

ISSUE 101 | MAY 2018
SCOTTISH EDITION | FREE

Foodies

A CELEBRATION OF FINE FOOD AND DRINK

40

RECIPES

and top chefs

Aine Carlin

Will Bowlby

Nico

Simeone

WIN
A spa break at
The Principal



A PEACH OF A MENU

Perfect dinner party dishes
from Diana Henry



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Modern Indian recipes

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Sharing is caring

AS THE WEATHER grows warmer, we can't help but find our appetites changing: we're craving evenings in the garden, family-style fare, and tables adorned with dishes full of fabulous summer food waiting to be shared with loved ones. Be inspired to create your own summer feast with acclaimed food writer Diana Henry's dinner party classics, pp.14-21, or Will Bowlby's Indian-style recipes that are just made to be shared, pp.24-29. We're also showcasing Áine Carlin's colourful party-perfect vegan dishes, pp.32-39, or if you're looking to get your plant-based fix while eating out, head to one of our top vegan spots in Edinburgh and Glasgow, pp.32-39.

We're also honouring our heritage with a celebration of the best foodie products from Orkney and Shetland, p.23, and raising a glass to our favourite malts for Scottish Whisky Month, pp.47-49. Of course, our tastes are internationally inclined too, so we're toasting to one of our favourites cuisines with a round-up of our favourite Italian restaurants in Edinburgh, p.31. Plus, we're chatting to Six by Nico chef and founder Nico Simeone about his new restaurant in the capital and his menu inspiration - the faithful chippie!

We've also included our foodie guide to Glasgow's East End, p.45, and given you the lowdown on the best new eateries in town with reviews of the brand new Chop House, Gather by Zique, and Six by Nico, pp. 56-57.



'Summer means fabulous food shared with loved ones'

Finally, we have an exclusive competition with The Principal Charlotte Square, offering up one lucky foodie the chance to win an overnight stay, Twilight Tea, and two spa treatments, p.13. Don't miss out.

So invite the whole family round, whip up a spread, and share the love - and the food.

Sue Hitchen, Editor

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Diana Henry
is the award-winning food writer at the Sunday Telegraph and author of 8 books.



Will Bowlby
is the chef and co-founder of Cricket and a Young British Foodies 2017 finalist.



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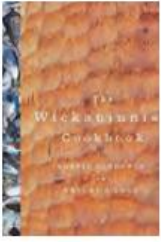
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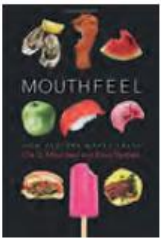
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Cooking the books



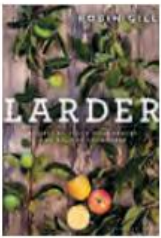
The Wickaninnish Cookbook
Wickaninnish Inn, Appetite by Random House, £28.67

The Canadian hotel shares the recipes that have made their restaurant iconic.



Mouthfeel: How Texture Makes Taste
Ole Mouritsen & Klavs Styrbæk, Columbia University Press, £22

Learn more about the connections between science and our favourite foods.



Larder: From Pantry to Plate
Robin Gill, Absolute Press, £26

Discover the forgotten techniques of British cuisine with Robin Gill's unique, seasonal, and traditionally inspired recipes.



Vegas Cakes

The creative cake connoisseurs at Freed's Bakery in Las Vegas show off their skills with a range of stunning bespoke cakes. Tune in to see the team develop an elaborate unicorn cake, massive gingerbread house, and an impressive custom design for a local baseball team all before your eyes.

Vegas Cakes Series 1 continues on Food Network UK with double-bills on Wednesdays from the 16th May at 9pm.



What's on



EDINBURGH CRAFT BEER FESTIVAL
25-27 May, Edinburgh

Don't miss out on one of the festival city's newest favourites. The Edinburgh Craft Beer Festival is back for its second year, with over forty brewers competing to win over your taste buds. Head to the Biscuit Factory for expert tasters, street food vendors, and tunes from the internationally acclaimed Two Door Cinema Club and local legends Mogwai



ROYAL WEDDING AFTERNOON TEA
19 May, St Andrews

If you can't make it to Windsor Castle for Harry and Meghan's big day, the next best place to toast the royal wedding is the Fairmont St. Andrews where the nuptials will be screened over high tea in the atrium. Dress to impress and enjoy a variety of handmade cakes and patisserie, complete with a wedding cake centrepiece for the full experience.



GLASGOW COFFEE FESTIVAL
19-20 May, Glasgow

Taste, brew, learn and sip at Scotland's biggest celebration of everything coffee. Meet the coffee roasters themselves, watch expert baristas from across the nation compete for the UK Brewer's Cup, pick up beans to take home, and drink specialty java to support the burgeoning independent coffee scene energising the UK.



Set in an idyllic country estate on the outskirts of Edinburgh, Melville Castle is a unique and enchanting location for your Special Day. The Castle has played host to weddings of all shapes and sizes from the grandest of society weddings to smaller and more intimate affairs. Dating back to 1786, Melville Castle offers you an array of beautifully adorned private rooms, a fully equipped marquee, 33 en-suite bedrooms and is nestled within 54 acres of parkland, providing a most romantic backdrop for your wedding photographs.

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SIPPING AL FRESCO

Celebrate the start of the warmer weather with the brand new Edinburgh Gin 1670, an aromatic gin filled with herbaceous, floral notes from fresh botanicals handpicked from Edinburgh's own Royal Botanic Garden. edinburghgin.com

MEAT-FREE & MARVELLOUS

Make Meat-free Mondays that bit easier with something tasty from the brand new plant-based range by Gosh!. Featuring 15 different products, we love the Broad Bean & Quinoa Bites. goshfood.com



Foodies NEWS



REBEL, REBEL

Heading up the chocolate revolution, Rebel Chocolate have created a delicious milk chocolate with less than half the sugar content of traditional milk chocolate and 25% more protein - no wonder they scooped up Scottish Innovation of the Year 2018! rebelchocolate.co.uk



HORSING AROUND

In honour of his appearance at the 2018 season launch of Hamilton Park Racecourse, Scotland's National Chef Gary Maclean has created a unique dish inspired by the horses themselves, featuring carrot caviar, hay smoked celeriac, and parsnip crisps. hamiltonpark.co.uk

Garnish your Edinburgh Gin 1670 with a basil leaf - and enjoy in the garden, of course

CAPITAL MALT

Whisky distilling is coming back to the capital. Holyrood Distillery have successfully completed a bid to open up Edinburgh's first whisky distillery for 90 years on St Leonard's Lane, complete with a full visitor experience centre. Look out for an impressive range of single malts, gins and liqueurs to come. holyroodparkdistillery.com



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dobbies.com, £29.99



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co.uk, £86.40



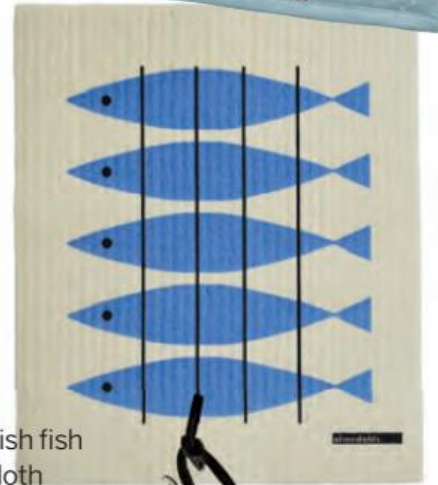
Tea cosy
sophieallport.com, £14



Food cover
tch.net, £10.50

BY THE SEASIDE

Bring a splash of nautical fun into your kitchen with these seaside accessories



Swedish fish dishcloth
andshine.co.uk,
£3.50



Fish pegs
tch.net, £4.50



Salt & pepper pots
coastalhome.co.uk, £6.95



Measuring spoons
athomeinthecountry.co.uk, £16.50



Tea towels
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Mussel pot
gardentrading.co.uk, £40



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WIN



Win a city spa break at The Principal Charlotte Square

EXPERIENCE absolute luxury with plenty of character at The Principal Charlotte Square. Fresh off the back of a multimillion pound refurbishment, the city centre Edinburgh hotel combines the elegance of its Georgian townhouse home while introducing unique design features and vibrant colours for a sense of cosmopolitan cool. This month, we're offering the chance for one lucky reader to win an overnight stay for two.

The prize doesn't end there, though. You will also get to enjoy The Principal's unique Twilight Tea, an all-day, Levant-inspired afternoon tea with a twist, with savouries including spicy merguez, chilli and dukkah sausage rolls, and daily changing handmade cakes.

Served up in The Garden, their stunning indoor courtyard, you can enjoy your tea beneath the glass sun roof upon a wicker chair, surrounded by beautiful hanging plants for the complete experience. Your prize also includes a twenty-five treatment each at The Principal's brand new spa, launched just last month. Choose from a relaxing massage, express facial, detoxifying scrub and more, and enjoy a well deserved dose of pampering.

Rooms are thoughtfully and individually designed, combining modern flair with cosy comfort. Your stay even comes with breakfast included, allowing you complete relaxation throughout your stay, from start to finish. ●

TO ENTER

For your chance to win this great prize, simply answer the following question:

What is the name of the courtyard?

To win, enter either at foodies.co.uk/win, like Foodies Magazine on Facebook and send us a message with your name and email address, or email your details to enter@foodiesfestival.com

T&C: Entries must be received by 31/05/18. Prize is valid for a one night stay for 2 with breakfast, Twilight Tea in The Garden and 2x25min spa treatments. Prize is valid until October 2018. Prize is subject to availability and cannot be used in conjunction with any other offer. Entrants and guest must be 18+. No cash alternative. Non-transferrable. Editor's choice is final.

What a PEACH

Award-winning food writer Diana Henry shares her passion for menus and proves just how delicious simple dishes can be

When I was sixteen I started to keep a book of menus, a school exercise book I'd carefully covered in wrapping paper. This was an odd obsession, because I didn't cook most of the menus I created; I would've needed a restaurant to get through them all. The pleasure was in putting the menus together, thinking long and hard about what dishes worked.

I still have the book. Most of the meals are simple: cucumber salad with dill and sour cream, goulash, baked autumn fruit. There aren't any dishes from some of the cuisines I now love – Middle Eastern or Vietnamese, for example – but there are a few old-fashioned, embarrassingly complicated menus I wouldn't dream of attempting these days.

My parents didn't have dinner parties. They gave parties, though. These weren't formal, you were invited verbally ('Come on over. We're having a few people in.'). They were about good craic, drinking Bushmills whiskey and dancing to Nancy Sinatra. My mum prepared wonderful food, dishes that would be laid out, buffet-style on the big dining table. She thought about what worked together. From these parties, I got the idea that having people round to eat wasn't just about food, but about creating an event, an atmosphere.

I gave my first 'dinner party' soon after I started keeping my menu book. My school friends were bemused by the candlelit room (I'd gone over the top). 'Are we going to celebrate mass?' one asked. And they didn't quite get the pineapple water ice ('What is this?') but I continued, undaunted. I loved 'having people over' but, even more, I loved putting a menu together. Composing a menu is still my favourite bit of cooking. I don't invite people round and then

wonder what I'll cook, I come up with a menu and then consider who would like to eat it.

The term 'entertaining' makes me think of hostess trolleys and instructions on how to plump up your cushions. I really don't do 'entertaining'. I just have friends round. Often I serve dinner in the midst of a mess, otherwise I wouldn't see friends at all. I'm happy to put a roasting tin on the table and ask someone else to carve (I am terrible at carving). I don't think you should kill yourself over dinner, but at the same time I do like all the stuff that goes with it: table linen, plates, old cutlery. Having people round to eat is about food.... and yet it isn't. Meals, no matter how simple, are made better by small things: flowers, candles, a jug of water. They're also made bad by small things: salami served in the plastic packet in which it comes, poor bread. I don't like the suggestion – prevalent these days – that cooking is all about 'lifestyle'. I think it's about taking care of the small, seemingly unimportant things.

In a single moment I realized how much other people, when cooking, care about these small things. At a restaurant in Italy, the diners at the next table didn't have a fancy dessert, they just had a bowl of peaches and a bottle of cold Moscato. Everyone sliced their peach and dropped it into their wine. After a while they drank the wine – now imbued with the flavour of the peach – and ate the peach slices, which now tasted of the wine. This was not a complicated dish, but it was a lovely way to end a meal – seasonal, straightforward, caring, even a little magical – and it illustrated an approach to food and cooking that I already understood but hadn't yet articulated. I've never forgotten this. More than a memory, those peaches became a symbol of what good food is all about. ●

A woman with dark, wavy hair is smiling slightly while looking towards the camera. She is wearing a bright red long-sleeved top with a small, repeating pattern of white and black floral or geometric shapes. She is standing at a table, and her hands are focused on a small, round, orange-colored bowl with a white lid. She appears to be in the process of preparing cherries, as a larger white bowl filled with dark red cherries is visible to her left. The background is a plain, light-colored wall, and a portion of a white lampshade is visible in the upper left corner.

**‘Cooking is about
taking care of the
small, seemingly
unimportant things’**

Burrata with fennel, roast peppers, anchovies & capers

It took a long time for burrata – a rich cream-stuffed mozzarella – to get to our shores, but thank goodness it arrived. It oozes lactic sweetness. It's also the perfect focal point for a dish that requires few other ingredients: start with good burrata and there isn't much that can go wrong. Here, the saltiness of anchovies and capers and the sweetness of peppers are excellent counterpoints. The fennel isn't just for its aniseed flavour, but also for crunch.

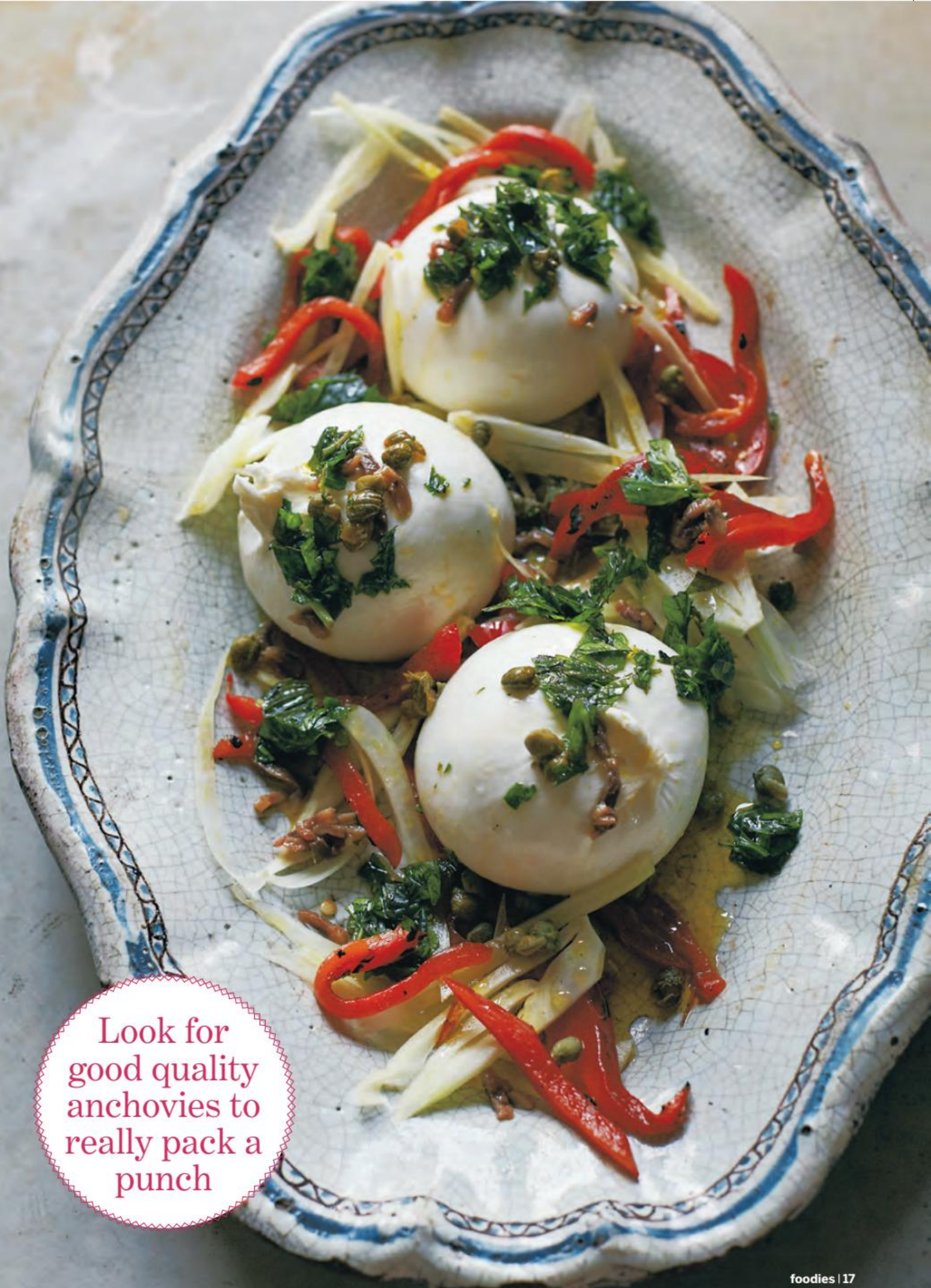
Serves 4

4 red peppers, halved and deseeded
 Regular olive oil
 Sea salt flakes and freshly ground black pepper
 1 medium fennel bulb
 4 tbsp lemon juice
 2 tbsp roughly chopped flat-leaf parsley leaves
 Small handful of basil leaves, roughly torn
 About 12 mint leaves, torn
 5 tbsp extra virgin olive oil, plus more to serve
 275g burrata
 12 anchovies in olive oil (use a good-quality brand, such as Ortiz), chopped
 2 tbsp capers, rinsed and patted dry

- Preheat the oven to 190°C.
- Place the pepper halves in a roasting tin, drizzle with regular olive oil and season. Roast for 30 minutes, or until soft and slightly scorched in places. Leave to cool, then cut into strips. (You can peel the skin off the peppers if you like, but I rarely bother.)
- Trim the tips of the fennel, then halve the bulb lengthways. Cut the core out of each piece and remove any tough or discoloured outer leaves. Put about 3 tablespoons of the lemon juice in a bowl. Either shave each piece of fennel on a mandoline, or slice it very finely with a sharp knife. You want to end up

with wafer-thin slices. Toss in the lemon juice to stop it discolouring.

- Mix the herbs together with the extra virgin olive oil, ½ tablespoon of the lemon juice and some seasoning.
- Taste and adjust the seasoning, adding more lemon juice, if you want. Lift the burrata out of its liquid and carefully set it on kitchen paper to drain a bit, otherwise the milky liquid seeps into the olive oil. Put the burrata on a serving plate with the pepper and fennel alongside.
- Scatter on the chopped anchovies and the capers, then spoon on the herb dressing. Lightly dress the burrata with more extra virgin olive oil and serve immediately.



Look for
good quality
anchovies to
really pack a
punch

Leg of lamb stuffed with lemon & many herbs

This lamb came about because I couldn't decide which herb to choose, so I just used several together, and I've now been making it for thirty years. The herb paste permeates every bit of the meat. Because it's simple, I usually serve it with an unusual – but not complicated – side dish.

Serves 6

For the lamb

10g flat-leaf parsley leaves, roughly chopped
Leaves from 10 thyme sprigs
Needles from 2 rosemary sprigs, chopped
4 garlic cloves, chopped, plus another 6
Sea salt flakes and freshly ground black pepper
6 tbsp extra virgin olive oil
Finely grated zest of 1 unwaxed lemon
1.8kg leg of lam

For the vegetables

Big bunch of French breakfast radishes with good fresh, perky leaves
700g baby waxy potatoes

● The day before you want to serve the lamb, put the herbs, 4 chopped garlic cloves, salt and pepper into a mortar and grind to a paste, gradually working in the extra virgin olive oil and lemon zest as you do so.

● Make incisions all over the lamb with a sharp knife and loosen the meat round the protruding bone (at the tapered end of the joint) to about one-third of the way into the joint.

● Rub the paste all over the lamb, down inside it, around the bone and into the incisions. Cut the remaining 6 garlic cloves into slivers, then push these down into the incisions as well. Cover loosely with cling film or foil and refrigerate for 24 hours, bringing it to room temperature before roasting (it will take about 2 hours to come to room temp).

● Preheat the oven to 220°C. Put the lamb in a roasting tin and cook it for 15 minutes, then reduce the oven temperature to 180°C and roast for another 45 minutes. The lamb will be pink. If you prefer it more well done, then cook for a little longer.

● Cover with foil, insulate well (I use tea towels for this) and leave to rest for 15 minutes. Transfer to a warmed serving plate. Quickly heat the juices in the roasting tin and serve them in a small jug alongside; there may not be much, but that's okay, it's not supposed to be a 'gravy'.

● Meanwhile, carefully wash the radishes (trying not to squash the leaves). Gently dry them and put on a serving platter. Boil the potatoes until they are tender, drain, season with salt and add to the platter with the radishes.



Try serving
with broad
beans and
a green
salad

Rye bread with radish butter & salmon caviar

Peppery, earthy, salty: a good way to whet the appetite.

Serves 8

250g red radishes, preferably French breakfast radishes, trimmed
120g unsalted butter, completely softened
½ tsp sea salt flakes
Freshly ground white or black pepper
Loaf of firm rye bread
100g jar of salmon caviar (keta)

- Put the radishes in the bowl of a food processor and pulse 4–5 times until chopped into very fine dice. Transfer to a piece of muslin or a brand new J-cloth and wring out the excess liquid with your hands.
- Tip into a bowl and add the butter. With a rubber spatula, work the radishes and butter with the salt until the mixture comes together into a smooth, pliable mass. Put the mixture into a ramekin or bowl and grind some pepper over the top. The butter will keep, covered with cling film, in the fridge for a couple of days. Remove it 15 minutes before serving, to let it soften.
- Spread the radish butter on small squares of rye bread and spoon salmon caviar on top.



How to Eat a Peach by Diana Henry, published by Mitchell Beazley, £25 (www.octopusbooks.co.uk). Photo © Laura Edwards





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GIN Inspired by Orkney summers, the fresh, floral Johnsmas Gin is ideal for enjoying in the sun, **from £30**, orkneygincompany.co.uk



LAMB Famous worldwide, seasonal Shetland lamb offers unbeatable flavour, **£90 per lamb**, briggs-shetlandlamb.co.uk



OATCAKES No cheeseboard is complete without Stockan's traditional beremeal oatcakes, **70p per 100g**, stockans.com

ISLAND MAGIC

Get a taste of the magic of the Scottish Islands with our favourite products from Orkney and Shetland

BEER A mighty beer at 6% ABV, Swannay's multi-award winning IPA Orkney Blast packs a punch but doesn't let down on taste, boasting spicy flavours and a strong malty body, **£3.10 per bottle**, swannaybrewery.com



WHISKY A rich and warming amber whisky, inspired by Orkney's viking ancestry, **£37**, highlandparkwhisky.com



GIN Mix up your G&T with the aromatic Simmer Gin, infused with orange peel, **from £36** shetlandreel.com

Garnish with orange and rosemary for the perfect serve



The spice OF LIFE

Young British Foodies 'Chef of the Year' shortlister Will Bowlby shares some of the signature dishes from his Indian restaurant, Cricket

As far back as I can remember, I have always been passionate about food. My earliest memory is of my mother's chicken in a pot, a herby, unctuous dish that kick-started my five-year-old taste buds and began my love affair with all things to do with food. My grandmother was a

huge influence on me; she had lived in East Africa for over a quarter of a century and was a terrific cook. Her curry lunches (for up to 60 people) were legendary, and introduced me – at a very early age – to the delicate layering and spicing of meat and fish. ●

Jersey Royal Aloo Chaat

Lotus root and sev adds real texture and bite to this dish. You should be able to find both of these ingredients at your local Indian store. Ramsons are the flowers of wild garlic leaves that grow in the woodlands during Spring.

Serves 4

400g Jersey royal potatoes, washed and cut in half
1l vegetable oil
4 generous pinches of chaat masala, plus extra for seasoning
200g canned chickpeas drained and rinsed
4 tbsp coriander chutney
1 large red onion, finely chopped
5 tbsp tamarind & date chutney
5 tbsp sweetened Greek yoghurt
Sea salt, to taste
A handful of fresh

coriander, finely chopped
A handful of sev
1 small pomegranate, halved and seeds scooped out
1 lotus root, thinly fried until crisp
3 tbsp fermented ramsons (see below): Massage sea salt into the ramson flowers for 10 min then pound with a rolling pin. Transfer to a flat tray. Pour the plant matter and liquid into a jar, and press down to make sure it's completely submerged. Leave for 2–3 weeks before tasting.

- Cook the potatoes in a pan of boiling salted water for about 15 minutes until just tender. Drain and leave to cool. Crush the potatoes gently with your hand just to break the skins.
- Pour the oil in a heavy-based saucepan, and heat until it is about 180°C. The oil is hot enough when a cube of bread sizzles when dropped into it.
- Deep-fry the potatoes for about 5 minutes until crisp and golden. Remove from the pan, drain on kitchen paper, then season with chaat masala.
- Put the chickpeas in a bowl along with the coriander chutney, red onion, one-third of the tamarind chutney, one third of the sweetened yogurt and half the coriander.
- Season well to taste with salt and chaat masala. Mix the chickpeas with the potatoes, then spoon into 4 serving bowls. Top with the remaining tamarind chutney, yoghurt and coriander, the sev, pomegranate seeds, ramsons and lotus root crisps. Serve immediately.



CHUTNEYS

Fancy making your own chutneys? Head to foodies.co.uk to get Will's Coriander Chutney and Tamarind & Date Chutney recipes. Add them to this dish, and serve up any leftovers as a dip with naan bread.

Amritsari haddock in mustard oil

Amritsari fish pakoras are a popular street-food dish in the state of Punjab, in the north of India. They usually comprise of spiced fish coated in chickpea flour and fried street-side, then served with chutneys. Any fish can be used – such as cod or pollock – but in this case we use haddock. The addition of spiced peas and pickled onions could almost make you feel like you're eating fish and chips. Almost...

Serves 4

600g haddock, cut into 2.5 cm pieces
 1l vegetable oil
 400g cornflour
 2 tbsp ground turmeric
 2 tbsp Kashmiri red chilli powder
 A generous pinch of chaat masala, to garnish
 200g pea shoots, to garnish
 A pinch of caster sugar
 A pinch of sea salt

For the pickled shallots

200g banana shallots, thinly sliced into rings
 200ml pickling liquor (see recipe below)

For the mustard marinade

1 tsp caraway seeds
 1 tsp onion seeds
 1 tsp fennel seeds
 100ml mustard oil

2 green chillies, finely chopped
 2 tbsp ginger & garlic paste
 Caster sugar, to taste
 Sea salt, to taste

For the pea purée

500g frozen petit pois, defrosted

- To make the pickled shallots, steep the shallots in the pickling liquor for 1–2 hours at room temperature, then keep in the fridge until needed.
- To make the marinade, toast the caraway, onion and fennel seeds in a dry frying pan over a gentle heat for 30 seconds or so until they become fragrant, then set aside to cool.
- Transfer to a bowl then add the mustard oil, green chillies and ginger and garlic paste. Season to taste with sugar and salt, mix together then turn the fish in the marinade until it is completely coated. Cover and set aside in the refrigerator.
- To make the pea purée, put the peas in a blender and blitz until you have a smooth, thick consistency, adding a little water if necessary.
- To cook the fish, pour the oil in a heavy-based saucepan, and heat until it is about 180°C. The oil is hot enough when a cube of bread sizzles when dropped into it.
- Combine the cornflour, turmeric and chilli powder together in a bowl, and season with sugar and salt. Lightly dust the fish in the seasoned cornflour and carefully place into the hot oil, piece by piece.
- Cook for a couple of minutes until the fish pieces turn golden brown. Remove the fish from the oil and drain on kitchen paper.
- Just before serving, sprinkle the fish with chaat masala, garnish with the pickled shallots and pea shoots and serve with the pea purée and pickled shallots.

PICKLING LIQUOR

I use this with all kinds of vegetables but cucumber is a special favourite. It will keep in the refrigerator for several weeks – it keeps forever! If you want to make a smaller amount, the recipe is based on equal quantities of vinegar and sugar.

Makes 1 litre

500ml white wine vinegar
 500g caster sugar
 2 star anise
 1 cinnamon stick
 4 cloves
 2 fresh Indian bay leaves

- Put all the ingredients in a heavy-based saucepan over a low heat and stir occasionally until all the sugar dissolves. Remove from the heat and set aside to cool before decanting into a sterilised jar. Store in the fridge until required.



GINGER & GARLIC PASTE

Ginger & Garlic Paste is readily available in supermarkets, or head to [foodies.co.uk](https://www.foodies.co.uk) to get Will's recipe and mix up your own.

Alphonso mango sorbet with chilli & coconut

Mango is the king of fruit in India, and everyone will tell you Alphonso are the best of the best. When mango season arrives in India, people go mad for the Alphonso and buy up as much of it as they can get their hands on.

Serves 4 – 5

Juice of 2 limes
160g caster sugar
450g ripe Alphonso mangoes, destoned and peeled
4 tsp toasted coconut flakes
1 red chilli, finely diced, to garnish

● In a saucepan, heat 160ml water until it reaches boiling point. Remove from the heat, add the lime juice and stir in the sugar until it dissolves. Let the syrup cool for 30 minutes.

● Put the mango and 250ml water into a food processor and blitz to form a smooth purée. Add the cooled sugar syrup and blitz briefly again until thoroughly mixed.

● Pour the mix into an ice-cream machine and churn to the manufacturer's instructions. If you don't have one, transfer the cooled liquid onto a freeze-proof container and put in the freezer for a couple of hours until it starts to solidify. Stir with a spatula to break up the ice crystals, then return it to the freezer. Repeat this process every 30 minutes until set.

● The sorbet is best served immediately, sprinkled with the coconut and chilli, but it will freeze for up to 4 days and still taste good.



KRICKET: An Indian-inspired Cookbook by Will Bowlby, published by Hardie Grant, £26. Photo © Hugh Johnson



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CUCINA

1 George IV Bridge, EH1 1AD
www.radissoncollection.com

Cucina takes inspiration from both its Italian heritage and its Edinburgh home, combining classic Italian dishes with first class Scottish ingredients for a modern, elevated Italian dining experience. Boasting a seasonal menu full of locally sourced produce, this colourful restaurant puts fine dining first. Try the haggis ravioli for a perfect partnership of Scotland and Italy.



Civerinos
 Below: Origano

CONTINI

103 George Street, EH2 3ES
www.contini.com

One for ethically minded diners, Contini put sustainability and seasonality first, sourcing local, sustainable ingredients for their creative menu. With a stunningly elegant dining room in the heart of the city too, it's the ideal destination to feed your Italian food cravings.



Locanda de Gusti



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Cucina

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ORIGANO

236 Leith Walk, EH6 5EL
www.origano-leith.co.uk

Bringing history into their architecture, Origano's open plan dining area, exposed stone walls, and reclaimed wooden flooring honour the building's heritage as the only remaining part of the Victoria India Rubber Mill. Their traditional and gluten-free homemade dough sets the scene for a pizza to remember, while inventive toppings will keep you coming back for more.

LOCANDA DE GUSTI

102 Dalry Road, EH11 2DW
www.locandadegusti.com

Bringing a taste of Naples to Edinburgh, Locanda de Gusti specialises in traditional Italian fare, making all the food from scratch according to family recipes. Their homemade pasta is famous, and they even make their own gluten-free pasta, too.

CIVERINOS

5 Hunter Square, EH1 1AW
www.civerinos.com

With a cult following in the city,

Civerinos offers up truly inventive pizza, by the pie or by the slice, with toppings including honey roasted pumpkin, pear and gorgonzola, and slow cooked beef brisket. This is unpretentious Italian fare, fused with globally renowned street food in a way that's new and fresh.

Made to SHARE

Áine Carlin's dishes are perfect for sharing with family and friends, full of flavour, colour, and creativity - plus, they're all completely vegan

For as long as I can remember the kitchen has been the social focal point of any place I have ever called home – whether the Irish childhood home that gave me Sunday dinners and creamy rice puddings, the London one I briefly shared with friends in my mid-twenties (with its array of varying tastes and preferences), or the current Penzance place that my husband and I have lovingly cultivated. Each has shown me the power food possesses in bringing us together, no matter what cultural background we may come from, or indeed what dietary requirements we might have. For me, veganism has opened so many doors and has brought me so much joy and inner peace, it makes sense that I want to share it with my friends and family. Nothing brings me more happiness than creating an abundance of wholesome, seasonal food that will perfectly set the stage for any gathering, no matter how fancy or humble.

Of course, I like to treat every meal as an event, even if those occasions happen to involve being curled up on the sofa on a gloomy Wednesday with only person to feed – yourself. You could say my *raison d'être* is to ensure food (and the cooking thereof) is both straightforward and delicious in equal measure. I've long since held the belief that food created under any sort of duress (self-inflicted or otherwise) never tastes quite as good as a dish made with ease and love.

I like to think that many of my recipes are simply jumping-off points for people who are seeking a little encouragement when it comes to plant-based cooking. My aim is always to sway the focus away from the 'vegan' tagline and instead bring the food itself to the fore. Creating beautiful, colourful, nutritious food that never fails to raise an approving smile is absolutely at the core of my cooking. And yes, it just happens to be vegan too. ●

**‘I like to
treat every
meal as an
event’**



Polenta pizza with spinach & roasted squash

Polenta is a bit of an obsession of my mine. I enjoy it for breakfast, adore it cut into wedges and fried, and think it makes a pretty epic substitute for mash. But this easy pizza crust might just pip everything else to the post when it comes to how best to consume this super-versatile ingredient. Basically a fancy vehicle for toppings, this crispy, crunchy, flavourful base brings a bit of unexpected wow factor to the table. Perfect for parties, it's sure to make even the most low-key affair go off with a bang.

Serves 4-6

For the base

700ml water
175g polenta
1 tbsp extra virgin olive oil
Sea salt flakes and black pepper

For the sauce

3 tbsp passata
1 heaped tbsp tomato purée
1 tsp oregano
1 garlic clove, minced
½ tsp maple syrup
½ tsp balsamic vinegar
50ml water
Sea salt flakes and black pepper

For the toppings

½ butternut squash, peeled and cut into bitesized pieces
1 heaped tsp oregano
1 tbsp olive oil
200g spinach
2 shallots, sliced
2 heaped tbsp freshly chopped basil, plus extra to garnish

2 tbsp pumpkin seeds
2 tbsp nutritional yeast (optional), plus extra to garnish
Sea salt flakes and black pepper

For the 'cheesy' sunflower seed sauce

70g sunflower seeds
1 small garlic clove, minced
Juice of ½ orange
1 tsp Dijon mustard
1 tsp maple syrup
½ tsp sea salt flakes
1 tbsp nutritional yeast (optional)
125ml water

- Preheat the oven to 220°C. Line a baking tray with baking paper.
- For the base, place the measured water in a saucepan and bring to the boil. Generously salt the water, whisk in the polenta and cook over a medium heat, stirring vigorously, for 15–20 minutes, or until it thickens. Add the oil, season and continue to cook, stirring, until it becomes rubbery and pliable.
- Tip the polenta mixture on to the prepared baking tray and spread it to the edges using a spatula. Transfer to the refrigerator and leave for 30 minutes to firm.
- Meanwhile, prepare the toppings. Put the squash, oregano and olive oil in a bowl and toss to coat. Season generously and roast for 30 minutes, or until golden and crispy. Remove from the oven and set aside.
- Increase the heat to 240°C and bring a large saucepan of water to the boil. Add the spinach to the pan and cook until wilted, then remove with a slotted spoon and squeeze out any excess liquid before mincing to a rough pulp. Season and set aside.
- To make the pizza sauce, add the passata, tomato purée, oregano, garlic, maple syrup, balsamic vinegar and measured water to a bowl and whisk together to combine. Season and set aside.
- Once firm, bake the pizza base for 20–25 minutes until the edges begin to crisp.
- Spread the base with the pizza sauce and top with the sliced shallots, wilted spinach, basil, roasted squash, pumpkin seeds and the nutritional yeast, if using. Bake for a further 15–20 minutes, or until the edges are crispy and golden.
- Meanwhile, place all the 'cheesy' sauce ingredients in a bowl and whizz together with a hand-held blender until completely smooth.
- To serve, cut the pizza into squares, drizzle over the sauce and garnish with a little extra basil and/or nutritional yeast.

Serve
this up as
fabulous
finger food
at parties



Sweet potato & walnut koftas

Walnuts are a wonder – and I'm not just talking about their omega-3 content, although I'll admit that is something of a draw. For me, vegan meatballs, burgers and anything else of that ilk can be a little underwhelming, with a tendency to fall apart at first bite. I know you know what I mean. This is where the humble walnut (with a little help from the ever-reliable sweet potato) comes in. Not only do walnuts add bite and texture but, crucially, they help form a surprisingly 'meaty' ball with the added bonus of being, well, good for you. However you shape them, these koftas are guaranteed to be devoured, whether served as finger food at parties (with requisite spicy dip accompaniment), stuffed into pittas loaded with salad, avocado and hummus (standard) or even doused in a rich tomato sauce for a twist on meatballs and spaghetti (my preference, if anyone's asking). Certified winners, whichever way you go.

Makes 12

1 small sweet potato, halved
 2 tbsp olive oil
 1 tbsp milled flaxseed
 100g lightly toasted walnuts
 50g panko breadcrumbs
 1 tsp dried oregano
 1 tsp ground cumin
 ½ tsp ground coriander
 ¼ tsp ground cinnamon
 ½ tsp dried chilli flakes
 Small bunch of fresh coriander, roughly chopped
 1 spring onion, very finely chopped
 Sea salt flakes and black pepper

- Preheat the oven to 220°C. Lightly brush the sweet potato halves with 1 tsp of the olive oil, arrange skin-side down on a tray and bake for 40 minutes until soft. Remove from the oven, scoop out the flesh into a bowl and season lightly. Set aside to cool.
- Combine the flaxseed with 3 tbsp water. Set aside for 5–10 minutes.
- Place the walnuts in a processor and pulse to a fine crumb. Add the breadcrumbs, oregano, spices and flaxseed mixture and pulse again to combine. Transfer to a large mixing bowl, add the coriander, spring onion and sweet potato and season generously. Fold to combine, working the sweet potato into the mixture until completely incorporated.

- Heat the remaining oil in a frying pan over a medium heat. Take a tablespoon of the mixture and gently form it into a cigar-like cylinder using your fingers. Repeat with the remaining mixture, then add the kofta to the pan in batches and fry for 3–4 minutes on each side, or until golden, turning carefully as you go. (Be sure not to overcrowd the pan or the temperature will lower, resulting in the kofta absorbing too much oil.)
- Transfer to a plate lined with kitchen paper to drain briefly. Serve hot or cold.



Try these
served with
pittas and
hummus

Matcha & lime pie with macerated strawberries

The vibrant green hue of this (nearly) no-bake dessert coupled with the insane red of the macerated strawberries is precisely why I love to wheel this dish out at dinner parties – after all, we do eat with our eyes. The agar agar flakes ensure a firm pie that slices beautifully. If you are unfamiliar with this handy little ingredient, you'll soon get the hang of using it. The trick is to allow the flakes to dissolve in water without stirring before pouring the liquid into the cashew/tofu mix. You'll end up with a wonderfully zesty filling with an uplifting hint of matcha, which helpfully boosts both flavour and colour too – double whammy.

Serves 8-10

For the crust

100g desiccated coconut
100g pistachios
100g Brazil nuts
200g dried apricots
¼ tsp vanilla powder
or ½ vanilla pod,
split and seeds
scraped
Pinch of sea salt flakes
1 tbsp coconut oil

For the filling

200g cashew nuts,
soaked overnight and
drained
150g silken tofu
Grated zest and juice
of 6 limes
125ml agave nectar or
maple syrup

1 heaped tbsp matcha
powder
Pinch of sea salt flakes
250ml water
2 tbsp agar agar flakes

For the macerated strawberries

200g strawberries,
hulled and sliced
Juice of 1 lime
½ vanilla pod, seeds
scraped
3 tbsp palm sugar

- Preheat the oven to 200°C.
- To make the crust, place the desiccated coconut, pistachios and Brazil nuts in a blender or food processor and pulse together to form a fine crumb-like texture. Add the apricots, vanilla powder, salt and coconut oil and blend for 1 minute, or until it just comes together (pinch some of the mixture between your fingers to test – if it sticks easily, you're good to go).
- Transfer the crust mixture to a 23cm fluted tart tin and press into the base and sides to cover evenly. Bake for 8–10 minutes, or until lightly coloured, then remove from the oven and leave to cool in the refrigerator.
- For the filling, add the cashew nuts to a blender together with the tofu, lime zest and juice, agave nectar, matcha powder and salt. Blend for 10–15 minutes, or until the mixture is completely smooth. (If it is not entirely silky, keep blending until you achieve the desired consistency, otherwise it will negatively affect the texture.)
- Meanwhile, place the water in a small saucepan and sprinkle over the agar agar. Do not stir. Bring to the boil, then simmer over a medium heat for 5–10 minutes, or until the agar agar has dissolved and the water has reduced by about a third.
- Add the agar agar liquid to the blender with the pie filling and blend until it is completely incorporated, scraping down the sides from time to time, then pour the filling over the cooled crust, smoothing the top with the back of a spatula. Cover with clingfilm and refrigerate for 4–6 hours, or until set.
- For the macerated strawberries, put the berries, lime juice, vanilla seeds and palm sugar into a bowl, stir to combine and refrigerate for at least 30 minutes, or until needed, bringing the berries to room temperature before serving.
- Pile the strawberries over the centre of the pie to serve.



*Cook Share Eat
Vegan* by Áine Carlin,
published by Mitchell
Beazley, £20 (www.octopusbooks.co.uk)
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Wood



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12 Kings Court, Glasgow
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monocafebar.com

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CONSIDERIT

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EH9 1NH
consideritchocolate.com

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HENDERSONS

25c Thistle Street, Edinburgh
EH2 1DX
hendersonsofedinburgh.co.uk

The very first vegan restaurant in the capital, Hendersons is an Edinburgh institution. Known for their focus on creativity and



seasonality, you can always be sure of a meal that's fresh, satisfying and completely plant-based - even the wine and beer are vegan-friendly.

PICNIC

103 Ingram Street, Glasgow
G1 1DX
picnic-cafe.co.uk

A welcoming cafe with a focus on healthy, meat-free fare, Picnic makes plant-based eating easy. The menu ranges from the likes of their signature black rice, kale and basil burger to vegan versions of Scottish favourites like empire biscuits and snowballs, all served up in eco-friendly packaging.

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MEMORY MEALS

Nico Simeone has already made a name in Glasgow with his inventive tasting menus, but now he's bringing his unique cooking style to Edinburgh with the launch of Six by Nico on Hanover Street

Where did you get the inspiration for your menu style?

At Six by Nico we wanted to create food that would be playful, bursting with flavours that our guests could relate to and present them in a unique and bespoke form.

Our restaurants in Glasgow and Edinburgh are home to a series of carefully curated and constantly evolving restaurant concepts. Each six weeks, the team and I will serve a brand new six-course tasting menu—each one themed around a different place, memory, or experience.

Which of the dishes you've created has been

your favourite?

Since opening in Glasgow over a year ago we have created a number of dishes that I've enjoyed experimenting with but I am particular proud of the Smoked Sausage dish on The Chippie menu. It shows technique, utilities fine cuts of pork and has the theatre of being smoked for the guest at their table - the taste, smell, and flavours are a winning combination.

Which chefs inspire you in the kitchen?

'It has always been a dream of mine to open in the capital'

Marco Pierre White, Gordon Ramsay and Tom Kitchin are definitely at the top of my list. They not only understand food and the customer experience but being a restaurateur, too. They have not been afraid of the difficult road to success and have not been scared to take risks.

What drew you to Edinburgh for your newest restaurant?

My career started with stints at Michelin-starred Number One at Balmoral, where I worked with Craig Candle and it has always been a dream of mine to open in the capital. The people of Edinburgh are real foodies and I am excited

to see their reactions at the new Hanover Street restaurant.

What motivated you to create the Academy at 111 by Nico in Glasgow?

Its very important for me to help to develop talent in those that might not have many opportunities. I wanted to offer the opportunity for young people that have had a poor start in life to gain the skills needed to become top chefs and its rewarding for me see them thrive and achieve new personal goals.

The first menu at your Edinburgh restaurant reinvents chippie classics, but what's your go to order at the chippie?

It has to be the classic fish supper with salt and vinegar - I'm a Glaswegian Italian man after all!

Smoked Mackerel Gribiche

200g smoked mackerel
2 shallots
3 eggs
150g capers
150g cornichon
150g parsley
200g mayonnaise

For the asparagus salad
4 asparagus spears
1 quails' egg

- Boil the eggs for 6 minutes then drop into ice water. Peel and finely dice. Pulse the capers and cornichons in a food processor, then fold through the diced egg.
- Finely dice shallots and chop parsley then fold through egg mix.
- Remove all bones and skin from the mackerel.
- Flake the mackerel with a fork and add it to the rest of the mixture. Season with salt.
- Prepare and blanch half of the asparagus spears until just tender, then refresh in ice cold water. Shave the other half raw on a mandolin.
- Dress with good quality olive oil, and parmesan shavings
- Blanch the quails' egg for two minutes in boiling water, then refresh in ice cold water.
- Dress the salad and quails' egg neatly on the plate with a quenelle of the mackerel gribiche.

Check out our review of Six by Nico on p.56



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575 Duke Street, G31 1PY

www.pizzaeastglasgow.com

Pizza East may be in Glasgow, but once you walk through the doors you'll think you're in Italy. The hardworking team doesn't just import their ingredients, the chefs themselves relocated from Naples. Even after all of that effort they still retain the relaxed, family-friendly atmosphere of a traditional Italian pizzeria.



GLASGOW
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Above (clockwise): Bilson Eleven, Dennistoun Bar-B-Que, St Luke's, Pizza East, Tibo Bistro

TIBO BISTRO

443 Duke Street, G31 1RY

www.tibobistro.co.uk

Tibo Bistro is a restaurant with charisma and a vibrant local community attached. Regular open mic nights, art exhibitions, and a seasonally changing menu keep the decade old eatery feeling fresh. Vegans will especially appreciate their selection of filling breakfast options but you'd be remiss not to come back at after dark for the intimate vibes and creative specials.

SAINT LUKE'S & THE WINGED OX

17 Bain Street, G40 2JZ

www.stlukesglasgow.com

With all of the character of Glasgow itself, Saint Lukes & The Winged Ox has been immersed in Glasgow's East End since they first opened their doors. Purveyors of soul food from grilled cheese to pizza, hosts

of impassioned events from hard-hitting documentary screenings to the latest local band's performances and overall community staple, Saint Luke's is irreplaceable.

DENNISTOUN BAR-B-QUE

585 Duke Street, G31 1PY

www.jaybes.co

Dennistoun perfectly captures the relaxed spirit of a barbecue but don't be fooled. With a carefully curated rotation of rare beers imported from the states and buzzworthy dishes (Nutella ribs, anyone?) a lot of work has gone

into making this place special.

BILSON ELEVEN

10 Annfield Place, G31 2XQ

www.bilsonelven.co.uk

This delightfully eclectic restaurant serves unique dishes in a 19th century townhouse. From the stained glass windows to the creative dishes brought together with expertly executed classic techniques, what makes this place special is the care and attention that goes into every last detail. Come with an empty stomach and an open mind.

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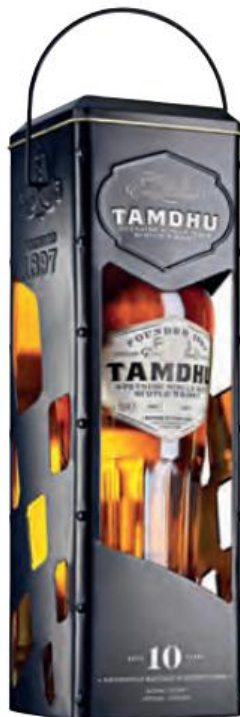
R&B Distillers get back to their roots with their single grain Borders whisky, harking back to their Victorian heritage in the region. Lowland-style in every way, its ideal for those looking for a lighter dram. Sweet and nutty on the nose with sherry flavours, this makes an excellent partner to dark chocolate desserts.



TAMDHU

www.tamdhu.com

The Tamdhu 10 Year Old lantern tin makes for a dramatic gift, from the exquisite presentation box to the lucent amber glow of the bottle. Matured in sherry oak casks, rich toffee notes make this a warming malt, ideal for sipping on after dinner. Look out for notes of sugared almond and a touch of fresh fruit on the finish.



ISLE OF ARRAN

www.arranwhisky.com

This vibrant whisky is named for the Machrie Moor and evokes the same rugged atmosphere, with the taste of crisp apples complimenting a strong, smoky finish. Isle of Arran Distillery has been producing the same refined blend each autumn for eight years in small batches to preserve the delicious, honey coloured dram that is coming to become a staple of Scotch whisky.



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www.springbankwhisky.com

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WEMYSS

www.wemyssmalts.com

Vanilla Burst may be new on the whisky scene, but the Wemyss family has been in the industry since the turn of the 19th century. This blend of two single malt whiskies from the Speyside region highlights the classic vanilla flavour found in bourbon casks, along with hints of baked apples, caramel, and Custard Creams. An intriguing and unique blend for those looking to try something new.



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232 Morrison Street, EH3 8EA
www.cafemilk.co.uk

Milk's understated, minimal look makes it the perfect destination to catch up with a loved one over a slice of cake, all created with quality local ingredients. Plus, be sure to try their fabulously unique breakfasts, featuring the likes of mushroom and rosemary burritos and homemade bircher muesli.



First Coast



Milk

MAIALINO

34 William Street, EH3 7LJ
www.maialino.co.uk

Claudio sacrificed Tuscany's sun to bring a taste of Italy to Edinburgh, so you know he has a menu to believe in. Named for the pigs he so cherishes, you'll find quality cured meat aplenty in Maialino. Try your choice of meat in one of his delectable sandwiches.



Jolly Botanist



Maialino

FIRST COAST

97-101 Dalry Road, EH11 2AB
www.first-coast.co.uk

This welcoming neighbourhood bistro may seem unassuming from the outside but the attention to detail put into each dish cannot escape notice. A small fireplace and eclectic wood tables unify the cosy collection of rooms with a warm glow that's perfect for date-night dining.

THE JOLLY BOTANIST

256-260 Morrison Street, EH3 8DT
www.thejollybotanist.co.uk

Scotland is all about gin right now and The Jolly Botanist has their finger on the pulse of the capital. Their quirky yet elegant dining room will delight, but it's the constantly changing gins that will draw you back again and again. Try their local take on gin and juice for a cocktail worth savouring.



Mia Italian Kitchen

MIA ITALIAN KITCHEN

96 Dalry Road, EH11 2AX

www.mia-restaurant.co.uk

Family-run and friendly, this Italian eatery is

a local favourite, serving up great food packed with bold flavours and delicious fresh ingredients. While you're enjoying your linguine gamberoni, risotto, or thin and crispy pizza, don't neglect the carefully curated wine menu sourcing delicious wines from Turin to Palermo, with an excellent range of reasonably priced options.

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BRING IN THE OLD & NEW

Update your kitchen with cosy farmhouse vibes and cool modern style

At first glance, farmhouse and modern home styles may not seem to have much in common. But dig a little deeper, and you'll quickly discover why the two are happy bedfellows. There's a devotion to craft, to simple beauty, to pieces that have value and meaning. Combined, modern and farmhouse styles offer enviable approachability that helps today's busy families create a welcoming respite for a





'The kitchen is the
hardest-working
room in the
house'

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weekend at home.

The kitchen is the hardest-working room in the house. It should function as a well-appointed workshop for life's culinary masterpieces – and everyday messes – as well as a place to catch up over a cup of tea or show your love with a quick sandwich. Incorporate a mindful mix of key features like cabinetry, counters, and appliances for a space that's efficient, inspiring, and inviting.

Farmhouse cupboards tend to be a bit fussier – they may have raised or recessed panels, or come in beadboard or distressed woods. More modern options include flat or slab cabinets. A perfect compromise may be the Shaker style – beloved for its plain lines that read traditional or contemporary. You can also modernize or rustic up cabinets with cleverly chosen knobs and pulls. Pick a workhorse surface that will last years; in the farmhouse camp, white quartz is nearly indestructible and helps brighten wood common in traditional kitchens. Don't forget the backsplash – it's a great place to make a statement



'Embrace a full blending of the two styles'



with tile or other materials. Also, be sure to seek stylish appliances. You'll look at that stove and fridge every day, so make sure they hew to your décor scheme. Go big and bold with a freestanding electric stove in a charming old-timey style, or install burners below the counter and an oven in a discreet drawer so both are practically invisible.

Whether you simply want to update a more farmhouse-leaning room, add a touch of softness to contemporary-styled spaces, or embrace a full blending of the two, let these inspirational images guide you. ●



Modern Farmhouse Style by Living the Country Life, published by Weldon Owen, £22.50.



Learn more
about Chef
Patron Nico
Simeone,
p.42

Time to taste

Our top restaurant picks to try this month

SIX BY NICO

A six course tasting menu that changes every six weeks is what we can expect from Glasgow restaurateur Nico Simeone's first venture in Edinburgh. Each menu reimagines a nostalgic food memory, and recreates it in Simeone's signature fine dining style. The current menu theme is "The Chippie", a playful nod to the nation's fondness for everything deep fried.

The first course, 'Chips & Cheese' is a sublime concoction of confit potato, crisp mustardy crumbs and Parmesan espuma, cut through by a rich

curry oil. The second starter is a riff on scampi, featuring wonderfully meaty Scrabster monkfish cheek offset by a tart and vinegary pea and herb ketchup and smooth, sweet bergamot jelly.

Nico's take on a 'Steak Pie' is delicious, with tender, pastry-topped Speyside beef shin highlighted by rich caramelised onion. The 'Fish

Supper' is a complex dish with hearty Shetland cod lifted by delightfully vinegary pickled mussels and crunchy sweet onions.

For the star of the show, lids are dramatically lifted off the 'Smoked Sausage'

dish, exuding tempting applewood smoke. Cleverly constructed, the melt-in-your-mouth Ayrshire pork is encased in impossibly thin, crisp pastry for the perfect combination of textures.

The chippie-inspired dessert doesn't disappoint either, taking inspiration from the infamous deep fried Mars Bar. In this version, it is made even more magical, boasting a dark and creamy salted caramel nougat matched by a rich luxurious orange cream.

This is complex, delicious food in a fun, unpretentious eatery and at £28 for 6 courses, it's tremendous value.

97 Hanover Street, Edinburgh
EH2 1DJ www.sixbynico.co.uk

Sue Hitchen





CHOP HOUSE BRUNTSFIELD

Ask any Edinburgh local where to go for a good ol' fashioned steak and Chop House is never far from the conversation. For any West Enders for whom the Leith Chop House is too far and the Market Street Chop House is a little bit too "in town", your red-blooded dreams have been answered. The new Bruntsfield branch is glass-fronted, orange-seated, and boasts all of the industrial chic stylings they have become known for. Of course, what they're really known for is their first class, beef, dry-aged for 35 days in house and more than worthy of its reputation.

Ahead of the main event, we started off with the In Bloom cocktail, a bright, tart drink that paired well with the



fresh, plump oysters and deep-fried crispy shrimp.

Then arrived the MVPs. The sirloin had the kind of glorious crust only the open charcoal grill can achieve, a perfect contrast to the ultra tender medium rare meat beneath. In a stroke of pure indulgence (and pure genius), I paired mine with outrageously decadent, outrageously good bone marrow gravy. This is a must-have. Although, my partner's blue cheese sauce was a pretty close second (my wandering fork can attest to this). Shoestring fries were a little underwhelming, however I can only blame myself - I should have ordered the dripping chips like my heart really desired.

To finish, we went for the full cholesterol affront and thoroughly enjoyed a well curated cheeseboard. I'd suggest you get along and treat yourself to the same - you deserve it.

88 Bruntsfield Place
Edinburgh, EH10 4HG
www.chophousesteak.co.uk

Chiara Margiotta



GATHER BY ZIQUE

Gather by Zique is like a warm spring day – beautiful, but not too showy. The soft olive-grey hues of the décor ensure an air of sophistication, but this Hyndland Street restaurant is comfortable and oh-so-inviting. We got things started with the Rhubarb 75, a gorgeously refreshing blend of gin, lemon, rhubarb, ginger and vanilla bean. Then, the goats curd gnocchi with sage, lemon and caper butter; the soft, silky texture won us over, while the tang of the goats curd was complemented by the herby flavours. Next was burrata with grilled aubergine. The mild cheese proved delightfully creamy, enhanced by the fresh mint and sweet tomatoes. Combining chickpeas with grilled vegetables, fried chillies and a pine nut salsa, our first main was a delectable flavour explosion. So too was the second. In fact, every mouthful of the puy lentil and deep-fried artichoke dish tantalised our taste buds. Finally, rich, melt-in-your-mouth chocolate ganache sitting atop some zesty orange mascarpone was on hand to satisfy our sweet tooth. A chocolate lover's dream? You bet.

Boasting a menu full of fresh, flavourful food Gather by Zique is worthy of so much praise.

70-72 Hyndland St, Glasgow, G11 5PT

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www.esfw.com

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EDINBURGH NEW TOWN COOKERY SCHOOL

www.entcs.co.uk

Demystify nutrition with the Edinburgh New Town Cookery School's delicious and healthy eating class. Rather than cutting

back, expert chefs will show you how to bring the best flavour out of each ingredient without relying on the salt, fats and sugar that weigh you down. Once you're savouring the juicy peaches you poached with raspberries and honey you won't miss artificially flavoured sweets one bit.

NICK NAIRN COOK SCHOOL

www.nicknairncookschool.com

Embrace Scotland's island culture. Nick Nairn's fabulous feast of fish class will give you the confidence to boldly ask for the catch of the day at the fishmongers, safe in the knowledge you can tackle whatever comes your way. You'll

leave with a toolkit of skills for cooking fish perfectly, from keeping the fillet succulent to achieving the ultimate crispy skin.

MONICA WILDE

www.monicawilde.com

Discover the hidden treats nature has to offer with a little help from expert forager and herbalist Monica Wilde. Join her on a walk through the wild and learn about the tastes, uses, history and identifying characteristics of forager staples from tasty vegetables to salad leaves, along with some extra information on the medicinal and health benefits of some of these natural gems.



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Our 4 course dinner takes inspiration from contemporary Nordic cuisine. Non-residents are also welcome for dinner but booking in advance is recommended.



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Email: info@eddrachilles.com Telephone: 01971 502080

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A toast to us

In honour of the 100th issue of Foodies Magazine, The Garden Edinburgh have created this fabulous violet-infused spring cocktail just for us

Foodies 100

By Tom Pollitt at The Garden
www.gardenedinburgh.com

25ml Ogilvy vodka
15ml Briottet Liqueur de Violette
2.5ml grenadine
10ml sugar syrup
20ml lime juice
20ml grapefruit juice

- Add all the ingredients to a shaker and shake with ice.
- Pour into a martini glass and garnish with a mint leaf.

Photo: Lucy Paul

Foodies

MAY HIGHLIGHTS



TOP TIP

Enjoy first class cocktails at The Finnieston before heading along to see Jay Rayner at The Mitchell Theatre, 11th May.

THIS MONTH WE'RE DRINKING...

The Nectar Cobbler

35ml Wemyss Nectar Grove
25ml plum liqueur
Lemon wedge
Orange wedge
1/2 ripe plum
2 all spice berries

- Muddle the fruit with the spirits, then shake in a cocktail shaker.
- Double strain into a highball filled with crushed ice. Garnish with mint, nectarine, and a cinnamon stick.



By Wemyss Malts

LAUNCHING THIS MONTH

RANSACKED BLACK OVEN EDINBURGH

The name may sound like a culinary crime scene but new Persian street food restaurant Ransacked Black Oven are making all the right noises. We're talking wood-fired, sourdough bread wraps, savoury kebabs, and tear and share platters. Alongside more familiar offerings, these can all be washed down with intriguing punches and botanical slushes. www.ransackedblackoven.co.uk

GATHER BY ZIQUE GLASGOW

Cafezique and its assorted offshoots usually seem to have the right idea and the new Gather by Zique looks no different. Diners can look

forward to Scotland's excellent natural ingredients being given thoughtful prep along with time-honoured, European techniques. This means a menu that might pair sea bream carpaccio with orange, pistachio or watercress and grilled spring onions with romesco and smashed Jerusalem artichokes. www.fb.com/gatherbyzique

BURGER & BUN GLASGOW

Food fashions come and go but our appetite for a burger stays steady. The menu here offers several permutations on the burger along with wings, ribs, dogs and even the occasional veggie offering. The drinks include hard shakes - all the dairy goodness of milk corrupted with a decadent splash of booze. www.burgerandbun.co.uk

WINE

Need a dinner party wine? Try these, all for less than £15

The Ned Pinot Grigio 2017, New Zealand Waitrose, £9.49

A nose of pear drop, white blossom and nectarine leading to a rich and soft palate, slightly tropical, with a smooth finish. This tastes great paired with fresh salads and creamy pastas.



Bird's Eye View Shiraz-Viognier 2016, Australia Iceland, £5.99

Aromas of dark berry fruits, black pepper, and spice, this rich full flavoured wine is outstanding with grilled lamb, burgers, or beef stew.



De Bortoli La Boheme Act Two Pinot Noir Rose 2017, Australia Roberts & Speight, £12.99

Pale salmon pink in colour, with a crisp palate and creamy brioche aroma with subtle strawberry and hints of marzipan.





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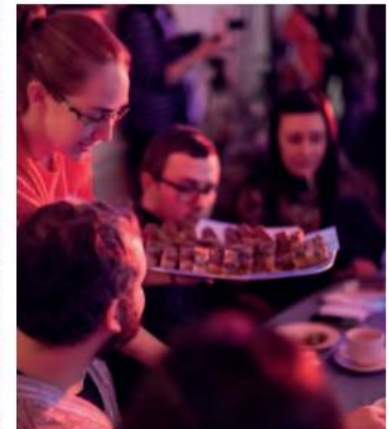


Photo: Lucy Paul

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