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#23
SUMMER
2018

CRUMBS

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That's soda pressing!



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WELL, WE WOULD BE IF WE SNAFFLED EVERYTHING DEVON'S TOP CHEF SUPPLIER HAS TO OFFER...

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HELLO MOM,
I'M YOUR CH-CH-CH

SUPPER CLUB SENSATION!

LUKE FEARON

VS
THE RUSTY PIG

THE AFFRAY IN OTTERY*

*St Mary

TURN UP THE HEAT!

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SUNNY DAY RECIPES

FROM THE REGION'S BEST CHEFS

CHEERRY BOMB

THEY'RE SAUCY, SHINY, EXPLODE WITH FLAVOUR
(AND—WHISPER IT!—GOOD FOR US TOO)

MediaGlash.



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ANDREW BROWNSWORD HOTELS



CHERRY BABY!!

There's something about fresh, juicy cherries that simply screams summer. Perhaps it's just me, but surely one of life's great pleasures is to sit in the sunshine with a bowl of these ripe, red beauties and revel in their sweet deliciousness? Definitely one of my favourite fruits, and a worthy star of this issue's cover. Read all about the history of the humble cherry on page 8.

Also inside this issue, I catch up with chef Luke Fearon, who is taking his love of all things seasonal and locally produced on the road with the Devon Food Movement. Collaborating with some of our county's finest restaurants and chefs, he'll be hosting supper clubs across Devon in the coming months, using only ingredients from within a few miles of the venue. A fabulous idea, I reckon, and a great way to cut back on those food miles and truly enjoy each season's harvest. I caught up with him while he was doing his thang at the Rusty Pig in Ottery St Mary. Check it out on page 35.

Now that summer has finally arrived, what better way to celebrate than with a cheeky cocktail? We asked some of Devon's finest drinks producers and bars to share the recipes for their favourite tipples. Dig out your cocktail shaker and get inspired on page 48. Then the next day, while you're nursing your hangover (whadda ya mean, you don't get hangovers?), why not treat yourself to brunch and a Bloody Mary to get the blood flowing and the brain pumping? Read our pick of Devon's top breakfasts on page 43.

Also this issue, I had the pleasure of hopping on a train for a grand weekend in Plymouth, eating and drinking my way across Britain's Ocean City – all in the name of research, of course! (Yes, it *is* a tough job...) It's a city that often slips under the radar for us Devon foodies, but has bags to offer and some top-notch hidden gems – particularly in Plymouth City Market – that are seriously worth checking out. Read my top tips on page 52.

If that's not enough, we've also got the usual smattering of smashing recipes, honest reviews and much, much more. Happy reading – and have a stonkingly good summer!

Melissa

Melissa Stewart, Editor
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Legal **Tips** for Start-Up Food Businesses

By Laura Clarke, Head of the Food & Drink Department at WBW Solicitors



Before you can hit the ground running with a new food business, you will need to make sure that the legal aspects are covered – in addition to the obvious environmental health requirements. Here a few that you might not have thought of...

Type of Business

If you are going into business with one or more people then it's likely that you will automatically be in partnership together, unless you decide to set up a limited company. Whatever you do, if you are in business with other people then it's important to set out the arrangements between you from the outset in a Partnership Agreement or Shareholders' Agreement. This saves costs and stress further down the line if for example, one of you wants to leave.

Intellectual Property Rights

A really important area that's often overlooked. You should carry out searches (including at the Trade Marks Registry) and consider registering your own business name or branding as a trademark to deter replication from competitors.

Terms of Business

This varies depending on the type of business you're running but for many businesses written terms are essential and it's important to distinguish between consumer contracts (which are heavily regulated) and business to business contracts (which allow more flexibility).

Data Protection

The General Data Protection Regulation (GDPR) introduced more stringent regulations and higher fines for non-compliance with data protection law. Make sure that your notices and policies are up to date.

Labelling

If you are producing food products, you will need to adhere to the labelling requirements, including, the nutritional declaration showing energy values and amounts of fat, saturates, carbohydrate, sugars, protein and salt.

If you would like further information about any aspect of article, please do contact me using the below details.

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source. Inks are vegetable-based; printer
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This month we reckon we scooped 20 eggs,
18 sausages and two loaves of sourdough
— all in the name of breakfast research!



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STARTERS

INNOVATIONS, REVELATIONS AND TASTY AMUSE-BOUCHES

SUMMER SOIREEES

EAT, DRINK AND MAKE A DAY (OR WEEKEND) OF IT AT ONE OF THESE SUPER SHINDIGS...

Topsham Food Festival

30 June-1 July

Topsham Quay plays host to this 'fire and spice' themed event, with an array of street food stalls, chef demos and a food trail around the town. topshamfoodfestival.org.uk

Devon Fire & Spice Festival

18-19 August

Celebrate all things hot, hot, hot at Powderham Castle with this festival of chillin' and grillin'. Expect plenty of chilli sauce vendors, chilli eating competitions and barbecue demos. devonfireandspicefestival.co.uk

River Cottage Festival

25-26 August

Enjoy the usual mix of food, music and masterclasses at River Cottage HQ's annual summer festival. Take part in a fermentation masterclass, sit around

the fire pit with Áine Carlin, author of *Keep it Vegan*, and then dance your socks off to Mad Dog McRea. rivercottage.net

Nourish Festival

1 September

This one-day event in Bovey Tracey celebrates all things food, drink, arts and crafts. Watch as over 60 street food vendors battle it out for the Devon Street Food Award. nourishfestival.org

Clovelly Lobster & Crab Festival

2 September

If you like your seafood, then this one-day festival in the pretty village of Clovelly is one for you. Enjoy fresh lobster and crab, cooked on the quayside, plus cooking demos from local chefs. clovelly.co.uk



MATT AUSTIN



THERE'S SOMETHING very naughty about the cherry, those plump little globes in their glorious glossy red – wouldn't Genesis make much more sense, we can't help but wonder, if these were what tempted Eve, not a boring old apple? There's an unchaste quality to their taste and texture that turns all thoughts south, to the extent that Googling 'cherry' has become something of a risky game. The ironic thing, of course, is that they're not really naughty at all. In fact, some claim, they're our most sensual superfood.

Sweet cherries mostly show up on the dessert trolley, of course: in cakes and muffins; in trifles and mousses; and not forgetting in the famous cherry pie, so beloved of eccentric FBI agent Dale

Cooper of *Twin Peaks* fame. An even more iconic cherry-based dessert, though, has to be the classic Black Forest gâteau, with its layers of rich dark chocolate, cloud-like cream and kirsch liqueur. Alternatively, you can just eat cherries on their own – perhaps then attempting to tie a knot in the stalk with your tongue, Sherilyn Fenn-style – or maybe stir them into a Greek-style yoghurt.

But that's not all they're good for. While sweet cherries love the company of citrus fruits and cinnamon, chocolate and cream, peaches and plums, hazelnuts and almonds, their sour cousins give a thrilling sweet-tart zip to any number of Middle Eastern dishes, and make an excellent foil to fatty meats. Cherry sauce is a

Hero Ingredients

CHERRIES

ONE OF OUR MOST INNUENDO LADEN FRUITS IS ALSO ONE OF THE MOST DELICIOUS, AND MOST DECADENT. HAPPILY, IT'S SECRETLY MORE SAINT THAN SINNER...

classic with duck, of course, and the fruit goes well with things like venison and pork too.

But still that's not all, for numerous cocktails (the Manhattan! The Pina Colada!) aren't considered complete until topped with a preserved and sweetened maraschino cherry. (Okay, so these Frankenstein's monsters of the fruit world have few health benefits – they're heaving with sugar syrup, for one thing – but they're so tiny, and so rarely eaten in great numbers, that it's easy to forgive them, right?)

CHERRIES HAVE, of course, been around forever. Certainly, the sweet cherry, *Prunus avium*, seems to have been eaten across most of Europe, western Asia and bits of North Africa since prehistoric times, and we know for certain that the Romans were growing them by 72BC, after they were brought to the city from the south coast of the Black Sea, in modern-day Turkey. (The name 'cherry', incidentally, comes from the ancient Greek name for Ceracus – today known as Giresun – which is a city there.)

Indeed, Turkey and Iran remain two of the world's top cherry growing nations, though commercial orchards pepper Italy, Spain and France too. Closer to home, Henry VIII liked them so much when he'd tasted them in Flanders that he had some trees brought over to England, where they were planted in Kent (and, indeed, became part of the coat of arms of Sittingbourne).

Naturally, plenty of myths and fables have grown up around the cherry and its spectacularly blossomed trees. One of Japan's national treasures, for instance, is a 400-year-old cherry tree growing right out of a giant boulder in the northern city of Morioka; indeed, so into cherry trees are the Japanese that the state of their brief flowerings are a staple of national TV news.

Elsewhere, an unsubstantiated anecdote about first American President George Washington (that he cut down his dad's favourite cherry tree, and on being questioned admitted he did it with a jaunty "I can't tell a lie, Pa") either illustrates his extreme honesty, his extreme thoughtlessness, or both, while Roman Catholic Popes traditionally eat cherries at the Feast of St Mark (25 April) in memory of Pope Gregory the Great. Greg was a famously frugal man, yet was once overwhelmed by an out-of-season lust for cherries. Up popped St Mark in a cloud of fire, who blessed one tree to fruit early, and watched as the greedy pope wasted no time in wolfing down a bellyful. Hurrah!

CHERRIES REMAIN relatively expensive – thank a combination of high demand, short season (in the UK, six weeks from mid-July to the end of August), how easily they can be damaged by rain and hail, how hard the trees are to grow and keep healthy, a high vulnerability to greedy flies and birds, and that handpicking is favoured to avoid damage to both fruit and trees.

They're worth all this, though, not just for their delicious taste and licentious trappings, but because they're actually extremely good for us. High in fibre, low in calories, with plenty of vitamin C, potassium, carotenoids and more, they're credited with helping to protect against dementia, strokes, cancer, hypertension, diabetes and cardiovascular disease, not to mention aiding with muscle soreness, weight loss, and a sound night's sleep.

Now, there is a caveat to all this: as the good stuff is in fairly low percentages, you'd have to eat an awful lot of cherries to get much of it, and in doing so you'd have also consumed an awful lot of sugar – but it's hardly a deal breaker. Go easy on the cherries, but by all means eat them and enjoy them. There are few debauched delights that have quite as much angel in them as these little devils. ■■■■



CHERRY AND PISTACHIO CAKE

Get your chops around this gorgeous gluten and dairy-free cake from those clever chaps Oli and Tom, from Exeter's Exploding Bakery. explodingbakery.com

SERVES 10-15
300ml British rapeseed or a neutral olive oil
150g **caster sugar** (plus a little extra)
6 medium free-range **eggs**
150g soft light **brown sugar**
100g **pistachio nuts** (shelled)
300g ground **almonds**
100g fine **polenta**
100g desiccated **coconut**
1 tsp **sea salt**
350g **cherries** in halves and quarters (sour cherries are good too)

1 Beat the oil and sugar in a mixer. Then add the eggs and beat on a high speed for a few minutes, until the mixture looks glossy.

2 Coarsely chop your pistachio nuts, or put in a food processor. Set aside half for sprinkling on top of the finished cake, and chop the remaining half as finely as possible.

3 Then add to your mixing bowl the finely chopped pistachios, ground almonds, polenta, coconut and salt. Combine into a nice cake batter.

4 Pour batter into a lined tin. We use a tray-bake tin, which is roughly 20 x 30cm. But you can use a large round tin, too.

5 Now the fun bit: removing the pits from the cherries. Do this with a cherry pitter or by ripping them open with your fingers, and do it over a bowl so you can catch the juice. Add a sprinkling of sugar (20g) to the bowl of pitted cherries and give it a mix, then mix it into the cake batter. Scatter any remaining juice on top of the batter.

6 Bake in the middle of a preheated oven at 170C/340F/gas mark 4 for 50-60 minutes, turning the cake halfway to ensure it's cooked evenly.

7 Remove from the oven when the visible parts of cake batter on the top have turned golden. If there are some pale yellow parts, it might need a bit more time.

8 Take the roughly chopped pistachios that you set aside and sprinkle them all over the top of the cake. Allow it to fully cool before cutting.

In the Larder



DEVON MADE

OUR COUNTY IS CHOCKA WITH FABULOUS FOOD PRODUCERS DOING INNOVATIVE THINGS. HERE ARE JUST A FEW RECENTLY-LAUNCHED GOODIES, ALL MADE USING LOCAL PRODUCE...

1. LYME BAY LUGGER RUM £38.50/70cl Gin has reigned supreme as the spirit of choice in recent years, so it's refreshing to see the chaps at Lyme Bay Winery heading in a different direction with the launch of Jack Ratt's Lugger Rum. Jack Ratt was a famed Devon smuggler and would've ferried his contraband onshore using a 'Lugger' – a type of fishing boat. This is a proper spicy treat, fusing cloves, nutmeg and orange peel, as well as vanilla. Check out our serving suggestion on page 49; lymebaywinery.co.uk **2. BLACK BEE BRITISH HEATHER HONEY £7.95/230g** Okay, this isn't technically made in Devon, but the honey is harvested from hives on Exmoor, which straddles both Devon and Somerset. This delicious British Ling Heather honey has a dark amber colour and malty, smoky flavour. Available from Chandos Deli in Exeter or online; blackbeehoney.co **3. LUSCOMBE LIGHT DEVON TONIC WATER £1.20/20cl** The latest edition to the ever-popular tonic range from soft drink supremos Luscombe, this light refreshing tonic is made using Devon spring water and enhanced with zingy Japanese yuzu and Indian quinine. It tastes great poured over gin or vodka, or as a refreshing drink all on its own. Devon stockists include The Shops at Dartington, Darts Farm, Greendale Farm Shop and Lifton Farm Shop; luscombe.co.uk **4. MADE FOR DRINK DUCK FRITONS £2.79/30g** At this time a year, there's nothing quite like a refreshing pint after a ramble across the moors or a countryside cycle but, we've got to admit, the selection of behind-the-bar snacks in most pubs haven't always cut it. Step forward these bad boys – think pork crackling, but made with Creedy Carver duck skin and, unlike crackling, it literally melts in your mouth. Available from the Pig on the Hill in Westward Ho!, Four & Twenty Blackbirds in Barnstaple, and nationwide at Waitrose; madefordrink.com **5. DEVON DISTILLERY DEVONCELLO £23/35cl** Here's another Devon drinks brand that's mixing things up a bit. First, they launched Dappa – a Devon take on Italian grappa (check our cocktail recipe on page 50), and this year it's all about Devoncello. Using Dappa as its base, it's steeped with organic lemons to create a zesty, yet sweet, liqueur. A refreshingly different aperitif; devondistillery.com **6. CLIVE'S NUT ROAST PIE £5.25/280g** Based in a converted woollen mill in Buckfastleigh, Clive's prides itself on making handmade organic, vegetarian and vegan pies and tarts. The majority of their products are also gluten-free, which is great news for coeliacs. This vegan nut roast fella serves two and is rrammed with flavour, including almonds, chestnuts, Brazil nuts and walnuts, seasonal veg, and sunflower and pumpkin seeds. Available from independent shops across Devon and Waitrose; clivespies.com

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STARTERS

Openings etc

COFFEE & GIN

They say the key to a successful business is diversification, so hats off to Linda Horner, co-owner of Crocketts in Exeter, who has just opened No.3 in Topsham. Coffee shop by day, gin emporium by night, plus a boutique B&B too – it's our kind of place! "We serve coffee, tea, cakes, pastries and cream teas during the day, and turn into a bar specialising in South West gins in the evening," explains Linda. "We have a lovely walled secret garden at the back where we are growing a herb garden for our cocktails, and we're using local honey and fruit to infuse some of the gin."

The interior of the bar is pretty chic too, with a rustic yet glamorous feel; think wooden tables and chairs, and lots of terracotta pots almost overlaid with plants and herbs. "We hope we've created a chilling space to relax and read a newspaper in when it's light, and a more vibrant one for the evening," says Linda.

no3topsham.co.uk



KING'S FEAST

If you're planning a trip to the South Hams this summer, or live in or around the Kingsbridge area, check out the town's newest restaurant, Twenty_Seven. This is chef Jamie Rogers' first solo venture, having cut his teeth working at some of Devon's top restaurants, including The Barbican in Plymouth. He also won South West Chef of the Year in 2015, and even reached the semi-finals of *MasterChef: The Professionals*.

Now open on the corner of Mill Street for breakfast, lunch and dinner, guests to Twenty_Seven can expect locally sourced produce executed in innovative and exciting ways, with prices that won't break the bank. Picked shimeji mushrooms, for example, happily rub shoulders with locally reared roast beef, while Start Bay hake jostles for attention with glorious Italian monk's beard.

"I am delighted to have opened in Kingsbridge – my aim is that Twenty_Seven should be accessible and affordable to everyone, locals and visitor alike, all year around, and this town is the perfect location to deliver that aim and achieve my ambition," says Jamie.

jamierogerschef.com



GOOD WITH FOOD

The Five Bells at Clyst Hydon is holding a healthy eating evening on 10 July using locally sourced grub, in a bid to prove that healthy food doesn't have to be bland or boring. Hosted by Charlie Bradley, owner of the Five Bells Inn and Carola Becker, certified nutritional therapist and founder of Life Is Good (life-is-good.co.uk), they'll be serving up three courses packed with nutrients, and cooked in a way to preserve all of the goodness and flavour.

Carola will introduce each course, so you can learn about the ingredients and how they benefit your wellbeing. Each course will have a meat option, a fish option and a vegetarian/vegan option, and will be gluten free; tickets are £35. fivebells.uk.com

RUB-A-DUB-DUB!!

Props to Exeter-based Steve Heath, aka The Lost Chef, who has transitioned from food blogger to food producer with his range of dry marinades. He says: "Dry marinades are extremely versatile, have a long shelf life, and are ideal for everyone – meat or fish eaters, vegetarians and vegans. There are lots of rubs aimed at the barbecue sector and our short summer. I wanted to create a range that can be used all year."

The launch line-up includes Naga Nitrate, Mediterranean Madness, Tantalising Thai and a children's rub called Kyle's Kickin' Chicken, which Steve's son helped to create. All of the rubs are gluten-free, priced £2-3, and available online.

thelostchefslarder.co.uk



THE INSTA FEED



@church233 Start Bay octopus, beetroot purée, chorizo, homegrown fennel and leaves



@riverfordfieldkitchen Peppers roasted to make peperonata. The perfect sidekick to carrots.



@glazebrookhouse Cured salmon... Caviar...

Your pic could be here!
Just use #CrumbsSnaps on your foodie Insta posts and we might print one of yours next issue...



Mates who bake: Ryan and Charlie in their shop

HIP SHOPS BIG BAKES BAKERY

WHAT: CAKES. COOKIES. TRAYBAKES. BISCUITS. **WHEN:** TUES-SAT, 9AM-5PM
WHERE: 17 FORE STREET, ST MARYCHURCH, TORQUAY TQ1 4PU

Big Bakes Bakery in Torquay came about by happy accident. A request to bake some cupcakes for a 21st birthday party back in 2010 was such a hit that owners Charlie Deeley and Ryan Bolton set up a home baking business. It proved so popular that, five years later, they decided to quit the day jobs and set up shop full-time. Today, they still bake cakes to order, as well as welcome customers to their Torquay bakery for cakes, coffee and milkshakes. They're also regulars on the Devon food festival circuit.

"We specialise in a range of cupcakes, traybakes, biscuits and our own style of 'big cakes,'" explains Charlie. "One of our most popular is our brownie cake – which has a full layer of brownie in the middle of it! We've also launched a range of shakes and sundaes, flavoured with big chunks of our cakes and brownies and our own sauces, such as salted caramel."

Known primarily for their fun and inventive cupcakes, the bakery has something of a cult following with folks on the English Riviera. A quick glance at their Facebook and Instagram pages attests to this, with more than a few fans commenting on the jolly customer service, reasonable prices and, of course, the great tasting bakes.

So, when it comes to baking, is there anything they don't do? "We do get a few people asking us for bespoke orders for novelty cakes that look like a relative or a pet, but we don't make novelty cakes," says Charlie. "We've also been asked if we can deliver to other countries – like Australia! – which sadly isn't possible."

Looking to the future, Charlie and Ryan are keen to expand their Big Bakes empire: "We really would love to have more shops dotted around Devon. We love what we do, and it would be a dream to spread the Big Bakes love as far as we can!"

bigbakesbakery.com





1



2

Trio MEAN BEANS

NOTHING PERKS UP A MORNING QUITE LIKE A GOOD CUP OF COFFEE. WE CHAT TO THREE LOCAL SUPPLIERS TO FIND OUT WHO'S GOT THE ROAST WITH THE MOST...

1 DEVON COFFEE COMPANY

Originally set up as a co-operative of cafes in Plymouth in 2011, the Devon Coffee Company transitioned into a roaster as the need for ethically-sourced, speciality grade coffee grew across Devon. Currently producing eight single origin and six espresso blends – all of which are speciality grade – they roast between 300-400kg of coffee beans each week. Right now, they're about to start a new relationship with a farm in Honduras through a 1-2-1 project that places a farm with a micro roaster like themselves. "It's a great way for a small speciality producer to skip a co-operative, command a higher price and get their name in the shop window," says company founder, Andrew Baker.

They're also pretty excited about a new coffee they've got on the go: "We share a micro-lot in Nicaragua at a farm called La Bastilla. The fresh crop has just landed, and the natural process never fails to blow us away. We can't wait to introduce it as the feature coffee of our 'Gumdrop' espresso blend." Try it in cafes across Devon, or you can buy direct from the website.

devoncoffeecompany.com

2 OWENS COFFEE ROASTERS

Recently relocated from Modbury to Ivybridge, Owens Coffee Roasters was set up in 2010. Priding themselves on being 100% organic and Fairtrade, they produce two single estate coffees, Cafe Romero and Finca La Lima; one single origin, Cafe Tunki; six blended coffees; and a decaf. Most of their beans come via London-based coffee suppliers DRWakefield. "They've sourced a wide variety of coffee for us, and have developed fantastic relationships with the producers, helping and encouraging a direct link between the farmer and smaller roasters," says managing director Lorraine Bridden.

Having recently invested in a swanky new Loring Kestral roaster, the team are excited about their latest crop of Finca La Lima. "The coffee is produced by farmer Luis Ricardo Ramos Vilchez on his 3.2 hectare farm La Lima, in the Cajamarca region of Peru," says Lorraine. "It is a perfectly balanced coffee with hints of citrus. We love it, and it's absolutely perfect in our Chemex."

Check their website for your nearest Owen's Coffee Roasters stockist.
owenscoffee.com



3

3 LITTLESTONE COFFEE ROASTERS

One of the newer kids on the Devon coffee roaster block, Littlestone was set up in 2015 by Jack Limmer, his partner Chloe and his dad, Simon. Based on Marsh Barton Industrial Estate in Exeter, they currently roast around 50kg coffee per week, producing 10 different varieties of coffee sourced from South and Central America, Africa and Asia.

"We change our coffees seasonally, but we always have our Littlestone Espresso Blend available throughout the year," says Jack. "We're always sampling different coffees from around the world, so we can choose where our next coffee will come from; it's one of the best bits of the job!"

They currently use an importer to source beans, with a view to work more directly with farmers in the future. Tickling the Littlestone tastebuds right now is a Mexican coffee called San Cristobal: "It has notes of chocolate and raspberry, and we can see it being one of our bestsellers," says Jack. Buy from The Real Food Store in Exeter, The Happy Apple and Amalie's Deli in Totnes, or via the website.
littlestonecoffee.co.uk

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Ask the Expert
**AT THE
SOURCE**

EVER WONDERED WHERE TOP CHEFS GET ALL THEIR TASTY INGREDIENTS FROM? STEP FORWARD FOREST PRODUCE – MAESTRO SUPPLIERS TO SOME OF THE SOUTH WEST'S BRIGHTEST FOOD STARS. WE CAUGHT UP WITH COMPANY FOUNDER **TONY QUICK** TO FIND OUT HOW THEY DO IT...



Tony (top left) and his team at Forest Produce are dedicated to delivering the finest and freshest local produce to their customers

Hi, Tony; good to meet you. We hear great things about Forest Produce, but how did it all begin...?

We started in February 2003. I only ever wanted to be a chef, so did three years at college in Torquay and worked my way from a pot wash to head chef in a very popular country pub near Honiton. This led to a few jobs, including a short spell at Keith Floyd's pub in Totnes. In 1997, my then-girlfriend (and my now-wife) Caroline gave birth to our son, and having a family while working the hours chefs had to back then changed my plans. So I asked one of my suppliers for a job and started as a van driver, working my way up to depot manager after two years. I could see there was a demand from chefs for high-quality local produce, which inspired me to set up Forest Produce.

Funny how life can turn out sometimes! Tell us a bit more about what Forest Produce does, and who you supply to?



We are based in Willand, near Cullompton, and have 30 amazing people working for us now. Our typical customer is 'anywhere with a chef'. They order, and we deliver the next day in our own vans. We have over 2,500 products – chilled, ambient and frozen – and are known for our exceptionally high-quality food.

Sometimes we are pigeonholed as the 'specialist supplier', but this isn't really true. We sell too wide a range for that, and have produce to suit everyone, from burger bars to Michelin-starred chefs. I do most of the sourcing, but we also listen to our customers – and if they need it, we will always try to find it. We have links to Rungis Market in Paris and the markets in Milan, so finding those more specialist requests is one of the things we love to do.

Devon is known for its rich larder. How much of your produce comes from here?

Local produce is so important to us. We work directly



with a lot of local cheesemakers, for instance: Sharpam, Ticklemore, Vulscombe, Quikes and Godminster. One of our bestselling products is Creedy Carver duck from Creden; we sell around 1,000 ducks a week. We have a guy called Neil Gear from Broadelyst, who grows salad leaves for us every summer, and Kieran Bunn from Kingsbridge makes all our desserts by hand, but this is just a small list of some of the great local people we work with.

The food and drink industry is notoriously competitive, so how do you market your products to chefs and grab their attention?

It's mainly the old fashioned way! Sales guys turning up at kitchen doors and building personal relationships with chefs. Social media is huge now, too, so we do a lot via Twitter and Instagram. Emma in our marketing team never misses an opportunity to promote what we're doing in our new demo kitchen, where we showcase our latest products to chefs.

What big name chefs or restaurants do you supply in the South West?

Michael Caines and Simon Hulstone have been loyal customers from the start – 15 years ago. We have also supplied Ashburton Cookery School since it opened. For me, one of the nicest thing to know is that the first delivery we ever did was to Andy Witheridge at the Salty Monk in Sidford, and we still deliver to him every week, all these years on.

What do chefs want to know about your produce before they place an order? What factors are important to them?

Chefs are all so different. Some need samples, some trust us to get it right. Most of the time, though, our sales team can provide enough information about the products to convince a potential customer to buy.

Food trends change constantly, so how do you keep pace?

Very simple – we listen to our customers.



FAYDITPHOTOGRAPHY

With such an insight into the mind of some of the country's top chefs, tell us what the next big trend is going to be. What should we look out for?

The burger market continues to be huge, and pretzel burger buns are my latest new thing.

If I were a food producer in Devon and keen for you to stock my product, how should I go about it?

Just get in touch, bring the product in, cook it in our kitchen – and show us how good it is. Although you need to be aware that all our heads of department are ex-chefs. No pressure!

What's next for Forest Produce?

Another easy one – keep doing what we do, but do it better. We have a new depot and a new demo kitchen. Having people like Mark Tilling doing hands-on chocolate masterclasses in our kitchen is a huge plus for us. We've also got a new brochure. The old one was nicknamed 'The Chef's Bible', but this one is so much better. ■■■

forestproduce.com

A chef in the Forest Produce demo kitchen showcases some of the latest ingredients

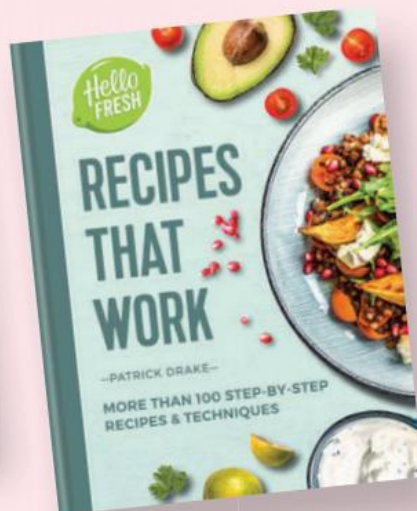
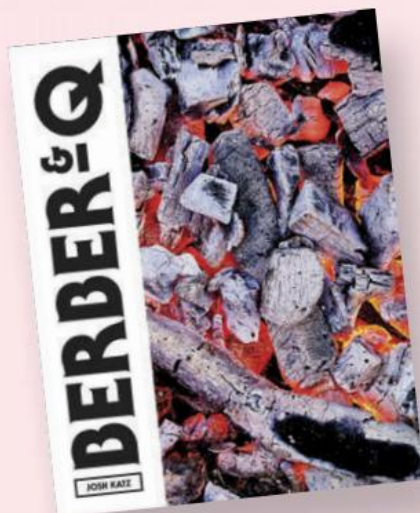
Kitchen Library

WHETHER YOU'RE WANTING TO GET OUTSIDE, EAT MORE PLANT-BASED GRUB, OR JUST MAKE MORE TIME FOR COOKING FROM SCRATCH, WE'VE GOT THE BOOK FOR YOU

BERBER & Q: THE COOKBOOK

Josh Katz (Ebury Press, £25)

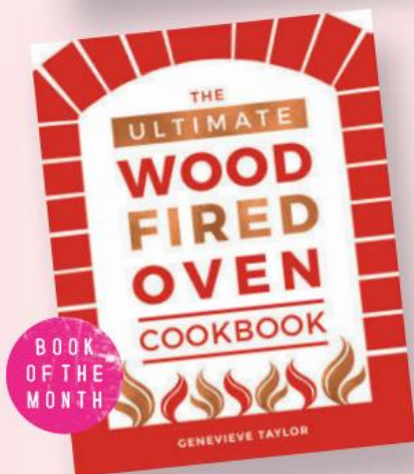
The story of Berber & Q, a barbecue specialist based in an East London railway arch, is a real celebration of our cultural melting pot – it is, after all, run by Jewish Londoners and an Italian Catholic, cooking American dude food with a heavy North African and Middle Eastern influence. Chef and founder Josh Katz is an entertaining writer (“sub standard tomatoes are only good for sauces, stews, and throwing at neighbours you don’t like”) and enthusiasm bubbles through on every page. Josh is a fan of both the US and Arabic approaches to cooking cheap meat, but also devotes chapters to fish, veggies, desserts and sides. Best recipes? Go basic with a lamb cis kebab or smoked chicken thighs, or ambitious (barbecued whole lobster and crawfish boil with turmeric butter, burnt bread, potatoes and merguez), then thrillingly off-piste (grilled nectarine with amba dressing and harissa-glazed peanuts). **Matt Bielby**



THE ULTIMATE WOOD FIRED OVEN COOKBOOK

Genevieve Taylor (Quadrille, £15)

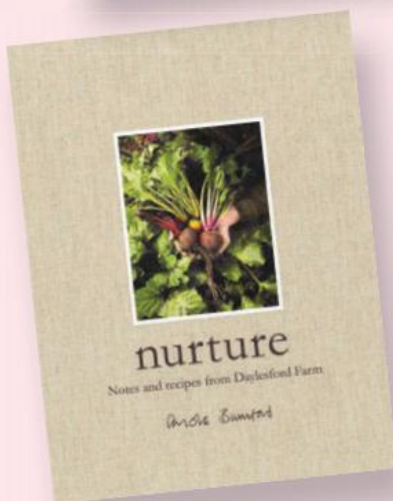
About a year ago, food stylist and author Genevieve built a wood fired oven in the garden of her Bristol home – and we’re pretty confident she’s not cooked a meal in her kitchen since. “Throwing off the shackles of technology, embracing a bit of culinary adventure, and getting back to basics with the most primal of elements, fire,” as she puts it, is just the tip of the iceberg when it comes to the draws of a wood fired oven. As such, then, readers can expect a wide and exciting spectrum of recipes. Pizza, of course, is a given, and gets deserved attention, but beyond that there are recipes for roasting and grilling (wood roast paella); baking (all kinds of breads and cakes); and slow-cooking with the dying embers (lamb shoulder with fennel and garlic, and chicken biryani). This book won’t just help you get to grips with *how* to use an outdoor oven, but, crucially *why* to use one. **Jessica Carter**



NURTURE: NOTES AND RECIPES FROM DAYLESFORD FARM

Carole Bamford (Square Peg, £35)

Now here’s a beautiful book: *Nurture* is bound in linen, and packed with gorgeous



pictures of landscapes, livestock, and its author – statuesque grandmother Carole Bamford, owner of Daylesford Farm – wandering through greenhouses and meadows. This is very much a coffee table piece then, and if not always as easy to read as you might like – there are perhaps too many handwritten fonts for that – it’s actually full of interesting history and lifestyle advice. Carole talks about the seasons, rare breed beasts, her favourite cheeses, and gives us a peek of her properties in Provence and the Peak District, too. Oh, and there are recipes – we counted almost 60 – ranging from healthy

broths and juices through simple snacks and lunches (dressed crab with shaved asparagus, say) to proper meals (leg of hogget with parsley crust, greens and buttered potatoes) and puds (egg custard tart with clementines, ginger and pecans). It's all very enviable and inspiring then – like a great Instagram account – but there's utility to this book too. **Matt Bielby**

HELLO FRESH: RECIPES THAT WORK

Patrick Drake (Mitchel Beazley, £20)

One of the founders of meal kit biz Hello Fresh, Drake has spent the last six years developing not only recipes, but also an optimum user-friendly format to write them in. The aim was – and still is, as is very apparent in this book – to make cooking from scratch everyday as simple and attainable as possible for us all, be you time-poor, inspiration-dry, inexperienced or lacking confidence. The book opens with helpful information on equipment, store cupboard staples, preparation techniques and such, before diving into the recipes. They range from the speedy (like the king prawn linguine with sundried tomato) to the more lengthily, but still doable, midweek options (Greek lentil and lamb ragu), with sections for vegetarian, chicken, red meat, seafood and weekend dishes. Handy step-by-step photography guides you visually, while the comfortingly clear and straightforward methods leave practically no room for error. **Jessica Carter**

COOK SHARE EAT VEGAN

Áine Carlin (Mitchell Beazley, £20)

If the photos of the healthy looking and effortlessly stylish Carlin throughout this book weren't encouraging enough, *Cook Share Eat Vegan* goes a step further to make vegan food look fun and achievable, not worthy or a chore. The Irish cook (the UK's best-selling vegan author) brings plenty of elements from her homeland – lots of soups and potatoes – to the table, alongside influences from her times in London ('chip shop' vegetable curry), Chicago (griddled Cobb-style salad) and Cornwall (curried chickpea and pine nut pasties), where she currently lives. Although not afraid to throw in curveball dishes (coconut-crusting spuds; a bizarre cake that's actually a watermelon covered in icing), most of the book contains sensible, achievable dishes for everything from light lunches to dinner parties. Though there are over 125 tempting plant-based recipes here, the book wears its veganism lightly, being full of practical tips, light on hard-to-source ingredients, and perfect for those of us who'd simply like to introduce more plant-based meals into our weekly routines. We're going to start with the quinoa-stuffed tomatoes, and take it from there. **Matt Bielby**



From *The Ultimate Wood Fired Oven Cookbook*, by Genevieve Taylor (photography by Jason Ingram)

GARLIC CHICKEN STEW WITH BLACK OLIVES AND BASIL DUMPLINGS

THIS CHICKEN STEW is packed full of Mediterranean flavours, thanks to a heady combination of wine, olives, orange and basil. The hearty dumplings mean that all you really need to serve alongside is something crisp and green – some buttery, dark green cabbage or kale, or maybe a big bowl of green salad, would be perfect.

This is a recipe for cooking in the dying embers of a wood fired oven; you'll need the temperature to be at 180C (350F).

SERVES 4-6

For the stew:

1-1.2kg **chicken** thighs, skin on, bone in
1 tbsp plain **flour**
1 tbsp olive **oil**
good handful Kalamata **olives**
6 fat **garlic cloves**, bruised and peeled
3 wide strips of **orange zest**, pared with a vegetable peeler
200ml **white wine**
200ml **chicken stock**

For the dumplings:

200g **self-raising flour**, plus extra for dusting
100g vegetable or beef **suet**
large bunch of fresh **basil**

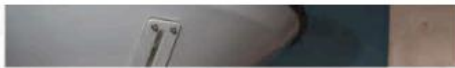
- 1 Lay out the chicken on a plate and sprinkle over the flour. Season with a little salt and pepper and toss the chicken about a bit, so it's evenly coated.
- 2 Put the oil into a wide, heavy-bottomed casserole dish (cast iron or sturdy terracotta is perfect). Ideally, you want the chicken to fit in it in a single layer. Slide it into the oven for a couple of minutes to get hot.
- 3 Remove it from the oven and add the chicken, skin side down, then slide back in for 30 minutes to allow the chicken to brown a little. Don't worry, it won't get really brown and crisp at this stage – but by the time it's finished cooking, it will be.
- 4 Remove the dish from the oven and turn the chicken skin side up. Scatter the olives and bruised garlic cloves around, and tuck in the orange peel. Pour in the wine and stock, and season well with salt and freshly ground black pepper. Slide back into the oven, shut the door and cook uncovered for 1 hour. The chicken will be starting to get lovely and crisp where the skin is above the liquid.
- 5 Meanwhile, make the dumplings. Stir together the flour and suet in a mixing bowl, seasoning well with salt and pepper. Finely chop two-thirds of the basil, reserving the rest for the garnish, using the leaves and the tender stalks as well. Add to the bowl and stir well to combine. Add just enough cold water to bring the dumplings together as a stiff but elastic dough, about 7-8 tbsp. Tip onto a lightly floured worktop and knead briefly, then cut into 8 evenly sized pieces. Roll each piece into a ball and set aside on a lightly floured plate.
- 6 Once the chicken has had its hour, slide the dish out of the oven and arrange the dumplings on top. Slide back in and cook for another hour, after which time the dumplings should be crisp on top and cooked through, and the chicken so tender it's falling off the bone. Scatter over the rest of the basil, roughly chopped, just before serving.



HAND PICKED



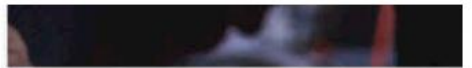
TRADE



HAND ROASTED



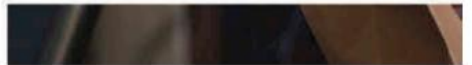
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legumes
make an
appearance
in our River
Cottage
recipe,
page 31



PLUS!

30

TASTY TOAST
FROM THE DONKEY
SANCTUARY

HIGHLIGHTS

FEELING CRABBY?
A SUMPTUOUS SEAFOOD
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FRUIT PASSION
A SPRITELY SUMMER DESSERT
FROM DEER PARK
PAGE 28

CHEF!

COCKTAIL O'CLOCK

ENJOY A TASTE OF WHAT DEVON'S COASTLINE
HAS TO OFFER WITH THIS ZINGY SEAFOOD
RECIPE FROM **ASHBURTON COOKERY SCHOOL**



Ashburton Cookery School is an award-winning little learning institution, offering over 40 scheduled cookery courses ranging from half-days and weekend breaks to professional culinary qualifications.

The school is committed to using the finest quality, ethically-sourced produce to create dishes such as this delectable crab cocktail created by chef director, Darrin Hosegrove. He says: "The quality of ingredients in Devon is outstanding, and we are lucky to have some fantastic suppliers right on our doorstep in Ashburton."



DEVON CRAB COCKTAIL WITH FENNEL AND DILL

SERVES 1

Crab cocktail:

½ medium-sized **crab**
lemon juice
Tabasco sauce
salt and **pepper**
2 cooked tiger **prawns**
4 quarters sun blushed **tomatoes**
2 tsp finely diced **cucumber**
dill mayonnaise (see below)
1 tsp salmon **caviar** (keta)
sprigs **dill**
edible flowers to garnish

Dill mayonnaise (makes 6 servings):

6 **egg yolks**
2 tbsp white wine **vinegar**
2 tsp English **mustard**
salt and **pepper**
600ml corn **oil**
1 **lemon**, juiced
1 bunch **dill**, finely chopped

To make the crab cocktail

- 1 Remove the brown meat from the crab shell and pass through a sieve.
- 2 Add a squeeze of lemon juice, a little Tabasco sauce and seasoning to taste.
- 3 Pick through the white crab at least five times, until you are completely sure there is no shell remaining.
- 4 Chop the sun blushed tomato quarters into smaller pieces (approximately three pieces from a quarter).
- 5 Add a little dill mayonnaise (see recipe below) to the white crab meat and combine well. Keep adding the dill mayonnaise until you achieve the correct flavour and consistency.
- 6 Add the pieces of sun blushed tomato and mix well.
- 7 Season the prawns with sea salt and lemon juice and chop into pieces.
- 8 Place a little brown crab meat in the bottom of a cocktail glass. Add a layer of white meat and a piece of tiger prawn followed by brown meat, followed by white meat followed by prawn.
- 9 Place a teaspoon of diced cucumber on top of each cocktail.
- 10 Finish with a small garnish of salmon caviar and some edible flowers.

To make the dill mayonnaise

- 1 Place egg yolks, vinegar and mustard in a bowl and whisk well.
 - 2 Gradually add the oil very slowly, so as not to curdle.
 - 3 Season with salt, pepper and lemon juice and then add the chopped dill.
- Note: If mayonnaise becomes too thick, a little water may be added to loosen it. Also, the remaining mayo can last for up to two days in the fridge. ■■■

ashburtoncookeryschool.co.uk



SHELL OUT!!

A SCALLOP DISH THAT PACKS A HAPPY WALLOP, COURTESY OF THE RIVER EXE CAFE

During the summer months, the River Exe Café – a custom built barge that floats offshore in the Exe Estuary – is one of our fave dining spots. As you might expect from a restaurant literally housed on the sea, fresh fish and seafood take centre stage on the menu. This tasty, but not too tricky, scallop recipe from head chef Chris Dayer is one that you can recreate at home.

He says: "As River Exe Café is seasonal, I travel during the winter months, taking myself to various corners of the world. These experiences bring fresh flavours to the menu each season, and a recent visit to Mauritius inspires this year's menu."

BAKED SCALLOPS IN CORAL BUTTER, WITH PARMESAN CRUMBLE

SERVES 6

6 scallop shells

18 scallops, or 24 if small (3-4 per person)

100g fresh breadcrumbs

6 tsps coral butter (see below)

6 tsps garlic butter (see below)

sprinkling of Parmesan

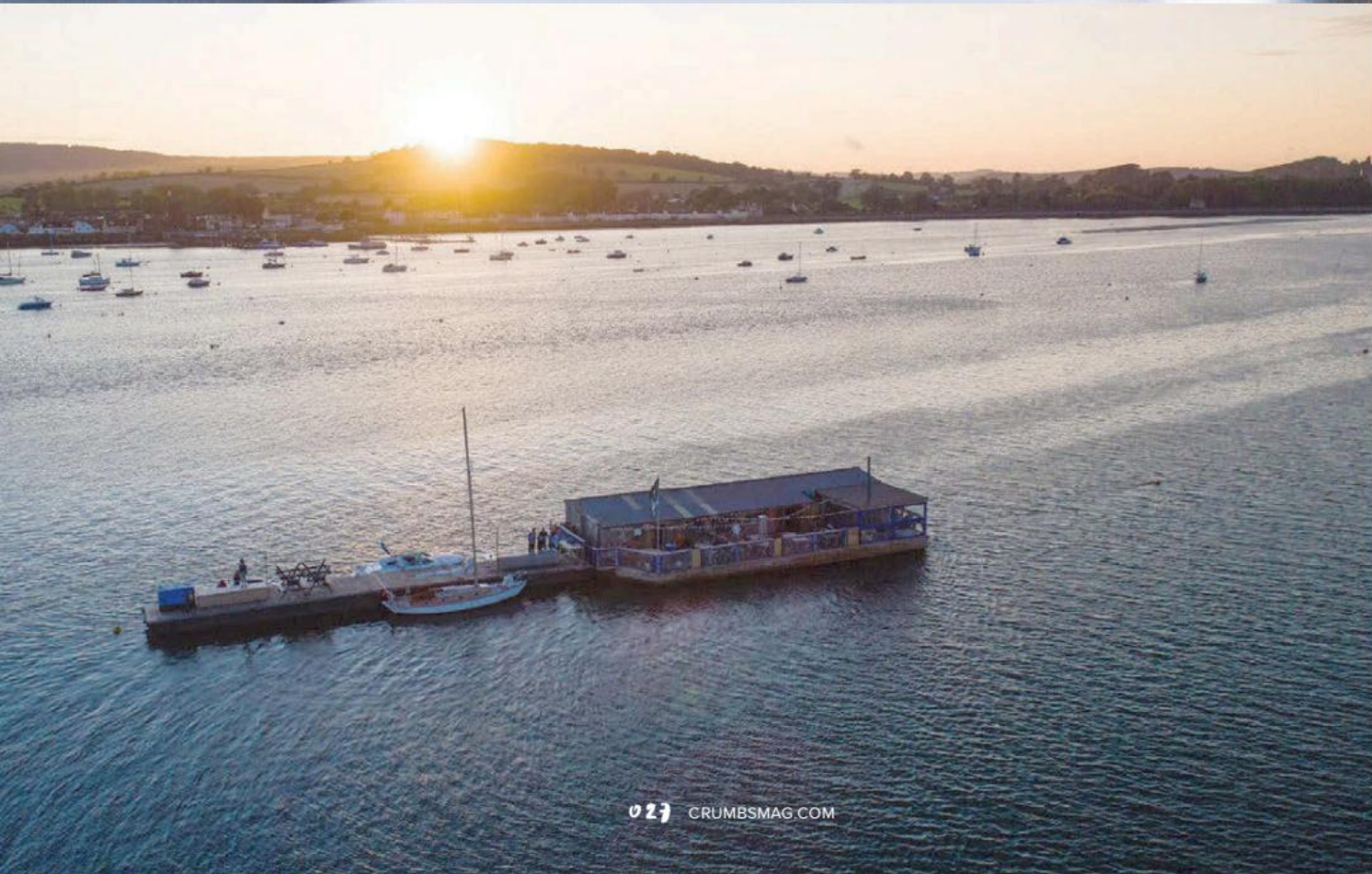
white port
salt and pepper
samphire and lemon to serve

Coral butter:
250g salted butter
roe from scallops used in the dish
white port

Garlic butter:
250g salted butter
10 garlic cloves, crushed
splash of Pernod (optional)
small handful of parsley, finely chopped (to taste)

- 1 Preheat the oven to 250C/480F/gas mark 9. Rinse and dry the scallop shells and arrange them on a baking sheet.
- 2 For the coral butter, heat the butter in a microwave until melted. Liquidise the roes. Add a little white port to the butter and mix.
- 3 Then, make the garlic butter by melting the butter in a microwave, add the crushed garlic cloves and mix.
- 4 Put the scallops in a bowl and sprinkle the breadcrumbs over them. Toss them around to get each one well coated in crumbs.
- 5 Place a teaspoon of garlic butter in each shell. Put three breaded scallops on top of the butter and sprinkle with any leftover breadcrumbs that remain in the bottom of the bowl.
- 6 Then, place a teaspoon of coral butter on the side. Add a dash of white port. Sprinkle with Parmesan.
- 7 Season to taste and bake for about 15-20 minutes. It is good to see the breadcrumbs getting crispy and the butter turning black around the edges of the shell.
- 8 Serve with samphire and a slice of lemon. ■■■

riverexecafe.com





DREAMY DESSERT

A NO-BAKE CHEESECAKE WITH A SUMMERY SLANT FROM DEER PARK COUNTRY HOUSE

This cheesecake is one of the most popular desserts on the Deer Park menu and a firm favourite for bespoke wedding menus. It has an exotic fresh flavour, refreshes the palate while giving a satisfyingly creamy hit, and was created by apprentice pastry chef, Ffion Gallantree.

"You can adapt the recipe for each season by substituting the passionfruit for the same quantity of another fruit – perfect for using up a glut in the allotment," she says. "Simply blitz any other fruit and pass it through a sieve.

"Also, here's a top kitchen tip: to get a professional look to your cheesecake slices, run a sharp knife under boiling water and dry it on a tea-towel before slicing, so each piece looks smooth and precise."

PASSIONFRUIT CHEESECAKE WITH LEMON CURD

SERVES 4

Cheesecake:

300g digestive or ginger **biscuits**
180g **butter**, melted
565ml **double cream**
135g **caster sugar**
375g **cream cheese**
110ml **passionfruit purée**
5 leaves bronze **gelatine**

Lemon curd:

110g **sugar**
3 **lemons**, juiced
140g **butter**
2 large **eggs**



1 Prepare an 8-inch square baking tin by lining it in greaseproof paper.

2 Blitz the biscuits into fine crumbs. Stir through the melted butter until fully combined before pressing the mixture into the prepared tin. Chill for 30 minutes.

3 While the base is chilling, make the filling. Soak the gelatine leaves in a bowl of cold water and leave for approximately 10 minutes. Whisk 500ml of the double cream until you have soft peaks and set aside.

4 Cream together the sugar and cream cheese, ideally using a stand mixer. While this is mixing, slowly add the passionfruit purée into the mixture, little by little.

5 In a pan, heat up the remaining double cream. When this has come to a simmer, strain the gelatine and add it to the pan of double cream, stirring until it has completely dissolved.

6 Remove from the heat and stir the gelatine mix into the cream cheese until thoroughly combined. Then, fold the whisked double cream into the cream cheese mix.

7 Pour the filling over the biscuit base and chill for at least three hours, or preferably overnight.

8 While the cheesecake is chilling, make the lemon curd. Very slowly, melt the lemon juice, sugar and butter in a pan, stirring occasionally.

9 Lightly whisk the eggs and stir into the lemon mixture. Whisk all the ingredients until combined and cook out for ten minutes, stirring every now and again until the mixture is thick and creamy.

10 Remove from the heat, push through a sieve until completely smooth and set aside to cool.

11 Once the cheesecake has set, slice into six portions and serve with the lemon curd on the side. ■■■

deerpark.co.uk







CRAB RAREBIT WITH CITRUS SALAD AND AIOLI

SERVES 4

Rarebit:

30g **butter**
 30g plain **flour**
 100ml **beer**
 50g mature **Cheddar**
 50g **Cornish Jack**
 brown **crab** meat
 white **crab** meat
 1 free-range **egg** yolk, beaten
 pinch of **mild curry** powder
 8 slices of **sourdough**

Citrus salad:

1 **orange**
 1 pink **grapefruit**
 mixed **leaves**

Citrus aioli:

1 **orange**
 1 pink **grapefruit**
 20g icing **sugar**
 1 **egg** yolk
 1 teaspoon of Dijon **mustard**
 300ml olive **oil**

CHOMPING AT THE RAREBIT

POSH UP YOUR CHEESE ON TOAST WITH A DOLLOP OF LYME BAY CRAB IN THIS SEASONAL DELIGHT FROM THE KITCHEN AT THE DONKEY SANCTUARY

Overlooking the Jurassic Coast and nestled in the idyllic East Devon countryside with – funnily enough – a few hundred donkeys for company, sits The Kitchen, where head chef Chris Morris serves up a seasonal menu at breakfast and lunch using local produce.

“With our stunning coastal vista, it is fitting that we showcase local, sustainably sourced seafood on our menu, and this dish does just that, using Lyme Bay crab brought in by the boats down the road in Beer,” he says.

Perfectly portioned with a luxury twist on an old favourite, this dish makes for a luscious lunch or light summer supper that brings together a combination of flavours and textures. “The flavours are all so well-balanced and complementary,” Chris says, “from the sweet crab and crunchy sourdough to the delicate spice and zingy citrus fruit.”

- 1 Pre-heat a medium grill.
- 2 On the hob, make a roux by melting the butter and adding the flour, cook for 3-5 minutes and stir regularly.
- 3 Add the beer slowly, stirring continually.
- 4 Melt in the cheese and add the curry powder, allowing to cook for 10 minutes until thick.
- 5 Remove from the heat and allow to stand for 10 minutes, stirring occasionally so it doesn't set.
- 6 While the sauce is cooling, prepare the citrus aioli by zesting and juicing the citrus fruit.
- 7 Add this to a pan with the icing sugar and bring to the boil on the hob before reducing to a thick syrup – be careful not to caramelise. Remove from the heat and allow to cool.
- 8 To the cooled cheese sauce, mix in the crab meat, beaten egg yolk and adjust seasoning to taste.
- 9 Place a generous helping of crab mixture on top of each slice of sourdough. Then, place under your pre-heated grill for 4 minutes until lightly toasted and a glaze forms.
- 10 While the rarebit is under the grill, take the cooled citrus syrup and place in a blender with the egg yolk and mustard. Blend to obtain a smooth paste.
- 11 Drizzle the olive oil in very slowly to emulsify and then adjust seasoning to taste.
- 12 Serve the toasted crab rarebit on a citrus salad of grapefruit and orange segments and mixed leaves, with the citrus aioli and a wedge of lemon on the side. ■

thedonkeysanctuary.org.uk/the-kitchen



As you all know, here at *Crumbs* HQ we are cheese obsessed. This means that the latest in the series of *River Cottage Handbooks*, *Cheese & Dairy*, was made for us. Not only does it guide you through all the basics of cheesemaking, it's got a plethora of yummy recipes for you to try, too. As summer is here, this tasty and easy-to-make snack caught our eye.

"The combination of sweet young broad beans and lightly salted yoghurt curd is one of my go-to dishes when hosting one of our many outdoor meals with friends or family," says the book's author, Steven Lamb. "Served on toasted slices of thin baguette, it makes a fresh and vibrant summer canape or snack."

BROAD BEAN CROSTINI WITH LABNEH

MAKES 16

450g freshly podded **broad beans**

60g hard **sheep's cheese**, such as

Duddleswell, grated

olive **oil**, to taste

½ **lemon**

16 small slices of **ficelle** or thin **baguette**, about 2cm thick

1 **garlic** clove, halved

250g **labneh**

black **pepper**

1 Bring a pan of salted water to the boil and drop in the broad beans. Bring back to the boil and cook for 2-3 minutes until tender. Drain the broad beans and run them under cold water to cool quickly, then pop the beans out of their pale skins.

2 Put the broad beans into a bowl with the grated sheep's cheese and some salt and pepper. Using a fork or potato masher,

mash the beans into a coarse paste, adding enough olive oil and lemon juice to achieve the texture and flavour you prefer.

3 Heat the grill to high. Drizzle olive oil on one side of the bread slices and toast under the grill, then turn the slices and toast the other side. Rub the oiled side of bread with the cut garlic clove.

4 Spoon a generous dollop of the smashed broad bean paste onto each piece of toast. Tear or crumble the labneh over the top.

5 Place on a serving board. ■■■

GAVIN KINGCOME

SUMMER SNACK

ENTERTAINING FRIENDS AND FAMILY?
WHY NOT RUSTLE UP THIS EASY PEASY
BITE FROM **RIVER COTTAGE**?

Extract taken from *River Cottage Handbook No.16 Cheese & Dairy* by Steven Lamb (Bloomsbury, £16.99)



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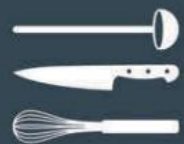
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GREAT EGG-SPECTATIONS

DO YOU LIKE 'FRYING SOLO'? WE DO, SAYS **MATT BIELBY**, AND THIS HOT NEW ALESSI EGG PAN HELPS YOU DO SO IN STYLE...

Whatever you've got there, it's certainly the winner of the wibbly-wobbly handle award. Egg-sactly! That's just a bit of fun, designed to reflect the shape of a fried egg maybe – this is an Alessi product, after all – but it's a practical (and rather clever) piece of kitchenware too. The Tegamino egg pan saves on washing up (you cook 'em in the pan, then eat 'em straight out of it too), and works just as well whether you want to scramble, fry or poach. So the question, of course, is how do you like your eggs in the morning?

With a kiss, obviously. Though – no disrespect intended – perhaps not from you. None taken! (In fact, my relief is palpable.) Alessi works with plenty of top designers, and Tegamino is the creation of Alessandro Mendini – a key figure in the Italian design

revolution of the '80s, contributing everything from world-famous theatres and museums to lamps and chairs. He's a self-confessed rubbish cook, but a dab hand at creating items that are desirable and intriguing – and that *work*. And to make sure Tegamino does just that, he buddied up with top food consultant Alberto Gozzi, who happens to also be head chef at the Quirinale Palace, on top of the highest of Rome's seven hills, which has been home to 30 popes, four Italian kings and 12 presidents. (Napoleon once planned to move in too, but then – oops – Waterloo happened.)

'Tegamino' means 'fried' in Italian, right? Just so! Mendini reckons he and Gozzi studied the history of cooking eggs "from the Middle Ages to the Renaissance to the 1700s, then from Art Nouveau to fascism to the

present day" – which perhaps sounds a tad excessive – but, if it makes for the perfect fried egg, might well be worth it. They looked at different metals (going for stainless steel in the end) and their thicknesses; cooking times and how distance from a flame impacts them; and lid design and dimensions, too. (Apparently the lid is particularly crucial – who knew?)

Pfff! Really? They've over-egged that a bit, surely? Maybe a little, but then breakfast is – they say – the most important meal of the day, and if they've managed to add a bit of theatre to it, while making sure the results are nothing less than delicious, they've got eggs cracked, in my opinion. ■

Tegamino egg pan by Alessandro Mendini for Alessi, £79; alessi.com

THIS MONTH • JOIN THE MOVEMENT • AL FRESCO DINING KIT



(advertising feature)

GETTING THE BEST FROM THOSE APPLES

Ashridge cider maker Jason Mitchell explains...



It was the start of something special when many years ago, Jason Mitchell, Ashridge cider maker, met an old Devonian cider maker called Cyril.

“He taught me all about cider,” says Jason. “Cyril was an engineer, and understood how the process worked and what was needed, so he built his own press. We have his press at Ashridge now.

“It’s all about the pressing and how to treat the juice,” he continues.

“Importantly, we use all types of cider apples from old traditional orchards, which makes the cider more complex. Dabinetts, Browns Apple, Ellis Bitter, Tremlett’s Bitter, Slack-ma-Girdle and many more. The apples are washed and pressed and the juice collected in tanks.

“It’s quite complex because certain apple yeasts will start off the fermentation, and as it goes on, others take over. It’s important to have a long, slow and cool fermentation. Some ciders only ferment for 5-7 days, but we allow ours to take six months at least.

“Cyril certainly knew how to get the best from his apples,” adds Jason, “and we hope he’d approve of what we do today.”

Try NEW Devon Gold – a lighter summer cider, lower alcohol and easy to drink. 4.5% abv.



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THE ART OF FINE DRINKS



Supper Club

CIVIL BITES MOVEMENT

DEVON CHEF **LUKE FEARON** IS GOING IT ALONE WITH AN AMBITIOUS NEW TAKE ON THE FAMILIAR POP-UP SUPPER CLUB, THE DEVON FOOD MOVEMENT

WORDS: MELISSA STEWART IMAGES: GABY DYSON

Parking in Ottery St Mary is no easy feat. The narrow winding roads are lined with cars and there are apparently no car park spaces, bizarre for a seemingly quiet Thursday evening. Perhaps it's because tonight there's an influx of in-the-know food lovers heading to renowned feasting house the Rusty Pig for something a little special.

Already famed for its high-welfare charcuterie and ethically-sourced produce, the Rusty Pig is tonight collaborating with celebrated chef Luke Fearon, formerly of the Treby Arms, as part of his latest venture, the Devon Food Movement. Luke's vision is simple: to travel the length and breadth of Devon hosting pop-up events with some of the county's finest chefs, producers and venues. The premise for most of his events is to complete the 'five-mile challenge', in that almost every ingredient presented on the plate will have come no further than this from the venue itself. With Devon having such a rich larder of local produce to choose from, we reckoned this wouldn't prove as difficult as it sounds, and were confident Luke would prove us right.

A CREATIVE VISION

Having left the Treby Arms in February, Luke feels like he's now fulfilling his creative dream, showcasing Devon produce in innovative and exciting ways. "The Devon Food Movement is all about collaboration and working with the best producers, suppliers and chefs in the county to create exciting food," he says.

The joy for Luke in not having his own kitchen means that every venue is different, be it a farm shop, a pub or a well-established restaurant. It also means that every event brings new ingredients to play with, and new menus to build.

"My first event was at Forest Fungi in Dawlish," says Luke. "Scott down there grows amazing mushrooms, so I based a lot of my menu around them. It was a win-win for both of us, as it meant I could promote his amazing product and showcase my cooking at the same time."

EATING THE SEASONS

Before putting on an event, Luke does a site visit to get a feel for the place, and speaks to the team who work there to find out about their network of artisan suppliers and to discover what products are available.

"My food ethos is to use local, seasonal, fresh, preserved and wild products, where possible. I find getting the food is the easy part," explains Luke. "Everyone wants to promote their ingredients, and there are some amazing producers across Devon."

"Seasons are great, but to say we have four seasons in this part of the world isn't the case. We had snow in March and then a warm April, so growing seasons are constantly speeding up and slowing down. I tend not to write the menu until as close to the event date as possible, so I can ensure we have the freshest ingredients."

The food at each event tends to follow a similar format: usually a set menu of small bites, with lots of different flavours and unique ingredients. Key to the event's success is working closely with the venue owner or chef, so that the approach is a truly collaborative one. "Sometimes I go in as the chef and run the whole show, but other times I will go head-to-head with the in-house chef, and we challenge each other course-for-course to see what we can come up with," says Luke.







FRESH TAGLIATELLE WITH HEDGE GARLIC, TOASTED WALNUTS AND HAYTOR CHEESE

SERVES 2 (OR 1 HUNGY FORAGER)

"This is one of my favourite post-ramble meals," says Luke. "It's quick, so easy and ridiculously tasty: the holy trinity of the munchies, in my opinion. And with fresh tagliatelle so readily available now, making your own has to be a labour of love for weekends only."

- 250g fresh **tagliatelle**
- 25g unsalted **butter**
- 20g toasted **walnuts**, crushed
- 10g hedge **garlic** leaves
- 100g Haytor **cheese** (or gruyère)
- sea **salt**
- fresh black **pepper**
- rapeseed **oil**

Note: Hedge garlic leaves are available to forage wild between May and September. Find out more about how to spot them, and what to do with them, at wildfooduk.com

- 1** Put a large pan of water onto the boil and season liberally with salt. Once at a rolling boil, add your fresh tagliatelle. This will take approximately 4 mins to cook, so the race is on...
- 2** For the quick pasta dressing, melt the butter in a pan. Once foaming, add your toasted nuts followed by a splash of the rapeseed oil and the hedge garlic leaves.
- 3** Drain your pasta, reserving a small cup of the cooking water, and then toss into the dressing. (Tip: leave a bite in the pasta so it can finish in the pan with the garlic, soaking up all the flavour.)
- 4** Add a splash of the reserved cooking water and grate in the fresh Haytor cheese, a few twists of pepper, a pinch of salt, another glug of oil, and we are ready to plate.
- 5** One final mix should leave the pasta glossy and coated with all the lovely summer flavours. Grate some more of the cheese on top and you're done. Simple and delicious!

HOME CURED COOKING

The Rusty Pig as a venue lends itself extremely well to Luke's approach, with its on-site charcuterie giving plenty of inspiration. "I'd been to see how Robin [Rea, the owner] makes his home cures a few times before, and preservation it's something I always like to see," says Luke. "You take a product at its best, and keep it for the future. A great way to do that is to take a pig, using the prime cuts of it fresh, and then making the rest into salamis, hams, home cures, black pudding... It will last you for months, and is a great sustainable way of cooking that goes back years."

The cosy, laidback vibe of the Rusty Pig makes for a good supper club venue, too. Sitting at a shared trestle table with others passionate about where their food comes from, we watch as Luke and the Rusty Pig team expertly craft each dish.

THE MENU

We start with Robin's home cures and boudin noir (or black pudding, to you and me), which is served delightfully atop a bed of straw. Next up is burnt bread from Jacka Bakery in Plymouth (a bit further than five miles away, but near to Luke's home in Sparkwell) with local Ottery St Mary butter. This is followed by a melt-in-the-mouth beef dish from nearby Raxhayes Farm with Devon Blue. Next, we're treated to Sidmouth crab dressed with apple from Four Elms and locally-foraged seaweed, before chicken topped with toasted yeast, served with hay baked carrot and roasted cabbage.

At this point, we're all revelling in the diversity and creativity of each dish. Small plate dining like this really is a great way to celebrate seasonal produce with minimal waste.

We end with the unique combination of duck egg custard and rhubarb sorbet. Sounds wrong, yet tastes so right.

With a calendar full of events this summer, and no two supper clubs the same, it's certainly exciting times for Luke and the Devon Food Movement. So what's next?

"There's been a snowball effect," says Luke. "Venues that have been successful have rebooked for later in the year, which means the same customers can come back and try a new menu with new seasonal ingredients."

"Looking to the future, I'm hoping the Devon Food Movement will take on a life of its own and become a truly collaborative process. At the moment it props up my living, but I'm hoping that venues, producers and upcoming young chefs will soon start contacting me directly to create their own events under our brand ethos."

"It's about connecting the suppliers, the farmers, the growers, the food heroes, the talented chefs and amazing venues, creating a truly holistic approach." ■■■

For a full list of upcoming events, visit devonfoodmovement.com

The Want List

CELEBRATE BALMY SUMMER DAYS IN STYLE WITH THESE PRETTY AND PRACTICAL PIECES OF PICNIC-WARE



1 Melamine Tumbler £4

If you're going to be drinking al fresco, breakable glass is usually a no-no; that's why we love these gorgeous tumblers, with designs inspired by Murlough Bay in Northern Ireland. Available from National Trust properties across Devon; nationaltrust.org.uk

2 Picnic Bag £40

Keep sarnies, salads, wine and beer chilled with this cute floral cool bag from Emma Bridgewater. Available from Bickleigh Mill; bickleighmill.com



3

3 Bamboo Food Storage £14.95

A lovely, bright and vibrant food storage set. These three containers are a great alternative to plastic, and great for those trying to go plastic-free. Available from Juul at Home in Ilfracombe; juulathome.co.uk

4 Picnic Blanket £45

A picnic isn't a picnic without a rug to spread our foodie bits on. We like this cobalt Oxford stripe number by Weaver Green, available from Darts Farm in Topsham and Home at Five in Ilfracombe; weavergreen.com



4



5 Nautical Dinner Plates £44

Ditch disposable paper plates and invest in this set of four gorgeous melamine picnic plates patterned with New York textile designer, Thomas Paul's, designs. Available from The Devon Beach Company; devonbeachcompany.com



The Gallery at Boringdon Hall

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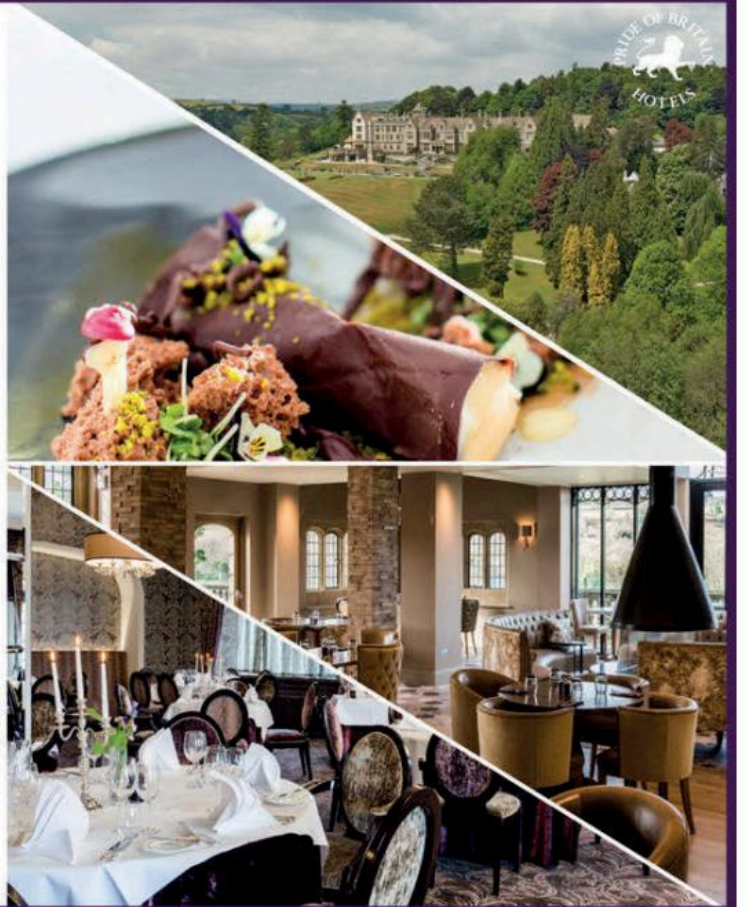
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Did you know that coffee is really a fruit? Yup, those 'beans' are actually the seeds of a fruit that's a bit like a cherry

HIGHLIGHTS

MORNING
GLORY

OUR PICK OF THE BEST
PLACES TO DO BREAKFAST
AND BRUNCH
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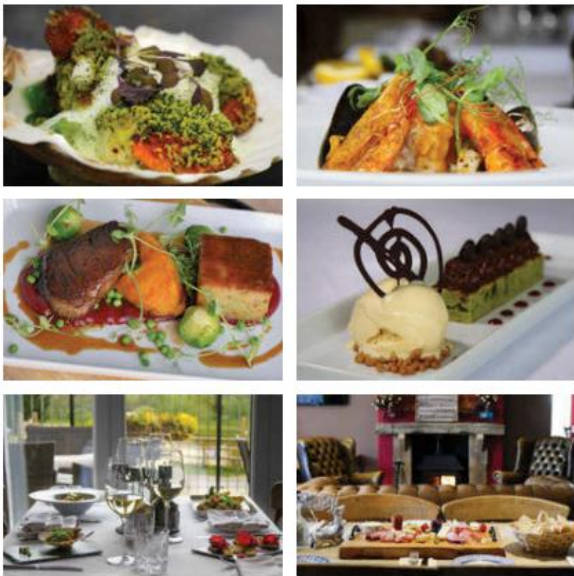
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MATT AUSTIN

CAFE ALF RESCO

(Dartmouth)

Due to celebrate its 25th anniversary next year, Café Alf Resco is something of an institution in Dartmouth. Open from 7am, it's bestseller is the Classic Alf's Breakfast – a full English made with locally-sourced sausages and eggs. For a lighter option, choose the homemade granola packed with gluten-free oats, seeds, nuts and dried fruit, served with yoghurt and fresh fruit. Bloody Marys and Champagne are also served from 7am for those in a celebratory mood (or nursing a hangover!).

cafealfresco.co.uk

PIG AND PALLET

(Topsham)

If you like your breakfast packed with protein, head to the Pig and Pallet on Topsham Quay. Owned by the guys behind Good Game, the emphasis here is very much on high-quality, ethically sourced meat with no nasties – the bacon and sausages are all made in-house. Go for the Hail Mary – black pudding sausage, bacon and egg toasted sandwich served on a Bloody Mary, down-under style.

pigandpallet.co.uk

THE ALMOND THIEF

(Dartington)

Those in the know have been raving about The Almond Thief's amazing sourdough bread for years, but they've also branched out into the café business, and make a cracking artisan breakfast. The menu changes weekly, but look out for 'Bob's biodynamic poached eggs'



Previous page: the full English at Harry's. Clockwise from top: avocado and tomatoes from The Almond Thief; scrambled eggs and sausages at Wild Thyme; a gooey McMuffin from Hangry



from neighbouring Huxhams Cross Farm, served on sourdough with Rusty Pig 24-month cured ham or asparagus in herb butter. Wash it down with a cup of Crankhouse coffee.

thealmondthief.com

WILD THYME

(Braunton)

Popular with locals and surfers passing through to Saunton and Croyde, Wild Thyme specialises in home-cooked food catering for all appetites – meat eaters, veggies, vegans and coeliacs. We're partial to the Huevos Rancheros – scrambled eggs, fresh chilli, red onion and tomato, topped with chorizo and cheese, served in

a tortilla wrap. They do mean smoothies and fresh juices, too. Try the Instant Energiser for a kick of carrot, apple, orange and ginger.

wildthymecafe.co.uk

HARRY'S RESTAURANT

(Exeter)

Harry's has been a trusty favourite on the Exeter food scene for many a year, and their brunch is mighty fine. The favourite among locals is the full English, available in meat and veggie options, while we're rather partial to the 'Full Aussie' – kiln-smoked salmon, avocado, poached eggs and sourdough.

harrysrestaurants.co.uk





VENUS BEACH CAFÉ
(Blackpool Sands)

Situated on the stunning Blackpool Sands near Dartmouth, the Venus Beach Café is an ideal place to kick-off a weekend on the coast. Fill your boots with the Sunrise Breakfast, served between 8am-9am every day, which includes bircher muesli, the Full Venus Breakfast, organic coffee, sourdough toast and marmalade. Or, if your appetite is lighter, the eggs Benedict is also a winner. blackpoolsands.co.uk

RUSTY PIG
(Ottery St Mary)

Famed for its in-house charcuterie, where owner Robin Rea cures all his own meats, the Rusty Pig – as you might expect – offers a meat-fuelled feast of a breakfast that will keep you going the whole day. Think crispy spuds, bacon, sausage, hogs' pudding, badger beans, charred sourdough toast and fried eggs. They do tasty brekkie cocktails too, aptly titled 'Hair of the Pig'. rustypig.co.uk

THE CURATOR CAFÉ AND KITCHEN
(Totnes)

This Italian café has a cult-like following with Devon coffee aficionados and, as you might expect, is lauded for its espresso. The brunch menu is pretty good too, and runs all day. Go for poached eggs served with either crispy prosciutto, house-made sausage or roasted peppers and avocado. Another favourite is the Italian BLT, served on freshly-made focaccia. italianfoodheroes.com



Clockwise from top: an unctuous breakfast bun from Venus Beach Café; top-notch coffee from The Curator Café and Kitchen; the Hail Mary from Pig and Pallet

NICK HOOK PHOTOGRAPHY

LLOYD'S KITCHEN

(Exeter)

Fuel up for a day of shopping in Exeter with a visit to Lloyd's Kitchen, based in the city centre. We're partial to the Allotment Breakfast – halloumi, baby spinach, sautéed potatoes, plum tomatoes and sourdough. Or, if you go for Sunday brunch, check out the barbecue pulled pork, with crispy waffle pieces, fried eggs and sriracha hot sauce.

lloydskitchen.co.uk

HANGRY

(Plymouth)

As the name suggests, this is the go-to place in Plymouth if you need a quick hit to satiate rumbling tummies. Chow down on the ever-popular Hangry McMuffin – a homemade sausage patty, with fried egg, cheese and hot sauce, wedged between halves of a toasted English muffin. Or, for something a little different, go for the American-inspired fried chicken and waffles with burnt sweetcorn succotash and maple dressing.

hangryrestaurants.co.uk

From top: tomatoes on the vine and creamy avo at The Curious Kitchen in Brixham; creamy layered muesli from House of Marbles



THE SALCOMBE COFFEE COMPANY

(Salcombe)

We hear it on good authority that this joint does the best bacon sarnies and a pretty decent cup of coffee. Perfect to takeaway and enjoy on a bench as you watch the boats sail past on the Kingsbridge Estuary.

salcombecoffee.co.uk

HOUSE OF MARBLES

(Bovey Tracey)

If you're looking for a place to fill up before a family day of fun, check out The Old Pottery at the House of Marbles in Bovey Tracey. Crowd pleasers include Top of the Morning – a take on the traditional full English, and the Muesli Sundae, layers of muesli, yoghurt and homemade fruit compote, with toast and marmalade or jam.

houseofmarbles.com

THE OLD LIBRARY

(Ashburton)

Run by a pair of passionate young chefs, Joe Suttie and Amy Mitchell, The Old Library's brunch menu offers something unique. The Thunderball sees a bagel topped with slow roasted meatballs in a spicy tomato sauce, rocket, homemade garlic aioli and melted Swiss cheese, while

Get Your Freak Corn is a sweetcorn fritter with spring onions, chilli and coriander and poached egg, finished with smashed avocado.

theoldlibraryrestaurant.co.uk

BEACH CAFÉ

(Georgeham)

This place is all about location, location, location. Situated on Puttsborough Sands in North Devon, it's a favourite with surfers and dog walkers keen to grab a bite and take in the stunning views. Top tip: avoid the £8.50 car park fee and walk from Woolacombe. The three-mile stroll across the sand will more than set you up for your full English.

putsborough.com

THE CURIOUS KITCHEN

(Brixham)

It's all about the brunch at this trendy Brixham hotspot. We love the range of baked eggs on offer, particularly the Nicoise, which comes with hot smoked salmon, potato, black olive and sun-blush tomatoes, and the Shakshuka, eggs with cumin, tomato, harissa and coriander. Also, check out the Scotch pancake stack, with added bacon and maple syrup.

thecuriouskitchen.co.uk

THE KITCHEN

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SUMMER LOVIN'

HERE IN DEVON WE'RE BLESSED WITH SOME MIGHTY FINE DRINKS PRODUCERS AND A LIVELY AND UNIQUE BAR SCENE. HERE OUR DRINK EXPERTS SHARE SOME OF THEIR FAVE SUMMER COCKTAIL RECIPES...



ST. CLAIR COCKTAIL

SERVES 1

Having taken Devon – and, indeed, the world – by storm since its launch in 2016, Salcombe Gin's Start Point is smooth, distinct and complex. This citrus-led London dry gin has established itself as a versatile premium option, and this St. Clair cocktail makes a nice change from the standard G&T or glass of Champagne. It works perfectly as an aperitif, showcasing the fresh red grapefruit used in the distillation.

Ingredients: 25ml Salcombe Gin Start Point, 25ml St. Germain Elderflower Liqueur, 20ml freshly squeezed red grapefruit juice, 70ml chilled soda water, red grapefruit peel for garnish.

Method: Fill a Boston shaker with ice. Add the red grapefruit juice, St. Germain and Salcombe Gin Start Point and shake vigorously. Strain through a fine mesh sieve into a flute glass, then add the chilled soda water. Slice a thin piece of grapefruit peel and add to the rim of the glass for decoration.



SUMMER COCKTAILS



LUGGER SPICED RUM AND COLA

SERVES 1

While this isn't technically a cocktail, we felt it would be rude not to include this spin on an old classic, as it includes an exciting new Devon-made spirit, Luger Rum from Lyme Bay Winery. The Madagascar vanilla in the cola complements the spicing of the barrel-aged rum, and the twist of orange bolsters the citrus notes – lending a refreshing zing to this old favourite.

Ingredients: 50ml Luger Spiced Rum, 100ml Fever Tree Madagascar Cola, orange slice to garnish.

Method: Add the rum and cola to a highball glass filled with ice, gently mix and then add the slice of orange.

MONSTER'S INK

SERVES 6

Doctor Ink's Curiosities in Exeter is known for its weird, quirky, yet super-innovative cocktails. The current menu draws its inspiration from a Victorian newspaper, *The Illustrated Police News*, and is the brainchild of bartender extraordinaire Patrick Fogarty and his team. This particular cocktail, a version of the Paloma, is more popular in Mexico than its more famous export, the Margarita. Here it's reimagined as a punch serve, poured in a South Sea clam shell and served with tentacle straws (as you do!).

Ingredients: 180ml Cazcabel Blanco tequila, 150ml Eager Pink grapefruit juice, 85ml fresh lime juice, 60ml St. Germain Elderflower Liqueur, 60ml Creme De Pampelmouse Rose liqueur, 65ml Agave syrup (coloured with squid ink), 150ml soda water.

Method: Mix all the ingredients together in a jug or large cocktail shaker and serve over ice.

ELDERFLOWER AND APPLE COOLER MOCKTAIL

SERVES 1

Soft drinks producers Luscombe are famed for their organic, natural juices, free from any sugary nasties or additives. For non-alcohol drinkers who fancy something a little different this summer, this mocktail ticks all the right boxes.

Ingredients: 100ml Wild Elderflower Bubbly, 100ml Devon apple juice, 10ml fresh lime, 1 bar spoon of Agave syrup, Angostura Bitters (optional), fresh raspberry, mint and apple to garnish.

Method: Dissolve Agave syrup in lime juice in the bottom of a large highball glass. Then add ice cubes and top up with the rest of the ingredients, except the Angostura Bitters. Stir well and garnish with raspberry, mint and apple. Float Angostura Bitters on top.



PINK PEPPERCORN

SERVES 1

Hidden away above The Oddfellows in Exeter is the Speakeasy. Despite being one of the city's oldest cocktail joints, their approach to cocktails is refreshingly modern. For those wanting to try something a little different, the Pink Peppercorn is a unique Oddfellows' concoction, which puts Dorset-produced Black Cow vodka centre stage.

Ingredients: 50ml Black Cow vodka, 1 bar spoon pink peppercorns, 15ml lemon juice, 1 bar spoon Peychaud's Bitters, 1 barspoon soft light brown sugar.

Method: Soak the sugar cube in bitters, add the peppercorns and crush together. Add the remaining ingredients and stir until ready. Serve in a Champagne saucer over crushed ice.



DAPPA ESPRESSO

SERVES 1

Devon Distillery is famed for its Dappa, launched in 2013 and inspired by its Italian namesake, Grappa. It's cleverly made using grape skins from English vineyards, such as Sharpham, Bolney, Three Choirs, Biddenden and others. Here, the distillery offers its unique riff on that ever-popular evening tippie, the espresso Martini.

Ingredients: 10ml vanilla and raisin syrup*, ¼ cinnamon stick, 1 orange zest, 1 shot of strong espresso (good quality coffee), 50ml Dappa.

Method: Muddle the syrup (see recipe below), cinnamon stick and orange zest. Add espresso and Dappa. Shake with ice, then fine strain into a Martini glass. Garnish with grated nutmeg.

***Vanilla and raisin syrup:** 200g sugar, 225ml water, ½ vanilla pod, 3 teaspoons of chopped raisins.

Method: Add sugar and water to a pan, and heat gently until almost dissolved. Then, add the vanilla pod and raisins to the syrup. Bring to the boil and leave to cool for a further hour. Finely strain and bottle. Keep in the fridge.

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EATING IT UP IN OCEAN CITY

MELISSA STEWART HEADS TO PLYMOUTH FOR THE WEEKEND, AND DISCOVERS A THRIVING AND EXCITING FOOD SCENE...

The city of Plymouth often gets a bad rap for not being very pretty. A tad unfair, perhaps, given that bombs destroyed much of it during WW2 and it was rapidly reconstructed afterwards. Also, looks can be deceiving. Plymouth is a city brimming with maritime history, from Sir Francis Drake setting off to defeat the Spanish Armada in 1588 to the Pilgrim Fathers boarding the Mayflower in 1620, not to mention the historic naval base and dockyard. It's this rich background that attracts people from far and wide, and has led to a diverse and burgeoning food scene. Armed with nothing more than an empty belly, notepad and pen, we ventured boldly to the self-styled 'Ocean City' to see what it has to offer.

BEST FOR LUNCH

We love a good rummage around a market, and Plymouth City Market, open Monday to Saturday from 8am-5pm, doesn't disappoint. If you like Asian food, try the calamari and summer rolls with peanut dip at

Get your chops around this lovely lot! From left: seafood risotto at Le Monde; bistro chic at Rock Salt; American diner vibes at Tilt; and fishy favourites from Rockfish Plymouth



@Kitchen. The noodle soup also makes for a warming, but not too heavy, lunch option. If sliders are more your cup of tea, head to **Tilt**, for a beef patty with onion jam, Tallegio cheese and tortilla chips, or a tempura seitan with vegan miso mayo and tempura aubergine. Sliders are a snip at £3 each or £7.50 for three. Pizza lovers should head to **Knead Pizza** – handmade sourdough pizzas and a very cool, rustic vibe. Away from the market, we dig **Supha's Street Food Emporium** on Sutton Harbour, a family-run business that specialises in street food-inspired dishes from Thailand, Vietnam, Laos, Myanmar and Asia. Bestsellers include whole steamed fish stuffed with lemongrass, lime leaf and garlic and served in seafood sauce, and the pad pong ga-ree with squid.

BEST FOR COCKTAILS

Steer clear of the chain bars and head to **Tigermilk**, a speakeasy-style cocktail bar tucked under Plymouth's historic Duke of Cornwall Hotel. Open Wednesdays to Sundays until late, they specialise in 'golden age' classic cocktails: Old Fashioneds, Sazeracs, Gin Martinis and Sours

being the most popular. Top tip: try the award-winning Sacrilege, a twist on an Old Fashioned using Scotch and bourbon. Another popular haunt is the **Refectory Bar**, situated on The Barbican in England's oldest working gin distillery, Plymouth Gin. Take a tour of the distillery and then head to the Refectory Bar for a classic gin cocktail afterwards.

BEST FOR DINNER

Like most cities, Plymouth offers a range of restaurants to suit all tastes and budgets. If you want to make the most of being by the sea, you can't go wrong with a trip to **Rockfish Plymouth**, which serves up the day's freshest local catch. Try the sea bass with Korean-style sauce or the chargrilled prawns. For more great food without pretention, visit the chic bistro **Rock Salt**. Signature dishes include poached monkfish in Chiang Mai spices with pork belly, papaya, lime and peanuts, and black miso cod and spring lamb rump with asparagus, peas and broad beans. Also worth a look is **Le Monde** on The Barbican. Relatively new to the Plymouth food scene, it's earning rave reviews for its cosy interior and unique spin on world cuisine.



From left: dine in style at Barbican Kitchen at Plymouth Gin Distillery; for hearty pub fodder, head to The Lord High Admiral



If fine dining is more your style, you can't go wrong with **Barbican Kitchen**, run by brothers James and Chris Tanner and, like Refectory Bar, housed in Plymouth Gin Distillery. This brasserie is a favourite among locals, who enjoy the fresh seafood. Popular dishes include the South Devon crab salad and the yellow fin tuna tataki. For mains, the West Country lamb rump, served with wild garlic and purple sprouting broccoli, is a popular choice. **The Greedy Goose** in Plymouth's oldest building, Prysten House, offers a grand setting and food to match. Opt for the seven-course tasting menu, priced at a very reasonable £60. If you like your food with a view, head to **Artillery Tower** – a 15th century military tower overlooking the sea – just beside Royal William Yard. Feast on classic cuisine using the finest local produce.

BEST FOR BRUNCH

Kick off a day in the city with scrambled eggs and bacon on toast at **The Mad Merchant Coffee House** on The Barbican, a laid-back independent coffee house with plenty of books to browse and buy. For a traditional English breakfast or bacon butty, head to **Jolly Jacks** on the Mayflower Marina. Or, more health-conscious foodies should check out **Bonne Sante**, where the mantra is 'skip the diet, and just eat healthy'. Try the peanut butter, apple and crushed nuts served on sweet potato toast, washed down with a super green smoothie.

BEST FOR SUNDAY LUNCH

Round off your foodie excursion to Plymouth with a proper Sunday lunch. Our picks include **The Lord High Admiral**, a recently refurbished pub that does a mean Sunday roast with all the trimmings; **The Fisherman's Arms** near The Barbican, which has bags of historic

character and a great wine list; and **The Clovelly Bay Inn**, situated by the sea in the nearby village of Turnchapel. And, for something a little different, head to **The Fig Tree @36**. Less traditional pub, more bistro, they do a cracking fish stew served with warm bread and aioli. Note: all of the aforementioned establishments get super busy on Sundays, so do book ahead. You've been warned! ■■■

QUICK! Now add this little lot to your contact book...

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- Supha's Street Food Emporium;** suphas.co.uk
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- Rockfish Plymouth;** therockfish.co.uk
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- Barbican Kitchen;** barbicankitchen.com
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- Artillery Tower;** artillerytower.co.uk
- The Mad Merchant Coffee House;** facebook.com/MadMerchantCoffee
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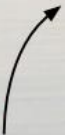
NEW RESTAURANTS DEVoured, NEW CAFÉS FREQUENTED, NEW BARS CRAWLED, AND WHAT WE THOUGHT OF THEM

HIGHLIGHTS

CODSWALLOP!
NO-NONSENSE SEAFOOD
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IN SALCOMBE
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GET INN
THE NEAR-TO-TOTNES PUB
THAT EVERYONE'S
TALKING ABOUT
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ALL ABOARD
ALL THE FISHY FEEDS AT
TOPSHAM'S THE GALLEY
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Did you know that Salcombe has had some pretty famous residents over the years, including the queen of bakes, Mary Berry?



Sitting on the terrace of the Salcombe Harbour Hotel, gazing across at the stand-up paddle boarders and canoeists gliding their way gracefully up the glistening azure estuary, you could be forgiven for thinking you're in the Med. Salcombe, when the sun shines, really does sizzle. Perhaps it's the pristine sandy beaches of East Portsmouth and the narrow, bustling streets crammed with tourists, or the crisp glass of Prosecco we have in hand, but either way it does make you feel like you've stepped off a plane and have landed firmly in holiday mode.

On the day of our visit, the sun is streaming in through the floor-to-ceiling windows of The Jetty, the Salcombe Harbour Hotel's main restaurant. Unlike a lot of British seaside hotels, many of which can feel a bit twee and outdated, this one has a contemporary, sophisticated feel. The décor is nautical inspired, with plenty of blue and white, but the addition of on-trend mustard yellow chairs and wooden tables thrusts it firmly into the 21st century. This is a place to see and be seen.

There are two menus – The Jetty's main restaurant menu (with starters between £7-£9 and mains averaging around £17) and The Terrace menu, which serves lighter bites like salads, sandwiches,

[HOT HOTELS]

SALCOMBE HARBOUR HOTEL

STUNNING VIEWS? CHECK. SCRUMMY SEAFOOD? CHECK. THIS SALCOMBE STAPLE TICKS ALL THE RIGHT BOXES AND THEN SOME, AS **MELISSA STEWART** FINDS OUT

burgers and sharing platters. The Jetty also has a daily specials menu, priced at two courses for £22.50 and three courses for £27.50.

As you'd expect given its location, the menus focus is very much on fresh fish and seafood. Salcombe cock crab, Lyme Bay shellfish soup and fillet of Newlyn hake with Poole cockles are a few dishes



that stand out. If seafood really isn't your bag, though, fear not; meat eaters have a range of steak cuts or a lamb rump to choose from. There are also a couple of vegetarian options on the specials board, but be warned, the star of the show here is the sea's bounty.

I start with crispy monkfish cheeks in a tomato kasundi, while my companion plumps for octopus carpaccio. The monkfish arrives coated in a fluffy light batter, sweet yet firm and perfectly accompanied by the fiery kasundi which is just the right side of hot, but not too hot for such a balmy day. The octopus rocks up in style – inky purple tentacles popping on a bright blue plate. This dish is a real winner for summer, the delicate slivers of octopus drizzled in a zesty lime and chilli dressing. It's light, fragrant and not too heavy on the stomach.

For main, I'm recommended to try the cod and crab – a cod fillet topped with a crab and herb crust. The meaty cod is beautifully cooked – firm and not overdone – and given a definite lift by the rich, sweet crab topping. Served on a bed of mash with minty peas, it's a plateful of comfort – if a little wintery for such a gloriously sunny day.

My dining partner keeps it simple, with a generously portioned main of moules marinier. Although we're technically now out of

mussel season in the UK, the moules are plump, juicy and taste just like the sea, a quintessential seaside dish befitting this glorious seaside setting.

Stomachs full, we decide to forego dessert, although I *am* tempted by the dark chocolate fondant with Salcombe Dairy salted caramel ice cream. Definitely one for next time...

By mixing inspired seafood dishes with more generic gastro-pub fodder, like fish or steak and chips, the Salcombe Harbour Hotel manages that tricky balance of being accessible to everyone. When we arrived for our 12.30pm reservation the restaurant was worryingly empty, but by the time we left it was buzzing with a reassuring mix of young and old, couples and families. Whether it's hotel guests visiting for the week or locals looking for a lunch or supper in a fabulous setting, Salcombe Harbour Hotel definitely feels like the place to be.

Ooh, and oenophiles will savour the extensive wine list, which caters for almost every nose and country, with many available by the glass. We'd have taken full advantage if it wasn't for the long drive home. Next time, we'll be sure to book a room. ■■■

harbourhotels.co.uk



(GREAT PUBS)

LIVE AND LET LIVE

AN INN IN THE QUIET DEVON VILLAGE OF LANDSCOPE IS LEADING THE CHARGE FOR A NEW GENERATION OF PUB-GOERS, AS **MELISSA STEWART** DISCOVERS

When I first heard about this newly-renovated pub between Totnes and Ashburton, I have to admit, I had my doubts. At the time, it had no website and a limited social media presence, so all I could discover was that it had a new owner. A look on TripAdvisor, however, piqued my interest. Admittedly, that's not always the most reliable source of foodie intel, but I was intrigued to see that – after years of dismal reviews – it was suddenly rating a healthy 4-5 stars from almost every customer.

After some sat nav hijinks, which took us to the back of Riverford Field Kitchen, we finally stumbled upon the inn, a few short miles

away. A spacious car park across the road and new exterior signage were good first indicators of what was to come.

Live and Let Live is a free house owned by Hayley Doige and Ian Alexander, one that's fast becoming a hotspot for Devon foodies. The décor is rustic, shabby chic, and retains the vibe of a good old-fashioned boozier. Think reclaimed floorboards and wooden tables, big windows looking out onto rolling countryside and a cute little deck out front for an al fresco pint.

As well as a great range of local ales and ciders, it has a wicked chef in Ian, who's thrown out the rulebook on traditional pub grub and is coming up with something refreshingly new. Open for lunch and dinner, the focus is very much on making the most of locally-sourced Devon produce and cutting down on food waste. Indeed, he has introduced a 'Zero Waste' menu on Tuesday nights, where they take all the leftover produce from the weekend and come up with an inventive array of dishes to use it all up. This has proved a real hit with locals, who can dine out on two courses for just £10. Indeed, the Tuesday night before our arrival, they'd had 45 covers. Not bad at all for an inn in the middle of the countryside. Who said the British independent pub trade was dead?

A huge part of the appeal, aside from the high-quality food, is the outstanding value – even if you're not eating on a Zero Waste night. Starters are priced between £4.95 and £7, and mains start at £10.50, rising to £17.95 for a Dexter beef steak.

Unsure what to start with, my dining buddy and I opt to share: wood-fired truffled mushrooms on toast, and a feta summer pea, mint and courgette salad. The mushrooms were meaty and full of flavour, sitting atop a piece of sourdough toast, while the trusty pea and mint combo of the salad tasted just like summer: fresh and zesty. But the winners in this dish were absolutely the sun-blush tomatoes – little bombs of sweetness that add a delightful perkiness to proceedings.

Next, I went for fish stew, served with confit tomatoes, roast cannellini beans and aioli. Hearty chunks of cod sat next to succulent prawns and pieces of squid bathed in a harissa-based broth with roasted fennel. It's an exquisite offering, and one that satisfies in every way – so much so that I ignored the bread it was served with, fully satisfied with the broth alone. Across the table, my friend opted for porchetta with white bean mash and salsa verde. The tenderloin slides off the fork and melts in the mouth, while the combination of fresh herbs and white beans keeps it light and summery.

We finished by sharing a salted butterscotch and peanut butter brownie. Did we need it? No. But there's something about that fusion of salt, chocolate and peanut butter that's just so moreish.

We came away from our experience at Live and Let Live truly impressed. This is so much more than a pub takeover, it's a pub reinvention. It successfully marries being the kind of place you'd pop into for a pint with one that you'd travel to as a destination for a really great dining experience. It's totally devoid of pretention, the staff are beyond helpful without being pushy or in-your-face, and it's dog-friendly. Oh, and did we mention they've got three gorgeous guest bedrooms upstairs? The perfect place to retreat to after a solid meal and a reasonably priced bottle of wine.

Plus, breakfast promises poached eggs with avo toast – and those yummy tomatoes again. We can't get enough of them, or this venue. We'll most certainly be back. ■■■

liveandletlivepub.com



Nestled in the northern reaches of Dartmoor, Chagford is one of those places that has a bustling, welcoming, artsy vibe. We rock up on a balmy Friday night and the town centre feels alive – with plenty of people milling around and a happening local pub scene.

At the heart of the action is The Chagford Inn. From the outside, it looks like your typical village pub spruced up with a fresh lick of paint, but inside it's a rather classy affair, with chandeliers, gorgeous local artworks, candles and fresh flowers on every table. Spit and sawdust, this is not.

The landlord, John Freeman, took over the pub a little less than five years ago, giving it a revamp and a new name (it was formerly known as the Buller's Arms). As well as sprucing up the décor, much attention has also been paid to the food offering. The star of the show is Dexter beef, which is locally sourced half a mile up the road

(GREAT PUBS)

THE CHAGFORD INN

IF BEEF IS YOUR BAG, YOU SHOULD CHECK OUT THIS BUSTLING DARTMOOR PUB THAT PUTS THE MIGHTY BOVINE AT THE HEART OF THE MENU, AS **MELISSA STEWART** FINDS OUT





from Richard 'Elmo' Ellis' farm. The whole steer is butchered and prepared in-house, meaning that no cut is off limits. The menu changes regularly to reflect the bits available; be it ox liver or rib eye, no part of the animal is wasted.

Unsurprisingly, then, beef is the focal point of the menu. In fact, there's a whole menu *dedicated* to beef, that sits alongside the regular dinner menu, which mixes things up with dishes like Brixham hake with linguini and hay smoked duck breast. There's a good variety of dishes to choose from, and an extensive wine list. Prices are what you'd expect for this type of gastro-pub – £6-9 for starters, an average of £16 for mains, and £6.50 for desserts.

Having heard all about the beef, and rarely being described as faint hearted, I dive right in, with a starter of roast ox heart served with capers, aioli and white anchovies. I'm not going to lie: I had no idea what to expect from this dish, and was slightly worried that the acidity and sharpness of the anchovies and capers would overpower the meat. I need not have worried. The ox heart was lean, flavoursome and not the slightest bit chewy, perfectly holding its own beside its fishy partner.

My pal for the evening went for the rabbit and pork croquette, served with plum and ginger. This had all the elements of a winning dish, with the croquette wrapped in breadcrumbs atop a bed of salad and edible flowers. The only drawback was that there wasn't enough chutney to cut through the dense meatiness.

Onto the mains, and I kept with the beef theme, going for slow braised Dexter with mash, kale and fresh horseradish and parsnip crisps. This was a plateful of proper pub grub: meltingly soft beef, perfectly creamy potato and crunchy kale. All that was missing was a tad more gravy to lubricate the meat.

Across the table, my companion went all out with a tomahawk steak with roast bone marrow, Bordelaise sauce and chips. Served on a rustic wooden platter, the steak was visually impressive – a big, dramatic lollipop of meaty goodness. It tasted mighty fine, too – charred on the outside, and juicy, sweet and tender on the inside. Special mention must also be given to the chips. These were proper beefy things, fluffy on the inside and crisp on the outside. The ideal accompaniment.

We ended with a chocolate mousse and trio of coconut, and an Eton mess. The chocolate mousse was rich, decadent and a good change of scene after all that meat. Paired with the coconut, it was



reminiscent of a Bounty bar. Sadly, the Eton mess fell a little flat, with powdery meringue and a lack of cream to mop it up with.

That Eton mess and the lack of gravy aside, The Chagford Inn has a lot to offer. The atmosphere is relaxed and buzzy, the staff friendly and attentive, and the beef totally on point. A great place to stop by for a Friday night feed. ■

thechagfordinn.com



(LITTLE GEMS)

THE GALLEY

LAUREN HEATH HEADS TO THIS RECENTLY REFURBISHED TOPSHAM EATERY AND FINDS A COSY BISTRO THAT CELEBRATES THE FRUITS OF THE SEA

To the south east of Exeter, and only a hop, skip and a jump on the train from the city centre (or even a leisurely cycle using the Exe Estuary Trail), Topsham is a town where food culture of all kinds is thriving. Imagine a buzzing boutique estuary town with boats bobbing on the water, giving easy access for keen types to venture out and grab that catch of the day. However, if you haven't got the sea legs to go out yourself to capture said catch, then no need to worry. The Galley has it covered.

Family owned and run for the last eight years by Nigel Mitchell and his team, The Galley enjoys a position at the lower end of the town, with a rare view direct to the waters that inspire the décor and ethos of this popular fish restaurant. Head chef Lee Harry and sous chef Jack Sharland, both who previously worked with Michael

Caines, recently joined and have been making waves with their solid cookery skills.

Where most restaurants are meat-focussed, The Galley is the opposite; the menu here is fish filled, with but a couple of meat and vegetarian options, such as a starter of roasted carrot, salsa verde, feta and tomato vinaigrette, or main of shoulder of lamb with roasted shallot, fondant potato and red wine sauce.

Sat at our window seat, we were more than delighted by the all-important estuary views outside, and soaked up the busy atmosphere that this bijou 10-table restaurant offers. It's not difficult to admire the warm interiors, the dark wood tables adorned with sea-blue goblets to match the tasteful bare brick and clean white walls, and sea-faring blue cushions. With taste buds already tingling from perusing the menu and inhaling the smells emerging from the



kitchen, a gazpacho amuse bouche arrived. This chilled little chap packed a tasty punch, and once the homemade bread with salted butter, olive oil and dukkah were consumed with gusto, we were presented with our generous starters – ravioli of crab with spinach and shellfish bisque and pan seared scallops with smoked belly and butternut squash.

The ravioli was a big beast, meaty yet light with a warmth of chilli finishing on the palate. The scallops were perfectly cooked, the softness of their flesh meeting the incredibly tender and naturally salty smoked pork belly – alongside the sweetness of the butternut purée, it made me close my eyes and exhale with satisfaction.

Mains were just as impressive; a towering bowl of steaming moules marinière cooked in white wine and cream, along with pollock with haricot bean, chorizo and red pepper cassoulet. The moules were handsomely sized, meaty and sweet, with chunky chips for dipping in a sea of sauce. A plump pollock fillet sat atop its cassoulet base; dressed with pea shoots and vegetable crisps, this was another meat and fish marriage full of flavours and textures.

We found room in the stern of our bellies for some dessert, and treated ourselves to lemon, orange and ginger cheesecake with white chocolate anglaise, and a notoriously tricky chocolate fondant with vanilla ice cream. Both were silky smooth, the fondant bursting at the seams with an oozing, molten middle.

All good then, and a place full of at-ease looking diners too, all relaxed and deep in conversation – but not too busy to clean their well-laden plates of every last drop of sauce, be it bisque or anglaise or, indeed, anything else.

The service is as generous as the portions too, with staff taking the time to indulge in good old-fashioned conversation with their guests. It's clear Nigel and his team are delighted to extend a warm welcome to all who climb aboard their Galley, and keen to take them on an exciting trip around Devon's bountiful coastal larder. ■

galleyrestaurant.co.uk





CLAIRE SELLAR- ELLIOTT

WHERE DOES THE OWNER OF THE JUBILEE INN IN WEST ANSTEY GO FOR A FEED WHEN NOT WORKING? WE FIND OUT...

BEST BREKKIE? I escape to The Copper Kettle in Dulverton to enjoy fresh bread, creamy butter, and smoked bacon rolls. Twiggy, my collie, and I dine al fresco, opting for a breakfast tea with a stick of cinnamon (usually recovered from my TARDIS-like handbag – don't judge, it's the Mediterranean in me!).

BEST BREW? As a self-confessed coffee snob, it's got to be Hawaiian Kona Coffee, made at home with a dash of home-roasted ground chicory root whipped out of our polytunnel at The Jubilee, and voila! A dash of double cream swirled in and that's it.

TOP GROCERS? Selfridges Foodhall. I accept this is not in the South West, but the scope of the weird and wonderfully exotic produce and products available always makes me smile. I was very chuffed a couple of years ago to see Exmoor Caviar on offer by the Champagne Bar.

SUNDAY LUNCH? The Masons Arms, Knowstone. One Sunday each month our neighbour, Mark Dodson, opens The Masons for Sunday lunch. I keep trying to get there as I love the charm of the place and his food, so ask me in a couple of months when I've managed to get a table.

CHEEKY COCKTAIL? This has to be from the mixologist Adam Way, who has just relocated to join Woods in Dulverton. Passionate without pretention, and oodles of gins.

POSH NOSH? Olive Room in Ilfracombe. I could have died and gone to food heaven after enjoying Thomas Carr's take on a BLT. He makes creative food with perfect flavours. I would remind anyone to park at the base of Fore Street if you're not staying in the 'Olive Branch' guest rooms as, after feasting on all eight courses, it's a bit of chore to clamber up the cobbled hill afterwards!

AL FRESCO FEASTING? Tarr Farm Inn. This is a magical place, come rain or shine. I've enjoyed the loveliest cream teas and times here, as both child and adult.

HIDDEN GEM? Tongdam Thai Restaurant in Dulverton is enchanting, from its décor to its menu. In summer, they open a fragrant decked pergola for al fresco dining too. The food and staff are just fabulous.

ONE TO WATCH? The Swan, Bampton. This well-established pub has been so successful with Paul and Donna Berry at the helm. I can't wait to see the direction it now goes in with Olivier Certain (formerly Clavelshay Barn, near Bridgewater) and Finn Hutchinson (formerly The Masons Arms, Knowstone) joining the team.

COMFORT FOOD? It's got to be avgolemono – a Greek chicken soup for the soul, with lemon-egg and orzo. I make it myself, as I haven't found anywhere in Devon to enjoy it – as yet!

WITH THE FAMILY? It's Tongdam Thai again. My kids have always loved Thai food, and the owners give a really warm welcome.

SOMETHING SWEET? Dulverton Deli. The owner Emily Kaye is every bit as sparkly and sweet as her artisan delicatessen. It's a legendary place to loiter for gossip and, of course, the amazing Melchior chocolates made here in South Molton by award-winning chocolatier Carlo Melchior.

TOP STREET FOOD? Beignets if I can find them, but otherwise I'll happily grab some churros. In Devon, I love Electric Nights Streetfood, which operates on Saturdays in Tiverton. ■

thejubileeinn.co.uk

QUICK! Now add this little lot to your contact book...

The Copper Kettle, Dulverton TA22 9EX; thecopperkettledulverton.com
Selfridges Foodhall, London W1A 1AB; selfridges.com

The Masons Arms, Knowstone EX36 4RY; masonsarmsdevon.co.uk

Woods Bar and Restaurant, Dulverton TA22 9BU; woodsdulverton.co.uk

Olive Room, Ilfracombe EX34 9DJ; thomascarrdining.co.uk

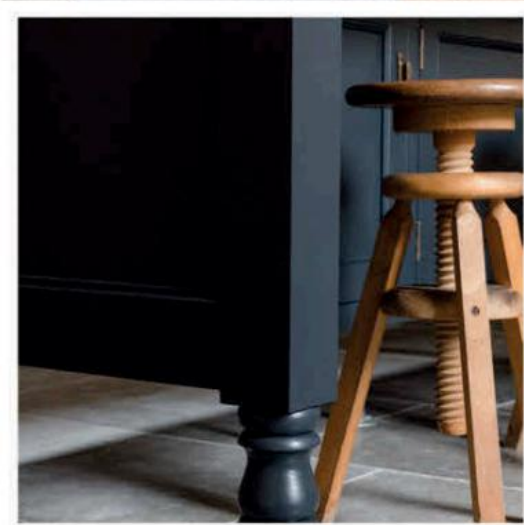
Tarr Farm Inn, Dulverton TA22 9PY; tarrfarm.co.uk

Tongdam Thai Restaurant, 26 High Street, Dulverton TA22 9DJ; tongdamthai.co.uk

The Swan, Bampton EX16 9NG; theswan.co

Dulverton Deli, Dulverton TA22 9EX; facebook.com/dulvdeli

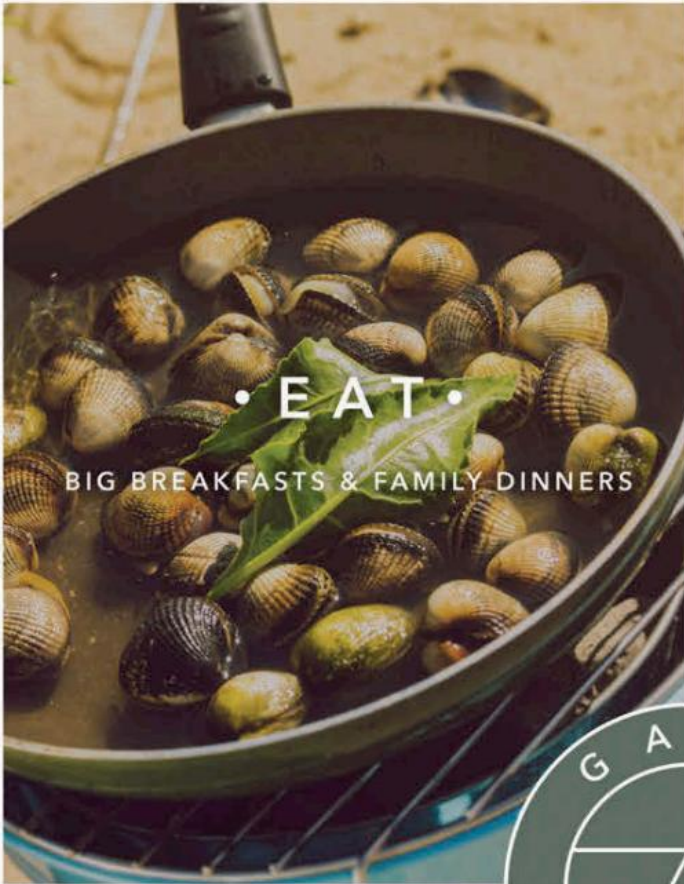
Electric Nights Streetfood, Tiverton; electricstreetfood.wordpress.com



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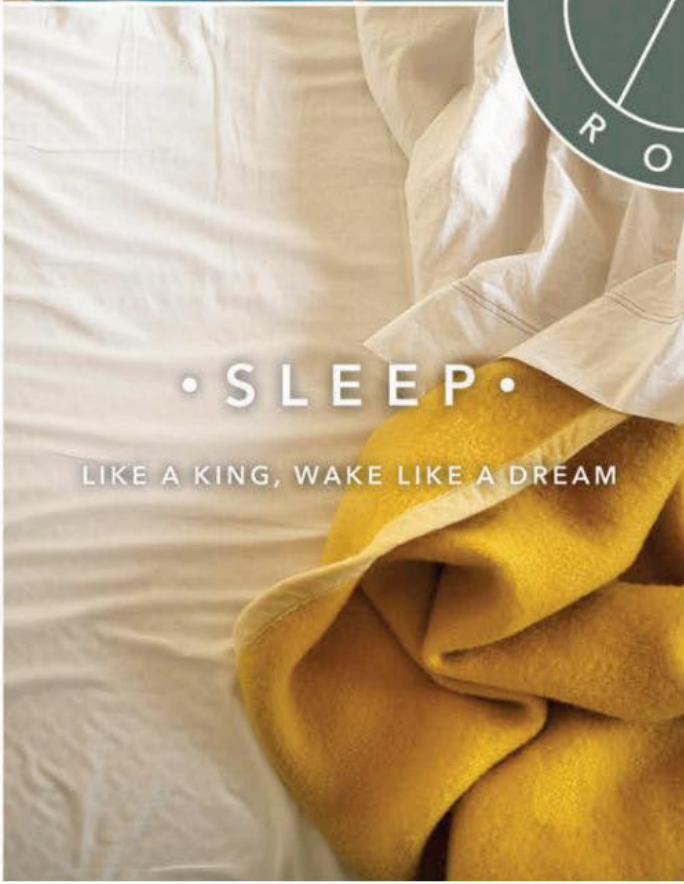
• EAT •

BIG BREAKFASTS & FAMILY DINNERS



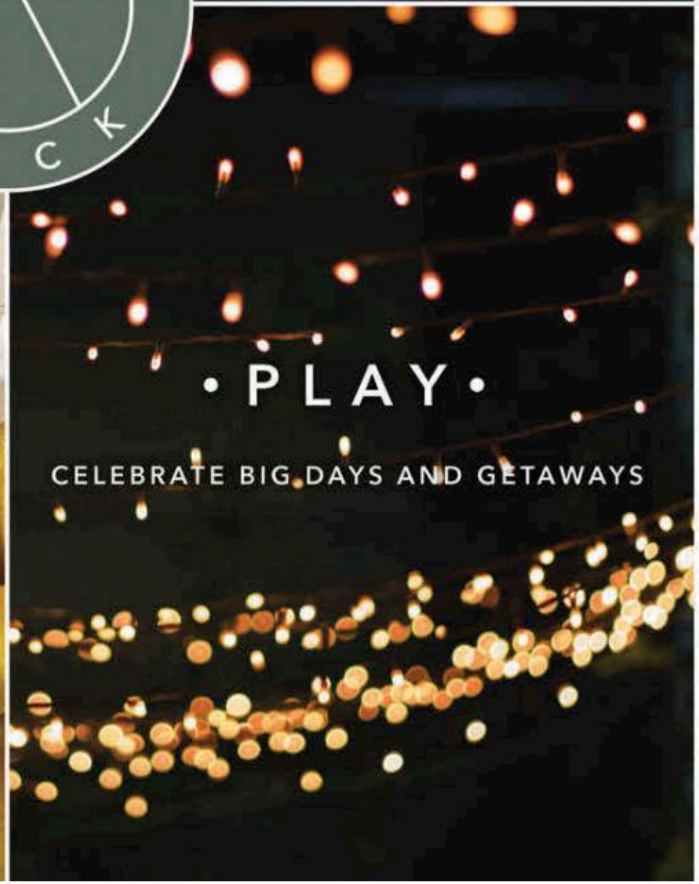
• DRINK •

HOT TO COLD, HARD OR SOFT



• SLEEP •

LIKE A KING, WAKE LIKE A DREAM



• PLAY •

CELEBRATE BIG DAYS AND GETAWAYS

REOPENS 1ST AUGUST

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