Pass through a sieve into a clean bowl to remove the rind.
3. Stir in the lemon juice then pour the posset mix into French bistro glasses. Place in the fridge to set.
4. To serve, top with raspberries. I think a dusting of icing sugar over the berries slightly sweetens and adds a pretty finish. Delicious served with Cornish fairings or shortbread.





PORTHMINSTER BEACH CAFÉ

St. Ives, Cornwall

MICK SMITH

Growing up in Victoria, Australia, and cutting his culinary teeth in the cultural melting pot of Melbourne, Mick Smith dreamed of running a restaurant by the sea. His surf-driven wanderings eventually led him to St Ives, where his work ethic, creativity and leadership qualities soon endeared him to the owners of Porthminster Beach Café. A few short years after arriving in Cornwall with just a surfboard and a rucksack, he was made a Partner in the business, eventually becoming Executive Chef of two other acclaimed eateries (Porthminster Kitchen and Porthgwidden Beach Café) as well.

The menus at all three restaurants showcase the diversity and versatility of Cornish seafood and other local produce, with dishes drawing inspiration from Asian and Mediterranean cooking.

Mick can still be found behind the pass most days, but he is probably at his happiest in the restaurant's unique coastal kitchen garden, or on the daily 'forage run'. He is a pioneer of 'hyperlocal food' as a way of doing justice to the incredible location enjoyed by Porthminster – both by showcasing the amazing produce on his doorstep, and by contributing towards a more sustainable future.

This risotto was inspired by Mick's kitchen garden and the bountiful months of spring and early summer. You can vary the vegetables depending on what's available; chard, asparagus, watercress and peas are other options depending on the growing season.





Photo by Ali Green

MICK SMITH

Summer Vegetable Risotto

Serves 6

½ small onion, finely diced

½ stalk celery, finely diced

½ bulb fennel, finely diced

50ml Noilly Prat or other dry Vermouth

1 litre of simmering vegetable stock

500g canaroli or arborio rice

2 tbsp olive oil

1 courgette, diced

100g broad beans

25g each of fresh oregano, basil & mint, chopped

1 tsp chives

3 lemons, juiced

10 tbsp parmesan cheese

5 tbsp mascarpone cheese

A small handful of basil leaves, torn

🍷 _____

Jon Keast, Founder of Scarlet Wines, recommends **Pierre-Henry Gadais 'Melon Blanc' Vendange Nocture VDF** :

"This is night-harvested, organic Muscadet-style, so super crisp and also very clean. It sees no lees ageing, so cannot be officially called Muscadet. It is thrillingly pure and crisp. A lovely summer wine to go with this delicious risotto."

1. Add the oil to a saucepan and sweat the onion, celery and fennel until soft. Add the rice and toss until the rice is coated and hot to touch. Do not stir the mixture and make sure the rice doesn't colour.

2. Add the Noilly Prat and let it evaporate, then cover the rice with 500ml of the simmering stock. Heat slowly, stirring to encourage the starch to come out from the rice.

3. Keep adding hot stock and stirring continuously. After about 15-20 mins, start checking the rice; the aim is to get it 'nearly cooked' at this stage. Check by squeezing a grain or two of rice between your fingers – in the centre there should be two small starchy white dots. If they are there, the rice is cooked enough. If not add more stock and keep stirring, checking regularly. It may take 35 mins to get to this 'nearly cooked' stage

4. Once you've reached this stage, add the courgette, beans, chopped herbs and lemon juice. Cook for a further 3 mins, stirring and adding any remaining stock if necessary.

5. Remove from the heat, leave for 2 mins then return to the heat, stirring rapidly for a couple of minutes. Take off the heat, add the mascarpone and the basil, then stir in the parmesan. The rice should be al dente in texture. Serve immediately.



HIDDEN HUT

Portscatho, Cornwall

SIMON STALLARD

Simon's culinary past is vast and varied, having trained and worked as a chef from the age of 16. His career has taken him from New York and New Delhi to the fish markets of Newlyn, before he was able to turn a little green, clifftop shed on The Roseland Peninsula into the eatery of his dreams. Simon and partner Jemma Glass, who have two children, took over the lease of the old beach kiosk on Porthcurnick Beach less than ten years ago, both leaving full time jobs for the lure of Cornwall and the sea. Since then, the couple have turned The Hidden Hut into a critically-acclaimed foodie favourite with a huge cult following.

The food at The Hidden Hut is big and bold. The style is a combination of global street food and Cornwall's incredible bounty. Ingredients are sourced as much from the local area as possible and Simon and Jemma endeavour to always use quality ingredients from suppliers who share their values of small-scale traditional production. By day, the outdoor beach kitchen serves fresh seasonal lunches and snacks and in the summer months incredibly popular, open-air feast nights showcase Simon's skill combined with doorstep produce, all cooked outdoors over a wood fire.

Simon's first recipe book was published in 2018. Later that year Simon and Jemma opened Tatams in Portscatho, a coffee shop at the water's edge during the day and a neighbourhood takeaway taverna in the evenings.

Simon has shared this deliciously comforting recipe for Dal Soup - a fabulous thing to have to hand in the fridge for lunch on rainy days.





Photo by Ali Green

SIMON STALLARD

Spiced Dhal Soup

Serves 4-6

2 tbsp vegetable or sunflower oil
2 onions, peeled & sliced
2 fresh chillies, sliced (or 1 tsp dried chilli)
1 tbsp garlic paste (*or substitute fresh*)
1 tbsp ginger paste (*or substitute fresh*)
2 tbsp curry powder
1 tbsp garam masala (if available).
Pre-made curry pastes can be substituted
300g red lentils
1 veg stock cube, made with 700ml water
1 tin coconut milk (or 300ml water & 100g double cream or yogurt)
Juice of 2 lemons
4 tbsp greek or natural yogurt (coconut yohurt to keep it vegan)
25g bag coriander, chopped

1. Heat the vegetable oil in a large sauce pan. Add the onion and chilli and cook over a medium heat for 5 mins until softened. Add the garlic and ginger and cook for a further 2 mins.

2. Add the curry powder and garam masala (or curry paste) and cook for 30 secs to toast the spices. Add the veg stock and coconut milk (or extra water and cream/yogurt) and bring to the boil. Add the lentils and lower the heat slightly and cook for 20 mins or until the lentils are very tender.

3. Blend the lentil soup until smooth (or leaving a bit of texture if you prefer). Return to the pan and season well with salt and pepper and squeeze in the lemon juice.

4. Serve topped with the yogurt and chopped coriander.





SOUTH WEST HOME COOK OF
THE YEAR

Exmouth, Devon

SUE STONEMAN

Sue Stoneman is no stranger to culinary titles. Having won South West Home Cook of the Year two years in a row (2016 & 2017) she's also scooped a number of foodie accolades over the years; including Sticky Toffee Pudding Champion and West Country Baking Champion.

An enthusiastic home cook from East Devon, Sue loves to feed her family and friends. But her culinary talent isn't confined to the kitchen, as she likes nothing better than to dine al fresco and regularly fires up her barbecue or the wood-fired oven she built by hand.

When she's not nabbing awards, Sue can be found working at Bigfire at The Shops @ Dartington or demoing at local food & drink festivals. She's also a regular contributor to UK BBQ Magazine and has previously written restaurant reviews for a myriad of Devon publications.

Sue's simple BBQ Bananas are sure to be a hit with the whole family. They're seriously easy to make and require relatively few ingredients, making them the perfect treat to top off an al fresco family dinner.



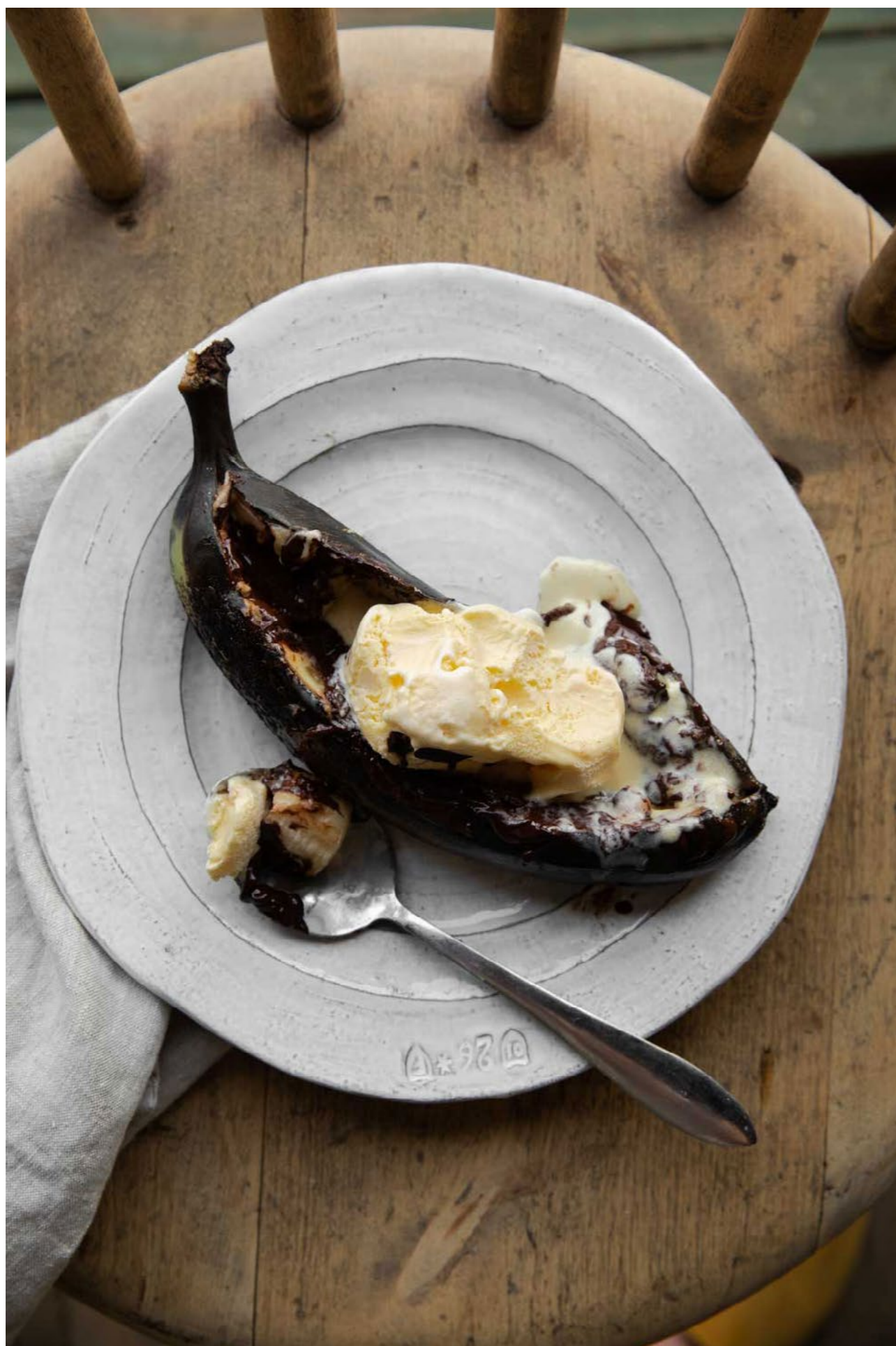


Photo by Ali Green

SUE STONEMAN

BBQ Chocolate Banana

Serves 2

2 bananas

Dark or milk chocolate

Vanilla/clotted cream flavoured
ice-cream, optional

1. Place the whole bananas onto the grill in their skins. Keeping turning them until their skins are black all over and they are soft inside.

2. Take them off the grill and make a cut down the middle, end to end.

3. Break up some chocolate (dark or milk) and place inside the banana. Return them to the grill for another minute until the chocolate has melted.

4. Serve with a scoop of your favourite ice-cream.





TODD STUDLEY

Todd's life in the kitchen began at the age of 15, washing up in an Italian restaurant in Minehead, Somerset, where he grew up. His Head Chef discovered he had a passion and aptitude for cooking and soon Todd was juggling pans, pizza dough and pasta alongside his studies.

A taste for travelling with his new-found trade took him to The Alps, New Zealand and eventually to a position onboard luxury super yachts. Summers were spent in Monaco and the Italian Riviera, winters in the Maldives and the Seychelles, all the while cooking eclectic menus for very discerning guests, using the finest produce money could buy.

However, as his third decade approached, Todd was hankering for home, family and a bit more space than a cabin with a porthole. He settled on Cornwall as a place to put down roots, throwing himself into the vibrant food scene and gaining experience at Scarlet Wines in Lelant, Canteen at Wheal Kitty, and The Warehouse in Penryn. However, his current challenge as 'stay at home Dad' to Sid (3) and Sorrel (2) is his greatest yet.

A more grounded lifestyle also gave Todd a chance to indulge another passion; cider. In 2013 he and his old school friend Joe Heley set up Secret Orchard Cider, a craft operation with dual bases in Exmoor and Cornwall.

The small-batch, artisan approach to making cider marries well with Todd's culinary philosophy. He loves using home-grown ingredients and foraged finds, and his globally-inspired food is informed by local seasonality.



Photo by Faydit Photography





Photo by Ali Green

TODD STUDLEY

Foraged Pesto

150g wild garlic
(leaves & stalks only)

100g almonds

150ml (approx) Extra
Virgin olive oil

2 tbsp cider vinegar

Salt and pepper to taste

100g parmesan

Children will love getting involved with creating this simple pesto by helping to identify and pick wild garlic. Once made it keeps in the fridge for around a week and can be added to a variety of pasta dishes, drizzled on pizza and salads, or used to enhance simple fish dishes.

1. Wash the three-cornered leeks thoroughly and pat dry, removing excess water.
2. Put the almonds and wild garlic in a food processor and process until finely chopped.
3. Trickle in the oil as the processor runs, then add the cider vinegar and seasoning to taste.
4. Finally add the parmesan, blending until you have a runny paste.
5. Store in the fridge for around a week. This pesto works well with both Andy Appleton's Ricotta Gnocchi and Scott Paton's Tagliatelle recipes.





Photo by Ali Green

TODD STUDLEY

TRIO OF PASTA SAUCES

Broccoli, Anchovy & Chilli Pesto

Serves 2

200g broccoli, soft steamed
(this is a good use of over cooked leftovers)

½ a red deseeded chilli

4 large cloves of garlic

4 anchovy fillets

Olive Oil

Small handful of flat leaf parsley

1. Put 5 tbsp of olive oil in a frying pan on a medium heat.
2. Thinly slice the garlic and add to the oil. Cook steadily on a low-medium heat until the garlic starts to turn brown.
3. Add the anchovies and thinly sliced chilli and cook until the anchovies have broken down.
4. Roughly chop the cooked broccoli and add to the pan.
5. Season with salt and add extra olive oil to achieve your desired consistency (this could be anything from a paste for penne and fusilli, to a looser sauce for spaghetti or linguine).
6. Cook until the broccoli has broken down (roughly 15 mins) and turned a khaki colour.
7. Fold through cooked pasta and sprinkle with the chopped parsley. Toasted almonds make a nice addition to this dish.



Tomato, Cured Pork & Basil Pasta

Serves 2

3 tbsp good olive oil
(extra to finish)

5 small cloves of garlic,
thinly sliced

100g Guanciale (cured pork cheeks)
*or alternatively pancetta or smoked streaky
bacon, thinly sliced into matchsticks*

5 medium ripe tomatoes, chopped
into eighths

Handful of fresh basil

Salt & pepper

Pasta of your choice
(linguine works well)

1. Place a frying pan on medium heat and add the olive oil. Add the garlic and cook until it just starts to turn brown. Add your sliced meat and continue to cook until all the garlic has browned and the fat from the meat has broken down.

2. Tear in four basil leaves and season with pepper. Cook for a further 1-2 mins. Add the chopped tomatoes and simmer on a low heat until the tomatoes have broken down.

3. Taste and adjust the seasoning, adding salt and more pepper if required. Add a little extra olive oil you like. Mix the sauce through your chosen cooked pasta and add torn basil whilst stirring.

This is great served with some punchy home-grown rocket.

Smoked Mackerel & Dill Pasta

Serves 2

3 small cloves of garlic, thinly
sliced

2 fillets of smoked mackerel

250ml crème fraîche
(you can use low fat if you prefer)

50ml white wine

A dash of olive oil

Salt & pepper

Dill or fennel tops

A handful of toasted almonds
or pinenuts

100g frozen or garden peas

1. Place a frying pan on medium heat and add the olive oil. Add the garlic and cook for 3-4 mins until softened.

2. Add the white wine and cook until the wine has reduced by around two thirds.

3. Stir in the crème fraîche and peas and warm through.

4. Flake in the smoked mackerel and season to taste. You can add a small amount of water to make a looser sauce if you prefer.

5. Stir through your cooked pasta of choice, adding the chopped dill or fennel tops as you go. Plate and garnish with toasted almonds or pinenuts.





BOTELET

Herodsfoot, Cornwall

TIA TAMBLYN

Tia has helped to transform her family farm near Fowey into a beautiful, comforting retreat. Botelet – with its cosy cottages, yurts and wild camping, is a thoughtful homage to slow-living and the simple pleasures in life.

Tia is inspired by seasonal living and this infuses her work as both a host and a massage therapist (massage treatments and wellbeing workshops are a cornerstone of the offering at Botelet). However, Tia is also known as the cook and driving force behind Botelet Breakfast Club – a pop-up monthly café that takes place in the farmhouse – where the plant-based menu reflects locally grown and foraged produce.

When not in the kitchen or therapy room, Tia can be found swimming in quiet coves or exploring the great outdoors with her husband and their three young children.

For her contribution to Comfort, Tia has created a healthy homemade granola along with a lavender-infused rhubarb compote. Both recipes pay homage to the fresh produce that's growing around us right now in our gardens and farms.

“Never has there been a more important time to connect with what’s around us,” says Tia. “We can pare back and embrace the seasons, support local producers and spread the food load as we all hunker down. For my compote recipe I used rhubarb and lavender that are growing in my garden, local honey, and apple juice from Cornish Orchards just a few miles down the lanes.”



Photo by John Hersey (Holes in the World Studio)





Photo by Ali Green

TIA TAMBLYN

Easy Granola

Makes approx 10 servings

Tia has created a healthy homemade granola along with a lavender infused rhubarb compote. Both recipes pay homage to the fresh produce that's growing around us right now in our gardens and farms.

- 450g rolled oats
- 200g almonds, roughly chopped
- 200g cashew nuts, left whole
- 100g flaked coconut
- 120g seeds, I use a combination of sunflower & pumpkin or any others to be used up
- 100ml rapeseed oil (you could use alternatives such as vegetable or sunflower oil)
- 300g local clear honey
- 1 tbsp coconut oil, melted
- 180g raisins

Find the recipe for [Lavender Infused Rhubarb Compote](#) on the following page.

1. Heat oven to 120°C.
2. In a large bowl mix together the oats, nuts, flaked coconut and seeds.
3. Add the rapeseed oil, honey and coconut oil, stir thoroughly so liquids are evenly distributed.
4. Pour into two large baking trays.
5. Cook in oven for approx 1 hour stirring every 15 mins to ensure even cooking. Finish cooking when the granola turns a golden colour.





Photo by Ali Green

TIA TAMBLYN

Lavender Infused Rhubarb Compote

Makes approx 6 servings of compote

500g rhubarb (*this weight is once they have been topped & tailed*)

150ml apple juice

2 tbsp honey

1 tsp ground ginger

½ tsp ground nutmeg

3 sprigs fresh lavender

1 tsp vanilla extract

1 tsp chia seeds

Find the recipe for [Easy Granola](#) on the previous page.

1. Top and tail the rhubarb, wash then dice to approx 1cm, then pop into a large saucepan

2. Add apple juice, honey, ginger, nutmeg and sprigs of lavender (leave the sprigs whole and place in pan).

3. Simmer for approx 10 mins, stirring regularly, until fruit is soft.

4. Take off heat, remove lavender stems.

5. Add chia seeds and vanilla extract. Stir again and leave to sit for 10 mins.

Can be served warm or cold, and kept in fridge for a few days.





THE SEAHORSE RESTAURANT

Dartmouth, Devon

MITCH TONKS

Mitch Tonks is firmly regarded one of the most knowledgeable seafood chefs in the country. An acclaimed restaurateur, chef and author, his Seahorse restaurant has scooped the Observer's 'Best UK Restaurant' gong, and his Rockfish restaurants have twice claimed 'Best Independent Restaurant' at the National Fish & Chip Awards.

In a world of fine dining and viral social media campaigns, Mitch Tonks lives by the mantra of 'keep it simple' and do everything to the best of your ability. Throughout each of his restaurants, the kitchen teams utilise only the freshest ingredients with care and respect.

Mitch is committed to giving back to the West Country community that has given him so much. His academy scheme, in partnership with South Devon College, aims to train the next generation of aspiring chefs and support the local fishing industry.

He is also a leading voice in UK fishing, sustainability and supply.

This tasty recipe for Grilled Red Mullet with Lemon, Caper and Anchovy should inject a little sunshine into your kitchen. When you fry the skin, it crisps wonderfully and has the flavour and smell of saffron and rich shellfish. The vibrant fresh taste of his dressing works amazingly well with Red Mullet, but it is made with universal flavours that are a perfect foil for any seafood.





Photo by Ali Green

MITCH TONKS

Grilled Red Mullet with Lemon, Caper & Anchovy

Serves 2

2 whole red mullet each
weighing 300 – 350g

Juice of 1 lemon

Small handful chopped parsley

1 tbsp Dijon mustard

1 tsp of capers, roughly chopped

1 tsp of chopped red onion

Zest of 2 lemons

4 cornichons, finely chopped

5 anchovy fillets, chopped

Extra Virgin olive oil

1. Rub the mullet with olive oil and sea salt.

2. Preheat the grill or barbecue and grill either side for 4-5 mins. If you aren't grilling, the fish can be roasted just as well with the oven preheated to maximum and the fish roasted for 10-15 mins.

3. To make the sauce simple mix together all the ingredients, season to taste and spoon over the cooked fish.



Pip Vanham AIWS, Wine Development Manager at St Austell Wines, says

“This dish is as fresh as they come with all those zingy ingredients and red mullet is no shrinking violet. So, we need something that is going to balance the freshness but still hold its own. I would suggest a delightfully chilled, citrusy Vinho Verde.”





THE TOLCARNE INN

Newlyn, Cornwall

BEN TUNNICLIFFE

Ben is a pioneer of the Cornish restaurant scene. He held one of the county's first Michelin Stars at The Abbey in Penzance in the early 2000s, after which he was head-hunted to launch the food offering at Cornwall's pre-eminent luxury hotel, The Scarlet. He then embarked on a solo passion-project, transforming a modest pub in a working fishing port into a dining destination to rival those of Padstow, Port Isaac and St Ives.

Seven years on, and Ben has firmly established The Tolcarne Inn as one of the best places to enjoy fresh fish in the whole of the UK. His menus are inspired by an early morning conversation with his fishmonger, before being chalked up on the board. He also sources fish direct from day boats; these small vessels go in and out with the tides, fish immediately offshore, and use traditional and sustainable fishing techniques to catch their low-impact quotas.

Fish and shellfish are partnered with fresh produce from market gardens and community farms, hence the menu naturally evolves with the seasons. Ben's ethos is to combine flavours simply and instinctively, letting the quality of the ingredients speak for themselves.

This dish is Ben's Cornish take on a classic Tuna Nicoise (replacing the tuna for local and sustainably-caught mackerel). The quantities can easily be varied - this would serve two as a substantial summer lunch, with some crusty bread to accompany.



Photo by Luke Brown





Photo by Ali Green

BEN TUNNICLIFFE

Mackerel Nicoise

4 Starters / 2 Mains

4 fillets of mackerel, with pin bones removed (*your fishmonger should be able to do this for you*).

100g fine beans cooked

12 new potatoes, cooked & sliced

12 cherry tomatoes, halved

12 marinated anchovies

20 black olives, halved & destoned

4 soft boiled eggs (6-7 mins) peeled, quartered & seasoned

Olive oil

Salt & Pepper

🔪 _____

Charles Wharton of Ellis Wharton Wines recommends **Camel Valley's Pinot Noir Rosé** :

"This delicious Rosé is dry but fruit-forward enough to pair with the sweetness of the mackerel and tomatoes in this Cornish take on a Niçoise. The combination of the two would be heavenly!"

1. Combine all but the eggs and mackerel in a bowl, drizzle with some olive oil, lemon juice and seasoning. Gently mix.

2. Heat a pan large enough to hold all four fillets of mackerel comfortably, or two smaller pans. Add a splash of oil and fry the mackerel skin-side down until golden brown, turn over and finish cooking. I always like to slightly undercook my fish as residual heat will finish the cooking, and there is nothing worse than dry, overcooked fish.

3. Spread the vegetable salad between 4 plates.

4. Arrange the eggs around the plates, and sit the mackerel fillets on the top.





FEE'S FOOD

Rock, Cornwall

FEE TURNER

Fee's Food is a Rock based catering company, with its own coffee shop and deli. Run by Fee Turner and her son George, these guys take no shortcuts. From their production kitchen they cater for everything from private dinners to weddings for 300 plus guests. Their attention to detail is second to none, ingredients are always locally sourced and they even grow their own edible flowers for decorating canapé trays.

After 19 years of travel, living in London, getting married and having four boys, Fee Turner decided to put down roots in the West Country and build a home in North Cornwall. Here, she is able to indulge in her passion for gardening and spend her days preparing and sharing delicious, wholesome food.

Both Fee and George play an active role in the day-to-day running of the business. They make all of their own sauces, dips and pâtés for the shop. Fresh sourdough and pastries arrive daily; alongside their own homemade quiches, sandwiches and salads for lunch. They stock a great selection of cheese, mostly Cornish and a carefully thought out wine menu. The highlight is their range of home cooked oven ready meals, with everything from fish pies to vegan curries, it is the ultimate convenience without compromising on quality. Top tip: they offer local home delivery so you can spend all day on the beach.



Photo by Ali Green





Photo by Ali Green

FEE TURNER

Smoked Haddock Rarebit

Serves 10

90g smoked haddock
180g cheddar
1 spring onion, chopped
70g sun-dried tomato
Pinch smoked paprika
2 tsp mayonnaise
Sourdough

1. Blitz all of the ingredients together with your kitchen aid.
2. Preheat the oven to 180°C.
3. Spread on sourdough, pop into the oven and cook for 10-15 mins until golden and bubbly.





THE FIVE BELLS

Clyst Hydon, Devon

CHARLOTTE VINCENT

In July 2019, Charlotte Vincent was appointed Head Chef at the popular thatched Devon pub, The Five Bells. Her 20-year career in catering includes a decade as pastry chef at both the prestigious Gidleigh Park and the Royal Clarence Hotel. Now, she brings her eye for detail and her own unique flair to The Five Bell's colourful menus.

The pub's proprietors, James and Charlie Garnham, describe Charlotte as 'a true artist' and are wowed by her ability to craft menus that cater to all dietary requirements. For example, Charlotte's Textured Mushrooms on Sourdough is a simple but delicious vegan brunch idea. It pairs beautifully with a coconut flat white and if you want to make it veggie, you can add a poached egg or some sliced halloumi.



Photo by Well Seasoned PR





Photo by Ali Green

CHARLOTTE VINCENT

Mushroom Toast

Serves 1

Handful of wild mushrooms
(I use ceps and chestnut enoki)

Rapeseed oil

1-2 slices of sourdough bread

Sea salt

Cracked black pepper

Thyme

Balsamic vinegar

Pinch of fresh chives, chopped

1 spring onion, chopped

1. Slice the cep mushrooms lengthways, lay on a baking sheet lined with parchment and score skin both ways to form diamonds

2. Brush with rapeseed oil and season. Rub fresh thyme together in your hands to release the oils and place on and under the mushrooms to infuse.

3. Place the mushrooms in the oven on a medium heat and bake for 8-10 mins until soft and golden.

4. Chop the remaining mushrooms, saving a few whole ones for garnish.

5. Heat a pan with oil and gently fry the mushrooms. Add the spring onion and season to taste.

Deglaze the pan with some balsamic vinegar and add the chopped chives.

6. Toast the sourdough and arrange the flat ceps on top, then add the pan-fried mushrooms and finish with a drizzle of rapeseed oil, a twist of cracked black pepper and a pinch of sea salt.

Alternative Topping Suggestions:

- *Crispy prosciutto ham, poached hens egg and butter roasted asparagus.*
- *Roasted butternut squash, smashed avocado, toasted walnuts and a good blue cheese crumb drizzled in honey.*
 - *Wilted greens, wild garlic pesto & pan-fried chorizo.*
- *Flame roasted vine cherry tomatoes, balsamic, toasted pumpkin seeds, smashed avocado and green chilli (Vulcombe goat curd goes very well too).*





THE ANGEL TASTE OF DEVON

Dartmouth, Devon

ELLY WENTWORTH

Elly Wentworth is no stranger to success. The young rising star hit our television screens in 2016, when she came runner-up on *Masterchef: The Professionals* and has since solidified her status as one of Devon's top culinary talents.

Head Chef at The Angel Taste of Devon, Elly is the first to acknowledge that she has big shoes to fill. Located in the estuary town of Dartmouth, The Angel was made famous by Joyce Molyneux, who in 1974 became one of the first woman in the UK to gain a prestigious Michelin Star. The restaurant went on to be run by a host of celebrated chefs, including Chef Peter Gorton and Chef John Burton-Race. In 2016 it was brought by the Holland Group and in 2018 Elly Wentworth joined as Head Chef to continue its sparkling legacy.

Elly's own foodie credentials are top notch. After studying Professional Cookery at City College Plymouth, she launched her career at the 3 AA rosette Tanner Restaurant and later sharpened her skills in several Michelin Star kitchens, including The Elephant in Torquay, The Bybrook at the Manor House, and Restaurant Hywel Jones at Lucknam Park.

At the Angel, Elly brings a youthful energy to proceedings. She's earned herself an impressive string of awards and accolades and is doing her bit to encourage other women to step up to the plate and hone their trade. But don't be fooled by Elly's fine dining dossier, her recipe for Banana Cake is seriously easy to make and has proven to be a family favourite in her own household. We recommend enjoying a slice with a cup of tea and a big dollop of crème fraiche.



Photo by John Scott





Photo by Ali Green

ELLY WENTWORTH

Banana Drizzle Cake

Serves 6

3 ripe bananas
3 whole eggs
200g caster sugar
200g unsalted butter
1 ½ tsp baking powder
200g self-raising flour
50g sultanas
40g icing sugar
Any tinned fruit you have (I used mandarins)

1. Heat the oven to 160°C fan. Spray and line a loaf tin with baking parchment.
2. Cream together the butter & sugar until light and fluffy, then slowly add the eggs.
3. Cream together the butter & sugar until light and fluffy, then slowly add the eggs.
4. Fold the flour into the mixture, add the baking powder.
5. Add the smashed banana and sultanas. You can always add extra tinned fruit into the cake.
6. Add water to the icing sugar a teaspoon at a time mixing in between, until the icing is runny. Then drizzle over the top of the cake.
7. Pour into the loaf tin and cook for about 30 mins until the skewer comes out clean.
8. Cool the cake in the tin for an extra 10 mins, remove onto a wired rack.
9. Add water to the icing sugar a teaspoon at a time mixing in between, until the icing is runny. Then drizzle over the top of the cake.
10. Grate some orange zest over the top and serve warm with a dollop of crème fraîche.
11. Grate some orange zest over the top and serve warm with a dollop of crème fraîche.





THE GURNARD'S HEAD

St Ives, Cornwall

MAX WILSON

The Gurnard's Head - an old coaching inn near Zennor - is a food destination of repute just like its fellows in the Eat Drink Sleep portfolio (The Felin Fach Griffin near Brecon, The Old Coastguard in Mousehole). Weekend escapes to this far-flung corner of West Cornwall - where dramatic cliffs cascade into the sea and traffic jams consist of herds of dairy cows returning from the fields - are the perfect antidote to modern life fatigue.

Under the creative eye of Head Chef Max Wilson, the food at The Gurnard's Head embraces these elemental surroundings and celebrates them in open-hearted honesty. After days tramping the moorland and coast path, discovering Neolithic monuments and secluded, wave-battered coves, what could be better than a supper comprised of pork belly served with quince, black pudding and mashed potato, or local cod paired with Jerusalem artichokes and pancetta alongside a rich gratin of smoked cod and leeks?

Like the vast majority of chefs in the South West, Max is guided in his menus by the seasonal availability of fresh produce, seafood landed in Cornwall and meat sourced from local suppliers. He is also the lucky recipient of neighbourhood food parcels; lobster pots dispense their bounty from the cove below the Gurnard's Head, local growers raid their veg patches and greenhouses on his behalf, and foragers scour the hedgerows and shoreline for wild ingredients.

This barbequed dish uses one of Max's favourite fishes, John Dory, which you can request gutted (and minus head if you prefer) from your fishmonger. Served with a colourful salsa and aioli, this makes a delicious Mediterranean feast.





Photo by Ali Green

MAX WILSON

Tomato Salsa & Basil Aioli served with BBQ John Dory

Serves 6-8

Salsa

- 20 cherry tomatoes, quartered
- 1 medium red onion, finely diced
- 1 bunch basil chiffonade (*reserve some small leaves for garnish*)
- 4 cloves garlic, finely grated
- 1 bunch spring onions, finely sliced on an acute angle
- ½ cucumber peeled, de-seeded & diced into approx. ½ cm cubes
- Juice of 2 limes
- Zest of 1 lime
- 50ml olive oil

Aioli

- 1 bunch basil
- 600ml rapeseed oil
- 2 cloves garlic
- 4 egg yolks
- ½ tbsp Dijon mustard
- ½ tbsp white wine vinegar

For the Basil aioli:

1. Blanch the basil for 5 secs in a large pan of boiling water then place into iced water. Once cool, squeeze all of the water from the basil. Place in a blender with the peeled garlic and rapeseed oil. Blend until smooth and then pass through a strainer and place in the fridge to cool.
2. In a blender add the egg yolk, mustard and white wine vinegar and blend for 30 secs. Now slowly add the basil oil, keeping 100ml back, if it gets too thick add a splash of water. Season and set aside.

For the salsa :

1. Mix all of the ingredients together, season and leave to marinate (at least 20 mins). You may need to add a little sugar depending on how sweet the tomatoes are.

Turn to page the following page for the BBQ John Dory recipe...





Photo by Ali Green

MAX WILSON

BBQ John Dory Tomato Salsa & Basil Aioli

Serves 4

4 small John Dory, heads off,
gutted and trimmed

4 thick slices of sourdough

1 garlic clove

1 lime

Find the recipe for
[Tomato Salsa & Basil Aioli](#) on the
previous page.

🍷 _____

Claire Thomson, who crafts and
writes the award-winning wine lists at
both The Gurnard's Head and The
Old Coastguard, recommends **Greco
di Tufo, 'Le Vigne', Cantine di
Marzo 2017** :

*"A couple of different options spring to mind
for Max's recipe here - including classic
Italian whites such as Gavi, Vermentino or
Verdicchio - but in the end I've settled on a
Greco di Tufo, which I think will really bring
out the basil in this Mediterranean dish."*

1. Prep your dressings (see page previous page)

2. Light the BBQ and leave until the flames have died
down and the coals are glowing. Once the BBQ is
lit you can begin the rest of the prep.

3. Score the John Dory with a sharp knife, season with
sea salt and put aside.

4. Oil the fish and place on the BBQ, cook for between
3-5 mins on both sides, carefully flip and repeat.

5. Oil the sourdough and carefully char on the BBQ,
once coloured and crisp rub a clove of garlic over
both sides.

6. To serve, place the fish on top of the sourdough and
dollop the aioli next to it. Spoon the salsa over the top,
garnish with basil leaves, drizzle with the remaining
basil oil and squeeze over the lime juice.





THE ART OF THE LARDER

CLAIRE THOMSON

Claire is a chef and food writer, whose recipes and words draw on her experience of cooking at home for a young family, and of making the most of storecupboard ingredients. Her distinctive voice captures the evocative connection food has with childhood, travel, memory and friendship.

Born and raised in Zimbabwe, then London and Shropshire, Claire has cooked in many different restaurants and settings, often alongside her Kiwi husband Matt, who is also a highly-experienced chef. The couple now live in Bristol with their three children.

Claire has written for The Guardian, The Telegraph, Countryfile, BBC Good Food and Olive Magazines, and has appeared on BBC Woman's Hour, Saturday Kitchen and Radio 6 Music. Her 1st book, The Five O'clock Apron, was shortlisted for Fortnum and Mason's best debut food book award and since then The Art of The Larder and New Kitchen Basics have both garnered praise.

Matt was Head Chef at The Gurnard's Head near Zennor for several years, and their first daughter Grace was born during this time. Claire has always maintained the connection with West Cornwall, and curates and writes the wine lists at both The Gurnard's Head and The Old Coastguard in Mousehole.

Claire has kindly shared some of The Art of The Larder with us, specifically from the 'Spice' chapter (the extract below lists the essential spices to keep in your storecupboard, and provides some useful blends to enhance all manner of dishes). Claire says: "*Buy spices little and often, keeping them vibrant and fresh for cooking with. From these stock spices, I've offered some spice combinations to assemble as and when needed, giving you some heady blends to experiment with.*"



Photo by Sam Folan



LARDER BASICS

Sea salt

Black pepper

Whole allspice

Cardamom pods

Chilli flakes

Cinnamon sticks/quills

Ground cinnamon

Cloves

Coriander seeds

Cumin seeds

Fennel seeds

Ground ginger

Whole nutmeg

Paprika :

- *Hot (picante)*

- *Sweet (dulce)*

- *Smoked*

Saffron strands

Sichuan pepper

Star anise

Sumac

Ground turmeric

Vanilla pods

Curry powder

Five-spice powder

Garam masala

Herbes de Provence

Ras el hanout

SPICE COMBINATIONS

Mix up these blends little and often – any surplus will spur you to use it up in your cooking, adding flair and flavour. Store in a screwtop jar to add to recipes when you want to season any dishes of specific origin, when one or two spices just won't do.

Italian Fennel Seed

I use a lot of fennel seeds in my kitchen – in conjunction with garlic, chilli and fresh or dried herbs, fennel seeds give gorgeous warm floral aniseed notes to much of my Italian cooking.

2 parts dried oregano/marjoram/thyme

(or you can use fresh rosemary or sage)

1 part crushed fennel seeds

½ part chilli flakes *(optional)*

½ part cracked black pepper

Quatre Épices

A classic French spice blend popular in charcuterie and one-pot slow-cooked stews and casseroles. Allspice is the key note here, with nutmeg, ginger and cloves bringing up the rear. Some recipes list pepper instead of allspice, but I think this is a mistake. Allspice is one of my very favourite spices, a gorgeous combination of cinnamon, nutmeg and clove in profile.

6 parts ground allspice

(replace with ground pepper for purely savoury version)

2½ parts freshly grated nutmeg

2 parts ground ginger

(or use cinnamon if you prefer)

½ part ground cloves

CLAIRE THOMSON

Baharat

The name 'baharat' means 'spice' in Arabic. It is an indispensable seasoning to add to any Middle Eastern inspired cooking. Crucially the blend will always include black pepper and allspice with cinnamon. Other spices can be added to the blend according to preference. Saffron, clove, nutmeg, paprika, ginger, cardamom, turmeric and chilli powder are all a good match. A Turkish-style baharat might include dried mint (nane) or dried oregano (kekik), whereas in North Africa, dried rose petals might be ground and added to the blend. Add baharat to pilaf, tomato sauces, to freshly popped corn for a spicy snack, or use the blend as a rub to season meat or fish before cooking. Add neutral oil to some baharat to use as a marinade, or mix with olive oil to serve as a condiment for dipping raw vegetables or grilled flatbreads into.

Dukkah

A Middle Eastern ground spice mix that includes hazelnuts. Often served with olive oil as a condiment to serve with bread to dip as an appetizer. Or add to salads, pilafs or soups, or sprinkle on roasted vegetables, or use it as a seasoning crust to grill meat or fish. Use as is or coarsely ground.

4 parts toasted white sesame seeds

2 parts toasted coriander seeds

2 parts toasted, peeled and finely chopped

hazelnuts

1½ parts toasted ground cumin

½ part cracked black pepper

½ part salt

Baharat 1 (more floral)

2 parts ground allspice

3 parts ground cinnamon

1 part freshly grated nutmeg

1 part ground cloves

1 part ground coriander

2 parts freshly ground black pepper

1 part ground ginger

Baharat 1 (more punchy)

3 parts freshly ground black pepper

3 parts paprika (unsmoked)

3 parts ground cumin

2 parts ground cinnamon

2 parts ground coriander

1 part freshly grated nutmeg

1 part ground cloves

1 part ground cardamom

Salt & Pepper Mix

Boost everyday salt and pepper seasoning with Sichuan pepper (a numbing, tingling berry) and chilli flakes. Make this in small quantities and use as you would salt and pepper.

½ part black peppercorns, toasted and coarsely ground

½ part Sichuan peppercorns, toasted and coarsely ground

¼–½ part chilli flakes

1 part flaky salt





01.

WILD FOOD FORAGING

Fat Hen Wild Cookery School

CAROLINE DAVEY

Caroline Davey is a pioneer of the foraging movement. A former ecological consultant who began supplying restaurants with foraged produce 10 years ago, Caroline diversified and set up a wild food cookery school – Fat Hen – to pass the skills of finding, identifying, harvesting, preparing and cooking wild food on to others.

From her base near St Buryan, Caroline takes small groups on seasonal foraging missions, returning with a bounty of produce to transform into creative dishes with the help of an experienced team of chefs.

“The courses are aimed at re-connecting people to the land and reducing the journey from soil to plate, as well as offering a really special taste experience,” explains Caroline. “Fat Hen is all about enjoying fresh flavours and making the most of the seasonal wild harvest.”

Here Caroline explains why learning to forage is a life-enhancing skill, what to look for as you begin your own foraging journey, and shares her top tips for the safe and sustainable enjoyment of wild food.

Photography by 01. & 04. James Bowden | 02. Cat Garcia | 03. Tom Young

Foraging is a totally satisfying way of adding new ingredients to your repertoire. It connects you deeply to the seasons and to nature, plus it's free and is brilliant for your spiritual and emotional wellbeing on many levels. I find the act of foraging deeply meditative, and I love having a reason and purpose for spending time exploring the footpaths, woodlands, green lanes and beaches on my doorstep.

For those just starting out on their foraging journey, I would advise only eating plants that you have a 100% positive identification for. It is always best to be humble and admit that you only know what you know rather than take chances that could prove injurious to yourself and others!

Start with the common and easy to identify wild foods such as nettles, wild garlic, elderflower and blackberries. It's the thrill of finding something and making delicious food out of it that will inspire you to learn more and become a more accomplished and confident forager.

Foraging is a lifelong journey of discovery. There are endless recipes and ways of utilising different parts of the plant from roots to leaves, to stems, to flowers, to seeds. Keep it simple and try to make the most of the unique flavours growing on your doorstep; it's a very useful and fulfilling life skill.



Caroline is a member of the Association of Foragers, www.foragers-association.org.uk, an international organisation set up to promote and support the sustainable use of wild foods for food and medicine. Members abide by principles which respect all species and habitats, and promote sustainable practices and ecological stewardship. Through teaching, members aim to encourage the re-wilding of people so we once again become ‘a part of nature’ as opposed to ‘apart from nature.’



03.



04.

My top tips:

- Start with some simple easily identifiable plants such as nettles, wild garlic and elderflowers.
- Seaweeds can be a good place to start your foraging adventure because all seaweeds growing on the seashore are edible (there are 3 deep water species that aren't, but these won't be attached to rocks on the beach).
- Only take the 4 Fs (fruits, flowers, foliage and fungi). It's illegal to uproot wild plants so stick to cutting a few leaves.
- Use scissors when cutting leaves as this is kinder to the plant and you won't be in danger of uprooting it by accident.
- Only take enough for your meal and make sure you leave at least 60% of each plant so that it can continue to grow.
- If there aren't many don't take any; leave it for other people's enjoyment and for wildlife.
- Only take common things where you aren't going to have any impact on the species.
- Don't take any chances with plants you aren't sure about as this can be fatal. It is vital you have a 100% positive identification before you eat it. Check and check again!
- Look for wild food on public footpaths but try to pick high up or further back in the hedge to avoid doggy areas.
- Avoid foraging along busy roads as exhaust fumes can laden roadside plants with heavy metals.
- Make sure that you know how fields are managed before you forage around field edges to avoid pesticides and herbicides.
- If foraging in rivers or coastal areas, find out what you can about the water quality from the Environment Agency website and your local water authority. You should avoid polluted streams and sewage outfalls.
- Be careful with waterside plants as these can be infected with liver fluke (e.g watercress which should be cooked to kill any potential liver fluke).
- Be aware that slow flowing and stagnant water bodies and canals can be the source of a potentially fatal bacterial infection called Weil's disease or leptospirosis. The bacteria are carried in rat urine and can enter the body through cuts or abrasions or through swallowing the water. This is rare but is still a possible problem on inland waterways.





HOW TO LIVE THE GOOD LIFE

*with Trill Farm Garden*ASHLEY WHEELER
& KATE NORMAN*Photography by Ali Green*

Ashley Wheeler and Kate Norman know a thing or two about living life on the veg. They've been running Trill Farm Garden since 2010 and with help from their team of seasonal workers and trainees, they produce around three tonnes of salad a year. We caught up with the green-fingered pair to get their top tips for growing delicious veggies at home...

There's an abundance of fruit and veg in the natural larder during British summer time. From all the fruiting veg like tomatoes, courgettes, peppers, aubergines, cucumbers, beans, and peas to fresh bunched roots like beets and carrots. There are also leafy greens like chard, kale, agretti (if you are lucky enough to be able to

get hold of it) and perpetual spinach. Spring onions continue to grow into early summer and then you've got fresh shallots to look forward to in mid-summer, and fresh/wet garlic. Summer salad leaves come in the form of lettuce, endive, summer purslane, goosefoot, burnet, buckshorn plantain and summer herbs like parsley, basil and maybe dill and coriander. Then going into late summer, sweetcorn and squash start ripening.

You don't need a big garden to grow vegetables at home. Even having a couple of pots or containers will allow you to try a few little things, like tomato or chilli plants. You can also cultivate quick-growing salad leaves. These are particularly easy to maintain, as you can pick a few outer leaves off and they'll keep growing.

A garden trowel is all the equipment you really need to get started. If your garden is big enough then a wheelbarrow is also handy for moving compost around. A greenhouse is a real luxury but a worthwhile investment if you have the space and time to commit to your gardening. They're the perfect way to start your seedlings off and for growing summer fruiting veg like tomatoes.

If you're a complete novice, start simple. Try some salad leaves or grow something that you like rather than trying to produce as much as possible. Make sure you grow things at the time of year that they want to grow – don't try and grow rocket in the summer for example, as it will just go to flower and get ravaged by flea beetle. Instead, sow it very early spring or late summer/early autumn.

A simple windowsill can be just as fruitful as a garden. Ideally, you'll want to choose a south facing windowsill, so you'll have plenty of natural light. At the least, you should be able to grow a few herbs, such as chives or parsley. If you end up buying a pot from the supermarket, they often have loads of seeds sown in them, so you can thin them out and make a few pots worth out of the one.

May and June are when the first of the early summer crops start to grow, like broad beans and peas. There is a great broad bean tart recipe that we usually make just once or twice a year when the beans are ready. The key is to add parmesan to the pastry and fill it with a broad bean pesto (broad beans, fresh garlic, more parmesan, lemon juice, mint and olive oil).

If you want to preserve your vegetables for future use we make a great fermented French bean recipe. You just pack green beans into jars, then make a brine and cover the beans with the brine, adding a few mustard seeds, pepper corns, chilli flakes, coriander seeds and garlic. Cover with a muslin and leave to ferment for a couple of weeks. A similar thing can be done with small cucumbers or gherkins, adding a few grape leaves if you can find some to keep the gherkins crunchy, and maybe a bit of dill.

To find out more about Trill Farm Garden, or to check out their veg box scheme, head to www.trillfarmgarden.co.uk





Photo by Ali Green. Cocktails from Tinkture

DRINKS

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Photo by Ross Talling

LYNDSEY APPLETON

Negroni Rosa

Serves 1

25ml of Rose Gin by
Tinkture

25ml Quaglia Berto
Bitter

25ml Quaglia Berto
Vermouth Bianco

Lots of ice

1. Pour all the ingredients into a mixing glass and stir with ice.
2. Strain and serve over more ice in a short tumbler glass.

For a Negroni that looks and feels extra special, why not serve it over homemade rose petal ice cubes?





DAN FELLOWS

Dan Fellows is the first and only ever double World Coffee in Good Spirits Champion, winning the 2018 World Championship in Belo Horizonte, Brazil before retaining in 2019 in Berlin. Prior to this, Dan was the 2016 UK Barista Champion. He is a coffee and cocktail consultant, travelling the world delivering seminars, masterclasses and pop-up bars. His travels have taken him to all corners of the globe, sharing his story with baristas, bartenders and enthusiasts alike.

Growing up in Cornwall, Dan developed his skills at places such as The Hub, Porthminster Beach Cafe and Origin Coffee, before moving to York to study BA Management. He now lives in London with his fiancée, Emma and the couple recently welcomed their first child, Ezra.

This is a version of Dan's world championship winning drink from 2019; an Irish Coffee inspired by the flavour of Sticky Toffee Pudding.

It is best with a rich, vanilla-forward whisky and a full-flavoured, chocolatey coffee, but will also work with a range of barrel-aged spirits and different coffees and sweeteners. Pedro Ximenez is a sweet sherry with flavours of raisin and date, and this combines with the other ingredients to deliver flavours of vanilla cream, butterscotch sauce and, of course, sticky toffee pudding!





Photo by Daniel O'Regan

DAN FELLOWS

Sticky Toffee Irish Coffee Cocktail

Serves 1

20ml whisky
20ml Pedro Ximenez
10ml salted muscovado sugar
syrup
Strong filter coffee
Organic double cream

1. Prepare salted muscovado sugar syrup by dissolving 1g Cornish sea salt in 100ml boiling water. Once dissolved, add 100g muscovado sugar (or brown sugar) and stir until combined.
2. Brew coffee with 15g coffee and 180ml almost boiling water. Aim for brew time of around 3 mins.
3. Add whisky, Pedro Ximenez, salted muscovado sugar syrup and hot coffee to pre-heated glass and stir to mix.
4. Shake organic double cream until lightly thickened but still pourable.
5. Pour cream over spoon to float on top of drink.
6. Do not stir! Enjoy hot boozy coffee through cold cream.





TINKTURE

Penzance, Cornwall

HANNAH LAMIROY

Hannah Lamiroy is a woman who very much lives by her mantra of 'I can and I will!'. With a career that has included food blogging, freelance recipe development and designing capsule clothing collections, Hannah created her Cornish Rose Gin as something of a happy accident.

Tinkture was inspired by Hannah's memories of a childhood spent in beautiful gardens with her Mum and her Grandmother, Tink. Still a keen gardener, she describes Tink as a force and an inspiration - a truly modern woman who instilled a can-do attitude in Hannah and fostered her passion for growing.

The flavour profile for Tinkture's Cornish Rose Gin was created by chance, when Hannah was dabbling with different distillation methods and ingredients for another project. Struck by the subtlety of fresh roses from her garden - and the warmth of the gin - she concluded the concoction was too good to ignore.

Making up the rest of the Tinkture team is Hannah's husband, Sam, and Shaun Bebbington, the master distiller behind Caspyn Gin. The gin is made at Shaun's distillery in Penzance using David Austin Roses grown by Jan at Maddocks Farm Organics, and all the botanicals are certified organic to ensure the spirit is as clean as possible.

Tinkture Gin can be enjoyed as is or with tonic, when it changes from golden amber to a pink hue.





Photo by Ali Green

HANNAH LAMIROY

Rose Tom Collins

Serves 1

A good glug (about 50ml)
of Rose Gin by Tinkture

75ml fresh lemon cordial

100ml soda / sparkling water

Lots of ice

A lemon twirl to garnish and a
rose petal for added beauty



For more cocktails using Tinkture's
Rose Gin visit [click here](#).

1. First up lots of ice. Then add the sparkling
water and lemon cordial (fresh lemon with sugar
syrup) and mix.

2. Gently pour Rose Gin on the top – do not stir
just yet – look closely as your golden Rose Gin
gently meets the lemon mix and starts turning
pink as it cascades down into the glass.

3. Enjoy your moment, then stir - adding your
chosen garnish and serve.

We have added measures to the ingredients as a
guide, but to get your Tom Collins just perfect you
need to trust your taste buds. Don't be afraid to
add more lemon, sugar, or Gin!





PENTIRE DRINKS & THE WRECKING COAST

TOM LITTEN

As a Brand Ambassador for South West drink producers, Tom Litten brings independent brands to the shelves of the region's best bars and restaurants.

His interest in spirits was born in the cocktail bars of Cornwall, where he later honed his drinks knowledge as the manager of North Coast Wine Company, Bude. Tom then spent the 'gin boom' fronting sales for one of the region's most recognizable gins, and now runs his own business working with a selection of drinks brands he loves. For his feature, Tom has chosen simple cocktails featuring two of his favourite Cornish producers.

'Cornish Lemonade' is an easy serve to recreate at home, made with The Wrecking Coast Distillery's unique Clotted Cream Gin. Tom says, *"It's hard to think of a more Cornish ingredient than clotted cream, but don't expect some kind of Juniper-driven Baileys. The flavours in this gin are dominated by citrus with floral and spice, and clotted cream lends a unique texture to the drink"*.

His other two recipes are both contemporary twists on the traditional sour. The theory behind the sour is simple; it's a mix of spirit, acidity and sweetness. You can see this theory in many classic cocktails; such as the Margarita, Cosmopolitan, Sidecar and Daiquiri. For a non-alcoholic version, Tom uses Pentire 'Adrift'. This 'spirit' celebrates the unique plant life growing on the Cornish coastline, and is full of grassy, crisp and fresh flavours.



Non-Alcoholic Pentire Sour

Serves 1

60ml Pentire 'Adrift'
20ml fresh lemon juice
1 tsp granulated sugar
1 egg white
1 bay leaf

No cocktail shaker?

If you're getting into making drinks at home then it's definitely worth investing in a cocktail shaker - they're inexpensive and widely available online. Don't worry if you find yourself shaker-less though, a sterilised mason jar or kilner jar will work instead. Just make sure you screw the lid on tightly!

Pentire 'Adrift' is great served with tonic and a sprig of rosemary in the G&T style, but it can also be used to create a really simple 'Sour' cocktail.

1. Add Pentire 'Adrift', lemon juice and sugar to a cocktail shaker filled with ice.
2. Give it a good shake – you'll know when it's done as the shaker will feel cold in your hand.
3. Strain out the ice and add a white from an egg to the shaker.
4. Give it a second shake to foam up the egg white.
5. Pour into a short glass and garnish with a bay leaf.



Photo by Ali Green





Photo by Ali Green

TOM LITTEN

Whiskey Sour

Serves 1

50ml whiskey
25ml fresh lemon juice
1 tsp granulated sugar
1 egg white
2 dashes of Angostura bitters,
optional
An orange slice, to garnish

No cocktail shaker?

If you're getting into making drinks at home then it's definitely worth investing in a cocktail shaker - they're inexpensive and widely available online. Don't worry if you find yourself shaker-less though, a sterilised mason jar or kilner jar will work instead. Just make sure you screw the lid on tightly!

If you're in the mood for something alcoholic, this recipe will work with any spirit, but we recommend giving it a try with a decent bourbon whiskey.

1. Add whiskey, lemon juice, bitters and sugar to a cocktail shaker filled with ice.
2. Give it a good shake – you'll know when it's done as the shaker will feel cold in your hand.
3. Strain out the ice and add the white from 1 egg to the shaker.
4. Give it a second shake to foam up the egg white.
5. Pour the cocktail into a short glass and garnish with a slice of orange.



TOM LITTEN

Cornish Lemonade

Serves 1

50ml The Wrecking Coast
Clotted Cream Gin

50ml cranberry juice

100ml lemonade

1 lemon twist, to garnish

1. Combine all three ingredients in a tall glass
over ice.

2. Stir and garnish with a twist of lemon.



Photo by Ali Green





CIDER PAIRINGS

Co-Founder of Crafty Nectar

JAMES WADDINGTON & JAMES FINCH



What's the drink of choice in the South West? Cider of course! The West Country elixir is rooted deep in the landscape and culture of both Devon and Cornwall. For many locals it is not just a drink, it has a sense of time, place and space. Many of you reading this may have your own memories and links to cider in the South West - holidays visiting the beautiful coastlines, exploring the lush rolling hills and perhaps having your first taste of proper 'Scrumpy'.

However, there is so much more to cider from the region than the stereotypical image of a growler filled at the farm gate. In fact, the type of cider that characterises this region is 'West Country' style (a style named after the area), which is made from a majority of bittersweet and bittersharp cider apples. These produce big bold tannic notes and bring huge depths of flavour and complexity from funky to spicy.



Despite the long history and heritage, Cornwall and especially Devon, are regarded as two of the UKs 'fallen cider giants', with both having lost around 90% of their orchards in the last century. However, all is not lost. There is an orchard revival and a mini cider revolution happening, nurturing and restoring forgotten orchards to their former glory. There are a number of small scale and highly passionate artisan producers who are all expressing the apple varieties in their purest form. Wild fermented, bottle conditioned and champagne method ciders

in exquisite 750ml bottles. This skillful endeavour and craftsmanship is resulting in cider sitting alongside fine wine on the menus of Michelin starred restaurants around the country.

What drink do you go for to match with food? Wine, right? Well, think again... wine may be the king of food pairing, but cider is fast becoming the heir to the throne. Cider's unique versatility and the huge range of apple varieties and styles on offer make it perfect to pair with your meal.

Photography by Faydit Photography





STYLE: WEST COUNTRY CIDER

Recommend Pairing: These ciders are full of tannin, with deep fragrant notes that create a beautiful accompaniment to lean red meat. Try pairing with a grass-fed beef steak or a rich pork and tomato ragu.

Recommendations:

- Wallen Down Farm - Cosdon Gold (6.5% abv) is a very dry cider with a really fruity nose. Made at the foothills of Dartmoor, it is bottle conditioned for a light sparkle.
- Secret Orchard Exmoor Mellow (5.5%) is a smooth, easy drinking cider made from West Country cider apple varieties grown in unsprayed traditional orchards. They use small batches and slow fermentation, capturing the essence of the style; caramelised apple, delicate honey and spicy notes that remind you of summer days gone by.

STYLE: 'METHODE TRADITIONELLE'

Recommend Pairing: These ciders have been lovingly crafted over significant time using the champagne method to make truly inspiring sparkling drinks which will cut through rich, fatty, salty and spicy foods. Think confit duck, pan fried sardines or a lentil dahl.

Recommendations:

- Find & Foster - Zero 8% abv (Method Traditionelle 2017) is well balanced and bone dry. There's not many bottles left so search it out if you can or you'll have to wait for their next release.
- Bollhayes - 2013 vintage (7.6% abv) is light, crisp and dry, with a profusion of fine bubbles that lift this aged cider to give a long satisfying lemony finish.

STYLE: FRUIT & FLAVOURED CIDER

Recommend Pairing: Fruit ciders pair fantastically with rich foods such as roast lamb; think sweet currents mixed with that rich gravy. Flavoured ciders, like botanicals and elderflower, go well with cheeses and antipasti.

Recommendations:

- Hunts - Pixie Juice (3.8% abv) is a mix of Devon cider with blackcurrant, a combination that probably goes back to the dawn of time. Ripe fruity currant flavours mixed with crisp fresh apple.
- Polgoon - Cornish Elderflower Cider (4% abv) is a refreshing and crisp cider with a light sparkle. Those well known floral aromas of elderflower pair magically with the dry west country apple flavours.

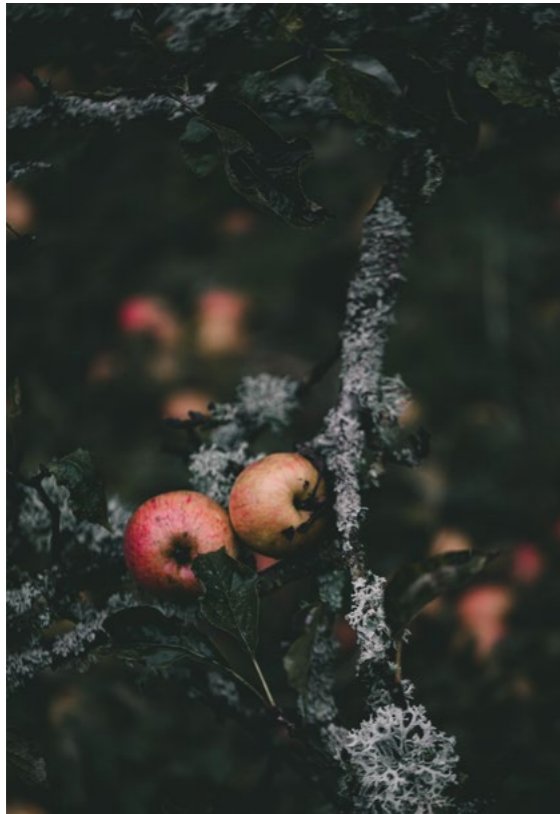
STYLE: KEEVED OR NATURALLY SWEET

Recommend Pairing: Traditional practices to retain some of the natural fruit sugars from the fermentation results in a drink of unrivalled delicacy and delight. These ciders pair perfectly with your dessert course, especially if there is sugar, butter and fruit. Think Tarte Tatin, Crème Brûlée or Panna Cotta.

Recommendations:

- Smith Hayne Cider - Vintage 2017 (4.5%) is a bottle-conditioned, naturally sparkling keeved cider. Made from a blend of gorgeous cider apple varieties in the Normandy style of cidermaking.
- Ridge & Furrow - Bottle Conditioned Sweet (4.5%) is a cider crafted through multiple rackings and bottled before the slow fermentation is complete. This captures the natural sugars in balance with tannin and acidity.





STYLE: CASK AGED CIDER

Recommend Pairing: Aging or maturing cider in oak barrels is a tradition going right back to the beginning. The tannins of the wood along with the previous liquid occupant (whiskey, rum, red wine, etc) impart a wondrous complexity to the cider over time. These drinks go well with fatty and salty foods - think roasted gammon, pork belly or grilled halloumi.

Recommendations:

- Sandford Orchards - The General (8.4% abv) is both powerful and complex with rich apple fruit, honey, vanilla and hints of malted barley.
- St Ives Cider - Coopers (5.5% abv) is a Scottish oak whiskey barrel matured farmhouse cider which is extremely full, rounded and complex.



STYLE: ICE CIDER

Recommend Pairing: These drinks are the perfect start or finish to your meal. As an aperitif on their own the flavours will sing, but with a final course of cheese or chocolate you will have a match made in heaven.

Recommendations:

- Sandford Orchards - Ice Cider (15% abv) is a perfect example of this rich and complex elixir. Wonderfully floral bouquet on the nose, with a sumptuous sweet apple finish.
- Fowey Valley - Pommeau (20% abv) is not technically an ice cider as it's a blend of fresh apple juice with their distilled Eau de Vie, but the fresh rich sweetness and spirit strength is marvellously warming.





SWEET WINES FOR DESSERTS

Ellis Wharton Wines

CHARLES WHARTON



01.

Opening a bottle of dessert wine at home may feel indulgent, but if you've never done it you are really missing out! Charles Wharton is co-founder of Ellis Wharton Wines, an independent specialist wine merchant based in North Cornwall. He works with some of the region's top restaurants - helping to curate their lists and train staff - and has a fantastic selection of wines available to the public at his new store at Indian Queens, as well as online.

Here, Charles explains the joy of a perfectly-matched dessert wine, and gives an expert guide to selecting what to drink with your pudding of choice.

01. Photo by Matt Austin 02. & 03. Photo by Ali Green



02.



03.

Many people often pass on a dessert wine at the end of a meal and either keep drinking the wine they had with the rest of the meal, or they move on to drinking coffee. This is a missed opportunity in my humble opinion; you've spent a lot of time and effort creating a beautiful meal so why finish on the wrong note? Have your dessert and take your time. Savour the sweet treat and glass of some delicious nectar in front of you, linger and chat to those around or across the table - it really is the best way to end a good meal.

Selecting the right pairing is the difficult bit; not sweet enough and it is generally a vinous disaster. So how to figure out what wine to pick with dessert? There are three factors to consider: acidity (an acidic wine may pair best with a fruit dish, which also has natural acidity), intensity (the more intense the flavours of a dessert, the more intense the wine), and sweetness (a dessert wine should be sweeter than the dessert itself).

Then you need to break it down into three styles of desserts: **Custard & Vanilla**; **Fruit & Spice**; **Caramels & Chocolate**. In general, as the dessert gets darker in colour, so too does the wine.

Custard & Vanilla (Crème Brulee, Lemon Posset). With delicate, buttery and light flavours in these desserts, you're looking for Late Harvest Riesling, Demi-Sec Champagne, Moscato or Asti Spumante.

Fruit & Spice (Plum & Stem Ginger Pudding, Treacle Tart). We're into the territory of apples, pears, cinnamon and dried fruit flavours now, so try Sauternes, Monbazillac, Tokaji, Late Harvest Gewürztraminer or Rose Champagne.

Caramels & Chocolate (Sticky Walnut Pudding). Dark, caramelised and rich flavours demand Banyuls, Tawny Port, Pedro Ximenez or Grappa.

If you are passing on the pudding but just fancy a glass of something sweet, then try a small glass of Eiswein (or Ice Wine) if you can find any. Made from grapes which have experienced freezing on the vine (which concentrates the flavour and sugars), this delicacy isn't cheap but it really is a delicious treat.

One simple rule though. ALWAYS make sure that your choice in dessert wine is sweeter than the actual dessert itself.





BEER PAIRINGS

The Driftwood Spars & Exe Valley Brewery

LOUISE TRESEDER & GUY SHEPPARD



The beer scene in Devon and Cornwall is vibrant and dynamic. There are well over 100 unique breweries across the region, all with their own approach and idiosyncrasies. From tiny brewpubs such as The Grampus Inn in Lee Bay, to the goliath that is St Austell Brewery, beer lovers are spoilt for choice when it comes to characterful local brews.

Historically beers from Devon and Cornwall were slightly darker, malty and sweeter than those from

other areas of the UK – possibly because the maritime climate was good for growing malt, but hops had to be imported from elsewhere. Contemporary tastes have changed all this, but a wide variety of styles are still produced in the region, from proper IPAs to traditional stouts and porters, as well as modern styles made with New World hops.

Devon and Cornwall are home to many traditional cask (real ale) breweries such as Barum in Barnstaple,

Exe Valley in Silverton, The Driftwood Spars in St Agnes and Skinner's Brewery in Truro. There are an increasing number of craft microbreweries such as Powderkeg near Exeter, Art Brew near Holsworthy, Verdant in Falmouth and Cornish Crown in Penzance.

With all this variety, the one thing that unites our beers is their innate character and sense of place; behind every good beer is the story of the people who made it and the place in which they crafted

it. Finally, brewing in the West Country is also united by a strong sense of community, with expertise and ingredients often exchanged between breweries and brewers.

Interest in matching beer with food has been steadily growing for many years now, and the huge versatility of beer as a partner for food is better understood than ever before. We've compiled a basic guide focusing on the main styles of beer to get you started with food pairing at home.

Photography by Nick Hook at Skinner's Brewery





STYLE: LAGER & BLONDE BEERS

Recommend Pairing: These are the lightest, most delicate styles and so work well with seafood – think crispy squid or fresh local crab – summer chicken dishes and salads. The rule is the lighter the dish, the lighter the lager or beer.

Recommendations:

- Powderkeg Brewery – World Tour II New Zealand (4.4%)
- Driftwood Spars Brewery – Forest Blond (4.3%)
- Penzance Brewing Company – SPA Gold (4.8%)
- Harbour Brewing – Lager (4.5%)

STYLE: IPAs

Recommend Pairing: IPAs (India Pale Ales) are intensely hoppy and have complex, citrus-heavy flavour profiles. They work well with aromatic Thai or Goan curries, Mexican tacos, and also oily fish dishes and burgers where they help to cleanse the palate after every bite.

Recommendations:

- Black Flag Brewery - Mosaic IPA (6.6%)
- Firebrand Brewery - Graffiti IPA (5%)
- Dartmoor Brewery - Dartmoor IPA (4%)
- Black Tor Brewery - New Zealand IPA (5%)

STYLE: TRADITIONAL BITTERS

Recommend Pairing: The full, rounded flavours of traditional English bitters can take on hearty meals like roast meats and stews, and they also work well with hard cheeses.

Recommendations:

- Skinner’s Brewery – Betty Stogs (4.0%)
- Treen’s Brewery – Classic (4.3%)
- Otter Brewery - Otter Head (5.8%)
- Summerskills Brewery - Westwood Ho! (4.1%)

STYLE: PORTERS, STOUTS & MILK STOUTS

Recommend Pairing: Porters, stouts and milk stouts work well with chocolate desserts (see Josh Eggleton’s pudding recipe) which bring out the notes of caramel and molasses in the beer. Oysters are classically paired with a Porter, whereas stouts work well with a variety of shellfish and are often paired with game, particularly venison.

Recommendations:

- Exe Valley Brewery – Darkest Devon (3.9%)
- Skinner’s Brewery – Penny Come Quick (4.5%)
- Driftwood Brewery - Bolsters Blood (5%)
- South Hams Brewery - Devon Porter (5%)



Resources

SHOP LOCAL

We've compiled a list of local retailers offering food and drink for sale online, so you can get your fix of the finest foodstuffs in the South West! However, there are so many wonderful producers out there and we can't possibly include them all. If you don't see one of your favourites listed below don't give up - contact them direct. We know many small businesses are going above and beyond to continue to serve their customers in any way they can.

SOFT DRINKS

HERON VALLEY DRINKS

Heron Valley make their drinks with raw ingredients taken straight from the family farm, and the full range is available online.

www.heronvalley.co.uk

SANDFORD ORCHARDS

Fresh fruit juices and sodas, plus free shipping for orders over £40 (and 20% off for first orders).

www.sandfordorchards.co.uk

BLOOMBERRY JUICE COMPANY

An online shop filled with fresh juices, in a range of vibrant, botanical flavours.

www.bloomberjuice.co.uk

SEA ARCH DRINKS

A non-alcoholic spirit brimming with sea botanicals, available for delivery straight to your door.

www.seaarchdrinks.com

CORNISH COUNTRY CORDIALS

Buy handmade fruit cordials and cider vinegars in small batches from this producer based in the Tamar Valley.

www.countrycordials.co.uk

PENTIRE

A non-alcoholic 'spirit' made from unique plants native to the Cornish coastline.

www.pentiredrinks.com

NAVAS DRINKS

Cornish drinks producer, Navas Drinks, produce a range of natural mixers, including tonic water, ginger ale, ginger beer and soda water.

www.navasdrinks.com

POLGOON VINEYARD & ORCHARD

Alongside Polgoon's innovative range of still and sparkling wines, you can buy delicious fruit juices and other non-alcoholic refreshment online.

www.polgoon.com

WINE

PEBBLEBED WINES

Pebblebed's full range of stunning English sparkling wines are all up for grabs via their online shop.

www.pebblebed.co.uk

PULLO

This Exeter-based shop has put all of its gorgeous natural wines up for sale online.

www.pullo.shop

SHARPHAM WINES

Sharpham have reduced the delivery fees for their huge range of English wine (and, while you're at it, you can grab some of their cheese too!)

www.sharpham.com

LYME BAY WINERY

A luxury Devon winery, with an extensive range of wines, cider, mead and fruit liqueurs, all available to buy online.

www.lymebaywinery.co.uk

MORRISH & BANHAM

Wine merchant with an extensive selection of well-chosen, great value and characterful wines from across the World.

www.morrishandbanham.com

GASM DRINKS

The range of quirky, bubbly Gasm (oo-er) drinks are all available for home delivery.

www.gasmdrinks.co.uk

BIN TWO

Independent wine merchant, champagne and coffee bar in Padstow, offering local and national delivery.

www.bintwo.com

CAMEL VALLEY

Producers of world-class wine, available to order online. Get a 10% discount on cases of 12 bottles or more, 5% discount for 6 bottles.

www.camelvalley.com

ELLIS WHARTON WINES

Independent wine merchant based at Indian Queens. Shop their extensive range of wines and spirits online.

www.ewwines.co.uk

SCARLET WINES

Scarlet Wines offer local delivering in and around St Ives. The full list can be viewed on the website, with orders over phone or email.

www.scarletwines.co.uk



TREVIBBAN MILL VINEYARD

Boutique winery producing a fabulous range of award-winning wines near Padstow, plus ciders from their beautiful apple orchard.

www.trevibbanmill.com

WILD WINE SCHOOL

Debbie Warner of the Wild Wine School teaches wine education with a focus on sustainable viticulture. During lockdown she has been offering free weekly wine tasting sessions.

www.wildwineschool.co.uk

EXPERIENCE WINE

This wine merchant is based near Lostwithiel and has a large range available to buy online.

www.experiencewine.co.uk

BEER & CIDER

CRAFTY NECTAR

Discover the best cider gifts and cider boxes from craft cider makers.

www.craftynectar.com

SANDFORD ORCHARDS

Delicious varieties providing a modern twist on Devon's cider making heritage - plus free shipping for orders over £40.

www.sandfordorchards.co.uk

SALCOMBE BREWERY

A range of award-winning beers up for grabs online and, as a bonus, these Salcombe-based innovators have just introduced free local home delivery.

www.salcombebrewery.com

HUNTER'S BREWERY

This family-run Devon microbrewery is selling its range of luxury ales online.

www.huntersbrewery.com

HANLONS BREWERY

This team of family brewers are selling their beer crates and kegs from their online shop.

www.hanlonsbrewery.com

SHARP'S BREWERY

Order everything from mini casks to bottles and cans from this popular local brewery.

www.sharpsbrewery.co.uk

ST AUSTELL BREWERY

Award-winning beer, wine, spirits and soft drinks online.

www.staustellbreweryshop.co.uk

CORNISH ORCHARDS

Buy cider and apple juice by the case.

www.cornishorchards.co.uk

HEALEY'S CYDER

Cornish cider, delivered across the UK.

www.healeyscyder.co.uk

FIREBRAND BREWING CO.

Multi award-winning brewery selling craft beers from their website.

www.firebrandbrewing.co.uk

HARBOUR BREWING CO.

Buy Harbour Brewing's IPAs, Bitters and Lagers online.

www.harbourbrewing.com

SKINNER'S BREWERY

Award-winning Cornish brews available to buy online.

www.skinnersbrewery.co.uk

THE DRIFTWOOD SPARS BREWERY

Small-batch brews, crafted in Trevaunance Cove and available via the website.

www.driftwoodsparsbrewery.com

COFFEE

FOUNDATION COFFEE ROASTERS

Single origin beans, responsibly sourced and ready to enjoy at home.

www.foundationroasters.co.uk

EXE COFFEE ROASTERS

EXE have just introduced free shipping on all orders of their premium, speciality coffee beans.

www.execoffeeroasters.co.uk

ROASTWORKS

Selling speciality roasts (including the 'Self-isolation filter pack') and their 100% recyclable Nespresso coffee pods online.

www.roastworks.co.uk

CRANKHOUSE COFFEE

This artisan micro-roastery is selling its global range of beans online, available for delivery straight to your door.

www.crankhousecoffee.co.uk

THE DEVON COFFEE COMPANY

Selling freshly roasted beans, home brewing equipment and luxe tea infusions, all from their web shop.

www.devoncoffeecompany.com



VOYAGER COFFEE

Amp up your next home office brew, with these super-ethical beans in 100% compostable packaging.

www.voyagercoffee.co.uk

OLFACTORY COFFEE

This Penryn coffee roastery sells their products online, along with their own coffee subscription service and coffee-related gadgets.

www.olfactorycoffee.co.uk

ORIGIN COFFEE

Origin Coffee Roasters sell their full range online, including espresso, filter and decaf coffee.

www.origincoffee.co.uk

RISING GROUND COFFEE

Buy Rising Ground's coffee online alongside a range of coffee paraphernalia.

www.risingground.coffee

TREGOTHNAN

Buy Tregothnan's English and herbal teas online, along with honey, preserves and giftware.

www.tregothnan.co.uk

YALLAH COFFEE ROASTERS

Beautifully roasted coffee to enjoy at home.

www.yallahcoffee.co.uk

READY MEALS

CLIVE'S PIES

Waitrose, Holland & Barrett and Morrisons are all stocking these scrummy, Devon-made plant-based pies.

www.clivespies.com

CHUNK OF DEVON

Order in a home delivery of one of the 'essentials' boxes, brimming with divine pasties, pies and veggie varieties.

www.chunkofdevon.co.uk

DRAGONFLY FOODS

Meeting all of your free-from foodie needs, by covering all bases from bubble and squeak to marinated tofu.

www.dragonflyfoods.com

ROD AND BEN'S

Selling fresh, wholesome and proper tasty soups, and a great range of chunky organic dips - with free shipping on orders above £23.

www.rodandbens.myshopify.com

FEE'S FOOD

Fee's Food is offering home delivery of their ready meals and puddings for customers within 20 miles of Rock, Cornwall. They also supply essentials including fruit, vegetables, milk and baked goods.

www.feesfood.co.uk

PHILLEIGH WAY COOKERY SCHOOL

Get pre-cooked meals or meal boxes (including recipe cards and portioned ingredients) delivered to your home.

www.philleighway.co.uk

DAVIES CATERING

Order freshly cooked meals to your door, served hot or cold.

www.daviescateringcornwall.com

DAAKU

This exceptional Indian restaurant in Penryn is offering a takeaway service at weekends. Keep an eye on their social media feeds for weekly menus.

[Daaku on Facebook](#)

APPLETONS

Fancy getting Andy Appleton to knock you up a fresh pasta super? You're on! Check out their website for info and the latest options.

www.appletonsrestaurant.com

BAKED GOODS

THE EXPLODING BAKERY

The most indulgent of online shops, filled with whole slabs of cakes and bakes (including the cake care package) available for home delivery.

www.explodingbakery.com

DARTMOOR BAKERY

Order in handmade freshly baked bread from this family bakery based on Dartmoor.

www.dartmoorbakery.co.uk

ANN'S PASTIES

Ann's Pasties can be posted nationwide (mainland Britain) and ordered in boxes of 5, 10 or 20.

www.annspasties.co.uk

BAKER TOM'S BREAD

Throughout lockdown Baker Tom's mobile bread van has been serving small communities with freshly baked goodies. To find out where they'll be next, visit their website.

www.bakertom.co.uk

PRIMA BAKERIES

Get your pasty fix with Prima's 'pasties by post service' and check out their range of Cornish hampers.

www.primabakeries.co.uk



LAWRANCES, TRURO

If you live within 3 miles of Truro, you now order a mixed box of 9 delicious gluten-free cakes.

www.lawrances.co.uk

DA BARA BAKERY

Artisan bread and sweet treats (including THOSE cinnamon buns!) available to order online

www.dabara.co.uk

DAIRY & MEAT

RODDA'S

Cornish Clotted Cream by post; what could be better!

www.rodidas.co.uk

DARTS FARM

The Darts Farm butchers are selling their range of locally-reared meat in a variety of selection boxes and joints, perfect for family roasts.

www.dartsfarm.co.uk

QUICKE'S

Quicke's have been making clothbound cheese for five generations. As an added bonus this superb cheese comes with free delivery (on all orders over £25).

www.quickes.co.uk

VEYSEYS BUTCHERS

Grass-fed meat and gourmet joints are all available on the online shop. Plus, this well-established family butchers is offering free local delivery too.

www.veyseysbutchers.co.uk

NANCARROW FARM

This idyllic organic farm on the edge of Truro would normally be busy with weddings and events. Instead you can get your hands on a variety of their superb produce online.

www.nancarrowfarm.co.uk

PIPERS FARM

Super sustainable, ethical meat available for home delivery (plus an amazing range of cheese, breads, booze and pantry staples).

www.pipersfarm.com

LYNHER DAIRIES

Buy Lynher Dairies' award-winning cheeses online, including their popular Cornish Yarg variety.

www.lynherdairies.co.uk

BRIAN ETHERINGTON MEATS

Order meat boxes, dairy produce and veg boxes for home delivery.

www.etherington-meats.co.uk

WEST COUNTRY PREMIUM VENISON

Order meat boxes for home delivery containing a selection of cuts from farmed venison.

www.westcountrypremiumvenison.co.uk

PRIMROSE HERD

Get all your finest pork products online, from sausages to belly pork.

www.primroseherd.co.uk

CORNISH GOUDA

Where would we be without a fridge full of Cornish Gouda?! Now available to buy online.

www.cornishgouda.co.uk

DUCHY CHARCUTERIE

Multi award-winning charcuterie made with love and care by Marc Dennis. Email for products and price list or contact Marc on social media.

www.duchycharcuterie.co.uk

FISH & SEAFOOD

FISH TO YOUR DOOR INITIATIVE brings together fish merchants and customers across the country to support our fishermen through the Coronavirus crisis. A directory of fish merchants and fishermen to help consumers source fresh fish and shellfish direct.

CALL4FISH

This new fishing directory service lets you know which businesses are offering home delivery

www.call4fish.com

EBB TIDES

These producers of dried seaweed - the perfect booster to any fish dish - are now offering free shipping on all orders over £20.

www.ebbtides.co.uk

DAVID WALKER & SON

Providing home deliveries of quality fresh fish, across the UK.

www.davidwalkerandson.com

GREENDALE

Local, seasonal seafood caught by Greendale's own fishing fleet. Check out their great range of seafood selection boxes.

www.greendale.com/seafood



HAMILTON'S FISH

A fantastic haul of speciality fish, available fresh, smoked (in their own smokehouse) and frozen.

www.hamiltonsfish.co.uk

FAVIS OF SALCOMBE

Fresh lobster and crab, available to buy online. The website even has their own collection of recipes for you to try.

www.favis-os.com

FISH FOR THOUGHT

Ordinarily, these fish suppliers deliver to UK's restaurants, but you can order super-fresh fish directly to your door on their website.

www.fishforthought.co.uk

FOWEY SHELLFISH CO.

Buy lobster, scallops and organic live rope-grown mussels for home delivery.

www.instagram.com/foweyshellfishco

THE CORNISH FISHMONGER

If you live in Cornwall, you can order delicious, fresh seafood boxes for delivery within 24 hours.

www.thecornishfishmonger.co.uk

SOUTH COAST FISHERIES

Regularly check their Facebook page to find out what the catch of the day is and get next day home delivery throughout Cornwall.

www.facebook.com/Southcoastfisheries/

VEGGIES & FOOD BOX SCHEMES

RIVERFORD ORGANICS

Just about everything you could need during lockdown – organic fruit, veg, meat, eggs, bread and milk – all available in handy boxes.

www.riverford.co.uk

VEG IN A BOX

A variety of bulky boxes brimming with all kinds of different fruits and veg.

www.veg-inabox.com

SOUTH DEVON CHILLI FARM

An online shop providing you with chillies either fresh or dried, or in the form of sauces, seeds, powders and chocolate.

www.southdevonchillifarm.co.uk

FOREST FUNGI

A family business selling specialist foraged mushrooms, perfect for adding a gourmet touch to your home cooking.

www.forestfungi.co.uk

DEVON FRESH

Order a basket of delicious fresh fruit and veg bundles, straight to your door.

www.devonfresh.com

THE CORNISH MUSHROOM COMPANY

These cultivated mushrooms using organic methods are a big hit with chefs. Fresh and dried assortments available to buy online, plus 'grow your own' kits.

www.cornishmushroomcompany.co.uk

DART'S FARM

Luxury hampers, ready meals and 'meal solution' boxes; grab the lot from the Dart's website.

www.dartsfarm.co.uk

EVERSFIELD ORGANIC

Top up your fridge, larder and store cupboards all in one go, at this ethical online farm shop.

www.eversfieldorganic.co.uk

THE CORNISH FOOD BOX COMPANY

A one-stop-shop for Cornish produce, including fruit and veg, dairy, meat and fish.

www.thecornishfoodboxcompany.co.uk

FRUITBOX

This Cornish newcomer is offering plastic-free fruit and veg boxes.

www.fruitbox.com

WESTCOUNTRY FRUIT SALES

This Falmouth food shop is offering a new domestic delivery service, providing local fruit and veg to customers in Cornwall and Devon.

www.bulkbuygroceries.co.uk

THE REAL FOOD BOX

Wherever you live in Cornwall, you can order seasonal fruit and veg boxes, along with dairy, meat, fish and other groceries.

www.realfoodbox.co.uk

COOMBESHEAD FARM

Get your hands on one of Coombeshead Farm's 'provision boxes', containing a selection of larder essentials, along with organic pork products.

www.coombesheadfarm.co.uk

STRAWBERRY FIELDS FARMSHOP

Get homegrown and local produce, delivered within a 10-mile radius of Lifton or opt to click and collect from the store.

www.strawberryfieldsliftononline.co.uk

TAMAR FRESH

Fruit, salad and veg boxes available for home delivery.

www.tamarfresh.co.uk



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Max Wilson

Vegan

- 90. Gobhi Mussalam
Ben Martin & Jasmine Sharma

- 34. Aubergine Bademjan
Kate Attlee

- 20. Green Soup
Hugh Fearnley-Whittingstall

- 52. Celeriac Soup
- 54. Roasted Butternut Squash Salad
The Cornish Chef

- 128. Spiced Dhal Soup
Simon Stallard

- 162. Mushroom Toast
Charlotte Vincent

Treats

- 114. Scone
Rodda's Dairy

- 24. Carrot & Honey Cake
Hugh Fearnley-Whittingstall

- 166. Banana Drizzle Cake
Elly Wentworth

- 70. Raspberry & Almond Brownies
Chris Eden

- 56. Freda's Salted Peanut Butter Truffles
The Cornish Chef

- 40. Macaroons
Tom Browning-Young

Dessert

- 26. Plum & Stem Ginger Steamed Pudding
Gelf Anderson

- 132. BBQ Chocolate Banana
Sue Stoneman

- 74. Sticky Walnut Pudding
Josh Eggleton

- 94. Crème Brûlée
Matthew Mason

- 106. Treacle Tart
Ben Prior

- 120. Lemon Posset
Emily Scott

Drinks

186. Negroni Rosa
Lyndsey Appleton
190. Sticky Toffee Irish Coffee Cocktail
Dan Fellows
194. Rose Tom Collins
Hannah Lamiroy
198. Non-Alcoholic Pentire Sour
200. Whiskey Sour
202. Cornish Lemonade
Tom Litten
-

Articles

174. The Art of the Larder
Claire Thomson
178. Wild Food Foraging
Caroline Davey
182. How to Live the Good Life
Ashley Wheeler & Kate Norman
204. Cider Pairings
James Waddington & James Finch
210. Sweet Wines of Desserts
Charles Wharton
212. Beer Pairings
Louise Treseder & Guy Sheppard

Further Reading

Nathan Outlaw
**Nathan Outlaw's Everyday
Seafood**
Published in 2016 by Quadrille Publishing Ltd.

Simon Stallard
The Hidden Hut
Published in 2018 by HarperCollins.

Claire Thomson
The Art of the Larder
Published in 2017 by Quadrille Publishing Ltd.

Mick Smith -
**Porthminster Beach Café,
The Cookbook**
Published in 2013.

Michael Caines
Michael Caines at Home
Published in 2013 by Century.

Hugh Fearnley-Whittingstall
Much More Veg
Published in 2017 by Bloomsbury Publishing

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