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inside Anna Hedworth feels the burn // Dave Coulson's snow days // George Payne's fab frittata
Graham Sharp's spice is nice // Bouchon Bistrot's French fancies



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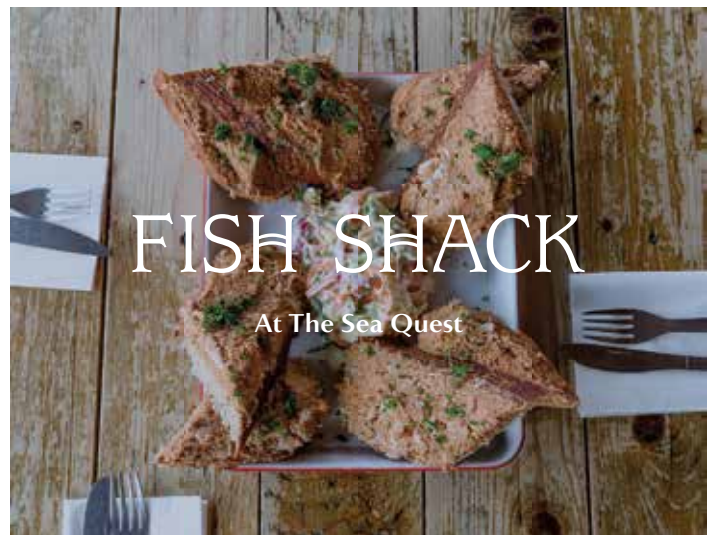
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Editor considers shock news from beyond the grave (possibly)...

Baffling news, dear reader, from the latest study in great British eating habits, which reveals that 34% of 4,500 people questioned claimed to be eating less than physically necessary to stay alive.

I might add that as the survey was not carried out by the Society for Psychical Research (and that is a thing), one can only assume that the 34% are either in denial, compulsive liars, or have simply failed to add up the total calorie content of six Big Macs.

Jack Winkler, emeritus professor of nutrition policy at London Metropolitan University, has declared that the findings reveal "the skeleton in the cupboard of nutrition". Meanwhile, there is talk of the Government issuing yet more guidelines to a population which simply eats too much and knows it perfectly well from the fact that they have to stop for a rest as they waddle to the crisp aisle.

My view on these matters is a simple one, as evidenced by my regular inspections of shopping trolleys in Tesco - offer people

food, much of it rubbish, in great quantities and they will generally eat it. I realise you would never consider studying the contents of another's trolley and judging them, but when was the last time you actually counted up a calorie?

I haven't done it since 1976 when they were all the rage. Yet in the years since, they have been replaced by increasingly confusing food fads which have left the once informative calorie to founder in the dietary wilderness.

Hence, no one can add up a calorie anymore, and according to the National Diet and Nutrition Survey, people think they are eating less than in the 1970s, when all we had was a handful of gravel for breakfast and a slice of tripe for tea.

A sorry tale indeed, and evidence of all sorts of societal ills, no doubt. Now then... will you have one more little wafer?

Jane Pikett, Editor



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We want to hear all about the food and drink you love in the North East, which means you can get fully involved in the region's leading dedicated food magazine.

If you like a place, we want to know about it, so tell us. Better still, take a picture and share it on social media, tagging @appetitemaguk.

appetite.

TICKLE YOUR TASTE BUDS...

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Be a fan!

And if you cook something you're proud of (or something you're not!) email us a photo or share it with us on social media and we might even put it in the magazine.

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FREE BOTTLE OF WINE AT THE SHIP INN

The Ship Inn, Wylam is offering **appetite** readers a free bottle of wine with every booking until April 30, 2018. Offer available Tues-Thurs only. Booking essential, quote 'appetite offer' when booking.
The Ship Inn, Main Road, Wylam, NE41 8AQ
tel 01661 854 538, www.theshipinnwylam.co.uk



PINK PROSECCO AFTERNOON TEA FOR TWO JUST £19 AT VALLUM

Vallum is offering **appetite** readers the chance to enjoy two pink prosecco afternoon teas for just £19 until April 30, 2018. Sample the best of Northumberland produce with sandwiches, scones, cakes and more served alongside a glass of pink bubbly.
Vallum Farm, Military Road, East Wallhouses, NE18 0LL
tel 01434 672 323, www.vallumfarm.co.uk

DINNER, BED AND BREAKFAST AT THE DUKE OF WELLINGTON

The Duke of Wellington, Newton is offering **appetite** readers dinner, bed and breakfast for £160 (normally £200) until April 30, 2018. The offer includes a three-course meal from the a la carte menu, a double or twin room, and breakfast. **The Duke of Wellington Inn, Newton, Stocksfield, NE43 7UL**
tel 01661 844 446, www.thedukeofwellingtoninn.co.uk

15% OFF AT THE COQUETVALE HOTEL

The Coquetvale Hotel, Rothbury is offering **appetite** readers a 15% discount on two of its upcoming events. Enjoy Mother's Day Afternoon Tea (Sunday March 11, 2-5pm) for just £12 per adult (normal price £14). You can also enjoy a three-course Easter Sunday lunch (Sunday April 1) for just £16.95 per adult, children half price (normal price £19.95). Offer available for dates as listed. Booking essential. Can be purchased as gift voucher.
The Coquetvale, Station Road, Rothbury, NE65 7QH
tel 01669 622 900, www.coquetvale.co.uk

*On production of this magazine or a print-out of the offer from www.appetitemag.co.uk



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IT'S A DATE!



HIC!

DATE: APRIL 6-7

Two of our favourite things in the world are coming together at Newcastle Civic Centre in April for the Prosecco and Gin Festival. There will be more than 40 gins to sample and pop-up bars open across both days. Tickets (£13.50) include fizz on arrival and a glass to take home.

www.proseccoandginfestival.co.uk

SUNDAYS ON THE QUAYSIDE

DATE: EVERY SUNDAY

It may be a bit colder down on Newcastle's Quayside at the moment but that won't stop us popping down to the Quayside Market most Sundays. Some of the region's best street food vendors are on-hand to warm things up, plus there's loads more arts, crafts and stalls to have a mooch around.

www.newcastle.gov.uk/business/newcastle-markets



SPRING AT THE LORD CREWE

DATE: THROUGHOUT MARCH AND APRIL

There's something for everyone coming up at The Lord Crewe Arms, Blanchland – including Stargazing in the Garden on March 9 (£30pp), a spring lamb Supper Club on March 22 (£45pp), and a visit from Sachins' Bob Arora on March 27 (£55pp). See the website for more events.

www.lordcrewearmsblanchland.co.uk



TOP BUN

DATE: MARCH 30-31

Battle of the Burger is back at Wylam Brewery for 2018. The weekend-long event promises top burgers and beer. The 10 burger specialists taking part will provide a 100g (patty weight) burger/slider for mass consideration - each priced at £3. There will also be fries, dessert, gin, and plenty of beer on offer. Free entry.

www.wylambrewery.co.uk

IRISH EYES

DATE: MARCH 17

Join the party in Newcastle's Times Square for St Patrick's Day with Guinness, beer, Six Nations rugby on the big screen, live music and more on offer throughout the day. There will also be traditional 'Ulster fry' breakfasts available.

www.paddyfest.co.uk



FULL MOON MARKET

DATE: MARCH 16

The monthly Full Moon Market returns to Durham with some of the finest street food chefs from across the North East setting up for a night in the historic Market Place. Open 4-9pm, there's live music too and entry is free.

www.durhammarkets.co.uk

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FEEDBACK

FEED...BACK

Send us your recipes, feedback and foodie news and you might pop up on this page. Fame at last! Email editor@appitemag.co.uk Twitter, Facebook and Instagram - [appitemaguk](https://www.facebook.com/appitemaguk), Facebook /[appitemaguk](https://www.facebook.com/appitemaguk)



BAKE OFF

Great work by the team at Ward Hadaway, who have battled it out in this year's Great Legal Bake while raising money for the Access to Justice Foundation.

Events across all three of Ward Hadaway's offices in Newcastle, Leeds and Manchester were organised by the firm's trainees, Molly Bell, Lauren Howe and Hollie Walsh, and were judged by Peace and Loaf's Dave Coulson.



LOCAL CHAMPIONS

Tyne Bank Brewery's American pale ale, Silver Dollar, is now available in 18 of the North East's Mitchells and Butlers outlets - including Miller & Carter in Newcastle and Sunderland, and throughout their North East Vintage Inns.

www.tynebankbrewery.co.uk



TOP SPOTS

The Rat Inn, Anick (14), The Broad Chare, Newcastle (18) and The Staith House, North Shields (24) have been named in The Estrella Damm Top 50 Gastropub Awards for 2018. The Sportsman, Kent topped the list while The Star Inn, York; The Black Swan, Oldstead and The Drunken Duck, Ambleside also made the list of the UK's best foodie pubs.

www.top50gastropubs.com



GOLDEN ATTRACTION

The Lakes Distillery has been awarded a Gold Accolade by VisitEngland, one of just 21 attractions in the country to receive the award. The distillery has also been busy creating a new liqueur - The Lakes Rhubarb & Rosehip Gin Liqueur - "a warming and sweet infusion which complements the fruity characteristic of The Lakes juniper-led classic gin."

www.lakesdistillery.com





PLASTIC-FREE

Well done to the teams at Longsands Fish Kitchen, Riley's Fish Shack, The View and Crusoe's in Tynemouth for backing the Plastic-Free Coastline campaign. The campaign, organised by Surfers Against Sewage, sees businesses pledge to ditch single-use plastic in favour of biodegradable alternatives. www.sas.org.uk



BIGGER IS BETTER

One of our favourite daytime stops, the Tea Barn, Pity Me, Co Durham has expanded to give us even more space to enjoy the fab speciality teas and coffees, cakes and scones, and lunches. The Garden nursery is still the perfect place to stretch your legs too. **The Tea Barn, Stank lane, Pity Me, Co Durham, DH1 5GZ** tel 0191 384 7122



TOP TWEETS!

Some of our favourite foodie tweets...



Mark (@Eagles_Fandango): First attempt at a Chowder - tried the @longsandsfish recipe from the recent @appetitemaguk



Porterhouse (@PorterhouseNcl): Half term treats - Rhubarb and Custard doughnuts. Seasonal doughnuts heading up to ours now from the team @21Newcastle



21 (@21Newcastle): Making chocolate flowers with Chocolate Master @sarahpatisier #Newcastle #NE1



Vallum Farm (@vallumfarm): Phew! Another busy weekend is over. The team is still smiling (well almost, Johnny doesn't smile for pictures) and ready to take on another great week here at Vallum. See you soon.



Mandy Holloway (@mandyholl29): We had a lovely trip to @RiverdaleHall this week. Warm welcome and great food. Even Gracie enjoyed her pint of Brooklyn #Bellingham #Northumberland

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FEEDBACK



APPRENTICES A HIT

Fascinating news from HIT Training, which provides apprenticeships to the pub and bar industry. The company says 76% of businesses report apprenticeships help to improve staff productivity as the presence of apprentices motivates everyone.

It's nice to see the hard-working younger folk in the industry being praised for all they do. In addition, HIT Training says 70% of apprentices stay with their employer after finishing their qualification. This means employers can spend more time focusing on us customers.



LET THEM EAT CAKE

Only in France would one find a 'recette' like this.

The French appear to consider themselves to be above an English cake, and this recipe is the nearest they get to it. This comes courtesy of our own Mme Higgs, formerly of this parish, who now resides in France and is our dear editor's friend and unpaid recipe writer and tester.

Should you be able to decipher this (and indeed be brave enough to try it, bearing in mind our photo has managed to crop the method, just to make it even make it more difficult) send us a photo!

TIME FOR TEA



We like nothing more than a warm and cosy tea room after a long walk on the coast, and the all new Melanie's Tea Room in Newbiggin-by-the-Sea ticks all the boxes. We found a traditional menu of cream teas and afternoon tea (booking essential) alongside plenty of tasty snacks and lunches – plus we loved the vintage look!

Melanie's Tea Room
Front Street, Newbiggin-by-the-Sea, NE64 6NJ
www.facebook.com/Melanies-Tea-Room-2089139004648670

VEG MASTERS

The masters of all things green and good for you at Riverford are hosting events in the coming weeks to showcase what you can do with their veg boxes. The two-hour, hands-on classes take place on April 26 in West Denton, and on May 2 at Quorum Business Park. To book your place see the website. www.riverford.co.uk/masterveg



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Photography: Bec Hughes of "House of Hues"



Jimmy Laffan and John Calton

EN-ROUTE

John and Kimberley Calton, and Jimmy Laffan - the team behind The Staith House - are setting up a new bistro in Newcastle.

Route promises casual dining with an unfussy seasonal British bistro menu and a good wine list. John says: "We're going for a slightly different concept, something a little bit more refined than the pub concept at Staith House. There will be a big focus on wines with some really interesting organic and bio-dynamic varieties, and we'll be using the same great ingredients from across the North East. We'll also have a cracking Sunday lunch on." We can't wait.

Route, Side, Newcastle, NE1 3JE, www.routenewcastle.co.uk



COUNTDOWN IS ON

Work is underway at Crafted Projects' latest venture, Pleased to Meet You Morpeth.

The Newcastle-based bar and restaurant operator, which runs venues including Lady Greys, Hop & Cleaver and Central Oven & Shaker is converting the Queens Head Hotel in Morpeth to include a boutique hotel and wedding venue. The menu will feature an ever-changing list of craft beers, international gins, world wines and cocktails alongside sharing plates and Martini lunches. The work is expected to be completed in autumn 2018. www.craftedprojects.co.uk

Home sweet home

Tom and Tim Monkhouse of Papa Ganoush have opened their first restaurant in Whitley Bay. The father and son team are serving up mezzes, Papa Ganoush classics like pork belly souvlaki, Shawarma chicken and lamb chops, plus veggie options like root vegetable kebabs and falafel.

Open Tues-Sat 5pm-10.30pm. **Papa Ganoush, Park View, Whitley Bay, NE26 3QX, tel 07895 158 796 or 07761 442 395, www.papaganoush.co.uk**



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VALLUM
THE PEOPLE'S HISTORY COLLECTION

BUTCHER

MINCE AND SWEET POTATO FRITTATA



Here's another recipe from George Payne Butchers in Brunton Park, Gosforth. This 40 minute supper or light lunch with beef mince, sweet potato and peppers cooked in a pan with beaten eggs will feed up to six with a fresh salad. It again comes courtesy of the national Butchers Q Guild, of which the shop remains a leading member. www.georgepaynebutchers.co.uk

SERVES 6

Ingredients

450g lean beef mince
2 tbsp olive oil
225g sweet, new or salad potatoes, peeled, thinly sliced, rinsed and dried
2 medium leeks, finely sliced
1 small yellow pepper, deseeded and finely diced
1-2 tsp cayenne pepper salt and freshly milled black pepper
2 tbsp freshly chopped chives or chervil
4 large eggs, beaten

Method

Heat the oil in a large shallow non-stick frying pan over a moderate heat and add the potatoes.

Cook for 10 mins until tender, turning occasionally. Remove and drain on absorbent kitchen paper. Remove any excess oil from the pan.

Heat the same pan until hot and cook the mince, leeks and yellow pepper for 5-7 mins until brown. Add the cayenne pepper, seasoning and chives or chervil. Stir and cook for a further 5 mins.

Carefully pour over the beaten eggs evenly and finish with the sliced potatoes, reduce the heat and cook for a further 5 mins until the egg is set.

Transfer the pan to a preheated grill and cook until lightly brown and the egg is set in the middle.

Cut into wedges and serve with a tomato and onion salad.



BUTCHER



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Local lad

John Lamond has taken up the role of head chef at The Plough on the Hill, Allerdean, in north Northumberland. Lamond, who grew up in nearby Ford, has taken charge at the gastropub following its £1.3m renovation by owners Robert Kingsley and Sarah Carmichael. He takes over from MasterChef: The Professionals 2016 winner Gary Maclean. John says: "Long-term I want to put Berwick on the food map."

**The Plough on the Hill
West Allerdean, Berwick-upon-Tweed, TD15 2TD
tel 01289 387 496, www.thekingsleycollection.co.uk**



DABBAWAL BIRTHDAYS

Birthdays call for a big treat and chef Mansingh and the team at Dabbawal gave us a night to remember in Jesmond recently. The streetfood - Bombay bombs, bhel puri, kebabs, calamari and ragda pattice - stole the show and a buzzing Monday night atmosphere made for a great night. www.dabbawal.com

NEW IN TOWN

Yorkshire-based feel-good food and drink company Filmore & Union has taken up residency on the first floor of John Lewis in Newcastle.

Open for breakfast, lunch and dinner, the new space is the company's largest restaurant yet and is serving up wellness-inspired juices, coffees, gluten-free cakes, breakfasts, salads and loads more.

Filmore & Union now has 16 restaurants and take out delis across Yorkshire and the North East - including in Newcastle's Central Station and in Jesmond.

**Filmore & Union, John Lewis, Eldon Square, Newcastle
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info@longsandsfishkitchen.com www.longsandsfishkitchen.com





PARLIAMENTARY APPROVAL

Kevin MacLean, head chef at The Rat Inn, Anick has been named Parliamentary Pub Chef of the Year at the House of Commons.

Kevin, who was nominated for the competition by Hexham MP Guy Opperman, said: "It's an honour to win. Hopefully the profile of this competition will keep rising and bring more chefs into the industry, which in turn will raise awareness of the great British pub and the good food we're serving."

The Rat Inn, Anick, Hexham
NE46 4LW, tel 01434 602 814
www.theratinn.com



HEALTHY APPETITE

Dining out and healthy don't always go together but we've found the best of both at Harissa Mediterranean Kitchen.

Aligned to the Newcastle-based social enterprise Food Nation, it specialises in Mediterranean and Middle Eastern inspired dishes - think chargrilled meats, tagines, mezze sharing platters, vegan dishes and salads. Don't worry though, you'll find white chocolate mousse and brownies on the dessert menu!

Harissa Mediterranean Kitchens
Starbeck Avenue, Newcastle
NE2 1RJ, tel 0191 261 5501
www.harissakitchen.co.uk



THE BIGGEST PARTY OF THE SUMMER

A new and bigger North East Chilli Fest is heading our way.

From July 13-15, the seventh annual celebration of food, music and entertainment will take over a new home at Meggies Burn Fields at South Beach in Blyth and have a new theme - The Festival by the Sea.

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www.chillifest-ne.co.uk

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Chef **Graham Sharp** of Longsands Fish Kitchen, Tynemouth, works within walking distance of North Shields Fish Quay, where he sources the best of the day's catch for his a la carte and takeaway menus. **Front Street, Tynemouth NE30 4DZ, tel 0191 272 855**
www.longsandsfishkitchen.com



PAN-FRIED MACKEREL, SPICED TOMATO CHUTNEY, CRUSTY SOURDOUGH

SERVES 4

Ingredients

For the chutney

2kg ripe plum tomatoes
4 tbsp vegetable oil
2 tsp black mustard seeds
2 tsp onion seeds
2 tsp fennel seeds
2 tsp cumin seeds
2 tsp coriander seeds
4 dried red Kashmiri chillies
1 onion, roughly chopped
300g golden caster sugar
1 litre white wine vinegar
salt, to taste

For the mackerel

8 fillets of mackerel
2 tbsp vegetable oil
2 knobs of butter
1 lemon, juice
1 loaf of sourdough

Method

For the chutney, cut the tomatoes into quarters and remove the cores. Heat the oil in a large pan then add the seeds and whole chillies. Cook

until the seeds start popping. Add the onion, sugar, vinegar and tomatoes. Bring to the boil, stirring until the sugar has dissolved. Cook for about 1 hour, then pick out the tomato skins. Season to taste and continue to cook for a further 30 mins.

Check if the chutney is ready by making a channel with a wooden spoon - if it doesn't fill with liquid the chutney is ready.

Remove the pan from the heat and leave to stand. Carefully pour into hot sterilised jars and seal. Allow to cool, label and store in a cool place.

For the mackerel, heat the oil in a frying pan. Season the mackerel with salt and add to the frying pan, skin side down. Cook for 2 mins skin side down then flip and add the butter then the lemon juice. Baste until golden brown and crisp.

Toast the sourdough. Add tomato chutney onto the toast and finish with the mackerel fillets.

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SPRING IS ON THE WAY!

Oh my goodness, we are hanging out for springtime...

I walked through Corbridge the other day and the crocuses were psychedelic against the dismal winter colours, the sun was out - the promise of spring and everything turning green is too much to bear!

We've been busy with weeding viewings recently - showing couples the barn and the Chef's Room just adds to the sense of anticipation.

We had our first wedding of 2018 in February and the sprouting broccoli and kale were stars of the show. We also had guests going crazy for North Acomb Farm's sous vide topside of beef. Robin Baty provides the very best beef and pork - and it's just four food miles away.

We really must get our carrot and radish seeds planted in the polytunnels - with winter slowly being put behind us and the temperatures rising a little I think it's worth a go. The nights are finally starting to feel ever so slightly longer, don't you think?

My favourite new place to eat was recommended by my

friend 'American' Mary. A veritable bloodhound when it comes to cool restaurants, she sent us to Chill Padi near St James' Park in Newcastle, and wow, it hit the spot. You bring your own booze and Mary recommended the Prawn Tiaw, which is basically a super king prawn in a doughnut batter (seriously!) with mayonnaise (seriously again!) which was fantastic. I had a beef dish (pictured) which appeared on the menu swamped by chilli symbols, and it was out of this world.

My other top pick is from the general store in Brighton Grove - Panir Food Store - opposite Persian Delight (another favourite). It looks like a butchers when you go in, but turn right and follow your nose to the back to try the potato, tomato and spinach bread, and the regular flatbreads. The Persian breads are making it onto some of our wedding menus this year.

I'm so looking forward to the sun, the smell of grass, and the yurt we have coming from Cloudhouses for Midsummer - I can smell that wood fire now!



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Vicky Moffitt and her husband Peter own Vallum, the food destination and wedding venue on Hadrian's Wall, eight miles west of Newcastle. Vallum Restaurant & Chef's Room and Vallum Tea Room serve the vegetables and herbs grown at the Kitchen Garden, and Vallum Shop sells some of its produce. The Shop, Tea Room, and Restaurant & Chef's Room are all located

just yards from the Kitchen Garden, where the team will all be pleased to see you, should you wish to drop by for a visit (and a day's gardening, should the fancy take you).

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



SIMPLY BRILLIANT

Simple, brilliant cooking can do a lot of things – including brighten the darkest and wettest of February evenings. Take this piece of fish cooking at The Staith House for example – a beautiful piece of North Sea cod with flakes as big as your palm served with puy lentils, Staithy ham and mustard leaf – unfussy yet fantastic.

The Staith House
 Low Lights, North Shields
 NE30 1HF, tel 0191 270 8441
www.thestaithhouse.co.uk



RECIPE FOR A HEALTHIER CITY

A Newcastle-wide food initiative has been launched to put the city on the path to a healthier future.

The Newcastle Good Food Plan aims to build a stronger, more sustainable and diverse nutritional culture for the city's 300,000 residents by developing a robust and healthier local food economy, as well as improving access to more wholesome ingredients.

Developed by the Food Newcastle Partnership in collaboration with Newcastle City Council and around 150 other key stakeholders, the initiative will be encouraging people to cook more meals for themselves, cut-back on waste, cultivate their own fresh produce, and support independent food retailers, farmers, and growers.
www.foodnewcastle.org/newcastle-good-food-plan



Fr Mark Strasser, Kathryn Nicholson, Christine Strathearn and Sean Fletcher

GOLDEN MOMENT

Nicholson Butchers in Whitley Bay has picked up three Gold Awards at The Smithfield Awards.

The Q Guild of Butchers event recognises some of the best butchers in the country. Nicholson picked up gold in three categories - for its Mexican chicken, Lincolnshire sausage and garlic and fennel porchetta. The team also collected silver for their steak and ale pies and black pudding and coriander sausage.

Nicholson Butchers, Park View
 Whitley Bay, NE26 3QN
 tel 0191 252 5250
www.nicholsonsbutchers.co.uk



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James Close

MEXICAN MOMENT

The two Michelin star Raby Hunt at Summerhouse is changing its menu to celebrate Mexican cuisine.

A pop-up lunch event will take place on Sunday March 18 with a 10-course Mexican taster menu prepared by owner James Close and Shaun Hurrell of Newcastle's Barrio Comida.

Tickets for the event – which are £100 each – are limited. To book, call the restaurant on 01325 374 237 or email enquiries@rabyhuntrestaurant.co.uk



Matei Baran

NEW SIGNING

MasterChef: The Professionals finalist Matei Baran has joined The Northumberland Arms, Felton as executive head chef.

Having impressed the judges in last year's competition, Romanian-born Matei will be working with the team at the historic coaching inn to build a modern British menu using the best local produce. He says: "I have been aware of The Northumberland Arms is often talked about and I'm inspired by the aesthetics of this historic building. I'm sure we can create a great partnership in this stunning Northumberland venue".

The Northumberland Arms, Felton, NE65 9EE, tel 01670 787 370, www.northumberlandarms-felton.co.uk



Mr Phil Empson (Baldwins), Richard and Dee Slade (owners of Battlesteads Hotel & Restaurant) and David Slane (HSBC)

GREEN FUTURE

One of our favourite places, Battlesteads Hotel & Restaurant in Wark is set to grow thanks to £1.25m in funding from HSBC.

The 2017 North East England Tourism Awards Hotel of the Year is looking to buy two properties in the village for staff accommodation to further its environmental commitment, having already been recognised as one of the greenest hotels in the country, and grow its management team.

Battlesteads Hotel & Restaurant, Wark, Hexham NE48 3LS, tel 01434 230 209 www.battlesteads.com

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YES, CHEF!



Dave Coulson, head chef and co-owner of the excellent Peace & Loaf in Newcastle, offers an insight into life in (and out) of the kitchen...

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www.peaceandloaf.co.uk**



SNOW DAYS

There's nothing like a snow day when you're a kid, or when you're an adult actually, and we've had two so far. It's great to get out with Thomas and enjoy it – though the MINI can't handle it so getting into work on the bus has been interesting.

In the restaurant, things are going really well. In my last column I talked about wild garlic and leeks, and while we did get a few in before the snow, it may be a while before we see them again.

Though we're still a little way from the height of spring, a lot of our produce is coming on really well. We're getting some beautiful wild sea bass in from Hodgson's in Hartlepool at the moment and it's fantastic served with salt-baked khol rabi, mussels and fennel.

I've always been one for developing how we do things and that goes right down to the little things, including my most recent challenge, changing how we do our bread.

Instead of the little white loaves we've done for a while,

there will be a lovely bit of sourdough at the beginning of the night served with our quality whipped butter. Then halfway through we'll be serving some incredible tiny cheeseburgers in brioche as an amuse bouche – something really different which I hope people won't be expecting but will love to see and eat.

The team are proving themselves week-in week-out and it's great to see young waiter Luke stepping up to a trainee supervisor. My junior sous chefs, Simon and Hugo, have also moved up to senior sous chefs in the last couple of weeks. They both have a lot of talent and in the last two years have proved they get what we do at Peace and Loaf, I can't wait to see them develop onto the next level.

With the snow falling outside the kitchen door again, I can't wait to head off to Benidorm for a cheesy family holiday. Laura and I have been watching the TV show non-stop since we booked the holiday and we're absolutely addicted. I can't wait to get out there and see some sunshine! See you soon.

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STARTERS



Michael Dufton (back row, left) with the 2016 Great Britain team

TAKING ON THE WORLD

Knitsley Farm Shop's Michael Dufton will be donning his Team GB apron again this year as he bids to win the World Butchers' Challenge.

Having competed on Australia's Gold Coast in 2016, Michael is back in the team for this year's event in Ireland. The teams from around the world, including Australia, New Zealand, the US and France, will be showcasing butchery skill, innovation and creativity at the event – which takes place at The Titanic Exhibition Centre, Belfast on March 21. You can follow the event on Facebook. Good luck!

www.facebook.com/www.britishbeefeaters.co.uk

www.knitsleyfarmshop.co.uk



FRENCH QUARTER

They say you should never come between a Frenchman and his lunch, or between a member of the **appetite** team and his/her lunch, and at The French Quarter in Newcastle long lunches and dinners are very much on the menu. Owned by Cedric Boc-ho and Catherine Metcalfe, this is home to French wine and bottled beers, small sharing dishes, cheese and charcuterie plates, and meals including escargots, moules, boeuf bourguignon, crème brulee and tarte tatin. Bon appetit!

French Quarter, Arch 6, Westgate Road, Newcastle, NE1 1SA
tel 0191 222 0156, www.frenchquarternewcastle.co.uk

New look

El Paso, a Mexican and Spanish-inspired bar and grill, is set to take over the former home of Scalini's in Jesmond. The new venue is part of a £5m development of the New Northumbria Hotel, which also includes the creation of 13 apartment suites, and a new wedding suite. The new restaurant is due to open in the coming weeks. **El Paso New Northumbria Hotel, Osborne Road, Jesmond, NE2 2AN, www.scalinisrestaurant.co.uk/jesmond/el-paso**



CLASSES
£65
 PER SESSION

THE TEAM

Rhian has won a number of national awards at The Feathers and trained hundreds of chefs – some of whom have gone on to lead their own kitchens and win awards of their own. A champion of local talent and local produce, Rhian's passion for good food and vast experience is at the heart of each session.

Pip Pedley, who has worked with Rhian at The Feathers for nine years, is an expert chef who shares Rhian's passion for cooking quality local ingredients, and for sharing their expert knowledge.

Phil Carr, a former fisherman, brings a wealth of expertise to the team with knowledge of fermenting, smoking, pickling and barbecuing. A restaurant and bar consultant with years of experience in front and back of house, Phil's knowledge seems to stretch to just about anything we can come up with.

Learn from the best

The Feathers Inn Cookery School

Rhian Cradock - the award-winning chef behind The Feathers Inn at Hedley-on-the-Hill, Northumberland - has teamed up with chef Pip Pedley and Phil Carr to launch The Feathers Cookery School.

The school, which hosts sessions at Ovingham Middle School, delivers speciality classes on key skills with some of the best in the business; meal preparation masterclasses to showcase your new-found talents in the kitchen; and lessons to build your skill level from novice to top home cook.

Each session is filled with expert knowledge, advice and tips to transfer restaurant skills to your own kitchen and the chance to learn while preparing your own dishes alongside the expert team. There is plenty of opportunity to ask questions and understand techniques, and get to grips with high quality home cooking at your own pace.

Subjects coming up in the next

few months range from showcasing the skills of bread-making and fish cooking through to fermentation and vegan dishes. Meal masterclasses will focus on the skills of preparing vegetarian dinners, simple suppers, dinner party showstoppers and themed classes including Mexican and Greek specialities.

Each class covers the basic training every good home cook needs. Teaching covers everything from the basic techniques of knife skills to soups and sauces; baking; meat; fish; vegetables; and desserts and pastry taking each cook from novice to accomplished home cook. Each session is also full of expert tricks and advice to take home and wow family and friends with.

Classes (per session) **£65**

Sessions take place on Monday and Tuesday evenings, 6.30pm-9pm.

COMING UP

SPECIALITY CLASSES

- March 12 – Ferment and pickle
- March 19 – Cheese, butter and yoghurt
- March 26 – Vegan
- May 21 - Fish and shellfish
- June 4&11 Sourdough masterclass (two-part class)
- June 18 Ultimate meat and poultry

MEAL CLASSES

- March 13 – Eat well, live well meals
- March 20 – Gluten-free meals
- March 27 - Italian meals
- May 22 – Greek mezze
- May 29 – Five dinner party dishes
- June 5 – Al fresco Mediterranean
- June 12 – Mexican
- June 19 - Cakes

For the latest information and a full calendar of classes go to

www.thefeathers.net/cookery-school

JUST THE TONIC

This month in the appetite kitchen, we have mostly been baking with (and drinking) gin. The results are sweet!

Gin, it seems to us, is much under-used in the kitchen. A good quality dry gin is a fine ingredient for cakes and puds, while a sweet sloe gin warmed with a little extra sugar makes for a syrupy glaze for cakes and fruit tarts.

All we've done here is take two familiar recipes and customise them with gin. You can do likewise with any favourite sweet recipes.

ORANGE GIN PAVLOVA

Ingredients

For the oranges

3 large oranges, segments
250ml gin
50g sugar
pinch salt
50ml water

For the pavlova

4 large egg whites
200g caster sugar
500ml double cream
50ml gin
mint leaves to garnish
sliced almonds to garnish

Method

Peel and pip the orange segments and put them in a shallow dish or Tupperware. Put the gin, sugar, salt, and water in a small pan and heat until the sugar dissolves. Pour the mixture over the oranges and leave to marinate for 1 hour (or up to a week).

For the pavlova, preheat oven to 130C/Gas 1. Using an electric whisk, whip the egg whites until they are white and frothy. Gradually add sugar, whisking well, until all the sugar is combined and the whites are stiff and glossy. Spoon onto a lined baking sheet, spread into a circle and build up the sides to create a well in the centre for the cream. Place on the middle shelf of the oven for 1 hour.

Leave to cool on the tray before carefully sliding onto a serving plate. Whip the cream with the gin and spread in the middle of the meringue, top with the marinated oranges, a few fresh mint leaves and a few sliced almonds.





DURHAM DISTILLERY HAS SOMETHING VERY EXCITING TO ANNOUNCE

In winter 2018, we are moving to a new distillery in the heart of Durham city - where alongside our award-winning gin and vodka we will also be producing the North East's first single malt whisky.

Founded by our owner Jon Chadwick in 2014 and born out of a passion for craft spirits inspired by America's East Coast drinks scene, we initially launched with our signature Durham Gin - a distinctively unique gin with a spicy and savoury character. This was closely followed by a vodka, and more recently fresh juice-based liqueurs Strawberry and Pink Peppercorn and warming Damson, Blackberry and Ginger.

"We want to lead the way and pioneer a new way for people to understand and experience craft

spirits. Our distillery will be a place where people come to enjoy our spirits, and to learn about the science of the distilling process, the craft behind them, how to drink them, and share our enthusiasm and passion for craft spirits. They are real spirits, made by real people in a real distillery." says Jon Chadwick.

Our new distillery will feature a range of informative and interactive tours while showcasing our finest drinks by the glass or bottle through public and private events, with the impressive backdrop of our working distillery, custom lauter tun, towering stainless steel washbacks and handmade copper stills.

Throughout our journey we have ensured to source the highest quality ingredients from the malt,

to the yeast, water and importantly casks. All of this ensures we will create a whisky with genuine character that is smooth, clean and has our distinctive Durham touch - a city with exquisite views, and special people, independent minded, not afraid to think for themselves, and just like us.

As part of our journey we will be opening our Private Reserve, a way for our biggest supporters to be involved, whether it be a bottle, case or cask. Private Reserve members will also receive behind the scenes updates from our Head Distiller on the progress of the new distillery, product development and testing as well as exclusive offers and promotions. Packages are named after Durham's beautiful bridges and supporters can choose

from gin, whisky or a cask, the 400-plus bottles should keep you going for a while, be warned numbers are limited.

You can find all of the information on the packages at www.durhamdistillery.co.uk/whisky





A cut above

Dean Bailey heads to Porterhouse, Fenwick, Newcastle

The appetite team does long lunches really well (there aren't many perks here... honest!) and we love the Fenwick Food Hall, so the promise of the finest steaks in town on a wet weekday afternoon was too good an opportunity to miss.

All too often, steak feels like its been tacked onto the end of a menu, an afterthought to please pickier diners. It's also very often a missed opportunity. Not so at Porterhouse, part of Terry Laybourne's stable of Newcastle restaurants, where they are front and centre. Look left as you walk to your table and take in the butcher's counter, which we visited again on our way home for two more steaks which didn't last past the following evening.

Beef is at the heart of the menu and is available in a range of cuts.

Ours, Himalayan salt chamber-aged and traditionally reared on the Glenarm Estate in Northern Ireland, is aged for a minimum of 36 days. Our rib eye and sirloin are both brilliant, delightfully cooked to pink perfection with a healthy amount of searing adding to the rich, deep flavour of the beef.

Plates here are unfussy. A handful of green on the side of simple, white oval plates is all you need when the centre piece is this good.

Small bowls of mustard and a good dollop of buttery béarnaise sauce are served for two, and mopped up with the last of our crunchy, salty fries.

The menu, though focused on steak in its many guises - including a selection of prime rib on the bone, porterhouse and chateaubriand served by the 100g - draws on the talents and

excellent produce in the Food Hall. Sourdough is from the superb Mason & Rye bakery, roughly two paces from the threshold of the restaurant. Seafood - including prawn cocktails with Atlantic prawns and platters of Lindisfarne oysters - travels less than a few yards from Laybourne's second Food Hall restaurant, Saltwater Fish Company.

While mostly uncomplicated, you will find the occasional extravagance on the menu too - Petrossian Ossetra Tsar Imperial Caviar is available at £80.45 per 30g, should it catch your eye.

Desserts are good, though not a match to the main event. Simple, light options of creme caramel and a delicate bitter chocolate mousse are well suited to the rich, hearty main courses.

While the produce and cooking here are superb, the casual dining

room is a masterstroke.

Set in the bustling Food Hall, two thirds of the space feels quiet and intimate with marble tables and comfy chairs set away from the action, while you can also choose to pull up a chair at the kitchen-side counter, or a stool at the high table overlooking the kitchen, and take in the action with a completely different atmosphere. I'll definitely be back to sit at the counter and watch the show at the butcher's counter and in the kitchen.

Service is laid back but prompt, owing much to the high demand for tables even into mid-afternoon and to the speed at which plates are whisked from the kitchen.

This is fast, casual dining at its very best.

Steaks, desserts and drinks for two, plus service, is just under £80 and excellent value for the quality on offer.

Porterhouse Butcher and Grill, Fenwick Food Hall, Newcastle, NE1 7AS, tel 0191 239 6612, www.porterhousenc1.co.uk

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FEEL THE BURN



This month, The Grazer is on fire...

Sitting around our little pot-bellied stove on a winter lunchtime, chatting with a couple of very talented chefs about a guest chef night at Cook House, one of them suddenly looked at the fire and said, 'you could cook aubergines in there, or leeks...' and just as fast I was kicking myself that I had never thought to do just that.

I love cooking on a fire. It took someone else to join the dots that day, but I haven't looked back. This whipped feta - salty cheese whipped

up with thick creamy yoghurt and best quality bitter olive oil - is a good vehicle for any number of toppings. It works well with fruit or slow-cooked veg, the salty bitterness of the cheese and oil balancing well with sweetness in the toppings.

I've had it on the menu at Cook House in loads of different guises including grilled peach and mint, fresh pear and rocket, blood orange and toasted walnuts, pickled grapes and mint, roast tomatoes and lovage, roast red peppers with rosemary and more. This recipe was one of the first variations I came up with and is still a favourite. Enjoy!

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WHIPPED FETA ON TOAST WITH SMOKED LEEKS AND BLACK SESAME

SERVES 6

Ingredients

- 200g block feta
- 50g good quality full fat live yoghurt
- 25g extra virgin olive oil
- 3 washed leeks
- sourdough toast
- toasted black sesame seeds

Method

Crumble the feta into a bowl and add the yoghurt and olive oil. Put it into a stand mixer and whisk on high for 5 mins, or use a hand whisk to do the same. There will still be some tiny lumps of feta, but in general the mix should become lighter, smoother and more aerated. Chill for an hour or so before using and it will set a bit and retain the air.

Shove a couple of large leeks into the flames of your fire, so the whole of the white end and most of the green is engulfed by heat and flame, leaving the leafy end poking out so you can get hold of it to turn. You can do this in a woodburner, an open fire or if you're having a BBQ shove them into the coals. They will take about 15 mins, turning occasionally - the whole of the outside will go black and charred. You will know that they are done as when you pick them up, using long heat proof tongs, they will collapse and bend as the inside is cooked and super soft, and the juices will sizzle into the fire.

Take the leeks out and put them into a baking tray and cover with cling film. Leave them to cool so you can handle them, this also allows the smoky flavours to sink in. When they are cool enough to handle remove the black outer layers. It's a messy job, but you will be left with the soft cooked inner part of the leek that is lightly smoked and sweet in flavour. Shred this into a tangle and dress with a little olive oil and salt. It doesn't matter if you get the odd black bit here and there, I think its unavoidable really.

To assemble, toast some nice sourdough, spread with the feta mix (a good centimetre thick) then top with a tangled pile of smoked leeks and a scatter of toasted black sesame seeds. It's delicious; salty, smoky, sweet and nutty, a really good balance.



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The Rat Inn



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FRENCH FANCIES

Nicolas Kleist, of Bouchon Bistrot, Hexham, cooks up a French storm

GOAT'S CHEESE BEIGNETS, TOMATO FONDUE AND PEAS

SERVES 6

Ingredients

90g butter
225g water
1 clove garlic, crushed

salt and black pepper
115g plain flour
2 eggs
250g Sainte Maure de Touraine
goat's cheese, crumbled

To serve

tomato fondue
garden peas

Method

Place the butter, water, garlic

and salt and pepper into a pan and bring to the boil, making sure the butter is fully melted. Remove from the heat and add the flour to form a panade (a starchy paste) - mixing energetically with a spatula. Return to the heat for approx. 30 secs to dry the mixture. Remove from the heat and mix in the eggs one at a time.

Fold the goat's cheese into the mixture until smooth. Set aside in the fridge for a couple of hours. To serve, use two spoons to form quenelles, making 3 per serving. Drop each quenelle into a deep fat fryer for approx. 3 mins until cooked in the centre. Dress plates with a warm tomato fondue and peas, then add the beignets.





CRAB MAYONNAISE

SERVES 6

Brown crab chantilly

100g brown crabmeat
300ml double cream
½ lemon, juice
cayenne pepper to your taste
salt and black pepper

Crab mayonnaise

250g cooked white crabmeat
½ red chilli, finely chopped
pinch coriander, chopped

150g mayonnaise

Avocado purée

2 avocados
1 lime, juice
salt and black pepper

To serve

Citrus fruit segments
Citrus vinaigrette

Method

For the chantilly, place all the ingredients in a pan and bring to a simmer over a medium heat. Season. Leave to infuse

for 1 hour, then strain through a fine sieve. Leave to cool. Once cooled, transfer it to a mixing bowl and whisk to a chantilly consistency. Set aside for later.

For the crab mayonnaise, remove any shell from the crabmeat and add it to a bowl. Add the chilli, coriander and mayonnaise. Season to taste. Transfer to a piping bag.

For the avocado purée, mix the avocado pulp with lime juice in a food processor until very smooth.

Season to taste. Transfer to a piping bag and refrigerate.

Using mousse rings, add a layer of white crab mayonnaise 1/3 of the mould and flatten with a hot spoon. Add a second layer, again 1/3 of the mould, of brown crab chantilly, flattening it with a hot spoon. Add the last layer of avocado purée. Scrape away any excess with a flat knife and remove the ring. Dress the plate with citrus fruit segments and a citrus vinaigrette.

SOUFFLE AU COMTE

SERVES 6

Ingredients

softened butter, to line moulds
Gruyère cheese, to line moulds
65g butter
3 tbsp (approx) plain flour
250g milk
125g Comté cheese,
finely grated
5 eggs, separated
salt and black pepper

Garnish

1 shallot, finely chopped
1 garlic glove, crushed
5cl white wine
250ml double cream

Method

Line 6 soufflé moulds with butter and grated Gruyere cheese. Set aside in the fridge.

Melt the butter in a heavy-bottomed saucepan. Add the flour and mix well to make a roux. Add the milk gradually, mixing with a balloon whisk until the mixture thickens. Heat, stirring, for 2 mins. Add the Comté cheese and mix well. Allow to cool then add the egg yolks. Season.

In a clean bowl, whisk the egg whites with a pinch of salt until they reach a firm consistency. Fold the egg whites gently into the cheese mix (without over

working the egg whites to keep as much air as possible). Divide the mixture into six soufflé moulds. Heat the oven to 130C/Gas 1/2 and cook the soufflés in a bain marie for 30 mins.

For the garnish, sweat the shallot and garlic until golden. Deglaze the pan with white wine and reduce until dry. Add the cream, bring to the boil and reduce by a third.

To serve, place the soufflé on a silicone tray and bake in oven for 10 mins at 190C/Gas 5. Put the soufflé on a serving dish, add the cream and glaze under a hot grill. Serve as soon as possible.



PORK MIGNON EN CROUTE

SERVES 4

Ingredients

2 pork fillets (400g each approx.)
salt and black pepper
1 egg white
200ml double cream
1 savoy cabbage
100g crepinette (caul's fat)
4 sage leaves
200g puff pastry
egg yolk and milk (to seal pastry case)

Method

Clean the pork fillets, removing

the sinews and fat and trim the ends (reserve all the trimmings). Cut each fillet in half to make 4. Season to taste, pan fry on both sides in oil for 2 mins. Set aside to cool.

In a food processor, blitz the pork trimmings. Add the egg white and the double cream, and blitz again to a smooth mousse. Season to taste and set aside.

Take 6 nice green cabbage leaves and remove the central veins. Blanch in hot water until tender and immediately refresh in iced water.

On a clean surface, lay 2 layers of cling film and spread

enough caul's fat to roll the pork fillet in it. Add 1 layer of cabbage leaves, spread a fine layer of the pork mousse on top, add a sage leaf, then add the pork fillet. Add the rest of the pork mousse to cover the meat. Roll with the help of the cling film into a sausage shape. Chill for a few hours.

Remove the cling film, roll out the pastry 2mm thin and cut 4 rectangles big enough to each encase $\frac{1}{4}$ of the pork mixture fully.

Put the pork on top of the pastry, fold into a cylinder-shaped parcel, and seal with beaten egg and milk. Score

the top of each pastry with the back of a knife, without going through the pastry. Brush with the rest of the egg and milk mix to glaze. Cook in a preheated oven at 190C/ Gas 5 for 18 mins until the pastry is golden and the pork is left pink in the middle.

Note: You will probably have to order the caul fat from your butcher. Caul fat is a lacy membrane of fat that surrounds the stomach and other digestive organs and is sometimes called fat netting. You can do this recipe without the fat, as the cabbage leaves have a similar purpose.



CREME CARMEL

SERVES 6

Ingredients

Caramel

150g sugar

2 tbsp water

For the custard

4 whole eggs

110g sugar

1/2 vanilla pod

500ml milk

Method

For the caramel, heat sugar in a heavy-bottomed saucepan until it reaches a caramel colour (do this carefully and keep an eye on it as it will change suddenly).

Remove the pan from the heat and add the water to stop the cooking. Divide the caramel between 6 ramekins.

For the custard, whisk the eggs with the sugar until you have a thick and creamy mixture. Add the vanilla seeds from the pod. Bring the milk to the boil and pour it over the egg mix, whisk until fully incorporated. Divide between the ramekins.

Heat the oven to 150C/Gas 2 and cook in a bain marie for 40 mins. Chill for a few hours.

Take the crème caramel out of the moulds with a fine knife or leave in the moulds for authentic style. Serve with a biscuit.



FONDANT AU CHOCOLAT

MAKES 18 SMALL MOULDS

150g egg yolks
550g eggs
250g sugar
500g butter
500g chocolate
butter & cocoa powder, for moulds
110g flour

Method

Gently mix eggs and sugar in a mixer. Melt the butter and

chocolate in a bain marie. Grease moulds with soft butter and line with a dusting of cocoa powder.

When the egg mix is ready, add the chocolate mix. When completely mixed, add the flour and combine in a mixer on low speed initially, then accelerate.

Divide between moulds then refrigerate until needed. When ready to serve, bake at 180C/ Gas 4 for 9 mins. Serve alone or with caramelised bananas and ice cream.





**MOREL
SUPPORT**

SHROOM AT THE TOP



Do you know our Morel from your St George's? Your Enoki from your Shimeji? Now's the time to learn...

Festivals are held for mushrooms; national holidays exist in their honour and their mystique has permeated art and literature for centuries.

A rich source of nutrition, as well as being incredibly tasty, mushrooms are an amazing source of sustainable food that's also friendly to the environment.

Fat, cholesterol and gluten-free and very low in sodium, mushrooms even help fight heart disease and support the nervous system.

Folklore, herbalists and Chinese

medicine have all treasured mushrooms for their healing properties. Be assured, mushrooms are powerful things and they are everywhere!

These recipes are from the new Mushroom Cookbook, which serves up recipes plus an ultimate guide to edible fungi, with a directory of wild and cultivated types. It includes a guide to the local and imported mushrooms you will find in greengrocers, farmers markets and supermarkets. These recipes are all from the spring section of the book, which is by Michael Hyams and Liz O'Keefe.

The Mushroom Cookbook by Michael Hyams & Liz O'Keefe, £15



PORTUGUESE WILD MUSHROOM RISOTTOE

SERVES 4

A Portuguese risotto is a cross between a paella and a risotto, with sharp olives and preserved lemons giving a tart contrast. Portugal has a long history of using wild mushrooms in cooking, as well as commercial foraging. You can use any kind of mushroom in this risotto – add the more delicate ones towards the end and the sturdier mushrooms at the beginning. We have added some cultivated pom pom and horse mushrooms into the mix too, to give a bit more texture.

Ingredients

40g dried ceps
 2 saffron threads
 1 tbsp olive oil
 1 tbsp butter
 4 garlic cloves, whole
 1 onion, chopped
 ½ tsp sugar
 200g St George's mushrooms, chopped
 100g horse or button (white) mushrooms
 400g risotto rice
 125ml white wine
 1 preserved lemon, chopped, plus extra to serve
 100g pom poms, chopped
 200g morels, chopped
 400g canned tomatoes, chopped
 100g green olives, pitted
 2½ tsp chopped fresh flat leaf parsley
 sea salt and ground black pepper

Method

Place the dried ceps in a jug and fill with 1 litre boiling water, then add the saffron. Stand for 10 mins.

Meanwhile, in a large pan, heat the olive oil and butter, then add the whole garlic cloves and chopped onion before sprinkling with the sugar. Sauté for 5 mins, until the onions are soft. Stir in the St George's mushrooms and horse or button mushrooms and cook for 1 min. Season with a pinch of salt then add the rice, stirring to coat with the mixture. Stir in the wine and lemon then bring to a high simmer to reduce the liquid. Add a ladle of the cep and saffron water and reduce it down, stirring as you go.

Remove the rehydrated dried ceps from the saffron water, chop and add to the pan. Continue to add the saffron water, a ladle at a time, reducing it each time while constantly stirring. This should take around 20 mins.

Stir in the pom pom mushrooms, morel mushrooms and the canned tomatoes and reduce down again, stirring constantly for 2 mins. Mix in the olives and parsley, then season with salt and pepper. Serve.

MUSHROOM AND SHERRY PATE

SERVES 2-4

This is a great appetizer if you have been caught unawares by an impromptu dinner gathering. It can be made both well in advance or an hour or so before - so it's also easily portable. Using sweet woodland foraged mushrooms, mostly available at good markets in late summer and early autumn, this quick pâté makes the most of the delicate-tasting chanterelles and the more robust pied bleu and pied de mouton. If you're in a huge rush, you can use half chestnut mushrooms and half dehydrated and drained mixed or porcini/cep mushrooms.

Ingredients

25g butter
400g ceps, pied bleu, pied de mouton and/or chestnut mushrooms, chopped
100g yellow and grey chanterelles, roughly torn apart
50g golden chanterelles, roughly torn apart
1 tsp palm sugar
leaves from 1 sprig of fresh thyme
1 ¼ tbsp very dry sherry
sea salt and black pepper
50ml double cream
zest of 1 lemon
crusty bread, to serve

Method

In a pan or frying pan, melt the butter and sweat the ceps, pied bleu, pied de mouton and/or chestnut mushrooms for 5 mins. Add all the chanterelles and sauté for 2 mins. Sprinkle in the sugar and thyme and splash in the sherry, then cook on a high heat while stirring for 2 mins, or until reduced.

Allow the mixture to cool completely, and season with salt and pepper to taste.

In a food processor, blend the mixture until the desired texture is reached, then stir in the cream and lemon zest. Transfer to ramekins and chill for 15 mins. Serve with crusty bread.



PULLED RABBIT AND MOREL RAVIOLI

SERVES 4-6

Rabbit is particularly plentiful just as the morels come out, so this is the perfect time to make the most of both. Rabbit meat can be on the dry side, but 'pulling it' with chocolate and paprika makes for a succulent, sticky treat combined with the earthy mushrooms. Making your own pasta can be a joy and you don't have to use a pasta machine for this ravioli. This is the perfect way to spend a crisp spring day.

Ingredients

2 tbsp sweet paprika
 20g dark chocolate, grated
 50g soft brown sugar
 1 garlic clove, crushed
 2 tbsp white wine vinegar
 4 tbsp olive oil
 300ml sweet cider
 1 prepared rabbit (skinned and gutted)
 100g morels, chopped
 zest and juice of 1 lemon
 100g wild garlic, ripped into shreds

For the ravioli

400g plain flour, sifted, plus extra for dusting
 3 large eggs, beaten
 1 tbsp crushed pink peppercorns
 sea salt

Method

Preheat oven to 150C/Gas 2. Combine the paprika, chocolate, sugar, garlic, vinegar and 2 tbsp of the olive oil in a large bowl, then coat the rabbit with the mixture. Fill a roasting pan with the cider then place the rabbit in it. Cover with foil and cook for 3 hours, basting every hour. Remove the foil and turn the oven to 140C/Gas 1, then cook for a further 2 hours. Remove the rabbit, shred the meat with two forks and remove the bones.

In a pan, add 1 tbsp of the oil and fry the morel mushrooms until soft (2-3 mins), then add half the lemon juice and half the wild garlic. Stir then transfer to the bowl of rabbit meat. Mix thoroughly.

Place the flour in a large bowl and make a well in the middle. Pour the eggs into it. Using a fork, whisk the flour into the egg. When the mixture begins to come together, shape it into a ball with your hands then knead for 10 mins. Divide the dough into four then wrap individually with clear film and chill for 5 mins.

On a floured surface, roll out one of the balls into a rectangle (20x30cm) so it is extremely thin, and then cut into four equal strips with a sharp knife or ravioli wheel. Dot five teaspoons of the rabbit and morel mixture on two of the strips. Brush cold water on to the pasta around the filling, then place the other strips of the pasta exactly on top and press down to seal around the edges and between the filling. Cut between the filling to make 5 ravioli. Chill, divided by clear film.

Repeat the process with the other 3 pasta balls to make 20 in total. In a large pan, cook the ravioli in boiling water for 5-6 mins, drain and refresh. In a frying pan, heat the remaining 1 tbsp oil then add the wild garlic, lemon zest and remaining juice. Stir-fry for 1 min. Coat the pasta with the olive oil mixture and season with salt and crushed peppercorns, then divide between warmed plates and serve.



CHINESE MIXED MUSHROOM CURRY

Mushrooms are a classic ingredient in Chinese cuisine. With this curry, we highlight many types of cultivated mushrooms. From eryngii to enoki, shimeji to shiitake, the different mushrooms add something, whether it's taste, texture or visual. You can use any cultivated mushrooms here, just add the larger ones first and the more delicate ones to the end. Go foraging in the farmers' markets or supermarkets and see how many kinds you can find... Steamed rice is the perfect accompaniment.

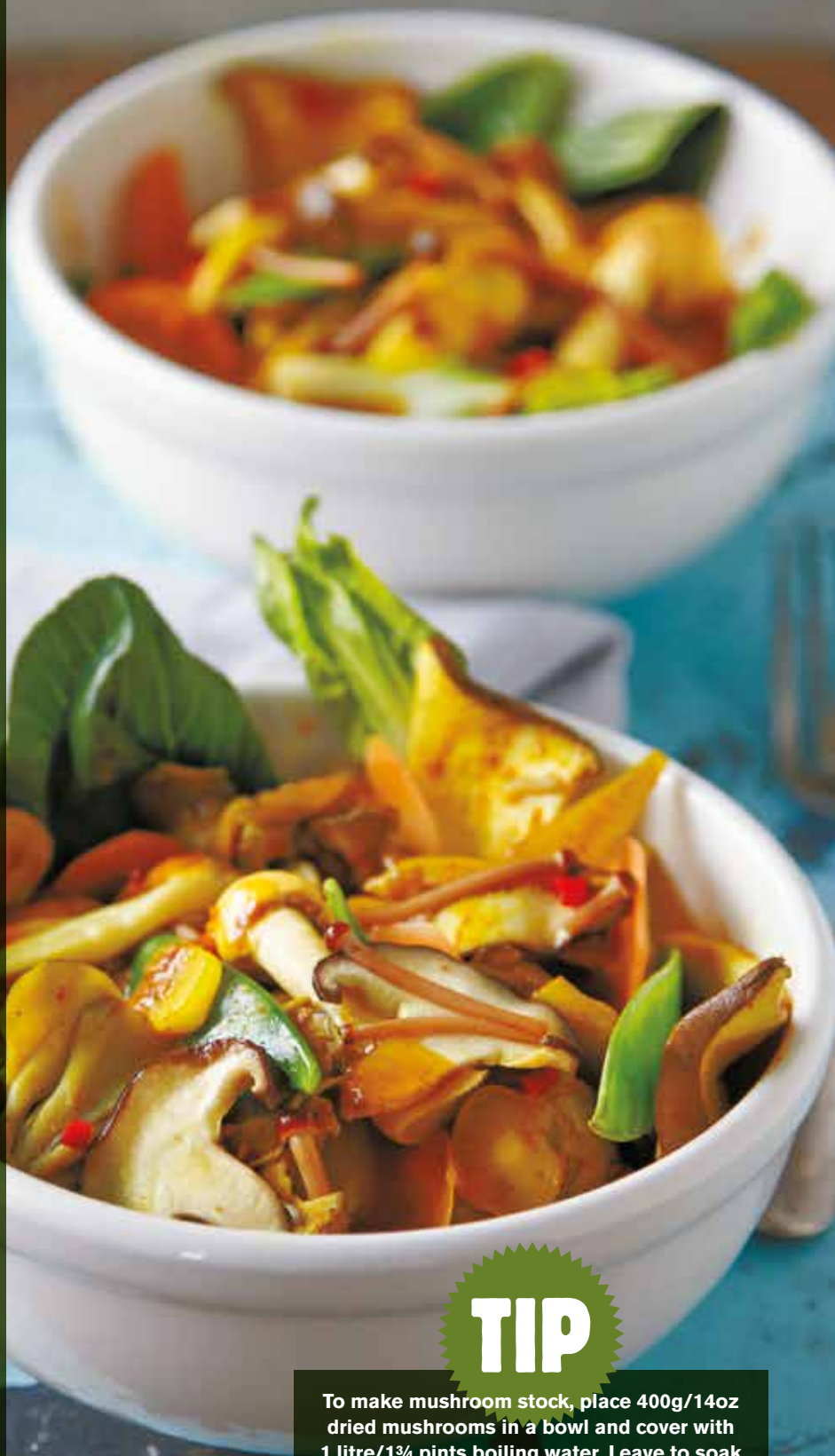
Ingredients

10g/2 tsp turmeric
 10g/2 tsp coriander seeds, freshly ground
 2 red chillies, chopped
 5g/1 tsp ground cumin
 30g/2 tbsp grated fresh root ginger
 10g/2 tsp fenugreek seeds
 15g/1 tbsp mild curry powder
 2.5g/½ tsp sugar
 15ml/1 tbsp solid coconut oil
 4 garlic cloves, sliced
 2 onions, quartered
 2 portobello mushrooms, quartered
 400g horse, button (white) and/or chestnut mushrooms
 30g/2 tbsp cornflour
 50ml sherry
 15ml/1 tbsp soy sauce
 300ml mushroom stock
 1 pack enoki, separated
 1 pack brown shimeji, separated
 2 eryngii, sliced lengthways
 200g mangetouts
 2 carrots, peeled and shaved
 2 bulbs of pak choi

Method

In a small bowl, combine the turmeric, coriander, chillies, cumin, ginger, fenugreek, curry powder and sugar. In a wok or large pan, heat the coconut oil until it melts then add the spice mixture and stir-fry for 1 min. Turn the heat down and add the garlic and onions, coat with the spice mixture, and cook for 5 mins (add a little cold water if the pan becomes dry).

Turn the heat to a simmer, add the portobello, button, chestnut and horse mushrooms and 30ml/2 tbsp cold water, and cook, stirring for 5 mins. In a small pot, jug or pitcher, blend the cornflour with the sherry and soy sauce and add it to the wok. Add half the stock, cover and simmer for 20 mins. Add all the remaining mushrooms, the mangetout and carrot, and the rest of the stock. Simmer, covered for 10 mins then add the pak choi. Simmer, uncovered for a further 10 mins. Serve with steamed rice.



TIP

To make mushroom stock, place 400g/14oz dried mushrooms in a bowl and cover with 1 litre/1¾ pints boiling water. Leave to soak for 15 mins. Drain and reserve the rehydrated mushrooms to be used in another recipe. Reduce or enlarge quantities as required.

WILD MUSHROOM AND BOAR SAUSAGES

MAKES 10-12 SAUSAGES

A triumphal seasonal fusion, St George's, morels and wild boar work together like the Three Musketeers, combining to give a powerful punch of flavour, aroma and texture. Dried morels rehydrated in hot water and drained will work just as well for this recipe if you can't find fresh. Making your own sausages isn't that scary, especially when you have mastered the piping action. You can usually order sausage skins from a butcher and any leftover skins can be frozen or will keep in the refrigerator for up to three months.

Ingredients

2 garlic cloves, chopped
 400g wild boar shoulder, finely chopped
 200g St George's mushrooms
 100g morels 3 portobello or field mushrooms
 15g/1 tbsp smoked paprika
 7g/1½ tsp finely chopped fresh sage
 50ml red wine
 1 pack of sausage skins
 sea salt and ground white pepper
 green salad and wholegrain mustard, to serve

Method

In a food processor, roughly blend the garlic, wild boar, St George's, morels, field mushrooms, paprika, sage and wine, and season with salt and pepper.

Put the mixture into a piping bag and roll the sausage skins up as you would a sock. Slowly but forcefully pipe the mixture into the sausage skins, holding the rolled sausage skins securely around the piping nozzle, to make sausages about the length of your finger, twisting the skins in between each one. Chill until you are ready to cook them (or for no longer than 2 days).

When ready, separate the sausages with scissors and cook them on a preheated griddle pan, grill or broiler for 5-7 mins, turning a couple of times, until cooked through and browned.



Eating al desko...

...and why it could be a short cut to an expanded gut

Surprise, surprise, a new study has discovered that the average office worker in the UK gains 9lbs a year from overeating, consuming a whopping 3,295 calories every day.


Here at appetite HQ, while we have an inarguable excuse for eating at work (ie, it's our job...) rarely a day goes by without colleagues rocking up with homemade cakes or biscuits, ringing in on the way to work offering to stop off for bacon sarnies, or coming up with an excuse for a team lunch out.

According to this latest study, more than half of the UK's office workers prepare their food for work on a daily basis, but they buy additional meals and snacks throughout the day on top.

The average office worker is putting away

up to 3,295 calories per day – between 795 and 1,295 more than the recommended daily amount – leading to an annual weight gain of 9lbs per year.

The research for www.VoucherCodesPro.co.uk studied 2,195 UK office workers who were asked how many calories they estimated that they ate per day. The survey came up with the figure of 3,295 calories a day based on their estimates, which tells us that, considering most people don't have a clue what they consume, or at best they under-estimate it, the real figure is probably more.

So, are you guilty? Try these recipes and usher in a more healthy way of eating al desko... 

RAINBOW JAR SALADS

Jar salads are a great way to make and transport a salad for work. The order of layers is important – you should always start with the dressing at the bottom, topped by a layer of something which is least likely to go soggy, topped in turn with the second least soggy potential ingredient, and so on. Keep it in the fridge at work, and simply shake to disperse the dressing just before you eat it, or turn it out into a big bowl.

Why a jar rather than a Tupperware? Simple – by layering your ingredients, you protect the more delicate ingredients from squashing and sogging.

Choose a wide topped jar (a Kilner or Mason is generally best) and experiment. Remember to always start with your dressing – we suggest a tablespoon of homemade lemon vinaigrette at the bottom of the jar, or if you're being really good, just some lemon juice, topped by a layer of something robust which will take the weight of other ingredients on top and also won't go soggy in the dressing – eg, grated carrot, bell peppers, raw cauliflower, radish, celery etc.

Then you might want to add a layer of cooked green lentils, quinoa or edamame beans, then a layer of tofu, chicken or tuna, then a layer of sweetcorn, then tomato or avocado. On top of this add some fresh basil or coriander, then some mixed leaves, and then a sprinkle of parmesan.







Here are some more combos – layer your jar in the order of the ingredient as they are listed:

CHICKEN DELIGHT

Vinaigrette
Edamame beans
Cooked chicken breast
Quinoa
Chopped tomato
Grated sweet onion
Layer in a jar in the order above – shake to mix before you eat, or turn into a bowl.

SUMMER DAYS

Vinaigrette
Sliced apple
Sliced radish
Sliced celery
Walnuts
Mixed greens
Layer in a jar in the order above – shake to mix before you eat, or turn into a bowl.

ASIAN NOODLE SALAD

Soy sauce + extra virgin olive oil
Soba noodles
Edamame beans
Grated carrot
Spring onions
Layer in a jar in the order above – shake to mix before you eat, or turn into a bowl.

PASTA HAPPY

Balsamic + olive oil
Cooked pasta shells
Chopped tomato
Chopped cucumber
Kalamata olives
Mixed beans
Mixed salad leaves
Layer in a jar in the order above – shake to mix before you eat, or turn into a bowl.

BUDDHA BOWL IN A JAR

Hummus
Red onion
Grated carrot
Chickpeas
Quinoa
Mixed salad leaves
Layer in a jar in the order above – shake to mix before you eat, or turn into a bowl.

RAINBOW SALAD

Olive oil + lemon juice
Chickpeas
Grated carrot
Chopped red pepper
Chopped yellow pepper
Grated red cabbage
Chopped cucumber
Assorted leaves
Sunflower seeds
Layer in a jar in the order above – shake to mix before you eat, or turn into a bowl.

GO GREEN

Vinaigrette
Chopped celery
Chopped apple
Chopped radish
Walnuts
Mixed leaves
Layer in a jar in the order above – shake to mix before you eat, or turn into a bowl.



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If it looks or tastes good, then it should be in your kitchen!



SWEET

Keep your mum sweet this Mother's Day with a gift of this gorgeous Bees Knees Heather Honeycomb from Bellingham, £5 per 100g at **Blagdon Farm Shop, Milkhope Centre, Seaton Burn, NE13 6DA** tel 01670 789 924 www.theblagdonfarmshop.co.uk



COLOUR WEIGHS

Serve up some colour in your kitchen with this ColourWorks four piece set of measuring cups £6.50 at **Corbridge Cookshop, Corbridge NE45 5AT**, tel 01434 632 582 www.corbridgecookshop.co.uk

BOOZY FRUIT

Put a spring in your ma's step this Mother's Day with Cottage Delight Forest Fruits in Light Syrup & Gin and Cottage Delight Peaches in Light Syrup & Brandy £9.95 each at **Knitsley Farm Shop, Consett, DH8 9EW**, tel 01207 592 059 www.knitsleyfarmshop.co.uk



THE COW THAT GOT THE CREAM

Every table needs a cow-shaped milk jug, and this one by Burleigh is £28 at **Bradley Gardens, Wylam, NE41 8JH, Wylam, NE41 8JH** tel 01661 852176, www.bradley-gardens.co.uk



PERFECT PRALINE

Treat your mum on Mother's Day with these luxury Willie's Cacao truffles £7.99 for this pretty box of 12 at **The Deli Around the Corner, Gosforth, NE3 4AY** tel 0191 259 0086 www.thedeliaroundthecorner.co.uk

COCKTAIL CAPERS

For a more sophisticated take on lemon curd, treat your mum to this gorgeous Cherry Tree Mojito Curd and Cherry Tree Strawberry, Rhubarb & vanilla Jam, £3.95 and £3.85 at **Daniel Farm, Wylam, NE41 8JH** tel 01661 853 849, www.facebook.com/danielfarmwylam



SMALL IS BEAUTIFUL

We have something of a coffee grinder habit here in the **appetite** kitchen, and this Rhinowares Compact grinder is up there among the most stylish. £39.95 at **Pumphreys, Blaydon, NE21 4JJ** tel 0191 414 4510 www.pumphreys-coffee.co.uk



CHEERS

Rigg & Furrow is one of the most innovative small regional breweries around and this Pale Ale 3.8% ABV and Run Hop Run 4.2% ABV are £3 each at **Broomhouse Farm, Durham, DH7 6TR** tel 0191 371 8382 www.broomhousedurham.co.uk

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KITCHEN KIT



SMOOTH OPERATOR

Go on, treat yourself to this Ballancourt Quail pate £4.60 at **North Acomb Farm Shop, Stocksfield, NE43 7UF, tel 01661 843 181**
www.northacomb.co.uk

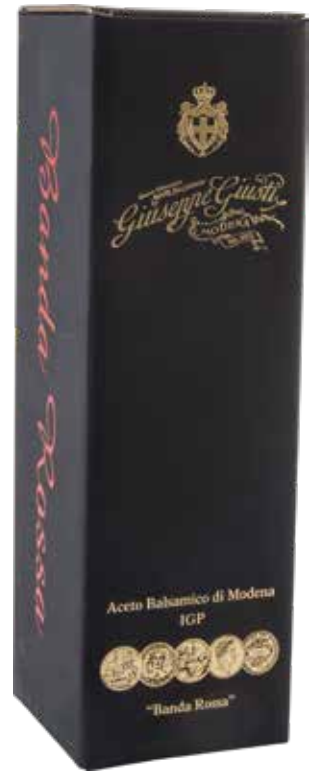
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THE LAST WORD

THIS MONTH: PARICHAT SOMSRI-KIRBY, PARICHAT AT SOHE, JESMOND

What do you eat for breakfast?

Most of the time it will be a bowl of homemade granola with yoghurt and fruit. If I have more time then it would be a bacon sandwich.

And your go-to guilty pleasure?

Definitely chocolate! Or I would make a coconut and pandan agar agar.

What would you choose for your last meal on earth?

My Mother's noodle soup with a lot of coriander, wild spinach and spring onions.

What can I find in your home fridge right now?

Garlic, spring onions, chillies and pak choi.

Which ingredient would you choose if you could only have one?

Rice. I definitely could not live without it.

You must have loads of recipe books, which is your favourite?

Lemongrass and Sweet Basil by Khamtane Signavong, I love that book and it's one that I always go back to when I write a menu.

Out of all the things you make, what's your favourite?

It's a hard question as I love all the dishes I make, but if I must choose one it would be a green curry.



*Inside the minds –
and kitchens! –
of leading chefs
and producers*

Who's the most famous person you've cooked for?

There was a few during my time at Café 21, but two which really stand out are a spicy beef salad for Jamie Oliver, and steak for Brian Turner who turned up after we had closed on a Saturday night before the Great North Run one year.

What's your most important bit of advice?

A recipe book is only a guide! Don't rely too heavily on it, taste everything that you're cooking. This is the only way you can get the right balance of flavours.

What would you be doing if you weren't a chef?

A programmer, or teacher.

If you only had £10 to spend on food, what would you buy?

Rice noodles, minced pork, chillies, garlic, coriander and basil, and I would still have some change left!

Who gets your vote for greatest cook ever?

For me the greatest cook ever is my Mother. She inspired the early years of my career which I spent cooking for school children, running a mobile noodle soup stall in our village, and cooking huge feasts when we had festivals at our nearby temple. However I think the greatest chef ever is a man who I have huge admiration and respect for, Terry Laybourne.

Parichat Somsri-Kirby oversees the kitchen at Parichat at Sohe in Jesmond.

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